Charles County
Recreation, Parks, and Tourism

GUIDE

www.CharlesCountyParks.com

Look for the Fall GUIDE coming in August!
Summer has arrived in the Department of Recreation, Parks, and Tourism! We have something planned for everything this season in Charles County. Whether you’re looking to try your hands at a new craft, immerse yourself in the history of our area, or stretch those legs outdoors - we have something for you and your family.

We have a variety of DIY Rustic Sign, Blanket Ladder, and Glass Etching classes available this summer. Build something beautiful with your own two hands for your home or to give as a gift. Either way it’s a great opportunity to try something new while sharing a fun and unique experience with your family!

Visit the Port Tobacco Historic Village to truly immerse yourself into the exciting history of Charles County! Guided tours of Stagg Hall, the Port Tobacco Courthouse, and Burch House are available Wednesdays-Saturdays from 10 a.m. - 4 p.m. Don’t miss the monthly First Friday and First Saturday events while you’re there.

Get the kids outside this summer with our Youth Kickball League at White Plains Regional Park! This non-competitive league is open to children age 7-12 and is sure to be a home run.

We hope you find something that excites you and your family in this edition of The GUIDE and can’t wait to see you at our parks, recreational centers, and historic sites.

Sincerely,

Eileen B. Minnick
Director of Recreation, Parks, and Tourism
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Registration and Refund Policies

Online Registration
Online registration is available for most programs at www.CharlesCountyParks.com.
Please take note of the following regarding your online registration:
• Registration for minors (17 and younger) requires adult input and information.
• Not all programs are available for online registration.
• Online payments are accepted by MasterCard, Visa, and Discover Card only.

To register for programs not currently offered online, please follow the standard enrollment process.

Standard Enrollment
A completed and signed registration form, along with payment, is due at the time of registration. Checks
and money orders must specify the program by code, and must be for the exact amount, payable to: Charles
County Commissioners. Checks must include the current address, telephone number, and driver’s license number
with expiration. Information must be included for the person making payment.

Cash payment is only accepted at the main Department of Recreation, Parks, and Tourism office at 8190 Port
Tobacco Rd., Elite Gymnastics, all indoor pools, Capital Clubhouse, Gilbert Run Park, and White Plains Golf
Course. Except for limited programs/activities, cash is not accepted at community centers.

Discover, MasterCard and Visa payments are accepted by mail, in person, or via fax at Gilbert Run Park and
the main office in Port Tobacco.

Mail-in payments with a signed registration form are only accepted at:
Charles County Government
Department of Recreation, Parks, and Tourism
Attn: Registration Office
8190 Port Tobacco Road
Port Tobacco, MD 20677

If proof of age is requested, it must be submitted within three days of the request made by the registration office.

Transfers
All transfer requests must be received in writing. After a transfer has been made, no additional transfers or
refunds will be accepted for that program.

Returned Check Fees
Checks returned for insufficient funds or other reason will incur a fee of up to, but not more than, $35 for each
occurrence. We do not redeposit returned checks; only cash, money order, or credit card accepted for face value
of check, plus the return check fee. Persons who fail to rectify this obligation will be denied participation.

Refund Policies
All requests for refunds must be received, in writing, seven working days prior to the start of a program. Fax
requests for refunds are accepted at 301-934-5624, or email to WebTrac@CharlesCountyMD.gov. After
the program has begun, a prorated refund, based on participation, may be approved if requested in writing with
medical verification received prior to the end of the program. No refunds will be considered after a program
has ended.

A $10 administrative fee will be deducted from all approved refunds, regardless of circumstances, unless
the program is canceled by Charles County Department of Recreation, Parks, and Tourism.

Late fees and T-shirt costs are non-refundable. For sports programs, league rules determine program refund
amount. All requests for refunds for sports leagues must be received in writing.
Facility Locations

Department of Recreation, Parks, and Tourism
Main Office: 8190 Port Tobacco Rd, Port Tobacco • 301-932-3470 • www.CharlesCountyParks.com

Aquatics

Indoor Pool Locations
Hours are subject to change without notice. All patrons will be cleared from the water 15 minutes prior to facility closing.

- **Donald M. Wade Aquatic Center** .......... 301-934-7474
  5305 Piney Church Rd, Waldorf
- **Lackey Pool** ......................... 301-743-2470 • 301-753-6003
  3000 Chicamuxen Rd, Waldorf
- **North Point Pool** .................. 301-934-7475
  2500 Davis Rd, Waldorf

Outdoor Pool Locations

- **La Plata Pool**
  6035 Radio Station Rd, La Plata
- **McDonough Pool**
  7165 Marshall Corner Rd, Pomfret
- **Thomas Stone Pool**
  3785 Leonardtown Rd, Waldorf

Spring Hours of Operation • Until Jun 12
Indoor Pools ......................... M-F: 3:30-9:00p; Sa-Su: Noon-6:00p

Summer Hours of Operation
- **Donald M. Wade Aquatic Center** ... Jun 13-Aug 25, M-Su: Noon-5:00p
- **Lackey Pool** .......... Jun 13-Aug 25, M-F: Noon-8:00p; Sa-Su: Noon-5:00p
- **North Point** ............. Jun 13-Aug 13, M-F: Noon-5:00p; Sa-Su: Noon-8:00p
- **Outdoor Pools** ............ Jun 1-Jun 12, M-F: 3:30-8:00p; Sa-Su: Noon-6:00p;
  Jun 13-Sep 2, M-F: Noon-8:00p; Sa-Su: Noon-6:00p

Thunderstorm Policy
All patrons will be cleared from pools after the first sight or sound of an approaching thunderstorm and remain cleared for a full 30 minutes after the last clap of thunder or sight of lightning.

Daily Admission
Children age 12 and younger must always be accompanied by an adult age 16 and older.

Any group of eight or more must make reservations with the pool manager at least two weeks prior. Please call any of the indoor pool locations for more information.

- Age 2 & Younger ................................. Free
- Youth (Age 3-12) & Senior (Age 60+) .......... $4
- Adult (Age 13-59) .............................. $5

For information on Punch Cards and Annual Memberships, see page 6.

*RecPASS-Pool Accepted.

Lap Swimming
Lap lanes are available during most posted open hours. Visit www.CharlesCountyParks.com/Recreation/Aquatics-General-Information to view the current lap swimming schedule for each facility. Swimmers may need to share the lanes. Hours subject to change without notice.

Community Centers and Recreation Centers

For hours please visit: www.CharlesCountyParks.com

- **Davis Community Center**
  2495 Davis Rd, Waldorf
  301-392-5533
- **Hanson Community Center**
  3165 John Hanson Dr, Waldorf
  301-645-2186
- **Henson Community Center**
  3535 Livingston Rd, Indian Head
  301-375-7875
- **Mattawoman Community Center**
  10145 Berry Rd, Waldorf
  301-645-6865
- **Piccowaxen Community Center**
  12834 Rock Point Rd, Newburg
  301-259-2503
- **Smallwood Community Center**
  4990 Indian Head Hwy, Indian Head
  301-743-3020
- **Somers Community Center**
  300 Willow Lane, La Plata
  301-932-6679
- **Stoddart Community Center**
  2040 St. Thomas Dr, Waldorf
  301-645-4847
- **Wade Community Center**
  2300 Smallwood Dr, Waldorf
  301-645-9291
- **Elite Gymnastics and Recreation Center**
  2745 Old Washington Rd, Waldorf
  301-934-6747
- **Capital Clubhouse**
  Hours: M-Su 9 a.m. - 9 p.m.
  305 Waldorf Market Place, Waldorf
  301-932-4348
  Operated by Rink Management Services Corporation
Facility Locations

County Parks

Parks Hours: 8:00 a.m. to dusk unless otherwise noted. For specific information on each park, please visit: www.CharlesCountyParks.com

Bensville Park
6980 Bensville Road, White Plains

Bryantown Sport Complex
5665 Bryantown Road, Waldorf
Only open during scheduled programming.

Charlie Wright Park
101 Dr. Mitchell Lane, Indian Head

Friendship Farm Park
4705 Friendship Landing Road, Nanjemoy

Gilbert Run Park
13140 Charles Street, Charlotte Hall
301-932-1083

Laurel Springs Regional Park
5940 Radio Station Road, La Plata

Mallows Bay Park
1440 Wilson Landing Road, Nanjemoy
Open year round 5:30 a.m. to dusk

Maxwell Hall Park
6680 Maxwell Hall Drive, Hughesville

Oak Ridge Park
13675 Oaks Road, Hughesville

Pisgah Park
6645 Mason Springs Road, La Plata

Port Tobacco River Park and Tom Roland
Natural Resource Area
7685 Chapel Point Rd, Port Tobacco

Robert D. Stethem Memorial Sports Complex
4250 Piney Church Road, Waldorf
Open during scheduled programming

Ruth B. Swann Memorial Park
3100 Ruth B. Swann Drive, Bryans Road

Southern Park
15884 Wilson Road, Newburg

Turkey Hill Park
9430 Turkey Hill Road, La Plata

White Plains Regional Park and Skatepark
1015 St. Charles Parkway, White Plains

White Plains Golf Course
1015 St. Charles Parkway, White Plains
Apr–Oct: M-F 7 a.m. to Dusk, Sa-Su 6 a.m. to Dusk
Nov–Mar: M-Su 8 a.m. to Dusk
301-645-1300

Tourism Division
www.ExploreCharlesCounty.com
8190 Port Tobacco Rd, Port Tobacco
1-800-766-3386

Crain Memorial Welcome Center
12480 Crain Highway Newburg
301-259-2500
Email: WelcomeCenter@CharlesCountyMD.gov

PARK STAFF SPOTLIGHT

Anthony Hancock, Park Manager

How long have you been with Charles County Parks and Grounds?
Seven years full time and five seasons as a part-time employee.

