



OCEAN PINES, MARYLAND

FALL / WINTER
2022-2023

ACTIVITY GUIDE

We Make Life Fun

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for Children, Adults & All Ages** pg. 3

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Ocean Pines
Recreation & Parks



410.641.7052 OceanPines.org



A Message From RECREATION & PARKS



Ocean Pines Recreation & Parks

Phone: 410.641.7052

Email: rec@oceanpines.org

Inside the Ocean Pines Community Center
at White Horse Park

For current hours, check: oceanpines.org

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Ocean Pines Recreation & Parks is pleased to present this Fall / Winter Activity Guide, packed with information on how you can spend time in the outdoors exploring our parks and walking trails, learn a new skill, get creative, improve your fitness, pick up a new sport, work on your balance, practice self-care and enjoy Ocean Pines through our programs and special events. Indeed, we offer something for all ages because our goal is to **make life FUN!**

Due to the impact of COVID, many things in this guide may change with short notice, including gym restrictions, building capacities, mask policies, etc. **Plus, additional programs and events may be announced at a later date. Be sure to visit OceanPines.org and follow us on social media.**

We're looking forward to the upcoming fall, winter and holiday seasons. Hope to see you in our programs and at our recreational facilities and outdoors enjoying our parks, walking trails and open spaces (see pg. 26)!

REGISTRATION

Phone: 410.641.7052. Credit cards accepted.

Mail: Send check (payable to OPA) or credit card info (acct. #, exp. date, security code) to: **Ocean Pines Recreation & Parks, 239 Ocean Parkway, Ocean Pines, MD 21811**

Walk-In: Ocean Pines Recreation & Parks Department is located inside the Ocean Pines Community Center. Cash, checks or credit cards accepted.

Ocean Pines Recreation & Parks Department reserves the right to cancel, combine or divide classes/programs, to change time, date or place of meeting, to change the instructor assignments, and to make other revisions which may become necessary.

Due to COVID uncertainties, all recreation events, activities & trips are subject to change.

Your satisfaction is important to us. A full refund is automatic when classes are already filled or minimum enrollment is not met. Refunds may also be given in the event of unavoidable scheduling conflicts, personal emergencies, or dissatisfaction. All refund requests will be considered on a case-by-case basis and may be pro-rated.

No refunds for special events or tickets (amusement parks, theater, sports events or bus trips).

Refund requests may be subject to 10% administrative fee. Please allow 30 days for processing.



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Thank you for letting us serve you!

Debbie Donahue
(Director of Recreation & Parks)
& the Team at
Ocean Pines Recreation & Parks

ONE-DAY WORKSHOPS

WOODEN WELCOME SIGN

Welcome visitors to your home with this cute & easy-to-make wooden porch sign. During this workshop, participants will use stencils & acrylic paint to create a fall-inspired welcome sign that takes just a few steps! A variety of paint & ribbon colors will be available. All materials & instruction are provided.

WHO: Adults 18+

WHEN: Sat, SEP 24, 1:00pm-3:00pm

WHERE: Community Center

PROGRAM SUPERVISOR: Katie Goetzinger

FEE: \$30/person



New Projects! KIDS CRAFT TIME

Come join Katie the craft lady for a fun craft with your child! Activities will include a variety of holiday & seasonal crafts. All materials & instruction will be provided. **Space is limited & pre-registration is required. Note: Children must be accompanied by an adult.**

WHO: Ages 4 - 10 (Boys & Girls)

Dates Projects / Activities

Sat, OCT 15 Personalized Pillow Case

Sat, NOV 12 Burlap Table Runner

Sat, DEC 10 Christmas Ornaments

Sat, JAN 21 Personalized Journal

Sat, FEB 11 T.B.D.

Sat, MAR 11 T.B.D.



TIME: 10:00am-12:00pm

WHERE: Community Center

PROGRAM SUPERVISOR: Katie Goetzinger

FEE: OP Resident \$8; Non-Resident \$10

Halloween inspired! TIE DYE WORKSHOP

Psychedelic t-shirt, dude! BYOT (Bring Your Own [White] T-Shirt), your creativity and come & take a trip back to the 60s with us while we learn how to tie dye a shirt with Halloween colors! Basic tie-dyeing techniques will be taught. **Note: Participants must bring their own pre-washed t-shirt!**

WHO: All Ages

WHEN: Sat, OCT 15, 1:00pm-3:00pm

WHERE: Marlin Room

PROGRAM SUPERVISOR: Katie Goetzinger

FEE: \$10/person



CREATE A LAZY SUSAN

Bring your creativity & join us for a fun & EASY fall craft. During this workshop, participants will learn how to make a beautiful fall-inspired lazy Susan. Complete any Thanksgiving tablescape with your beautiful & functional creation! All materials & instruction are provided.

WHO: Adults 18+

WHEN: Sat, NOV 12, 1:00pm-4:00pm

WHERE: Community Center

PROGRAM SUPERVISOR:

Katie Goetzinger

FEE: \$25/person



TODDLER & PRESCHOOLER ACTIVITIES

TODDLER TIME

Come socialize with others through indoor playtime, small crafts, music & movement. This is a time to explore, discover, create & play together, while sharing the joys & challenges of raising happy children with other parents. Your child will have an opportunity to play with the balls, hula-hoops, tunnels, a giant parachute, games & slides. **Note: A parent is required to stay with each child.**

AGES: 18 months - 3 years

DAY: THURSDAYS

Dates

SEP 15 - NOV 10 No Class 10/20

DEC 1 - JAN 19

JAN 26 - MAR 16

MAR 23 - MAY 11

TIME: 10:00am-11:00am

WHERE:

Community Center Gym

PROGRAM SUPERVISOR:

Katie Goetzinger

OF CLASSES:

8 (8 weeks)

FEE: OP Resident \$20;

Non-Resident \$25; **Drop-in:** \$4



HAPPY CLEATS SOCCER

This fun & exciting soccer program allows your little one to burn off some energy & learn soccer basics in a non-competitive environment. Socialization, simple soccer fundamentals & lots of FUN are the main focus of this clinic! **Note: Parents are asked to help assist during practices.**

AGES: 2 - 3 (Boys & Girls)

Ages	Days	Starting Dates	Times	Location
2	TUE	SEP 13	5:15pm-5:45pm	SP
3	THU	SEP 15	5:15pm-5:45pm	SP
2	WED	FEB 8 - MAR 29	5:00pm-5:30pm	Gym
3	WED	FEB 8 - MAR 29	5:40pm-6:10pm	Gym

WHERE: Somerset Park (SP), Community Center Gym (Gym)

INSTRUCTOR: Joe Monteverde

PROGRAM SUPERVISOR: Katie Goetzinger

OF CLASSES: 6 (6 weeks)

FEE: OP Resident \$40; Non-Resident \$50



Volunteer in The Pines!

