



Howard County

RECREATION & PARKS



2016 Fall

Adult Classes & Activities

www.howardcountymd.gov/rap



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HoCoParks
APP



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General Information

How to Register

On-line: www.howardcountymd.gov/rap

Phone: 410-313-7275 (voice/relay)
(8 AM-4:30 PM, M-F)

Fax: 410-313-4660

Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046

Walk-in: Howard County Recreation & Parks
7120 Oakland Mills Road, Columbia
(8 AM-4:30 PM, M-F)

Gary J. Arthur Community Center
2400 Rte. 97, Cooksville
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

North Laurel Community Center
9411 Whiskey Bottom Road, Laurel
(8 AM-8 PM, M-Sa; 9 AM-5 PM, Su)

Robinson Nature Center
6692 Cedar Lane, Columbia
(9 AM-5 PM, W-Sa; Noon-5 PM, Su)

Roger Carter Community Center
3000 Milltowne Drive, Ellicott City
(7 AM-10 PM, M-Sa; 7 AM-9 PM, Su)

Refund Policy

We recognize that you may wish to withdraw for a variety of reasons, but our policy encourages early decisions so as to not affect other customers or our ability to efficiently deliver the programs. At a minimum, all refund requests are subject to a 20% administrative fee. Additional fees may be assessed to recover costs associated with the program. Class programs require at least two weeks advance notice of withdrawal to avoid the additional fees. Trip refunds may reflect pre-paid admissions; but the option to transfer your ticket may be considered. Competitive sport program time frame for refunds reflects planning time and team selections; check refund details on website. There are no refunds for missed sessions.

Inclement Weather

Howard County Recreation & Parks strives to operate regardless of weather (canceling is our last resort). Some activities are outdoors, in parks. Please consider the weather before attending a class. To check the status of your program, please call our Program Status Line at 410-313-4451.

Payment Information

Include payment with your registration form – a check or money order payable to the Howard County Director of Finance, or credit card information. (We accept American Express, Discover, MasterCard and VISA.) Please sign the waiver on your receipt and bring it to the first session.

Special Events & Family Activities

October

NEW! Interactive After-Hours Tour of PFI

Gain exclusive, after-hours access to the 179-year-old ruins of the Patapsco Female Institute, overlooking the Patapsco River Valley in Ellicott City. Take a guided tour of the historically-rich (and possibly haunted!) ruins; then gather around a campfire and listen to the stories and legends surrounding this Victorian-era girls' school. Enjoy individual time to soak up the atmosphere. Use the same equipment as professional ghost hunters to gather evidence of paranormal activity and draw your own ghostly conclusions! Info: Joseph Fisher, 410-313-0421 or jdfisher@howardcountymd.gov.

18 yrs + Patapsco Female Institute

RP9975.101	Oct 14	8-11pm	F	\$30
RP9975.102	Oct 21	8-11pm	F	\$30
RP9975.103	Oct 28	8-11pm	F	\$30
RP9975.104	Oct 30	8-11pm	Su	\$30
RP9975.105	Oct 31	8-11pm	M	\$30

Haunted Experience flickr

Whether you choose fright or fun, a memorable experience awaits you at Rockburn Branch Park (Montgomery Rd. entrance). This event is co-sponsored by the Elkridge Adult Athletic Association. Inclement weather line: 410-313-4451.

Haunted Experience 7 yrs + Rockburn Branch Pk

An ink-black night sets the stage for a spooky hayride through the eerie trails to the ghostly dwelling deep in the woods.

Awaiting you there are haunting tales of ghosts and goblins and horror that tingle the spine.

Oct 21, 22, 28, 29 6:30-10pm F or Sa

\$10 at gate (cash only)

Happy Haunted Hayride 2-7 yrs Rockburn Branch Pk

It's cute, it's friendly and not-so-scary. This hayride is for fun, not fright!

Oct 23, 30 2-4pm Su \$5 at gate (cash only)



Make crafts, play games and enjoy festive fall fun with your little one at the Fall Spooktacular!

NEW! Fall Hallo-Fest

Join us for a festive time that is fun for the entire family. Enjoy games, crafts, fall refreshments and entertainment! Children, come dressed in your favorite costume. Preregistration is required; children must be accompanied by an adult.

Registration/Info: 410-313-2764.

3-10 yrs Roger Carter Comm Ctr

RP5400.102 Oct 22 10am-noon Sa

\$8 (member)

RP5400.103 Oct 22 10am-noon Sa

\$10 (nonmember)

Fall Spooktacular flickr

Come join us for a festive, fall event for the whole family. Enjoy crafts, treats, games, fall refreshments, and more! Children can dress in their favorite costume. Preregistration is required; children must be accompanied by an adult.

Registration/Info: 410-313-0390.

3-12 yrs N Laurel Comm Ctr

RP4154.101 Oct 23 3-4:30pm Su

\$10, member; \$15, nonmember



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Halloween One-Mile Fun Run/Walk

Dress up in your favorite costume for a walk or run that includes fun circuits like crab walks and mummy kicks. Everyone receives a ribbon, goody bag and refreshments. Afterwards, make Halloween crafts to take home. Stroller moms are encouraged to participate. Preregistration required. Race begins promptly at 9:30am.

Info: Sara Schwab, 410-313-4842.

3 yrs + Gary J Arthur Comm Ctr

RP4130.101 Oct 29 9:30-10:30am Sa

\$10, member; \$15, nonmember

Truck or Treat

Get in gear for a “wheely fun” day celebrating Halloween and the 10th anniversary of the Gary J. Arthur Community Center! Come dressed in your favorite costume to trick-or-treat at each truck, tractor and other fun vehicles. Each vehicle is represented by our friends from County agencies, nonprofit groups and local businesses. Enjoy hayrides, children’s activities, concessions, giveaways, and more. Increase the day’s fun by signing up for Halloween One Mile Fun Run/Walk (starts at 9:30am). Info: 410-313-4840.

Inclement weather status line: 410-313-4452 (ext. 1).

All ages Gary J Arthur Comm Ctr

Oct 29 11am-1pm Sa Free

Halloween Trick or Treating at the Historic Sites

Have we got a treat for you! Come by the Firehouse Museum and the Thomas Isaac Log Cabin on Halloween afternoon. Dress up as your favorite famous person (or ghost) of Howard County history! Info: Caitlin Chamberlain, 410-313-0420 or cchamberlain@howardcountymd.gov.

0-12 yrs Firehouse Museum

Oct 31 4-6pm M Free

0-12 yrs Thomas Isaac Log Cabin

Oct 31 4-6pm M Free

November

NEW! Big Wheel 500

On your mark... Get set... Go! Join us for one of the most entertaining and family-friendly events in North Laurel. Drivers race around an indoor course for a chance to be presented with a celebratory wreath in the winner’s circle. Each driver must bring their own helmet and wear closed-toe shoes. Games, crafts and light refreshments are provided. Info: 410-313-0458.

3-8 yrs N Laurel Comm Ctr

RP4407.101 Nov 5 10am-noon Sa

\$15, member; \$20, nonmember

Cultural Showcase

Roger Carter Community Center will be hosting an exhibition to showcase individual cultures within Howard County’s diverse population. This event will include historical facts, learning activities, music and much more. Registration: 410-313-2764.

Info: Montrez Brown, 410-313-2748 or

mjbrown@howardcountymd.gov.

All ages Roger Carter Comm Ctr

RP5400.105 Nov 12 Noon-4pm Sa Free

Tinsel & Treasures - Craft and Home Fair

Jump-start your holiday shopping at our Holiday Craft Fair. You are sure to find unique gifts and decor at this event. Tables are limited to one per vendor. Space is limited. Preregistration for vendors required.

Registration/Info: 410-313-0390.

All ages N Laurel Comm Ctr

RP4157.102 Nov 19 10am-1pm Sa

Free for shoppers \$25 per vendor

Turkey Waddle

Join us as we gobble our way through the North Laurel Park! The walk consists of different fitness and children’s activities. You also have the chance to enter to win a turkey for your Thanksgiving dinner.

Info: 410-313-0458.

All ages N Laurel Comm Ctr

RP4405.101 Nov 19 10:30-11:30am Sa

Free, 0-4 yrs; \$5, member 5 yrs +; \$7, nonmember 5 yrs +



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Holiday Train Garden

Come visit us and enjoy some holiday fun provided by train enthusiast Dennis Moore. The layout features four continuously operating trains. Visitors of all ages delight in the buttons to activate accessories or sounds. Enter for a free drawing to win four passes to the B&O Railroad Museum in Baltimore. Train garden open during center operating hours. Info: 410-313-4840.

All ages Gary J Arthur Comm Ctr Nov 20-Jan 15 Free

December

Holiday Mart flickr

Join us for the 44th year. Find seasonal gifts and merchandise created by 130 juried artisans. Enjoy door prizes and a children's craft corner. Discerning shoppers know this is the place to find unique handcrafted items and home decor. You're sure to find something for everyone on your list and don't forget yourself! Hot and cold beverages, lunch and snacks available for purchase. Coat and package check available. Info: 410-313-4840.

All ages Gary J Arthur Comm Ctr

Dec 3 10am-5pm Sa

Free for shoppers Vendors were juried in advance

Midnight Madness at the Patapsco Female Institute Historic Park and the Firehouse Museum flickr

Take a break from shopping during Midnight Madness and join us as we kick off the 2016 holiday season in historic Ellicott City! We have stories to share of winters past and the brave actions of our fire department at the Firehouse Museum. Make your way up Church Road (weather-permitting) to see the Patapsco Female Institute Historic Park decked out in holiday finery and learn about holiday traditions of the Victorian Era. Info: Caitlin Chamberlain, 410-313-0420 or cchamberlain@howardcountymd.gov.

