

Concussion Information

www.howardcountymd.gov/concussion.htm

What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild blow to the head can be serious.

What are some warning signs of a concussion? — For Immediate Attention Call 911

Signs Observed by a Parent/Guardian

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Signs Reported by the Athlete

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

What should you do if you think a concussion has occurred?

1. Seek medical attention right away.

A health care professional will be able to decide how serious the concussion is and when it is safe to return to play.

2. Legally, you must keep your child out of play until medically cleared by a qualified health care provider.

Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. Inform all coaches about any recent concussions.

Coaches should know if your child has had a recent concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell them.

4. Help your child return to sports safely after a concussion.

As symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to activities after a concussion may need to

- Take rest breaks as needed
- Spend fewer hours at activities
- If in doubt, sit it out!

Consider getting a baseline test performed before a concussion occurs.

Righttime Medical Care, HeadFirst Sports Injury and Concussion Care is an innovative community program for young athletes, their families, physicians, coaches and athletic trainers in the education and evaluation of concussions, baseline testing and navigation to appropriate care in the unfortunate event a young athlete sustains a Traumatic Brain Injury.

One tool that assesses the symptoms of concussion is the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) test. ImPACT is a computerized exam that measures cognitive brain function and reaction time of athletes 10 years of age and older. It can be administered to student athletes before an injury occurs to assess pre-injury cognitive function and reaction time. It's also used to measure the impact a concussion has on areas of brain function after an injury. Essentially, the ImPACT test is a preseason physical of the brain.

HeadFirst offers ImPACT baseline testing. This non-invasive test is set up in "video-game" style and takes about 25 minutes to complete. Righttime Medical Care's HeadFirst program also offers free baseline tests to athletes ages 10 & up who currently participate in Howard County Recreation & Parks programs. ImPACT testing is offered by appointment at the following locations. Info/appointment: 888-808-6483 or www.myheadfirst.com.

6334 Cedar Lane, Columbia, MD 21044
18045 Georgia Avenue, Olney, MD 20832
2401 Brandermill Boulevard, Gambrills, MD 21054

Sudden Cardiac Arrest

www.howardcountymd.gov/suddencardiacarrest.htm

What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a potentially fatal condition in which the heart suddenly and unexpectedly stops beating. When this happens, blood stops flowing to the brain and other vital organs. Student athletes' risk of SCA is nearly four times that of non-athletes due to increased demands on the heart during exercise. SCA is caused by several structural and electrical diseases of the heart. These conditions predispose an individual to have an abnormal rhythm that can be fatal if not treated within a few minutes. Most conditions responsible for SCA in children are inherited, which means the tendency to have these conditions is passed from parents to children through the genes. Other possible causes of SCA are a sudden blunt non-penetrating blow to the chest and the use of recreational or performance-enhancing drugs and/or energy drinks.

Warning Signs of SCA

- SCA strikes immediately.
- SCA should be suspected in any athlete who has collapsed and is unresponsive.
 - No response to tapping on shoulders
 - Does nothing when asked if he/she is OK
- No pulse

Emergency Response to SCA

- Act immediately; time is most critical to increase survival rates.
- Recognize SCA.
- Call 911 immediately and activate EMS.
- Administer CPR.
- Use Automatic External Defibrillator (AED).

Warning Signs of Potential Heart Issues: The following need to be further evaluated by your primary care provider.

Risk of Inaction: Ignoring such symptoms and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

- Family history of heart disease/cardiac arrest
- Fainting, a seizure, or convulsions during physical activity
- Fainting or a seizure from emotional excitement, emotional distress, or being startled
- Dizziness or lightheadedness, especially during exertion
- Exercise-induced chest pain
- Palpitations: awareness of the heart beating, especially if associated with other symptoms such as dizziness
- Extreme tiredness or shortness of breath associated with exercise
- History of high blood pressure

How Can We Minimize The Risk of SCA & Improve Outcomes?

The risk of SCA in student athletes can be minimized by providing appropriate prevention, recognition and treatment strategies. One way to minimize risk is through an annual pre-participation screening evaluation, often called a sports physical, performed by the athlete's medical provider.

1. There is a "Pre-Participation Physical Evaluation Form" available at <http://www.mpssaa.org/healthandsafety/forms.asp>.
2. Since the majority of these conditions are inherited, be aware of your family history, especially if any close family member:
 - a. had sudden unexplained and unexpected death before the age of 50.
 - b. was diagnosed with any of the heart conditions listed above.
 - c. died suddenly/unexpectedly during physical activity, during a seizure, from Sudden Infant Death Syndrome (SIDS) or from drowning.
3. Take seriously the warning signs and symptoms of SCA. Athletes should notify their parents, coaches, or school nurses if they experience any of these warning signs or symptoms.
4. Schools in Maryland have AED policies and emergency preparedness plans to address SCA and other emergencies in schools. Be aware of your school's various preventive measures.
5. If a cardiovascular disorder is suspected or diagnosed based on the comprehensive pre-participation screening evaluation, a referral to a child heart specialist or pediatric cardiologist is crucial. Such athletes should stop playing sports pending further evaluation and clearance by their medical providers.

Info from American Heart Association (www.heart.org), Parent Heart Watch (www.parentheartwatch.org) and the Sudden Cardiac Arrest Foundation (www.sca-aware.org).



Enjoy swim classes with your child starting at six months!



Refine your stroke at the Roger Carter Community Center pool.

Sports

- Superintendent: Allan Harden, 410-313-4652.

Coaches' and Administrator's Registry

All children's sports coaches and administrators (volunteer or paid) are members of the Coaches' and Administrator's Registry. Membership requirements include:

- Annual National background screening
- American Sport Education Program certification
- Concussion and Cardiac Arrest awareness training
- Membership badge with photo and membership expiration date to be displayed by coach on field/court

League Refund Policy

Unless otherwise directed in the community sport program description, a 20% administrative fee is deducted for all refund requests more than four (4) weeks prior to league starting; a 50% refund if withdrawal requested more than two (2) weeks prior to league starting; no refunds are given less than two (2) weeks prior to the start of the league. Registration is accepted on a first-come, first-served basis up to the registration deadline listed in each league description. Additional teams may be accepted at the league commissioner's discretion.

Aquatics

- Swimming lessons emphasize skills needed to be safe in an aquatic environment. All our instructors have been trained at our facility and are knowledgeable about the programs we teach.
- Be sure to register your child for the appropriate level. If space allows, a participant may be moved to a lower or more advanced level at the discretion of the swim lesson coordinator.
- For multiple sessions, register your child in the same course for a minimum of two sessions. Children often require more than one session to master the skills needed to proceed to the next level.
- Parents and guardians are not permitted to assist

child during the lesson, except for the parent-child or Therapeutic Recreation classes. Accompanying adult for children under 13 must remain at the facility.

- Swimming diapers and/or rubber shorts must be worn.
- Read Concussion & Sudden Cardiac Arrest info on pages 66-67. Your family's review of this info is required by law before you're allowed to register for sports/swim programs.
- Info: Todd Holmes, 410-313-2765.

Group Lessons (0-18 yrs)

Baby Water Play: Parent/Child

6 mos-3 yrs / 8 classes, start dates below / \$64

Parents learn how to work safely with their child in the water, including how to appropriately support and hold their child. With an adult, children explore submerging, buoyancy and entering and exiting safely. Child begins to glide on the front and back with assistance and change body position in the water. Swimming diapers and rubber shorts must be worn.

Roger Carter Comm Ctr

RP4007.601	Jan 12	5-5:20 PM	Tu & Th
RP4007.602	Jan 12	5:30-5:50 PM	Tu & Th
RP4007.603	Feb 23	5-5:20 PM	Tu & Th
RP4007.604	Feb 23	5:30-5:50 PM	Tu & Th

Preschool Swimming:

4-5 yrs / 8 classes, start dates on next page / \$64

Level 1

Your child becomes familiar with the aquatic environment and learns basic water skills such as water entry and exit, breath control, buoyancy, treading and swimming on the front and back with support. This class creates the foundation for safe practices.

Level 2 (must have passed Level 1)

Children become more independent through more advanced fundamentals of water entry and exit, breath control, buoyancy, treading and swimming on the front and back with assistance as needed.

Level 3 (Must have passed Level 2)

Children practice independent water entry and exit, breath control, buoyancy, treading and swimming on the front and back at a more proficient level. Emphasis is on improved coordination of combined simultaneous and alternating arm and leg actions.



Learn to have fun in the pool! Therapeutic Recreation's aquatics classes are listed on page 25.

Roger Carter Comm Ctr

RP4009.601	Level 1	Jan 12	6-6:20 PM	Tu & Th
RP4009.602	Level 1	Feb 23	6-6:20 PM	Tu & Th
RP4010.601	Level 2	Jan 12	7:15-7:35 PM	Tu & Th
RP4010.602	Level 2	Feb 23	7:15-7:35 PM	Tu & Th
RP4011.601	Level 3	Jan 12	7:40-8 PM	Tu & Th
RP4011.602	Level 3	Feb 23	7:40-8 PM	Tu & Th

Aqua Kids

6-10 yrs / 8 classes, start dates below / \$74

Level 1

In this introduction to swimming, children learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Level 2 (must have passed Level 1)

Children learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Children learn how to float without support and recover to a standing position. Deep-water safety is introduced.

Level 3 (must have passed Level 2)

Build on your skills and begin scissor and dolphin kicks, survival float, front crawl and elementary backstroke. Children begin to learn head-first entries.

Roger Carter Comm Ctr

RP4012.601	Level 1	Jan 13	5-5:30 PM	W & F
RP4012.602	Level 1	Feb 24	5-5:30 PM	W & F
RP4013.601	Level 2	Jan 13	5:40-6:10 PM	W & F
RP4013.602	Level 2	Feb 24	5:40-6:10 PM	W & F
RP4014.601	Level 3	Jan 13	6:15-6:45 PM	W & F
RP4014.602	Level 3	Feb 24	6:15-6:45 PM	W & F

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.

Learn to Swim

11-15 yrs / 8 classes, start dates below / \$74

Beginner

Learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught. Learn how to float without support and recover to a standing position.

Intermediate

Build on fundamentals of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Deep water safety is introduced. Begin scissor and dolphin kicks, survival float, front crawl and elementary backstroke. Start to learn head-first entries.

Roger Carter Comm Ctr

RP4015.601	Beginner	Jan 13	6:50-7:20 PM	W & F
RP4015.602	Beginner	Feb 24	6:50-7:20 PM	W & F
RP4016.601	Intermediate	Jan 13	7:30-8 PM	W & F
RP4016.601	Intermediate	Feb 24	7:30-8 PM	W & F

Private Lessons (3 yrs +)

Private/Semi-Private Swim Lessons

3 yrs + / Ongoing after Jan 11 / Prices below

Each lesson lasts 30 minutes and is customized to fit individual needs and swimming abilities. Private lessons include one participant to one instructor; semi-private lessons include up to three participants to one instructor. Lessons are not transferrable. Registration for lessons is first-come, first-served. All lessons must be scheduled at the time of registration in person or over the phone.

Roger Carter Comm Ctr

RP4020.601	4 lessons (Private)	\$132
RP4020.601	8 lessons (Private)	\$231
RP4020.602	4 lessons (Semi-private)	\$172
RP4020.602	8 lessons (Semi-private)	\$301

Swim Team (6-18 yrs)

Swim Team Training

6-18 yrs / 8 classes, start dates & prices below

Pre-Swim Team Skills (PS)

In this stroke improvement course, work on the front crawl and elementary backstroke for longer distances and be introduced to sidestroke, back crawl, breaststroke and butterfly. The basics of turning at the wall and diving are presented. This is the perfect course for those interested in swim team!

