The City of Frederick Parks and Recreation Department is working diligently to minimize the risk of COVID-19 exposure. We have updated our policies and procedure to meet recommendations made by the CDC.

- **Face Masks**: Required at all times within Wm. Talley Rec Center/Fitness Center. Masks may be removed during heavy aerobic exercise-cycle classes, group fitness, cardio machines.

- **Programs and Classes**: Require pre-registration. At this time most programs and classes will require pre-registration, please refer to individual programs procedures. (Walk-in activities are not permitted at this time)

- **The Fitness Center**: Intentionally leaves 15 mins between time slots to allow for cleaning. The Fitness Center is closed from 2:00-3:00 PM for cleaning.

- **Different Programs**: May have different requirements for Covid-19, expect specific instructions for each program before the start date.

- **Tree Icon**: Indicates a program that is in an outdoor setting.

Visit [cityoffrederickmd.gov/covid19](http://cityoffrederickmd.gov/covid19) for updates. For more information, call 301.600.1450.
DON'T FORGET TO SIGN-UP FOR WEB TRAC
[Parks and Rec's New Registration Software]

EASIER.
QUICKER.
simpler.

VISIT CITYOFFREDERICKMD.GOV/WEBTRAC
CREATE AN ACCOUNT TO REGISTER FOR CLASSES & PROGRAMS!
Fall Tennis Evening Instruction

Dates: Monday and Wednesday, 9/14 to 11/4 (8 weeks)
Location: Fleming Ave courts (next to swimming pool)

Coordinator: Coach Dolly Stewart

Tennis instruction follows the NET Generation format of tennis using the correct size tennis ball, with the appropriate sized racquet, and youth sized nets.

**Tiny Tikes Tennis**
Age: 4 1/2 & 5 (Sponge ball/Red Ball)
Time: 5:15 - 6:00 pm
Fee: $45 city / $55 non city

Age: 6 & 7 (Orange/Green Dot Ball)
Time: 5:15 - 6:00 pm
Fee: $45 city / $55 non city

**Hot Shots Tennis**
Age: 8 to 10 (Green Dot Ball)
Time: 6:15 - 7:15 pm
Fee: $55 city / $65 non city

Age: 11 to 13 (Regulation Size Ball)
Time: 6:15 - 7:15 pm
Fee: $55 city / $65 non city

**Serve/Stroke/Slice/Volley Tennis**
Age: 14 to Adult Beginners & Intermediates
Time: 7:30 - 8:45 pm
Fee: $60 city / $70 non city

**Friday Night Lights Tennis**
Dates: Fridays, 9/18 to 11/20 (10 classes)
Time: 6:30- 8:30 pm
Age: 15 to Adult- Intermediate to Advanced tennis skill set players
Location: Fleming Ave courts (next to Thomas swimming pool)
Instructor: Coach Dolly Stewart
Fee: $65 city / $75 non city

Close out your week with Friday Night Lights tennis enjoying both singles and doubles match play! Also learning on-court tennis strategy and coaching from Coach Dolly and team.

For more information, visit 301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC
Private Tennis Instruction
Learn the fundamentals of the sport of tennis. Develop your tennis game with one-on-one instruction. Times are coordinated by the tennis coordinator to meet instruction and participant availability. After calling to register, contact coach Dolly at dollysworldoftennis@gmail.com to schedule your first lesson!

Age: 6 & up
Fee: Individual $40 per hour city / $50 per hour non city
2 people - $50 per hour city / $60 per hour non city (cost is total for both)

FOR MORE INFORMATION: Call 301-600-1492 or email Sean Poulin at spoulin@cityoffrederickmd.gov
Fencing

Fencing Basics 101
Age: 9 & up
Dates: Thursdays, 10/8 - 1/14/21
*No class on 11/26, 12/24, 12/31
Time: 6:30 - 7:45 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $215 city / $225 non city
*$25 for glove purchase and a $25 RTF membership fee paid directly to instructor at the first class.

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

Adult Foil 102
Age: 13 & up
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 7:45 - 9:15 PM
Location: Trinity Rec Center
Instructor: David Copeland
Fee: $185 city / $195 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Youth Foil 102
Age: 9 to 12
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 6:30 - 8:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $185 city / $195 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Foil 202
Age: 9 & up
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 7:00 - 9:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $215 city / $225 non city
*$25 RTF membership fee paid directly to instructor at the first class.

Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment.

Fencing Basics 101
Age: 9 & up
Dates: Thursdays, 10/8 - 1/14/21
*No class on 11/26, 12/24, 12/31
Time: 6:30 - 7:45 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $215 city / $225 non city
*$25 for glove purchase and a $25 RTF membership fee paid directly to instructor at the first class.

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

Adult Foil 102
Age: 13 & up
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 7:45 - 9:15 PM
Location: Trinity Rec Center
Instructor: David Copeland
Fee: $185 city / $195 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Youth Foil 102
Age: 9 to 12
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 6:30 - 8:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $185 city / $195 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Foil 202
Age: 9 & up
Dates: Wednesdays, 10/7 - 1/13/21
*No class on 11/25, 12/23, 12/30
Time: 7:00 - 9:00 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $215 city / $225 non city
*$25 RTF membership fee paid directly to instructor at the first class.

Once a student has completed two Foil 102 sessions (24 weeks) and has acquired all of his/her own gear and has a good understanding of how to referee, they would proceed to this class. This class provides more time to fence, mastering tactical strategies of foil, a greater understanding of the rules, and holds the student to a higher physical demand. Students will learn foil blade work, footwork, acquire a good understanding of proper movement, understand reffing and open bouting on electronic scoring equipment.
Epee 102
Age: 9 & up
Dates: Thursdays, 10/8 - 1/14/21
*No class on 11/26, 12/24, 12/31
Time: 8:00 - 9:30 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $185 city / $195 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Epee 202
Age: 9 & up
Dates: Thursdays, 10/8 - 1/14/21
*No class on 11/26, 12/24, 12/31
Time: 7:30 - 9:30 pm
Location: Trinity Rec Center
Instructor: David Copeland
Fee*: $215 city / $225 non city
*$75.00 partial equipment and a $25 RTF membership fee paid directly to instructor at the first class.