Volunteers are critical to the success of many of the programs offered by the Recreation & Parks Department. For more info, email info@oceanpines.org.

YOUTH SPORTS



HOOPSTERS BASKETBALL CLINIC

This clinic will teach the fundamentals of dribbling, passing, shooting, game strategy & rules. Geared towards all skill levels of play, each week will consist of skills & drills that progress into scrimmaged games.

AGES: 4 – 13 (Boys & Girls)

WHEN: SATURDAYS, NOV 12 – DEC 3

Ages	Times
4 – 6	9:00am-10:00am
7 – 9	10:00am-11:00am
10 – 13	11:00am-12:00pm

WHERE:

Community Center Gym

PROGRAM

SUPERVISOR:

Kyle Jarmon

OF CLASSES:

4 (4 weeks)

FEE: OP Resident \$45;
Non-Resident \$55



PEE WEE SOCCER

This program is designed to teach boys & girls the basics of soccer while showing them social benefits such as interacting with others, having to work as a team, working individually toward a collective goal, experiencing emotions involved in the game, striving to do their best & supporting & helping others. The sessions will start out with basic skills & lightly competitive group games. **Note: Parents are asked to help assist during practices.**

AGES: 4 – 8 (Boys & Girls)

Ages	Days	Starting Dates	Dates	Location
4 – 5	TUE	SEP 13	6:00pm-6:45pm	SP
6 – 8	THU	SEP 15	6:00pm-6:45pm	SP
4 – 6	WED	FEB 8 – MAR 29	6:20pm-7:00pm	Gym

WHERE: Somerset Park (SP),
Community Center Gym (Gym)

INSTRUCTOR:

Joe Monteverde

PROGRAM SUPERVISOR:

Katie Goetzinger

OF CLASSES:

6 (6 weeks)

FEE: OP Resident \$45;
Non-Resident \$55



- YOUTH SPORTS LEAGUE -

Volunteer coaches are needed for this league for all age groups! All coaches must consent to be fingerprinted. If you're interested in coaching, call Kyle at 410.641.7052 before Jan. 4.

HOOPSTERS BASKETBALL LEAGUE

Kids of all skill levels can take this opportunity to compete against each other in this instructional league. Team shirts will be provided. **Note: The cut-off for sign-ups is Jan. 21. No registration will be accepted without program supervisor's approval after this date.**

AGES: 7 – 13 (Boys & Girls)

WHEN: Games start JAN 21; game times/age groups will vary depending on number of participants/teams

Ages	Evaluation Dates	Evaluation Times
7 – 8	TUE, JAN 3	6:00pm
9 – 10	WED, JAN 4	6:00pm
11 – 13	THU, JAN 5	6:00pm

WHERE: Community Center Gym

PROGRAM SUPERVISOR: Kyle Jarmon

OF GAMES: 8 (6 weeks - regular schedule)

FEE: OP Resident \$55; Non-Resident \$65



T-BALL

Homerun! T-Ball is designed to provide children with the basics of baseball & softball. Participants will learn how to hit, run, play defense & throw all while enjoying themselves outside. The ball is specially made to completely prevent injuries for young players & the Rec. Dept. will provide helmets to assure the safety of all of our little sluggers. Teams will practice one hour each of the first three Saturdays, followed by games the next 3 Saturdays. Volunteers & team sponsors are keys to making this program a success. No coaching experience is required. **Note: All skills welcome! Ocean Pines does not provide gloves.**

AGES: 4 – 6 (Boys & Girls)

WHEN: SATURDAYS,
Starting SEP 10

TIME:
10:00am-11:00am

WHERE:
Manklin Meadows

PROGRAM SUPERVISOR:

Katie Goetzinger

OF PRACTICES:

3

OF GAMES:

3

FEE:
OP Resident \$40;
Non-Resident \$50





ADULT & FAMILY FITNESS



- ADULT LEAGUES -

FALL SOFTBALL LEAGUE

Who's ready to play ball?! Bring your friends & coworkers to form a team & join Ocean Pines Recreation & Parks for fun recreational slow-pitch softball! Maximum players per roster is 20 (must have at least 2 females on the field at all times). **Notes: All players must be on the roster & have waiver completed before stepping on the field. Coaches' meeting: Aug. 10, 6pm.**

WHO: Adults 18+
WHEN: WEDNESDAYS, starting AUG 24, 6:00pm
WHERE: Manklin Meadows Field
PROGRAM SUPERVISOR: Kyle Jarmon
FEE: \$450/team; All team payments must be received prior to gameplay.

WALL-TO-WALL DODGEBALL LEAGUE

A ramped-up adult league of the old-school classic. Relive the memories, have fun & meet new people! Enjoy one of Ocean Pines' most popular leagues! Grab a group of friends or coworkers & organize a team consisting of 6 players on the court, 2 of which must be female. Maximum number of players on the roster is 15. Individuals interested in playing may register as free agents for teams needing additional players. **Note: One team representative from each team must attend pre-season team meeting on Dec. 29 at 6pm in the Community Center.**

WHO: Adults 18+
WHEN: WEDNESDAYS, starting JAN 11
TIME: 7:00pm
WHERE: Community Center Gym
PROGRAM SUPERVISOR: Kyle Jarmon
FEE: \$250/team; All team payments must be received prior to gameplay.



MEN'S BASKETBALL 4v4 LEAGUE

Our fun adult 4-on-4 men's league contains 7 players total per team. All team members must be on only one roster before the start of the season. **Mandatory team rep meeting will be Feb. 8 at 6pm in the Community Center to go over rules.** You will also have time to fill out rosters. This league has limited space so be at the meeting to guarantee your team's spot. Don't have a team? There will be a "Free Agent" pool & as players are needed, they will be placed on teams.

WHO: Men 21+
WHEN: THURSDAYS, FEB 16 - MAR 30
TIME: 6:45pm
WHERE: Community Center Gym
PROGRAM SUPERVISOR: Kyle Jarmon
FEE: \$400/team; All team payments must be received prior to gameplay.



New! PILATES

Pilates exercise develops the body through muscular effort that stems from the core. Repetitive exercises promote strength, stability & flexibility. Bring an exercise mat & drinking water.

