

### "No Cook" Cooking

This "cooking" program, designed for children, will help participants learn to create snacks, desserts and treats without the use of ovens or stoves. This may be the next Top Chef in the making!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1031.1040	Pressey Andre	9/12/2015	11/21/2015	Sa	11	6yr-12yr -	10:30 AM	11:30 AM	Chevy Chase Recreation Center	Chevy Chase PG Multipurpose Room 1	

### Abstract Painting

This course is an introduction to working with contemporary abstract principles using acrylic and latex paint. Explore color, texture, composition and painting techniques and adapt to your own interests and style. Examine artists and movements of the 20th century, and current contemporary painting, to gain historical and theoretical knowledge to inform your own painting explorations.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6911.1008	Banisadr Shara	10/31/2015	12/19/2015	Sa	8	18yr-& Up -	10:00 AM	12:00 PM	Chevy Chase Community Center	Chevy Chase Art Classroom	\$155.00
6911.2008	Banisadr Shara	10/26/2015	12/14/2015	Mo	8	18yr-& Up -	07:00 PM	09:00 PM	Chevy Chase Community Center	Chevy Chase Art Classroom	\$155.00

### Adult Basketball

athletic gear/water bottle

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2361.1095	Harrison Luna	9/12/2015	11/21/2015	Sa	11	18yr-& Up -	01:00 PM	05:00 PM	Turkey Thicket Recreation Center	Turkey Thicket Gymnasium	\$550.00
2361.2095	Harrison Luna	9/12/2015	11/21/2015	Sa	11	40yr-& Up -	10:00 AM	01:00 PM	Turkey Thicket Recreation Center	Turkey Thicket Gymnasium	\$550.00
2361.1031	Harrison Luna	9/12/2015	11/21/2015	Sa	11	18yr-& Up -	01:00 PM	05:00 PM	Kennedy Recreation Center	Kennedy Gymnasium	\$550.00
2361.2031	Harrison Luna	9/12/2015	11/21/2015	Sa	11	40yr-& Up -	10:00 AM	01:00 PM	Kennedy Recreation Center	Kennedy Gymnasium	\$550.00

### Adult Swim I: Learning the Basics

American Red Cross Adult Swim is intended for adults who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness or to perhaps compete in triathlons or to join a masters team. The purpose of this class is help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites None - Participants should be 18 years of age Learning Objectives:Increase comfort level in the waterExperience breath controlExperience buoyancyMoving through the waterLearn safety skills and safe behaviors in and around the water

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4121.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up -	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4121.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

4121.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4121.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4125.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	06:00 PM	06:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4125.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	06:00 PM	06:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4121.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	06:00 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4121.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	06:00 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4121.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	06:00 PM	06:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4121.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	06:00 PM	06:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4121.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	05:30 PM	06:00 PM	Takoma Aquatic Center	Pool	\$50.00
4121.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	05:30 PM	06:00 PM	Takoma Aquatic Center	All Lanes	\$50.00
4121.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	18yr-& Up	01:00 PM	01:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4121.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	18yr-54yr	05:30 PM	06:00 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4121.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	18yr-54yr	05:30 PM	06:00 PM	Barry Farm Aquatic Center	Lane 2	\$50.00

## Adult Swim II: Improving Skills and Swimming Strokes

The purpose of this class is to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites- Valid American Red Cross Adult Swim—Learning the Basics Skills certificate and Participant must be: Comfortable in chest-deep water. Able to put his or her face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards. Learning Objectives Improve fundamental aquatic skills Improve effectiveness and efficiency of swimming strokes Improve ability to swim continuously and swimming endurance Learn safety skills and safe behaviors in and around the water IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4131.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	18yr-54yr	06:15 PM	06:45 PM	Barry Farm Aquatic Center	Lane 1	\$50.00
4131.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	18yr-54yr	06:15 PM	06:45 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4131.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	06:15 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00
4131.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	06:15 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00
4131.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	06:40 PM	07:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4131.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	06:40 PM	07:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4131.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	06:30 PM	07:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4131.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	06:30 PM	07:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4135.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	06:40 PM	07:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00

4135.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	06:40 PM	07:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4131.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	05:45 PM	06:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4131.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	05:45 PM	06:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4131.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	06:45 PM	07:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4131.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	06:45 PM	07:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

## Adult Swim III: Swimming for Fitness

The purpose of this class is to build on the skills in Adult Swim—Improving Skills and Swimming Strokes by providing additional guided practice in deeper water. Prerequisites—Valid American Red Cross Adult Swim—Improving Skills and Swimming Strokes certificate and Participants must be able to swim the following strokes. Front crawl, 25 yards Breaststroke, 15 yards Back crawl, 25 yards Learning Objectives Improve effectiveness and efficiency of the following swimming strokes. Front crawl with open or flip turns, 100 yards Back crawl with open or flip turns, 50 yards Breaststroke with open turn, 50 yards Butterfly with open turns, 50 yards (optional) IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4141.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	07:30 PM	08:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4141.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	07:30 PM	08:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4141.2095	Cypress Brandi	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	06:30 PM	07:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4141.1095	Cypress Brandi	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	06:30 PM	07:15 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4145.1043	Richburg Karen	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:15 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4145.2043	Richburg Karen	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:15 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4141.1151	Hungerford Darrell	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4141.2151	Hungerford Darrell	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4141.1063	Phillips Webster	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	07:15 PM	08:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4141.2063	Phillips Webster	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	07:15 PM	08:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4141.2023	Kinsey Genuine	10/19/2015	11/11/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Takoma Aquatic Center	Pool	\$50.00
4141.1023	Kinsey Genuine	9/14/2015	10/7/2015	Mo We	8	18yr-54yr	07:00 PM	07:45 PM	Takoma Aquatic Center	Pool	\$50.00

## Art For Kidz

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6111.1022	Bell Cornelia	9/22/2015	11/24/2015	Tu	10	3yr-5yr	02:30 PM	03:30 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	

6111.1074	ratliff carnelle	9/15/2015	11/19/2015	Tu Th	20	6yr-10yr-	04:30 PM	05:30 PM	Hardy Recreation Center	Hardy Multipurpose Room
6111.1008	DPR Staff	10/3/2015	11/21/2015	Tu	8	3yr-5yr -	03:30 PM	04:30 PM	Chevy Chase Community Center	Chevy Chase Art Classroom
6111.2008	DPR Staff	10/3/2015	11/21/2015	Sa	8	3yr-5yr-	12:30 PM	01:30 PM	Chevy Chase Community Center	Chevy Chase Art Classroom
6111.1040	Pressey Andre	9/19/2015	11/14/2015	Sa	9	3yr-5yr -	10:30 AM	11:30 AM	Chevy Chase Recreation Center	Chevy Chase PG Multipurpose Room 1

## Arts & Crafts

This walk-in Arts Crafts class uses basic art supplies to create and design. Learn new techniques and new uses for common material.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6126.1018	Joel Julia	9/8/2015	11/19/2015	Tu Th	22	6yr-12yr-	04:00 PM	05:00 PM	Kalorama Recreation Center	Kalorama Multipurpose Room	
6121.1081	Ali Lenora	9/12/2015	11/21/2015	Sa	11	4yr-& Up-	10:30 AM	12:00 PM	Lafayette Recreation Center	Lafayette Multipurpose Room	
6121.1036	McPherson Kimberly	9/8/2015	11/19/2015	Mo Th	21	6yr-18yr-	06:00 PM	07:00 PM	Marvin Gaye Recreation Center	Marvin Gaye Multipurpose Room	
6121.1078	McFadden Naye	9/14/2015	11/9/2015	Mo	9	3yr-5yr -	04:00 PM	05:00 PM	Stoddert Recreation Center	Stoddert Multipurpose Room	

## Awareness Through Movement

A unique form of guided exploratory movement. Students verbally guided through a series of gentle and easy exploratory movements. Exercises are done lying on the floor, some from a chair, some through walking or standing. Reconnect with the joy of learning how to feel better.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6901.1008	TBD TBD	10/28/2015	12/16/2015	We	8	18yr-& Up	11:00 AM	12:30 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$90.00
6901.2008	TBD TBD	10/31/2015	12/19/2015	Sa	8	18yr-& Up	01:00 PM	02:30 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$90.00

## Ballet: Level 1

Participants will learn the basic positions, steps, terms and rhythms. They will have the experience of working as a group to achieve cooperative and collaborative goals.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6212.1008	Welters Lynn	10/27/2015	12/15/2015	Tu	8	4yr-6yr -	05:00 PM	06:00 PM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00
6212.2008	Welters Lynn	10/28/2015	12/16/2015	We	8	6yr-8yr -	04:00 PM	05:00 PM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00

6212.3008	Welters Lynn	10/31/2015	12/19/2015	Sa	8	4yr-6yr -	09:30 AM	10:30 AM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00
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## Basketball

comfortable attire

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2351.1039	Strong Tolbert	9/12/2015	11/7/2015	Sa	9	14yr-18yr	-11:00 AM	02:00 PM	Fort Stanton	Fort Stanton Gym	

## BASS 1

Beginner level learn to swim class. Participants will learn basic swimming skills, floating, breathe control and kicking.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7311.1005	ThompsonWalker Cheryl	9/14/2015	10/7/2015	Mo We	8	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7311.2005	ThompsonWalker Cheryl	10/19/2015	11/9/2015	Mo We	7	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## BASS 2

Intermediate level learn to swim provides basic instruction in floating with a kick, one to two stroke swimming, and submerging in deep water techniques.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7301.1005	Barnes Kimball	9/15/2015	10/8/2015	Tu Th	8	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7301.2005	Barnes Kimball	10/20/2015	11/12/2015	Tu Th	8	-	09:00 AM	09:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Bid Whist Club

Join in the fun of playing Bid Whist, a popular card game.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1151.1023	TBD TBD	9/9/2015	11/18/2015	Mo We	21	18yr-& Up	06:00 PM	08:30 PM	Takoma Community Center	Takoma Multipurpose Room 1	

## Bingo

Bingo is a fun-filled weekly game activity, winners receive prizes.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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1901.1075	Dent Cleveland	9/12/2015	11/21/2015	Sa	11	6yr-& Up-	11:00 AM	12:30 PM	Macomb Recreation Center	Macomb Multipurpose Room
1901.1022	Bell Cornelia	9/25/2015	11/20/2015	Fr	9	50yr-& Up	03:00 PM	04:30 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a

## Brazilian Samba

This class will introduce the student to Brazilian Samba. Samba dance is a unique and specialized dance form using groups of four to six step movements incorporating side to side, forward-and-backward and circular motions.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6391.1022	Pessoa Sonia	10/27/2015	12/15/2015	Tu	8	18yr-& Up	07:00 PM	08:30 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 3 (Auditorium)	\$95.00

## Bridge Instruction

Seniors meet to learn and play one of the world's most intriguing card games.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6176.1008	Thabault Isabelle	10/28/2015	12/16/2015	We	8	18yr-& Up	07:00 PM	09:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$110.00

## Calm Waves

A low impact class. Participants will do water exercises that are recommended by the Arthritis Foundation. The classes are intended to increase range of motion and build endurance.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7221.1005	Barnes Kimball	9/15/2015	10/8/2015	Tu Th	8	-	11:00 AM	11:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7221.2005	Barnes Kimball	10/20/2015	11/12/2015	Tu Th	8	-	11:00 AM	11:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Chair-a-size