All ages Patapsco Female Institute

Dec 2 6-10pm F Free

All ages Firehouse Museum

Dec 2 6-10pm F Free



Shop amongst more than 100 artisans and find something for everyone on your holiday shopping list at the 44th annual Holiday Mart!

Santa's Workshop at the Thomas Isaac Log Cabin flickr

Join Santa and his elves on this magical evening as the Thomas Isaac Log Cabin is transformed into a magical winter wonderland! Santa, with the help of some elf friends, allows you to take a glimpse into his workshop that promises to captivate children of all ages. Info: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov.

All ages Thomas Isaac Log Cabin

Dec 2 4-8pm F Free

Christmas in the Park flickr

Kick off the holiday season with Howard County's tree lighting ceremony! Join us for an evening of caroling, costumed characters and light refreshments.

Info: 410-313-7275.

All ages Centennial Pk South

Dec 6 6-7:30pm Tu Free

Adults (18 yrs +) Classes & Activities

Cooking

Lebanese Essentials with Chef Mark Waitsman

Instead of going out, why not prepare your Middle Eastern favorites in your own kitchen? Restaurant quality meals are a snap to cook when Chef Mark teaches you. Delicious Hummus, Baba Ganoush and Koftas are on the menu. Served with Chef Mark's class-made Pita, it's a meal you won't want to miss. This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0503.101 Sep 14 6:30-9pm W \$24

NEW! Knife Skills & the Fall Harvest with Chef Richard Douville

Learn about knives and sharpening. Practice safe and practical knife techniques on a wide variety of vegetables. Enjoy peeling, blanching, roasting, and sautéing while making the following dishes: Broccoli-Chick Pea Vinaigrette; Cauliflower, Brussels sprouts, and Broccoli, each two ways; Cabbage Deconstructed Rolls, Steamed, Sautéed, and Slaw; Green Tomatoes; Zucchini and Yellow Squash Casserole; Winter Squashes; Kale and Collards, Traditional and Contemporary; Potatoes and Yams, Latkes and Roasted. That's a lot of cooking, so bring your favorite knife and a cutting board and we'll get busy! \$30 materials fee due at first class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Glenelg HS Classes: 2

RP0516.101 Sep 19 6:30-9pm M \$50

NEW! Indian Street Food with Chef Ravi Lahori

Avoid the food trucks—learn Indian street food with Samosa burger (open faced samosa). Chili pakoras (hot peppers stuffed and deep-fried) dunked in a sweet and sour tamarind sauce topped with cumin yoghurt. Aloo tikka chaat (a pan fried patty - heavenly blend of mashed potatoes, chat masala, fresh bread, garlic and cumin) topped with an assorted chutney blend (onion, tamarind and mint) topped with crispy poppadum strips. Finish



Chef Mark Waitsman sends you home with new cooking tricks, techniques and recipes to try out!

off your meal with saffron pistachio ice-cream. \$17 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Ellicott Mills MS

RP0524.101 Sep 21 6:30-9pm W \$29

NEW! Sugar Blues: Kick Sugar before Sugar Season

Sugar is a hot topic today and can be a tricky food for some of us to break free from, especially during the holiday season. In this class, gain a broader understanding of how sugar affects our minds and bodies and how we can integrate certain foods and practices daily to limit or eliminate refined and added sugars from our diet in preparation for the onslaught of sugary foods October, November and December bring. In addition, sample and learn how to make healthier versions of both traditional and newer holiday treats and leave with some practices and recipes to try out at home.

\$10 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr

RP0514.101 Oct 4 7-8:30pm Tu \$20

NEW! Big Cuts

with Chef Richard Douville

The winter holiday and entertaining season is fast approaching; what will you serve? Learn about three major cuts of meat and subdivide them each for variety and economy: whole pork loin, New York Strip roast, and whole beef fillet. Come make three to four recipes with each big piece! \$40 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Glenelg HS Classes: 2

RP0517.101 Oct 10 6:30-9pm M \$50

NEW! Roman Holiday

with Chef Mark Waitsman

Dine at a cozy little Italian ristorante owned by Chef Mark. Enjoy his homemade Manicotti, Spaghetti ala Carbonara and Pasta alla Puttanesca. See how easy it is to make restaurant quality Italian meals in your own kitchen. Make your reservations now! This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0501.101 Oct 19 6:30-9pm W \$24

NEW! Harmonious Asian

with Chef Mark Waitsman

This well-balanced class features all of our favorite flavors of the Asian continent. Sweet Chili Crab on Crispy Wonton, Chef Mark's Easy General Tso's Chicken and Asian Garlic Rice. No need to venture from the comforts of your home. Restaurant quality can come from your own kitchen! This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0502.101 Oct 26 6:30-9pm W \$24

NEW! Indian Foundation Sauces

with Chef Ravi Lahori

This all-time favorite class is where you learn the three basic foundation sauces in Indian cuisine, Brown Indian masala, Korma sauce and Makhani sauce. This class enables you to create almost any Indian dish using one or all of them separately or in combination.

\$17 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Hammond HS

RP0525.101 Nov 2 6:30-9pm W \$29



Learn useful cooking techniques to practice at home!

NEW! Soups, Stews and Broths for Winter Health

Learn what all the fuss is about bone broth! In this class, learn the health benefits of drinking and cooking with bone broth, as well as how seasonal soups and stews can bolster your immune system and enhance your overall health. Leave with some recipes to try at home and enjoy the opportunity to sample a broth and some soups. \$10 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0515.101 Nov 3 7-8:30pm Th \$20

NEW! Phyllo & Puff Pastry with Chef Richard Douville

If you find the notion of working with phyllo dough intimidating, then let Chef Richard de-bunk that notion for you. Learn a couple of simple tricks to help you make Greek Baklava, Spanakopita Triangles, Classic Boreks, Tyro pita, Chicken-Cheese Triangles, Lamb-Feta Pies, Puff Pastry Turnovers, Strudels, and Chicken a la King. \$30 materials fee due at first class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Glenelg HS Classes: 2

RP0518.101 Nov 7 6:30-9pm M \$50



Become more comfortable in the kitchen at one of our many cooking classes this fall!

NEW! Thai Green Curry Chicken with Chef Mark Waitsman

The wonderful curry that you get at the restaurant is a mystery no longer! Thai Green Curry Chicken, Seafood Salad with Fragrant Herbs and that “secret” Thai Sweet Chili Sauce is on the menu. Served with Jasmine Rice for your dining pleasure! This demo-style class features lecture, demonstration and generous tastings. \$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0504.101 Nov 9 6:30-9pm W \$24

NEW! South Indian Cuisine with Chef Ravi Lahori

We go to the south of India as we prepare Medu vada with sambhar (a fluffy white lentil dumpling flavored with curry leaves, coconut served dunked in a sour lentil curry), Chicken and Green Bean Poriyal (stir fried chicken and green beans with white lentils, mustard seeds, red chilies, curry leaves), Lemon pulao (a lemon scented rice preparation with sliced coconut, red chilies and cilantro). \$17 materials fee due at first class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Ellicott Mills MS

RP0527.101 Nov 16 6:30-9pm W \$29

NEW! Simply Delicious Cookie Factory with Chef Richard Douville

Just in time for the winter holidays! Chef Douville can produce a double batch (6 to 12 dozen) of cookies, from set-up to cleanup, in about 1.5 hours. These cookies are not painstakingly decorated but they are simply delicious! Bring a container so you can take some home.

Working in teams, come mass-produce Cappuccino Thins, Lemon Gems, Greek Butter Cookies, Chocolate Crackles, Lazy Almond Biscotti, Cardamom Stars, and White Chocolate Craisin Oatmeal Cookies. \$20 materials fee due at first class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Glenelg HS Classes: 2

RP0519.101 Nov 28 6:30-9pm M \$50

NEW! Thai Cuisine with Chef Ravi Lahori

Join Chef Ravi to create some of the most popular dishes in Thai cuisine, Thai chicken satay with spiced peanut sauce, Thai cashew stir fry served with Thai sticky rice and Mango sticky rice pudding. \$17 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Hammond HS

RP0526.101 Dec 7 6:30-9pm W \$29

NEW! My Little French Bistro with Chef Mark Waitsman

Recreate one of my favorite meals from the City of Lights. Real French Onion Soup, Crispy Fresh Salmon Cakes, Side Salad with Bistro Salad Dressing, and Homemade French Baguette. This demo-style class features lecture, demonstration and generous tastings.

\$20 materials fee due at class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Mt. Hebron HS

RP0505.101 Dec 14 6:30-9pm W \$24



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Crafts & Fine Arts

Drawing & Painting

Adult Lecture Series I: VIPS in the Art World

Who are the people in the art world who are not artists but who affect the business of art? Gertrude Stein introduced the Cone sisters and Picasso to Matisse. They all mutually benefitted each other. Peggy Guggenheim lent Jackson Pollock the down payment on his Long Island house where he discovered drip painting. Who has been influential as a buyer, a patron, a gallery owner? Which works have been forged or stolen? On August 21, 1911, the Mona Lisa was stolen from the Louvre by employee Vincenzo Peruggia, who was caught after two years. Currently some of New York's top art dealers are under investigation by federal authorities for allegedly selling dozens of forged works by Modernist masters like Robert Motherwell and Jackson Pollock. In this course we examine several famous art patrons and art thefts. We take a closer look at the "movers and shakers" who affect what sells and doesn't sell in the art market. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0210.101 Nov 3 10am-noon Th \$25

NEW! Art Lecture Series II: Famous Art Collaborations

Are two heads better than one when it comes to producing artwork? Or does one artist become overshadowed when another becomes famous? Lee Krasner was a successful artist in her own right but was eclipsed by Jackson Pollock and ended up promoting his fame. Alfred Stieglitz "discovered" Georgia O'Keefe and helped launch her into the art world. Christo and Jeanne-Claude formed a formidable artistic duo and took artistic collaboration to a new level with their large-scale environmental sculptures. When have personal relationships helped an artistic career and when have they sunk it? In this course we will examine several famous artistic partnerships: romantic ones and working ones. We take a closer look at how interpersonal relationships effect artistic production and success. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0207.101 Dec 9 10am-noon F \$25



Learn to paint on different mediums at one of our art classes.