What are your day-to-day job duties?
My day-to-day duties include managing the operations of Gilbert Run, Oak Ridge, and Maxwell Hall parks. As the Park Manager, I oversee two full time staff members as well as fourteen part-time and seasonal positions. My typical day involves taking pavilion reservations, assisting with school groups and general park pavilion rentals, maintaining park trails and equipment, and leading programs and events such as free fishing classes.

What is your favorite part about your job?
A favorite part about my job is that I am able to work mostly outdoors and interact with the public. I enjoy helping our visitors enjoy a positive experience while at our park. I especially enjoy teaching others about the environment around them. Teaching kids about fishing has become a passion of mine.

Is there anything fun you’d like to share about Charles County Parks?
I would encourage the public to come out and enjoy spending time hiking on our many miles of nature trails and exploring our waterways by kayak or canoe where they can get up close and personal with the environment around them. Our Charles County Parks have a lot to offer!
RecPASS is Here!

This annual membership allows for unlimited visits to any drop-in programs at our school-based community centers, the Port Tobacco Recreation Center, and Elite Gymnastics and Recreation Center. A pool membership may be added for unlimited use of Charles County Recreation Division operated aquatic facilities during open swim hours.

Drop-in programs currently include: gymnastics, swimming admission, basketball, futsal, volleyball, pickleball, table tennis, and more. Program offerings may vary based on location. Participants without a RecPASS membership will be able to pay a daily drop-in fee to take part in their desired program. RecPASS members will receive a key-fob when purchasing their membership, which will be linked to the Recreation Division’s registration software. At each visit, the key-fob will be scanned for admission.

Youth age 12 and younger must be accompanied by an adult age 16 and older when using a Pool Pass at all our aquatic facilities. Additional charges and registration still apply for instructor led programs and activities within each center.

For more details, visit https://www.CharlesCountyParks.com/Recreation/RecPASS

<table>
<thead>
<tr>
<th>Youth or Senior RecPASS</th>
<th>Recreation Pass</th>
<th>Pool Pass (Includes Recreation Use)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Youth RecPASS (Age 4-12)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Annual Teen RecPASS (Age 13-17)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Annual Senior RecPASS (Age 60+)</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>Daily Drop-In</td>
<td>$3 - Centers</td>
<td>$4 (Youth &amp; Senior) $5 (Teen) - Pools</td>
</tr>
</tbody>
</table>

*Non-Residents add $25 to Annual RecPass

<table>
<thead>
<tr>
<th>Family/Household RecPASS</th>
<th>Recreation Pass</th>
<th>Pool Pass (Includes Recreation Use)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent &amp; Child RecPASS (1 adult and 1 youth/teen)</td>
<td>$125</td>
<td>$200</td>
</tr>
<tr>
<td>Couple RecPASS (2 adults)</td>
<td>$175</td>
<td>$275</td>
</tr>
<tr>
<td>Family RecPASS (2 adults and 2 youth/teen)</td>
<td>$250</td>
<td>$400</td>
</tr>
<tr>
<td>Additional Family Members</td>
<td>$30</td>
<td>$50</td>
</tr>
</tbody>
</table>

*Non-Residents add $25 for each individual

<table>
<thead>
<tr>
<th>Adult RecPASS</th>
<th>Recreation Pass</th>
<th>Pool Pass (Includes Recreation Use)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Adult RecPass</td>
<td>$100</td>
<td>$150</td>
</tr>
<tr>
<td>Punch Card (10 Visit)</td>
<td>$40</td>
<td>$40</td>
</tr>
<tr>
<td>Daily Drop-In</td>
<td>$5 - Centers</td>
<td>$5 - Pools</td>
</tr>
</tbody>
</table>

*Non-Residents add $25 for Annual RecPASS and $10 for Punch Card

Look for RecPASS throughout The GUIDE to see which programs are eligible!
RecPASS • Frequently Asked Questions

What is RecPASS?
RecPASS is an annual membership that is linked with our registration software which allows for unlimited visits to any Charles County Recreation Division drop-in program for a single annual fee. An annual Pool Pass is also available for purchase which allows for unlimited visits to any of our aquatic facilities in addition to recreation use. You will receive a key-fob when purchasing a RecPASS, and your picture will be taken and linked to your account in our registration software. At each visit, your key-fob will be scanned for admission. The RecPASS can be purchased as an individual, couple, parent & child, or family options.

What programs/activities can I use RecPASS for?
The basic Charles County RecPASS will be accepted for any drop-in and open gym programs that are offered at school-based community centers, the Port Tobacco Recreation Center, and Elite Gymnastics and Recreation Center. Drop-in programs may include basketball, volleyball, futsal, pickleball, table tennis, and will be scheduled by age group and sport. Residents will also have the option to purchase Pool Pass as part of their RecPASS which would allow for visits to any of our Charles County Recreation Division operated aquatic facilities.

What are the benefits of RecPASS?
- Ease of use: simply scan your key-fob and go!
- Multiple locations: you can use your membership at any of our school-based community centers, the Port Tobacco Recreation Center, Elite Gymnastics and Recreation Center, and any of our aquatic facilities.
- Cost savings: if you drop-in to play adult basketball once a week and opt to pay the $5 daily drop-in fee, that is $260 for a year’s worth of play-with RecPASS you pay just $100 for a year of unlimited drop-ins!

Where can I purchase a RecPASS?
The Charles County RecPASS can be purchased at the main Department of Recreation, Parks, and Tourism registration office in Port Tobacco. RecPASS may also be purchased at our school-based community center locations, indoor pools, and Elite Gymnastics and Recreation Center.

How long is my RecPASS good for?
RecPASS is good for 12 months from the date of purchase and can be renewed annually.

Who needs a RecPASS?
RecPASS is recommended for any users of our drop-in and open gym programs.

Is my RecPASS transferable? Refundable?
RecPASS is non-transferable and non-refundable.

If I don’t have a RecPASS, am I still able to purchase a punch card for drop-in programs and pool admission?
Yes. 10 visit punch cards are available for $40.

If I don’t have a RecPASS, can I still participate in drop-in activities?
Yes. You can continue to pay a daily admission fee to drop-in programs. The admission for drop-in programs at our school-based community centers is $3 per visit for youth/seniors and $5 per visit for adults. Daily admission to our aquatics facilities is $4 for youth/seniors, $5 for adults.

Can I use RecPASS for water aerobics, dance classes, or other instructor-led activities?
No. RecPASS is currently not valid for instructor-led activities. You may use your RecPASS for drop-in programs and daily admission to our aquatic facilities.

Can I use my Pool Pass at Charles County Recreation facilities?
Yes, your Pool Pass will be accepted at any drop-in and open gym program that is offered at school-based community centers, the Port Tobacco Recreation Center, and Elite Gymnastics and Recreation Center.

Do I have to have a RecPASS to register for any other programs offered by Charles County Recreation, Parks, and Tourism?
No, even without the RecPASS, residents are able to register for any of our other programs.

I am not a Charles County resident; can I still purchase a RecPASS and utilize the community centers or pools?
Yes, there are non-resident rates for RecPASS.

www.CharlesCountyParks.com/Recreation/RecPASS
Pavilion and Facility Rentals

Gilbert Run Park Pavilions

Let nature’s beauty enhance your next reunion, company picnic, or birthday party. Gilbert Run Park is the only park where picnic facilities and pavilions may be reserved in advance. To make a reservation or if you have questions, call the park office at 301-932-1083.

<table>
<thead>
<tr>
<th>Pavilion</th>
<th>Capacity</th>
<th>Daily Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playground Pavilion</td>
<td>Up to 50</td>
<td>$75</td>
</tr>
<tr>
<td>Southbridge</td>
<td>Up to 50</td>
<td>$75</td>
</tr>
<tr>
<td>Dockside</td>
<td>Up to 50</td>
<td>$75</td>
</tr>
<tr>
<td>Hilltop</td>
<td>Up to 125</td>
<td>$100</td>
</tr>
<tr>
<td>Amphitheater</td>
<td>Up to 250</td>
<td>$200</td>
</tr>
<tr>
<td>Brookside</td>
<td>Up to 400</td>
<td>$300</td>
</tr>
</tbody>
</table>

Private Pool Rentals

The indoor community pools are available for private pool rentals. Perfect for birthday parties, family gatherings, church groups, camps, day care groups, group parties, and more. The rental is for three hours and includes certified lifeguards. North Point not available during summer months.

Reservations must be made in person at least two weeks in advance at any of the indoor pool locations. Non-refundable, 50% deposit due at time of reservation.

<table>
<thead>
<tr>
<th>No. of Guests</th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 100</td>
<td>$300</td>
<td>$305</td>
</tr>
<tr>
<td>100-150**</td>
<td>$350</td>
<td>$355</td>
</tr>
</tbody>
</table>

**Not available at North Point

More than 150 Guests: Call for availability and pricing

Elite Gymnastics and Recreation Center and the Port Tobacco Recreation Center

Available for private rentals perfect for birthday parties, family gatherings, church groups, camps, day care groups, group parties, and sports team practices. Minimum two hour rental required.

Minimum Liability Insurance may be required depending on activity and rental space requested. Reservations must be made in person at least two weeks in advance. Non-refundable, 50% deposit due at time of reservation.