A small class setting for wheelchair users to help tone and strengthen muscles and increase range of motion. Personal care attendants/dedicated aides are welcome with participants. Class size is limited.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
713	TBD TBD	9/9/2015	12/16/2015	We	15	-	10:00 AM	11:30 AM	Emery Recreation Center	Emery Gymnasium	

## Cheerleading

Cheerleading

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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2941.1075	Dent Cleveland	9/16/2015	11/18/2015	We	10	9yr-15yr -	05:30 PM	06:30 PM	Macomb Recreation Center	Macomb Multipurpose Room
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## Chess Club

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Participants who already know how to play will have the opportunity to match their skills against other players.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1221.1078	Davenport Thomas Ricky	9/16/2015	11/11/2015	We	9	8yr-12yr -	04:00 PM	05:00 PM	Stoddert Recreation Center	Stoddert Multipurpose Room	
1221.1008	DPR Staff	10/7/2015	11/18/2015	We Fr	13	6yr-12yr -	03:30 PM	05:30 PM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	

## China Painting

Learn to paint on porcelain, including basic brush strokes and how to mix colors. The class is designed for beginners and the more advanced, allowing students to work on their own projects and at their own pace.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6191.3022	Sylos Labini Maria Luisa	10/29/2015	12/17/2015	Th	8	18yr-& Up -	10:30 AM	12:30 PM	Guy Mason Recreation Center	Guy Mason Wokshop	\$95.00
6193.2022	Sylos Labini Maria Luisa	10/29/2015	12/17/2015	Th	8	18yr-& Up -	01:00 PM	03:00 PM	Guy Mason Recreation Center	Studio A	\$95.00

## Computer Training: Seniors

Seniors will learn the basics of using a computer. Emphasis is placed on the proper way to log on and off the computer, how to navigate the windows programs, and how to navigate email and the internet.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
520	Bell Nadine	9/8/2015	11/21/2015	Su	10	-	00:00	00:00	Hamilton Recreation Center	Hamilton Multipurpose Room	
5201.1080	Bell Nadine	9/16/2015	11/18/2015	We	10	50yr-& Up -	03:30 PM	04:30 PM	Hamilton Recreation Center	Hamilton Computer Lab	

## Cooking with Passion

Participants will learn basics of cooking in a healthy way. Participants will learn to make wiser food choices. To provide menu planning for family meals.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1513.1022	Wright Ralph	9/25/2015	11/13/2015	Fr	8	50yr-& Up -	05:00 PM	06:30 PM	Guy Mason Recreation Center	Guy Mason Kitchen	

## Creative Arts

Students will enjoy this class that highlights various forms of art and expression. Specific art forms will vary by class.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6741.1079	Brown Zakiya	9/10/2015	11/19/2015	Th	11	8yr-18yr	05:00 PM	06:00 PM	Emery Recreation Center	Emery Multipurpose Room 107	

## Dance Dimensions

Youth will learn basic position, step, terms and rhythm of ballet, tap and hip hop.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6491.1066	Hughes Craig	9/8/2015	11/17/2015	Tu	11	18yr-11mo- & Up-	07:00 PM	08:00 PM	Park View Community Center	Park View Multipurpose Room 2	

## Deep Water Aerobics

Deep Water Aerobics \*\*\*Participants MUST be comfortable in deep water for this class\*\*\* In this class guests will participate in vigorous aerobic exercise while in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4531.1144	Boozer Jennifer	9/16/2015	10/9/2015	We Fr	8	18yr-& Up -	06:30 AM	07:15 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4535.1043	Brown Johnson Jeanie	9/12/2015	10/31/2015	Sa	8	18yr-& Up -	09:10 AM	09:55 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #4	\$50.00
4531.2095	Baskin Dorothy	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up -	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4531.1095	Baskin Dorothy	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up -	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

## Deep Water Walking

Deep Water Walking \*\*\*Participants MUST be comfortable in deep water for this class\*\*\* In this class participants will learn how to run and walk in deep water with the assistance of a flotation. This class promotes muscle strength, endurance and muscle tone Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7271.1005	ThompsonWalker Cheryl	9/18/2015	10/30/2015	Fr	7	-	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Double Dutch

Learn and perform basic exercise needed for competitive Double Dutch jump rope including how to enter the rope, do stunts, compulsory exercises, speed jumping, and freestyle exercises.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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2961.2081 Ali Lenora 9/22/2015 11/19/2015 Tu Th 18 6yr-12yr - 04:30 PM 05:30 PM Lafayette Recreation Center Lafayette Outdoor Basketball Court

## Drum Class

Participants will learn music and development coordination. Curriculum includes learning the required 26 standard drum rudiments, how to play the snare drum, tenor drum and the tri-toms drum.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6511.111	Brown Patrick	9/9/2015	11/18/2015	We	11	9yr-18yr	05:00 PM	06:00 PM	Riggs LaSalle Community Center	Riggs LaSalle Multipurpose Room 101B	

## Drums: Level 1

Learn music and development coordination. Participants will learn the required 26 standard drum rudiments, how to play the snare, tenor, bass drum and the tri-toms drums.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6511.1075	Dent Cleveland	9/12/2015	11/21/2015	Sa	11	9yr-15yr	01:00 PM	02:00 PM	Macomb Recreation Center	Macomb Multipurpose Room	

## Feeling Good

This moderate impact water exercise class is recommended by the Arthritis Foundation for adults 21 and older. Increasing range of motion and building endurance is the primary goal.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7241.1005	ThompsonWalker Cheryl	9/15/2015	10/8/2015	Tu Th	8	21yr-& Up	12:00 PM	12:40 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7241.2005	ThompsonWalker Cheryl	10/20/2015	11/12/2015	Tu Th	8	21yr-& Up	12:00 PM	12:40 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Fencing Club

Participants will learn the art of fencing and practice with others. Focus is on skills and techniques.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3311.1008	Finkleman Ray	10/27/2015	12/17/2015	Tu We Th	24	18yr-& Up	07:30 PM	09:00 PM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	\$180.00

## Fencing: Foil Beginner

Participants will learn the art of Foil Fencing. Focus on beginner skills and techniques.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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3381.1008	Finkleman Ray	10/28/2015	12/16/2015	We	8	18yr-& Up	06:00 PM	07:00 PM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	\$170.00
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## Fencing: Foil Intermediate

Participants will continue learn the art of Foil Fencing. Focus on intermediate skills and techniques. It is recommended that participants take Beginner Foil before enrolling in this course.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3391.1008	Finkleman Ray	10/28/2015	12/16/2015	We	8	18yr-& Up	07:00 PM	08:00 PM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	\$170.00

## Fins 1

Beginner level learn to swim class for children. Participants will learn basic swimming skills, floating, breathe control and kicking.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7331.1005	Barnes Kimball	9/14/2015	10/7/2015	Mo We	8	5yr-10yr-	03:30 PM	04:10 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7331.2005	Barnes Kimball	10/20/2015	11/10/2015	Mo We	6	5yr-10yr-	03:30 PM	04:10 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Fins 2

Intermediate level learn to swim class for children. Participants will learn basic swimming skills, floating, breathe control and kicking.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7341.1005	Barnes Kimball	9/15/2015	10/8/2015	Tu Th	8	5yr-8yr-	03:30 PM	04:10 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7341.2005	Barnes Kimball	10/20/2015	11/12/2015	Tu Th	8	5yr-8yr-	03:30 PM	04:10 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Fitness Bootcamp

Group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3711.1077	DPR Contractor	9/14/2015	11/16/2015	Mo	10	18yr-& Up	06:30 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	

## Flag Football

## Flag Football

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2481.1042	DPR Staff	9/8/2015	11/5/2015	Tu Th	18	10yr-12yr	06:00 PM	08:00 PM	North Michigan Park Recreation Center	North Michigan Park Multipurpose Field	
2481.1031	Kinard Ernest	9/8/2015	11/5/2015	Tu Th	18	8yr-12yr	06:00 PM	08:00 PM	Harry Thomas, Sr. Community Center	Harry Thomas Multipurpose Field	
2481.1110	DPR Staff	9/9/2015	11/6/2015	Mo We Fr	26	8yr-12yr	06:00 PM	08:00 PM	Brentwood Recreation Center	Off Site	
2481.1078	Davenport Thomas Ricky	9/8/2015	11/3/2015	Tu	9	8yr-12yr	04:00 PM	05:00 PM	Stoddert Recreation Center	Stoddert Multi Purpose Field	

## Football: Adult Flag Football Coed

Athletics to provide

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2481.1004	Harrison Luna	9/12/2015	11/21/2015	Sa	11	18yr-& Up	09:00 AM	05:00 PM	Kenilworth-Parkside Recreation Center	Kenilworth - Parkside Turf Football Field	\$550.00

## Football: Adult Flag Football Men

Game

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2481.2004	Harrison Luna	9/12/2015	11/21/2015	Sa	11	18yr-& Up	09:00 AM	05:00 PM	Kenilworth-Parkside Recreation Center	Kenilworth - Parkside Turf Football Field	\$550.00
2481.1020	Harrison Luna	9/13/2015	11/22/2015	Su	11	18yr-& Up	09:00 AM	05:00 PM	Rosedale Recreation Center	Rosedale Turf Football Field	\$550.00

## Football: Adult Flag Football Women

Participants

will have the opportunity to demonstrate their skill and ability to play flag football. Those new to the game will be able to learn techniques, fundamentals, and skills necessary to play the sport safely.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2481.1151	Harrison Luna	9/13/2015	11/22/2015	Su	11	18yr-& Up	09:00 AM	05:00 PM	Deanwood Recreation Center	Deanwood Multipurpose Field	\$550.00

## Gymnastics

## Gymnastics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2831.1078	DPR Contractor	10/28/2015	12/16/2015	We	8	2yr-3yr -	03:30 PM	04:30 PM	Stoddert Recreation Center	Stoddert Gymnasium	\$115.00
2841.1078	DPR Contractor	10/28/2015	12/16/2015	We	8	4yr-6yr -	04:30 PM	05:30 PM	Stoddert Recreation Center	Stoddert Gymnasium	\$115.00
2851.1078	DPR Contractor	10/28/2015	12/16/2015	We	8	7yr-12yr -	05:30 PM	06:30 PM	Stoddert Recreation Center	Stoddert Gymnasium	\$115.00
2851.1009	DPR Staff	10/5/2015	12/15/2015	Mo Tu	22	6yr-12yr -	05:00 PM	06:00 PM	Bald Eagle Recreation Center	Bald Eagle Gymnasium	
2831.1008	Queen Joe	10/26/2015	12/14/2015	Mo	8	2yr-3yr -	03:30 PM	04:15 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2841.1008	Queen Joe	10/26/2015	12/14/2015	Mo	8	4yr-6yr -	04:30 PM	05:15 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2851.1008	Queen Joe	10/26/2015	12/14/2015	Mo	8	7yr-12yr -	05:30 PM	06:15 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2831.2008	Queen Joe	10/27/2015	12/15/2015	Tu	8	2yr-3yr -	03:45 PM	04:30 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2841.2008	Queen Joe	10/27/2015	12/15/2015	Tu	8	4yr-6yr -	04:45 PM	05:30 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2831.3008	Queen Joe	10/31/2015	12/19/2015	Sa	8	2yr-3yr -	09:30 AM	10:15 AM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2841.3008	Queen Joe	10/31/2015	12/19/2015	Sa	8	4yr-6yr -	10:30 AM	11:15 AM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00
2851.3008	Queen Joe	10/31/2015	12/19/2015	Sa	8	7yr-12yr -	11:30 AM	12:15 PM	Chevy Chase Community Center	Chevy Chase Auditorium	\$115.00