Art Styles Refresher with Ann Wiker

This lecture series explores the art styles of the early 20th century. With the introduction of modern art, the whole purpose of art changed. Artists were no longer interested in using their canvases as a window to the world but were instead focused on the canvas as a surface for their thoughts and ideas and feelings. As a result there was an explosion of art styles: Impressionism, Fauvism, Expressionism, Surrealism, Dadaism, Minimalism, etc. Find out what influenced the creation of some of these styles, what the styles look like and the artists who practiced them. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr

RP0210.102 Nov 4 10am-noon F \$25



Practice and perfect your painting and drawing skills at an art class this fall!

Basic Zentangle with Mary-Anne Mulcahy

The Zentangle Method is a trending, easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured, repetitive patterns. Focus is on the process, not the outcome. The practice of Zentangle is an art form, a life skill and an approach to mindfulness and relaxed meditation. No prior knowledge or artistic skill is required. \$15 materials fee due at first class. Materials list: www.howardcountymd.gov/crafts_finearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 2
 RP0221.101 Sep 13 6-9pm Tu \$35

18 yrs + Gary J Arthur Comm Ctr
 RP0221.102 Oct 14 9:30am-12:30pm F \$35

18 yrs + Belmont
 RP0221.103 Nov 7 6-9pm M \$35

NEW! Beginner/Refresher Watercolor with Brenda Kidera

Always wanted to try watercolor painting but never picked up a brush? Need a refresher on basic techniques? This class walks you through the basics using step-by-step instructions and demonstrations. Class discussion includes materials, color mixing and more. \$5 materials fee due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 3
 RP0202.101 Oct 15 9:30am-2:30pm Sa \$169

Beyond Basic Zentangle with Mary-Anne Mulcahy

The Zentangle Method is a trending, easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured, repetitive patterns. Focus is on the process, not the outcome. The practice of Zentangle is an art form, a life skill and an approach to mindfulness and relaxed meditation. Prerequisite is the Basic Zentangle class. Optional materials are provided. \$15 materials fee due at first class. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 2
 RP0222.101 Sep 30 9:30am-12:30pm F \$60

18 yrs + Belmont Classes: 2
 RP0222.102 Oct 25 6-8pm Tu \$60

18 yrs + Gary J Arthur Comm Ctr Classes: 2
 RP0222.103 Dec 6 6-8pm Tu \$60

NEW! Explorations in Oil & Acrylic with Brenda Kidera

Learn a variety of techniques and learn how to build your painting while painting a variety of subject matter. Reference materials provided. Bring your own art supplies; enjoy step-by-step demonstrations. Elementary knowledge of your medium required. \$13 materials fee due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts. (No class 10/7, 11/11.) Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 8
 RP0205.101 Sep 16 9:30am-12:30pm F \$215

NEW! How to Paint Trees in Watercolor with Brenda Kidera

Learn step-by-step with demonstrations how to paint a variety of trees in watercolor. Work on new, small paintings every week. Bring your own art supplies. Elementary knowledge of watercolor is necessary. \$13 materials fee due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts.

Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 3
RP0204.101 Nov 29 9:30am-12:30pm Tu \$84

Oil Painting with Ann Wiker

All levels welcome! Beginners, learn the basics of oil painting (prepping the canvas, mixing colors, brush techniques, composition, and light and shadow).

Intermediate painters, review color mixing, composition and choosing subject matter. Advanced painters, receive individualized instruction based on ability. Don't be intimidated; this is fun! (No class 10/27, 11/3, 11/17.)

Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 6
RP0208.101 Oct 6 9:30-11:30am Th \$115

Painting in Oils and Acrylics with Nancy Davis

Work in acrylics or oils to learn to create a successful painting through drawing, design, value, color and brush work. The instructor works with the group as a whole and with each individual. Instructional materials provided.

You may choose to work from still life materials provided or your own photographs. Enjoy learning how to edit photographs to achieve a better painting. Supply list: www.howardcountymd.gov/craftsandfinearts.

(No class 10/12.) Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + River Hill HS Classes: 6
RP0206.101 Sep 28 7-9pm W \$95

Signed, Sealed, Delivered - A Calligraphy Workshop

Are you looking to add a beautiful, personal element to your letters, holiday cards and craft projects? Spend an afternoon learning the basics of the ancient art of calligraphy. Discover the history of this writing form, read samples of old hand-written letters, and try writing. Calligraphy pens, ink, and an assortment of stationary are provided for you to practice writing. Leave with samples of your own design. Take home a calligraphy pen with interchangeable nibs and a collection of paper types. Info: Jaimie Wilder, 410-313-0419 or jwilder@howardcountymd.gov.

16 yrs + Ellicott City Colored School, Restored
RP9980.101 Oct 22 1-3:30pm Sa \$40
RP9980.102 Nov 12 1-3:30pm Sa \$40

Watercolor Holiday Cards with Brenda Kidera

From new reference materials (that are provided), learn to build a painting through step-by-step instructions and demonstrations. Once complete, you can have the painting printed as cards in time to send out for the holidays. Elementary knowledge of watercolor necessary. \$5 reference material fee for due at first class. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 5
RP0201.101 Sep 6 9:30am-12:30pm Tu \$135

NEW! Watercolor: Pouring Paint! With Brenda Kidera

This challenging and fun course walks you through the entire process of pouring your painting. Begin with important value-sketches, followed by masking and pouring layers of paint. Bring your own art supplies. Some watercolor experience is necessary. \$20 material fee due at first class includes 300# Arches watercolor paper. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 7
RP0203.101 Oct 11 9:30am-12:30pm Tu \$189



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Experience the joy of knitting with Anna Tai.

Knitting & Crocheting

Crochet 1 with Anna Tai

Learn stitches, crochet in the square and the round, pattern reading for beginners and beyond. Learn the many aspects of wearable crochet - drape, yarn selection, shaping. Project choices are a scarf, hat, wrap, bag or tank top. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov. Materials list: www.howardcountymd.gov/craftsandfinearts.

18 yrs + Oakland Mills HS Classes: 3
RP0802.101 Sep 21 7-9pm W \$47

Knit 1 with Anna Tai

Experience the joy of knitting. Learn to cast on, the knit and purl stitches, cast off, adjust tension, and correct mistakes. Combine garter and stockinet stitch patterns and make your first scarf. Materials list: www.howardcountymd.gov/craftsandfinearts. Info: Danielle Bassett 410-313- 4634 or dbassett@howardcountymd.gov.

18 yrs + Oakland Mills HS Classes: 3
RP0801.101 Sep 20 7-9pm Tu \$47

Paper Crafts & Card Making

Card Making Class

Experienced crafters, this is for you. There are many techniques, skills, tools, and methods to card making. Deepen your knowledge and provide you with new methods for the craft. During class, apply new techniques and skills to make 2-3 beautiful card designs. Spend the class creating a variety of greeting cards, such as thank you, get well, birthday, graduation, miss you, and more, while continuing to expand your knowledge of paper crafting. Each class date has a new set of card designs specific for the time of year. Attend all of the classes to have an assortment of fabulous greeting cards! \$15 materials fee due at first class. Info Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Waterloo ES
RP0810.101 Oct 18 6:30-8:30pm Tu \$30

Intro to Papercrafting

From scrapbooking and card-making to school projects, paper crafting is a fun hobby to explore! Rubber-stamping is a technique used most often in paper crafting. It is the process of transferring and replicating an image onto a surface. Learn techniques for rubber-stamping that improve the look and feel of your handmade creations. You also learn about tools and techniques behind paper crafting, plus the skills to add designs to your crafts. By the end of class, you will have created 1-2 greeting cards for different occasions. \$15 material fee due at class. Info: Danielle Bassett 410-313-4634 or dbassett@howardcountymd.gov

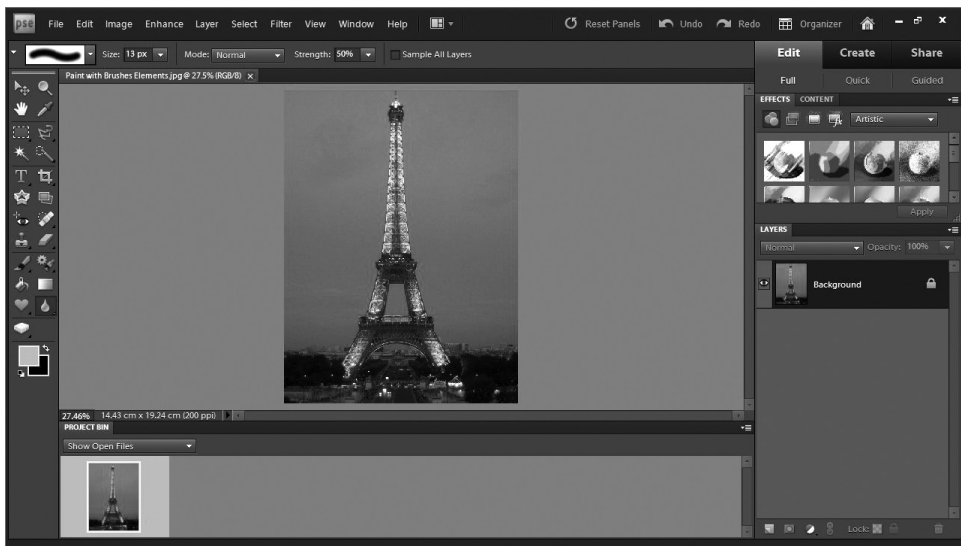
18 yrs + Roger Carter Comm Ctr
RP0809.101 Sep 20 7-9pm Tu \$30