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

Foil/Epee 303
Age: 9 & up
Dates: Wednesdays & Thursdays, 10/7 - 1/14/21
*No class on 11/25, 11/26, 12/23, 12/24, 12/30, 12/31
Time: Wednesdays, 7:00 - 9:00 pm (Foil) AND Thursdays, 6:30 - 8:30 pm (Epee)
Location: Trinity Rec Center
Instructor: David Copeland
Fee: $285 city / $295 non city
*$25 RTF membership fee paid directly to instructor at the first class.

Duel Weapon Class. This class is for fencers who want to fence both Foil and Epee each week. Prerequisite: Foil 202 or Epee 202 Intermediates. Requires Coach Copeland’s approval for entry.
Fall Youth Soccer Program

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

Age Groups:
Under 6 - born in 2015 or 2016
Under 8 - born in 2013 or 2014
Under 10 - born in 2011 and 2012
Under 12 - born in 2009 to 2010

Fee: $32 city / $60 non city
Location: Fleming Ave. in Baker Park

The youth will be placed on teams by the Recreation Department Staff. The coach will contact players mid-September. The season will be a reduced 6 week season, running September through October. Games are held Saturday mornings. Each team will practice 1 night per week. Fee includes jersey and medal. Consider being a volunteer coach!

Volunteers Needed!

Volunteer coaches and helpers are needed if interested please contact Recreation Supervisor Sean Poulin:
spoulin@cityoffrederickmd.gov

For more information, visit 301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC
Co-ed Sixes Volleyball League

Age: 16 & up  
Dates: Sundays, league starts 9/13  
Time: 12:30 start time based on division  
Location: Wm. Talley Rec Center  
Fee: Per team, city resident $190 / mixed $210 / non-city resident $220  
(Must have 30% city residents on the roster to qualify for mixed rate, address verification will be required)  

4 teams per division. League consists of 8 weeks of round robin play followed by divisional play-offs. Teams placed in divisions based on ability/skill levels. Skill levels range from highly competitive, skilled play to beginner, recreational skill levels.

For more information contact Stephanie Richards at srichards@cityoffrederickmd.gov

Co-Ed Kickball

Ages: 16 & up  
Location: Baker Park  
Fee: Individual $35 City/ $40 Non-City  
Team $260 City/ $300 Non-City  
Game Days: Wednesdays, 5:30, 6, 6:30pm start times  
Season: Begins September 9th  
League will consist of an 8 game season. All skill levels are encouraged to play. Teams consist of 8-10 players. Price includes referees. Individual registration players will be placed on team by recreation staff. T-Shirts are provided.

Any questions please contact: Recreation Supervisor: Sean Poulin;  
spoulin@cityoffrederickmd.gov

For more information, visit  
301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC
Badminton
Ages: 14 & up
Dates: Tuesdays ongoing
Time: 6:00 - 9:30 pm
Location: Trinity School gym
Supervisor: Barbara Smith
Fee: $3 city / $6 non city 12 day pass: $30 city / $54 non city
Join the fun! Participate in a fun aerobic activity, and it is a great social activity as well!
Participants just need to bring a racket.

Spikeball
Ages: 13 & up
Location: Baker Park
Fee: Team $50 City/ $60 Non-City
Days: Tuesdays and Thursdays
Times: 6 – 8pm
Season: Begins September 8-October 15th

You may have played it or seen it on the beach or even ESPN, now you can play with friends and compete against others. Tuesday evenings will be designated for practice game play and Thursday’s will be season long tournament play. Register as a team (2-4 players).

Try for free before you join on September 3rd.

Any questions please contact: Recreation Supervisor: Sean Poulin;
spoulin@cityoffrederickmd.gov

Ping Pong in the Park
Ages: All ages
Location: Baker Park
Days: Tuesdays and Thursdays
Times: 3-5 pm
Dates: Begins September 8-October 15th

For more information, visit 301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC
Pickleball

Pickleball Drop In
Novice and Advanced Novice ONLY
PRE-REGISTRATION REQUIRED
Age: 45 & up
Days: Tuesdays/ Thursdays (beginning 9/8)
Times: 11:45 am - 1:45 pm
 3:00 - 5:00 pm
 5:15 - 7:15 pm (*Tuesdays ONLY)
Location: Wm. Talley Rec Canter
Supervisor: Darlene Posey
Fee: $3 city/ $6 non city

Money-saving Punch Passes
8 visit pass: $20 city/ $36 non city
12 visit pass: $30 city/ $54 non city

Pickleball Levels Defined
Novice – Pickleball 101 graduates and new players of less than two years (exceptions may be made by staff)
Advanced Novice – individuals who have been playing more than 2 years, prefer a competitive game, but have no interest in tournament play. Should also be able to fulfill criteria for 2.0- some 3.0 rated playing level.
Intermediate – 3 or more years of playing, non-tournament, not officially rated through USAPA and/ or able to fulfill skill criteria of 3.0 rating
Advanced Intermediate – 3 or more years of play experience, tournament player with a 3.5-4.0 USAPA rating and/ or can demonstrate 3.5 and up skill criteria. Skill criteria may be obtained via a request to staff.

Pickleball 101 (Beginner)
Age: 45 & up
Dates: Tuesdays, 9/8 – 9/29
 10/13 – 11/10*
*No class on 11/3 (Election Day)
Time: 10:00 – 11:30 am
Location: Wm. Talley Rec Canter
Supervisor: Darlene Posey
Fee: $20 city/ $30 non city

The Pickleball 101 (Beginner) class is for an individual who has never played organized Pickleball. Basic techniques and score keeping will be taught. Class size is limited.