## Hand Dance

Learn basic hand dance techniques while dancing with friends to a groovy beat.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6291.1066	Hughes Craig	9/14/2015	11/16/2015	Mo	10	35yr-& Up -	06:00 PM	07:30 PM	Park View Community Center	Park View Multipurpose Room 1	
6291.2079	Brown Zakiya	9/10/2015	11/19/2015	Th	11	10yr-& Up -	07:00 PM	08:45 PM	Emery Recreation Center	Emery Multipurpose Room 207	
6291.1079	Brown Zakiya	9/10/2015	11/19/2015	Th	11	10yr-& Up -	06:00 PM	07:00 PM	Emery Recreation Center	Emery Multipurpose Room 207	

## Health Walk

Health walk is an activity for seniors that starts slow and increases the participant's endurance and speed over time. The program is a progressive walking program that takes place both indoor and outside.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
5261.	Gwaltney Sylvia	9/14/2015	12/7/2015	Mo We Th Fr	49	55yr-& Up -	10:00 AM	12:00 PM	Emery Recreation Center	Emery Gymnasium	

## HydroSpin

Hydrospin is the aquatic fitness class that incorporates the benefits of spinning with the resistance of the pool. Each class is taught by a certified instructor and uses state of the art Hydroider bikes made in Italy. We join the handful of facilities in the entire country to offer these types of classes.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3995.2043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$160.00
3995.4043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up -	12:00 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$160.00
3995.3043	Jones Rashid	10/19/2015	11/16/2015	Mo We	9	18yr-& Up -	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$160.00
3995.1043	Jones Rashid	9/14/2015	10/7/2015	Mo We	8	18yr-& Up -	06:00 AM	07:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$160.00

## Junior Waves - Swim Team Prep

The Junior Wave Swim Team Prep program is designed to enhance stroke mechanics, and help individuals develop the skills necessary to join a competitive swimming team. Emphasis is placed on proper body position on the front and back, development of a strong flutter, breaststroke and dolphin kick, bi-lateral breathing mechanics, diving, and streamline body position.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4301.1101	TBD TBD	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$60.00
4301.2101	TBD TBD	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$60.00
4301.1144	Guandique Roxy	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	04:00 PM	04:45 PM	Wilson Aquatic Center	Wilson Aquatic Center Natatorium	\$60.00
4301.2144	Guandique Roxy	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	04:00 PM	04:45 PM	Wilson Aquatic Center	Wilson Aquatic Center Natatorium	\$60.00
4301.1043	Moore Dominik	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	06:00 PM	07:00 PM	William H Rumsey Aquatic Center	William H. Rumsey Aquatic Center Natatorium	\$60.00
4301.2043	Moore Dominik	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	06:00 PM	07:00 PM	William H Rumsey Aquatic Center	William H. Rumsey Aquatic Center Natatorium	\$60.00
4301.1030	Williams Curtis	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Barry Farm Aquatic Center	Leisure Pool	\$60.00
4301.2030	Williams Curtis	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Barry Farm Aquatic Center	Leisure Pool	\$60.00
4301.1151	Sharp Mary	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Aquatic Center Natatorium	\$60.00
4301.2151	Sharp Mary	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Deanwood Aquatic Center	Deanwood Aquatic Center Natatorium	\$60.00
4301.2095	Henley Sally	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Aquatic Center Natatorium	\$60.00

4301.1095	Henley Sally	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:45 PM	06:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Aquatic Center Natatorium	\$60.00
4301.1063	TBD TBD	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:00 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Aquatic Center Natatorium	\$60.00
4301.2063	TBD TBD	10/26/2015	11/20/2015	Mo We Fr	8	8yr-12yr -	05:00 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Aquatic Center Natatorium	\$60.00
4301.2023	Kinsey Genuine	10/26/2015	11/20/2015	Mo We Fr	12	8yr-12yr -	05:30 PM	06:15 PM	Takoma Aquatic Center	Takoma Aquatic Center Natatorium	\$60.00
4301.1023	Kinsey Genuine	9/21/2015	10/16/2015	Mo We Fr	12	8yr-12yr -	05:30 PM	06:15 PM	Takoma Aquatic Center	Takoma Aquatic Center Natatorium	\$60.00

## Karate: Level 1

Students will learn discipline, self-confidence and will become mentally and physically stronger. The one hour, twice a week class will include stretching, basic techniques, kata (forms), power, and special self defense techniques everyone should know!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3321.1008	Emmanuel Evangeline	10/26/2015	12/17/2015	Mo Th	29	6yr-18yr-	04:15 PM	05:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$85.00
3321.1077	DPR Volunteer	9/8/2015	11/19/2015	Tu Th	22	6yr-& Up-	06:00 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	

## Karate: Level 2

Students will learn discipline, self-confidence and will become mentally and physically stronger. This advanced class will build on students' prior knowledge of marital arts.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3331.1008	Emmanuel Evangeline	10/26/2015	12/17/2015	Mo Th	29	6yr-18yr-	05:00 PM	06:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$85.00

## Kickball - Youth

Kickball is a fun competitive youth league in which an inflated ball is thrown to a person who kicks it and proceeds to run to bases.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2981.1040	Pressey Andre	9/8/2015	11/17/2015	Tu	11	6yr-12yr -	03:30 PM	04:30 PM	Chevy Chase Recreation Center	Chevy Chase PG Ball Field	\$0.00
2981.1072	Hill Vincent	9/14/2015	11/4/2015	Mo We	16	5yr-10yr -	04:00 PM	05:00 PM	Stead Recreation Center	Stead Turf Field	\$0.00

## Knitters Club

Learn the basic techniques and skills of knitting.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1271.1022	Willis Andrenette	9/14/2015	11/16/2015	Mo	10	55yr-& Up	05:00 PM	07:00 PM	Guy Mason Recreation Center	Guy Mason Acitivity Rm 1b (Lounge)	

## Learn to Swim for Children I: Introduction to Water Skills

The purpose of this class is to orientate participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. Prerequisites No skill prerequisites Participants usually start at about 6 years of age Learning Objectives Helps participants feel comfortable in the water. Enter water using ramp, steps or side Exit water using ladder, steps or side Blow bubbles through mouth and nose Bobbing Open eyes underwater and retrieve submerged objects Front and back glides and recover to a vertical position Back float Roll from front to back and back to front Tread water using arm and hand actions Alternating and simultaneous arm and leg actions on front Alternating and simultaneous arm and leg actions on back Combined arm and leg actions on front and back Plus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4041.1151	Hutchins Aaron	9/15/2015	10/8/2015	Tu Th	8	5yr-11mo-11yr -	05:00 PM	05:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4041.2151	Hutchins Aaron	10/20/2015	11/12/2015	Tu Th	8	5yr-11mo-11yr -	05:00 PM	05:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4041.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr -	05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4041.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4041.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4041.3063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	12	5yr-11yr -	05:15 PM	05:45 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4041.4063	Simpson Demetrious	10/19/2015	11/11/2015	Mo We	8	5yr-11yr -	05:15 PM	05:45 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4041.2144	Ashley Lawrence	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	04:30 PM	05:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4041.1144	Ashley Lawrence	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	04:30 PM	05:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4045.2043	Brown Renairdo	9/13/2015	11/1/2015	Su	8	5yr-11yr -	10:00 AM	10:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4045.1043	Giles Darius	9/14/2015	10/7/2015	Mo We	8	5yr-11yr -	04:00 PM	04:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4045.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr -	04:00 PM	04:30 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4041.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr -	05:00 PM	05:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4041.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	5yr-11yr -	12:30 AM	01:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4041.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	5yr-11yr -	10:15 AM	10:45 AM	Barry Farm Aquatic Center	Catch Pool	\$50.00
4041.1023	Kinsey Genuine	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr -	04:30 PM	05:00 PM	Takoma Aquatic Center	Pool	\$50.00
4041.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	04:30 PM	05:00 PM	Takoma Aquatic Center	Pool	\$50.00

## Learn to Swim for Children II: Fundamental Aquatic Skills

The purpose of this class is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Prerequisites- Valid American Red Cross Level 1—Introduction to Water Skills certificate OR Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment Learning ObjectivesGives participants success with fundamental skills. Enter water by stepping or jumping from the sideExit water using ladder, steps or sideFully submerge and hold breathBobbingOpen eyes underwater and retrieve submerged objectsRotary breathingFront, jellyfish and tuck floatsBack glide and recover to a vertical position Front glide and recover to vertical positionRoll from front to back and back to frontTread water using arm and leg actionsChange direction of travel while swimming on front or backCombined arm and leg actions on front and backFinning arm actionPlus age-appropriate water safety topicsIT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4051.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	05:15 PM	05:45 PM	Takoma Aquatic Center	Pool	\$50.00
4051.1023	Kinsey Genuine	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr -	05:15 PM	05:45 PM	Takoma Aquatic Center	Pool	\$50.00
4051.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	5yr-11yr-	01:30 PM	02:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4051.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	5yr-11yr -	11:00 AM	11:30 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4051.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr -	05:35 PM	06:05 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4051.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr -	05:35 PM	06:05 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4055.2043	Brown Renairdo	9/13/2015	11/1/2015	Su	8	5yr-11yr -	10:30 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4055.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr -	04:40 PM	05:10 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4051.1144	Ashley Lawrence	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	05:15 PM	05:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4051.2144	Ashley Lawrence	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	05:15 PM	05:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4051.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-5yr -	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4051.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4051.2151	Hutchins Aaron	10/20/2015	11/12/2015	Tu Th	8	5yr 11mo-11yr -	05:30 PM	06:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4051.1151	Hutchins Aaron	9/15/2015	10/8/2015	Tu Th	8	5yr 11mo-11yr -	05:30 PM	06:00 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00

## Learn to Swim for Children III: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.Prerequisites-Valid American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills certificate. OR Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment. Learning ObjectivesBuilds on the skills in Level 2 through additional guided practice in deeper water. Enter water by jumping from the side, fully submerge then recover to the surface and return to the sideHeadfirst entries from the side in sitting and kneeling positionsBobbing while moving toward safetyRotary breathingBack floatSurvival floatChange from vertical to horizontal position on front and backTread waterFlutter and dolphin kicks on frontScissors and breaststroke kicksFront crawl and elementary backstrokePlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4061.1151	Washington Darien	9/15/2015	10/8/2015	Tu Th	8	5yr 11mo-11yr -	06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4061.2151	Washington Darien	10/20/2015	11/12/2015	Tu Th	8	5yr 11mo-11yr -	06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4061.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr -	05:15 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4061.2063	Simpson Demetrious	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr -	05:15 PM	06:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00