$60 per hour M-F • $75 per hour Sa-Su

BIRTHDAY PARTIES

Birthday parties have never been so fun…or easy!

Choose a theme and location, bring the kids and a birthday cake, and we’ll take care of the rest.

All parties are two hours on select Friday evenings, Saturdays, or Sundays, varying by location. For the first hour of the party, staff will lead the kids through the selected games or activity. The second hour is for your celebration.

We provide pizza, goodie bags, and paper products. Parties are for children turning age 4-12 unless otherwise noted.

Fee: 1-20 Participants: $225
$10 each additional child
(Max: 30 participants, varies by location)

Fee includes: Set-up and clean-up, three pizzas, 20 oz bottles of water, one party favor for each attendee, paper products, and invitations. Parents are welcome to bring additional food, drinks, and/or other items to personalize their party.

PARTY CATEGORIES

Birthday Bonanza
Port Tobacco Recreation Center, Henson, Wade, and Somers Community Centers
Classic birthday games in the gymnasium including activities such as musical chairs, obstacle course, parachute, pin the tail on the donkey, and more.

Messy Art
Henson, Wade, and Somers Community Centers
Allow your partygoers to get creative with an art party. Your aspiring artists will paint, glue, glitter, and smear while completing an art masterpiece.

Jumping Gymnastics
Elite Gymnastics and Recreation Center
Led by our gymnastics staff, kids will have a blast bouncing on the trampolines, jumping in the “pit,” balancing on beams, climbing the rope, and flipping on the spring gymnastics floor. We also have a toddler area specific for the younger gymnast and a decorated party room perfect for your celebration.

Swim and Splash
Lackey and North Point Pools, and DM Wade Aquatic Center
Enjoy an hour of free swim time to splash, swim and dive, or play water basketball. The zero-depth entry at Lackey Pool and Donald M. Wade Aquatic Ctr. (0-2.5 feet) is perfect for younger swimmers. Parties are supervised by certified lifeguards. North Point: Age 8-12 only.

Sports Mix Up
Port Tobacco Recreation Center, Henson, Wade, and Somers Community Centers
Perfect for the young athlete. Held in our gymnasium, choose basketball, soccer, T-ball, dodgeball, kickball, or other various indoor sporting games and activities.

Please contact locations directly for availability and to book your party today!

Birthday Parties at the Capital Clubhouse!

The Capital Clubhouse is the perfect place for an easy, fun-filled, and exciting party. With its ice skating, sports court, and climbing wall, the Capital Clubhouse offers a unique and exciting place for your next event. Packages include a party host, pizza, drinks, and party favors.

Call 301-932-4348 or visit www.capitalclubhouse.com for more information.
Room to Explore

Community Supported Agriculture (CSA) is a popular way for consumers to buy local, seasonal food directly from a farmer. Interested consumers purchase a share or “membership” and in return receive a box (bag/basket) of seasonal produce each week through farming season.

Benefits of joining a CSA? Consumers eat fresh food, are exposed to new vegetables and ways of cooking, and in some cases, you can visit a farm and develop a relationship with the farmer who grows your food while learning how it’s grown!

Explore Charles County’s CSA’s
www.marylandsbest.maryland.gov

2019 Farmers Markets

La Plata Farmers Market
www.townoflaplata.org
April 6 to Nov 16:
Saturdays, 8 a.m.-3 p.m.
Wednesdays, 8 a.m.-5 p.m.
Talbot St., La Plata

Town of Indian Head Farmers Market
www.townofindianhead.org
April 4 to Oct. 3: Thursdays • 11 a.m.-6 p.m.
Village Green Park
Walter Thomas Rd., Indian Head

Waldorf Farmers Market
www.facebook.com/Waldorf-Farmers-Market-157000144324225/
May 4 to Nov. 16: Saturdays • 9 a.m.-1 p.m.
10385 O’Donnell Pl, Waldorf

Get the Latest Visitor Guide!
Pick up your copy at the Welcome Center or our offices in La Plata (200 Baltimore Street) and Port Tobacco (8190 Port Tobacco Rd).
Experience the Outdoors

Playgrounds
Enjoy hours of fun at any one of the many playgrounds with equipment that is contemporary, encourages innovative play, and meets all industry standards for safety compliance. The playground at Laurel Springs Regional Park is designed to accommodate children with special needs. Public playgrounds are available year round at the following locations:

- Bensville Park, Cobb Island Playground, Gilbert Run Park*, Laurel Springs Regional Park, Oak Ridge Park, Pisgah Park, Robert D. Stethem Park**, Ruth B. Swann Memorial Park, Southern Park, and White Plains Regional Park

*Parks are closed Dec-Feb
**Park only open during scheduled events

Boat Ramps and Fishing Opportunities
Friendship Farm Park (Free • Open year round dawn to dusk)
Single-lane boat ramp with access to the main stem of the Potomac and also the extensive immediate protected waters of the Nanjemoy Creek. Kayak launch available.

Gilbert Run Park (No launch Fee • Open Mar-Nov with seasonal hours)
Access for electric motors only to the 60 acre Wheatley Lake with fishing for Bass, Bluegill, Trout, and Catfish. Ramp for electric motors only. Canoes, pedal boats, and kayaks welcome and also available for rent. Fishing supplies and concessions available.

Hatton Creek (Free • Open year round dawn to dusk)
Single-lane ramp with access to the Wicomico River. Directions from La Plata: take Rt. 301 south. Left on Rt. 257 towards Cobb Island. Left on Hatton Creek Road. Follow to end.

Mallows Bay Park (Free • Open year round 5:30am-dusk)
Single-lane ramp with protected access to the Potomac River. Recommended for small watercraft (shallow water). Kayak launch available. Directions from La Plata: take Rt. 6 west. Right on Liverpool Pt Road. Right on Rt. 224. Left on Wilson Landing Road. Follow to end.

Marshall Hall (Free • Open year round dawn to dusk)
Double ramp situated above Greenway Flats in Mount Vernon area of the Potomac River. Directions from Rt. 210 (Indian Head Hwy South). Make right turn onto Rt. 227. Follow to end.

Dog Parks
White Plains Regional Park and Turkey Hill Park
Locations offer public off-leash areas where dog owners and their pets can enjoy safe, legal areas in which dogs can run, play and socialize. Dog owners enjoy the dog parks just as much as their four-legged friends! Each one-acre park has two separate fenced-in areas. The large area is designed for general dog play. The smaller area is for smaller dogs, puppies (must be at least 4 months old) or for shy dogs not quite ready to socialize in the larger general play area. Plastic pick-up bags are provided by the park so that visitors can clean up after their dogs. Drinking water is available at White Plains location only (not during winter months).

Open Hours: M-Su 8:00am until Dusk (Closed Thanksgiving, Christmas and New Year’s Day)

Trails
Whether you walk, jog, hike, ride a horse or a bike we have a trail for you. Pets are welcome on all trails but must be on a leash.

Bicycle and Hiking Trail
Indian Head Rail Trail
This 13 mile recreational trail connects White Plains with the Town of Indian Head. The smooth paved surface offers excellent opportunities for cycling, walking, running and excellent wildlife viewing. Parking areas/trail access points are available at Theodore Green Blvd. in White Plains, Middleton Road, Bensville Park, Rt. 224/Livingston Road, and the Village Green in Indian Head. Open year round during daylight hours.

Hiking Only Trails
Gilbert Run Park Trail
This 2.5 mile nature trail travels along the edge of the 60 acre Wheatley Lake. Features include: fishing pavilions, beaver colony observation deck, boardwalks and bridges. Open Mar-Nov.

Laurel Springs Park Trails
Winding around the edges of the athletic complex, this 1.6 mile trail is ideal for jogging or a quick lunch hour stroll. Open year round.

Port Tobacco River Park & Tom Roland Natural Resource Area
Charles County’s newest park boasts 3 miles of walking trails which offer excellent views of local wildlife. Open year round.

Equestrian and Hiking Trails
Friendship Farm Park Trails
Seven miles of recreational trails providing access to 382 acres of forest and farmland. Explore the outstanding natural resources and serenity that surround the Nanjemoy Creek. Features include: interpretive signs, benches, wildlife viewing, and observation decks. Open year round for hiking. Open Apr-Oct for equestrian activity.

Oak Ridge Park Trails and Show Rings
This 7 mile trail network offers equestrians and hikers a wide variety of trail options. Features include: hilly terrain, creek crossings, bridges, flat open areas and two show-quality riding arenas which are open to the public except during special events. Open year round.

Maxwell Hall Park Trails
Fourteen miles of trails for hikers and horses have features including: flat wide open riding, “intense” and hilly wooded terrain, cross country jumping course, trail obstacle course, and beach front riding along the Patuxent River. Hikers and bikers may use trails free of charge. A $25 annual membership is required to ride at the facility. Open year round.
MALLOWS BAY PARK
KAYAK TOURS

Paddle through the World War I Ghost Fleet while observing the park’s unique historic and cultural features, along with abundant wildlife. All tours will be led by an experienced and knowledgeable guide.

Sunday Tour Dates:
May 19 & 26 • June 9, 23 & 30 • July 14, 21 & 28 • Aug. 11, 18 & 25
Sept. 8, 15 & 29 • Oct. 6, 20 & 27

Morning Tours
9:00 a.m. to Noon • $75/person
Registration Code: 503026

Afternoon Tours
1:00 to 2:30 p.m. • $49/person
Registration Code: 503027

Fee includes: Introductory kayak lesson, guided tour, Tandem kayak (two-person), paddle, and PFD (personal flotation device).