Pickleball 102 (Advanced Beginner)
Age: 45 & up
Dates: Thursdays, 9/10 to 10/1
 10/15 – 11/12*
*No class on 11/5
Time: 10:00 – 11:30 am
Location: Wm. Talley Rec Canter
Supervisor: Darlene Posey
Fee: $20 city/ $30 non city

Prerequisite: Pickleball 101 (Beginner).
The Pickleball 102 (Advanced Beginner) class is for individuals who have completed the Pickleball 101 (Beginner) class, and wants to learn additional game strategy. Class size is limited.
Level 1 Tai-Chi (Outdoors)
Ages: 18 & up
Dates: Wednesdays, 9/16 to 11/18
Time: 5:00 - 6:00 pm
Location: Baker Park by Bell Tower
(class will meet at lower door of Talley Rec Center)
Instructor: Cain Yentzer
Fee: $120 city / $130 non city (10 week course)

This class is a New Beginners Class. Students will learn the principles of Tai-Chi and Tai-Chi body mechanics that help open the body and concentrate "Chi" bringing with it deep relaxation and health. This traditional instruction offers Tai-Chi in its centuries old spirit. It is designed for students seeking an authentic approach to the time-honored practice.

*In case of incumbent weather class will be canceled and course will be extended one week for each class cancelled

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

Chair Yoga
Ages: 18 & up
Dates: Thursdays, 9/17 to 10/15
Time: 10:30 - 11:30 am
Location: Virtual (WebEx information will be sent to registrants)
Instructor: Dr. Nanette Tummers
Session Fee: $ 36 city / $ 42 non city (6 classes)
Drop In Fee*: $ 7 city / $ 8 non city
*Preregistration for Drop In still required

Embrace the joy of movement through Chair Yoga! Improve your balance, stamina, flexibility as well as mental focus and resiliency. Participants will be offered numerous choices for movement in a safe, inclusive, welcoming, and supportive atmosphere. All levels of ability are encouraged! All participants are asked to have a yoga mat, sturdy chair, water and wear comfortable clothes and athletic shoes.

Dr. Nanette Tummers has been inspired to teach, study, present, research and practice yoga for over 22 years especially for the Active Aging community. Nanette has a doctorate in Kinesiology and Health Promotion.
Ages: 16 & up  
Dates: Mondays, 9/14 to 10/19  
Time: 6:00 - 7:00 pm  
Location: Baker Park/  
Talley Rec Center (Classroom B)  
Instructor: Pat Thompson, LAc  
Session Fee: $80 city / $90 non city (6 classes)  

Qi Gong (pronounced chee gong) translates to “energy work.” Join us to study the Chinese art of energy cultivation and movement. Gather and circulate internal energy with gentle and graceful movements that are combined with deep breathing techniques. We will learn a 5 Element flow that turns stress into vitality and frees energy blockages that affect our health. Enjoy yourself in a relaxing environment.

Pat Thompson is a licensed acupuncturist with a Master’s Degree in Oriental Medicine. His primary qi gong instructor is Lee Holden, and he eventually became certified to teach under Master Holden in 2016. Pat believes that we are all entitled to a healthy life as a birthright, and this involves caring for the person as a whole. Qi Gong is a way for an individual to take charge of his or her health. Pat focuses on a 5 Element flow as a method to balance the health of our inner organs and turn stress into vitality.

Running Programs

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

Mondays through Thursday’s meeting at 6:00 pm outside the main entrance to the Talley Rec. Center (off 2nd Street). Mondays and Wednesdays are shorter more relaxed runs for everyone while Tuesday and Thursdays are when half-marathon and marathon training groups meet.
**BANG ®**

Ages: 16 & up  
Dates: Mondays* and Fridays*, 9/4 to 10/9  
*class meets twice a week  
Time: 6:00 - 7:00 pm  
Location: Staley Park Basketball Court (11 West 10th St)  
Instructors: Brenda Campbell and Johanna Rollins  
Session Fee: $50 city / $55 non city (10 Classes)  
Drop In Fee*: $6 city/ $7 non-city  
*Preregistration for Drop In still required

Begin and End your week with a BANG ®  
BANG ® is a mixed fitness group exercise class with  
HIIT training and some serious attitude. Named for the  
signature “5-4-3-2-BANG!” group countdown during the peak song of the  
class, BANG ® is a unique fusion of boxing, cardio, HIIT, hip-hop, world  
dance, and body weight training in a pre-choreographed class with  
optional weighted gloves. Three levels of intensity means BANG™ is for  
anyone who wants to move, sweat and have fun. Any age, any body  
shape, any fitness level.”

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**ZUMBA® TONING**

Ages: 16 & up  
Dates: Tuesdays, 9/8 to 10/13  
Time: 6:00 - 7:00 pm  
Location: Carrollton Park (455 Center Street)  
Instructor: Nikki Sussman  
Session Fee: $30 city / $35 non city (6 Classes)  
Drop In Fee*: $6 city/ $7 non-city  
*Preregistration for Drop In still required

PERFECT FOR - Those who want to party, but put extra emphasis on toning and sculpting to define those  
muscles!  
HOW IT WORKS - The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps  
you focus on specific muscle groups, so you (and your muscles) stay engaged!  
BENEFITS - Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning  
target zones, including arms, core and lower body.
Youth Dance

Tiny Tots Dance

Age: 3
Days/Dates/Times:
Saturdays, 8/29 to 10/24, 9:00 – 9:30am
Saturdays, 10/31 to 1/16, 9:00 – 9:30am (No class 11/28, 12/26, 1/2)
Tuesdays, 9/1 to 10/27, 9:30 – 10:00am
Tuesday, 11/3 to 1/19, 9:30 – 10:00am (No class 11/24, 12/22, 12/29)
Wednesdays, 9/2 to 10/28, 9:30 – 10:00am
Wednesdays, 11/4 to 1/20, 9:30 – 10:00am (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 3:45 – 4:15pm
Thursdays, 11/5 to 1/21, 3:45 – 4:15pm (No class 11/26, 12/24, 12/31)

Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $125

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

Pre-Kinder Dance

Age: 4 (PreKinder)
Days/Dates/Times:
Saturdays, 8/29 to 10/24, 9:45 – 10:30am
Saturdays, 10/31 to 1/16, 9:45 – 10:30am (No class 11/28, 12/26, 1/2)
Tuesdays, 9/1 to 10/27, 10:15 – 11:00am
Tuesday, 11/3 to 1/19, 10:15 – 11:00am (No class 11/24, 12/22, 12/29)
Wednesdays, 9/2 to 10/28, 10:15 – 11:00am
Wednesdays, 11/4 to 1/20, 10:15 – 11:00am (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 4:30 – 5:15pm
Thursdays, 11/5 to 1/21, 4:30 – 5:15pm (No class 11/26, 12/24, 12/31)

Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $150

A 45 minute class especially designed with preschoolers in mind. Instruction includes intro to tap, basic ballet and creative movement while encouraging confidence and creativity in a fun and friendly environment. Youngest dancer accepted must turn 4 by 9/1/20. Session is 9 weeks with option to continue.
K-Danz
Age: 5 (Kindergarten)
Days/Dates/Times:
Saturdays, 8/29 to 10/24, 10:45 – 11:45am
Saturdays, 10/31 to 1/16, 10:45 – 11:45am (No class 11/28, 12/26, 1/2)
Wednesdays, 9/2 to 10/28, 4:15 – 5:15pm
Wednesdays, 11/4 to 1/20, 4:15 – 5:15pm (No class 11/25, 12/23, 12/30)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

In this hour long class, students work on ballet, tap and creative movement. Class work is structured to develop basic rhythm skills, creativity, coordination and discipline. Youngest dancer accepted must be 5 years as of 9/1/20. Best suited for kids in Kindergarten. Session is 9 weeks with option to continue.

Kinder Hop and Tumble
Age: 4-5
Days/Dates/Times:
Thursdays 9/3 to 10/29, 6:45 – 7:30pm
Thursdays, 11/5 to 1/21, 6:45 – 7:30pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $150

This dance class is a fusion of hip hop, acro dance and creative movement to get all the dancing wiggles out. Through creative combinations & games, dancers will be introduced to basic hip hop isolations, precision & tumbling skills while developing coordination and musicality to age appropriate songs. Session is 9 weeks with option to continue.

Mini Hip Hop Dance
Age: 1st to 3rd grade
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 5:30 – 6:30pm
Wednesdays, 11/4 to 1/20, 5:30 – 6:30pm (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 5:30 – 6:30pm
Thursdays, 11/5 to 1/21, 5:30 – 6:30pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Perfect for the child with energy to spare! Age appropriate urban jam for the younger set fusing hip hop and jazz funk. Great for developing coordination & precision. Session is 9 weeks with option to continue.

Primary Dance
Age: 1st grade
Days/Dates/Times:
Mondays 8/31 to 11/2, 4:15 – 5:15pm (No class 9/7)
Mondays, 11/9 to 1/18, 4:15 – 5:15pm (No class 12/21, 12/28)
Thursdays 9/3 to 10/29, 5:30 – 6:30pm
Thursdays, 11/5 to 1/21, 5:30 – 6:30pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

The perfect combo class for the younger dancer who wants to try it all! This class will cover basic ballet & tap, as well as introduce dancers to beginner jazz skills. The class is structured to match both the motor skill development and social skills of students in 1st grade. Also appropriate for some 2nd graders. Session is 9 weeks with option to continue.
Elementary Dance
Age: 2nd – 4th grade
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 5:30 – 6:30pm
Wednesdays, 11/4 to 1/20, 5:30 – 6:30pm (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 5:30 – 6:30pm
Thursdays, 11/5 to 1/21, 5:30 – 6:30pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Includes tap, ballet, and jazz. Students learn elementary dance steps and positions, dance terminology, musical phrasing and fun routines. General age range 7-10. (Minimum age requirement is 7 years and must be entering the second grade.) Session is 9 weeks with option to continue.

Junior Hip Hop
Age: 4th to 5th grade
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 6:45 – 7:45pm
Wednesdays, 11/4 to 1/20, 6:45 – 7:45pm (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 4:15 – 5:15pm
Thursdays, 11/5 to 1/21, 4:15 – 5:15pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

It’s time to get funky! Come explore the dynamic world of hip hop through a high energy class designed for your pre-teen dancer. Learn isolations and explosive moves that make hip hop so fun and exciting. Session is 9 weeks with option to continue.

Pre-Teen Jazz & Tap Dance
Age: 4th to 7th grade
Days/Dates/Times:
Mondays 8/31 to 11/2, 6:45 - 7:45pm (No class 9/7)
Mondays, 11/9 to 1/18, 6:45 - 7:45pm (No class 12/21, 12/28)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Perfect for beginning and second year students. Instruction will emphasize proper technique and body alignment, flexibility, jumps and fun choreography. Tap will include a mix of rhythm and Broadway styles. Also appropriate for some 8th graders. Session is 9 weeks with option to continue.
Acro for Dancers (Level I)
Age: 2nd to 5th grade
Days/Dates/Times:
Thursdays, 9/3 to 10/29, 6:45 - 7:45pm
Thursdays, 11/5 to 1/21, 6:45 - 7:45 pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Class will improve strength, flexibility and stamina, resulting in a more powerful and enhanced dance performance. This specific level is for the beginner gymnast working on cartwheels, round offs, backbends and assorted rolls. Session is 9 weeks with option to continue.

Youth Hip Hop
Age: 6th to 8th grade
Days/Dates/Times:
Mondays, 8/31 to 11/2, 5:30 – 6:30pm (No class 9/7)
Mondays, 11/9 to 1/18, 5:30 – 6:30pm (No class 12/21, 12/28)
Tuesdays, 9/1 to 10/27, 5:30 – 6:30pm
Tuesday, 11/3 to 1/19, 5:30 – 6:30pm (No class 11/24, 12/22, 12/29)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

It’s time to get funky! Come explore the dynamic world of hip hop through a high energy class designed for your pre-teen dancer. Learn isolations and explosive moves that make hip hop so fun and exciting. Session is 9 weeks with option to continue.