Photography, Film & Video

Advanced Photoshop Elements

Take charge of your photos with advanced Adobe Photoshop Elements tools. Adjust the colors, including colorizing old photos. Learn how to apply adjustment layers to create our own montages. Fix what you want and get rid of what you don't need as we work on our new shots and on our old photos that we scan in. Bring your laptop or borrow one from the instructor for a \$10 lab fee. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 3
RP0214.101 Nov 3 6:30-8:30pm Th \$54



Beginning Photoshop Elements *teaches the fundamentals of editing and perfecting your photos.*

Beginners Digital Photography Basics for New Users

This class is designed for someone who is just getting started with their digital camera. As a one-size-fits-all class, it covers the basics (whether using a compact digital camera, an interchangeable lens compact camera or a single lens reflex camera). Learn the basic features of the camera (e.g., resolution and how to change it, when such a change is appropriate), scene modes (e.g., portrait, landscape), settings such as ISO, etc. You must have your camera manual with you. The course also touches upon downloading photos to a computer and accessories you may want to consider such as protective filters for your lens. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

21 yrs + Roger Carter Comm Ctr Classes: 6

RP0209.101 Sep 22 7-9pm Th \$100

Beginning Photoshop Elements

Bring your own new and old photos to adjust your shots with Adobe Photoshop Elements. Learn the foundation fundamentals to crop and clone, select and build our expertise with layers to reveal our visions. Save money as we customize our scanned prints and digital images and fit our personal images into standard frames and mats. Bring your laptop or borrow one from the instructor for a \$10 lab fee. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 3

RP0213.101 Oct 4 6:30-8:30pm Tu \$54

NEW! Capture the Fall in a Photo Walk at Belmont

Color our fall with vision and imagination as we photograph Belmont Manor and the edges of Patapsco State Park. Learn and apply our tools for using the sun to reveal color, shape and personality. Shoot close-ups and panoramas while learning to use exposure compensation for flexibility. We review our shots to discover more opportunities. Bring your digital camera and your enthusiasm. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + Belmont Classes: 4

RP0212.101 Sep 19 6-8pm M \$70

NEW! Capturing Faces

Get ready to capture great photos this holiday season of your family and friends. Practice photographing one of our favorite subjects: people. Shoot poses and candids, individuals and groups, to get the feel of how to handle our subjects as well as our cameras. Bring your digital camera and may even bring a subject. Learn why not to say "smile." Shoot, review shots, and try out various angles, zooms, and approaches to lighting. Info: Danielle Bassett, 410-313-4634 or dbassett@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 3

RP0215.101 Dec 1 6:30-8:30pm Th \$54



Couples Dance with Mo & Barb *will get you moving around the dance floor in no time!*

Dance

Ballroom

Ballroom Sampler with Jim & Lucy: Polka & Jitterbug Swing

This beginner class introduces a sampling of the unique character and joys of classic Polka and lively Swing. The first four weeks focus on Polka (a classic folk/country dance) and the last four weeks on popular Triple Step Swing. Master the foundational steps of each of these dances, practice lead and follow, and become ready to take your dancing on to any dance floor. Each class reviews the basic techniques and foot patterns learned the week before; and then teaches one or two new steps. Couples only; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Atholton ES Classes: 8

RP1104.101 Sep 23 8:30-9:30pm F \$149

NEW! Ballroom Sampler with Jim & Lucy: Swing & Foxtrot

This second "Dance Survival" class introduces you to two Swing styles and finishes with a two-week sampling of Foxtrot steps. Learn to move in sync with Big Band songs, as well as Oldies, Motown, and Rock-n-Roll. While you learn steps, strengthen leading and following techniques necessary for the all-important dance partner connection. After completing the class, we hope you feel confident saying "yes" to invitations to

dance at weddings, office parties, and other social events. Singles and couples welcome; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP1107.101 Sep 21 8:20-9:20pm W \$75

Couples Dance

with Mo & Barb Dutterer flickr

Beginner to advanced dancers, learn to dance every dance at your next party, reunion, anniversary, or wedding. Cha cha, waltz, two-step (foxtrot), and slow dance will all be taught. Join the fun with Mo and Barb on their 27th year of teaching dance here in Howard County. Couples only. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP1119.101 Sep 13 8:30-9:30pm Tu \$125

Hand Dancing and Bop

with Shirley Duncan

Experience the traditional and exciting hand dance and Bop that make you stand out socially. Spice up your dance ability in this class designed for all levels. Learn the basic six count, weight change, proper coordination of foot patterns, balance and controlled turns. Partner not required. (No class 10/3.) Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Oakland Mills HS Classes: 8

RP1125.101 Sep 12 6:30-7:30pm M \$75

18 yrs + Dunloggin MS Classes: 8

RP1125.102 Sep 15 6:30-7:30pm Th \$75

Intro to Social Ballroom Dance

with Jim & Lucy

This "Social Dance Survival" class equips you with simple dance routines adaptable to a variety of dance musical styles commonly played at weddings and parties, including smooth jazz, foxtrot, slower big band, romantic songs, and traditional waltz. In the last two weeks, enjoy a two-week sampling of swing dance steps. We look forward to inspiring you and giving you confidence to get out of your seat to head to the dance floor at parties, weddings, or anywhere you hear music playing! Singles, as well as couples welcome; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP1106.101 Sep 21 7:05-8:05pm W \$75

Next Step with Jim & Lucy:

Foxtrot and Cha Cha

This Next Step class is designed for those who have taken classes in the last five years in both Foxtrot and Cha Cha, and/or are experienced with leading and following the basic steps in both these dances. In the first week, review foundational steps in Cha Cha, then build your repertoire of Cha Cha mini-routines in weeks two to four. On the fifth night, review basic Foxtrot steps, and then learn new Foxtrot routines during the last three weeks. Classes emphasize learning to execute smooth leads and follows. Couples only; do not wear sneakers. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Atholton ES Classes: 8

RP1105.101 Sep 23 7:15-8:15pm F \$149

Dance Movement

Adult Beginner Ballet with Cecilia Ituarte

Adults with little or no previous ballet training learn the basic ballet exercises with an emphasis on body alignment and musicality while developing a strong core. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Misako Ballet Studio Classes: 8

RP1129.101 Sep 15 7:30-8:30pm Th \$78

NEW! Ballet with Nysia Carter

This dance style will give you those long, lean, beautifully sculpted lines of a ballerina dancer, plus poise from newly found core strength and flexibility. (No class 10/31.) Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 8

RP1124.101 Sep 19 6-7pm M \$78

Contemporary Modern Dance for Beginners

Dance and have fun in this class for adults of all levels. Begin with an invigorating warm-up, practice dance steps and learn different choreography each week. This class combines modern, ballet and jazz techniques to provide participants with an enjoyable introduction to dancing and a relaxing workout. No experience necessary. Please wear clothes that are comfortable to move and stretch in, such as leggings or sweat pants with an exercise top or cotton t-shirt. No shoes required, but you



Practice your moves in various dances and become more confident on the dance floor!

may wear ballet or jazz shoes. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Misako Ballet Studio Classes: 8

RP1128.101 Sep 19 7:15-8:15pm M \$78

Hip Hop Dance with Nysia Carter

Enjoy a fusion of styles including hip hop, funk, street and high-energy jazz. Warm up with the latest hip hop rhythms that transition into a larger choreographed piece prepared to meet your level and dance experience. This style of dance provides high-energy, low-impact aerobics and calorie burning effects as you dance to the popular hits of today and yesterday. Beginners are encouraged to sign up. Wear jazz or gym shoes, no street shoes allowed. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 6

RP1123.101 Sep 19 7:30-8:30pm M \$78

Hip Hop with CJ Cunningham

Get ready to work your body in ways you never imagined! This class uses exciting hip hop routines to keep you moving and grooving. Learn to isolate your movements and hit it hard in easy-to-follow dances. Whether you are a beginner dancer or have years of experience, this class works you out and refines your swagger. Wear comfortable clothes and tennis shoes; bring a towel and water bottle. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre Classes: 11

RP1112.101 Sep 16 8:30-9:30pm F \$110



Feel the rhythm through your hands and your feet at Bollywood Dance with Jaya Mathur.

International

NEW! Belly Dancing for Beginners

This is an introduction to classical Middle Eastern dance. Learn fundamental steps and technique including shimmies, hip articulation and isolations. Cultural relevance and elements of folklore and Near Eastern music are also studied.

18 yrs + Misako Beats Classes: 8

RP1130.101 Sep 4 7:30-8:30pm W \$78

18 yrs + Misako Beats Classes: 8

RP1130.102 Sep 6 11:30am-12:30pm F \$78

Bollywood Dance with Jaya Mathur flickr

Trained in Indian Classical Dance, Jaya Mathur introduces you to this energetic dance style that originated in Indian films. Techniques include hand, feet and body movements and an overall sense of rhythm. Wear comfortable clothing and shoes and bring a bottle of water. Get ready for a great workout while learning an art form! Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Harper's Choice MS Classes: 6

RP1108.101 Sep 27 7:30-8:30pm Tu \$65

Line Dance

Line Dance with Mo & Barb Dutterer

Want to exercise to music, burn calories, and have fun all at the same time? Join our line dance class for all levels. New dances are taught each week and we review weekly every dance taught. Learn the latest dances and the old standbys while dancing to a variety of music: Latin, pop, country, jazz, and rock. By the end of this six-week session, you have many fabulous, fun dances in your dance bag! Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP1118.101 Sep 13 7:15-8:15pm Tu \$75

Urban Line Dancing with Shirley Duncan

Learn some of the hottest new and old line dances currently being danced in Baltimore's top spots. Dance to the hottest R&B and oldies music around. Experience a fun-filled workout with high- and low-energy steps. (No class 10/3.) Info: Karen Bradley Ehler, 410-313-4635 or kebler@howardcountymd.gov.

