



annapolis

recreation & parks

WINTER 2017 PROGRAM GUIDE

www.annapolis.gov/recreation



POWER OF PLAY

Promote a Healthy Lifestyle
(Physical Activity)

Encourage Life-Long Learning
(Mentally Active)

Contribute to Livable Neighborhoods
(Youth and Adults Positively Engaged in Wholesome Activities)

Contribute to the City's Economic Vitality
(Quality of Place, House Values, Sports Tourism, Department Cost Recovery)

Build a Sense of Community
(Social Interaction)

Contribute to an Attractive and Sustainable Environment
(Beautify and Maintain Public Spaces)



www.annapolis.gov/recreation

Events and Programs highlighted this winter!

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





- Main Office "Pip" Moyer Recreation Center 410.263.7958
- Harbormaster's Office 410.263.7973
- Parks Maintenance Office 410.263.7993
- Stanton Community Center 410.295.5519

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Greetings,

The City of Annapolis has accomplished so much in 2016 and I am proud of everything that the Recreation and Parks Department has done to keep our residents healthy! By offering nutritional options, fitness classes, league athletics, and an available place to workout seven days a week, we can welcome 2017 with confidence and know that the options we choose will make us a healthy and fit individual.

With the New Year just around the corner, it's great to know that the "Pip" Moyer Recreation Center (PMRC) is available to help all of us. I have heard it said that the New Year is a time to create new challenges for ourselves and to enrich our lives. I know that I can count on PMRC and its staff to offer numerous options that ensure I meet my health goals for 2017!

The motto of the Annapolis Recreation and Parks Department is "Healthy Living Starts Here," so make the new year a happy and healthy one for you and your family!

Respectfully,
Mayor Mike Pantelides
City of Annapolis



The Mission of Annapolis Recreation and Parks:

To enrich the quality of life for Annapolis area residents and advocate for healthy, active living by offering quality recreational programs and community facilities within an array of parks and natural open spaces.

The Annapolis Recreation and Parks Department (ARPD) Recreation Advisory Board consists of City residents who have a demonstrated interest in the activities and programs of the Department, are appointed by the Mayor and confirmed by a majority vote of the City Council; members serve a term of three years. The Board acts in an advisory capacity concerning the Department's budget, activities, programs, facilities and public relations. **Recreation Advisory Board Members and Ward #**

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

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annapolis recreation & parks
Healthy Living Starts Here

www.annapolis.gov/recreation



The State of MD Dept of Health and Mental Hygiene launched a program to identify objectives to improve the health of MD residents. From that, the Healthy Anne Arundel Coalition was

formed to locally implement strategies to improve public health. ARPD works with the Coalition to determine healthy programs, activities and events that meet at least 2 the following criteria:

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

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

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

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

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

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

Additional Membership Information:

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



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

Facility Rentals

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

Facility Rental Fees	R	NR
Single Meeting Room	\$37	\$45
Full Meeting Space (3 rooms)	\$110	\$132
Kitchenette	\$13	\$16
Single Court	\$60	\$75
Full Gymnasium	\$180	\$225
Auxiliary Gym	\$75	\$90
Truxtun Park Pavilion	\$80	\$110



CCYC group event at Pavilion 1

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

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

* has electricity

FITNESS CLASSES INCLUDED WITH MEMBERSHIP



The following Fitness Classes for ages 16+ are held at PMRC and included with Membership (see page 3). Individuals may pay the Drop-In Fee to attend a class. Drop-In Fee: Resident \$15 / Non-Resident \$19 includes guest admission to PMRC for the visit. Non-refundable and non-transferable.

PLEASE NOTE: Classes are subject to change and limited space is available on a first-come, first serve basis. Please refer to the schedule online for the most up-to-date schedule. This winter schedule starts Monday, January 2, 2017.

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

Cardio, Strength, & Dance

Aerobics Jacki Sorensen's fitness class combines stretching, flexibility, core work, weight training and aerobic exercise to upbeat and motivating music! Participate at your own level. Instructor: Mary Slidell

Barbell Strength & Conditioning This class uses simple, athletic movements such as squats, curls, lunges and presses. Shape, tone and strengthen your entire body! For all ages and fitness levels. Instructor: Kelly Scalia / Leigh Macey

Cardio Chisel High intensity cardio exercises repeated in a Tabata style pattern of 20 seconds on and 10 seconds rest mixed with strength and conditioning for a full body workout. For all levels, boot camp style class to improve endurance and tone muscle. Instructor: Kelly Scalia



Cardio Dance Mix Cardio workout filled with fast and slow dance intervals and exciting dance moves! Modeled after the popular Zumba® fitness program, this class is sure to get you moving! Instructor: Leandra Parkinson

Line Dancing Exercise your body and mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Join other dancers and learn some fun routines and enjoy the fun exercise. You never need a partner but bring your friends to exercise without even feeling like it! Instructor: Deborah Meeks

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

Total Body Conditioning / Work Your Core

Combination class to strengthen and work your entire body! Develop strength, endurance and muscle tone in all the major muscle groups of the upper and lower body, including abs. Instructor: Linda Barrett