WHO: Adults 18+
WHEN: THURSDAYS, 8:00am-9:00am
AUG 11 - SEP 15
SEP 22 - NOV 3 No Class 10/20
NOV 10 - DEC 15
WHERE: Assateague Room
INSTRUCTOR: Theresa O'Boyle
PROGRAM SUPERVISOR: Debbie Donahue
OF CLASSES: 6 (6 weeks)
FEE: OP Resident \$30; Non-Resident \$40; Drop-in \$6

New! QIGONG WARM UPS WITH SHIBASHI - I

18 moves to remove stress, boost immune function & improve cell production, balancing mind, body, organs & system functions. Brings energy to acupuncture points & meridians. Good for beginners!

WHO: All Ages

Days	Dates	# of Classes
TUES	SEP 6 - OCT 25 No Class 10/18	7 (7 weeks)
TUES	MAR 7 - APR 25	8 (8 weeks)

TIME: 9:30am-10:30am
WHERE: Community Center Gym
INSTRUCTOR: Kim Reed from Radiant Motion for Health
PROGRAM SUPERVISOR: Katie Goetzinger
FEE: 7-Class Session: OP Resident \$57; Non-Resident \$73;
8-Class Session: OP Resident \$65; Non-Resident \$81

New! QIGONG WARM UPS WITH SHIBASHI - II

18 advanced moves for the experienced practitioner, generating energy for optimum health benefits.

WHO: All Ages
WHEN: TUESDAYS, NOV 1 - DEC 20, 9:30am-10:30am
WHERE: Community Center Gym
INSTRUCTOR: Kim Reed from Radiant Motion for Health
PROGRAM SUPERVISOR: Katie Goetzinger
OF CLASSES: 8 (8 weeks)
FEE: OP Resident \$65; Non-Resident \$81

SEATED QIGONG

Moving energy in a safe & effective seated method. Besides removing stress, Qigong practices stimulate organ function, body systems, breath, posture, fatigue & much more!

WHO: All Ages
WHEN: TUESDAYS, JAN 10 - FEB 28
TIME: 9:30am-10:30am
WHERE: Community Center
INSTRUCTOR: Kim Reed from Radiant Motion for Health
PROGRAM SUPERVISOR: Katie Goetzinger
OF CLASSES: 8 (8 weeks)
FEE: OP Resident \$65; Non-Resident \$81



ADULT & FAMILY FITNESS



TAI CHI - 24 FORMS

A world-renowned Tai Chi practice that challenges the practitioner with posture, breath & slow weight transfers that greatly improve balance & dexterity. Reconnects mind to body.

WHO: All Ages

WHEN: THURSDAYS, JAN 12 – MAY 25

TIME: 4:30pm–5:30pm

WHERE: Community Center Gym

INSTRUCTOR: Kim Reed

from Radiant Motion for Health

PROGRAM SUPERVISOR: Katie Goetzinger

OF CLASSES: 20 (20 weeks)

FEE: OP Resident \$165; Non-Resident \$180



TAI CHI FOR ARTHRITIS - I

21 progressional moves. A safe & easy program proven to relieve pain & improve health & balance.

WHO: All Ages

WHEN: THURSDAYS, SEP 8 – OCT 27, 4:30pm–5:30pm

TIME: 4:30pm–5:30pm *No Class 10/20*

WHERE: Community Center

INSTRUCTOR: Kim Reed from Radiant Motion for Health

PROGRAM SUPERVISOR: Katie Goetzinger

OF CLASSES: 7 (7 weeks)

FEE: OP Resident \$57; Non-Resident \$73

TAI CHI FOR ARTHRITIS - II

This is a more challenging course that is ideal for those who have completed Tai Chi for Arthritis I. 21 progressional moves. A safe & easy program proven to relieve pain & improve health & balance.

WHO: All Ages

WHEN: THURSDAYS, NOV 3 – DEC 29 *No Class 11/24*

TIME: 4:30pm–5:30pm

WHERE: Community Center

INSTRUCTOR: Kim Reed

from Radiant Motion for Health

PROG. SUPERVISOR: Katie Goetzinger

OF CLASSES: 8 (8 weeks)

FEE: OP Resident \$65; Non-Resident \$81



New! CHAIR YOGA

Chair yoga is a gentle form of yoga that can improve flexibility, decrease stress & reduce joint strain. Please bring a yoga mat & drinking water; chairs will be provided.

WHO: Adults 18+

WHEN: THURSDAYS, 9:15am–10:15am

AUG 11 – SEP 15

SEP 22 – NOV 3 *No Class 10/20*

NOV 10 – DEC 15

WHERE: Assateague Room

INSTRUCTOR: Theresa O'Boyle

PROGRAM SUPERVISOR: Debbie Donahue

OF CLASSES: 6 (6 weeks)

FEE: OP Resident \$30; Non-Resident \$40; **Drop-in \$6**



New! YOGA

Choose between outdoor morning yoga or indoor evening yoga ...or take both! All experience levels are welcome at this accessible yoga practice that focuses on improving flexibility & balance, & decreasing stress. Please bring a yoga mat, towel & drinking water.

WHO: Adults 18+ *No Class 10/18*

Days Dates

Times

Location

WED SEP 14 – OCT 19 8:00am–9:15am Swim & Racquet

TUE AUG 9 – SEP 13 5:00pm–6:00pm Assateague Rm.

TUE SEP 20 – NOV 1 5:00pm–6:00pm Assateague Rm.

TUE NOV 8 – DEC 13 5:00pm–6:00pm Assateague Rm.

WHERE: (outdoor) Swim & Racquet Club on The Knoll, (indoor) Assateague Room

INSTRUCTOR: Theresa O'Boyle

PROGRAM SUPERVISOR: Debbie Donahue

OF CLASSES: 6 (6 weeks)

FEE: OP Resident \$30; Non-Resident \$40; **Drop-in \$6**

ZUMBA

This low-impact, high-energy exercise program is great for everybody & every body. This class takes the work out of "work-out." Zumba principles incorporate Latin rhythms, oldies & pop songs. This is truly exercise in disguise. Come to a party!

WHO: Adults 18+ (safe for all levels & age groups; young adult to seniors)

AM ZUMBA

WHEN: TUESDAYS, 8:30am–9:15am 6 (6 weeks)

AUG 16 – SEP 20

SEP 27 – NOV 8 *No Class 10/18*

NOV 15 – DEC 20

DEC 27 – JAN 31

FEB 7 – MAR 14

MAR 21 – APR 25



PM ZUMBA

WHEN: WEDNESDAYS, 4:30pm–5:15pm 6 (6 weeks)

AUG 17 – SEP 21

SEP 28 – NOV 9 *No Class 10/19*

NOV 16 – DEC 21

DEC 28 – FEB 1

FEB 8 – MAR 15

MAR 22 – APR 26



WHERE: Community Center

INSTRUCTOR: Joyce Landsman

PROGRAM SUPERVISOR: Katie Goetzinger

FEE: OP Resident \$30; Non-Resident \$35; **Drop-in \$6**

Free! DROP-IN WALKING

Walking is better together! Put on your sneakers & grab your water bottle. Listen to music or chat with a friend while you boost your energy & burn calories.