Prerequisite: 25-yard freestyle and 25 yards of backstroke.

Rec Swim League (RS)

Thinking about swim team? This recreational league teaches you the basics of competing. Practices are one hour, twice a week, for four weeks with meets on the last four Saturday mornings. Evaluation/age on first day will determine practice time. Prerequisite: 25-yard freestyle, 25-yard backstroke and 25-yard breaststroke.

Stroke and Turn Clinic (ST)

Are you already a competitive swimmer? Work on perfecting each stroke and learn flip turns for continuous swimming for competitions and triathlons. Prerequisite: 50-yard freestyle, 50-yard backstroke and 25-yard breaststroke.

Roger Carter Comm Ctr

RP4018.601	(PS)	6-18 yrs	Jan 12	8-8:30 PM	Tu & Th	\$74
RP4018.602	(PS)	6-18 yrs	Jan 12	8:30-9 PM	Tu & Th	\$74
RP4018.603	(PS)	6-18 yrs	Feb 23	8-8:30 PM	Tu & Th	\$74
RP4018.604	(PS)	6-18 yrs	Feb 23	8:30-9 PM	Tu & Th	\$74
RP4022.601	(RS)	6-18 yrs	Jan 11	5-7 PM, M; 7-9 AM, Sa		\$104
RP4022.602	(RS)	6-18 yrs	Feb 22	5-7 PM, M; 7-9 AM, Sa		\$104
RP4024.601	(ST)	10 yrs +	Jan 17	6:30-7:30 PM	Su	\$92



Drop in for beginner or intermediate adult swim classes.



The fast and head-turning sport of badminton comes to the MAC.

Lessons & Drop-In (18 yrs +)

Adult Swim Lessons

18 yrs + / 8 classes, start dates below / \$74

Beginner

This course is intended for adults who never learned how to swim or want to build on basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back are taught.

Intermediate

Looking to refine and hone your stroke and turn skills? This course is intended for adults with intermediate swimming skills who would like to refine their stroke and breathing skills for continuous swimming. Freestyle, backstroke, breaststroke and rhythmic breathing will be heavily emphasized.

Roger Carter Comm Ctr

RP4019.601	Beginner	Jan 11	8-8:30 PM	M & W
RP4019.602	Beginner	Feb 22	8-8:30 PM	M & W
RP4023.601	Intermediate	Jan 12	8:30-9 PM	Tu & Th
RP4023.602	Intermediate	Feb 23	8:30-9 PM	Tu & Th

Masters Swim Drop-In

18 yrs + / 16 classes starting Jan 11 / Free for Fit4U & Go50+ Pool members; \$10 per class for nonmembers

This drop-in class is for advanced swimmers who want to fine tune the four competitive strokes (freestyle, backstroke, butterfly, and breaststroke). This structured aquatic workout challenges swimmers to improve form and endurance and/or train for specific goals. Masters swim promotes an active and healthy lifestyle and the ability to practice with an organized group. Nonmember fee includes daily swim pass. See page 6 for Fit4U memberships.

Roger Carter Comm Ctr 7-7:40 PM M

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.

Guarding & Certification (15 yrs +)

Lifeguard Training

15 yrs + / Dates below / \$205

Prepare to save lives and make a difference in your community! Learn the skills necessary to prevent and respond to aquatic emergencies. Specific pre-course swimming requirements available when registering. Lifeguard participant manuals are provided upon successful completion of the pre-course. You must attend every class, successfully complete required skills and pass written exams to receive the Red Cross certifications for two years in Lifeguarding/First Aid and CPR/AED for the professional rescuer. This 25-hour course takes place over seven days and includes classroom and in-water activities. You must be prepared to swim at all classes.

Roger Carter Comm Ctr

RP4002.601	Jan 20-23	1-9:30 PM	W-F
RP4002.602	Feb 8-13	5:30-9:30 PM, M-F & 9 AM-5 PM, Sa & Su	

Lifeguard Review

15 yrs + / Feb 6 / \$125

Re-certify in just 10 hours! This course is for those who are currently certified in Lifeguarding/First Aid and CPR/AED. This is a competency test of skills with limited review with an instructor. You must provide copies of current certifications upon registration. Upon successful completion of the challenge, you gain two-year certifications for Lifeguarding/First Aid and CPR/AED for the Lifeguard.

RP4003.601 Roger Carter Comm Ctr 8 AM-6 PM Sa

Badminton

Adult Badminton flickr

18 yrs + / 12 classes, start dates & prices below

Play badminton during the day or at night! Join other badminton players of all ability levels in singles and doubles matches. The Meadowbrook Athletic Complex has courts set up during the designated times. A leader is on site to help assign players to matches. Bring your own racquets and shuttlecocks. Info: Will Dunmore, 410-313-1697 (evening session); Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov (afternoon session).

Meadowbrook Ath Comp

RP6830.611	Jan 4	8-10 PM	M	\$60
RP6830.621	Jan 7	1-3 PM	Th	\$48



The Columbia Baseball League keeps growing. This league is the perfect intro for both girls and boys. Join us this spring!

Baseball & Tee Ball

• Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov (unless otherwise noted).

Pre-K & Youth Instruction

Tiny Tykes Tee Ball

3-4 yrs / 6 classes, start dates below / \$75

Batter up! Nobody strikes out and everyone hits home runs! Our age-appropriate equipment and activities provide a successful intro to batting, catching, throwing, and base running. Parents are encouraged to follow the coach's instructions to assist in the games and activities with your child. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6053.601	Guilford ES	Jan 25	6:30-7:15 PM	M
RP6053.602	N Laurel Comm Ctr	Jan 26	10:30-11:15 AM	Tu
RP6053.603	Gary J Arthur Comm Ctr	Jan 27	10:30-11:15 AM	W
RP6053.604	Meadowbrook Ath Comp	Jan 28	10:30-11:15 AM	Th
RP6053.605	Thunder Hill ES	Jan 28	6:30-7:15 PM	Th
RP6053.606	Meadowbrook Ath Comp	Jan 29	10:30-11:15 AM	F
RP6053.607	Meadowbrook Ath Comp	Jan 29	1:30-2:15 PM	F
RP6053.608	Dayton Oaks ES	Jan 30	10:30-11:15 AM	Sa
RP6053.609	Northfield ES	Jan 30	2:30-3:15 PM	Sa

Columbia Baseball Fest

4-14 yrs / Mar 19 / Free

Come prepare for spring with the 4th annual Columbia Baseball Fest! This exciting event features a visit from the Baltimore Oriole Bird, free baseball player clinic put on by the Baseball Factory, baseball equipment sales, and on-site program registration. Bring a glove, all other equipment is provided.

RP5990.703	Long Reach HS	10 AM-2 PM	Sa
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Columbia Baseball Winter Indoor Clinic

6-14 yrs / 4 classes starting Feb 14 / \$83

Take advantage of this player clinic and prepare for the spring season. Work on defense, hitting, pitching and catching. Instruction provided by Columbia Baseball League coaches, Howard County high school coaches, and high school and college players. Players divided into groups based on ability/age.

RP5990.601	6-8 yrs	Long Reach HS	9-10:30 AM	Su
RP5990.602	9-10 yrs	Long Reach HS	10:45 AM-12:15 PM	Su
RP5990.603	11-14 yrs	Long Reach HS	12:30-2 PM	Su

Baseball Winter Tune-Up with Casey Medairy

8-15 yrs / 4 classes starting Jan 10 / \$110

Move indoors from the cold to develop and improve hitting, pitching and fielding skills. This program focuses on positional breakdown, fundamentals of defensive fielding and hitting, and some base running. Instruction is led by Hammond High School varsity coach Casey Medairy. Players are divided into groups based on ability and age.

RP6055.601	Hammond HS	10 AM-noon	Su
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Pre-K & Youth Leagues

Columbia Baseball League - Spring flickr

4-14 yrs / 8 wks, start dates & prices below

This exciting league features tee ball, in-house baseball, and teams for 11-12, 13-14 age groups that play in the HC Alliance League with surrounding organizations. The tee ball and in-house baseball leagues consist of a weeknight practice and one Saturday or Sunday game per week. Bring your glove; all other equipment is provided. Head coaches have baseball-specific training and are ASEP certified. Volunteer coaches welcome. Fee includes shirt and hat. Practice locations and schedules: TBD. Practices and games are held at Columbia schools and parks. Registration deadline: March 31.

Tee Ball / Apr 5 / 9 AM-4 PM / \$125

RP5990.701	4 yrs	Su	RP5990.702	5-6 yrs	Su
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Baseball / Apr 4 / 9 AM-4 PM / \$135

RP5990.711	6-8 yrs	Sa	RP5990.731	11-12 yrs	Sa
RP5990.721	9-10 yrs	Sa	RP5990.741	13-14 yrs	Sa

Western Howard County Youth Baseball & Softball League (WHCYBSL)

5-18 yrs / Dates & prices at www.whcsports.com

WHCYBSL provides tee ball, baseball and softball leagues to families in Western Howard County and Clarksville. Howard County Recreation & Parks provides administrative services to WHCYBSL. Game locations are on western Howard County park fields; the home site is Western Regional Park. Practice locations are on western Howard County school fields. Info or program flier: www.whcsports.com.

RP5981	Tee Ball or Baseball
RP5982	Softball

Sports



When it's cold outside, come indoors and shoot some hoops!

Basketball

Pre-K & Youth Instruction

Little Tykes Hoops Basketball

3-4 yrs / 6 classes, start dates below / \$75

Having fun is sure to be a slam dunk! Children learn beginner basketball concepts such as dribbling, passing and shooting through a curriculum of exciting and fun-filled games and activities. Parents are encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6086.601	Gary J Arthur Comm Ctr	Jan 25	12:30-1:15 PM	M
RP6086.602	Gary J Arthur Comm Ctr	Jan 26	1:30-2:15 PM	Tu
RP6086.603	N Laurel Comm Ctr	Jan 26	6-6:45 PM	Tu
RP6086.604	Cradlerock ES	Jan 27	5:30-6:15 PM	W
RP6086.605	Meadowbrook Ath Comp	Jan 28	9:30-10:15 AM	Th
RP6086.606	Gary J Arthur Comm Ctr	Jan 28	11:30 AM-12:15 PM	Th
RP6086.607	N Laurel Comm Ctr	Jan 29	11:30 AM-12:15 PM	F
RP6086.608	Gorman Crossing ES	Jan 30	1:30-2:15 PM	Sa

Kiddie Basketball

5-7 yrs / 6 or 8 classes, start dates & prices below & next column

Learn basketball in this introductory clinic. Work on the fundamental skills of dribbling, passing, shooting, and overall team play in a fun and encouraging environment. Meet in the gym. (No class 2/4, 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / 8 classes / \$60

RP6080.601	Meadowbrook Ath Comp	Jan 21	5:05-6 PM	Th
RP6080.602	N Laurel Comm Ctr	Jan 21	5:05-6 PM	Th

60 mins / 6 classes / \$47

RP6080.603	Clarksville ES	Jan 25	5-6 PM	M
RP6080.604	Centennial Lane ES	Jan 25	4:25-5:25 PM	M
RP6080.605	Lisbon ES	Jan 25	4:20-5:20 PM	M