Zumba® This popular type of workout combines high energy and motivating music with unique moves and combinations that allow participants to dance away their workout! Zumba® is based on the principle that a workout should be fun and easy in order for participants to stick to a fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but it is also great for the mind - it's a "feel happy" workout! Instructors: LiAundra Calhoun / Leslie Davis



Zumba® Toning Enhancing the sense of rhythm and coordination, participants will use weighted, maracalike Zumba Toning Sticks to build strength and tone all the right target zones, including arms, core and lower body. Instructor: Linda Roberts

NEW

Annapolis Boot Camp

This boot camp is a no-nonsense style boot camp! You will train by running stairs, doing curbside calf raises and step ups, park bench reverse push ups, wall dips and other obstacle running. Equipment will consist of weighted bars, jump ropes, elastic stretch bands and weighted medicine balls. This boot camp will work with all levels and abilities so participants can self-modify the specific exercises. A fun group and all are welcome to try it! Instructor: John Clifford
Meets M/W/F, 6-7 am, PMRC Court 1

Cycle

Cycling Cycle through hill climbs, sprints, chases, and many other exciting drills for a great cardio workout! Variety offers something for everyone and will challenge you like no other. Please bring a small towel to class. Instructors: Laura Drossner (Mon) / Mandy Music (Tue) / Lisa O'Leary (Wed/Thu)

Express Cycling and Abs Wake up and get moving with hill climbs, jumps, and interval tracks during this energizing cardio-fun. Bring a small towel to class. Instructor: Lisa Parrish

Weekend Ride Burn more than 500 calories! Learn proper biking form and technique. Includes warm-up, cool-down and stretching. Bring a small towel to class. Instructors: Lisa O'Leary / Mandy Music

Older Adult

Turn Back the Clock Age 55+ Exercise and strength training will help you look and feel younger and stay active longer. Exercises will help improve your strength, flexibility, posture, coordination and reduce the risk of falls. Strength training also helps alleviate symptoms of chronic conditions such as arthritis. Instructors: Leigh Macey / Kate Sanford

Gentle Cycle Age 55+ This Class is geared for beginners of all ages. Learn proper bike form and technique along with a warm-up and a gentle ride. The second part of the class will be using resistance bands with a variety of exercises for a full body workout. Instructor: Laurie Barlow

Gentle Yoga Age 55+ Develop and maintain better balance with easy-to-learn positions, movements and breathing techniques. Movements help build bone density for osteoporosis prevention. Instructor: Aimee Seal

Yoga for the Older Adult Age 55+ Continued yoga practice can help alleviate or reduce many health challenges we face as we age. Poses will be modified to accommodate each participant's fitness level, health conditions and other concerns. Instructor: Kate Sanford

Kids love Kidz Zone while you workout!

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

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

Yoga & Pilates

Barre A combo of postures inspired by ballet, yoga and Pilates. The barre is used as a prop to balance exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Instructor: Leigh Macey

Core and More This class works your core with Pilates moves in addition to full-body strengthening exercises focusing on different areas each week through interval training, weights and other conditioning moves. Participants can expect abs as a feature focus! Instructor: Lisa Parrish

Deep Stretch Yoga This class combines breath work and deep full body stretching; suitable for all ages and levels. Instructor: Aimee Seal



Evening Yin Yang Yoga Combines a variety of vinyasa flow (yang) sequences with yin yoga, a style of long-held passive poses that open the body to more flexibility and energy flow. Class is designed to help you unwind, relax and prepare your body for a restful, rejuvenating night of sleep. Instructor: Linda Barrett

Hatha Yoga Uses traditional yoga poses to awaken joints, muscles and mind which translates to improved flexibility, stability and balance in everyday functional activities. Instructor: Bonnie Urban

Lunch Time Yoga Take a brake from your mundane Monday! This yoga class is geared to enhance your mind, body and soul in the middle of the day. All levels welcome! Instructor: Aimee Seal

Pilates Engage the mind and condition the body while you strengthen the core, lower back muscles, abs, and glutes. Instructor: Lisa Parrish

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



Vinyasa Yoga Level 1 and 2 Hold yoga poses with series of strength building and flexibility. Mind, body and spirit will be encouraged and challenged. This is a mixed level class. Instructor: Aimee Seal

Yin Yang Yoga A moderate-paced class: mixed levels with modifications offered. A dynamic vinyasa flow sequence to stretch, strengthen and invigorate; a more meditative (yin) portion to stimulate energy flow in the deeper tissues and improve flexibility and joint health. Includes breath work and meditation techniques. A fully balanced yoga practice. Instructor: Linda Barrett

Yogilates/Pilates Class for new and experienced students. Increase strength and flexibility through poses and movement. Develop mental balance and focus through breathing and meditation. Please bring your own yoga mat. Instructor: Aimee Seal



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

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

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



Personal Training

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

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

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

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

(3) 30 Minute Training Sessions: \$59

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

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

30 Minute Individual Sessions

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

60 Minute Individual Sessions

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

Semi-Private 60 Minute Sessions

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



Every Body Fitness

As a new initiative, Annapolis Recreation and Parks is offering certified inclusive fitness training for persons with disabilities.