4061.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr - 06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4061.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 06:00 PM	06:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4065.3043	Giles Darius	10/19/2015	11/16/2015	Mo We	9	5yr-11yr - 05:15 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4065.2043	Simon Robert	9/12/2015	10/31/2015	Sa	8	5yr-11yr - 11:30 AM	12:15 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4065.1043	Giles Darius	9/14/2015	10/7/2015	Mo We	8	5yr-11yr - 05:15 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00
4061.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr - 06:10 PM	06:50 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4061.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr - 06:10 PM	06:50 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4061.1030	TBD TBD	9/12/2015	10/31/2015	Sa	8	5yr-11yr - 11:45 AM	12:15 PM	Barry Farm Aquatic Center	Lane 1	\$50.00
4061.2023	Kinsey Genuine	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 06:00 PM	06:45 PM	Takoma Aquatic Center	Pool	\$50.00
4061.1023	TBD TBD	9/15/2015	10/8/2015	Tu Th	0	5yr-11yr - 06:00 PM	06:30 PM	Takoma Aquatic Center	Pool	\$50.00

## Learn to Swim for Children IV: Stroke Improvement

The purpose of this course is to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Prerequisites- Valid American Red Cross Learn-to-Swim Level 3: Stroke Development certificate OR - Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment Learning Objectives Develops confidence in the skills learned and improves other aquatic skills. Headfirst entries from the side in compact and stride positions Swim underwater Feet first surface dive Survival swimming Open turns on front and back Tread water using 2 different kicks Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly Flutter and dolphin kicks on back Plus age-appropriate water safety topics IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4071.2095	Cypress Brandi	10/19/2015	11/11/2015	Mo We	8	5yr-11yr - 07:00 PM	07:45 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00	
4071.1095	Cypress Brandi	9/14/2015	10/7/2015	Mo We	8	5yr-11yr - 07:00 PM	07:45 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00	
4075.1043	Simon Robert	9/12/2015	10/31/2015	Sa	8	5yr-11yr - 12:15 PM	01:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #1	\$50.00	
4071.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	5yr-11yr - 07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4071.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	5yr-11yr - 07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	

## Learn to Swim for Parent/Child: Level A

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Prerequisites No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class Learning Objectives Provides experiences and activities for children to: • Learn to ask for permission before entering the water. • Learn how to enter and exit the water in a safe manner. • Feel comfortable in the water. • Explore submerging to the mouth, nose and eyes and fully submerging. • Explore buoyancy on the front and back position. • Change body position in the water. • Learn how to play safely. • Experience wearing a U.S. Coast Guard-approved life jacket. • Plus age-appropriate water safety topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4011.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	6mo-3yr - 12:00 PM	12:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	
4011.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	6mo-3yr - 12:00 PM	12:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00	

4011.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	6mo-1yr	10:00 AM	10:30 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4015.1043	Scott Zaan	9/12/2015	10/31/2015	Sa	8	6mo-1yr	09:30 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4011.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	6mo-1yr	09:30 AM	10:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4011.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	6mo-1yr	03:00 PM	03:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4011.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	6mo-1yr	09:30 AM	10:00 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4011.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	6mo-1yr	10:00 AM	10:30 AM	Takoma Aquatic Center	Pool	\$50.00
4011.1030	Ortner Wolfgang	9/18/2015	11/6/2015	Fr	8	6mo-1yr	11:00 AM	11:30 AM	Barry Farm Aquatic Center	Catch Pool	\$50.00
4011.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	6mo-1yr	11:00 AM	11:30 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00

## Learn to Swim for Parent/Child: Level B

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. Prerequisites No skill prerequisites Child must be at least 6 months old Parent must accompany child to each class Learning Objectives Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- Establish expectation for adult supervision.
- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.
- Experience wearing a U.S. Coast Guard-approved life jacket in the water.
- Plus age-appropriate water safety topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4021.1002	TBD TBD	9/12/2015	10/31/2015	Sa	8	1yr-2yr	12:00 PM	12:30 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4021.1030	Ortner Wolfgang	9/18/2015	11/6/2015	Fr	8	2yr-3yr	11:45 AM	12:15 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4021.1023	Smith Cara	9/12/2015	11/7/2015		0	2yr-3yr	10:45 AM	11:15 AM	Takoma Aquatic Center	Pool	\$50.00
4021.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	2yr-3yr	10:15 AM	10:45 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4021.1063	Simpson Demetrious	9/15/2015	10/8/2015	Tu Th	8	2yr-3yr	03:30 PM	04:00 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4021.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	2yr-3yr	10:15 AM	10:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4025.1043	Scott Zaan	9/12/2015	10/31/2015	Sa	8	2yr-3yr	10:00 AM	10:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4021.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	6mo-3yr	12:45 PM	01:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4021.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	6mo-3yr	12:45 PM	01:15 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4021.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	2yr-3yr	10:45 AM	11:15 AM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00

## Learn to Swim for Youth I: Introduction to Water Skills

The purpose of this class is to orientate participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. PrerequisitesNo skill prerequisitesParticipants usually start at about 12 years of ageLearning ObjectivesHelps participants feel comfortable in the water.Enter water using ramp, steps or sideExit water using ladder, steps or sideBlow bubbles through mouth and noseBobbingOpen eyes underwater and retrieve submerged objectsFront and back glides and recover to a vertical positionBack floatRoll from front to back and back to frontTread water using arm and hand actionsAlternating and simultaneous arm and leg actions on frontAlternating and simultaneous arm and leg actions on backCombined arm and leg actions on front and backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4085.1043	Simon Robert	9/12/2015	10/31/2015	Sa	8	12yr-17yr	-10:30 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4081.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	12yr-17yr	-12:30 PM	01:00 PM	Barry Farm Aquatic Center	Lane 1	\$50.00

## Learn to Swim for Youth II: Fundamental Aquatic Skills

The purpose of this class is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Prerequisites- Valid American Red Cross Level 1—Introduction to Water Skills certificate OR Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment Learning ObjectivesGives participants success with fundamental skills.Enter water by stepping or jumping from the sideExit water using ladder, steps or sideFully submerge and hold breathBobbingOpen eyes underwater and retrieve submerged objectsRotary breathingFront, jellyfish and tuck floatsBack glide and recover to a vertical position Front glide and recover to vertical positionRoll from front to back and back to frontTread water using arm and leg actionsChange direction of travel while swimming on front or backCombined arm and leg actions on front and backFinnan arm actionPlus age-appropriate water safety topicsIT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4091.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	12yr-17yr	-01:15 PM	01:45 PM	Barry Farm Aquatic Center	Lane 2	\$50.00
4095.1043	Simon Robert	9/12/2015	10/31/2015	Sa	8	12yr-17yr	-11:00 AM	11:30 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00

## Leisure Swim

A non-instructed class. Participants can swim or do exercises recommended by their physician at their own pace.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7051.1005	Glymph Russell	9/18/2015	10/30/2015	Fr	7	21yr-& Up	-11:00 AM	12:30 PM	Therapeutic Aquatic Center	TR Center Natatorium	
7351.1005	Glymph Russell	9/14/2015	10/7/2015	Mo We	8	21yr-& Up	-02:30 PM	03:15 PM	Therapeutic Aquatic Center	TR Center Natatorium	
7351.2005	Glymph Russell	10/19/2015	11/9/2015	Mo We	7	21yr-& Up	-02:30 PM	03:15 PM	Therapeutic Aquatic Center	TR Center Natatorium	

## Lifeguard Training Academy (LGTA)

LGTA is a free course that will help prospective DPR lifeguards enhance their swimming skills, strength, and endurance so that they can pass the lifeguarding class.

Class times and days will vary by location.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4771.1002	TBD TBD	9/18/2015	11/6/2015	Fr	8	14yr-& Up	-06:00 PM	07:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00
4845.1043	Moore Deon	9/15/2015	10/29/2015	Tu Th	14	15yr-& Up	-07:00 PM	08:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$0.00

## Line Dancing

Learn the basic steps and techniques to the latest line dances.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6481.1095	Allen Paula	9/15/2015	11/19/2015	Tu Th	20	18yr-& Up	06:00 PM	08:30 PM	Turkey Thicket Recreation Center	Turkey Thicket Gymnasium	
648	Harris Ashley	9/8/2015	11/21/2015	Su	10	18yr-& Up	00:00	00:00	Joseph H. Cole Recreation Center	Joe Cole Multipurpose 1	
6481.1039	Coates Lakeya	9/8/2015	11/9/2015	Tu Th	18	13yr-65yr-	06:30 PM	08:30 PM	Fort Stanton Community Center	Fort Stanton Multipurpose Room	

## Photography: Digital

Have you made the switch to digital photography? JPG's? RAW? Compact Flash? Resolution? Sound confusing? This class will help guide you through the technology of the digital maze, improving the quality of your photographs and much more.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6191.1008	Scott Francesca	9/30/2015	11/18/2015	We	8	16yr-& Up	06:30 PM	08:00 PM	Chevy Chase Community Center	Chevy Chase Art Classroom	

## Pickleball

Pickleball

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2801.1079	DPR Staff	9/9/2015	11/18/2015	We	11	8yr-80yr	10:30 AM	12:00 PM	Emery Recreation Center	Emery Gymnasium	

## Pokeno

Pokeno offers seniors the thrill of Poker and the suspense of Keno.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
532	TBD TBD	9/15/2015	12/15/2015	Tu	14	-	01:00 PM	03:00 PM	Emery Recreation Center	Emery Senior Room	

## Pottery: Level 1

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6153.2022	Kerr Jonathan	10/26/2015	12/14/2015	Mo	8	18yr-& Up	07:00 PM	09:30 PM	Guy Mason Recreation Center	Studio B	\$155.00

## Pottery: Level 2

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6163.1022	Kerr Jonathan	10/29/2015	12/17/2015	Th	8	18yr-& Up	07:00 PM	09:30 PM	Guy Mason Recreation Center	Studio B	\$155.00
6162.1022	Miller Paula	10/28/2015	12/16/2015	We	8	18yr-& Up	07:00 PM	09:30 PM	Guy Mason Recreation Center	Guy Mason Wokshop	\$155.00

## Preschool Aquatics: Level I

Prerequisites: No skill prerequisites. Children should be approximately 4 years old or older Purpose: Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills -Help participants begin to develop positive attitudes and safe practices in and around water Learning Objectives: Level I—Orients children to the aquatic environment and helps them gain basic aquatic skills. Enter water using ramp, steps or sideExit water using ladder, steps or sideBlow bubbles through mouth and noseSubmerge mouth, nose and eyesOpen eyes underwater and retrieve submerged objectsFront glide and recover to a vertical position Back glide and recover to a vertical positionBack floatRoll from front to back and back to frontTread with arm and hand actionsAlternating and simultaneous arm and leg actions on frontAlternating and simultaneous arm and leg actions on backCombined arm and leg actions on front and backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4911.1151	Harvey Rana	9/12/2015	10/31/2015	Sa	8	4yr-5yr -	11:00 AM	11:30 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4911.1063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	8	4yr-5yr -	04:00 PM	04:30 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00
4911.1095	Cypress Brandi	9/12/2015	10/31/2015	Sa	8	4yr-5yr -	11:00 AM	11:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4911.1144	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	4yr-5yr -	01:30 PM	02:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.2144	TBD TBD	10/20/2015	11/12/2015	Tu Th	8	4yr-5yr -	01:30 PM	02:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.3144	TBD TBD	9/12/2015	10/31/2015	Sa	8	4yr-5yr -	11:30 AM	12:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4911.1030	Ortner Wolfgang	9/12/2015	10/31/2015	Sa	8	4yr 11mo-5yr -	09:30 AM	10:00 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4911.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	4yr-5yr -	11:30 AM	12:00 PM	Takoma Aquatic Center	Pool	\$50.00