18 yrs + Oakland Mills HS Classes: 8

RP1126.101 Sep 12 7:45-8:45pm M \$75

18 yrs + Dunloggin MS Classes: 8

RP1126.102 Sep 15 7:45-8:45pm Th \$75

Lifelong Learning

Do it Yourself

Bike Maintenance with Larry Black

Learn everything you need to know about maintaining and repairing your bike. Learn about on-the-road fixes, overhauls, wheel building, and how to negotiate the best price for repairs. Tools and some "practice" bikes are provided; bring your own bike to get hands-on experience. Optional manual is \$25 at class. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 4
RP3409.101 Sep 14 7-9pm W \$99
RP3409.102 Nov 2 7-9pm W \$99

Communication

Mingle, Mingle with International School of Protocol

In two short hours, this program puts you at ease and helps you feel more confident and comfortable at social and work gatherings where you need to meet and have conversations with new people. Learn how to prepare for an event, enter and exit conversations, and learn what you can talk about and what you should not talk about. In this program, you learn to create a first and lasting impression through proper handshaking, eye contact, proper introductions and appropriate nonverbal conversation. This course is important for anyone who attends businesses gatherings, conferences, parties and school or community events. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Centennial HS
RP3412.101 Oct 19 7-9pm W \$55

Computer Technology

Technology and You with David Bailey

Gain a basic understanding of technology and its impact on your daily life. Learn about various browser and email options, mobile smart phone apps, how to sync your devices, security tips, and more. Bring your smart phone, laptop or tablet to class. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 6
RP3415.101 Sep 28 7:30-8:30pm W \$75



Practice hands-on bike maintenance this fall with Larry Black.

Continuing Education

Intro to Ayurveda with Lenny Bernstein: A Guide to Becoming Your True Self

As a guide to discovering your true self, Ayurveda is the Sanskrit word that means the Science of Life. Ayurveda was derived from the Vedic scriptures of India which seek to harmonize the body, mind, and spirit in order for the individual to more fully know their true nature. Through the study of the principles of Ayurveda we come to understand the cause and effect relationship of consciousness and matter. During this five week course the student will be challenged to uncover their unique physical and mental constitution and learn how to use the tools of this ancient wisdom. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 5
RP3402.101 Oct 5 7-8pm W \$75

Finance

Financial Fitness for Women with Fran Makino

This is a basic, personal finance class. Learn about cash, stocks, bonds, IRAs, and how 401ks/403Bs/TSPs work and how best to invest them. Come discuss basic types of insurance and what is needed. Work on investment strategies. Questions are welcome. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + River Hill HS Classes: 3
RP3410.101 Sep 21 7-9pm W \$45



Brush up on your Spanish with Cecilia Redmond.

Language

Everyday Spanish I with Cecilia Redmond

This class gives you the basic initiation to the language. Learn grammar fundamentals and practice them in an enjoyable way. Build confidence as you learn vocabulary on familiar topics. Put it all together and you're ready for easy conversation starters. Native speaking instructor shares strategies and cultural insights. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Ellicott Mills MS Classes: 6
RP3404.101 Oct 6 7-8:30pm Th \$65

Hablemos Español with Cecilia Redmond

Enjoy a different topic of conversation for each immersion class. A vocabulary list is provided. Have fun communicating with classmates only in Spanish. Pronunciation and grammatical errors are addressed by native speaker instructor. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Ellicott Mills MS Classes: 5
RP3403.101 Sep 26 7-8pm M \$55

Pet Instruction

Dog Obedience

Turn Rover into a well-behaved companion. Dog must be older than four months old with current shots. Instructor advises about leash and collar. Please bring dog on a 6-foot leash, no retractable leashes allowed. Bring plastic bag and scoop. Class appropriate for any size dog. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

16 yrs + Dunloggin MS Classes: 6
RP3407.101 Darryll Ann Bushclng Sep 14
6:30-7:30pm W \$69

16 yrs + Schooley Mill Pk Classes: 6
RP3407.102 Mariann Hein Sep 19
6:30-7:30pm M \$69

Dog Park Manners with Darryll Ann Buschling

Having trouble at the dog park? Is your dog nervous, aggressive, or does not listen when it's time to go? This is a great class for socializing and becoming acquainted with the dog park. We start with basic dog obedience and work up to socializing and experiencing the dog park. Please bring a 6-foot leash; no retractable leashes allowed. Bring plastic bag and scoop. Class appropriate for any size dog. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

16 yrs + Worthington Pk
RP3408.101 Sep 17 11am-1pm Sa \$25
RP3408.102 Oct 15 11am-1pm Sa \$25

Pet CPR & First Aid with PetStructor

Would you know what to do if you found your cat choking in the kitchen or your dog unresponsive in the backyard? This basic pet CPR & first aid class teaches participants how to manage pet CPR, rescue breathing, choking, heat & cold injuries, seizures, bleeding & shock, insect bites & stings and more! A 40-page handbook, emergency muzzle & certificate of training are included. Please leave pets at home. Materials fee is to be paid directly to instructor. No lunch, bring snacks if desired. PetStructor is located at 10015 Old Columbia Road in Columbia. Use Entrance A. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

16 yrs + PetStructor
RP3406.101 Oct 15 11am-4pm Sa \$70

NEW! Becoming an Author with Amy Brooks

Have you ever felt called to write a book? Now is your chance to go from idea to manuscript in less than 90 days. Author and Writing Coach, Amy Brooks, guides you through an easy process that will transform your book dreams into a reality. With her expertise as writer and coach, Amy helps you navigate the challenges that stop most first-time authors before they even get started. Don't wait for the "perfect" time; start your book now and step into your new role as an author. It's time to share your story with the world! Required materials: notebook, pen, laptop computer (optional). (No class 11/1.) Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 6
RP3422.101 Oct 4 7-8pm Tu \$125

Creative Writing Workshop with Mark Stubenberg

Do you enjoy creative fiction writing and want to expand your talent and skill? Evaluate your strengths and weaknesses through instructor and peer review of your own original work. Receive instruction on effective techniques for improving your prose and/or poetry. From short stories, to essays, blogs, and poetry, show off your skills and learn about the procedures and opportunities to publish your work. Get your own work submitted for publication by the end of class. All levels welcome. Bring samples of your work if you have any and a 3-ring binder. \$10 materials fee due at first class. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Hammond HS Classes: 8
RP3417.101 Oct 3 7-9pm M \$85



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HoCoParks APP

The Art of Hand Drumming with Orlando Cotto

Both drumming beginners and serious enthusiasts are welcome! Led by professional percussionist Orlando Cotto, (re)learn the basics of drumming, develop your internal timing, and learn common folk rhythms from Cuba, Puerto Rico and West Africa. Learn techniques and skills such as drum tuning and developing sounds. You're encouraged to bring your own drums, though conga drums can be rented from the instructor for a one-time fee of \$45. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Wilde Lake HS Classes: 4
RP3435.101 Oct 6 7-8pm Th \$80

Beginning Guitar with Art Spilkia

Learn chords and strums to accompany classic rock and folk-rock songs. Start learning how to play rock and roll instrumentals. Bring a six-string acoustic or electric guitar. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Oakland Mills HS Classes: 5
RP0225.101 Oct 4 7-8pm Tu \$65

Intermediate Guitar with Art Spilkia

Now that you have a basic knowledge of chords, rhythms, and fret board notes, learn more advanced chords, rhythms, and guitar instrumentals. Bring a six-string acoustic or electric guitar. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Oakland Mills HS Classes: 5
RP0226.101 Oct 4 8-9pm Tu \$65

Intro to the Ukulele with Thomas Davey

Have you ever wanted to play an instrument but was afraid it was too hard? It's never too late and the ukulele is one of easiest instruments to learn! Learn the basic techniques and some easy songs from Hawaiian tunes to folk and rock songs. It is also one of the most affordable instruments, so bring your own Ukulele to class and a 3-ring binder. Instruments on sale: www.musicarts.com. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 8
RP0228.101 Sep 28 7-8pm W \$95



Learn to read and write music on the keyboard.

NEW! Keyboarding with Olenka School of Music (OSM)

You're never too old to bring music into your life! This class is designed as a rich exploration of the essentials of music theory and keyboarding. Students will enjoy learning to read and write music as well as keyboarding technique. Classes focus on the fundamentals of the universal language of music. This class is intended for beginners. No previous experience necessary.

18 yrs + Olenka School of Music Columbia Classes: 10
RP3427.101 Aug 29 5:30-6:30pm M \$298

Musical Muses:

Choir with Keith Tittermary

Do you like to sing but don't like classical music or religious hymns? Don't have time for a full theatre production, but enjoy performing in a group, learning to sing and harmonizing while having fun in a creative environment? Beginners and experienced singers welcome. Led by a professional choir director, learn entertaining secular music pieces including but not limited to Broadway show tunes, pop/rock hits, or old classics updated for a contemporary audience. No auditions are necessary. All rehearsals meet on Monday except November 7. (Additional rehearsal: Wednesday, November 30.) Season ends with a public performance on Saturday, 12/3. Bring a 3-ring binder with pockets. \$10 materials fee due to instructor at first class. Sign up with a friend for more fun! Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + Baldwin Hall Classes: 8
RP3424.101 Oct 10 7-8:30pm M \$35

Piano I

Learn to play the piano in this introductory class. Play a variety of musical styles to gain confidence and develop musical skills. Learn and practice on your own keyboard. (Must have access to a keyboard to practice on outside class.) Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + River Hill HS Classes: 8
RP0230.101 Sep 24 11am-noon Sa \$115

Rock Drum Class

Have you ever wanted to play the drums like your rock and roll heroes? From John Bonham to Dave Grohl, from beginner to advanced, we can help you achieve this dream. Come and rock out! Please call 410-988-2062 or visit www.therockshopmd.com for more information. Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

18 yrs + The Rock Shop Classes: 5
RP3431.101 Oct 7 7:30-8:30pm F \$139

NEW! Singer/Songwriter Clinic

Have you ever wanted to write your own song but never knew where or how to start? Are you the next Joni Mitchell, Stevie Nicks or Taylor Swift? We can help you achieve this dream. Please call 410-988-2062 or visit www.therockshopmd.com for more information.