WHO: All Ages

WHEN: MON & WED, thru MAY 24, 11:00am–12:00pm

WHERE: Meet at the Community Center Gym

PROGRAM SUPERVISOR: Debbie Donahue

FEE: **FREE!** *No need to register, just show up & let's walk!*



TENNIS

at the OCEAN PINES RACQUET CENTER

TENNIS REGISTRATION
for Classes & Events

Phone: 410.641.7228

Walk-In: Racquet Center Pro Shop

The Ocean Pines Tennis Club (OPTC), the players' association, facilitates tennis & social activities through its volunteers at the Racquet Center. OPTC aims to be welcoming, inclusive, & integrate new players into the tennis community & provide opportunities for everyone to play. Great opportunities continue throughout the fall.

Opportunities to Play Tennis

TENNIS DROP-IN

MONDAY-FRIDAY 7:00am-9:00am

Just show up! Everyone is welcome.

The attendant at check-in will direct you.

OP Resident \$10; Non-Resident \$15

GROUPS PLAYING ON A REGULAR BASIS

Groups may vary by gender, playing level, format, frequency & other factors. Each group has a facilitator. There is usually a good fit for everyone who wants to play in one or more groups. Established groups are typically welcoming to players who fit the profile of their group.

For assistance in learning more about the groups & how to join, text or phone Dale Ash at 443-493-3781.

Special Events ...spectators welcome!

OCEAN PINES RACQUET CENTER DOUBLES CHALLENGE SERIES

Sat, AUG 20

Wed, SEP 21 (Championship)

Men's & Women's Doubles Competitions

ENTRY FEE: Tennis Member, Free; Non-Member \$15

USTA NTRP SINGLES TOURNAMENT

Sat & Sun, SEP 24-25 • 9:00am-10:00am

Play in an USTA Mid-Atlantic-sanctioned tournament for points to qualify for the Mid-Atlantic championship. Must be a USTA member.

WHO: Men or Women 3.0, 3.5, 4.0, 4.5

ENTRY FEE: \$30/player



New! STROKE OF THE DAY WITH TERRY UNDERKOFFLER. PTR PROFESSIONAL

Improve ground strokes, serving, overhands and more. Video feedback and analysis used to improve mechanics, technique, and a plan for taking your game to the next level.

WHEN: TUE & THU

TIME: 8:00am-8:50am

INSTRUCTORS: Terry Underkoffler, PTR Tennis Professional & Head Teaching Professional

FEE: Tennis Member, Free; Non-Member \$10/session

ADULT BEGINNER TENNIS CLASS

We will be learning all of the basic strokes, court movement & footwork. Class time will focus on consistency in strokes, scoring, tennis etiquette & basic strategy in playing singles & doubles. For more information on dates, times & fees, email optennistraining@gmail.com.

WHEN: Fall dates T.B.D.

INSTRUCTORS: Bill Gilroy, PTR Tennis Professional

FEE: T.B.D.

PRIVATE TENNIS LESSONS WITH TWO OUTSTANDING TENNIS INSTRUCTORS

Terry Underkoffler: A PTR Tennis Professional & head teaching professional, Terry offers private lessons that are tailored to the player's individual needs & style of play. This is the most effective way to upgrade your game. Whether it's to improve strokes, learn a new skill, or sharpen court strategy, Terry has extensive experience in the details that enable you to be a better player.

Bill Gilroy: A PTR Professional, Bill has an impressive background, including coach of the Naval Academy tennis team. Bill is a part-time resident of Ocean Pines & available for private lessons when he is in Ocean Pines.

FEE: \$40/one-hour training session

Email to set up your personalized lessons:
optennistraining@gmail.com



*Days/times, fees and policies subject to change

PLATFORM TENNIS, SPEC TENNIS & TIMELESS TENNIS

at the **SCREENED PLATFORM TENNIS COURTS**

oceanpines.org/web/pages/platform-tennis

Ocean Pines residents can come for a free lesson and get a free 14-day trial (**must be consecutive days**) for platform tennis, Timeless Tennis and SPEC Tennis on the screened platform courts! After your trial, a membership or court fee is required.

- **Play all three sports year-round**
- **Equipment provided for all three sports**
- **Screened courts are 1/3 the size of a tennis court**
- **Drop in six days a week! All abilities welcome!**
- **Drop-in play, lessons, clinics, leagues & tournaments**
- **Day & evening play with lighted night courts**
- **BBQs, Happy Hours, bonfires & more!**
- **Family Fun Nights & Young Professional Meet-up Night**

PLATFORM TENNIS INTRODUCTORY LESSONS

Free 14-day trial and free lessons. After trial, a platform tennis membership or court fee is required. Paddles & balls will be provided and sneakers are required.

WHO: Anyone looking for exercise, fresh air, friendly competition, all-year-round outdoor play & lots of social activities.

WHEN: EVERY SATURDAY, 9:30AM OR BY APPT.

WHERE: OP Racquet Center platform tennis courts

FEE: After free trial, a platform tennis membership or daily court fee (Platform Tennis Member, Free; OP Resident \$7; Non-Resident \$8) is required.

To set up free introductory lessons and 14-day free trial:

Email oppaddle2020@gmail.com

PLATFORM TENNIS DROP-IN

For up-to-date drop-in days and times, email oppaddle2020@gmail.com or visit oceanpines.org/web/pages/platform-tennis

TIMELESS TENNIS ON PLATFORM TENNIS COURTS

Looking for something different? Played on the platform tennis courts, Timeless Tennis is perfect for those no longer comfortable playing on a regular-sized tennis court and offers an extended season. Timeless Tennis has the same rules as tennis for playing and scoring. "Small-court tennis!" **It's never too far to the ball!**

WHEN: EVERY THURSDAY – Call for times or visit oceanpines.org/web/pages/timeless-tennis

WHERE: OP Racquet Center platform tennis courts

FEE: After free trial, a platform membership or daily court fee is required (Platform Tennis Member, Free; OP Resident \$7; Non-Resident \$8).

FOR MORE INFO: Contact Araceli Popen at 302-270-8118 or visit oceanpines.org/web/pages/timeless-tennis



Platform Tennis



Timeless Tennis

New! SPEC TENNIS

Spec Tennis is played with a paddle and soft tennis ball on the screened platform courts. We'll show you how! Equipment is provided.