The National Center on Health

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



Run Your First 5K

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

to completing a 5K (3.1 miles) in 12 weeks. Through weekly emails, guided schedule, coached runs, and educational clinics, we'll teach you the basics and keep you moving towards the finish line. Prerequisites: You should be able to walk comfortably for 20 minutes before starting this class. We encourage you to talk with your doctor before starting this (or any) exercise program. Most people can only meet 2 of the 3 sessions, and that's okay. Instructor: Ashley Kelso, certified with USATF and RRCA.

12 weeks \$65 PMRC Indoor Track

Day	Time	Date	Code	Age
Mon, Wed & Sat	6:30 pm 9 am	Jan 9	#7284	16+

Boxing

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

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

Day	Time	Date	Code	Age
Mon, Wed	6:30 - 7:30 pm	Jan 16	#7283	16+



NEW Winter & Spring Adult Volleyball Age 21+

Annapolis Recreation and Parks is now partnering with the Annapolis Sports & Social Club, Inc. to expand its adult volleyball program! All levels played by USA Volleyball Rules. Levels include (A) - Pro/high level, (B-BB) - Intermediate level, and (C) - Beginner, for fun and exercise. All teams will have one practice week, followed by 10 weeks of play including playoffs. Individual and team registration available. League shirts for each team are now included! Cost is \$395 per team or \$45 per player, plus \$20 per game per team for officials (A & B-BB) league and \$10 per game per team for officials (C) league. To register, please visit www.annssc.com or e-mail Mike Cray at mike@annssc.com.

Dates to note for WINTER LEAGUES:

Tue Dec 13	Registration Closes
Thu Dec 15	Coaches Meeting
Tue Dec 20	Shirt Deadline
Fri Dec 30	Add-on Deadline
Mon Jan 9	Shirt Pick Up for "A" League and Practice Night
Tue Jan 10	Shirt Pick Up for "C" League and Practice Night
Wed Jan 11	Shirt Pick Up for "B-BB" League and Practice Night
Games begin Week of Jan 16	

Dates to note for SPRING LEAGUES:

Sat Feb 18	Registration Closes
Tue Feb 21	Coaches Meeting
Fri Mar 3	Shirt Deadline
Fri Mar 10	Add-On Deadline
Mon Mar 20	Shirt Pick Up for "A" League and Practice Night
Tue Mar 21	Shirt Pick Up for "C" League and Practice Night
Wed Mar 22	Shirt Pick Up for "B-BB" League and Practice Night
Games begin week of Mar 27	

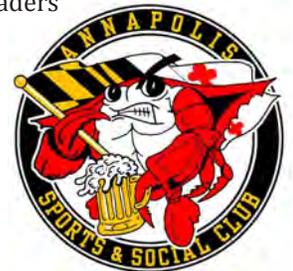
NEW Spring Softball Leagues Age 21+

Annapolis Recreation and Parks is now partnering with the Annapolis Sports & Social Club, Inc. to expand its adult softball program! All leagues governed by ASA rules. Individual and team registration now available; shirts are now included! All teams will have one practice week, followed by 10 weeks of play including playoffs. Cost is \$695 per team or \$65 per person + \$16 per game per team for officials to be paid on field. To register, please visit www.annssc.com or e-mail Mike Cray at mike@annssc.com.

Dates to note:

Sun Mar 12	Registration Deadline
Tue Mar 14	Coaches Meeting
Mon Mar 20	Shirt Deadline
Tue Mar 28	Add-On Deadline
Mon Apr 3	Shirt Pick Up and "D" Practice Night
Wed Apr 5	Shirt Pick Up and "C" Practice Night
Fri Apr 7	Shirt Pick Up and Co-ed Practice Night
Games begin week of Apr 10 (weather permitting)	

Monday, Men's "D" League Doubleheaders
 Wednesday, Men's "C" League Doubleheaders
 Friday, Co-ed Doubleheaders



Pickleball

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

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



NEW

Points for Peace 2016

Annapolis Recreation and Parks (ARPD) is partnering with Peace Players International (PPI) to bring an exciting event to the City of Annapolis! This all-day event will host morning basketball clinics for age 5-16 followed by free lunch and a presentation from PPI. In the afternoon, ARPD will host its annual pre-season basketball tournament. The fun will continue with a happy hour event in downtown Annapolis to promote Peace Players International's amazing work throughout the world!



For more information, please contact Katy Owings at kaowings@annapolis.gov or 410-263-7958. For more information about Peace Players International, please visit www.peaceplayersintl.org. All proceeds going to benefit the ARPD Scholarship Program and PPI.