60 mins / 8 classes / \$63

RP6080.606	Hollifield Station ES	Jan 19	4:25-5:25 PM	Tu
RP6080.607	St. John's Lane ES	Jan 19	4:25-5:25 PM	Tu
RP6080.608	Cradlerock ES	Jan 26	3:55-4:55 PM	Tu
RP6080.609	Running Brook ES	Jan 26	5-6 PM	Tu
RP6080.610	Bollman Bridge ES	Jan 21	4:15-5:15 PM	Th
RP6080.611	Rockburn ES	Jan 20	4:30-5:30 PM	W

RP6080.612	Fulton ES	Jan 20	5-6 PM	W
RP6080.613	Jeffers Hill ES	Jan 20	4:40-5:40 PM	W
RP6080.614	Elkridge ES	Jan 21	5-6 PM	Th
RP6080.615	Waterloo ES	Jan 21	5-6 PM	Th
RP6080.616	Manor Woods ES	Jan 21	4:25-5:25 PM	Th

Instructional Basketball League (IBL)

6-10 yrs / 8 wks starting Jan 23 / \$76

Program designed for first-time players or those wanting to improve their fundamentals. Cover basic skill development through activities and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Register by location. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

6-7 yrs / Beginner

RP6082.601	Atholton ES	9-10 AM	Sa
RP6082.602	Bollman Bridge ES	9-10 AM	Sa
RP6082.603	Centennial Lane ES	9-10 AM	Sa
RP6082.604	Clemens Crossing ES	9-10 AM	Sa
RP6082.605	Jeffers Hill ES	9-10 AM	Sa
RP6082.606	Waterloo ES	9-10 AM	Sa

7 yrs / Advanced - 9½ yrs Beginner

RP6083.601	Atholton ES	10:15-11:15 AM	Sa
RP6083.602	Bollman Bridge ES	10:15-11:15 AM	Sa
RP6083.603	Centennial Lane ES	10:15-11:15 AM	Sa
RP6083.604	Clemens Crossing ES	10:15-11:15 AM	Sa
RP6083.605	Jeffers Hill ES	10:15-11:15 AM	Sa
RP6083.606	Waterloo ES	10:15-11:15 AM	Sa

8½ yrs Advanced - 10 yrs

RP6084.601	Atholton ES	11:30 AM-12:30 PM	Sa
RP6084.602	Bollman Bridge ES	11:30 AM-12:30 PM	Sa
RP6084.603	Centennial Lane ES	11:30 AM-12:30 PM	Sa
RP6084.604	Clemens Crossing ES	11:30 AM-12:30 PM	Sa
RP6084.605	Jeffers Hill ES	11:30 AM-12:30 PM	Sa
RP6084.606	Waterloo ES	11:30 AM-12:30 PM	Sa

After-School Basketball

8-10 yrs / 6 or 8 classes, start dates & prices below

School's over and it's time to play some basketball. In this once-a-week clinic, boys and girls learn and develop fundamental skills including dribbling, passing, shooting, defense and overall team play through activities and games. It is the perfect place to start or to complement one of our basketball leagues. Meet in the gym. (No class 2/4, 2/8, 2/15.)

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / 8 classes / \$60

RP6081.601	Meadowbrook Ath Comp	Jan 21	4:10-5:05 PM	Th
RP6081.613	N Laurel Comm Ctr	Jan 21	4:10-5:05 PM	Th

60 mins / 6 classes / \$47

RP6081.602	Clarksville ES	Jan 25	3:55-4:55 PM	M
RP6081.603	Centennial Lane ES	Jan 25	3:20-4:20 PM	M
RP6081.604	Lisbon ES	Jan 25	3:15-4:15 PM	M

60 mins / 8 classes / \$63

RP6081.605	Hollifield Station ES	Jan 19	3:20-4:20 PM	Tu
RP6081.606	St. John's Lane ES	Jan 19	3:20-4:20 PM	Tu
RP6081.607	Cradlerock ES	Jan 19	2:50-3:50 PM	Tu
RP6081.608	Running Brook ES	Jan 26	4-5 PM	Tu
RP6081.609	Bollman Bridge ES	Jan 21	3:10-4:10 PM	Th
RP6081.610	Rockburn ES	Jan 20	3:25-4:25 PM	W
RP6081.611	Fulton ES	Jan 20	4-5 PM	W
RP6081.612	Jeffers Hill ES	Jan 20	3:35-4:35 PM	W
RP6081.614	Elkridge ES	Jan 21	4-5 PM	Th
RP6081.615	Waterloo ES	Jan 21	4-5 PM	Th
RP6081.616	Manor Woods ES	Jan 21	3:20-4:20 PM	Th

Super Hoops with Chuck Nagle

8-13 yrs / 6 classes starting Feb 7 / \$72

Girls and boys, enjoy advancing your basic skills and fundamentals through various drills and exercises. Emphasis is on dribbling, passing, shooting, offensive and defensive positioning and teamwork. Basic basketball knowledge and some playing experience preferred. Bring a water bottle. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

RP6085.601 8-10 yrs Hammond HS 1:30-3 PM Su
 RP6085.611 11-13 yrs Hammond HS 3:15-4:45 PM Su

Meadowbrook School's Out Basketball Camp

9-14 yrs / Dates below / \$57

School is out and Meadowbrook is open for action! This camp has all the excitement of an entire season packed into one fun-filled day. Players, improve your skills and make new friends while enjoying a high-energy basketball experience. Our skilled coaches use a variety of creative drills, challenging exercises, exciting games and scrimmages to help elevate your game. Camp ends with the camp tournament and the crowning of a camp champion! Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP7020.601 Jan 18 8:30 AM-5 PM M
 RP7020.602 Feb 5 8:30 AM-5 PM F
 RP7020.603 Feb 8 8:30 AM-5 PM M
 RP7020.604 Feb 15 8:30 AM-5 PM M
 RP7020.605 Mar 25 8:30 AM-5 PM F

Youth Leagues

Youth Basketball League (YBL) flickr

5-14 yrs / Winter & Spring Seasons

Boys and girls, come have fun playing basketball while learning the fundamentals of the game! Focus on skill development, sportsmanship, basketball knowledge, and fun! Enjoy a "GoodSports" atmosphere through certified volunteer coaches, league staff and facilities. League features one weeknight practice and one game per week. Every player is guaranteed to participate in each game. The YBL is for novice to experienced players who wish to learn while playing in a recreational atmosphere. Volunteer head coaches needed and volunteer assistant coaches welcomed. Info: www.howardcountymd.gov/basketball.htm. Teams from established organizations may be eligible to participate. Info/volunteer to coach: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Winter Season

5-8 yrs / 8 games, practices start Jan 9

\$82; *\$52, head coach's child

One-hour games are on Saturdays between 8 AM-1 PM starting January 16. Players receive a participation award and a jersey. Coaches contact participants regarding practice days/times one week prior to program start. Registration deadline is December 25. Info/volunteer to coach: Carson Nickell, 410-313-4720 or cnickell@howardcountymd.gov.

9-14 yrs / 7 games, practices start Dec 14

\$130; *\$65, head coach's child

One-hour, full-court, officiated games are on Friday evenings or Saturdays and the season ends with a single-elimination tournament. Specific details on practice and game times/locations are communicated after the preseason skills assessment on December 2, 3, or 9. Registration deadline is November



Enjoy fun and competitive games in the Youth Basketball League!

27. (The girls' divisions have the option of transferring to the co-ed division if there are not enough players for four teams per age division.) The 9-10 division's transitional clinic is on December 12.

Meadowbrook Ath Comp, N Laurel & Roger Carter Comm Ctrs & HCPSS schools

RP5600.601	5-6 yrs	Co-ed	RP6184.611	11-12 yrs	Co-ed
RP5600.611*	5-6 yrs	Co-ed	RP6184.612	11-12 yrs	Girls
RP5600.602	7-8 yrs	Co-ed	RP6184.613*	11-12 yrs	
RP5600.612*	7-8 yrs	Co-ed	RP6184.621	13-14 yrs	Co-ed
RP6184.601	9-10 yrs	Co-ed	RP6184.622	13-14 yrs	Girls
RP6184.602	9-10 yrs	Girls	RP6184.623*	13-14 yrs	
RP6184.603*	9-10 yrs				

Spring Season

9-14 yrs / 6 games, practices start Apr 4

\$130; *\$65, head coach's child

One-hour, full-court, officiated games are on Friday starting between 6-9 PM and the season ends with a single-elimination tournament. Specific details on practice and game times/locations are communicated after the preseason skills assessment on March 22, 23 or 24. Registration deadline is March 18. (The girls' divisions have the option of transferring to the co-ed division if there are not enough players for four teams per age division.)

Meadowbrook Ath Comp, N Laurel & Roger Carter Comm Ctrs & HCPSS Schools

RP6184.701	9-10 yrs	Co-ed	RP6184.713*	11-12 yrs	
RP6184.702	9-10 yrs	Girls	RP6184.721	13-14 yrs	Co-ed
RP6184.703*	9-10 yrs		RP6184.722	13-14 yrs	Girls
RP6184.711	11-12 yrs	Co-ed	RP6184.723*	13-14 yrs	
RP6184.712	11-12 yrs	Girls			

Boys & Girls High School Basketball

Winter League

Grades 9-12 / 6 games starting Jan 16 / \$75

Bring your basketball skills to the MAC for this exciting league! Players who did not have the opportunity or time to commit to their high school teams play in competitive league games. Players register as individuals and the league staff forms teams and assigns coaches. The league ends with a single-elimination tournament. Specific details on team assignments and game times are communicated after the preseason skills assessment on January 9. Registration deadline is January 6. Info/volunteer to coach: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP6403.601 Boys Sa | RP6403.602 Girls Sa

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.



Can any team knock off the Zillas in the men's league?

Adult Leagues (18 yrs +)

- League Refund Policy *Page 68*

Drop-In Co-Rec Basketball

18 yrs + / 10 wks, start dates below / \$44

Join other athletes of all ability levels for basketball scrimmages. Choose the night and location that best works for you. Games are self-officiated and site staff help form balanced teams. Driver's license required for admission. Refer to the Get Active Package (page 9) if you are interested in playing more than once per week. Note: Some gyms may be canceled by the third meeting due to insufficient registration or attendance. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

18 yrs +

RP6900.601	Rockburn ES	Jan 4	8-10 PM	M
RP6900.602	Meadowbrook Ath Comp	Jan 6	9-11 PM	W

30 yrs +

RP6900.611	Bonnie Branch MS	Jan 4	8-10 PM	M
RP6900.612	Bonnie Branch MS	Jan 7	8-10 PM	Th
RP6900.613	Lime Kiln MS	Jan 5	8-10 PM	Tu
RP6900.614	Lime Kiln MS	Jan 7	8-10 PM	Th
RP6900.615	Lisbon ES	Jan 5	8-10 PM	Tu

Winter & Spring League Basketball flickr

18 yrs + / League lengths, start dates & prices below & next column

Pull down some boards, tickle the twine or dish out some assists. Our goal is to place your team in a division of similar skills. All teams participate in postseason playoffs. Fee includes officials, staff, awards, equipment, facility rental and administration. Games are played at Meadowbrook Athletic Complex, North Laurel and Roger Carter Community Centers. Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov or www.hcrpsports.com/basketball.htm.