WHEN: EVERY THURSDAY, Afternoon – Call for times or visit oceanpines.org/web/pages/spec-tennis

WHERE: OP Racquet Center screened platform tennis courts

FEE: After free trial, a platform tennis membership or daily court fee is required (Platform Tennis Member, Free; OP Resident \$7; Non-Resident \$8).

FOR MORE INFO: Contact Araceli Popen at 302-270-8118 or email oppaddle2020@gmail.com



Club of Ocean Pines

PLAY SPEC TENNIS!

- **Easy scoring**
- **Shoulder-friendly underhand serve**
- **Fenced courts are 1/3 the size of a tennis court**
- **Play the net! No kitchen!**
- **Never played? Used to play? All abilities welcome!**
- **Paddle and low-bounce tennis ball**
- **We have the equipment for you! Try it!**

On the PLATFORM TENNIS COURTS at the OP Racquet Center (near the Dog Park). For more info, email oppaddle2020@gmail.com or stop down at the platform tennis hut!



Spec Tennis



SPEC Family Fun



Play all 3 year-round
on the Platform Tennis courts!
Platform Tennis, Spec Tennis & Timeless Tennis!



PICKLEBALL

at the OCEAN PINES RACQUET CENTER

Beginner Pickleball Clinics: During fall, Ocean Pines Pickleball Club will sponsor outdoor beginner clinics at the Ocean Pines Racquet Center. During winter, Ocean Pines Pickleball Club will sponsor indoor beginner clinics at the Community Center gym. **The gym now has THREE indoor courts to accommodate more players at any given time.** To stay informed, please check the Ocean Pines Pickleball website – oppickleball.shutterfly.com – & sign up for the weekly Pickleball E-Newsletter.



INDOOR DROP-IN

OCTOBER – MARCH

Mondays	3:00pm–5:00pm
Tuesdays	1:00pm–5:00pm
Thursdays	1:00pm–5:00pm
Saturdays	4:00pm–8:00pm

DAILY FEES: OP Pickleball members, free; non-members \$5
Additional indoor play: Call 410-641-7052 for drop-in availability. \$3/player (pickleball members & non-members)

OUTDOOR DROP-IN

Four new courts added!

The Ocean Pines Pickleball Club organizes outdoor drop-in pickleball at the Racquet Center; days & times to be determined.

TO STAY INFORMED: Please check the Ocean Pines Pickleball website & sign up for the weekly Pickleball E-Newsletter: oppickleball.shutterfly.com



LEVEL UP PICKLEBALL 3-DAY CAMP IN OCEAN PINES

FRI-SUN, SEPT. 9-II
9AM-3PM

Featuring Instructors
Wayne & Lisa Dollard,

Publishers of *Pickleball Magazine*

& US Open & USAPA Nationals Mixed Gold Medalists

We encourage everyone to drop by & meet Wayne & Lisa & observe their skill level & how well they teach others. Be sure to sign up for future camps as they're announced!

For more info or to register, visit: leveluppickleballcamps.com

PICKLEBALL LESSONS

Individual or small group instruction. All levels. Private instruction is an excellent way to learn the sport of Pickleball or to improve specific areas of your game. Contact each of the following instructors for rates & availability:

LINDA HORST: IPTPA & PPR Certified Instructor; PCI beginners program instructor (email: pgasoccer@gmail.com)

OCEAN PINES PICKLEBALL PINK RIBBON CLASSIC 2022

FRI, OCTOBER 7

All pickleball players are invited to a special Pink Ribbon Event hosted by the Ocean Pines Pickleball Club & the American Cancer Society



This is a round robin tournament: blind draw, rotating partners, player levels, total points per person. Entry fee of \$35 includes lunch, snacks & prizes. Pick up a registration form at the Ocean Pines Racquet Center or download it from the Pickleball e-Newsletter.

OCEAN PINES OKTOBERFEST PICKLEBALL TOURNAMENT

Including Money Brackets!

OCT. 14-16



- **Registration deadline: Sept. 26**
- Registration fee \$40
- Bracket Fees \$0 – \$30; Open \$ Bracket Payout: T.B.D.
- Minimum Skill is 3.0 – 4.5+
- This is an outdoor tournament! No rain date & no refunds or credits if there is a rainout.

Schedule of start times will be posted 2 weeks prior to tournament. Tournament directors will break out age/skill brackets accordingly approx. 3 weeks prior to tournament. Schedule, brackets & levels posted on Pickleball Den. Beer/beverage, food & other vendors will be on site!

Tournament Director:

Sarah Aiken (email pickleballsara@gmail.com)

Search 'Tournaments' in Pickleball Den for details:
<https://app.pickleballden.com>



FALL PICKLEBALL CLUB EVENTS

Join the pickleball group and enjoy some club events that are scheduled, such as: Weekly "Shootout" Competitions, Swiss System Tournaments, Party at Windmill Creek Winery (all players/partners invited, including non-members), End-of-Season Party, Tree Decorating at White Horse Park.

OCEAN PINES GOLF CLUB

Golf Ocean Pines



Featuring

Robert Trent Jones-Designed Course
Public & Ocean Pines Resident Rates*
Driving Range | Practice Facilities
Clubhouse | Indoor & Outdoor Dining
Club Repair Center | Club Fittings
Indoor Launch Monitor | PGA Instruction

*Ocean Pines residents save on public rates with Ocean Pines resident ID card.
Tee times cannot be booked more than 5 days in advance to receive discount.

TEE TIMES: 410.641.6057 | OCEANPINESGOLF.ORG



CLUB FITTINGS CLUB REPAIR INSTRUCTION

at Ocean Pines Golf Club
OPEN TO THE PUBLIC!

Club Fittings

Personally fit clubs to your swing by ensuring the correct loft, tie & shaft.

\$60 Full Set
\$50 Irons
\$40 Woods
\$30 Putter

Private Lessons

Determine club path, face angle at impact, club head spread, distance & point of contact on the clubface using our launch monitor.

\$25 Ages 14 & under
\$50 30 min Adult
\$80 50 min Adult

Club Repair

Professional club repair services right in Ocean Pines! In-stock or special-order items available. Prices don't include cost of grip or shaft.

\$3 Grip Installation
\$5 Save Grip
\$3 Shorten Shaft
\$5 Lengthen Shaft
\$15 Install Shaft
\$10 Remove Shaft
\$10 Reset Clubhead
\$10 Replace Ferrule
\$10 Change Swing Wt.
\$80 Reshaft (Set of 8)

TO SCHEDULE
OR FOR INFO

410.641.6057

Looking

to reach more than
11,000 Ocean Pines
homeowners & residents?