Cost: \$20 #7282
Sat Dec 3



PEACEPLAYERS

INTERNATIONAL

bridging divides | developing leaders | changing perceptions

Kid's Day In

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

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

Day	Time	Date	Code
Mon	8 am - 5:30 pm	Jan 16	#7236
Mon	8 am - 5:30 pm	Jan 23	#7237
Mon	8 am - 5:30 pm	Feb 20	#7238
Fri	8 am - 5:30 pm	Mar 3	#7239



Don't miss our Annual Daddy Daughter Dance! Friday, February 3, 2017

Little girls age 3 - 10 can spend a memorable evening with their special guy - DAD! Enjoy a night filled with entertainment, dancing, light refreshments, and fun. A special keepsake photograph will be given to each couple included in price. Advance registration required. Cost is per pair; additional child \$15.

R \$27 / NR \$33 PMRC Meeting Rooms
6:45 - 8:30 pm #7240

NEW

Good Sports 2017

The City of Annapolis, in partnership with the Armstrong Family and the Annapolis Sports & Social Club, Inc., will host a sports equipment collection and donation initiative to provide children from low-income and/or financially-challenged families in the Annapolis area with free sporting goods. This is a community-wide effort across all youth age groups.



Drop-off locations:

- "Pip" Moyer Recreation Center (PMRC)
- The Key School
- Calvary United Methodist Church

Mon Feb 6 - Sun Mar 19: Collection Drive

Sat Apr 1: Sports equipment distribution at PMRC

For more information please contact Katy Owings at kaowings@annapolis.gov or 410-263-7958 or Kim Elek at kim@mcreynoldselek.com or 410-703-3433.



GreenScape 2017 Meetings

Join us for a City of Annapolis and community investment of beautification, clean-up, and planting in public spaces held Saturday, April 22, 2017. Two organizational meetings will be held at the "Pip" Moyer Recreation Center in Meeting Room 3. Plant material order forms are due by the second meeting on Wednesday, March 1, 2017. For more information, please contact Marisa Wittlinger at mdwittlinger@annapolis.gov.

First Meeting Wed Feb 1 at 6 pm
Second Meeting Wed Mar 1 at 6 pm

Before & After School Child Care

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

Registration begins the first Wednesday in April for the following school year, therefore April 5, 2017.

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

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

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

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

Offered in the following schools:

Annapolis Elementary

180 Green Street • 410.570.9128

Eastport Elementary

420 Fifth Street • 410.263.4864

Georgetown East Elementary

111 Dogwood Road • 410.267.6114

Germantown Elementary

200 Windell Avenue • 410.268.8566

Hillsmere Elementary

3052 Arundel on the Bay Road • 410.295.1693

Walter S. Mills-Parole

1 George and Marion Phelps Lane • 410.263.3471

West Annapolis Elementary

505 Melvin Avenue • 410.570.9128



Registration for the 2016-2017 before and after school child care continues as space allows.

Enrollment is conducted on a first-come, first-serve basis. All forms can be found online. Child care vouchers are accepted. Please complete the forms and turn them into Caryn Walaski at the “Pip” Moyer Recreation Center.

In addition, we continue to look for Child Care Directors. If you’re interested, please contact Caryn at ccwalaski@annapolis.gov.

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



Dance Classes

Spring Dance Recital is Saturday, May 20, 2017 at Maryland Hall for the Creative Arts.

Classes begin the week of Jan 9. Children enrolled in the fall 2016 session have first preference for the winter 2017 session but still must register between Nov 7-11, 2016. New registrants may register beginning Nov 14. Recital costumes fees are an additional cost and due the first week of class to Miss Cheryl Mauck.

12 classes R \$126 / NR \$157 PMRC Exercise A

Ballet, Tap and Tumbling

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

Day	Time	Code	Age
Mon	9:15 - 10 am	#7219	3 - 4
Mon	10 - 10:45 am	#7220	3 - 4
Mon	12 - 12:45	#7221	4 - 5
Mon	12:45 - 1:30 pm	#7224	4 - 5
Tue	10 - 10:45 am	#7222	3 - 4
Tue	10:45 - 11:30 am	#7225	4 - 5
Thu	12:45 - 1:30 pm	#7223	3 - 4
Thu	1:30 - 2:15 pm	#7227	4 - 5

Ballet, Tap and Jazz

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

Day	Time	Code	Age
Tue	3:45 - 4:30 pm	#7228	5 - 8
Tue	4:30 - 5:15 pm	#7232	7 - 12
Thu	3:45 - 4:30 pm	#7229	5 - 8
Thu	4:30 - 5:15 pm	#7230	5 - 8
Thu	5:15 - 6 pm	#7231	5 - 8

Mommy & Me Movement

Dancers and parent will learn songs, basic dance skills, play instruments, work with props, walk on a low balance beam and learn basic tumbling skills. Students should wear clothes they can move freely in & shoes or bare feet.

Day	Time	Code	Age
Tue	9:15 - 10 am	#7241	18 mos - 3 w/parent



Action, Rhythm and Tumbling

This class encourages basic locomotor skills. Students play instruments, dance with beanbags, work with props, walk on a low balance beam and learn basic tumbling skills. Students should wear clothes that they can move freely in and shoes or bare feet. Fun for boys and girls!