Teen Hip Hop
Age: 9th to 12th grade
Days/Dates/Times:
Tuesdays, 9/1 to 10/27, 5:30 - 6:30pm
Tuesday, 11/3 to 1/19, 5:30 - 6:30pm (No class 11/24, 12/22, 12/29)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

A mix of urban, contemporary and “new style” dance - a fast paced & high energy class for teens who love hip hop. Session is 9 weeks with option to continue.
Teen Tap 1
Age: 13 – 18
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 5:30 - 6:30pm
Wednesdays, 11/4 to 1/20, 5:30 - 6:30pm (No class 11/25, 12/23, 12/30)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

A fun mix of Broadway and Rhythm styles will keep dancers excited and engaged from week to week. Class will progress through a warm up, floor crossings and mini combinations while fine tuning rhythm skills, accents and dance flow. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

Teen Ballet 1
Age: 13 – 18
Days/Dates/Times:
Tuesdays, 9/1 to 10/27, 6:45 - 7:45pm
Tuesday, 11/3 to 1/19, 6:45 - 7:45pm (No class 11/24, 12/22, 12/29)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Ballet is the basic foundation for most styles of dance. Class will stress proper technique, alignment and terminology using a combination of barre, center and across-the-floor work. Dancers will also improve their balance and poise. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.

Teen Jazz 1
Age: 13 – 18
Days/Dates/Times:
Mondays, 8/31 to 11/2, 8:00 – 9:00pm (No class 9/7)
Mondays, 11/9 to 1/18, 8:00 – 9:00pm (No class 12/21, 12/28)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Dancers will enjoy the fast pace and high energy of this fun jazz class. Class will progress through a warm up, floor crossings and mini combinations to improve on musicality, flexibility and style. Enjoy learning combinations to current pop tunes and classic Broadway hits. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with to continue.

Teen Lyrical/Contemporary 1
Age: 13 – 18
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 8:00 - 9:00pm
Wednesdays, 11/4 to 1/20, 8:00 - 9:00pm (No class 11/25, 12/23, 12/30)
Location: Dance Unlimited
Instructor: Dance Unlimited Staff
Fee: $180

Contemporary and lyrical have taken over the dance world. This wildly popular style of dance takes your traditional ballet to a new modern level of expression and interpretation. Appropriate for beginner and advanced beginner level dancers. Session is 9 weeks with option to continue.
Kids Acting
Age: K – 1st grade
Days/Dates/Times:
Mondays, 8/31 to 11/2, 4:30 - 5:15pm (No class 9/7)
Mondays, 11/9 to 1/18, 4:30 - 5:15pm (No class 12/21, 12/28)
Location: Dance Unlimited
Instructor: Susan Thornton
Fee: $150.00

The perfect introduction to acting for the young performer! Students will bring stories to life through fun games and activities while learning theatre terms and vocal skills. Creative drama is a great way for kids to learn confidence and poise! Session is 9 weeks with option to continue.

Youth Acting 1
Age: grades 2nd to 3rd
Days/Dates/Times:
Tuesdays, 9/1 to 10/27, 4:15 – 5:15 pm
Tuesday, 11/3 to 1/19, 4:15 – 5:15 pm (No class 11/24, 12/22, 12/29)
Location: Dance Unlimited
Instructor: Susan Thornton
Fee: $180

This class introduces children to theater with activities and games that get them on their feet using their voices and bodies to create characters while learning stage terms, concentration and skills that will improve speaking and help them gain confidence and poise! Session is 9 weeks with option to continue.

Youth Acting 2
Age: grades 4th to 5th
Days/Dates/Times:
Wednesdays, 9/2 to 10/28, 4:15 – 5:15pm
Wednesdays, 11/4 to 1/20, 4:15 – 5:15pm (No class 11/25, 12/23, 12/30)
Thursdays 9/3 to 10/29, 5:30 – 6:30pm
Thursdays, 11/5 to 1/21, 5:30 – 6:30pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Susan Thornton
Fee: $180

This class uses theater activities and exercises to teach students how to project, enunciate and properly use their bodies on stage. Pantomime and improvisation are introduced along with monologues to develop focus and memorization skills. Session is 9 weeks with option to continue.

Youth Acting 3
Age: grades 6th to 7th
Days/Dates/Times:
Tuesdays, 9/1 to 10/27, 5:30 – 6:30pm
Tuesday, 11/3 to 1/21, 5:30 – 6:30pm (No class 11/24, 12/22, 12/29)
Thursdays 9/3 to 10/29, 6:45 – 7:45pm
Thursdays, 11/5 to 1/21, 6:45 – 7:45pm (No class 11/26, 12/24, 12/31)
Location: Dance Unlimited
Instructor: Susan Thornton
Fee: $180

This class uses monologues, pantomime, concentration games and theater activities to improve students’ public speaking and stage movement. Scenes are introduced to work on character development and memorization skills. Students can volunteer to be MC’s and backstage crew for the Dance Showcases held throughout the year in the Performing Arts Factory’s theater. Session is 9 weeks with option to continue.

For more information, visit 301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC
### Adult Tap

**Age:** 18 & up  
**Dates:** Wednesdays, 9/2 to 10/28  
Wednesdays, 11/4 to 1/20 (No class 11/25, 12/23, 12/30)  
**Time:** 6:45 – 7:45 pm (Intermediate/Advanced level), 8:00 – 9:00 pm (Beginner level)  
**Location:** Dance Unlimited  
**Registration:** Wm. Talley Rec Center  
**Instructor:** Donna Grim  
**Fee:** $150  

A mix of Broadway and rhythm tap for the adult tapper, designed to improved coordination, balance and agility. Whether you’re new to dance, experienced or somewhere in between, you’ll get a good workout and enjoy new challenges each week. Session is 9 weeks with option to continue.