## Preschool Aquatics: Level II

Prerequisites: Successful demonstration of the Preschool Aquatics Level I exit skills assessment Purpose: The purpose of Parent and Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water Learning Objectives Level II—Helps children gain greater independence in their skills and develop more comfort in and around water. Enter water by stepping in from a deck or low heightExit water using ladder, steps or sideBobbingOpen eyes underwater and retrieve submerged objectsFront floatBack glide and float and recover to a vertical position Roll from front to back and back to frontTread water using arm and leg actionsCombined arm and leg actions on front and backFinning arm action on backPlus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4921.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	4yr-5yr -	12:15 PM	12:45 PM	Takoma Aquatic Center	Pool	\$50.00
4921.1144	TBD TBD	9/12/2015	10/31/2015	Sa	8	4yr-5yr -	12:15 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4921.1063	Simpson Demetrious	9/14/2015	10/7/2015	Mo We	8	4yr-5yr -	04:40 PM	05:10 PM	Marie Reed Aquatic Center	Marie Reed Pool Lane #1	\$50.00

## Preschool Aquatics: Level III

Prerequisites: Successful demonstration of the Preschool Aquatics Level II exit skills assessment Purpose: Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels I and II -Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics Learning Objectives: Level III—Helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Enter water by jumping in Fully submerge and hold breath Bobbing Rotary breathing Front, jellyfish and tuck floats Front and back float or glide and recover to a vertical position Change direction of travel while swimming on front or back Tread water using arm and leg actions Combined arm and leg actions on front and back Finning arm action on back Plus age-appropriate water safety topics

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4931.1144	TBD TBD	9/12/2015	10/31/2015	Sa	8	-	01:00 PM	01:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4931.1023	Smith Cara	9/12/2015	11/7/2015	Sa	9	-	01:00 PM	01:30 PM	Takoma Aquatic Center	Pool	\$50.00

## Qi Gong: Advanced

Students can relieve stress and back pain while increasing flexibility and energy with this ancient Chinese art. Learn breathing techniques, visualization and graceful gentle movements that are fun and relaxing.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3551.1008	Moscalino Anne	10/27/2015	12/18/2015	Tu Fr	16	50yr-& Up -	10:00 AM	11:00 AM	Chevy Chase Community Center	Chevy Chase Multipurpose Room	\$85.00

## Quilting

Self-directed quilting as well as volunteered instructions on basic quilting

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
5331.	TBD TBD	9/14/2015	12/14/2015	Mo	14	55yr-& Up -	10:00 AM	11:30 AM	Emery Recreation Center	Emery Senior Room	
5331.1022	Wright Ralph	10/26/2015	12/14/2015	Mo	0	16yr-& Up	04:00 PM	06:00 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	

## Radio Broadcasting

Hands on instructions will be provided in Radio Production and Programming Techniques, Voice Overs, Live Studio Recorded Interviews, Sports Casting and Commercials.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6843.1151	Garris Charles	9/8/2015	11/11/2015	Tu We	20	21yr-& Up	06:30 PM	08:00 PM	Deanwood Recreation Center	Studio	
6843.2151	Garris Charles	9/8/2015	9/10/2015	Tu Th	2	14yr-18yr-	02:00 PM	03:30 PM	Deanwood Recreation Center	Studio	
6843.3151	Garris Charles	9/10/2015	11/12/2015	Tu Th	19	14yr-18yr-	04:30 PM	06:30 PM	Deanwood Recreation Center	Studio	
6843.1152	Garris Charles	9/9/2015	11/12/2015	We Th	20	50yr-& Up -	11:30 AM	01:00 PM	Deanwood Recreation Center	Studio	

## Rocking Waves

A high impact water exercise class. This class is recommended by the Arthritis Foundation and its goal is to increase range of motion and build endurance.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7261.1005	Glymph Russell	9/15/2015	10/8/2015	Tu Th	8	-	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7261.2005	Glymph Russell	10/20/2015	11/10/2015	Tu Th	7	-	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Rugby: Youth

Pilot Program – Rugby: Youth.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2401.1024	Henry Jaron	9/8/2015	11/19/2015	Tu Th	22	7yr-9yr -	04:00 PM	05:00 PM	Raymond Recreation Center	Raymond Multipurpose Field	

## Senior Crafts

Participants will make a variety of crafts including tissue flowers, paintings, and masks.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
562	Woodward Vondra	9/8/2015	11/21/2015	Su	10	-	00:00	00:00	Emery Recreation Center	Emery Multipurpose Room 100	
5623.1022	TBD TBD	10/28/2015	12/16/2015	We	0	55yr-& Up -	04:00 PM	06:00 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	
5621.1022	Bell Cornelia	10/26/2015	12/14/2015	Th	0	55yr-& Up -	05:30 PM	07:00 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	

## Senior Fit Club

Seniors are invited to participate in fun and fellowship as the walk and move together.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
541	Perritt Donald	9/8/2015	11/21/2015	Su	10	55yr-& Up -	00:00	00:00	Riggs LaSalle Community Center	Riggs LaSalle Multipurpose Room 101A	

## Senior Swim I: Learning the Basics

American Red Cross Senior Swim is intended for seniors who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety or to improve their health and fitness. The purpose of this class is help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites None - Participants should be 55 years of age Learning Objectives:Increase comfort level in the waterExperience breath controlExperience buoyancyMoving through the waterLearn safety skills and safe behaviors in and around the water

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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4151.1151	McCall Alex	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	10:00 AM	10:30 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4151.2151	Steele Angelo	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4151.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	03:00 PM	03:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4151.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	03:00 PM	03:30 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4151.2095	Medley Devin	10/20/2015	11/12/2015	Tu Th	8	55yr-& Up	09:00 AM	09:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4151.1095	Medley Devin	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up	09:00 AM	09:30 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Lane #1	\$50.00
4155.2043	Brown Renairdo	10/20/2015	11/12/2015	Tu Th	8	55yr-& Up	09:00 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$50.00
4155.1043	Brown Renairdo	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up	09:00 AM	10:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #8	\$50.00
4151.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	55yr-& Up	11:30 AM	12:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4151.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	09:30 AM	10:00 AM	Takoma Aquatic Center	Pool	\$50.00
4151.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	09:30 AM	10:00 AM	Takoma Aquatic Center	Pool	\$50.00
4151.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	55yr-& Up	10:30 AM	11:00 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4151.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	55yr-& Up	10:15 AM	10:45 AM	Barry Farm Aquatic Center	Lane 2	\$50.00

## Senior Swim II: Improving Skills and Swimming Strokes

The purpose of this class is to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisites- Valid American Red Cross Senior Swim I –Learning the Basics Skills certificate and Participant must be: Comfortable in chest-deep water. Able to put his or her face in the water. Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards. Learning Objectives Improve fundamental aquatic skills Improve effectiveness and efficiency of swimming strokes Improve ability to swim continuously and swimming endurance Learn safety skills and safe behaviors in and around the water IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4161.1030	Ortner Wolfgang	9/16/2015	10/9/2015	We Fr	8	55yr-& Up	11:15 AM	11:45 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4161.2030	Ortner Wolfgang	10/21/2015	11/18/2015	We Fr	8	55yr-& Up	11:15 AM	11:45 AM	Barry Farm Aquatic Center	Lane 1	\$50.00
4161.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	10:15 AM	10:45 AM	Takoma Aquatic Center	Pool	\$50.00
4161.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	10:15 AM	10:45 AM	Takoma Aquatic Center	Pool	\$50.00
4161.1095	Medley Devin	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up	09:45 AM	10:15 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4161.2095	Medley Devin	10/20/2015	11/12/2015	Tu Th	8	55yr-& Up	09:45 AM	10:15 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4161.1144	Ashley Lawrence	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	03:30 PM	04:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00



4161.2144	Ashley Lawrence	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	03:30 PM	04:00 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4161.2151	Steele Angelo	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4161.1151	McCall Alex	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	10:45 AM	11:15 AM	Deanwood Aquatic Center	Deanwood Pool	\$50.00

### Senior Swim III: Swimming for Fitness

The purpose of this class is to build on the skills in Senior Swim—Improving Skills and Swimming Strokes by providing additional guided practice in deeper water. Prerequisites-Valid American Red Cross Senior Swim—Improving Skills and Swimming Strokes certificate.and Participants must be able to swim the following strokes.Front crawl, 25 yardsBreaststroke, 15 yardsBack crawl, 25 yardsLearning ObjectivesImprove effectiveness and efficiency of the following swimming strokes.Front crawl with open or flip turns, 100 yardsBack crawl with open or flip turns, 50 yardsBreaststroke with open turn, 50 yardsButterfly with open turns, 50 yards (optional)IT IS HIGHLY RECOMMENDED THAT PARTICIPANTS HAVE THEIR SKILL LEVEL ASSESSED AT A DEPARTMENT OF PARKS AND RECREATION FACILITY BEFORE ENROLLING IN A CLASS. ANY PARTICIPANTS ENROLLED IN THE INCORRECT SKILL LEVEL WILL BE DROPPED FROM THE COURSE.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4171.1023	Abdullah Asia	9/14/2015	10/7/2015	Mo We	8	55yr-& Up	11:00 AM	11:45 AM	Takoma Aquatic Center	Pool	\$50.00
4171.2023	Abdullah Asia	10/19/2015	11/11/2015	Mo We	8	55yr-& Up	11:00 AM	11:45 AM	Takoma Aquatic Center	Pool	\$50.00

### Senior Water Exercise

A slow paced class where participants will do water exercises that are recommended by the Arthritis Foundation. The classes are intended to increase range of motion and build endurance.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7211.1005	ThompsonWalker Cheryl	9/14/2015	10/7/2015	Mo We	8	21yr-& Up	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7211.2005	ThompsonWalker Cheryl	10/19/2015	11/9/2015	Mo We	7	21yr-& Up	10:00 AM	10:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

### Senior Wellness

Senior Wellness is a class that focuses on teaching DC's aging population how to best care for their bodies, minds, and spirits during their golden years.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
5401.1080	Bell Nadine	9/30/2015	11/18/2015	We	8	50yr-& Up	06:00 PM	07:00 PM	Hamilton Recreation Center	Hamilton Multipurpose Room	

### Seniors Movie Day

Weekly showing of classic and all-time favorite movies.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
530	TBD TBD	9/14/2015	12/14/2015	Mo	14	55yr-& Up	02:00 PM	04:00 PM	Emery Recreation Center	Emery Senior Room	