Info: Karen Bradley Ehler, 410-313-4635 or kehler@howardcountymd.gov.

21 yrs + The Rock Shop Classes: 5
RP3428.101 Oct 7 8:30-9:30pm F \$139

Theater

NEW! Musical Theatre

Learn acting, singing, and dancing skills as you work group songs and scenes in a low-pressure learning environment, all while having a great time with your classmates. A final showcase for family and friends will conclude the session! Taught by accomplished actress, singer, and educator Janine Sunday, this class accommodates a variety of skill sets from beginner to intermediate.

18 yrs + Drama Learning Center Classes: 8
RP3425.101 Oct 1 3:30-5pm Sa \$185

Fitness

Cardio and Strength

AM Fitness Workout

with Vickie Jacobs, AFAA, AAI

Warm up with fun and easy moves; then move to the Precor cardio and strength training equipment for 40 minutes. Finish your workout with a great stretch to improve overall flexibility and balance. This is perfect for all fitness levels! Fitness waiver must be completed prior to exercising. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 21

RP8669.101 Sep 13 8-9am Tu,Th \$116

Aqua Zumba

Known as the ZUMBA pool party, this Aqua Zumba class gives new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, laughing, hooting and hollering – experience it all at Aqua Zumba class. Blend together the Zumba formula and philosophy with traditional aqua fitness in a safe, challenging water-based workout that's cardio conditioning, body-tightening, and most of all, exhilarating! FREE classes on September 20 and October 20; register at www.freedomfitness.info/events. Info/Fitness Waiver: Amy Patton, 410-313-4718

or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 8

RP8612.101 Michelle Taylor Sep 20

9:45-10:30am Tu,Th \$80

RP8612.102 Meridith Hurd Sep 20

6:30-7:15pm Tu,Th \$80

RP8612.111 Michelle Taylor Oct 25

9:45-10:30am Tu,Th \$80

RP8612.112 Meridith Hurd Oct 25

6:30-7:15pm Tu,Th \$80

RP8612.121 Michelle Taylor Nov 29

9:45-10:30am Tu,Th \$80

RP8612.122 Meridith Hurd Nov 29

6:30-7:15pm Tu,Th \$80



Tone and tighten your core at a challenging cardio class!

Barre Burn with Becca Sigmund

Ballet movements combine with floor work and fitness exercises for a full workout. Sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4-to-5-lb. weights. Mats provided, but you're encouraged to bring your own. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre Classes: 11

RP8282.101 Sep 14 8-9pm W \$110

Barre None

with Jordan Miller, SCW

Enjoy a cutting-edge, safe and progressive method of barre training that lengthens and strengthens your muscles and improves your flexibility and posture. This fun class gives you great results! (No class 11/22.) FREE class on September 13, visit www.freedomfitness.info/events to register. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 11

RP8130.101 Sep 20 6:30-7:25pm Tu \$75

Body Conditioning

with Cyndi Kummerlowe, AFAA

Stretch, strengthen and tone your body! This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2-to-5-lb. hand weights. (No class 11/8, 11/22, 11/24.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Rockburn ES Classes: 24

RP8220.101 Sep 13 7:05-8pm Tu,Th \$71

“Build Your Engine” Strength Training with Cristy Edwards, ACE

Build the engine (muscles) that burns the fuel (the food you eat)! In our 30s, our metabolism slows down... but we can speed it up with strength training. Change your body composition, help stabilize your joints, feel stronger and healthier, and look great. Challenge and strengthen every muscle group in your body to achieve balance, energy, confidence, and an increased metabolism. Bring a mat and hand weights. (No class 10/3, 10/12, 10/31, 11/7.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Thunder Hill ES Classes: 14
RP8506.101 Sep 14 7-8pm M,W \$52

Cardio Blast Interval with Beth Harbinson, AFAA

This highly effective class includes a 25-minute cardiovascular workout with intense intervals to boost metabolism and 35 minutes of muscle conditioning, core work and stretching. All levels enjoy an intense, energetic workout! Bring hand weights (5 lbs recommended) and a mat. (No class 9/12, 10/3, 10/12, 10/31, 11/7, 11/21, 11/23.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Veterans ES Classes: 24
RP8422.101 Sep 7 7-8pm M,W \$84

Cardio Crunch Challenge with Lori Nowicki, ACE

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, cardio stability ball, Tabata and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance. Experience a high-energy class at high or low impact, take the challenge and have fun. Bring a mat, hand weights and stability ball. Some classes are outdoors. (No class 10/3, 10/12, 10/31, 11/7, 11/23.) Info/Fitness Waiver:

Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.
18 yrs + Cedar Lane Rec Ctr Classes: 11
RP8481.101 Sep 19 9:30-10:45am M or W \$66
18 yrs + Cedar Lane Rec Ctr Classes: 22
RP8481.102 Sep 19 9:30-10:45am M,W \$132

Cardio Fusion with Marianne Larkin, AAI

Your favorite cardio and toning formats are combined in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Pump up your workouts and burn fat with a mix of everything from step, high/low and interval training to strength, core, balance and flexibility exercises inspired by yoga and Pilates. (No class 10/3, 10/12.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8482.101 Sep 12 9:35-10:50am M or W \$60
18 yrs + Gary J Arthur Comm Ctr Classes: 24
RP8482.102 Sep 12 9:35-10:50am M,W \$105

Circuit Weight Training with Lisa Noorani, AFAA

This super-fun workout trains your multiple muscle groups using Precor equipment. In just one hour, you get a thorough, total-body workout, including fat-burning cardio intervals. Each class finale includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience! FREE class on September 14; register at www.freedomfitness.info/events. (No class 10/10, 11/21, 11/23.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 24
RP8660.101 Sep 19 9:15-10:15am M,W \$129

Fit Jam: Cardio Party with Liz Rolland

Think all workouts are boring? Think again! Join this cardio party and dance the night away to the hottest hits from around the globe. Learn the basic steps from salsa, Cumbia, hip-hop and many more dance styles. Simple choreography is very easy to learn, no experience necessary! Bring a friend and have a blast while burning tons of calories! Get ready to be gorgeous! Bring a towel and water bottle. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8350.101 Sep 12 5:45-6:45pm M \$120
RP8350.102 Sep 15 5:45-6:45pm Th \$120

Fit Jam: Fire and Spice! With Liz Rolland

Think workouts are boring? Think again! Spice up your workout with this unique blend of Pilates mat work, cardio dance fitness and yoga stretches set to the hottest music from around the globe. Incinerate mega calories while toning and tightening all those problem zones. Learn the basic moves first, and then challenge your workout with light weights, stability balls and bands (provided). Bring a thick yoga mat and a water bottle. This workout is hot stuff!

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8351.101 Sep 16 9:30-10:45am F \$144

NEW! HIIT Workout Party with Royale Fit with

Emmanuel Olujimi, AAAI/ISMA

Are you ready to maximize your workout time while attaining your fitness goal in a fun atmosphere? This workout is designed to propel you to your fitness goal with a High Intensity Interval full body workout guaranteed to burn fat, increase metabolism and strengthen your muscles. Each session consist of 15 mins. Jump rope cardio blast, body weight exercises, muscle toning, core workouts and stretches in a party atmosphere. Get ready to meet the upgraded version of you, full of confident, strong and fit. All fitness levels are welcome. Bring along a jump rope, a mat and 5 or 10 lbs. pair of dumb bell. (Jump rope will be available for sale.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + N Laurel Comm Ctr Classes: 12
RP8550.101 Sep 13 6:30-7:30pm Tu \$114
RP8550.102 Sep 17 11am-noon Sa \$114

La Canne (French Cane Fighting) with Steve Savoie, Moniteur in Canne De Combat

Get a great workout while learning the unique French sport of Canne De Combat (French stick fighting). Focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. A unique class. Once you try it, you'll love it! No experience required. Practice canes provided. Shin guards recommended. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Cedar Lane Rec Ctr Classes: 8
RP8505.101 Sep 15 8:15-9:15pm Th \$46



Pump up your workout at a fun and fast-paced cardio and strength fitness class.

Piloxing with

Laura Barrett-Nutting, AFAA

Enjoy a non-stop, cardio fusion of Pilates, boxing, and dance that pushes you past your limits for a sleek and powerful you! This class blends the power, speed and agility of boxing with the flexibility and sculpting of Pilates to give you a muscle-toning, fat-burning, exhilarating workout that makes you feel physically and mentally empowered! (No class 11/22.) FREE class on September 13; register at www.freedomfitness.info/events. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 11
RP8135.101 Sep 20 7:30-8:30pm Tu \$75

Step & Sculpt!

With Marianne Larkin, AAAI

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with the latest turbo charged step moves combined with strength, core and balance exercises for a total body workout. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided. Bring a mat and hand weights. (No class 9/22, 11/8, 11/24.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Mt. View MS Classes: 11
RP8300.111 Sep 13 7-8pm Tu or Th \$46

18 yrs + Mt. View MS Classes: 23
RP8300.112 Sep 13 7-8pm Tu,Th \$95



Get your heart rate pumping with muscle-toning, fat-burning workouts!

Step & Sculpt Plus!

With Marianne Larkin, AAAI

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with the latest turbo charged step moves combined with strength, core and balance exercises for a total body workout. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Steps are provided.

Bring a mat and hand weights. (No class 9/24, 10/22.)

