

North College Park

College Park Youth Service Center
4912 Nantucket Road
College Park, MD, 20740
301-345-4425

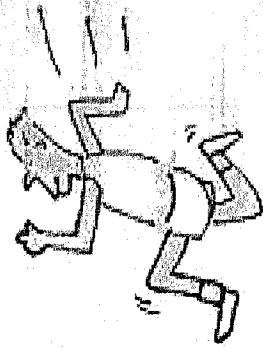
Will host **TWO** forums on
Sept. 25th

10am:
Senior/Adult
Programming

7pm:
School Age
Programming

Community Forms

Come out and let us
know what programs you
are interested in for your
Community!



The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.

College Park

College Park Community Center
5051 Pierce Avenue
College Park, MD, 20740
301-441-2647

Will host **TWO** forums on
Sept. 27th

10am:
Senior/Adult
Programming

7pm:
School Age
Programming

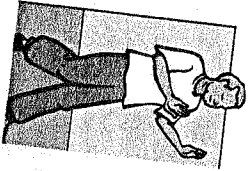


live more, play more
ppparks.com

CLASSES

**College Park
Community Center**
5051 Pierce Avenue
College Park, MD 20740
301 441-2647

CLASS PRICE LIST



• TAI CHI

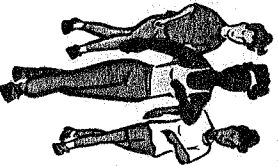
A Chinese martial art, teaching techniques to improve your health and develop ways to reduce stress.

• LINE DANCE

Learn the newest line dancing techniques. Enjoy music from the 50's to the 80's. Learn the Cha-Cha Slide, Slide On, Bootie Call and many more!!

• AEROBICS & STRENGTH TRAINING

Become more active, and learn ways to increase your strength and stamina.



Fitness Room Info

Our newly remodeled fitness room is available and ready to help you continue a healthy life. We have a variety of machines, from treadmills, elliptical, bikes, and machine weights. Come and see how the fitness room can benefit you.

HOURS:

Mon-Thur 9 am-9 pm
Fri 9 am-7 pm
Sat 9 am-4 pm
Sun 12 pm-3 pm

FITNESS PASS

For Active Adults age 60 and over the fitness card is FREE!!!!

For Active Adults under the age of 60 the fees are as follows:

- 7 day pass \$25
- 3 month pass \$40
- 1 year pass \$115

CLASS NAME	DAYS & TIME	START DATES	PRICE & WEEKS
Hand Dance Beg.	Sat. 2:30-3:45 pm	Sep. 15th	\$40(R)/ \$48(NR) 7 Classes
Hand Dance Int.	Sat. 4-5 pm	Sep. 15th	\$35(R)/ \$42(NR) 7 Classes
Line Dance	Mon 12:15-2:15 pm	Sep. 10th	\$35(R)/ \$42(NR) 8 Classes
Tai Chi Principles	Tue 10:30-11:30 am	Sep. 11th	\$30(R)/ \$36(NR)
Beginner Intermedi-ate	11:30am-12:30pm		10 Classes