Advertise

in Ocean Pines' quarterly newsletters

Rates start at just \$150
email info@oceanpines.org
or visit oceanpines.org

OCEAN PINES GOLF CLUB



THE CLUBHOUSE
BAR AND GRILLE OPGC

Overlooking the 18th Green & Pond
Open to the Public Daily 8am-6pm
(days & hours vary seasonally)

Breakfast, Lunch & Drinks • In/Outdoor Dining & Carryout
410.641.7222 • See menu at oceanpinesgolf.org

Find us on Facebook for info on specials, live music & more! 



OPEN TO THE PUBLIC

THE CLUBHOUSE
BAR AND GRILLE OPGC

OCEAN PINES
GOLF CLUB

**NFL
SUNDAY TICKET**

**FEATURING
9 LARGE TVS
FOOD & DRINK SPECIALS**

**GAMES
START
IN
SEPT!**

100 Clubhouse Dr, Ocean Pines, MD | 410.641.7222 | oceanpinesgolf.org

ADULT CLASSES & SEMINARS



...for free seminars on orthopaedics, focusing on muscles, bones & joints. Peninsula Orthopaedic Associates has been providing exceptional orthopaedic care to the Delmarva Peninsula community for more than 70 years.

New! WHERE DOES YOUR PAIN COME FROM?

It can be really challenging to determine the source of your pain. Join Dr. Gelman as we dive into common areas of the body such as your back, hip & knee to determine the true source of your pain & what you can do about it.

WHO: Ages 18+
WHEN: Fri, SEP 23
TIME: 9:00am-11:00am
WHERE: Assateague Room
PRESENTER: Scott Gelman, MD
PROGRAM SUPERVISOR: Katie Goetzinger
FEE:



New! GET BACK INTO THE SWING OF THINGS

Addressing shoulder pain & common injuries that prevent you from fully enjoying your extra-curricular activities. Learn how to treat your shoulder pain & ways to prevent it from returning.

WHO: Ages 18+
WHEN: Mon, OCT 10,
TIME: 4:00pm-6:00pm
WHERE: Assateague Room
PRESENTER: Ana Mata-Fink, MD
PROGRAM SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!

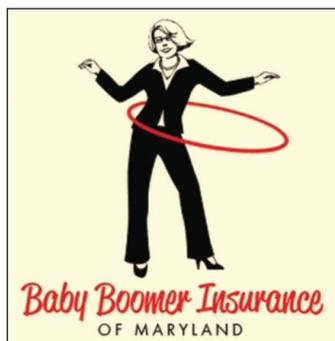


MEDICARE OPTIONS

Transitioning to Medicare can be a confusing time. There are many choices, but what is right for you? In this FREE seminar, we'll discuss Medicare rules & what is available on the market.

Presenter Lynne McAllorum is an independent agent from Baby Boom Insurance of Maryland with an expertise in Medicare products.

WHO: Anyone interested in learning more about Medicare
WHEN: Mon, OCT 10
TIME: 9:00am-10:30am
WHERE: Community Center
PRESENTER: Lynne McAllorum
PROGRAM SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!



New! HAND IOI

Are you having trouble with hand or wrist pain, weakness or limited function? This free educational lecture is for you! Learn about common wrist & hand injuries & conditions, treatments & how POA can help you feel relief & return function to your hand!

WHO: Ages 18+
WHEN: Fri, NOV 18
TIME: 9:00am-11:00am
WHERE: Assateague Room
PRESENTER: Katelin Talbert, PA-C
PROGRAM SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!



New! BACK PAIN, DISC HERNIATION & SCIATICA SUPPORT

Back pain affects millions of people annually & it can be an incapacitating condition. Join the spine experts from POA to learn about the common causes of back pain & treatments to get you back on your feet fast!

WHO: Ages 18+
WHEN: Wed, OCT 26, 9:00am-11:00am
WHERE: Assateague Room
PRESENTER: Trevor Abbott, PA-C
PROGRAM SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!



STAY IN TOUCH WITH OCEAN PINES

EMAIL: THIS WEEK IN THE PINES

Be the first to know about Ocean Pines Association happenings with our weekly email, "This Week in the Pines." Sign up at OceanPines.org!

WEB: OCEANPINES.ORG

News, amenity info, applications, contact numbers & more are available on OPA's website!



Questions?
Concerns?

EMAIL
INFO@OCEANPINES.ORG

CALL
410.641.7717

(410.641.7747 after hours)

ADULT CLASSES & SEMINARS

Join Ocean Pines &



Back in Action
Physical Therapy

...for these informative, helpful seminars
that focus on helping you get “back in action.”

New! MANAGING CHRONIC PAIN NATURALLY

If you have been trying to manage your chronic pain with over-the-counter pain medications & are looking for a safer alternative, physical therapy may be just what you have been looking for. Participants will learn about the different types of pain, some of the most common causes & some simple tricks for decreasing pain.

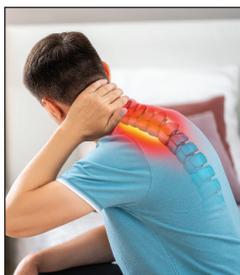
WHO: Ages 18+
WHEN: Tue, SEP 27
TIME: 1:00pm–2:00pm
WHERE: Assateague Room
PROGRAM SUPERVISOR:
Katie Goetzinger
FEE: FREE! Register early!



New! NECK & SHOULDER PAIN

Did you know that difficulty turning your head can cause problems with raising your arms, can cause pain & numbness into the arms/hands & may be the cause of your headaches? Participants will learn about the common causes of neck pain, risk factors & healthy habits to decrease pain.

WHO: Ages 18+
WHEN: Tue, OCT 18, 1:00pm–2:00pm
WHERE: Assateague Room
PROGRAM SUPERVISOR:
Katie Goetzinger
FEE: FREE! Register early!



FALL PREVENTION

November is National Fall Prevention Month! If you are concerned about your balance & are looking for ways to improve your mobility, join us for this informative class. This class will review common contributing factors that may cause falls & ways to decrease your risk.

WHO: Ages 18+
WHEN: Tue, NOV 15, 1:00pm–2:00pm
WHERE: Assateague Room
PROG. SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!



New! MANAGING PICKLEBALL INJURIES

The popularity of pickleball continues to increase. It's a great sport to keep you active & having fun, but it can also cause injuries if you aren't careful. During this class, we will review common racquet sport injuries & why they may happen & will also discuss the importance of stretching before & after playing.

WHO: Ages 18+
WHEN: Tue, DEC 6, 1:00pm–2:00pm
WHERE: Assateague Room
PROG. SUPERVISOR: Katie Goetzinger
FEE: FREE! Register early!