Men's Winter League Basketball

8 wks, start dates below / \$600

Register by December 11. Register by December 4 to receive a 5% discount.

RP5080.601	Jan 12	8-10 PM	Tu	
RP5080.602	Jan 12	8-10 PM	Tu	30 yrs +
RP5080.603	Jan 13	8-10 PM	W	
RP5080.604	Jan 14	8-10 PM	Th	

Women's Winter League Basketball

8 wks starting Jan 14 / \$600

Register by December 12. Register by December 5 to receive a 5% discount.

RP5080.605 8-10 PM Th

Co-Rec Winter League Basketball

8 wks starting Jan 13 / \$600

Register by December 12. Register by December 5 to receive a 5% discount.

RP5080.606 8-10 PM W

Men's Spring League Basketball

6 wks, start dates below / \$475

Register by March 18.

RP5080.701	Apr 5	8-10 PM	Tu	
RP5080.702	Apr 5	8-10 PM	Tu	30 yrs +
RP5080.703	Apr 6	8-10 PM	W	
RP5080.704	Apr 7	8-10 PM	Th	

Women's Spring League Basketball

6 wks starting Apr 7 / \$475

Register by March 20.

RP5080.705 8-10 PM Th

Winter Classic 3 on 3 Basketball Tournament

18 yrs + / Dec 12 / \$105

This 3-on-3 tournament crowns a new champion in Howard County. Group and elimination rounds take place on Saturday. Teams provide uniforms. Fee includes four-game minimum, referees, awards, and administration.

Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP5605.601 Roger Carter Comm Ctr 8 AM-4:30 PM Sa

Coaching Instruction

Coaching Youth Sports

16 yrs + / Dates below / \$27

Come become a more effective coach. This clinic includes discussion and exercises on coaching outlook, sending positive, consistent messages, teaching sport skills, planning practices, managing risk and creating a safe environment. Complete the one-night course and pass a written exam to receive an American Sport Education Program (ASEP) Coaching Certificate. Youth sports associations nationwide endorse ASEP. Fee includes one sport-specific book on baseball, basketball, football, gymnastics, hockey, lacrosse, soccer, softball, swimming, tennis, volleyball or wrestling; indicate choice when registering. Info: Will Dunmore, 410-313-1697.

Rec & Parks HQ / 7-10 PM

RP6990.506	Dec 9	W	RP6990.603	Mar 7	M
RP6990.601	Jan 6	W	RP6990.604	Mar 24	Th
RP6990.602	Feb 4	Th			

Cricket

- Info: Patrick McGinnis, 410-313-4716 or pmcginnis@howardcountymd.gov.

Adult Cricket League flickr

– 2016 Spring Season

18 yrs + / 10 wks starting in Apr / \$300 (team registration only)

Cricket enthusiasts looking for a competitive, recreational league in the Howard County area, look no further! Recreation & Parks is expanding the areas only organized adult cricket league. A complete spring and fall season are offered. Balanced divisions are formed to compete in a "friendly" regular

season followed by a single-elimination tournament to determine the 2016 spring league champion. Games are played at Schooley Mill Park and Murray Hill Middle School on Saturdays and Sundays (balanced, rotating schedule), any time between 8 AM-6 PM. Games are 20 overs and limited to three hours in length. Additional league rules TBA to registered teams. Maximum roster is 30 players per team; games are played with 11 players a side. League ball is a heavy/modified tennis ball manufactured for cricket use – any manufacture is eligible. Registration deadline is March 18 (or until the league is full).

Murray Hill MS & Schooley Mill Pk

RP5975.701 8 AM-6 PM Sa & Su

Dodgeball

After-School Dodgeball

7-10 yrs / 6 or 8 classes, start dates & prices below

This is a great way for all ability levels to stay active, be a part of a team and have fun! Learn and play variations of dodgeball. Worried about safety? We use foam balls (gator skin) that are designed for accuracy and minimize the risk of injury. Meet coaches in the gym. (No class 2/1, 2/4, 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

6 classes / \$47

RP6200.601 Gorman Crossing ES Jan 25 4-5 PM M

8 classes / \$63

RP6200.602 Fulton ES Jan 19 4-5 PM Tu

RP6200.603 Elkridge ES Jan 20 4-5 PM W

RP6200.604 Cradlerock ES Jan 21 2:50-3:50 PM Th

Winter Dodgeball League

18 yrs + / 8 wks starting Jan 7 / \$280

Join the dodgeball craze! Anyone can play, no particular skill set required, enthusiasm and teamwork are key. Rosters consist of a maximum of 12 players per team. Games are 6 vs. 6, with two females on the court at all times. Teams compete in regular season games with a postseason tournament at the conclusion of the season. For official rules, visit www.hcrpsports.com. Team registration deadline: December 10. Registration is on a first-come, first-served basis. Fee includes balls, awards, playoff officials and league administration. Each team is responsible for paying for one of the two game officials (\$20) on-site each week. See page 68 for league refund policy. Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

RP5835.601 County Schools 8-10 PM Th

Fencing

Fencing with the Baltimore Fencing Center

8-12 yrs / 10 classes starting Jan 14 / \$110

Have you ever dreamed of taking part in a sword fight with real steel swords? Would you like to learn more about the lightning-fast Olympic sport of fencing? Work with the highly experienced, professional coaches from Baltimore Fencing Center as they instruct you in this exciting modern sport based on the serious swordplay of the past. Instructors use traditional drilling techniques and games to help students learn basic footwork, bladework and bout skills. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP8840.601 Baltimore Fencing Ctr in Columbia 6-7 PM Th



Move indoors for field hockey fun!

Field Hockey

• Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Spring Instructional Field Hockey

6-14 yrs / 6 classes starting Apr 7 / \$89

Varsity coaches from local high schools instruct in a format that blends short-sided game playing with teaching the skills and strategies of this fast-moving sport. Program is perfect for both advanced beginner and prospective players. Our synthetic field turf provides an optimal playing and learning surface. Fee includes t-shirt, supplies and administration. Bring a reusable water bottle. Mouth guard, stick and shin guards are required.

RP5266.701 6-10 yrs Cedar Lane Pk West 5:30-7 PM Th

RP5260.701 10 ½-14 yrs Cedar Lane Pk West 5:30-7 PM Th

Middle School Indoor Field Hockey Clinic

10-14 yrs / 6 classes starting Jan 17 / \$87

Do you love the game of field hockey? Indoor field hockey is a variant of "traditional" outdoor field hockey. The small court and sideboards make indoor field hockey a quick and technical game. This clinic provides all the basic fundamentals of indoor play. Players, develop vision on and off the ball, improve hand-eye coordination, ball handling and stick skills and gain a better understanding of tactics and set plays. Scrimmages are incorporated. Instructors are varsity field hockey coaches and players. Please bring a reusable water bottle. Mouth guard, indoor stick and shin guards are required. Outdoor sticks are not permitted. Fee includes t-shirt, supplies and administration.

RP5260.601 Meadowbrook Ath Comp 1-2:30 PM Su

RP5260.602 Meadowbrook Ath Comp 2:30-4 PM Su

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.

Fitness

Beginner Strength Training

13-16 yrs / 8 classes, start dates below / \$99

Learn the basics of safe resistance training and the proper nutritional guidelines to strengthen and build muscle. This weight training class is designed for beginners looking to learn the most beneficial lifts, techniques, and rep ranges. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Small classes consisting of 4-8 participants allow instructors to focus on each individual. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP8567.601	Roger Carter Comm Ctr	Jan 19	6-7 PM	Tu
RP8567.602	N Laurel Comm Ctr	Jan 20	6-7 PM	W

Floor Hockey

- Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.
- Shin guards are recommended.

Kiddie Floor Hockey

5-7 yrs / 6 or 8 classes, start dates & prices below

Come learn how to play hockey! This first-time/beginner level class does not involve checking. Learn and improve skills, including puck/ball control, passing, shooting, teamwork and game play. (No class 2/4, 2/8, 2/15.)

6 classes / \$47

RP6265.601	Fulton ES	Jan 25	5-6 PM	M
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8 classes / \$63

RP6265.603	Atholton ES	Jan 20	5-6 PM	W
RP6265.604	Clarksville ES	Jan 21	5-6 PM	Th

After-School Floor Hockey

8-10 yrs / 6 or 8 classes, start dates & prices below

This fast-paced, fun, beginner hockey class does not involve checking. Learn and improve skills including puck/ball control, passing, shooting, teamwork and game play. Meet in the gym. (No class 2/4, 2/8, 2/15.)

6 classes / \$47

RP6263.601	Fulton ES	Jan 25	4-5 PM	M
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8 classes / \$63

RP6263.603	Atholton ES	Jan 20	4-5 PM	W
RP6263.604	Clarksville ES	Jan 21	4-5 PM	Th

Football

- Info: Sandra Lambert, 410-313-4715 or slambert@howardcountymd.gov.

Winter Flag Football on the Turf

5-15 yrs / 9 wks, start dates at right / \$120, *\$80 head coach's child

Boys and girls, play 50-minute games on a turf field inside. Novice to experienced players welcome. Scrimmages/games are non-contact 7-on-7. Practice and games are up to one hour, once a week, starting December 10. The first three weeks are clinics/practices. Games begin January 9. (No practices 12/24-1/1.) Volunteer head coaches needed. Head coach's child receives a discount and is guaranteed a spot on parent's team. (Coach's child



NFL Flag football is fast-paced and competitive!

should register for * section.) Fee includes t-shirt and medal. Registration deadline is January 4.

Volleyball/Soccer House in Elkridge

					Coach's child
RP6305.601	5-6 yrs	Dec 10	5:30-7 PM	Th	RP6305.602*
RP6305.611	7-9 yrs	Dec 12	10 AM-1 PM	Sa	RP6305.612*
RP6305.621	9-12 yrs	Dec 12	1-4 PM	Sa	RP6305.622*
RP6305.631	11-15 yrs	Dec 10	7-9 PM	Th	RP6305.632 *

NFL Flag Football League flickr

5-15 yrs / 9 wks starting Apr 16 / \$105, *\$75 head coach's child

Boys and girls, come play flag football while working on basic skills. Fifty-minute games are 5-on-5 and non-contact. Games are played on Saturdays at Hollifield ES beginning April 16. Games are one hour, between 8:30 AM-5 PM. The Department forms teams. The 15 year olds are on a team draft; special requests not guaranteed. Fee includes team shirt and participation award. Coaches contact participants regarding practice day/time one week before practice begins. Head coaches are needed and their child receives a discount and a guaranteed spot on parent's team. Season ends with county tournament for 15-year-old participants.

5-6 yrs

This is a Saturday morning program only. No weeknight practices.

RP6300.701	RP6300.702*
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7-15 yrs

Practices are one hour, once a week on a weeknight, starting at least one week before games begins. Register by practice location.

Columbia

RP6300.711	7-9 yrs	RP6300.712*	7-9 yrs
RP6300.721	10-12 yrs	RP6300.722*	10-12 yrs
RP6300.731	13-15 yrs	RP6300.732*	13-15 yrs

Dayton Oaks

RP6300.713	7-9 yrs	RP6300.714*	7-9 yrs
RP6300.723	10-12 yrs	RP6300.724*	10-12 yrs
RP6300.733	13-15 yrs	RP6300.734*	13-15 yrs

Elkridge

RP6300.717	7-9 yrs	RP6300.718*	7-9 yrs
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Ellicott City

RP6300.715	7-9 yrs	RP6300.716*	7-9 yrs
RP6300.725	10-12 yrs	RP6300.726*	10-12 yrs
RP6300.735	13-15 yrs	RP6300.736*	13-15 yrs

Adult Leagues (18 yrs +)

- Teams are responsible for referee fee (paid on-site) to referee crew at each game (regular season only).
- No forfeit bond is collected. If a team forfeits, the team must pay the referees for the forfeited game prior to its next scheduled game. Failure to do so results in the team's removal from the league without refund.
- All teams qualify for playoffs.
- Team managers are updated with a league packet one week prior to start of games.
- Two divisions are not guaranteed when making league schedules.