### Adult Ballet

**Age:** 18 & up  
**Dates:** Thursdays 9/3 to 10/29  
Thursdays, 11/5 to 1/21 (No class 11/26, 12/24, 12/31)  
**Time:** 6:45 – 7:45 pm  
**Location:** Dance Unlimited  
**Registration:** Wm. Talley Rec Center  
**Instructor:** Dance Unlimited Staff  
**Fee:** $150  

Class will focus on traditional barre, center work, and short combinations to promote good technique and enhance posture, as well as variations with both and classical and modern flare. Class will be geared to beginning students as well as those adults returning to dance. Session is 9 weeks with option to continue.

### Adult Jazz

**Age:** 18 & up  
**Dates:** Tuesdays, 9/1 to 10/27  
Tuesday, 11/3 to 1/19 (No class 11/24, 12/22, 12/29)  
**Time:** 6:45 – 7:45 pm  
**Location:** Dance Unlimited  
**Registration:** Wm. Talley Rec Center  
**Instructor:** Dance Unlimited Staff  
**Fee:** $150  

Jazz combines the technique of ballet with the modern forms of current dance styles to create a high energy and very popular style of dance. Through warm ups, floor crossings, combos and other exercises, you will improve on flexibility while fine tuning technique, musicality and style. Session is 9 weeks with option to continue.

### Line Dancing Instruction

**Age:** 12 & up  
**Dates:** Mondays, 9/14 to 10/19  
Mondays, 11/2 to 12/14* (*no class 11/23)  
**Time:** 7:00 - 8:00 pm  
**Location:** Wm. Talley Rec Center  
**Instructor:** Raymond Crum  
**Session Fee:** $35 city / $40 non city (6 week session)  

What a great way to exercise and have fun at the same time! Beginner participants will learn the various dance steps, and put these steps to several different dances. In the intermediate class student will incorporate combos, and learn some other dances. Minimum registration or 4 participants required for class to be held as scheduled.
Arts Skills: Awesome Animals
Age: 5 - 7
Dates: Tuesdays 9/22 to 11/17
Time: 4:00 - 5:00pm, 7:00 - 8:00pm
Location: Virtual
Fee: $90

In Art Skills: Awesome Animals, kids will learn techniques in drawing, using simple materials you have at home. They’ll get immediate feedback from the instructor and lots of inspiration from their classmates! This session will focus on techniques for drawing a variety of fun animals. Requirement: Basic art supplies from home: paper, pencils, coloring supplies, and scissors/tape/glue. Colored paper is optional.

Lego Masters: Structures & Creative Challenges
Age: 5 - 7
Dates: Wednesdays 9/23 to 11/18
Time: 4:00 - 5:00pm, 7:00 - 8:00pm
Location: Virtual
Fee: $90

In this LEGO Masters session, kids will be presented specific engineering challenges tailored for young minds - such as making and testing a LEGO bridge and creating a LEGO dominoes set to understand chain reactions. Live, online instructors will emphasize the importance of patience, iteration and utilizing feedback while helping kids improve their fine motor skills. This is the perfect program to inspire young engineers!
Requirement: A bucket of basic LEGO blocks and a safe place to build creative structures in front of your webcam.

Arts Skills: Anime
Age: 7 - 9
Dates: Thursdays 9/24 to 11/19
Time: 4:00 - 5:00pm
Location: Virtual
Fee: $90

Art Skills: Anime class teaches technical drawing skills in the popular techniques of anime/manga. Each day, the young artists will develop and continue to build on their drawing abilities to create rich anime artwork. For example, we start with the basics of how to draw with simple shapes, then add faces and different expressions, and finally, add in a body performing different actions. Artists will finish the session with a beautiful portfolio of drawings!
Requirement: Basic art supplies from home: paper, pencils, coloring supplies, and scissors/tape/glue. Colored paper is optional.

Minecraft Coding & Game Design: Adventure Maps
Age: 7 - 9
Dates: Wednesdays 9/23 to 11/18
Time: 7:00 - 8:30pm
Location: Virtual
Fee: $225

Design your own adventures and games that you can share with your friends in Minecraft Coding & Game Design: Adventure Maps! Kids will think through how to make a playable activity, and learn conditionals and event triggering. They will use command blocks, red stones, and more to create Adventure Maps, missions, or games. They will also be able to package their game to send to anyone else to play! Kids will grow in problem-solving and computational thinking as they play one of the most popular and dynamic games in history.
Requirement: Minecraft Java Edition installed on a Windows or MacOS computer.

For more information, visit 301.600.1492| CITYOFFREDERRICKMD.GOV/WEBTRAC
Virtual Programming

Class link will be provided at least 24 hours prior to start date

Circuits & Arduino
Age: 9 - 11
Dates: Tuesdays 9/22 to 11/17
Time: 4:00 - 5:00pm
Location: Virtual
Fee: $135

Learn and build working circuits, with no materials, and total safety! In Circuits & Arduino, a live instructor will discuss and demonstrate concepts in electronics and circuitry, as students simultaneously build and test their own digital circuits. In their free Tinkercad account, students will work together with a variety of circuit components and a virtual programmable Arduino. Requirement: Create a free account at tinkercad.com prior to the start of the program.

Origami & Papercraft: Super Stationary
Age: 9 - 11
Dates: Mondays 9/21 to 11/16
Time: 7:00 - 8:00pm
Location: Virtual
Fee: $90

Make beautiful creations from just a piece of paper! In KidzToPros Origami & Papercraft program, an origami instructor will teach and review the fundamental origami folds and then lead kids through the creation of fantastic origami art! Students will make a variety of projects with increasing complexity, including origami-enhanced media for sending one-of-a-kind notes and letters. Kids will develop valuable skills, such as concentration, hand-eye coordination, and patience. Level up the creativity and fun with paper!
Requirement: Basic art supplies from home: paper, pencils, coloring supplies, and scissors/tape/glue. Colored paper is optional.