New! WHY GOOD POSTURE MATTERS

Did you know that poor posture may be causing your neck pain, back pain, shoulder pain, headaches & even your balance issues? Participants of this class will learn why posture is important & how you can test how good your posture is.

WHO: Ages 18+
WHEN: Tue, JAN 10
TIME: 1:00pm–2:00pm
WHERE:
Assateague Room
PROGRAM SUPERVISOR:
Katie Goetzinger
FEE: FREE! Register early!



New! MANAGING ARTHRITIS NATURALLY

Have you been diagnosed with arthritis? Do you know what arthritis is? During this class we will explain what arthritis is and why it occurs. Participants will also learn how to decrease their pain without medication.

WHO: Ages 18+
WHEN: Tue, FEB 21
TIME: 1:00pm–2:00pm
WHERE:
Assateague Room
PROGRAM SUPERVISOR:
Katie Goetzinger
FEE: FREE!
Register early!



New! PAIN & INFLAMMATION: COULD IT BE YOUR DIET?

Did you know that a diet high in sugars & carbohydrates actually promotes inflammation? Unfortunately, these types of foods may be the cause of some of your pain & bloating. Participants will learn about foods to avoid & foods that can help to decrease inflammation & bloating.

WHO: Ages 18+
WHEN: Tue, MAR 14
TIME: 1:00pm–2:00pm
WHERE: Assateague Room
PROGRAM SUPERVISOR:
Katie Goetzinger
FEE: FREE! Register early!



New! FREE FLU CLINIC

According to the Centers for Disease Control & Prevention (CDC), the best way to prevent the flu is getting a flu vaccine each year. Atlantic General Hospital/Health System is again providing flu shots free to the community.

WHO: Ages 13+
WHERE: Fri, SEP 30, 9:00am–1:00pm
WHERE: Assateague Room
PRESENTER: Atlantic General Hospital
PROGRAM SUPERVISOR: Debbie Donahue
FEE: FREE!

Ocean Pines Recreation & Parks Presents

BACK TO SCHOOL BASH



\$10
WRISTBANDS
CASH ONLY



Saturday, Aug 27
10am-2pm
Veterans Memorial Park

11144 Cathell Road, Ocean Pines, MD

Collecting donations of backpacks & school supplies to benefit our community!

Join us for a day of fun with water slides, moon bounces, games, food, music & more before we say "goodbye" to summer!



SPONSORED BY



Ocean Pines Recreation & Parks | 410.641.7052 | oceanpines.org

RECREATION SPECIAL EVENTS

PUP OF THE PINES Photo Contest

2022
Winner
LUCY!



"My name is Lucy, and I am a 10-month-old fox red Labrador retriever. I am the 2022 "Pup of the Pines"!"

My parents tell me I am the sweetest and friendliest retriever you will ever meet. I love the dog park and walking around the South Gate pond. All of my neighbors love me."

As "Pup of the Pines," Lucy receives a free 2022 Ocean Pines Dog Park registration. She is also the official face of the dog park for 2022 and will be featured in the Ocean Pines Activity Guide and other postings throughout the year.

YOU COULD WIN:
"Pup of the Pines"
Title

FROM SEPT. 1 to OCT. 14

Ocean Pines pet parents can enter their pup(s) for a \$5/dog entry fee. Official entry forms are available at the Community Center. The top 8 pups will be on display at the Ocean Pines Halloween celebration. Attendees at the event will be able to vote for their favorite. The winner will be announced at the Hometown Christmas Tree Lighting in November.



Fall INDOOR/OUTDOOR FLEA MARKET

Sat, SEPT. 17 • 8am-12pm
Community Center Gym & White Horse Park

The Indoor/Outdoor Flea Market welcomes vendors selling gently used clothing, household items, collectibles & more. Indoor spaces are inside the Community Center gymnasium & include an 8' table & a chair. Outdoor spaces are in White Horse Park & include an 8' table (bring a chair).

Spaces for Ocean Pines residents are \$15 for indoor & \$12 for outdoor. Spaces for non-residents are \$20 for indoor & \$15 for outdoor. Please register by calling Recreation & Parks at 410.641.7052.

EVENT SUPERVISOR: Jessica Conaway
ADMISSION FEE: FREE to Shoppers!

(Attn. Vendors: If you have new or slightly worn items leftover that you wish to discard at the end of the flea market, please consider donating them to the OP Community Center for our Reindeer Lane Gift Shop.)



BIG TRUCK DAY

Sat, SEPT. 17
10am-2pm

Open Field Between
The Sports Core Pool
& Veterans Memorial Park

A great family event! This year will feature tow trucks, fire trucks, dump trucks, tractor trailers & more. All trucks include all safety features. Food will be available for purchase. **Interested in displaying your big truck? Please contact Katie Goetzinger at kgoetzinger@oceanpines.org or 410.641.7052.**

ADMISSION FEE: FREE!
EVENT SUPERVISOR: Katie Goetzinger

Family Fun Night! BINGO

Fri, SEPT. 30 • 6pm-8pm • Community Center

BINGO! Bring your family & have a blast! Play BINGO, win prizes & spend quality time with your family. No cash prizes, this is family FUN night. The first games begins at 6:00pm & the last game at 7:45pm. Parents are requested to play the games with their children. Food & drink welcome. Ice cream will be sold. Volunteers needed!

WHO: All family & friends welcome!
EVENT SUPERVISOR: Katie Goetzinger
ADMISSION FEE: \$2/person

Family Fun Night!

PUMPKIN PAINTING

Fri, OCT. 7 • 6pm-8pm
Community Center



Bring your own pumpkin or purchase one from us & don't forget to bring your creativity & imagination! All decorations & paint will be provided (limited quantity of pumpkins will be available, \$6 each additional).

EVENT SUPERVISOR: Katie Goetzinger
FEE: OP Resident \$5; Non-Resident \$6

HALLOWEEN FALL FESTIVAL

Sat, OCT. 29
11am-2pm
White Horse Park



TRICK OR TREAT! Don't be a scaredy cat & bring the family for a ghoulish good time! Music will fill the air as ghosts & goblins parade & play. Costume contest, carnival games, face painting, arts & crafts pony rides, moon bounces, a haunted hayride, refreshments & candy goodies are just some of the thrills to be had. Volunteers needed & appreciated!

WHO: All Ages **EVENT SUPERVISOR:** Katie Goetzinger
ADMISSION FEE: FREE (individually-wrapped candy donations accepted - please bring to Community Center)

REC. SPECIAL EVENTS

2ND ANNUAL

FEATURING
WEREWOLF FOREST
CORN FIELD
MORGUE
CIRCUS
+ MORE!