## Seniors Moving, Going Green, and Growing

The senior services division provides a variety of recreation and leisure experiences for people ages 50 and up. Program goals consist of providing recreation and leisure activities that increase social interaction, development of new recreation activity skills, and provide services that are inclusive for seniors and their communities. Program offerings include arts and crafts, digital photography, line dancing, fiber arts, sewing, tai chi, yoga, sports, exercise, trips, and special event activities. Programs are offered at various city wide recreation centers. Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information on times, locations, and how to enroll.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
5691.1008	Willis Andrenette	10/27/2015	12/15/2015	Tu	8	55yr-& Up	12:00 PM	01:00 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	\$0.00

## Sew & Know

Students will learn basic sewing skills, how to design and construct garments and accessories using original concepts.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6171.1066	Deville Michelle	9/8/2015	11/19/2015	Tu Th	22	6yr-13yr-	05:30 PM	07:30 PM	Park View Community Center	Park View Multipurpose Room 2	

## Shallow Water Aerobics

Shallow Water Aerobics In this class guests will participate in vigorous aerobic exercise while shallow water. This class promotes muscle strength, endurance and muscle tone. This is a high energy water aerobics class for active adults. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4551.1095	Malloy Jamilah	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:00 AM	08:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4551.2095	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:00 AM	08:00 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4555.4043	Williams Erica	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	05:00 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4555.3043	Jones Betty	10/19/2015	11/16/2015	Mo We	9	18yr-& Up	10:00 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$50.00
4555.1043	Jones Betty	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	10:00 AM	11:00 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$50.00
4555.2043	Wilson Erica	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	05:00 PM	06:00 PM	William H Rumsey Aquatic Center	Rumsey Pool Lane #4	\$50.00
4551.1002	TBD TBD	9/13/2015	11/8/2015	Su	9	18yr-& Up	10:00 AM	11:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4551.1030	Jones Betty	9/16/2015	10/9/2015	We Fr	8	18yr-54yr-	06:30 PM	07:30 PM	Barry Farm Aquatic Center	Lane 3	\$50.00
4551.3030	Powers Charleen	9/12/2015	10/31/2015	Sa	8	18yr-54yr-	08:30 AM	09:30 AM	Barry Farm Aquatic Center	Lane 3	\$50.00
4551.2030	Jones Betty	10/21/2015	11/18/2015	We Fr	8	18yr-54yr-	06:30 PM	07:30 PM	Barry Farm Aquatic Center	Lane 4	\$50.00

## Soccer

Soccer

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2531.1141	Bigelow Marques	9/15/2015	11/10/2015	Tu	9	7yr-11yr	04:30 PM	05:30 PM	Upshur Recreation Center	Upshur Soccer Field	
2531.1107	Moton Henry	9/8/2015	11/19/2015	Tu Th	22	6yr-10yr	05:30 PM	06:30 PM	Hillcrest Recreation Center	Outside Space	
2531.1066	DPR Partner	9/16/2015	11/13/2015	Mo We Fr	26	6yr-12yr	04:30 PM	06:00 PM	Park View Community Center	Multipurpose Field	
2531.1050	Coates Marcus	9/14/2015	11/16/2015	Mo	10	6yr-11yr	03:00 PM	05:00 PM	Ferebee-Hope Recreation Center	field	
2511.1069	DPR Staff	9/15/2015	11/12/2015	Tu Th	18	3yr-6yr	03:30 PM	04:30 PM	Volta Park Recreation Center	Volta Park Ballfield - 60' Diamond	
2501.1126	Ingram Jarrett	9/10/2015	11/12/2015	Th	10	3yr-5yr	06:00 PM	07:00 PM	Columbia Heights Community Center	Columbia Heights Gymnasium	\$25.00
2501.1072	TBD TBD	9/12/2015	11/14/2015	Sa	10	3yr-5yr	10:30 AM	11:30 AM	Stead Recreation Center	Stead Turf Field	
2521.1151	DPR Volunteer	9/17/2015	11/12/2015	Th	9	6yr-8yr	06:00 PM	07:00 PM	Deanwood Recreation Center	Deanwood Multipurpose Field	
2532.1081	Hart Ellsworth	9/15/2015	11/10/2015	Tu	9	5yr-13yr	06:00 PM	07:00 PM	Lafayette Recreation Center	Lafayette Multipurpose 1 & 2	
2521.1080	Allen Channce	9/15/2015	11/12/2015	Tu Th	18	6yr-10yr	05:00 PM	07:00 PM	Hamilton Recreation Center	Hamilton Multipurpose field	
2501.1024	DPR Staff	9/12/2015	11/14/2015	Sa	10	3yr-4yr	09:30 AM	10:15 AM	Raymond Recreation Center	Raymond Multipurpose Field	\$25.00
2531.1024	DPR Staff	9/16/2015	11/13/2015	Mo We Fr	26	6yr-13yr	05:00 PM	06:00 PM	Raymond Recreation Center	Raymond Multipurpose Field	
2531.1041	Rice Ron	9/22/2015	11/5/2015	Tu Th	14	8yr-12yr	04:30 PM	06:00 PM	Hearst Recreation Center	Hearst Ballfield - Lower (Big Field)	

## Sports Skills Development

Comprehensive motor skill development program that prepares participants for their sport season. Various types of sport skills programs are available through the agency.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2951.1031	DPR Staff	9/8/2015	11/19/2015	Tu Th	22	8yr-18yr	05:00 PM	06:00 PM	Kennedy Recreation Center	Kennedy Ballfield - Baseball 60 Diamond	\$0.00
2951.1042	DPR Staff	9/9/2015	11/20/2015	Mo We Fr	32	10yr-17yr	06:00 PM	08:00 PM	North Michigan Park Recreation Center	North Michigan Park Gymnasium	\$0.00
2951.2031	DPR Staff	9/9/2015	11/18/2015	Mo We	21	8yr-18yr	06:30 PM	08:00 PM	Kennedy Recreation Center	Kennedy Gymnasium	\$0.00

2951.1024	Rouse Justin	9/9/2015	11/20/2015	Mo We Fr	32	5yr-11yr -	05:00 PM	06:00 PM	Raymond Recreation Center	Raymond Gym	\$0.00
2951.1072	Hill Vincent	9/22/2015	11/3/2015	Tu	7	5yr-10yr -	04:30 PM	05:30 PM	Stead Recreation Center	Multipurpose Field	

## Story Hour

Early Middle Childhood program called "Story Hour" under recreation services, educational services.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1391.1022	Willis Andrenette	9/18/2015	11/13/2015	Fr	9	3yr-4yr -	11:00 AM	12:00 PM	Guy Mason Recreation Center	Guy Mason Co -Op Room	
1395.1022	Willis Andrenette	9/28/2015	11/13/2015	Mo Fr	14	3yr-4yr -	11:00 AM	12:00 PM	Guy Mason Recreation Center	Guy Mason Co -Op Room	
1395.1069	Williams Norman	9/11/2015	11/13/2015	Fr	10	1yr-3yr -	03:30 PM	04:30 PM	Volta Park Recreation Center	Volta Park Multipurpose Room	
1391.1040	Pressey Andre	9/9/2015	11/20/2015	We Fr	22	1yr 6mo-5yr -	03:30 PM	04:30 PM	Chevy Chase Recreation Center	Chevy Chase PG Multipurpose Room 1	

## Strength & Conditioning

Athletes will learn to improve the fundamental attributes of an athlete's speed, quickness, strength, power, balance, coordination, flexibility, and agility. Athletes will utilize pliometrics, as well as resistance training.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3481.1111	Perritt Donald	9/14/2015	11/16/2015	Mo	10	16yr-55yr -	05:30 PM	06:30 PM	Riggs LaSalle Community Center	Riggs LaSalle Multipurpose Room 101A	

## Studio Engineering

Participants learn the day-to-day operations of the music industry. Participants will gain knowledge of the inner workings of a recording studio while producing and recording their own music and poetry.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
6853.1037	Drew Gary	9/8/2015	11/12/2015	Tu We Th	30	13yr-19yr-	06:00 PM	07:30 PM	Columbia Heights Community Center	Classroom	

## Supreme Teens

Leisure activities, social, educational, and community service experiences are accompanied by workshops with emphasis on leadership skills, role-play, and issues that confront their daily lives. These series of activities help to perpetuate growth and self-acceptance, raise self-esteem, and discover untapped talent.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1133.1013	DPR Staff	9/14/2015	11/11/2015	Mo We Fr	26	13yr-17yr-	06:00 PM	07:00 PM	Edgewood Recreation Center	Edgewood mutipurpose room	

1135.1063	Coates Lakeya	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	06:00 PM	07:00 PM	Fort Stanton Community Center	Fort Stanton Multipurpose Room
1133.1102	Dudley Donna	9/8/2015	11/13/2015	Tu Th Fr	30	13yr-17yr-	06:00 PM	07:00 PM	Kennedy Recreation Center	Multipurpose Room
1134.1101	DPR Staff	9/8/2015	11/12/2015	Tu Th	20	13yr-17yr-	06:00 PM	07:30 PM	Rosedale Recreation Center	Rosedale Multipurpose Room
1133.1028	Goodall Jamar	9/13/2015	11/20/2015	Mo We	20	13yr-17yr-	05:30 PM	06:30 PM	Sherwood Recreation Center	Sherwood Multipurpose Room
1131.1036	McPherson Kimberly	9/8/2015	11/19/2015	Tu Fr	21	13yr-17yr-	07:00 PM	08:00 PM	Marvin Gaye Recreation Center	Marvin Gaye Multipurpose Room
1134.1098	McPherson Kimberly	9/8/2015	11/13/2015	Tu Fr	20	13yr-17yr-	06:00 PM	08:00 PM	Marvin Gaye Recreation Center	Marvin Gaye Multipurpose Room
1135.1061	Houser-Hall Karena	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	04:00 PM	06:00 PM	Harrison Recreation Center	Harrison Multipurpose Room
1134.1104	TBD TBD	9/8/2015	11/12/2015	Tu Fr	19	13yr-17yr-	06:00 PM	07:00 PM	Marie Reed Recreation Center	Marie Reed Multipurpose Room
1008.1126	Jones Shameka	9/8/2015	11/12/2015	Tu Th	20	13yr-17yr-	04:00 PM	06:00 PM	Columbia Heights Community Center	Columbia Heights Lounge
1135.1052	Coates Marcus	9/14/2015	11/18/2015	Mo We	20	13yr-17yr-	06:00 PM	07:00 PM	Ferebee-Hope Recreation Center	Ferebee Hope Multipurpose room
1133.1090	Carroll Nicole	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	05:00 PM	06:00 PM	Fort Stevens Recreation Center	Fort Stevens Sr Multipurpose Room 150
1133.1080	Trent Terence	9/8/2015	11/13/2015	Tu Fr	20	13yr-17yr-	07:00 PM	08:30 PM	Bald Eagle Recreation Center	Bald Eagle Multipurpose Room
1131.1030	Johnson-Denson Swanda	9/8/2015	11/12/2015	Tu Th	20	13yr-17yr-	06:30 PM	08:00 PM	Barry Farm Recreation Center	Barry Farm Multipurpose Room
1134-1109	Cobbs Brian	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	07:00 PM	08:00 PM	Watkins Recreation Center	Watkins Multipurpose Room
1135.1091	Mack Darrell	9/8/2015	11/13/2015	Tu Fr	20	13yr-17yr-	06:00 PM	07:00 PM	Emery Recreation Center	Emery Multipurpose Room 107
1136.1102	Mason Jean	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	07:00 PM	08:00 PM	Arboretum Community Center	Arboretum Comm Ctr Multipurpose Rm
1135.1094	Lewis Jason	9/13/2015	11/20/2015	Mo Fr	20	13yr-17yr-	06:00 PM	07:00 PM	Trinidad Recreation Center	Trinidad Class Room
1134.1066	Pete Roger	9/9/2015	11/13/2015	We Fr	20	13yr-17yr-	06:30 PM	07:30 PM	Benning Park Community Center	Benning Park Multi purpose room