Web Design 1
Age: 11 - 18
Dates: Mondays 9/21 to 11/16
Time: 4:00 - 6:00pm, 7:00 - 9:00pm
Location: Virtual
Fee: $450

Web Design - Level 1 teaches students how to create dynamic, visually-appealing websites. They’ll learn the foundations of front-end web development and how to create their own web page by considering layout, responsive pages, dynamic content and more. Students will learn HTML, CSS and JavaScript programming languages and how they all work together to create beautiful, purpose-driven web pages. By the end of camp, students will have created a portfolio website and showcase their programming project!
Requirement: Windows, MacOS, or ChromeOS laptop/desktop

Java Game Design 1
Age: 11 - 18
Dates: Wednesdays 9/23 to 11/18
Time: 4:00 - 6:00pm, 7:00 - 9:00pm
Location: Virtual
Fee: $450

Learn Java by creating and modding fun, interactive games! In Java Game Design - Level 1, students use Java, the most widely used programming language in the world, and the dev environment Greenfoot to learn object-oriented programming concepts and skills. Important programming concepts are covered, including classes & objects, data types, conditional statements and iteration. Students will create video games they can play with friends, allowing them to have fun and express creativity while they learn. By the end of the program, students have a basic proficiency in writing code according to object-oriented principles and will understand the fundamental syntax of Java. Requirement: Windows or MacOS laptop/desktop. Greenfoot software installed (greenfoot.org)
Pre-registration Required
Please visit:
www.cityoffrederickmd.gov/webtrac
To sign up for your fitness center time slot!

Every member has an account
default username is your email
your password is your zip code.

Call 301-600-1450 for more information
**Fitness Class Schedule**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td><strong>City Cycle</strong></td>
<td><strong>Powersculpt</strong></td>
<td><strong>No AM Classes</strong></td>
<td><strong>Powersculpt</strong></td>
<td><strong>City Cycle</strong></td>
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<tr>
<td>5:45-6:45am</td>
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<td>Evie Burge</td>
<td>Lora Scott</td>
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<td>Lora Scott</td>
<td>Evie Burge</td>
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<td><strong>Cardio Strength</strong></td>
<td><strong>Gentle Yoga</strong></td>
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<td>10:00-11:00am</td>
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<td>Nanette Tumers</td>
<td>Stacey Brown</td>
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<tr>
<td><strong>Cardio Strength</strong></td>
<td><strong>Cardio Strength</strong></td>
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<td>Marcia Fortunado</td>
<td>Theresa Thomas</td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
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<tr>
<td><strong>City Cycle</strong></td>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Mixed Level Flow Yoga</strong></td>
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<td>5:45-6:45am</td>
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<tr>
<td>Lora Scott</td>
<td>Stacey Brown</td>
<td>Caroline Stevens</td>
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**Fitness Class Descriptions**

- **Cardio Strength**: Combines traditional step aerobics with an additional cardio component, sculpting, and abs. This is a great workout with diverse music, fun & friends.
- **City Cycle**: Bring your outdoor ride indoors! You’ll enjoy pumping music, a safe, high intensity cardiovascular workout all on an indoor bike. We use brand new Matrix bikes and you’re guaranteed to work up a sweat and have fun doing it!
- **Gentle Yoga/ Gentle Flow**: A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Focus is on basic poses, breath and alignment. Standing balance poses will be practiced minimally and modifications will be provided. A great next step if you have been practicing beginner yoga.
- **Mixed Level Flow Yoga**: Builds on the foundations of FLOW 1/2, but with additional poses and challenges for the intermediate to advanced yoga practice.
- **Power Sculpt**: A total body workout that incorporates the use of light, medium, and heavy weights for a combination strength and cardio workout.

For more information, visit [301.600.1492| CITYOFFREDERICKMD.GOV/WEBTRAC](http://www.cityoffrederickmd.gov/webtrac)
**Parks, Pavilions, Courts, & Fields**

**Pavilions:**

Small pavilions:  
(and/or pavilions with no restrooms)  
Amber Meadows, Baughman’s Babee, Catoctin Avenue, E. 3rd Street, Gazebo, Grove, Hillcrest, Sagner, and Stonegate  
Fee: $20 city / $40 non city

Medium pavilions:  
Greenleaf, Lake Coventry, Monarch Ridge, South End, Walnut Ridge, Whittier Lake and Willow Brook  
Fee: $30 city / $60 non city

Large pavilions:  
Amber Meadows, Carrollton, College Estates, Harmon, Hill Street, Mullinix, Maryvale, Overlook, Riverwalk, & Rosedale  
Fee: $50 city / $100 non city

Monocacy Village & Staley Park Pavilions:  
Fee: $75/ $100 non city

Bell Tower/Carillon Area  
Fee: $20 City / $40 non city

**Ball Fields, Tennis, & Basketball Courts:**

*McCurdy Field:*

Daily w/o lights - City $200/ non-City $400  
Daily w/ lights - City $350/ non-City $700

Established Leagues (City only):  
Daily w/o lights - $10 per hour  
Daily w/ lights - $25 per hour

*Loats Field:*

Daily w/o lights - City $125/ non-City $250  
Daily w/ lights - City $175/ non-City $350

Established Leagues (City only):  
Daily w/o lights - $5 per hour  
Daily w/ lights - $25 per hour

**Field User Fees (for all hours incurred)**

$3.50 per hour city (minimum of 51% City residents)  
$7.00 per hour non city  
Colleges / Schools - $25 per hour city / $50 per hour non-city

Lights for sports fields -  
$25 per hour city/$50 per hour non-city

**Tennis Courts:**

city - $10 per time slot per court;  
non city $20 per time slot per court  
(Time Slots = 6am-12 noon, 12 noon-4pm, 4pm – 10pm)

**Basketball Courts:**

city - $10 per day/ non city - $20 per day

For more information, visit  
301.600.1492 | CITYOFFREDERICKMD.GOV/WEBTRAC
Clustered Spires Golf Course was established in 1991, as the first public golf course in Frederick County. The 185 acres on which Clustered Spires is located on what was formally a working dairy farm, set along the side of the Monocacy River. The Monocacy River surrounds the golf course on 3 sides, creating a beautiful setting while providing a natural barrier from outside distractions.