Register online: www.CharlesCountyParks.com
Details: 301-932-3470

• No experience necessary.
• Pace is very relaxed.
• Single person or odd number parties will be paired with others.
• Open to participants age 8 and older. Participants age 8-17 must be accompanied by an adult.
All American Splash!
Celebrate Independence Day with a splash!

Thursday, July 4
During open swim hours

Come to the pool on July 4th wearing red, white, or blue and pay only $2 for admission at any of our six pool locations during our regular open swim hours — Noon to 5 p.m.

All Indoor and Outdoor Pool Locations
Open to All Ages
Admission: $2/person wearing red, white, or blue

Kings Dominion • Busch Gardens
Water Country USA • Hershey Park
Six Flags America • Six Flags Great Adventure (New Jersey)

Discount Amusement Park Tickets!

TICKET SALES (available while supplies last)
Monday-Friday, Apr.-Aug.
8:30 a.m.-3:30 p.m.
Dept. of Recreation, Parks & Tourism (Port Tobacco)
Offices are closed May 27, July 4, and Sept. 2.
Check www.CharlesCountyParks.com or the summer guide for a complete list of locations and ticket prices.
Tickets available only while supplies last.
Kings Dominion tickets will be sold through Sept. 30

Group Purchases
Ticket purchases for groups of 20 or more can be accommodated by calling 301-932-3470 at least one week in advance.

No refunds or exchanges on tickets
The Registration Office is not responsible for changes in park schedules. Customers should consult a park brochure for blackout dates and park hours of operation.

Methods of Payment
MasterCard, Visa, Discover Card, and cash. For credit card purchases the payee must be the cardholder and present identification. No pre-paid credit cards will be accepted. Prices are subject to changes without notice.

SUMMER KIDS BAZAAR

Buy and sell pre-loved baby, toddler, children, and maternity items at our first ever Kids Bazaar! Each rental space is 12’. Event held inside, rain or shine. Children must be supervised at all times. Vendors may set up between 8:00-9:00a. Shoppers admitted at 9:00a.

Free admission to shop!
North Point H.S. • Sa • Jun 29 • 9:00a-Noon
301143-NP: Rent Space and One Table: $20
301144-NP: Rent Space and Provide Own Tables (2 Table Max): $10

Summer Kids Bazaar
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Join us for another exciting season of summer camps! We have a wide variety of camps to offer you and your family this year. From aquatics and specialty themed to sports and special needs, we are bound to have something that's right for you!

Get a head start on planning your summer — registration is happening now! For a full listing of camps, registration details, and more visit: www.CharlesCountyParks.com/Recreation/Summer-Camps

Our camps are available from June 17-Aug. 30 (space is limited)

Register today!
Camps start as low as $90/week
Before and/or after care is available at some camps for an additional cost.

Summer Day Camp • Junior Lifeguard Camp
Kayak Skills & Nature Workshop
Special Needs • Competitive Gymnastics Camp
Field Hockey Camp • And more!

Many of our camps feature exciting field trips to local pools, museums, parks, and more!
Aquatics Certifications

Pool/Spa Operator Certification Course

Designed to teach fundamentals, this course covers topics including basic water chemistry, filtration, circulation, safety, and risk management. The course meets requirements for MD State Dept. of Health & Mental Hygiene Swimming Pool and Spa Operator Certification. Participants must pass the written exam to be eligible for certification. Fee includes test book. Must attend all classes.

Resident Fee: $175; Non-Resident Fee: $180
Age 16+ Lackey Pool 208002-LK Sa-Su May 18-19 8:00a-4:00p

Hands-Only CPR

Learn the importance of and how to perform hands-only CPR through the American Heart Association. By learning this easy skill, you may save a life during an emergency situation!

Free
Age 13+ North Pt Pool 208409-NP M May 20 6:30p

Lifeguard Prep Class

This class targets swimming endurance and the necessary skills needed to meet prerequisites of upcoming lifeguard classes.

Registration Fee: $15
Age 14+ North Pt Pool 508029-N2 F May 24 7:00-7:45p

Lifeguard Re-Certification Class

Update and renew your American Red Cross Lifeguard, First Aid, and CPR/AED certifications with the 2017 lifeguard material and requirements. Participants must provide proof of current certifications, demonstrate all prerequisites of the lifeguard class, and bring CPR mask and lifeguard text book. Refunds will not be given if participant does not pass the prerequisites or fails to complete the certification requirements.

Resident Fee: $75; Non-Resident: $80; May be additional cost for materials
Age 16+ North Pt Pool 508031-N2 Tu-Th May 21-23 5:00-9:00p

American Red Cross Lifeguard Class

This course is designed to provide participants with the knowledge and skills necessary to ensure the safety of patrons at aquatic facilities. The text book and CPR mask are included in the course fees. Refunds will not be given if participant does not pass the prerequisites or fails to complete the certification requirements. Please call the pools for more information. Must attend all classes.

Resident Fee: $200; Non-Resident Fee: $205
Age 15+ North Point Pool 508030-N2 Th-F Jun 6-7 4:00-9:00p
Sa-Su Jun 8-9 8:00a-6:00p

CPR and First Aid Certification

Learn what it takes to save a life! Participants will master proper Cardio-Pulmonary Resuscitation (CPR) techniques for adult, child, and infant victims, how to use an Automatic External Defibrillator (AED) and the basics of first aid. A practice face-shield will be provided for class and participants will receive a keychain face-shield for personal use. Participants are required to attend the entire class.

Resident Fee: $60; Non-Resident Fee: $65; May be additional cost for materials
Age 16+ North Pt Pool 508034-N1 Su Jun 16 10:00a-4:00p

Merit Badge Opportunities

Boy Scouts Swimming Merit Badge

Trained lifeguards and instructors will teach important safety topics, help with stroke technique, and introduce survival skills in accordance with the swimming merit badge requirements.

Registration Fee: $5
Age 6+ Lackey Pool 208301-LK Th May 23 6:00-8:30p

Adult Programs • Registration Recommended

Bridge for Beginners

You’ve all heard of the famous card game but maybe you haven’t had enough patience to learn it on your own time. We’ve brought in an expert to teach you how to play from the beginning and even throw in some tricks along the way!

Resident Fee: $30; Non-Resident: $35
Age 18+ Somers 301149-SO Tu Jun 25-Jul 30 6:00-8:00p

Get Connected to FUN in Charles County!

The Charles County Department of Recreation, Parks, and Tourism is connected to you online, including popular social media outlets. Connect with us by liking and following our feeds.

www.CharlesCountyParks.com

www.Facebook.com/CharlesCountyParksRecreation

@CharlesParksRec

@CharlesCountyParksRec
DIY Rustic Sign

Rust & Grain Woodworks will help you stain, paint, and sand a sign to hang on your wall or go above a threshold or window. Start out with a blank piece of unfinished wood and create a work of art! Choose one style from three different options: 7.25-inch x 3-foot threshold sign, 18-inch round last name sign, or 7.25-inch x 3-foot family sign. You will choose your colors the night of the class. Each class is a separate fee. All supplies included. **Registration required.**

Age 18+ • Resident Fee: $35; Non-Resident: $40 • $15 supply feel collected at each session

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DIY Blanket Ladder

Rust & Grain Woodworks will help you create your own 4-foot ladder that you will personally stain, paint and distress! You will choose your colors the night of the class. Each class is a separate fee. All supplies included. **Registration required.**

Resident Fee: $50; Non-Resident: $55 • $30 supply fee collected at each session

Age 18+ • Resident Fee: $35; Non-Resident: $40 • $15 supply feel collected at each session

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DIY Glass Etching

Create two unique pieces for yourself or make it a personal gift for someone special with easy step-by-step instructions. All supplies included or bring your own glassware. No plastic or Pyrex.

Resident Fee: $15; Non-Resident: $17

Age 18+ • Resident Fee: $20; Non-Resident: $25 • $15 supply fee collected at each session

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DIY Home Pallet Sign

Rust & Grain Woodworks will help you create a 4-foot home last name wreath pallet sign that comes with a basic brown wreath you can personally interchange for the seasons. You will choose your colors the night of the class. Each class is a separate fee. All supplies included. **Registration required.**

Resident Fee: $40; Non-Resident: $45 • $30 supply fee collected at each session

Age 18+ • Resident Fee: $25; Non-Resident: $30 • $15 supply fee collected at each session

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**Youth and Teen Programs • Registration Recommended**

**Kids Night Out at Elite**
Enjoy a quiet night out while your children have a ball bouncing at Elite! Our fun-filled nights include gymnastics, games, and refreshments. Each child gets two pieces of pizza, a juice box, and two snacks. Pre-registration required.

Resident Fee: $20; Non-Resident: $25

| Age 5-6 Elite | 206193-1A | F | May 17 | 9:00a-Noon |
| Age 5-6 Elite | 306193-1A | F | Jun 7 | 9:00a-Noon |

**Toddler Happy Hour Swim**
Enjoy time with your little fish in the zero-depth entry area. An adult is required to be in the water with their children. No registration required.

Fee: $2 per Adult

| Age 3 mos-5 yrs | Lackey Pool | Sa | Jun 15-Aug 3 | 9:15-10:15a |
| DM Wade Pool | Sa | Jun 15-Aug 3 | 10:45-11:45a |

**Toddler Chef**
Grab a chef's hat and let fun begin as we let our imaginations run wild! Let your toddler make a mess at our place creating fun and edible treats. Please bring a container to take home your artistic creations. All supplies are included.