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12

RP8300.101 Sep 10 8:30-9:45am Sa \$63

Tabata Boot Camp with

Lori Nowicki, ACE

Get great results in a short time! This boot camp is based on the most effective high-intensity interval training (20 seconds on, 10 seconds rest). This program includes three types of Tabata for maximum results. Burn 5x more calories after exercise. Our motto is more is not better, better is better! Workout can be modified. (No class 11/25.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 12

RP8485.101 Sep 23 9:15-9:55am F \$60

Trim & Tighten

Enjoy a total body workout moved to the beat of the music. Burn calories as you flow through a variety of exercises designed to sculpt and tone your body while improving your strength, balance and flexibility. Bring a mat and 2 to 5lb weights. (No class 9/22, 10/12, 11/8, 11/23-24.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Burleigh Manor MS Classes: 12

RP8210.101 Kim Davis, NASM Sep 14

6:30-7:25pm W \$37

18 yrs + Mt. View MS Classes: 23

RP8210.102 Marianne Larkin, AAAI Sep 13

6-6:55pm Tu,Th \$72

WERQ® Dance Fitness

by Tracy Cox, AFAA

WERQ® is the fiercely fun dance fitness class based on pop, rock and hip hop music taught by licensed and certified fitness professionals. For information on this fiercely funky program, visit werqfitness.com. FREE class on September 14; register at: www.freedomfitness.info/events. (No class 11/12, 11/23.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Mt. View MS Classes: 11

RP8430.111 Sep 21 9:15-10:15am W \$99

Zumba

Zumba takes the “work” out of “workout” by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba® Fitness is exercise in disguise. Super effective? Check. Super fun? Check and check. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Mt. View MS Classes: 8

RP8430.101 Sep 19 9:15-10:15am M \$54

Instructor TBD (No class 10/3, 10/31, 11/7, 11/21)

18 yrs + Misako Beats Classes: 10

RP8360.101 Sep 15 7:30-8:30pm Th \$120

Brandi Harrington, Zumba, AFAA

18 yrs + N Laurel Comm Ctr Classes: 10

RP8360.102 Sep 17 9:30-10:30am Sa \$120

Brandi Harrington, Zumba, AFAA

18 yrs + Roger Carter Comm Ctr Classes: 12

**Join us for a FREE class on Sep 14, 5:30-6:30pm.

Call 410-313-2764 to sign up.**

RP8330.101 Sep 19 5:30-6:30pm M \$78

Stephanie Scott, Zumba

RP8330.102 Sep 21 5:30-6:30pm W \$78

Stephanie Scott, Zumba

18 yrs + N Laurel Comm Ctr Classes: 20

**Join us for a FREE class on Sep 26.

Register at www.freedomfitness.info/events**

RP8430.102 Sep 28 6:30-7:20pm M,W \$149

Logan Smith, Zumba, AFAA

(No class 10/3, 10/12, 10/31, 11/21, 11/23)

18 yrs + Mt. View MS Classes: 20

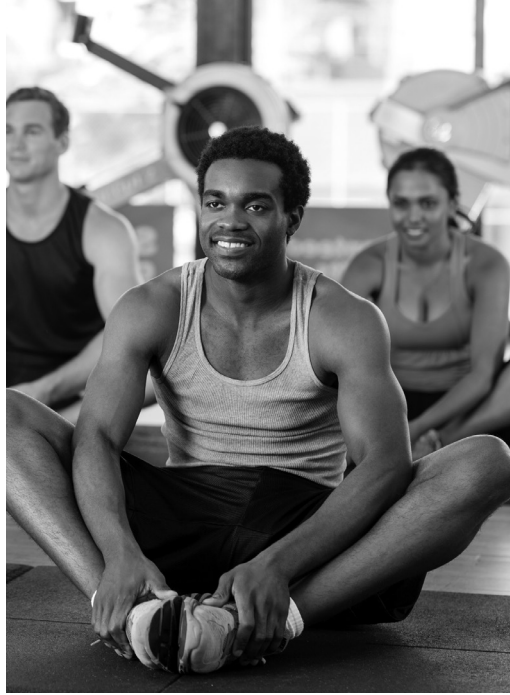
**Join us for a FREE class on Sep 14.

Register at www.freedomfitness.info/events**

RP8430.103 Sep 21 6:30-7:20pm M,W \$149

Cheryl Osborne, Zumba, AFAA

(No class 10/3, 10/12, 10/31, 11/21, 11/23)



Get fit and stay fit with our classes for any skill level and interest.

Health & Relaxation

Gentle Yoga with Tracy Cox, Yogafit, AFAA

This relaxed, fun, but purposeful version of yoga emphasizes yoga movements and poses to build strength, grace and mindfulness. Bring a yoga mat. FREE class on September 14; register at www.freedomfitness.info/events. (No class 10/12, 11/23.)

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Mt. View MS Classes: 11

RP8420.103 Sep 21 10:15-11:15am W \$99

NEW! Hatha Yoga at Misako Beats

This is an introductory class to Hatha Yoga. Learn the fundamentals of safe yoga practices including stretching, strengthening and breathing. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Misako Beats Classes: 8

RP8155.111 Sep 12 7-8pm M \$99



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Hatha Yoga for Flexibility & Relaxation

Create a calm, peaceful awareness of both body and mind through the ancient art of yoga. Classic yoga postures and breathing techniques are practiced in a flowing style that integrates movement and breath. Come prepared to lengthen, strengthen and relax. Beginning and ongoing students are welcome. Yoga mats/blocks provided. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre Classes: 11

RP8240.101 Sep 15 9:45-10:45am Th \$110

Kris Copeman

RP8240.102 Sep 16 7:15-8:15pm F \$110

Rachel Wolfe

Introduction to Pilates with Christine Williams

Connect your mind, body and spirit as you practice this systematic exercise program. This series of flowing movements and breathing patterns will lengthen and strengthen your muscles with a primary focus on the powerhouse/abdominals. All levels of practitioners are welcome. Please bring a mat. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Misako Ballet Studio Classes: 8

RP8155.101 Sep 17 8:30-9:30am Sa \$99

Pilates with Marc Scimonelli, AFAA, NETA, Pilates

This whole-body program emphasizes core strengthening for abdominal and lower back muscles. You work everything from your neck to your knees to your entire core. Tone and lengthen your muscles, increase your strength, improve your posture and flexibility, and have fun doing it! Bring a mat. FREE class on September 13; register at www.freedomfitness.info/events. (No class 11/22, 11/24.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Cedar Lane Rec Ctr Classes: 23

RP8420.101 Sep 15 7:30-8:30pm Tu,Th \$129

NEW! Level II Pilates with Marc Scimonelli, AFAA, NETA, Pilates

Pilates, Level II is limited to only 12 people, giving the experienced Pilates enthusiast more individualized instruction. This whole-body program emphasizes core strengthening for abdominal and lower back muscles. You work everything from your neck to your knees to your entire core. Have fun toning and lengthening your muscles, increasing your strength, and improving your posture and flexibility! Bring a mat. FREE class on September 13; register at www.freedomfitness.info/events. (No class 11/22, 11/24.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Cedar Lane Rec Ctr Classes: 23

RP8420.111 Sep 15 6:30-7:30pm Tu,Th \$199

Pilates Plus with Liz Rolland

This matwork class strengthens and tones all major muscle groups, focusing specifically on abdominals, back, hips, and thighs. Light weights will be added in order to intensify your workout once the basic exercises have been learned. Enjoy gentle yoga stretches and a full-body relaxation that leaves you refreshed and ready to face the day! Bring a yoga or Pilates mat and a thick beach towel. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 12

RP8384.101 Sep 13 9:15-10:15am Tu \$144

PiYo® with Lisa Noorani, AFAA

Ready to find your flex appeal? Experience an intense but low-impact workout that burns crazy calories for a long, lean, beautiful physique. PiYo® combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Use your body weight to perform a series of continuous targeted moves to define every single muscle, big and small. You sweat, stretch and strengthen all in one PiYo® workout! No weights, no jumps, no bulk, just hardcore results. FREE class on September 14; register at www.freedomfitness.info/events. (No class 10/10, 11/21, 11/23.) Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 24

RP8435.101 Sep 19 10:30-11:20am M,W \$179



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Power Yoga Intermediate with Kris Copeman

This class is an energizing, athletic way of practicing yoga postures that emphasizes strength, flexibility and stamina while creating the calm awareness to the mind and body. If you want a fitness-based class designed to build upper-body and core strength while increasing flexibility and reducing stress, this Ashtanga-based yoga is for you! This is an intermediate class; prior yoga experience is required. Yoga mats/blocks provided. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre Classes: 11
RP8241.101 Sep 15 11am-noon Th \$110

NEW! Qigong with Chris Judge

Qigong is a moving meditation practice that brings balance to the body and mind by connecting thoughtful movement with deep breathing. Learn a series of gently flowing movements that strengthen muscles and tendons, stabilize joints and quiet the mind. All levels of practitioner are welcome. Please wear comfortable clothing, no mat required.

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Misako Beats Classes: 8
RP8155.121 Sep 14 7-8pm W \$99

Revive, Relax & Renew with Mary Garrett, NETA, E-RYT 500

Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active, physical workout and a relaxing, meditative work-in. This class is for beginners or those with some yoga experience. Explore and expand your own strength, flexibility, balance, and focus. You leave each class feeling better than when you walked in. Bring a mat/blanket. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs +1 Gary J Arthur Comm Ctr Classes: 12
RP8252.101 Sep 12 7-8pm M \$114
RP8252.102 Sep 14 5:45-6:45pm W \$114

Scoop Pilates with Lori Nowicki, AAI, AFPA

Pilates is the ultimate mind-body exercise program. This class, designed for the experienced Pilates exerciser, can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms and core; increase your flexibility; and reduce stress! Focus is



Improve your mental focus and release stress at a yoga class.

on core, balance, breathing, and alignment. Bring your own mat and ball. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Cedar Lane Rec Ctr Classes: 24
RP8154.101 Sep 20 9-10am Tu,Th \$168

Sunday Afternoon Yoga with Mary Garrett, NETA, E-RYT 500

Ease your way from the weekend to the work week with yoga. Come refresh your body and calm your mind. Whether you're new to yoga or have experience, enjoy the benefits of an energizing, physical workout and a soothing, meditative work-in. Explore and expand your strength, flexibility, balance and focus. Leave each class relaxed and ready to take on the week! Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8252.112 Sep 18 2-3pm Su \$114

Tai Chi

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress. (No class 10/12, 11/23, 11/24.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs + Dunloggin MS Tim Kwei Classes: 12
RP8850.101 Beg. Sep 14 7-8pm W \$93
RP8850.102 Adv. Sep 14 8:05-9:05pm W \$93

18 yrs + Murray Hill MS Scott Vandame Classes: 13
RP8850.103 Beg. Sep 15 7-8pm Th \$99
RP8850.104 Adv. Sep 15 8:05-9:05pm Th \$99



Escape the stress of every day at a yoga class.