Day	Time	Code	Age
Mon	10:45 - 11:30 am	#7235	3 - 5

Jazz and Hip-Hop

Come get funky! Jazz and hip-hop moves will keep you on your toes! Students will learn to dance in a group setting, developing different combinations. This class will be a great learning environment to acquire rhythm and beat. You will be able to take the dance moves and develop your own personal style. Please note that class registration will be closed after second class. Instructor: Leandra Parkinson 10 weeks R \$120 / NR \$150 PMRC Exercise B

Day	Time	Date	Code	Age
Mon	4:45 - 5:45 pm	Jan 9	#7233	6 - 13

Don't miss our Annual Daddy Daughter Dance! Friday, February 3, 2017

Little girls age 3 - 10 can spend a memorable evening with their special guy - DAD! Enjoy a night filled with entertainment, dancing, light refreshments, and fun. A special keepsake photograph will be given to each couple included in price. Advance registration required. Cost is per pair; additional child \$15.



R \$27 / NR \$33
6:45 - 8:30 pm

PMRC Meeting Rooms
#7240

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

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

Boxing

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

Instructor: Reginald Harris

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

Day	Time	Date	Code	Age
Mon, Wed	5:30 - 6:30 pm	Jan 16	#7258	7 - 15



Fencing

Come learn the art of fencing!! Learn the basics of fencing including rules, fundamentals, and footwork - which can help improve skill for other sports. Equipment will be provided, except for gloves. Participants must have gloves. 2 Sessions! Instructor: Cindy Sirico

6 weeks R \$90 / NR \$105 PMRC Aux Gym

Day	Time	Date	Code	Age
Thu	6:30 - 7:30 pm	Jan 19	#7259	9 - 16 beginner
Thu	7:30 - 8:30 pm	Jan 19	#7260	9 - 16 intermediate
Thu	6:30 - 7:30 pm	Mar 9	#7261	9 - 16 beginner
Thu	7:30 - 8:30 pm	Mar 9	#7262	9 - 16 intermediate

Floor Hockey

A favorite ARPD class coached by Barry Booth to teach kids the exciting game of hockey. Players to learn puck control, passing, shooting, the rules of the game, and good sportsmanship (no checking). Shin guards are recommended.

6 weeks R \$90 / NR \$105 PMRC Aux Gym

Day	Time	Date	Code	Age
Tue	4 - 5 pm	Jan 17	#7277	6 - 10

Hello Horse

Equilibrium School for Horsemanship and ARPD are partnering to introduce Level 1 Horsemanship. This class is designed to teach students how to safely handle, groom, lead, turn, walk, and trot a horse. Participants must bring helmet, hard-soled closed toed shoes, and long pants. An additional waiver must be signed.

5 weeks R \$119 / NR \$135 Equilibrium Horse Center
1685 Underwood Road, Gambrills, MD 21054

Day	Time	Date	Code	Age
Mon	6 - 7 pm	Mar 13	#7254	6 - 10
Mon	6 - 7 pm	Apr 24	#7255	6 - 10



The State of MD Dept of Health and Mental Hygiene launched a program to identify objectives to improve the health of MD residents. From that, the Healthy Anne

Arundel Coalition was formed to locally implement strategies to improve public health. ARPD works with the Coalition to determine healthy programs, activities and events that meet at least 2 the following criteria:

- Physical Activity: a minimum of 30 min of physical activity
 - Nutrition: program is designed for healthy nutrition, hydration, and/or communicating healthy eating habits
 - Nature: a minimum of 30 min of nature/outdoor activities
 - Family Involvement: program is designed for family involvement
 - Behavioral Health: program is designed for improving mental well-being
- Throughout the Program Guide you will see endorsed programs and events marked with

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

Annapolis Recreational Baseball League

This recreational and comprehensive program is for local kids to play local baseball with the areas best coaching, and the best groomed fields in the county, the Annapolis Baseball League is the place to play! Registration ends Fri Feb 24!



Individual Registration

Level	Age	Fee	Code
T-Ball	5-6	\$100	#7243
Rookies	7-8	\$100	#7244
Minors	9-10	\$110	#7245
Majors	11-12	\$110	#7246

Team Registration

Level	Age	Fee	Code
T-Ball	5-6	\$225	#7249
Rookies	7-8	\$225	#7250
Minors	9-10	\$425	#7251
Majors	11-12	\$425	#7252

Important Dates:

- Registration ends Fri Feb 24
- Mandatory Coaches Meeting Mon Mar 13
- Team practices start week of Mar 20

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



Indoor Baseball

Help build those skills for the Spring Baseball Season! This class will continue beginner and advanced skills such as throwing, catching, fielding, hitting, and pitching. All complete with our indoor batting cage! Instructors: ARPD Baseball Coaches
6 weeks R \$90 / NR \$105 PMRC Aux Gym

Day	Time	Date	Code	Age
Fri	5:30 - 7 pm	Jan 20	#7256	8 - 12 beginner
Fri	7 - 8:30 pm	Jan 20	#7257	8 - 12 advanced