## Tai Chi

Participants will learn the techniques of this form of martial arts through self defense, flexibility, strength, and body conditioning.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3301.1022	TBD TBD	10/31/2015	12/19/2015	Sa	0	55yr-& Up	09:30 AM	10:30 AM	Guy Mason Recreation Center	Guy Mason Acitivity Rm 1b (Lounge)	

## Tai Chi: Arthritis

The practice of Tai Chi stimulates the central nervous system, helps lower blood pressure, relieves stress and strengthens the immune system.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7591.1005	Barnes Kimball	9/18/2015	10/30/2015	Fr	7	21yr-& Up	09:00 AM	09:40 AM	Therapeutic Recreation Center	DC TR Gymnasium	\$50.00

## Tennis: Adult Beginner

Tennis: Adult Beginner

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2781.1014	DPR Contractor	9/14/2015	10/29/2015	Mo Tu We Th	28	18yr-& Up	07:00 PM	08:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00
2781.2014	DPR Contractor	9/19/2015	10/31/2015	Sa	7	18yr-& Up	09:00 AM	10:00 AM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00
2781.1077	DPR Contractor	9/15/2015	11/19/2015	Tu Th	20	18yr-& Up	06:00 PM	07:00 PM	Palisades Community Center	Palisades Tennis Court #1	\$150.00
2781.1074	brown rodney	9/15/2015	10/29/2015	Tu Th	14	18yr-& Up	06:00 PM	07:30 PM	Hardy Recreation Center	Hardy Tennis Court #1	
2781.1023	DPR Staff	9/15/2015	10/29/2015	Tu Th	14	18yr-& Up	07:00 PM	08:00 PM	Takoma Community Center	Takoma Tennis Courts	
2781.1007	Kinney Larry	9/19/2015	11/28/2015	Sa	11	18yr-& Up	11:00 AM	12:00 PM	Fort Stevens Recreation Center	Fort Stevens Outdoor Tennis Court 1	
2781.1095	DPR Staff	9/14/2015	10/28/2015	Mo We	14	18yr-& Up	11:00 AM	12:00 PM	Turkey Thicket Recreation Center	Turkey Thicket Tennis Courts	
2781.2095	DPR Staff	9/14/2015	10/26/2015	Mo	7	18yr-& Up	07:00 PM	08:30 PM	Turkey Thicket Recreation Center	Turkey Thicket Tennis Courts	

## Tennis: Adult Cardio

Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories interact with others outside of the gym. Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2901.1095	DPR Staff	9/17/2015	10/29/2015	Th	7	18yr-& Up	10:00 AM	11:30 AM	Turkey Thicket Recreation Center	Turkey Thicket Tennis Courts	

## Tennis: Adult Intermediate

Tennis: Adult Intermediate

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2791.1023	DPR Staff	9/15/2015	10/29/2015	Tu Th	14	18yr-& Up -	07:00 PM	08:00 PM	Takoma Community Center	Takoma Tennis Courts	
2791.2014	DPR Contractor	9/14/2015	10/29/2015	Mo Tu We Th	28	18yr-& Up -	08:00 PM	09:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00

## Tennis: Adult Intermediate/Advanced

Tennis: Adult Intermediate/Advanced

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2791.3014	DPR Contractor	9/19/2015	10/31/2015	Sa	7	18yr-& Up -	09:00 AM	10:00 AM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00
2791.4014	DPR Contractor	9/19/2015	10/24/2015	Sa	6	7yr-20yr -	10:00 AM	11:00 AM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00
2791.1014	DPR Contractor	9/14/2015	10/29/2015	Mo Tu We Th	28	18yr-& Up -	07:00 PM	08:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$20.00
2791.2007	Kinney Larry	9/19/2015	11/28/2015	Sa	11	18yr-& Up -	12:00 PM	01:00 PM	Fort Stevens Recreation Center	Fort Stevens Outdoor Tennis Court 1	
2791.1007	Kinney Larry	9/15/2015	11/26/2015	Tu Th	22	18yr-& Up -	06:00 PM	07:00 PM	Fort Stevens Recreation Center	Fort Stevens Outdoor Tennis Court 1	
2791.1095	DPR Staff	9/14/2015	10/28/2015	Mo We	14	18yr-& Up -	09:00 AM	11:00 AM	Turkey Thicket Recreation Center	Turkey Thicket Tennis Courts	

## Tennis: Junior Advanced

DPR offers this introductory program to teach youth the basics to tennis. The advanced class focuses on fine tuning skills based on a student's individual progress.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2751.1023	Ingram Jeri	9/15/2015	10/29/2015	Tu Th	14	7yr-10yr -	05:00 PM	06:00 PM	Takoma Community Center	Takoma Tennis Courts	
2751.2023	Greene Malcolm	9/15/2015	10/29/2015	Tu Th	14	13yr-17yr -	05:00 PM	07:00 PM	Takoma Community Center	Takoma Tennis Courts	
2751.1014	DPR Contractor	9/14/2015	10/30/2015	Mo Tu We Th Fr	35	7yr-17yr -	04:30 PM	05:30 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$160.00

## Tennis: Junior Beginner

Tennis: Junior Beginner

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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2711.1077	DPR Contractor	9/14/2015	11/18/2015	Mo We	20	6yr-12yr - 06:00 PM	07:00 PM	Palisades Community Center	Palisades Tennis Court #1	\$120.00
2711.1014	DPR Contractor	9/14/2015	10/30/2015	Mo Tu We Th Fr	35	7yr-20yr - 04:30 PM	07:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$120.00
2711.1074	brown rodney	9/14/2015	10/30/2015	Mo We Fr	21	7yr-13yr - 04:30 PM	06:00 PM	Hardy Recreation Center	Hardy Tennis Court #1	
2711.1023	Coto Vivian	9/15/2015	10/29/2015	Tu Th	14	7yr-10yr - 05:00 PM	06:00 PM	Takoma Community Center	Takoma Tennis Courts	
2711.1041	DPR Staff	9/18/2015	10/30/2015	Fr	7	7yr-18yr - 04:30 PM	05:30 PM	Hearst Recreation Center	Hearst Tennis Courts	
2711.1069	Debrow Shirley	9/14/2015	11/11/2015	Mo We	18	3yr-6yr - 03:30 PM	04:30 PM	Volta Park Recreation Center	Volta Park Outdoor Tennis Court 1	
2711.1007	Kinney Larry	9/14/2015	11/25/2015	Mo We	22	7yr-17yr - 04:00 PM	05:00 PM	Fort Stevens Recreation Center	Fort Stevens Outdoor Tennis Court 1	
2711.1090	DPR Staff	9/18/2015	10/30/2015	Fr	7	5yr-18yr - 06:00 PM	07:00 PM	Arboretum Community Center	Arboretum Tennis Court 1	
2711.1012	DPR Contractor	9/19/2015	10/31/2015	Sa	7	6yr-17yr - 12:00 PM	02:00 PM	Langdon Park Community Center	Langdon Park Outdoor Tennis Court	
2711.1095	DPR Staff	9/14/2015	10/28/2015	Mo We	14	7yr-13yr - 05:00 PM	07:00 PM	Turkey Thicket Recreation Center	Turkey Thicket Tennis Courts	
2711.1049	DPR Partner	9/15/2015	10/30/2015	Mo Tu We Th Fr	34	7yr-16yr - 04:00 PM	07:00 PM	Benning Stoddert Community Center	Tennis Court	
2711.1050	Coates Marcus	9/14/2015	10/26/2015	Mo	7	6yr-13yr - 06:00 PM	07:30 PM	Ferebee-Hope Aquatic Center	Tennis Court	

## Tennis: Junior High Performance

Tennis: Junior High Performance

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2771.1014	DPR Contractor	9/14/2015	10/30/2015	Mo Tu We Th Fr	35	7yr-18yr - 04:30 PM	05:30 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$350.00	

## Tennis: Junior Intermediate

Tennis: Junior Intermediate

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2731.1023	Ingram Jeri	9/15/2015	10/29/2015	Tu Th	14	11yr-15yr - 06:00 PM	07:00 PM	Takoma Community Center	Takoma Tennis Courts		

## Tennis: Tiny Tots

Learn basic tennis strokes, stroke technique, and court awareness.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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2701.1023	Coto Vivian	9/15/2015	10/29/2015	Tu Th	14	4yr-6yr -	05:00 PM	06:00 PM	Takoma Community Center	Takoma Tennis Courts	
2701.1007	Kinney Larry	9/14/2015	11/25/2015	Mo We	22	4yr-6yr -	05:00 PM	06:00 PM	Fort Stevens Recreation Center	Fort Stevens Outdoor Tennis Court 1	
2701.1014	Ruffin Yvonne	9/19/2015	10/31/2015	Sa	7	3yr-6yr -	11:00 AM	12:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$75.00
2701.2014	Fludd Alvin	9/19/2015	10/31/2015	Sa	7	3yr-6yr -	12:00 PM	01:00 PM	Southeast Tennis and Learning Center	SETLC Tennis Court Indoor 1	\$75.00
2701.1040	DPR Volunteer	9/19/2015	10/31/2015	Sa	7	4yr-6yr -	10:00 AM	11:00 AM	Chevy Chase Recreation Center	Tennis Court	
2701.1031	Sibert Adrian	9/15/2015	10/29/2015	Tu We Th	21	4yr-6yr -	05:30 PM	06:30 PM	Kennedy Recreation Center	Tennis Court	
2701.1049	DPR Partner	9/15/2015	10/30/2015	Mo Tu We Th Fr	34	3yr-5yr -	10:00 AM	12:00 PM	Benning Stoddert Community Center	Tennis Court	

## Tiny Tots!

A fun-filled parent child high energy activity program that includes songs, parachutes, games, balls, music, running, learning, and more. Focus on development of gross motor skills, coordination, socialization, cooperation and reinforcement of cognitive development. A great workout for the children...and the adults!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1761.1022	Wright Ralph	9/23/2015	11/25/2015	We	10	2yr-4yr -	01:00 PM	02:00 PM	Guy Mason Recreation Center	Guy Mason Activity Rm 1a	
1761.1040	Pressey Andre	9/14/2015	11/16/2015	Mo	10	3yr-5yr -	04:00 PM	05:00 PM	Chevy Chase Recreation Center	Chevy Chase PG Multipurpose Room 1	