Teen Yoga with Rachel Wolfe

This class follows Vinyasa yoga, a smoothly flowing style that synchronizes breath with each movement. This is an energizing class for beginner or intermediate that strengthens and stretches muscles with sun salutations, standing poses, balancing poses, reclining and seated poses. The integration of breath relaxes the mind while providing maximum energy to the body. Yoga mats/blocks provided but please bring your own mat if you have one. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

13-17 yrs Kinetics Dance Theatre Classes: 11
RP8245.101 Sep 16 4:30-5:30pm F \$110

Therapeutic Massage

Skilled, gentle, massage therapy can help you feel better physically, by easing pain and allowing the body to relax. Experience the benefits of Therapeutic Massage and Reflexology offered by Carol Lancaster, Licensed Massage Therapist. Info/schedule appointment: 410-313-4840.

18 yrs + Gary J. Arthur Comm Ctr
10am-9pm Tu
½ hr - \$35, 1 hr - \$60, 1 ½ hr - \$85, Reflexology - \$45

Yoga for a Stressful World with Liz Rolland

Step out of the busy chaos of life and learn to slow down and breathe. Practice tuning out the noise of the world while tuning in to peace and joy. Relieve stress and tension with simple, safe yoga postures and sequences, gentle stretches, deep breathing techniques, and guided relaxation, including yoga nidra.

No prior yoga experience necessary. Please bring a yoga mat and a thick beach towel to each class.

Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Roger Carter Comm Ctr Classes: 12
RP8284.101 Sep 12 9:15-10:15am M \$144

Yoga Nidra: A Guided Practice for Deep Relaxation with Liz Rolland

Yoga Nidra is an ancient method of releasing tension from both the body and the mind. This gentle, easy practice has been proven to help relieve stress, insomnia, and has even been shown to help with Post Traumatic Stress Disorder. But you don't need to suffer from any of these to benefit from the thirty minutes of simple warm-up stretches and thirty minutes of complete relaxation this class provides. Have you been burning the candle at both ends? Join us to bring some peace and tranquility into your life. Bring a thick yoga mat, a large beach towel or blanket, and get ready to relax! Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Gary J Arthur Comm Ctr Classes: 12
RP8284.102 Sep 16 11am-noon F \$144

Yogalates with EC Goode

This class merges two disciplines, yoga, and Pilates. A fusion of the ancient discipline of yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, tone muscles, increase flexibility and reduce stress. Beginning and ongoing students are welcome. Yoga mats/ blocks are provided, but please bring your own mat if you have one. Info/Fitness Waiver: Amy Patton, 410-313-4718 or apatton@howardcountymd.gov.

18 yrs + Kinetics Dance Theatre Classes: 12
RP8244.101 Sep 13 8:30-9:30pm Tu \$120

Adults (55 yrs +)

Exercise with Ease

This well-rounded hour of fitness for active seniors includes low-impact aerobics, stretching, muscle tone and strength activities aimed at improving endurance, body alignment, balance, and proper breathing. Listen to upbeat music while learning simple choreographed moves. (No class 11/24.) Info/Fitness Waiver: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov.

55 yrs + E. Columbia 50+ Ctr Classes: 24
RP8060.101 Sep 13 9-10am Tu,Th \$72

Fitness for Life

This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. A fitness waiver must be completed prior to exercising. Info/Fitness Waiver: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov.

55 yrs + Roger Carter Comm Ctr Classes: 12
RP8666.112 Sep 23 10-11:15am F \$72

55 yrs + N Laurel Comm Ctr Classes: 21
RP8666.101 Sep 19 1-2:15pm M,W \$126

55 yrs + Roger Carter Comm Ctr Classes: 24
RP8666.102 Sep 20 12:15-1:30pm Tu,Th \$144

55 yrs + Gary J Arthur Comm Ctr Classes: 24
RP8666.103 Sep 20 10:30-11:45am Tu,Th \$144

Personal Training

Personal Training

Each session lasts 30 minutes and is customized to fit individual needs and abilities. Training sessions include one participant to one trainer; semi-private sessions include up to three participants to one trainer. Sessions are non-transferrable. Registration for sessions is first-come, first-served. All sessions must be scheduled at the time of registration in person or over the phone.

Registration: 410-313-2764. Info: Alecia Harvey, 410-313-2763 or aharvey@howardcountymd.gov.

13 yrs + Roger Carter Comm Ctr Classes: 4
RP4090.101 Sep 12 9am-8:30pm M-Th,Sa \$160

13 yrs + Roger Carter Comm Ctr Classes: 8
RP4090.101 Sep 12 9am-8:30pm M-Th,Sa \$299



Personal trainers tailor your workout to fit your individual needs.

Semi-Private Personal Training

Each session lasts 30 minutes and is customized to fit individual needs and abilities. Training sessions include one participant to one trainer; semi-private sessions include up to three participants to one trainer. Sessions are non-transferrable. Registration for sessions is first-come, first-served. All sessions must be scheduled at the time of registration in person or over the phone. Registration: 410-313-2764. Info: Alecia Harvey, 410-313-2763 or aharvey@howardcountymd.gov.

13 yrs + Roger Carter Comm Ctr Classes: 4
RP4090.102 Sep 12 9am-8:30pm M-Th,Sa \$240

13 yrs + Roger Carter Comm Ctr Classes: 8
RP4090.102 Sep 12 9am-8:30pm M-Th,Sa \$459

Sports

Fencing

NEW! Learn to Fence - Adult

Have you ever dreamed of taking part in a sword fight with real steel swords? Would you like to learn more about the sport for all ages? It's never too late to start fencing. Work with the highly experienced, professional coaches at 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, blade work and bouts skills. Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

14 yrs + Baltimore Fencing Ctr Columbia Classes: 8
RP8840.111 Sep 12 6-7pm M \$110

Martial Arts

Shotokan Karate with Steve Morris

Learn a repertoire of techniques and 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. (No class 11/24, 11/26.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

13 yrs +	Roger Carter Comm Ctr	Classes: 14			
RP8791.101	Sep 8	7-8pm	Th	\$92	
RP8791.102	Sep 8	8:05-9:05pm	Th	\$92	
RP8791.103	Sep 10	10-11am	Sa	\$92	
RP8791.104	Sep 10	11:05am-12:05pm	Sa	\$92	

TKA Karate

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 10/3, 10/12, 11/8, 11/21-11/24.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

13 yrs +	Classes: 12				
RP8731.101	Gary J Arthur Comm Ctr	Sep 12			
	7:30-9pm M	\$82			
RP8731.102	Oakland Mills MS	Sep 12			
	8-9:30pm M	\$82			
RP8731.103	Worthington ES	Sep 13			
	8-9:30pm Tu	\$82			
RP8731.105	Longfellow ES	Sep 13			
	8-9:30pm Tu	\$82			
RP8731.106	Fulton ES	Sep 14			
	8-9:30pm W	\$82			
RP8731.107	Northfield ES	Sep 14			
	8-9:30pm W	\$82			
RP8731.108	Rockburn ES	Sep 14			
	8-9:30pm W	\$82			

13 yrs +	Classes: 13				
RP8731.109	Gorman Crossing ES	Sep 15			
	8-9:30pm Th	\$89			
RP8731.110	Manor Woods ES	Sep 15			
	8-9:30pm Th	\$89			
RP8731.111	Pointers Run ES	Sep 15			
	8-9:30pm Th	\$89			



Learn and practice self-defense techniques at a martial arts class.

Aikido with Ki by Russ Dauber

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. (No class 11/8, 11/22, 11/24.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs +	Waverly ES	Classes: 26			
RP8880.101	Sep 13	7-9pm	Tu,Th	\$75	

Tai Chi

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress. (No class 10/12, 11/23, 11/24.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

18 yrs +	Dunloggin MS	Classes: 12			
RP8850.101	Sep 14	7-8pm	W	\$93	
RP8850.102	Sep 14	8:05-9:05pm	W	\$93	
18 yrs +	Murray Hill MS	Classes: 13			
RP8850.103	Sep 15	7-8pm	Th	\$99	
RP8850.104	Sep 15	8:05-9:05pm	Th	\$99	



G050+

Our G050+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County.

Live longer, healthier lives... join today!

50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- **Game Room Areas**
- **Gymnasiums**
- **Walking Tracks**
- **Wellness Programs**

FREE

G050+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Center Benefits**
- **Fitness Rooms**
- **Dance/Aerobics Studio***

**Resident: \$75 per year
Nonresident: \$100 per year**

G050+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- **All 50+ Fitness Benefits**
- **Pool Access During Open Swim Hours**

**Resident: \$175 per year
Nonresident: \$225 per year**

** Dance/Aerobics Studio not available at Ellicott City 50+ Center.*



Howard County RECREATION & PARKS

7120 Oakland Mills Road, Columbia, MD 21046



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HoCoParks
App



2016 Fall Adult Classes & Activities

410-313-7275

www.howardcountymd.gov/rp