Spring Co-Rec Football League

18 yrs + / 8 wks + playoffs starting Mar 29 / \$300 per team

Enjoy this fast-action, non-contact, no-blocking, touch football league. Teams play 8-on-8. Teams provide own uniforms and football. Schedule includes eight games plus playoffs. Fee includes eight-game schedule, playoffs, awards, field rental and administration. Register by March 1. Rules: www.howardcountymd.gov/football.htm. (\$34 referee fee; \$68 forfeit fee.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP5301.701	A Division	County Parks (Turf fields)	6-10:30 PM	Tu
RP5301.702	B Division	County Parks (Turf fields)	6-10:30 PM	Tu

Spring Men's Run & Shoot Football League

18 yrs + / 8 wks + playoffs starting Mar 13 / \$300 per team

Enthusiasts, come play this fast-action, low-contact version of touch football. Teams play eight on defense and five on offense. Fee includes a eight-game schedule, playoffs, awards, field rental and administration. Teams provide uniforms and an official NFL-sized football. Register by February 22. (\$51 referee fee \$102 forfeit fee.) Info: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

RP5300.701	A Division	County Parks (Turf fields)	8 AM-2 PM	Su
RP5300.702	B Division	County Parks (Turf fields)	8 AM-2 PM	Su

Golf

• Info: 410-313-4637.

Backyard Golf - Indoors!

4-8 yrs / 5 classes, start dates below / \$68

Join us for an exciting introduction into the world of golf. This program contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf. The system builds on strong fundamentals of putting, chipping, pitching and full swing to develop playing ability quickly and effectively. All SNAG golf equipment is provided. Parent volunteers are encouraged to participate.

Meadowbrook Ath Comp

RP6319.601	4-5 yrs	Jan 20	4:30-5:30 PM	W
RP6319.602	6-8 yrs	Jan 21	4:30-5:30 PM	Th

Junior Golf Spring Break Camp

7-14 yrs / 3 days starting Mar 28 / \$95

Learn the fundamentals of how to play the game, including the swing, basic rules and etiquette. Play on the course the last day. No equipment or experience necessary.

RP7324.701	Timbers at Troy Golf Course	8:30-11 AM	M-W
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Gymnastics

• Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

Parent/Child Gymnastics

1½-3½ yrs / 6 classes, start dates below / \$99

Be an active participant as your child develops self-awareness, coordination and locomotor movement. Toddlers use a variety of gymnastics equipment, songs, games and climbing activities in a fun and supportive atmosphere. Adult and child must register together. Child must be walking.

Columbia Gymnastics

RP6351.601	Jan 7	10-10:45 AM	Th
RP6351.602	Jan 8	10-10:45 AM	F
RP6351.603	Feb 25	10-10:45 AM	Th
RP6351.604	Feb 26	10-10:45 AM	F

Preschool Gymnastics

3-5 yrs / 6 classes, start dates below / \$99

In this introduction to gymnastics, boys and girls develop strength coordination and locomotor movement, listening skills, and cooperation. Participants use various types of gymnastics and physical education equipment including bars, beams, mats, trampolines and a foam training pit. Emphasis is on fun in a safe and supportive atmosphere. Diapers and pull-ups are not allowed.

Columbia Gymnastics

RP6352.601	Jan 4	5-5:45 PM	M
RP6352.602	Jan 5	1:45-2:30 PM	Tu
RP6352.603	Jan 5	2:30-3:15 PM	Tu
RP6352.604	Jan 5	4:30-5:15 PM	Tu
RP6352.605	Jan 6	9:15-10 AM	W
RP6352.606	Jan 6	1-1:45 PM	W
RP6352.607	Jan 6	1:45-2:30 PM	W
RP6352.608	Jan 6	2:30-3:15 PM	W
RP6352.609	Jan 6	4:30-5:15 PM	W
RP6352.610	Jan 7	9:15-10 AM	Th
RP6352.611	Jan 7	10:45-11:30 AM	Th
RP6352.612	Jan 7	2-2:45 PM	Th
RP6352.613	Jan 7	2:45-3:30 PM	Th
RP6352.614	Jan 8	9:15-10 AM	F
RP6352.615	Jan 8	10:45-11:30 AM	F
RP6352.616	Jan 9	Noon-12:45 PM	Sa
RP6352.617	Feb 22	5-5:45 PM	M
RP6352.618	Feb 23	1:45-2:30 PM	Tu
RP6352.619	Feb 23	2:30-3:15 PM	Tu
RP6352.620	Feb 23	4:30-5:15 PM	Tu
RP6352.621	Feb 24	9:15-10 AM	W
RP6352.622	Feb 24	1-1:45 PM	W
RP6352.623	Feb 24	1:45-2:30 PM	W
RP6352.624	Feb 24	2:30-3:15 PM	W
RP6352.625	Feb 24	4:30-5:15 PM	W
RP6352.626	Feb 25	9:15-10 AM	Th
RP6352.627	Feb 25	10:45-11:30 AM	Th
RP6352.628	Feb 25	2-2:45 PM	Th
RP6352.629	Feb 25	2:45-3:30 PM	Th
RP6352.630	Feb 26	9:15-10 AM	F
RP6352.631	Feb 26	10:45-11:30 AM	F
RP6352.632	Feb 27	Noon-12:45 PM	Sa

Sports

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.



Learn to twist and bend in our gymnastics classes.

Beginning Gymnastics

6-12 yrs / 6 classes, start dates below / \$99

Enjoy an introduction to the beginning skills and progressions of the vault, uneven bars, balance beam and floor exercise using a variety of equipment including trampolines and a foam training pit. Participants begin to develop confidence, fitness, strength and flexibility in a fun, supportive environment.

Boys / Columbia Gymnastics

RP6353.601	Jan 7	6:30-7:30 PM	Th
RP6353.602	Feb 25	6:30-7:30 PM	Th

Girls / Columbia Gymnastics

RP6353.611	Jan 5	4:30-5:30 PM	Tu
RP6353.612	Jan 7	6:30-7:30 PM	Th
RP6353.613	Jan 8	6:30-7:30 PM	F
RP6353.614	Jan 9	11:45 AM-12:45 PM	Sa
RP6353.615	Feb 23	4:30-5:30 PM	Tu
RP6353.616	Feb 25	6:30-7:30 PM	Th
RP6353.617	Feb 26	6:30-7:30 PM	F
RP6353.618	Feb 27	11:45 AM-12:45 PM	Sa

Jump Rope

Youth

• Info: Will Dunmore, 410-313-1697 or wduunmore@howardcountymd.gov.

Junior Jumpers with Kangaroo Kids

6-14 yrs / 12 classes, start dates below / \$172

This beginning jump rope class is all about fun and fitness. Learn basic single rope, Double Dutch and long rope skills. Jump rope fee is \$7 for first time participants due at first class. Returning jumpers should bring their beaded jump ropes.

Meadowbrook Ath Comp

RP6361.601	Jan 5	4:25-5:25 PM	Tu
RP6361.602	Jan 5	5:30-6:30 PM	Tu
RP6361.603	Jan 6	4:25-5:25 PM	W
RP6361.604	Jan 6	5:30-6:30 PM	W

Intermediate Jumpers with Kangaroo Kids

6-16 yrs / 12 classes, start dates below / \$172

Build on basic single and long rope skills and introduction to precision group routines. Prerequisite: Minimum two sessions of *Junior Jumpers* and/or coach's approval.

Meadowbrook Ath Comp

RP6363.601	Jan 5	4:25-5:25 PM	Tu
RP6363.602	Jan 5	5:30-6:30 PM	Tu
RP6363.603	Jan 6	4:25-5:25 PM	W

Preparation to Perform with Kangaroo Kids

8-16 yrs / 12 classes, start dates below / \$172

Jumpers with a desire to perform at public events build on single and long rope skills, precision routines and develop showmanship skills. No performing requirements. Prerequisite: Minimum two sessions of *Intermediate Jumpers* and/or coach's approval.

Meadowbrook Ath Comp

RP6364.601	Jan 5	4:25-5:25 PM	Tu
RP6364.602	Jan 6	5:30-6:30 PM	W

Kickball

• Info: Patrick McGinnis, 410-313-4716.

Spring Co-Rec Kickball League

18 yrs + / 10 wks, start dates below / \$455

Here's your chance to leave the office and return to the playground! Anyone can play, no particular skill-set required besides enthusiasm and teamwork. Games are played as doubleheaders for a minimum of 16 games. Every team is eligible for a postseason tournament. Teams can have up to 16 players per roster. League fee includes umpires, balls, awards, league administration and field use. Games are played at county parks. For league rules/info, visit www.eteamz.com/hcrpsports. Registration is on a first-come, first-served basis; don't be left out of the fun! Register by March 29.

RP5830.701	Apr 13	6-10 PM	W
RP5830.702	Apr 17	5-10 PM	Su

Lacrosse

Pre-K & Youth

• Info: Ray Hall, 410-313-1689 or arhall@howardcountymd.gov (unless listed in description).

Mighty LAXers Lacrosse

3-4 yrs / 6 classes, start dates below / \$75

Calling all Little LAXers! This high energy curriculum introduces children to important fundamentals of lacrosse such as scooping, cradling, and shooting. Age-appropriate equipment is used to provide children with a safe and fun experience in every LAXers class! Parents are encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6972.601	N Laurel Comm Ctr	Jan 26	9:30-10:15 AM	Tu
RP6972.602	Phelps Luck ES	Jan 26	5:30-6:15 PM	Tu
RP6972.603	Meadowbrook Ath Comp	Jan 27	10:30-11:15 AM	W
RP6972.604	Gary J Arthur Comm Ctr	Jan 27	11:30 AM-12:15 PM	W
RP6972.605	N Laurel Comm Ctr	Jan 28	12:30-1:15 PM	Th
RP6972.606	Meadowbrook Ath Comp	Jan 28	1:30-2:15 PM	Th
RP6972.607	Ducketts Lane ES	Jan 30	9:30-10:15 AM	Sa
RP6972.608	Northfield ES	Jan 30	1:30-2:15 PM	Sa



Jump rope with Kangaroo Kids!

Martial Arts

• Info: Amanda Bartell, 410-313-1694 or
 abartell@howardcountymd.gov.

Youth

TKA Karate

5-12 yrs / Class lengths, start dates & prices below

Boys and girls of all skill levels, come learn karate and jujitsu. Black belt instructors emphasize safety and fun. One week is spent taking or viewing the test or participating in a refresher class. If a class is not listed as beginner or intermediate, it is for all level students. (No class 1/18, 2/15.)