Resident Fee: $12; Non-Resident: $14

| Age 3-5 Henson | 301139-HE | Tu | Jul 9 | 6:30-7:30p |
| Age 3-5 Wade | 301139-WA | W | Jul 10 | 6:30-7:30p |

**Future Chefs**
Our young future chefs will explore a variety of culinary adventures creating unique themed snacks. Chef's hat and apron are provided. Please bring a container to take home your artistic creations.

Resident Fee: $12; Non-Resident: $14

| Age 6-12 | Davis | 301135-DA | Th | Jul 11 | 6:30-7:30p |

** FREE Fishing Lessons**
Don't miss our free fishing lessons at Gilbert Run! All bait and tackle will be provided for participants. Registration is available to children ages 6-15. Space is limited. Pre-registration is required. So that we can best serve all of our residents, registration is limited to one class per family.

| Age 6-15 Gilbert Run | 316600-01 | Th | Jun 27 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-02 | Th | Jul 11 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-03 | Th | Jul 25 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-04 | Th | Aug 8 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-05 | Th | Aug 22 | 9:30a-Noon |

**Fishing Fundamentals Class**
This 4-day program teaches participants how to fish with live bait and artificial lures and will touch on some fly-fishing skills. Participants will have the chance to fish from the shoreline and a rowboat. All equipment will be provided.

Registration Fee: $50

| Age 10-15 | Gilbert Run Park | 316620-01 | M-Th | Jul 15-18 | 8:00-11:30a |

**Master Classes in Public Speaking for Youth**
Master Classes are intensive sessions that focus on enhancing presentation and public speaking skills for children ages 8-12. During each session, students will participate in drama exercises, public speaking II, speech writing, interactive games to encourage creative writing and more. Students must be willing to actively participate in all assignments and presentations. Business causal dress-code is required for each class.

Resident Fee: $70; Non-Resident: $75

| Age 8-12 Port Tobacco | 301394-P1 | Sa | Jun 29 & Jul 13 | 10:00a-1:00p |
| Port Tobacco | 301394-WA | Tu/Th | Jul 16-Jul 25 | 6:30-8:00p |
| Elite | 301394-EL | Sa | Aug 3 & Aug 10 | 10:00a-1:00p |

**Ages 3-5…Let's Jive**
Finally, an activity for the young mind that inspires, motivates, and educates while moving both the imagination and the body. We will make music, play matching color and alphabet games, and run relays. A fun time for the 3-5-year-old and the adult who accompanies them!

Resident Fee: $8; Non-Resident: $10

| Age 3-5 Henson | 301285-HE | Th | Jul 25 | 6:30-7:15p |
| Age 3-5 Wade | 301285-WA | W | Jul 31 | 6:30-7:15p |

**Little Engineers**
All aboard for a wonderful adventure for your little train enthusiast! Enjoy special train activities, a Thomas the Train video, puzzles and games. Participants will be given a conductor’s hat and bandana.

Resident Fee: $8; Non-Resident: $10

| Age 3-6 Henson | 301285-HE | Th | Jul 25 | 6:30-7:15p |
| Age 3-6 Wade | 301285-WA | W | Jul 31 | 6:30-7:15p |

**FREE Fishing Lessons**
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| Age 6-15 Gilbert Run | 316600-01 | Th | Jun 27 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-02 | Th | Jul 11 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-03 | Th | Jul 25 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-04 | Th | Aug 8 | 9:30a-Noon |
| Age 6-15 Gilbert Run | 316600-05 | Th | Aug 22 | 9:30a-Noon |
Drop-In Programs

Youth & Teen Drop-In
Open-style sports and semi-organized games. A one-time registration form with parental consent is required. Sign-in by youth required each day of participation. Dates and times are subject to change. No drop-in July 4.
Drop-In Fee: $3
Age 11-17 Davis M-F Jun 17-Aug 9 Noon-4:00p
Neal M-F Jun 17-Aug 9 Noon-4:00p

Open Gym
Come in for our Open Gym to practice your gymnastics skills and have fun while using our trampolines, tumble track and foam pit. Gymnastics instructors will be available for assistance.
Drop-In Fee: $5 (1 hour sessions); $10 (2 hour sessions)
Age 6+ Elite W/F Ongoing 6:00-8:00p
Th Ongoing 8:00-9:00p
Sa Ongoing 1:00-2:00p

Open Tumbling
Our Open Tumbling sessions are available to help you work on your skills by using the trampolines and tumble track to help perfect your flips. Gymnastics instructors will be available for assistance. Groups larger then 5: please call one week prior.
Drop-In Fee: $5
Age 6+ Elite F Ongoing 7:00-8:00p

Jumpnastics Drop-In
Spend quality time with your little one while they develop body awareness, balance, fitness, listening, and social skills using gymnastics equipment.
Drop-In Fee: $5
Age 0-5 Elite M/W/F Ongoing 11:00a-Noon

Tot Time Drop-In
Bring your toddler to Elite and enjoy an indoor play experience! Parent or guardian must be present to supervise child.
Drop-In Fee: $3
Age 0-5 Elite Tu/Th Ongoing 11:00a-3:00p
W/F Ongoing 5:00-6:00p
Sa Ongoing Noon-2:00p

School’s Out Activities

School’s Out Day at Elite
Elite Gymnastics and Recreation Center offers a full day program for the kids are off from school! Daily activities include gymnastics instruction, arts and crafts, organized games, and other special projects. Participants should bring a bag lunch, drink, and snacks.
Pre-registration is required.
Resident Fee: $30; Non-Resident: $35
Age 5-14 • Elite • 506021-E4 • M • May 27 • 6:30a-6:00p

Registration for the 2019-2020 school year begins August 1!

Beyond the Bell is an afterschool activities club for middle school students looking for a safe environment to do homework, hang out with friends, and enjoy structured activities. Become a member at your school and enjoy special benefits and events exclusive to club members.
Registration forms are available at our office (Port Tobacco), all community centers, and online at www.CharlesCountyParks.com. This program operates Monday-Friday and is open to grades 6-8.
Available Community Centers: Henson, Smallwood (Indian Head), Somers (La Plata), Piccowaxen (Newburg), Davis, Hanson, Mattawoman, and Stoddert (Waldorf).
Registrants must attend the school in which they participate. Beyond the Bell does not meet on school closing days. This program may not qualify for child care tax deduction. One day drop-in is available for $15/day. There is a one-time registration fee of $25 for both weekly and daily participants.
Weekly Fee: $50; Daily Drop-in Fee: $15
Grades 6-8 • 540000 • M-F • Sep 3-Jun 12 2:00-6:00p
Learn to Swim

Swim Lessons

Resident Fee: $65; Non-Resident: $70

Sessions consist of eight, 35-minute classes with one day focusing on basic water safety skills. Classes may be canceled due to low enrollment. Instructors may move children to a different level that is more appropriate from the registered class. Please contact the Aquatics Supervisor if health conditions warrant additional accommodations for participation. **No class Jul 4.**

Lesson Descriptions:

**Merbabies: Age 6-36 months**

Requirements: Parent or guardian must accompany child in water. Teaches parents the skills and techniques to encourage and develop a comfort level for young children in and around the water.

**Guppies: Age 3-5**

**Guppies 1**-Orients children to water safety and basic swimming skills. Skills include: submerging, floating, kicking, and using arms on both the stomach and back.

**Guppies 2**-Requirements: Completion of all Guppies 1 skills. Works on floating, gliding, combined stroke (arms/legs) on both stomach and back and introduces the back-crawl arms.

**Guppies 3**-Requirements: Completion of all Guppies 2 skills. Must be comfortable with underwater swimming, able to float, and swim by themselves for 5 body lengths on both their stomach and back. Builds on combined stroke on stomach and back and introduces breaststroke kick and deep-water skills.

**Minnows: Age 6-12**

**Minnows 1**-Orients children to water safety and basic swimming skills. Skills include: submerging, floating, kicking, and using arms on both the stomach and back.

**Minnows 2**-Requirements: Completion of all Minnows 1 or Guppies 3 skills. Works on floating, gliding, combined stroke on both stomach and back and introduces the back-crawl arms and deep-water skills.

**Minnows 3**-Requirements: Completion of all Minnows 2 skills. Must be comfortable with underwater swimming, able to float, and swim 10 yds. on both their stomach and back. Builds on combined stroke on stomach and back, and introduces breaststroke, butterfly, and beginning diving skills.

**Minnows 4**-Requirements: Completion of all Minnows 3 skills. Must be comfortable in the deep water, be able to swim 20 yds. of front crawl and elementary backstroke, and 15 yds. back crawl. Class will refine stroke techniques for all strokes and diving from a standing position. Class prepares participants for the Charles County Swim Club Dolphins group.

### Teen & Adult Learn to Swim

For beginner and intermediate swimmers looking to gain confidence in the water by focusing on basic swimming skills, stroke development, and water safety.

Resident Fee: $70; Non-Resident: $75

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<th>Age 13-16</th>
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**DM Wade**

**Guppies 1** 308901-1A 4:45p

**Guppies 2** 308902-1A 6:15p

**Guppies 3** 308903-1A 5:30p

**Minnows 1** 308904-1A 5:30p

**Minnows 2** 308905-1A 4:45p

**Minnows 3** 308906-1A 6:15p

**Minnows 4** 308907-1A 7:00p

**Lackey**

**Guppies 1** 308501-1A 6:15p

**Guppies 2** 308502-1A 5:30p

**Guppies 3** 308503-1A 7:00p

**DM Wade Pool**

**Minnows 1** 308604-1A 6:15p

**Minnows 2** 308605-1A 5:30p

**Minnows 3** 308606-1A 4:45p

**Minnows 4** 308607-1A 7:00p

**North Pt**

**Guppies 1** 308601-1A 4:45p

**Guppies 2** 308601-1B 6:15p

**Guppies 3** 308603-1A 7:00p

**Minnows 1** 308604-1A 6:15p

**Minnows 2** 308605-1A 5:30p

**Minnows 3** 308606-1A 4:45p

**Minnows 4** 308607-1A 7:00p

Look for the Charles County Swim Club this fall!