## Walk Fit

Looking for a great way to ease into a higher level of fitness and health? Walking is a great low-impact exercise that can help you do just that. It's one of your body's most natural forms of exercise. It's simple, safe and the health benefits are endless.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3431.1061	TBD TBD	9/14/2015	11/20/2015	Mo We Fr	30	18yr-& Up	06:00 PM	07:30 PM	Harrison Recreation Center	Harrison	
3431.1074	ratliff carnelle	9/14/2015	11/12/2015	Mo Fr	27	50yr-& Up	04:30 PM	05:30 PM	Hardy Recreation Center	Hardy Tennis Court #1	
3431.2041	Campbell Kim	9/8/2015	11/19/2015	Tu Th	22	18yr-& Up	05:00 PM	06:00 PM	Hearst Recreation Center	Hearst Ballfield - Lower (Big Field)	
3431.1041	Campbell Kim	9/8/2015	11/19/2015	Tu Th	22	18yr-& Up	05:30 PM	06:30 PM	Hearst Recreation Center	Hearst Ballfield - Upper	

## Water Aerobics: Abs & Glutes

Abs Glutes is a very high energy, co-ed class conducted in the shallow end of the pool. Exercises target the abs and glutes while still giving an overall workout. It is a more advanced class and not for the person recovering from surgery.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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4671.1095	Malloy Jamilah	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	01:00 PM	02:00 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4671.2095	Malloy Jamilah	10/19/2015	11/11/2015	Mo We	8	18yr-& Up	01:00 PM	02:00 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00

## Water Aerobics: Aqua Zumba

This class promotes muscle strength, endurance and tones large muscle groups. This is a high energy water aerobics class for active adults

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4571.1095	TBD TBD	9/18/2015	11/6/2015	Fr	8	18yr-& Up	06:30 PM	07:30 PM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$50.00
4571.1144	Malloy Jamilah	9/13/2015	11/1/2015	Su	8	18yr-& Up	12:00 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4571.1151	DPR Contractor	9/15/2015	10/8/2015	Tu Th	8	18yr-54yr	-06:30 PM	07:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00
4571.2151	DPR Contractor	10/20/2015	11/12/2015	Tu Th	8	18yr-54yr	-06:30 PM	07:30 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00

## Water Aerobics: BLT (Buns, Legs, and Tummy)

In this class guests can expect a vigorous aerobic workout that serves BLTs, (Buns, Legs and Tummy!). Participants will work to tighten, tone and strengthen their core and lower body with plenty of music to accompany the class. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4641.1151	Lewis David	9/18/2015	11/6/2015	Fr	8	18yr-54yr	-06:00 PM	06:45 PM	Deanwood Aquatic Center	Deanwood Pool	\$50.00

## Water Aerobics: Deep Water Drills & Skills

This type of class uses ballistic type exercises using flotation belts. Using a progression method of teaching, each student will find his comfort zone while obtaining a cardio workout and converting fat into lean muscle mass. Drills and Skills is an aerobic workout focusing on the core, while building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4661.1144	Boozer Jennifer	9/15/2015	10/8/2015	Tu Th	8	18yr-& Up	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4661.2144	Boozer Jennifer	10/20/2015	11/12/2015	Tu Th	8	18yr-& Up	07:00 PM	07:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	\$50.00
4661.1023	Malloy Jamilah	9/15/2015	10/8/2015	Tu Th	0	18yr-& Up	11:00 AM	12:00 PM	Takoma Aquatic Center	Pool	\$50.00
4661.2023	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	0	18yr-& Up	11:00 AM	12:00 PM	Takoma Aquatic Center	Pool	\$50.00

## Water Aerobics: Deep/Shallow

Water Aerobics: Deep/Shallow This class is a full body and cardiovascular strength work out for all levels. It is designed to challenge participants and improve fitness while having a great time with fast paced music. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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4591.2002	Davis Dolly	10/19/2015	11/16/2015	Mo We	9	18yr-& Up	07:00 PM	08:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00
4591.1002	Davis Dolly	9/14/2015	10/7/2015	Mo We	8	18yr-& Up	07:00 PM	08:00 PM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$50.00

## Water Aerobics: Senior Body Wise

Water Aerobics: Senior Body Wise This class is a full body cardiovascular strengthening work out for all levels. It is designed to challenge participants and improve fitness all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4621.1023	TBD TBD	9/16/2015	10/9/2015	We Fr	8	55yr-& Up	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	
4621.2023	Fisher Sandra	10/21/2015	11/6/2015	We Fr	6	55yr-& Up	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	
4621.1144	Gunn Candace	9/28/2015	11/20/2015	Mo We	16	55yr-& Up	08:00 AM	08:45 AM	Wilson Aquatic Center	Wilson Leisure Pool	
4621.3144	Gunn Candace	9/28/2015	11/20/2015	Mo We Fr	24	55yr-& Up	12:00 PM	12:45 PM	Wilson Aquatic Center	Wilson Leisure Pool	

## Water Aerobics: Senior Shallow Water

Water Aerobics: Senior Shallow Water This class is a full body cardiovascular strengthening work out for all levels in shallow water. It is designed to challenge participants and improve fitness all while having fun in the water. The program can be modified for different levels, body types or specific needs and accommodations. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4631.2023	Malloy Jamilah	10/20/2015	11/12/2015	Tu Th	8	55yr-& Up	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	\$50.00
4631.1023	TBD TBD	9/15/2015	10/8/2015	Tu Th	8	55yr-& Up	10:00 AM	11:00 AM	Takoma Aquatic Center	Pool	\$50.00

## Water Boogie

A high impact water exercise class. This class is recommended by the Arthritis Foundation and its goal is to increase range of motion and build endurance.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
7251.1005	Glymph Russell	9/14/2015	10/7/2015	Mo We	8	21yr-& Up	11:00 AM	11:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7251.2005	Glymph Russell	10/19/2015	11/9/2015	Mo We	7	21yr-& Up	11:00 AM	11:40 AM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Water Spouts

This moderate impact water exercise class is recommended by the Arthritis Foundation for adults 21 and older. Increasing range of motion and building endurance is the primary goal.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
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7491.1005	Smith Jordan	9/14/2015	10/7/2015	Mo We	8	21yr-& Up-12:00 PM	12:40 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00
7491.2005	Smith Jordan	10/19/2015	11/11/2015	Mo We	8	21yr-& Up-12:00 PM	12:40 PM	Therapeutic Aquatic Center	TR Center Natatorium	\$50.00

## Wee Play

After school program for 3 to 5 year olds.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1785.1069	Williams Norman	9/14/2015	10/14/2015	Mo Tu We	15	3yr-5yr -	03:30 PM	04:30 PM	Volta Park Recreation Center	Volta Park Multipurpose Room	

## YMCA Low Impact Water Aerobics

Water Aerobics: Low Impact Water Aerobics This class is brought to DPR guests through a partnership with the YMCA of Metropolitan Washington. It is a shallow water workout designed to improve cardiovascular ability, muscle strength and endurance with low impact on the body. This class is only offered to guests who are 55 years or older. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4605.4043	Brown Johnson Jeanie	10/26/2015	11/13/2015	Mo We Fr	9	55yr-& Up -	09:00 AM	09:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$0.00
4605.1043	Brown Johnson Jeanie	9/28/2015	10/14/2015	Mo We Fr	8	55yr-& Up -	08:00 AM	08:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #3	\$0.00
4605.3043	Brown Johnson Jeanie	10/26/2015	11/13/2015	Mo We Fr	9	55yr-& Up -	08:00 AM	08:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #5	\$0.00
4605.2043	Brown Johnson Jeanie	9/28/2015	10/14/2015	Mo We Fr	8	55yr-& Up -	09:00 AM	09:45 AM	William H Rumsey Aquatic Center	Rumsey Pool Lane #2	\$0.00
4601.1151	DPR Contractor	9/28/2015	11/20/2015	Mo We Fr	24	55yr-& Up -	09:00 AM	09:45 AM	Deanwood Aquatic Center	Deanwood Pool	\$0.00

## YMCA Senior Water Aerobics

This class is brought to DPR guests through a partnership with the YMCA of Metropolitan Washington. It is designed for guests with arthritis and other health problems. Participants will work towards increasing their strength, flexibility and joint mobility. Class Duration: 45 min \*Please consult your doctor before beginning this or any other exercise program.\*

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
4561.1095	Wimbush Kathy	9/28/2015	11/9/2015	Mo We	12	55yr-& Up -	08:00 AM	08:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$0.00
4561.2095	Smith Walter	9/28/2015	11/9/2015	Mo We	12	55yr-& Up -	09:00 AM	09:45 AM	Turkey Thicket Aquatic Center	Turkey Thicket Pool Main Pool	\$0.00
4561.1144	Smith Walter	9/29/2015	11/19/2015	Tu Th	16	55yr-& Up -	09:45 AM	10:30 AM	Wilson Aquatic Center	Wilson Leisure Pool	
4561.1030	TBD TBD	9/30/2015	11/20/2015	We Fr	16	55yr-& Up -	11:30 AM	12:30 PM	Barry Farm Aquatic Center	Lane 3	\$0.00
4561.1002	Scales Kim	9/28/2015	10/26/2015	Mo We Fr	13	55yr-& Up -	07:00 AM	08:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00
4561.2002	Scales Kim	10/28/2015	11/20/2015	Mo We Fr	11	55yr-& Up -	07:00 AM	08:00 AM	H.D. Woodson Aquatic Center	H.D. Woodson Aquatic Center Natatorium	\$0.00

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## Yoga: Beginners

Classes are meant to provide relaxation with flexibility work, gentle movement, breathing exercises and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3571.1008	Thomas Kathleen	10/28/2015	12/16/2015	We	8	18yr-& Up -	10:15 AM	11:45 AM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00
3576.1042	DPR Contractor	9/8/2015	11/19/2015	Tu Th	22	45yr-90yr -	10:30 AM	11:30 AM	North Michigan Park Recreation Center	North Michigan Park Multipurpose Room 1	

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## Yoga: Integral

Integral Yoga creates an opportunity for integration and harmony for the individual by calming the mind and toning the entire nervous system. The typical one and a half hour session includes four aspects: a series of physical postures, deep relaxation, simple breathing exercises, and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3591.2022	Sturm Donna	10/30/2015	12/18/2015	Fr	8	18yr-& Up -	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Acitvity Rm 1b (Lounge)	\$100.00
3591.1022	Sturm Donna	10/27/2015	12/15/2015	Tu	8	18yr-& Up -	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Activity Rm 3 (Auditorium)	\$100.00

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## Young Ladies on the Rise

Ladies will learn about making positive choices, and discussing life skills are agenda topics.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
1121.3036	McPherson Kimberly	9/9/2015	11/18/2015	We	11	6yr-15yr-	06:30 PM	07:30 PM	Marvin Gaye Recreation Center	Marvin Gaye Multipurpose Room	

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## Youth Baseball

Pitch, Hit Run- Sectional Competition

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
2121.1078	Davenport Thomas Ricky	9/10/2015	11/20/2015	Mo Th Fr Su	42	10yr-12yr	-09:00 AM	01:00 PM	Stoddert Recreation Center	Stoddert Multi Purpose Field	

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## Zumba

Zumba is a Latin-inspired dance fitness program involving dance and aerobic elements.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3611.2039	DPR Contractor	9/14/2015	11/18/2015	Mo We	20	18yr-& Up	06:30 PM	07:30 PM	Fort Stanton	Fort Stanton Gym	