NEW Karate

ARPD is bringing back a wonderful class to learn the basics of Karate and Martial Arts. This beginner level class will teach safety, basic skills, and discipline. This class meets twice a week. Instructed by Mike Wholihan. 2 Sessions!
6 weeks R \$119 / NR \$140 PMRC Meeting Room 1

Day	Time	Date	Code	Age
Mon	5:30 - 6:20 pm	Jan 16	#7278	5 - 9
Mon	6:30 - 7:20 pm	Jan 16	#7279	10 - 14
Mon	5:30 - 6:20 pm	Mar 6	#7280	5 - 9
Mon	6:30 - 7:20 pm	Mar 6	#7281	10 - 14

Kid's Day In

School is out and it is time to play! Come join us on teacher workdays when school is closed for a fun-filled day of supervised activities for kids age 5 - 11. Games, play in Ballocity™, crafts and more! Led by experienced instructors. Bring a bag lunch and drink. Must be pre-registered to attend.
R \$40 / NR \$50 PMRC Aux Gym

Day	Time	Date	Code
Mon	8 am - 5:30 pm	Jan 16	#7236
Mon	8 am - 5:30 pm	Jan 23	#7237
Mon	8 am - 5:30 pm	Feb 20	#7238
Fri	8 am - 5:30 pm	Mar 3	#7239



Mixed Sports & Games

A favorite class featuring kids' favorite sports and games! This class will be taught by ARPD's most popular coach, Barry Booth. 6 weeks of fun, with a different sport or game to be played each week. A great class to keep active, meet new friends, and have fun!

Day	Time	Date	Code	Age
Thu	4 - 5 pm	Jan 19	#7275	6 - 10



Rock Climbing

Come learn to rock climb with Instructor Mike Bayer in this unique and exciting sport. Climbers will learn basic technique and safety to build confidence, coordination, and upper body strength. 2 sessions!

Day	Time	Date	Code	Age
Tue	5:30 - 6:20 pm	Jan 17	#7265	5 - 7
Tue	6:30 - 7:20 pm	Jan 17	#7266	8 - 10
Tue	5:30 - 6:20 pm	Mar 7	#7267	5 - 7
Tue	6:30 - 7:20 pm	Mar 7	#7268	8 - 10

Youth Volleyball

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

Day	Time	Date	Code	Age
Thu	5:30 - 6:30 pm	Jan 26	#7269	7 - 9
Thu	6:30 - 7:30 pm	Jan 26	#7270	10 - 12

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

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



Indoor Ballocity™ Playspace

A unique play arena for kids to climb, slide, stretch, and push their way through an obstacle course with soft, washable balls placed into a fountain, levitation table, hoppers and blasters for active fun. Full membership or daily drop-in fee required for all children who are walking. Children must wear a wristband. Socks are required, no shoes permitted. Closed every Friday for cleaning.

Hours:

Monday/Wednesday – 9 am to 8 pm
 Tuesday /Thursday – 9 am to 5 pm
 Saturday – 10 am to 4 pm

SPECIAL EVENTS

NEW Points for Peace 2016

Annapolis Recreation and Parks (ARPD) is partnering with Peace Players International (PPI) to bring an exciting event to the City of Annapolis! This all-day event will host morning basketball clinics for age 5-16 followed by free lunch and a presentation from PPI. In the afternoon, ARPD will host its annual pre-season basketball tournament. The fun will continue with a happy hour event in downtown Annapolis to promote Peace Players International’s amazing work throughout the world!

For more information, please contact Katy Owings at kaowings@annapolis.gov or 410-263-7958. For more information about Peace Players International, please visit www.peaceplayersintl.org. All proceeds going to benefit the ARPD Scholarship Program and PPI.

Cost: \$20 #7282
Sat Dec 3



PEACEPLAYERS
 INTERNATIONAL

bridging divides | developing leaders | changing perceptions

NEW Good Sports 2017

The City of Annapolis, in partnership with the Armstrong Family and the Annapolis Sports & Social Club, Inc., will host a sports equipment collection and donation initiative to provide children from low-income and/or financially-challenged families in the Annapolis area with free sporting goods. This is a community-wide effort across all youth age groups.



Drop-off locations:

- “Pip” Moyer Recreation Center (PMRC)
- The Key School
- Calvary United Methodist Church

Mon Feb 6 - Sun Mar 19: Collection Drive
Sat Apr 1: Sports equipment distribution at PMRC

For more information please contact Katy Owings at kaowings@annapolis.gov or 410-263-7958 or Kim Elek at kim@mcreynoldselek.com or 410-703-3433.





The following programs are offered at the Stanton Community Center, 92 W. Washington Street and are free, unless otherwise indicated. For more information, please call 410.263.7966. Please note that the Stanton Community Center will be closed on several days this winter: Thu Nov 24, Mon Dec 25, Sun Jan 1, Mon Jan 16, Mon Feb 20, and Sat Mar 25.