After passing Minnows 4, participants can register for the Dolphins Group in the Charles County Swim Club.
### Summer Swim Lessons

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**La Plata**

Minnows 1 308704-2A 6:00p
Minnows 2 308705-2A 6:45p
Minnows 3 308706-2A 6:45p

**Lackey**

Guppies 1 308501-5A 11:00a
Guppies 2 308502-5A 11:15a
Guppies 3 308503-5A 10:30a
Guppies 4 308504-5A 10:30a
Guppies 5 308505-5A 11:00a
Guppies 6 308506-5A 12:00p
Guppies 7 308507-5A 12:00p

**La Plata**

Minnows 1 308704-2A 8:30p
Minnows 2 308705-2A 6:00p
Minnows 3 308706-2A 6:45p

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**Register online at www.CharlesCountyParks.com**
**Swim Kidz**

**Mini Lessons**

We offer three levels of instruction consisting of four 30-minute accelerated classes with an abbreviated curriculum designed to focus on the basic fundamental of swimming. The class size is limited to a maximum of four children, so instructors can offer more personalized approach to meet each swimmer's needs. No class Jul. 4.

Residents Fee: $40; Non-Residents: $45

- **Preschool/Youth Paddlerz** — Introduction to basic swimming skills; including submerging, floating, kicking, and using their arms on both the stomach and back.
- **Preschool/Youth Flipperz** — Works on floating unsupported and the basic fundamentals of front crawl and back crawl unsupported.
- **Preschool/Youth Snorklerz** — Builds on front and back crawl skills, introduces breaststroke and deep-water treading.

### Summer Session

#### Preschool Paddlerz (Ages 3-6)

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#### Preschool Flipperz (Ages 3-6)

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#### Preschool Snorklerz (Ages 3-6)

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#### Youth Paddlerz (Ages 7-12)

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<th>Days</th>
<th>Start Date</th>
<th>Start Time</th>
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</thead>
<tbody>
<tr>
<td>308137-D1</td>
<td>DM Wade</td>
<td>M-Th</td>
<td>Aug 19-22</td>
<td>5:25p</td>
</tr>
<tr>
<td>308137-D2</td>
<td>DM Wade</td>
<td>M-Th</td>
<td>Aug 19-22</td>
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<td>M-Th</td>
<td>Aug 5-8</td>
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<td>308137-T2</td>
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<td>M-Th</td>
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<td>308137-T3</td>
<td>Th Stone</td>
<td>M-Th</td>
<td>Jul 29-Aug</td>
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#### Youth Snorklerz (Ages 7-12)

<table>
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<tr>
<th>Session Code</th>
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<th>Days</th>
<th>Start Date</th>
<th>Start Time</th>
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<tr>
<td>308138-D1</td>
<td>DM Wade</td>
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<td>M-Th</td>
<td>Aug 5-8</td>
<td>6:00p</td>
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<tr>
<td>308138-T2</td>
<td>Th Stone</td>
<td>M-Th</td>
<td>Jul 1-5</td>
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<tr>
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<td>Th Stone</td>
<td>M-Th</td>
<td>Jul 29-Aug</td>
<td>1:05p</td>
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</tbody>
</table>
Fitness & Dance

Adult Fitness & Dance

Adult Gymnastics Drop In

Do you ever feel like fine toning your cartwheel or brushing up on your toe touch? Well come bounce, swing, flip or jump with us at Elite and feel like a kid again. Not only is it fun, it’s a great workout too!

Drop-In Fee: $5
Age 16+ Elite W-F Ongoing 8:00-9:00p
Sa Ongoing 1:00-2:00p

Zumba

Come and join the party that combines high energy and motivating music with unique moves and combination. This is an exciting and effective fitness system. Challenge yourself with routine aerobic/fitness intervals and sculpt the body with easy to follow dance steps.

Resident Fee: $40; Non-Resident: $45; Walk-In Fee: $8
Age 18+ Davis 301154-D1 M/W Jun 24-Jul 10 7:00-8:00p
301154-D2 M/W Jul 22-Aug 7 7:00-8:00p

It’s A Line Dance “Thang”

Want to learn the latest line dances? How about a classic like the Electric Slide? Encourage a group of friends or come solo for a great time with other dance enthusiasts. Open to all levels from beginning to intermediate.

Resident Fee: $40; Non-Resident: $45; Walk-In: $8
Age 18+ Henson 301029-HE Tu Jun 25-Jul 30 6:30-8:00p

Fitness Boot Camp

Boot Camp is a one-hour group exercise training program designed to build strength, endurance, and fitness through a variety of group intervals, circuits, and workouts. Each class is strategically created to allow participants to get maximum calorie burn in the shortest amount of time. Each class will consist of cardio and weight resistance training that will target all muscle groups, including the abs, to comprise of a full body workout. Classes are designed to be challenging yet can easily be modified for all fitness levels. No class July 4.

Resident Fee: $40; Non-Resident: $45; Walk-In: $8
Age 18+ Hanson 301327-HA Tu Jun 25-Jul 30 7:00-8:00p
Wade 301327-WA Th Jun 27-Aug 8 7:00-8:00p

HIIT Family Fitness Class

HIIT is a 30-minute family exercise program designed to build strength, endurance, and fitness through a variety of group intervals, circuits, and workouts. Each class is strategically created to allow participants to get maximum calorie burn in the shortest amount of time. Each class will consist of cardio and weight resistance training that will target all muscle groups, including the abs, to comprise of a full body workout. Classes are designed to be challenging yet can easily be modified for all fitness levels including children. Parent or guardian registration required with youth participation.

Resident Fee: $40; Adult Non-Resident: $45; Adult Walk-In: $8
Youth Resident Fee: $25; Youth Non-Resident: $30; Youth Walk-In: $5
Age 18+ Wade 301009-WA Tu Jun 25-Jul 30 7:00-7:30p
Age 10-17 Wade 301009-W1 Tu Jun 25-Jun 30 7:00-7:30p

Aquatic Fitness

Water Aerobics

Water Aerobics classes are low-impact with an emphasis on stretching, cardiovascular, and resistance exercises. Participants should be comfortable in the water. Class times are subject to change without notice depending on instructor/pool availability. Class will not be held Jul 4.

8 Visit Punch Card Resident Fee: $50; Non-Resident: $55; Daily Walk-In: $8/visit
Age 16+ North Pt Pool Sa Jun 15-Aug 10 10:45-11:45a
McDonough Pool Tu/Th Jun 18-Aug 22 6:30-7:30p
Charles County

GOOD S.P.O.R.T.S.

The Department of Recreation, Parks and Tourism's Sports Office introduces the “Good S.P.O.R.T.S Charles County” initiative. Our Good S.P.O.R.T.S value system, symbolized by the acronym SPORTS, will serve as the foundation to maintain a high standard of good sportsmanship allowing residents to enjoy their experience while playing, observing, or coaching in Charles County.

Sportsmanship • Positive Attitude • Obey the Rules
Respect • Teamwork • Strive For Success

Adult Basketball

Adult Basketball Drop-In

Join other athletes of all ability levels for self-officiated basketball scrimmages. Choose the night and location the best works for you.

Drop-In Resident Fee: $5; Non-Resident: $6; 10 Visit Punch Card: $40
Age 18+
- Port Tobacco Tu Ongoing 8:00-9:15p
- Smallwood M Until May 20 8:00-9:15p
- Davis W Until May 29 8:00-9:15p
- Henson W Until May 29 8:00-9:15p
- Stoddert Th Until May 30 8:00-9:15p
- Hanson F Until May 31 8:00-9:15p

Age 30+
- Port Tobacco W Ongoing 8:00-9:15p
- Mattawoman W Until May 29 8:00-9:15p

Adult Basketball

Take advantage of this great opportunity to meet new people and play basketball in a fun, organized atmosphere. This program emphasizes total participation and fun. Registration required. Drop-in is not available.

Resident Fee: $40; Non-Resident: $50
Age 30+
- Somers 301051-50 Tu Jun 25-Jul 30 6:00-8:00p

Cheerleading

High School Cheer Prep

Trying out for high school cheerleading? We want to help you prepare! Our Cheer Prep class will work on jumps, cheer motions, dance, tumbling, tryout tips, and more. Participants will take part in a mock tryout!

No class Jul 4. Make-up day Jul 5.

Resident Fee: $200; Non-Resident: $205
Age 14-18 Elite 306020-1A Tu/Th Jun 25-Aug 8 7:00-8:00p

Cheerleading Clinic

Designed for cheerleaders who are looking to improve their tumbling and stunt skills. This clinic will help intermediate to advanced tumblers refine their technique and learn new skills.

Resident Fee: $115; Non-Resident: $120
Age 8+
- Elite 306010-1A M-Th Jul 8-Jul 11 5:30-7:30p
- 306010-1B M-Th Jul 29-Aug 1 5:30-7:30p

Futsal

Come out and enjoy open-style indoor soccer and semi-organized games.