8 classes / \$44

RP8730.601	Gary J Arthur Comm Ctr	Jan 11	6:30-7:30 PM	M
RP8730.602	Oakland Mills MS	Jan 11	7-8 PM	M

10 classes / \$55

RP8730.603	Worthington ES	Jan 12	7-8 PM	Tu
RP8730.605	Longfellow ES	Jan 12	7-8 PM	Tu
RP8730.606	Beginner Fulton ES	Jan 13	6-7 PM	W
RP8730.616	Intermediate Fulton ES	Jan 13	7-8 PM	W
RP8730.607	Northfield ES	Jan 13	7-8 PM	W
RP8730.608	Beginner Rockburn ES	Jan 13	6-7 PM	W
RP8730.609	Intermediate Rockburn ES	Jan 13	7-8 PM	W

9 classes / \$50

RP8730.610	Gorman Crossing ES	Jan 14	7-8 PM	Th
RP8730.611	Manor Woods ES	Jan 14	7-8 PM	Th
RP8730.612	Pointers Run ES	Jan 14	7-8 PM	Th

D & S Karate with Seth Ismart

6-13 yrs / Class lengths, start dates & prices below

Improve coordination, confidence, flexibility, balance, agility and focus while learning the art of karate and jujitsu. Our certified black belt instructors are nationally ranked experts in martial arts and have years of classroom experience instructing children in the art of self-defense and personal accomplishment. (No class 1/18, 2/15.)

8 classes / \$43

RP8710.601	N Laurel Comm Ctr	Jan 11	7-8 PM	M
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10 classes / \$54

RP8710.602	Hammond ES	Jan 13	7-8 PM	W
RP8710.603	Centennial Lane ES	Jan 14	7-8 PM	Th

Kuk Sool Won with Darren Fulmore

6 yrs + / 20 classes starting Jan 12 / Prices below

Kuk Sool Won is a systematic study of all the traditional fighting arts, which together comprise the martial arts history of Korea. This is extremely well-organized and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques—which consist of kicking, punching, martial acrobatics and self-defense techniques—into a beautiful and dynamic hard/soft style focusing on discipline and respect.

N Laurel Comm Ctr

RP8760.601	Beginner	6:30-7:30 PM	Tu & Th	\$125
RP8760.602	Advanced	7:30-8:30 PM	Tu & Th	\$139

Sports

Lacrosse Introduction - Boys and Girls

5-10 yrs / 6 classes starting Jan 17 / \$80

First-time players or those wanting to improve skills focus on lacrosse fundamentals. Program includes stick work, shooting, ground balls and basic lacrosse concepts. Fee includes t-shirt and the use of lacrosse equipment, including protective eyewear for girls (mandated by U.S. Lacrosse).

Meadowbrook Ath Comp

Boys	Girls			
RP6505.601	RP6506.601	5-6 yrs	9-10 AM	Su
RP6505.602	RP6506.602	7-8 yrs	10-11 AM	Su
RP6505.603	RP6506.603	9-10 yrs	11 AM-noon	Su

Lacrosse Winter Tune-Up - Boys and Girls

10-17 yrs / 6 classes starting Jan 17 / \$85

Get ready for the spring season! Improve stick work, shooting, ground ball skills and conditioning. Have fun while working on all aspects of your game. Players must provide equipment.

Meadowbrook Ath Comp

Boys	Girls			
RP6504.601	RP6503.601	10-13 yrs	9-10:15 AM	Su
RP6504.602	RP6503.602	14-17 yrs	10:15-11:30 AM	Su

Middle School Lacrosse

Grades 6-8 / 6 classes starting Jan 7 / \$85

Fast-paced, fun-filled indoor lacrosse designed to fine-tune players' skills for the upcoming spring season! Sessions include instruction followed by games. Players must provide equipment.

RP6501.601	Girls	Gary J Arthur Comm Ctr	6-7:15 PM	Th
RP6501.602	Boys	Gary J Arthur Comm Ctr	7:30-8:45 PM	Th

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.



Adults (13 yrs +)

Shotokan Karate with Steve Morris

13 yrs + / 10 classes, start dates below / \$65

Learn a repertoire of techniques and the optimal safe positions for self-defense based upon the movement of your opponent(s), all in the context of traditional Shotokan karate. Learn and master blocks, punches, kicks, throws, submissions and takedowns. Special attention is given to low-impact physical conditioning and personal safety. Sensei Steve is a master in Shotokan karate and has taught karate and self-defense in Howard County for 30 years.

Roger Carter Comm Ctr

RP8791.601	Jan 14	7-8 PM	Th
RP8791.602	Jan 14	8:05-9:05 PM	Th
RP8791.603	Jan 16	10-11 AM	Sa
RP8791.604	Jan 16	11:05 AM-12:05 PM	Sa

TKA Karate

13 yrs + / Class lengths, start dates & prices below

Develop your physical condition as you learn karate and jujitsu in a relaxed environment. Black-belt instructors emphasize safety. One week is spent taking or viewing the test or participating in a refresher class. Wear comfortable clothing or gi. (No class 1/18, 2/15.)

8 classes / \$55

RP8731.601	Gary J Arthur Comm Ctr	Jan 11	7:30-9 PM	M
RP8731.602	Oakland Mills MS	Jan 13	8-9:30 PM	W

10 classes / \$68

RP8731.603	Worthington ES	Jan 12	8-9:30 PM	Tu
RP8731.605	Longfellow ES	Jan 12	8-9:30 PM	Tu
RP8731.606	Fulton ES	Jan 13	8-9:30 PM	W
RP8731.607	Northfield ES	Jan 13	8-9:30 PM	W
RP8731.608	Rockburn ES	Jan 13	8-9:30 PM	W

9 classes / \$61

RP8731.609	Gorman Crossing ES	Jan 14	8-9:30 PM	Th
RP8731.610	Manor Woods ES	Jan 14	8-9:30 PM	Th
RP8731.611	Pointers Run ES	Jan 14	8-9:30 PM	Th

Aikido with Ki

by Russ Dauber, 4th Degree Black Belt

18 yrs + / 20 classes starting Jan 12 / \$57

Martial Art and Ki training, as taught by Japan's Shin Shin Toitsu Aikikai, promotes dynamic movement with unified mind and body. The Ki part is low-impact. The Aikido part involves practice with partners and rolling on mats. Effective self-defense techniques flow with and lead attackers' movements. Classes develop the benefits of "keeping one point" and extending ki. Emphasis is on safety, knowledge and enjoyment.

RP8880.601	Waverly ES	7-9 PM	Tu & Th
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Tai Chi

18 yrs + / 10 classes, start dates below / \$77

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress.

Instructor: Tim Kwei

RP8850.601	Beginner	Dunloggin MS	Jan 13	7-8 PM	W
RP8850.602	Advanced	Dunloggin MS	Jan 13	8:05-9:05 PM	W

Instructor: Scott Vandame

RP8850.603	Beginner	Murray Hill MS	Jan 14	7-8 PM	Th
RP8850.604	Advanced	Murray Hill MS	Jan 14	8:05-9:05 PM	Th

Multi-Sport

Pre-K & Youth

Awesome Athletes, Amazing Artists

(Parent/Child) *Page 28*

Jump Bunch Kids by JumpBunch Kids, Inc.

2-5 yrs / 6 classes starting Jan 30 / \$75

JumpBunch classes are a wonderful opportunity for parents and children to interact in a fun, engaging, and noncompetitive environment during an introduction to multiple sports and fitness activities. Warm-up exercises are designed to improve balance, increase coordination and develop body awareness. This season's sports include football, soccer, hockey, basketball, volleyball and tennis. Children enjoy using and exploring the child-friendly equipment provided by JumpBunch. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

St. John's Lane ES

RP6313.601	2-3 yrs	10-10:45 AM	Sa
RP6313.602	3-5 yrs	11-11:45 AM	Sa

MAC Pre-K Drop-In Play!

2-5 yrs / Continuous starting Jan 4 / \$4 (one child & adult), \$2 per additional child

This winter, drop-in play days are full of fun and exciting activities in a safe and non-competitive environment. The MAC staff provides equipment for activities including mini basketball, floor hockey, soccer, lacrosse, jump rope, hula-hoops, big wheel trikes, scooters, and much more! Daily fee is collected at the MAC. Parent involvement required. (No drop-in 3/28-4/1.)

Info: Krista Billingsley at 410-313-1162 or

kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp 9:30 AM-noon M, W & F

Preschool Adventures *Page 27*

Little Big Shots

3-4 yrs / 6 classes, start dates below / \$75

This multi-sport program introduces basketball, tee ball, and soccer through exciting and engaging games and activities. Parents are encouraged to follow the coach's instructions to assist. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6314.601	Gary J Arthur Comm Ctr	Jan 25	1:30-2:15 PM	M
RP6314.602	Gary J Arthur Comm Ctr	Jan 26	12:30-1:15 PM	Tu
RP6314.603	N Laurel Comm Ctr	Jan 26	5-5:45 PM	Tu
RP6314.604	Phelps Luck ES	Jan 26	6:30-7:15 PM	Tu
RP6314.605	Meadowbrook Ath Comp	Jan 27	9:30-10:15 AM	W
RP6314.606	Meadowbrook Ath Comp	Jan 28	12:30-1:15 PM	Th
RP6314.607	Thunder Hill ES	Jan 28	5:30-6:15 PM	Th
RP6314.608	Meadowbrook Ath Comp	Jan 29	9:30-10:15 AM	F
RP6314.609	N Laurel Comm Ctr	Jan 29	10:30-11:15 AM	F

Learn-N-Play Sports

3-5 yrs / 6 classes starting Jan 30 / \$75

Children experience a variety of age-appropriate sports activities that help them develop their large motor skills and socialization skills in a fun atmosphere! Each week we focus on different activities that combine positive social interactions, good listening skills, taking turns, and teamwork. Activities include bowling, parachute games, sports stations, relay races, and more! Parents are encouraged to follow the coach's instructions to assist in the games and activities.

Pointers Run ES

RP6970.601	9:30-10:15 AM	Sa
RP6970.602	10:30-11:15 AM	Sa

Little Big Wheelers

3-5 yrs / 6 classes, start dates below / \$65

Looking for a fun indoor activity during the cold weather months? Bring your children to the Meadowbrook Athletic Complex to experience the most fun possible on three wheels! Children have a blast on their Big Wheels trike as they ride around the courts in a fun-filled safe environment. The Meadowbrook staff provides Big Wheels trikes, instruction and leadership as your little Speed Racers enjoy obstacle courses, individual and team races and all ideas possible while they exercise on their trikes. Helmets are mandatory. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP6402.601	Jan 5	10-10:50 AM	Tu
RP6402.602	Jan 5	11-11:50 AM	Tu
RP6402.603	Jan 7	10-10:50 AM	Th
RP6402.604	Jan 7	11-11:50 AM	Th
RP6402.605	Feb 16	10-10:50 AM	Tu
RP6402.606	Feb 16	11-11:50 AM	Tu
RP6402.607	Feb 18	10-10:50 AM	Th
RP6402.608	Feb 18	11-11:50 AM	Th

After-School Recess

5-10 yrs / 8 classes, start dates below / \$105

Feel the excitement and get involved in some physical activities! Children participate in a number of activities including obstacle courses, relays, dodgeball, kickball, and field day games. Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

RP6210.601	Jeffers Hill ES	Jan 26	3:40-4:40 PM	Tu
RP6210.602	Guilford ES	Jan 27	4-5 PM	W

Home School Gym Class

5-14 yrs / 12 classes starting Jan 6 / \$95

This is an exciting gym class program that meets the physical activity needs of our local home school families! We provide staff leadership and all the equipment for a variety of sport and fitness activities. Children improve skills and learn the fundamentals of teamwork as they play basketball, soccer, volleyball, floor hockey, badminton and all other sport requests the staff can provide. Have fun, stay fit, build character and boost self-esteem. Activity groups based on age and ability. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp

RP6405.601	5-10 yrs	11 AM-noon	W
RP6405.602	11-14 yrs	11 AM-noon	W

School's Out Junior Sports Camp

5-7 yrs / Dates in next column / \$34

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey at this co-rec camp. Sports and games are adapted to the size and abilities of young children to make learning fun and foster



Learn one of several martial arts disciplines.

development of motor skills. Activities take place indoors.

Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Roger Carter Comm Ctr

RP7008.601	Feb 5	8:30 AM-12:30 PM	F
RP7008.602	Feb 8	8:30 AM-12:30 PM	M
RP7008.603	Feb 15	8:30 AM-12:30 PM	M

Winter Mix Camp

5-13 yrs / 4 days starting Dec 28 / \$59, day; \$199, four days

One, two, three or four days of fun! Children participate in a wide variety of activities including sports, fitness, arts and crafts, nature, games and special surprises. Campers follow an exciting daily rotation in which they select activities to build their own program. Campers rotate in age- and skill-appropriate groups. The focus is on having fun, staying fit, building character and boosting self-esteem. Camp is indoors. Children can be registered for one, two, three or all four days. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

Meadowbrook Ath Comp / 8 AM-6 PM

RP6404.601	Dec 28	M	RP6404.604	Dec 31	Th
RP6404.602	Dec 29	Tu	RP6404.605	Dec 28-31	M-Th
RP6404.603	Dec 30	W			

School's Out Sports and Swim Camp

8-13 yrs / Dates below / \$60

School is out and we're open for play! Young athletes develop their skills in any of the following sports: basketball, kickball, tee ball, soccer, tennis, flag football or floor hockey. Sports and games are adapted to the size and abilities of young children to make learning fun and foster development of motor skills. Activities take place indoors. There is swimming at Roger Carter so bring a bathing suit. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

Roger Carter Comm Ctr

RP7007.601	Feb 5	8:30 AM-6 PM	F
RP7007.602	Feb 8	8:30 AM-6 PM	M
RP7007.603	Feb 15	8:30 AM-6 PM	M

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.



We have fun classes for both beginner and advanced soccer players.

Ultimate Junior Sports & Games Spring Break Camp

5-7 yrs / 1 wk starting Mar 28 / \$96

This is a mini version of the Ultimate Sports & Games Spring Break Camp. Sports and games are adapted to the size and abilities of children, making learning fun and fostering development of motor skills. Curriculum includes themed days, fitness activities, team-building exercises, group games and more! Instructors are American Sport Education Program-certified coaches. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7002.701	Meadowbrook Ath Comp	9 AM-noon	M-F
RP7002.702	N Laurel Comm Ctr	9 AM-noon	M-F

Ultimate Sports & Games Spring Break Camp

8-13 yrs / 1 wk starting Mar 28 / \$149

Spend your spring break with us. Your child develops skills in basketball, flag football, kickball, lacrosse, touch rugby, Wiffle ball, soccer, kickball, tennis, disc games and much more in this coed camp. Campers rotate in age- and skill-appropriate groups. Have fun, stay fit, build character and boost self-esteem. Instructors are American Sport Education Program-certified coaches. Camp runs rain or shine. Bring a non-perishable lunch (no nut products) and a water bottle. An extended camp option is available (RP7004). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7001.701	Meadowbrook Ath Comp	9 AM-3 PM	M-F
RP7001.702	N Laurel Comm Ctr	9 AM-3 PM	M-F

Ultimate Sports & Games Extended Spring Break Camp

8-13 yrs / 1 wk starting Mar 28 / \$89

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in an Ultimate Sports & Games Spring Break Camp. Camp runs rain or shine. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7004.701	Meadowbrook Ath Comp	3-6 PM	M-F
RP7004.702	N Laurel Comm Ctr	3-6 PM	M-F

Planet Recreation Spring Break Camp

Grades K-5 / 1 wk starting Mar 28 / \$179

Need fun, exciting, and safe full-day child care for Spring Break? This camp is being offered at two of our finest recreational facilities. Campers participate in a variety of activities, including sports, fitness, arts and crafts, nature, games and special surprises. Activities take place both indoors and outdoors. Pool and swimming activities are also included in the camp's schedule! The focus is on having fun, staying fit, building character and boosting self-esteem. Instructors are American Sport Education Program certified coaches. Schedule is subject to change; camp is held rain or shine. Fee includes bus or van transportation, supervision and activities and a morning and afternoon snack. Participants must currently be in grades K-5 in spring 2015. An extended camp option is available (RP7005). Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov

RP7006.701	Roger Carter Comm Ctr	8:30 AM-3 PM	M-F
RP7006.702	N Laurel Comm Ctr	8:30 AM-3 PM	M-F

Planet Recreation Extended Spring Break Camp

8-13 yrs / 1 wk starting Mar 28 / \$89

Extend your child's day at spring break camp. After-camp care includes a variety of sports, games and other group activities. Campers also must be enrolled in an *Planet Recreation Spring Break Camp*. Camp runs rain or shine. Info: Krista Billingsley, 410-313-1162 or kbillingsley@howardcountymd.gov.

RP7005.701	Roger Carter Comm Ctr	3-6 PM	M-F
RP7005.702	N Laurel Comm Ctr	3-6 PM	M-F

Pickleball

Pickleball for All flickr

18 yrs + / 8 or 10 classes, start dates & prices below

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn to play this fun and exciting game for the first week and then put your skills to the test in games for the remaining classes. All necessary equipment is provided. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

8 classes / \$40

RP6835.601	Meadowbrook Ath Comp	Jan 11	1-3 PM	M
RP6835.602	Meadowbrook Ath Comp	Jan 13	1-3 PM	W
RP6835.603	Meadowbrook Ath Comp	Jan 15	1-3 PM	F

10 classes / \$50

RP6835.604	N Laurel Comm Ctr	Jan 12	Noon-2 PM	Tu
RP6835.605	N Laurel Comm Ctr	Jan 14	Noon-2 PM	Th

Running

Youth Distance Runners

Winter Indoor Training Program

7-18 yrs / 8 classes starting Jan 16 / \$75

Don't miss out on your opportunity to train this winter! Join Recreation & Parks, Howard County Junior Striders and Bullseye Running for this indoor training program offering runner-specific training and conditioning. Add this program to your existing running schedule and transform yourself into the balanced runner and athlete. Each participant receives a t-shirt. Info: Will Dunmore, 410-313-1697 or wdunmore@howardcountymd.gov.

RP6953.601	Meadowbrook Ath Comp	6:30-8 PM	Sa
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Soccer

Pre-K & Youth

U.K. Elite Petite Soccer

2-5 yrs / 6 classes, start dates below / \$105

This is a mini-taste of the U.K. Elite experience! Hour-long programs of soccer fun and games are designed to introduce the youngest of players to the greatest of games. The emphasis is on having fun with a soccer ball. Parent involvement is encouraged at times. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Meadowbrook Ath Comp / Jan 12

RP6710.601	2-3 yrs	9:30-10:30 AM	Tu
RP6710.602	3-5 yrs	10:30-11:30 AM	Tu
RP6710.603	3-5 yrs	1:30-2:30 PM	Tu

Meadowbrook Ath Comp / Jan 14

RP6710.604	2-3 yrs	9:30-10:30 AM	Th
RP6710.605	3-5 yrs	10:30-11:30 AM	Th
RP6710.606	3-5 yrs	1:30-2:30 PM	Th

Meadowbrook Ath Comp / Feb 23

RP6710.607	2-3 yrs	9:30-10:30 AM	Tu
RP6710.608	3-5 yrs	10:30-11:30 AM	Tu
RP6710.609	3-5 yrs	1:30-2:30 PM	Tu

Meadowbrook Ath Comp / Feb 24

RP6710.610	2-3 yrs	9:30-10:30 AM	W
RP6710.611	3-5 yrs	10:30-11:30 AM	W
RP6710.612	3-5 yrs	1:30-2:30 PM	W

Meadowbrook Ath Comp / Feb 25

RP6710.613	2-3 yrs	9:30-10:30 AM	Th
RP6710.614	3-5 yrs	10:30-11:30 AM	Th
RP6710.615	3-5 yrs	1:30-2:30 PM	Th

Mighty Kickers Soccer

3-4 yrs / 6 classes, start dates below / \$75

GOAL! Coaches provide a high energy, fun introduction to soccer. Mighty Kickers uses a creative, age appropriate curriculum to introduce basic soccer skills to kids including dribbling, passing and shooting while providing an entertaining and friendly atmosphere! Parents are also encouraged to follow the coach's instructions to assist in the games and activities. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

RP6705.601	Guilford ES	Jan 25	5:30-6:15 PM	M
RP6705.602	Cradlerock ES	Jan 27	6:30-7:15 PM	W
RP6705.603	Gary J Arthur Comm Ctr	Jan 28	10:30-11:15 AM	Th
RP6705.604	N Laurel Comm Ctr	Jan 28	1:30-2:15 PM	Th
RP6705.605	Meadowbrook Ath Comp	Jan 29	12:30-1:15 PM	F
RP6705.606	Dayton Oaks ES	Jan 30	9:30-10:15 AM	Sa
RP6705.607	Ducketts Lane ES	Jan 30	10:30-11:15 AM	Sa
RP6705.608	Gorman Crossing ES	Jan 30	2:30-3:15 PM	Sa

Kiddie Indoor Soccer

5-7 yrs / 6 or 8 classes, start dates & prices below & next column

Are you ready to play the world's most popular game? Boys and girls, learn basic skills such as dribbling, trapping, passing, shooting, defense and team play, all in a fun and encouraging environment. Meet in the gym. (No class 2/4, 2/8, 2/11, 2/15, 2/18.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / 8 classes / \$60

RP6700.601	Meadowbrook Ath Comp	Jan 20	5:05-6 PM	W
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60 mins / 6 classes / \$47

RP6700.602	Triadelphia Ridge ES	Jan 25	4:35-5:35 PM	M
RP6700.603	Waterloo ES	Jan 25	5-6 PM	M
RP6700.612	Gorman Crossing ES	Jan 21	5-6 PM	Th

60 mins / 8 classes / \$63

RP6700.605	Clarksville ES	Jan 19	5-6 PM	Tu
RP6700.606	Elkridge ES	Jan 19	5-6 PM	Tu
RP6700.607	Guilford ES	Jan 19	5-6 PM	Tu
RP6700.608	Veterans ES	Jan 19	5-6 PM	Tu
RP6700.609	Clemens Crossing ES	Jan 20	4:55-5:55 PM	W
RP6700.610	Cradlerock ES	Jan 20	3:55-4:55 PM	W
RP6700.611	Athlton ES	Jan 21	4:55-5:55 PM	Th
RP6700.613	Longfellow ES	Jan 21	4:35-5:35 PM	Th

After-School Indoor Soccer

8-10 yrs / 6 or 8 classes, start dates & prices below

The world's most popular game awaits you. Boys and girls learn and improve basic skills such as dribbling, trapping, shooting, passing, defense and team play. Coaches use a variety of drills, games and scrimmages to make learning fun and exciting. Meet outside school office; coaches escort players to gym. (No class 2/4, 2/8, 2/11, 2/15, 2/18.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