DAFINA "Young Ladies Destined for Greatness"

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

Day	Time	Age	Code
Tue	5 - 6:30 pm	7 - 11 (girls)	#7286

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

Day	Time	Age	Code
Fri	6 - 9 pm	6 - 14 (co-ed)	#7291

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

Day	Time	Code
Mon - Thu	3 - 6 pm	#7290

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

Day	Time	Age	Code
Mon	5 - 6:30 pm	10 - 17 (boys)	#7285



Expanded Weekend Hours for Youth Recreation

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

Saturday: December - March, 1 - 5 pm

Sunday: 1 - 5 pm

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

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

STEM Academy



A component of the Get Smart Club, free for all participants and includes:

Girls are Great at Science (GAGAS) - girls grades K - 5 explore engineering, science and art to enhance their critical thinking and problem solving skills.

Day	Time	Code
Wed	5 - 6 pm	#7218



Start The Adventure In Reading (STAIR)

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

Day	Age	Code
Tue & Thu	Annapolis Elementary 2nd graders	#7292

Summit School "Literacy Counts"

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

Day	Time	Age	Code
Wed & Thu	4:30 - 5:30 pm	1st graders	#7297

8 - Under Instructional Basketball League and Clinic

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

Day	Time	Date	Age	Code
Sat	8 am	Dec 10	8 & under	#7296



Zastro Simms Youth Basketball League (ZSYBL)

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

Team registration fee \$250.

Day	Time	Age/Division	Code
Sat	9 - 11 am	8 - 9 Competitive	#7293
Wed	6 - 9 pm	10 - 12 Competitive	#7294
Thu	6 - 9 pm	13 - 15 Very Competitive	#7295

Policies, Regulations & Refunds

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

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

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

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

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

Membership Refunds No refunds for any reason.

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

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

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

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

ANNAPOLIS RECREATION & PARKS REGISTRATION FORM



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

FULL SERVICE IN PERSON
Bring your completed registration form to PMRC

Name _____ DOB _____

Address _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email _____

Participant Name	DOB	Gender	Program Name	Code	Fee

Paid by Cash or Check to "City of Annapolis"



Program Fee Total _____

Cardholder Name _____ Expiration _____

Number _____ Signature _____

I, either for myself and/or for my minor child, hereby recognize, understand and acknowledge that the City of Annapolis and its Recreation & Parks Department ("ARPD") are not responsible for any personal injury, damages resulting from personal injury, including death, or property damage/loss suffered while participating in ARPD activities, programs, volunteer events, using any ARPD equipment or facilities, or while on any ARPD property or facility (collectively, the "Recreation Activities"), for any reason whatsoever, including ordinary negligence on the part of the City, ARPD, and its elected officials, appointees, directors, employees, instructors, contractors, representatives, or agents (the "City Parties"). In consideration of my and/or my minor child's ability to participate in the Recreation Activities, I hereby, on behalf of myself and/or my minor child, release and covenant not to sue and release from all liability the City Parties for any and all claims, losses, damages, and suits resulting from participation in the Recreation Activities, both present and future, that may be made by me, or my family, estate, heirs, or assigns on behalf of myself and/or my minor child. I represent that I and/or my minor child is in good health, that I am aware and understand that health and fitness activities may range from vigorous cardiovascular activity to the exertion of strength training and that these and other Recreation Activities involve certain risks, and I and/or my minor child is voluntarily participating in the Recreation Activities with full knowledge of the inherent risks of property damage, personal injury and/or death. I understand that ARPD encourages everyone to consult a physician before beginning any exercise program or undertaking any fitness activities.

I hereby understand, acknowledge and agree on behalf of myself and/or my minor child that I and/or my minor child may be photographed or videotaped during Recreation Activities. These photographs and/or videos may be used by the City or ARPD, without any notice or permission, in its own publications, in local or online media, or on other social media platforms for advertising, marketing, promotional or other uses.

I understand this waiver on behalf of myself and/or my minor child to be as broad and inclusive as the laws of the State of Maryland will permit, and affirm that I am of legal age to freely signing this waiver on my behalf and/or on behalf of my minor child. I have read this waiver, fully understand the terms of this waiver, and hereby agree to waive the rights specified in this waiver on my behalf and on behalf of my minor child.

Signature of Parent/Guardian _____ Date _____



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

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

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



CITY OF ANNAPOLIS PARKS & TRAILS



RECREATIONAL AREAS AND OPEN SPACE FOR THE CITY OF ANNAPOLIS

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

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



Athletic Field Permits

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



Boat Launch Areas

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



Violators are subject to vehicle ticketing and towing. Report any fee collection malfunctions to the Harbormaster's Office at 410.263.7973.

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

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

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

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

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

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



Davis Park Memorial Benches Available!

Two memorial benches are available at the newly renovated Davis Park in Eastport. The park is located at the end of Fourth Street (across from Davis Pub.) Each bench costs \$935 and a memorial plaque will be an additional cost. If you are interested, please contact Marisa Wittlinger at mdwittlinger@annapolis.gov.



Waterworks Park

The Annapolis Waterworks Park is one of the few open space resources in the area with hiking trails, places to picnic and fish! Waterworks Park has three fresh water fishing ponds (catch and release fishing only). Maryland fishing licenses are required and can be purchased at the Maryland Department of Natural Resources (West Street) in Annapolis.