Resident Drop-In Fee: $5; Non-Resident: $6; 10 Visit Punch Card: $40
Age 18+
- Henson M Until May 20 8:00-9:15p
- Somers W Until May 29 7:30-9:00p
- Piccowaxen F Until May 31 7:30-9:00p
**Golf**

**Golf Classes for Beginners**

Take your game from the driving range to the course in just a few short weeks. Our PGA teaching professionals will give new golfers the confidence to play and enjoy the game of golf. In a small group setting, participants will learn course etiquette, basic rules, and the essentials of becoming proficient with irons, woods, and putters. Driving range and on course instruction are provided. Participants will receive a free round of golf at the completion of the course. Limit 8 per session. Contact the golf course directly for dates, times, and cost.

Age 18+  White Plains Golf Course  Call to Schedule: 301-645-1300

**Get “Golf Ready” Junior Clinic**

Registration Fee: $60  White Plains Golf Course  301-645-1300

Age 8-12  M-Th  Jun 24-27  8:00-9:15a
Age 13-17  M-Th  Jul 15-18  8:00-9:15a

**2019 Special Events**

Pre-registration required for all events. USGA handicap required. Open to all amateurs. Visit www.CharlesCountyParks.com for registration forms or call 301-645-1300 for more information.

Junior Tournament (Age 9-17)  Jul 25  $35/player
Two-Man Team Scramble Tournament  Aug 24  $150/team
Club Championship Tournament  Sep 21  $50/player

**Kickball**

**Adult Kickball League**

This is one of Charles County’s fastest growing leagues! Regular season will be a round-robin format and teams will play double-headers. A minimum of 12 players and maximum of 20 players is permitted per team. Team registration only. Players must be 18+ and not eligible to participate at the high school level. Interested individual players will be placed on a free agent list available to all coaches (http://bit.ly/AdultFreeAgents).

Team Fee: $450 - $550  Team Registration: Jul 15-Aug 9
Games Begin: Early Sep
Division I  415900-D1  Tu
Division II  415900-D2  Tu
Division III  415900-D3  W
Women’s  415900-D4  F

**Youth Summer Kickball League**

Join us for this exciting, non-competitive youth kickball league! Teams will practice twice then play a six-game season. Games will be 50 minutes and teams will play as many innings as time permits. Age as of 12/31/2019.

Resident Fee: $25  Non-Resident: $30  301-645-1300
Registration Deadline: Jun 26  Practice Begins: Jul 9
Age 7-9  White Plains  315921-WP  Tu/Th  Jul 23-Aug 8
Age 10-12  White Plains  315922-WP  Tu/Th  Jul 23-Aug 8

**Pickleball for All**

Pickleball is a fun sport that combines many elements of tennis, badminton, and table tennis. The rules are simple, and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game and then put your skills to the test in friendly competition. Equipment is provided.

Drop-In Resident Fee: $5  Non-Resident: $6; 10 Visit Punch Card: $40

Age 18+  Port Tobacco  M  Ongoing  9:00a-Noon (Advanced Only)
M  Ongoing  Noon-2:00p
W  Ongoing  9:00a-Noon
W  Ongoing  Noon-2:00p (Adv Only)
Th  Ongoing  3:00-5:00p
Sa  Ongoing  8:30-10:30a (Adv Only)

**Soccer**

**Adult Soccer League**

This league is open to one or more divisions of competition. The regular season will be a round-robin format. Team registration only. Players must be 18+ and not be eligible to participate at the high school level. Interested individual players will be placed on a free agent list available to all coaches (http://bit.ly/AdultFreeAgents).

Team Fees: $450 - $700  Team Registration: Jul 15-Aug 9
Games Begin: Early Sep
Women’s 18+  7v7  Su
Men’s 18+  11v11  M
Men’s 30+  11v11  W
Sports

Youth Soccer League

The Southern Maryland Youth Soccer League is first and foremost a recreational sports program. Its purpose is to provide an opportunity for youth to participate in soccer within designated age divisions.

Fall Registration: Jun-Aug    Games Begin: Sep
Ages: U6, U8, U10, U12, U15, U19

Available Leagues:
- Bryans Road Soccer Association - www.brsa.net
- Indian Head Soccer Association - ihsa1.tripod.com
- La Plata Youth Soccer Association - www.lpysa.org
- Pisgah Soccer Association - www.leaguelineup.com/welcome.asp?url=pisgahsoccer
- Southern Maryland Youth Organization (SMYO) - smyo.org
- Waldorf Soccer Club - www.waldorfscoccer.com

Softball

Adult Softball League

The regular season will be a round-robin format with teams playing double-headers. Teams must have a minimum of 15 players and no more than 20 players. Team registration only. Players must be 18+ and not eligible to participate on the high school level. Interested individual players will be placed on a free agent list available to all coaches (http://bit.ly/AdultFreeAgents).

Team Fee: $450-$550    Registration: Jul 15-Aug 9
Games Begin: Early Sep
Men’s: M/Th    Adult Co-Rec: F/Su

Table Tennis

Table Tennis Drop-In

Come out and enjoy open-style table tennis and semi-organized games.

Resident Drop-In Fee: $5; Non-Resident: $6
10 Visit Punch Card: $40
Age 18+
Stodder    Tu/Th    Until May 30    7:00-9:00p
Mattawoman    Tu/Th    Jun 18-Aug 8    6:00-8:00p

Volleyball

Adult Co-Ed Volleyball Drop-In

Open-style volleyball with semi organized games.

Resident Drop-In Fee: $5; Non-Resident: $6; 10 Visit Punch Card: $40
Age 18+
Port Tobacco    Th    Ongoing    8:00-9:15p
Mattawoman    Tu    Until May 28    7:30-9:00p

Youth Volleyball Drop-In

Open-style volleyball with semi organized games.

Drop-In Fee: $3
Age 10-14    Mattawoman    Tu    Until May 28    6:30-7:30p

Youth Triathlon

Join us for this special event planned especially for kids age 15 and younger. Each athlete will swim, bike, and run specified distances based on their age group while wearing a chip on their ankle to track their time throughout the course of the event. The awards ceremony starts at 10:15 a.m. on the track infield. Awards will be presented to the first, second, and third place male and female finishers in each category. All participants receive a finisher medal.

Triathlon participants registered by July 3 are guaranteed to receive a T-shirt. Age as of Dec 31, 2019. Chip timing provided by Race Works Gruppetto. Coast Guard approved life jackets, including puddle jumpers, are permitted.

Pre-registration required.

Saturday, July 27
DM Wade Aquatic Center
Check-In/Registration: 7:00a • Event Start: 8:00a

Register early and save!
Feb 15-Apr 5: $30 • Apr 6-May 17: $40 • June 8-Jul 17: $50
Walk-up registration not available.

Packet Pick-Up & Course Walkthrough
DM Wade Aquatic Center
W, Jul 24 • 6:00p Packet Pick-Up || 6:30p Course Walkthrough

<table>
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<tr>
<th>Age</th>
<th>Start Time</th>
<th>Swim Distance</th>
<th>Bike Distance</th>
<th>Run Distance</th>
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<td>11-12</td>
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<td>9-10</td>
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<td>50 yards</td>
<td>1 mile</td>
<td>.5 mile</td>
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<tr>
<td>7-8</td>
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<td>50 yards</td>
<td>1 mile</td>
<td>.25 mile</td>
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<tr>
<td>6 &amp; Younger</td>
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<td>25 yards</td>
<td>.5 mile</td>
<td>.25 mile</td>
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<tr>
<td>Iron Kid 9-15</td>
<td>8:00a</td>
<td>500 yards</td>
<td>12 miles</td>
<td>2 miles</td>
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</table>

Youth Triathlon Clinic

Come learn swimming techniques, endurance building drills, transition area tips, race day prep, biking and running pointers, how to set up an efficient transition area, what to pack for race day, and other helpful tips for participating in a triathlon. Participants should be comfortable in the water and able to swim one length of the pool. Participants must bring their bicycle, bicycle helmet, socks, swim suit, goggles, swim cap, two towels, tennis shoes, and a water bottle.

Registration Fee: $15
Age 6-14    DM Wade Pool 308023-SC    Sa    Jul 20    9:00-11:30a
Hockey

The Southern Maryland Sabres Hockey Club

Southern Maryland Sabres Hockey Club’s mission is to promote the growth of ice hockey and provide the best possible experience for all participants by encouraging, developing, advancing, and administering the sport. Recreational and travel leagues are available. Visit www.somdsabres.org for more information.

Stick and Puck

Work on your skating, shooting, and stick/puck handling skills during our 90-minute Stick and Puck session. Full ice hockey equipment is required for youth and is recommended for adults, helmets are mandatory for all. This is an ongoing program and the schedule is subject to change without notice.

Fee: $12/player
All Ages Capital Clubhouse Check website for days/times

Ice Skating

Public Ice Skating

Enjoy skating with your friends and family while listening to today’s hit music. Go to www.capitalclubhouse.com or the Capital Clubhouse Facebook page for a complete schedule. The schedule is subject to change without notice.

Admission: $8/person Skate Rental: $4/person

Totsicles

Perfect for your toddlers first introduction to the ice! A half-hour of self-paced activity and fun on the ice accompanied by parent or adult care-giver, followed by a cup of hot cocoa and a story read aloud in our warm lobby. Children may wear skates or shoes for snow and ice (no smooth-sole or open-toe shoes). Accompanying adults must wear appropriate shoes for snow and ice.