55 mins / 8 classes / \$60

RP6701.601	Meadowbrook Ath Comp	Jan 20	4:10-5:05 PM	W
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60 mins / 6 classes / \$47

RP6701.602	Triadelphia Ridge ES	Jan 25	3:30-4:30 PM	M
RP6701.603	Waterloo ES	Jan 25	4-5 PM	M
RP6701.612	Gorman Crossing ES	Jan 21	4-5 PM	Th

60 mins / 8 classes / \$63

RP6701.605	Clarksville ES	Jan 19	4-5 PM	Tu
RP6701.606	Elkridge ES	Jan 19	4-5 PM	Tu
RP6701.607	Guilford ES	Jan 19	4-5 PM	Tu
RP6701.608	Veterans ES	Jan 19	4-5 PM	Tu
RP6701.609	Clemens Crossing ES	Jan 20	3:50-4:50 PM	W
RP6701.610	Cradlerock ES	Jan 20	2:50-3:50 PM	W
RP6701.611	Atholton ES	Jan 21	3:50-4:50 PM	Th
RP6701.613	Longfellow ES	Jan 21	3:30-4:30 PM	Th

Youth Leagues

Winter Indoor Soccer League

4-8 yrs / 8 wks starting Jan 10 / \$77, *\$47 head coach's child

Boys and girls play soccer indoors while learning the basic skills of the sport. The Department forms the teams. Fee includes soccer jersey, socks and participation trophy. (No team entries.) Sneakers and shin guards required. This is a Sunday afternoon-only program. No weeknight practices. Volunteer coaches are needed. Head coach's children receive a discount. Registration deadline is December 11. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

Harper's Choice MS

RP5702.601	4 yrs	Noon-7 PM	Su
RP5702.602*	4 yrs	Noon-7 PM	Su
RP5702.611	5-6 yrs	Noon-7 PM	Su
RP5702.612*	5-6 yrs	Noon-7 PM	Su
RP5702.621	7-8 yrs	Noon-7 PM	Su
RP5702.622*	7-8 yrs	Noon-7 PM	Su

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.

Spring Youth Soccer League

4-8 yrs / 8 wks starting wk of Apr 11 / \$82, *\$52 head coach's child

Boys and girls, have fun playing soccer while learning the fundamentals of the world's most popular sport. The Department forms teams, which practice once per week on a weeknight beginning the week of April 11. Coaches contact participants regarding practice days and times one week prior to the beginning of the program. One-hour games are on Saturdays, starting April 23, between 9 AM and 5 PM. Shin guards are required. Fee includes participation award, soccer jersey and a soccer ball from Play It Again Sports® in Ellicott City. Volunteer coaches are needed. Head coach's child receives a discount. Individual registration only, no team entries. Registration deadline: March 11. Info: Susan Markovitz, 410-313-4674 or samarkovitz@howardcountymd.gov.

RP5701.701	Meadowbrook Pk	4 yrs	9 AM-5 PM	Sa
RP5701.702*	Meadowbrook Pk	4 yrs	9 AM-5 PM	Sa
RP5701.711	Meadowbrook Pk	5-6 yrs	9 AM-5 PM	Sa
RP5701.712*	Meadowbrook Pk	5-6 yrs	9 AM-5 PM	Sa
RP5701.721	HC Ctr for the Arts	7-8 yrs	9 AM-5 PM	Sa
RP5701.722*	HC Ctr for the Arts	7-8 yrs	9 AM-5 PM	Sa

Instructional Indoor Soccer League

5-10 yrs / 8 wks starting Jan 23 / \$76

First-time players or those wanting to improve their fundamental skills play small-sided games in this instructional league. Focus is on skill development through drills, game rules and scrimmages. Practice for four weeks and play four games against teams from the other sites (schedule TBD). Fee includes t-shirt. Shin guards required. Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

5-6 yrs / Beginner

RP6702.601	Athlton ES	1-2 PM	Sa
RP6702.602	Bollman Bridge ES	1-2 PM	Sa
RP6702.603	Centennial Lane ES	1-2 PM	Sa
RP6702.604	Clemens Crossing ES	1-2 PM	Sa
RP6702.605	Jeffers Hill ES	1-2 PM	Sa
RP6702.606	Waterloo ES	1-2 PM	Sa

6½ yrs / Advanced-8½ yrs / Beginner

RP6703.601	Athlton ES	2:15-3:15 PM	Sa
RP6703.602	Bollman Bridge ES	2:15-3:15 PM	Sa
RP6703.603	Centennial Lane ES	2:15-3:15 PM	Sa
RP6703.604	Clemens Crossing ES	2:15-3:15 PM	Sa
RP6703.605	Jeffers Hill ES	2:15-3:15 PM	Sa
RP6703.606	Waterloo ES	2:15-3:15 PM	Sa

8 yrs / Advanced-10 yrs

RP6704.601	Athlton ES	3:30-4:30 PM	Sa
RP6704.602	Bollman Bridge ES	3:30-4:30 PM	Sa
RP6704.603	Centennial Lane ES	3:30-4:30 PM	Sa
RP6704.604	Clemens Crossing ES	3:30-4:30 PM	Sa
RP6704.605	Jeffers Hill ES	3:30-4:30 PM	Sa
RP6704.606	Waterloo ES	3:30-4:30 PM	Sa

Adult Leagues (18 yrs +)

Adult Soccer Leagues

Team registration only. Winter, spring, summer and fall seasons offered. Visit www.eteamz.com/hcrpsports for information (Adult Sports link).

CONCUSSION & SUDDEN CARDIAC ARREST INFO

Read concussion and sudden cardiac arrest information on pages 66-67. Review of this information is required by law before you are allowed to register for youth sports programs.



Our popular softball leagues are back for another spring!

Softball

• Info: Mark Pendleton, 410-313-4703 or mpendleton@howardcountymd.gov.

Early Bird Softball Tournament

18 yrs + / Apr 2 & 3 / \$250

Register your team by March 27 for this three-game guarantee tournament. Games are April 5 and 6 at county parks. The tournament provides 3 USSSA approved balls to each team before the tournament. Additional balls may be purchased at the tournament for \$5 each.

Cedar Lane Pk West

RP5731.701	Co-Rec	Sa
RP5731.702	Men's	Sa

Softball Leagues

Games begin the week of April 10. Team fee includes balls, awards, officials, field reservation fees, sanction fee and administration. Team registration deadline: March 18. All games are played in county parks. See page 68 for league refund policy.

Men's League / 10 wks / \$890

18 yrs + / Men's League / Su-F

10 double headers for a 20-game schedule. D sanctioned teams.

50 yrs + / Men's 50 + Leagues / M

10 double headers for a 20-game schedule. ASA sanctioned teams.

Women's League / 10 wks / \$890

18 yrs + / Women's League / Tu

10 double headers for a 20-game schedule.

Co-Rec League

18 yrs + / Co-Rec League / \$475 / M nights

One game per week for a total of 10 weeks. Rec.-level league.

18 yrs + / Co-Rec League / \$890 / W-F

10 double headers for a 20-game schedule. D level leagues available.



Work on your forehand at our tennis programs.

Tennis

Kiddie Indoor Tennis

5-7 yrs / 6 or 8 classes, start dates & prices below

Time for tennis! Players learn and practice basic tennis skills in this program taught by trained coaches. Classes include a variety of enjoyable drills and exciting games. (No class 2/5, 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

60 mins / 8 classes / \$63

RP6870.601	Waterloo ES	Jan 20	5-6 PM	W
RP6870.602	Jeffers Hill ES	Jan 21	4:40-5:40 PM	Th
RP6870.603	Waverly ES	Feb 2	4:55-5:55 PM	Tu

55 mins / 6 classes / \$43

RP6870.604	Meadowbrook Ath Comp	Jan 25	5:05-6 PM	M
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Private Indoor Tennis Lessons

6-10 yrs / 4 classes, start dates below / \$94

Individual and small group lessons (1:4 ratios) for 10 and Under QuickStart Tennis Players. Drills, instruction and QuickStart tennis techniques designed by the USTA are used for beginning players to learn tennis fundamentals, balance and coordination skills. 10 and under QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by using specialized equipment, shorter court dimensions, and simplified scoring, all tailored to match youth age and size. Bring a junior-size racquet (21" to 25"). All lessons run for 45 minutes. (No class 1/18.)

Info: 410-313-4637.

Meadowbrook Ath Comp / 4:10-4:55 PM / Instructor: Shantha Chandra

RP6872.601	6-8 yrs	Beginner	Jan 11	M
RP6872.602	6-8 yrs	Advanced Beginner	Jan 12	Tu
RP6872.603	9-10 yrs	Intermediate	Jan 15	F
RP6872.605	6-8 yrs	Beginner	Feb 22	M
RP6872.606	6-8 yrs	Advanced Beginner	Feb 16	Tu
RP6872.607	9-10 yrs	Intermediate	Feb 19	F

Meadowbrook Ath Comp / 4:10-4:55 PM / Instructor: Gene Pierelli

RP6872.604	9-10 yrs	Advanced Beginner	Jan 15	F
RP6872.608	9-10 yrs	Advanced Beginner	Feb 19	F

Jr. Development Tennis Spring Break Camp with Shantha Chandra

7-13 yrs / 4 days starting Mar 28 / \$90

Develop beginner and intermediate tennis skills. A QuickStart tennis format is used to play games. Enjoy the fun competition with players of the same skill level. Makeup rain day: Friday. Info: 410-313-4637.

RP7012.701 Centennial Pk West 9-11 AM M-Th

After-School Indoor Tennis

8-10 yrs / 6 or 8 classes, start dates & prices below

Have fun while you learn the basics or fine-tune your skills in this program taught by trained coaches. Classes include a variety of drills and games and an introduction to match play. Meet in front of school office; coaches escort players to gym. (No class 2/5, 2/8, 2/15.) Info: Brian Wyman, 410-313-4705 or bwyman@howardcountymd.gov.

60 mins / 8 classes / \$63

RP6871.601	Waterloo ES	Jan 20	4-5 PM	W
RP6871.602	Jeffers Hill ES	Jan 21	3:35-4:35 PM	Th
RP6871.603	Waverly ES	Feb 2	3:50-4:50 PM	Tu

55 mins / 6 classes / \$43

RP6871.604	Meadowbrook Ath Comp	Jan 25	4:10-5:05 PM	M
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Jr. USA Team Tennis Spring Break Camp with Shantha Chandra

10-15 yrs / 4 days starting Mar 28 / \$90

Advanced beginners and intermediate players freshen up on their basic ground strokes, serving, scoring and playing matches. Makeup rain day: Friday. Info: 410-313-4637.

RP7015.701 Centennial Pk West 11:15 AM-1:15 PM M-Th

Volleyball

Youth

• Info: Carson Nickell, 410-313-4720 or cjnickell@howardcountymd.gov.

After-School Volleyball

6-10 yrs / 6 or 8 classes, start dates & prices below

Practice makes perfect! This program is for beginners who enjoy this exciting sport and want to learn the basics. Individual players develop new skills and improve existing ones. Lessons emphasize sportsmanship, skill technique, hard work and fun in a team atmosphere. Learn to pass, hit, set and serve.

6 classes / \$47

RP6400.603	Running Brook ES	Jan 27	4-5 PM	W
RP6400.601	Thunder Hill ES	Feb 1	4-5 PM	M

8 classes / \$63

RP6400.602	Dayton Oaks ES	Jan 5	3:25-4:25 PM	Tu
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Sports