Due to the Park's ecological sensitivity and limited parking, all visitors are required to obtain a permit to use the park. Permits are sold by Annapolis Recreation and Parks.

Please review the Rules and Regulations located in the Waterworks Park Brochure available at the "Pip" Moyer Recreation Center or online.

MEMORIAL TREE AND BENCH PROGRAM

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

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

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

Memorial Tree & Park Bench Program





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



"Pip" Moyer Recreation Center Amenities include:

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

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

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

PMRC Winter Holiday Hours & Closures:

Fri Nov 11	PMRC open, offices closed for Veterans Day
Thu Nov 24	PMRC closed for Thanksgiving Day
Sat Dec 24	PMRC open 8 am - 6 pm
Sun Dec 25	PMRC closed for Christmas Day
Sat Dec 31	PMRC open 8 am - 6 pm;
Sun Jan 1	PMRC closed for New Year's Day
Mon Jan 16	PMRC open, offices closed for Martin Luther King, Jr. Day
Mon Feb 20	PMRC open, offices closed for President's Day

ARPD Administrative Hours:

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

For more information regarding specific hours for Open Gym, Ballocity™, Rock Climbing Wall, and the Auxiliary Gym, visit our web site www.annapolis.gov/recreation then click "Pip" Moyer Recreation Center.

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

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

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

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

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

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

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

Stanton Community Center

92 W. Washington Street, Annapolis
410.295.5519 • Fax 410.295.3818

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

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

The Stanton Community Center houses several service providers:

Adult Basic Skills Class (GED prep) 410.777.1845

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

Anne Arundel Dental Clinic 443.481.3613

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

Anne Arundel Medical Clinic 410.990.0050

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

Youth Services Bureau 410.626.1800

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

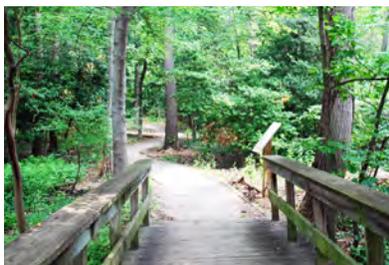
We Care and Friends 410.263.2874

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

Parks Maintenance Office

200 Truxtun Park Road, Annapolis
410.263.7993 • Fax 410.263.6048

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



Harbormaster's Office

1 Dock Street, Annapolis
410.263.7973 • Fax 410.295.9018

We welcome new Harbormaster
Beth Mauk to the Department!

The Harbormaster's office is responsible for:

- Oversight of the Annapolis City Dock and Chandler Dock
- Truxtun Park and Tucker Street boat ramps
- Boating enforcement on City waterways
- Pumpout Boat Service
- Removal of debris and derelict vessels in City waters
- Planning and hosting special maritime events

For specific information about docking and mooring, please contact the Harbormaster at harbormaster@annapolis.gov or 410.263.7973.

The office is located at 1 Dock Street, Annapolis, MD 21401.

Beth can be reached at brmauk@annapolis.gov.

Boat slips are available in Ego Alley this winter from Nov 1 - Apr 1 for only \$7/foot per month. Call today to reserve your slip!



Truxtun Park Outdoor Pool

251 Pump House Road, Annapolis
Phone: 410.263.7928



The Truxtun Park Pool is the only outdoor public pool in the City of Annapolis. No membership is required, though we offer season passes for frequent users. Our handicapped accessible pool offers a wide

variety of programs for swimmers of all ages and skill levels. The City's outdoor pool is open Memorial Day through Labor Day each summer.

Any child not potty trained must wear a tight-fitting ecology suit over top of their swim diaper. Children under 10 years old must be accompanied by a parent or guardian 18 years of age or older. No exceptions. Youth ages 10 -17 must sign in with the name and phone of a parent/guardian lifeguards can contact in the event of an emergency.

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

Good Sports 2017
Collection Drive
Feb 6 - Mar 19, 2017

We are collecting donated sports equipment to provide to children from low-income and/or financially-challenged families in the Annapolis area. Drop-off locations:

- "Pip" Moyer Recreation Center (PMRC)
- The Key School
- Calvary United Methodist Church



For more
information see
page 8 or 13



Winter
(indoors)
January - March
Registration starts
in October

Spring
March - June
Registration starts
in January

Fall
August - November
Registration starts
in May

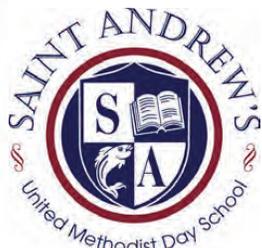


410.693.7677 • Age 3 - High School
www.annapolisoccerclub.com



Saint Andrew's intentionally small classes allow our experienced faculty to provide an engaging classroom environment that challenges all students. Our integrated curriculum and educational foundation ensures continued academic success.

NURTURING THE INDIVIDUAL



SAINT ANDREW'S DAY SCHOOL



Pre-K 3's - 8th Grade • 410.266.0952 • www.standrewsum.org