Drop-In Fee: $10
Age 2-5 Capital Clubhouse F Ongoing 10:00-11:00a

Capital Clubhouse Learn to Skate Academy

Classes are divided by skill level and age. Each session includes: six 30-minute lessons (45 min. for Basic 4 and beyond); rental skates; practice card good for six public ice-skating admissions during your session dates (must pay for skate rental); Basic Skills membership, record book with stickers, member patch, and year patch. All skaters must be able to stand and walk in skates without assistance while not on the ice and attend class independently. Helmets are recommended. Make-up classes may be offered at the discretion of the skating director depending on class size and level availability. Skill levels may be combined due to low enrollment. All first-time academy students are recommended to skate at least once prior to class start to find out correct skate size and fit. Contact the Capital Clubhouse for full level descriptions and registration deadlines.

Adult Pick-up Ice Hockey

This is a great opportunity for any adult player that can’t commit to a league. Enjoy 90 minutes of self-officiated informal game play. Full ice hockey equipment is required. The schedule is subject to change without notice.

Free $12/player • First 2 Goalies: Free
Age 18+ Capital Clubhouse Check website for days/times

Summer Camps

Learn to Skate • Figure Skating
All Sports • Hockey • Soccer
Basketball • Volleyball
And More!

The Capital Clubhouse has an exciting line-up of camps available this summer!

Elite Gymnastics and Recreation Center

Recreational Gymnastics
Program teaches achievable goals, frequent success, and tangible rewards. Our curriculum uses a beginner to advanced level system to track achievements, in addition to complementary classes to improve strength, conditioning, and form. Skills are broken into achievable steps. Elite nurtures an environment where children have an opportunity to be successful, while developing strength, coordination, and other skills that transfer to other sports and activities. Sessions consist of eight classes. Placement depends on age and skill level.

For safety reasons, all class sizes are limited to a maximum number of participants. Classes may be canceled due to low enrollment. Instructors may move children to a different level class if the child is unable to participate in the skill level of the registered class.

Class Descriptions
Tiny Tumblers - This is a parent participation class designed for small children and promotes proper brain development, motor skills, communication, and social skills while providing a fun bonding experience. Only one parent per child is permitted in the gym (no siblings permitted in gym). 45 minute class.

Twisters - Learn basic gymnastics skills and terminology that will help build self-esteem, increase flexibility and coordination. 55 minute class.

Girls Red - Introduces basic gymnastics skills, positions, and safety for floor, beam, vault, and bars. 55 minute class.

Girls White - For gymnasts who have completed all Red level skills and are familiar with basic skills on gymnastics equipment. 55 minute class.

Girls Blue - For intermediate gymnasts who have completed the White level. Students should have a strong roundoff and back bend kickover on the floor before advancing to this level. 55 minute class.

Girls Silver and Gold - For intermediate advanced/advanced gymnast who have completed the Blue level. These classes are by invitation only due to the increased level of difficulty which require a good knowledge and mastery of basic skills on each event. 1 hour and 25 minute classes.

Boys Tumble and Gym - Focuses on building strength, flexibility, and confidence through an introduction to basics skills and positions on events. In addition to gymnastics they will be introduced concepts of Parkour. 55 minute class.

Parkour Basics - Focus is on movement through obstacles using rolls, kong vaults, and precision jumps to move from point A to B. Spins, flips, and tricks are taught through games/challenges to train participants to control their bodies and minds in an urban or natural environment. 1 hour class.

Kids Conditioning and Core - Incorporates strength training, muscle and endurance building in a gymnastic atmosphere. Classes will include circuit training and games and activities to build core strength. 55 minute class.

Cheer Tumbling - Learn the fundamentals of tumbling for cheerleading through drills and skill progression. 55 minute class.

Gymnastics Schedule
Subject to change.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Jul 8-Aug 31 8 Week Full Session</th>
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<tr>
<td>Tiny Tumblers</td>
<td>2-3</td>
<td>5:15 p.m.</td>
<td></td>
<td>6:15 p.m.</td>
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<td>10:15 a.m.</td>
<td>R: $60 / NR: $65</td>
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<td>Twisters</td>
<td>4-5</td>
<td>6 p.m.</td>
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<td>6+</td>
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<td>6+</td>
<td>7 p.m.</td>
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<td>11 a.m.</td>
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<td>Girls Blue</td>
<td>6+</td>
<td>6 p.m.</td>
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<td>Girls Bronze</td>
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<td>5 p.m.</td>
<td>AND 5 p.m.</td>
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<tr>
<td>Girls Gold</td>
<td>6+</td>
<td>6:30 p.m.</td>
<td>AND 6:30 p.m.</td>
<td>R: $225 / NR: $230</td>
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<tr>
<td>Boys Tumble &amp; Gym</td>
<td>6+</td>
<td>6 p.m.</td>
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<tr>
<td>Parkour I</td>
<td>8+</td>
<td>6:30 p.m.</td>
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<td>Int/Adv Cheer</td>
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<td>7 p.m.</td>
<td>6 p.m.</td>
<td>9 a.m.</td>
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<tr>
<td>Aerials*</td>
<td>8+</td>
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<td></td>
<td></td>
<td>10 a.m.</td>
<td>R: $135 / NR: $140</td>
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</table>

*Walk-in available for Aerials class - $20/class

Competitive Teams: Elite Gymnastics offers the opportunity for gymnasts to take their experience and talent to a competitive level. The Elite Women’s Gymnastics Team, USAG competitive levels 3-10, compete within the USA Gymnastics Junior Olympics Program. Teams travel throughout the United States to compete. Our experienced and knowledgeable coaches provide the highest level of training and are dedicated to the development and success of each athlete. Competitive season runs June 1-May 31.

A pre-competitive gymnastics team, by invitation only, is offered for girls that have shown an exceptional level of skill or who have progressed through our recreational classes at an accelerated pace. Pre-team is an introduction into the competitive gymnastics program and does not compete. Our highly skilled coaches have the opportunity to train and develop their skills to prepare for the competitive team.

Upcoming Gymnastics Clinics
Intro to Gymnastics Clinic
New to gymnastics? Take our one-week clinic to introduce you to the sport. Learn basics on bars, beam, vault, and floor.

Resident Fee: $85; Non-Resident: $90
Age: 6+ 
Elite 306002-1A M-Th Jun 24-27 5:30-7:30p
306002-2A M-Th Aug 5-8 5:30-7:30p

Barns Clinic
Designed for gymnasts looking for additional practice time to improve bar skills. For intermediate to advanced gymnasts.

Resident Fee: $85; Non-Resident: $90
Age: 8+ 
Elite 506455-1A M-Th Jul 22-25 5:30-7:30p

Contact the center directly.

Details: Contact the center directly.
Special Olympics Maryland and the Department of Recreation, Parks, and Tourism in a partnership offer a year-round program for athletic conditioning, training, and competition for individuals with intellectual disabilities who are at least eight years of age. There is no maximum age limit. All Special Olympics sports activities are free of charge to athletes. Currently, Special Olympics Charles County offers a chance to compete in ten Olympic-style sports annually. Online registration is available at www.CharlesCountyParks.com and required to participate in Special Olympics Sports.

Weekly News
Join our email list by sending an email to SO_CC@verizon.net.

Special Reminder
The Special Olympics MD policy is that ALL medical/volunteer applications must be updated every three years before a participant every can attend training. Coaches: Please enforce this policy. To determine your status, please contact Pat Sharar at 301-932-8196.

United Way Campaign
It’s time for the United Way of Charles County’s annual campaign. Please consider making Special Olympics MD - Charles County your designated donation. This campaign is one of the primary sources of funds for Special Olympics Charles County.

Coaching Opportunities and Volunteers Needed
A head coach for golf is needed to continue the golf training program. Coaches must be age 18 or older and are subject to a criminal background investigation. Training is offered. Volunteers are needed for the Charles County Spring Games. Please take a day to help Special Olympics! If interested, contact Casey Ryan at 973 768-9885.

Unified Sports®
Unified Sports® is a unique opportunity for traditional Special Olympics athletes and partners (without intellectual disabilities, with similar ability levels) to train and compete as a team against other Unified Sports® teams.

Special Olympics Summer Sports
Kayaking
Please help Special Olympics MD-Charles County restart the kayaking program by enrolling to participate. Learn to safely handle a kayak and then enjoy the thrill of competition.
Gilbert Run
ST3026-SO Sa Jun 15-Aug 10 9:00-11:00a

Golf
Improve your golf skills through our Unified two person teams. Beginners can learn new skills like: driving, iron, pitch, chip, and putting through the Golf Skills program.
White Plains Golf Course
Golf Skills ST3023-SO Tu Aug 6-Sep 24 5:30-7:30p
Unified Golf ST3024-SO Tu Aug 6-Sep 24 5:30-7:30p

Special Populations Gymnastics Drop-In
Come play in our gymnastics gym! Develop motor skills, coordination, balance, flexibility, self-confidence, and strength. A gymnastics instructor supervises.
All Ages • Elite Gymnastics (Waldorf)
W, Ongoing • 5:00-6:00p
IT’S NOT JUST ABOUT CORN AND TOMATOES ANYMORE...
Charles County is home to rich agritourism and an abundance of flavorful foods, where farmers grow rich, succulent, colorful foods and our local chefs prepare culinary masterpieces. Enjoy farm raised meats, dairy, honey, herbs, local fruits and vegetables while learning about our traditional fare and the meals you’re able to create with them. Visit our farms, roadside stands, and farmers markets to savor our local flavor.

www.ExploreCharlesCounty.com
Crain Memorial Welcome Center • Newburg, MD
800-766-3386 • MD Relay Service: 7-1-1