Dog Park Memberships can now be completed online at cityoffrederickmd.gov/webtrac
All dogs must be registered in order to use the park
Registration fee: $15 City / $30 for non city

Now Offering

Puppy/Small Dog Hours
Every M,W,F 3:00-5:00 PM
Beginning 09/07/21
To participate
• dogs must have registration tags
• dogs must be under 35 lbs
• or between 4-10 months old

Any questions please contact: Recreation Supervisor: Alex Coleman acoleman@cityoffrederickmd.gov

Clustered Spires Golf Course
8415 Gas House Pike
Frederick, MD
301-600-1295
www.clusteredspiresgolf.com
The City of Frederick Parks and Recreation Department is pleased to announce the Reduced Registration Program. The program will enable eligible youth under the age of 18 to receive 50% off pre-identified programs.

Program Details:
1. All registration will be taken at the Wm. Talley Recreation Center Registration Desk, located at 121 North Bentz Street. Registration will be accepted Monday through Friday from 8:30 am to 6:30 pm.

2. Eligibility and Qualification - Interested citizens must provide proof of program eligibility in accordance with one of the criteria listed below:
   A. Eligible to receive free or reduced price lunch through Frederick County Public Schools.
      i. Must provide proof of City residency. Accepted forms of proof are a driver’s license (or MVA issued ID), water bill or electric bill.
      ii. Must provide letter issued by FCPS that they are eligible to receive free or reduced lunches in Frederick County Public Schools.
   B. Live in household receiving benefits for the Food Supplement Program (FSP) or Temporary Cash Assistance (TCA)
      i. Must provide proof of City residency. Accepted forms of proof are a driver’s license (or MVA issued ID), water bill or electric bill.
      ii. Must provide orange Independence Card issued by the Frederick County Department of Social Services.
   C. Live in one of the three public housing communities (Carver, Lincoln or Lucas Village) owned by the Housing Authority of the City of Frederick.
      i. Must provide proof of residency within Carver, Lincoln or Lucas Village housing communities. Accepted forms of proof are a driver’s license (or MVA issued ID), water bill or electric bill.

3. Qualifying Programs- Fall 2020
   A. Youth Soccer
   B. Evening Tennis Instruction
   C. Spikeball
   D. Friday Night Lights Tennis
Ciudad de Frederick Departamento de Parques y Recreacion
Programa de descuento para registrarse (RRP)

El Departamento de Parques y recreacion de la ciudad de Frederick se complace en anunciar el programa de descuento para algunos programas. Este programa ayuda con reducción del 50 % para ciertas actividades para jóvenes menores de 18 años

Detalles del programa:
1. Lugar y Horario: William Talley Center localizado en 121 North Bentz Street. Se aceptan inscripciones de Lunes a Viernes de 8:30 am a 6:30 pm

Note que el programa de reducción no esta pisponible electronicamente (on line)

2. Requisitos – Los interesados deben proporcionar prueba de elegibilidad para calificar y llenar ciertos requisitos de acuerdo con uno de los siguientes criterios
   A. Aquellos que reciben almuerzo gratis en las escuelas del condado de Frederick
      Proveer prueba de residencia de la Ciudad
      I. Se acepta la licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad
      II. Carta de las escuelas del condado de Frederick demostrando que recibe almuerazo a precio Reducido.
   B. Aquellos que reciben asistencia a traves del programa de alimentos suplementarios (FSP) o asistencia monetaria temporal(TCA)
      Proveer prueba de residencia de la ciudad
      I. Se acepta la licencia de Manejar o ID otorgada por el MVA, Recibo de agua o electricidad
      II. Tarjeta anaranjada de independencia del Servicio social del condado de Frederick
   C. Debe vivir en una de las tres comunidades de asistencia publica (Carver, Lincoln o Lucas Village) propiedades de Housing Authority de la ciudad de Frederick.
      I. Proveer prueba de residencia de una de las comunidades Carver, Lincoln o Lucas village.mSe acepta la Licencia de Manejar o ID otorgada por el MVA, recibo de agua o Electricidad.

3. Programas que califican para otoño
   A. Youth Soccer
   B. Evening Tennis Instruction
   C. Spikeball
   D. Friday Night Lights Tennis
Bob Smith, Deputy Director  
301-600-1902 - bsmith@cityoffrederickmd.gov

Sarah Stamper, Office Manager  
301-600-1173 - sstamper@cityoffrederickmd.gov

Sean Poulin, Recreation Supervisor  
301-600-3846 - spoulin@cityoffrederickmd.gov

Jennifer Mogus, Recreation Supervisor  
301-600-6238 - jmogus@cityoffrederickmd.gov

Alex Coleman, Recreation Supervisor /  
Celebrate Frederick Volunteer Coordinator  
301-600-3844 - acoleman@cityoffrederickmd.gov

Catherine Effland Talley Center Supervisor /  
Recreation Supervisor Marketing & Membership Services  
301-600-3850 - ceffland@cityoffrederickmd.gov

Scott Geasey, Parks Superintendent  
301-600-3857 - sgeasey@cityoffrederickmd.gov

Jennifer Martin, Celebrate Frederick Development Supervisor  
301-600-2845 - jmartin@cityoffrederickmd.gov

Hailey Johnson, Events Coordinator  
301-600-2844 - hjohnson@cityoffrederickmd.gov

Cancellation and Information Line, 301-600-6970  
Clustered Spires Golf Course, 301-600-1295  
Program Reservation & Facility Reservation Desk, 301-600-1492  
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