OCEAN PINES
HAUNTED HOUSE

FRIDAY + SATURDAY
OCTOBER 21 + 22
7:30-9:30PM
OCEAN PINES COMMUNITY CENTER

AGES 12 + UNDER: \$8
AGES 13 + UP: \$10

BRING A CANNED GOOD DONATION FOR DIAKONIA FOR \$1 OFF ADMISSION (LIMIT 1 CANNED GOOD PER PERSON)

ARE YOU BRAVE ENOUGH?

Ocean Pines Recreation & Parks

FOR MORE INFO, CALL OP REC + PARKS 410.641.7052
ACTORS & VOLUNTEERS NEEDED! CONTACT DEBBIE DONAHUE AT 410.641.7052 OR DDONAHUE@OCEANPINES.ORG TO PARTICIPATE



WINTER WONDERLAND ARTISAN & CRAFT FAIR

Sat, NOV. 5 • 9am-3pm • Community Center

Sponsored by the Pine'eer Craft Club. Start your holiday shopping! Browse a large selection of hand-crafted items & grab a bite to eat. Kiwanis will be selling breakfast & lunch items. The Pine'eer Craft Club's legendary Bake Sale will also be taking place in the Community Center lobby!

WHO: All ages!

ADMISSION FEE: FREE! Open to the Public!

SEND LETTERS TO SANTA!

NOV. 21 thru DEC. 16

Santa's Red Mailbox at the Community Center

Children of all ages are welcome to drop off their written letters to Santa at the Red Mailbox in the Ocean Pines Community Center. Each night, Santa's postman collects the letters & delivers them to the North Pole. Please make sure that the letters are legible & have the child's name & address so Santa can respond.

2022

Light Up the Pines

THIS HOLIDAY SEASON!

BRIGHTEN THE OCEAN PINES COMMUNITY BY REGISTERING YOUR HOME FOR THIS FREE ANNUAL OUTDOOR DECORATING EVENT. REGISTER BY DEC 9 TO BE ENTERED INTO A DRAWING TO WIN ONE OF THREE \$50 BILL CREDITS FROM CHOPTANK ELECTRIC COOPERATIVE! PLUS, THE FIRST 25 HOMES TO SIGN UP WILL RECEIVE CHOPTANK ELECTRIC GOODIES!

VISIT OCEANPINES.ORG FOR AN ONLINE MAP OF PARTICIPATING HOMES.

Registration
Nov 21-Dec 9*
Email info@oceanpines.org
or call 410.641.7717



*HOMES REGISTERING AFTER THE DEC 9 DEADLINE WILL STILL BE ADDED TO THE ONLINE MAP.



HOME INSTEAD'S BE A SANTA TO A SENIOR PROGRAM

Mon, NOV. 7 - Tue, DEC. 13
Ornaments will be displayed on Christmas trees

Be A Santa To A Senior® Program, sponsored by Home Instead®, has delivered more than 2 million gifts at Christmas nationwide to seniors & community members who are in need. Locally, Home Instead collaborates with agencies like the MAC Area Agency on Aging, Shore Up - Shady Pines Adult Medical Day Services, Diakonia, Station16 Salisbury Fire and Rescue, Coastal Hospice - Compass Program, Berlin Nursing & Rehabilitation Center, and Worcester County: Department of Health, Social Services & Commission on Aging to identify seniors & community members who are in need or wouldn't be receiving a gift for Christmas this year. **Here's how you can help:**

- Anonymously, the Christmas gift wishes of seniors are displayed on tree ornaments at: Ocean Pines Community Center, Apple Discount Drugs (Snow Hill, Fruitland & Pemberton) & The Salisbury Area Chamber of Commerce.
- A customer ("Santa") will pull an ornament from the tree & purchase the requested gift. The gift should then be wrapped & the ornament tag attached to the gift.
- Then "Santa" brings the gift back to the original location where the ornament was chosen.
- Staff from Home Instead will regularly collect gifts & refresh tree ornaments, as needed. The gifts will then be delivered Dec. 14-21.

Join us in supporting our locals in need during this time of year! If you have any questions, please call Crystal at Home Instead (410.641.0901) or the Recreation Dept. (410.641.7052).

RECREATION SPECIAL EVENTS



12th Annual **A HOMETOWN CHRISTMAS** Sat, NOV. 26 • 6:30pm • White Horse Park

The tradition continues... Join us as we welcome the holiday season & "light up the park" at the Tree Lighting Ceremony (at 6:30pm)! See the dazzling lights from trees decorated by local businesses, individuals, families, community clubs & neighborhoods. Stroll through the winter wonderland & enjoy the festivities – sip hot cocoa as you admire the beautiful tree decorations, listen to local choir groups sing & welcome Santa Claus into town. Also, the winner of the "2023 Pup of the Pines" Dog Photo Contest will be announced.

EVENT SUPERVISOR: Katie Goetzinger
ADMISSION FEE: FREE!



BREAKFAST WITH BUDDY THE ELF & THE GRINCH

Sat, DEC. 3 • 8am-11am
Community Center

Bring the entire family for a fun morning of food, festivities & photos. Buddy & the Grinch will arrive at 8:30am (approximately) & will be available for photos until 11am. The menu will consist of pancakes, sausage, juice, milk, coffee, pastries & fruit. Attendees are encouraged to bring an unwrapped gift (toys, games, books etc. for boys or girls), which will be donated to local charities in Worcester County or non-perishable food, which will be donated to Ocean Pines families in need. For more info, call Ocean Pines Recreation & Parks at 410.641.7052.

EVENT SUPERVISOR: Katie Goetzinger
ADMISSION FEE: Breakfast is FREE for Ages 3 & under!
\$5 Ages 4-10; \$7 Ages 11 & older. Purchase photos for a \$5 donation to the Recreation Department.



"A HOMETOWN CHRISTMAS" TREE SPONSOR PROGRAM

Businesses, clubs, families & individuals are encouraged to sponsor a tree & light up White Horse Park! Sponsors will have a sign placed at their tree as recognition for participating in this program. Trees range in size from 8-10 ft. Sponsors are responsible for decorating their trees in a theme of their choice. To sponsor a tree (\$65), contact Katie Goetzinger at 410.641.7052.

REINDEER LANE GIFT SHOP

Sat, DEC. 3
8am-11am
East Room



At this special Holiday Shop, children ages 12 & under have the opportunity to purchase gifts for their loved ones. All items are sold to kids for \$5 or less. There will be many items to choose from for both kids & adults.

ADMISSION FEE: FREE! Donations for this one-of-a-kind program are greatly appreciated. Please bring new or slightly worn items to the Ocean Pines Community Center.

EVENT SUPERVISOR: Katie Goetzinger



SANTA IN THE PARK

Sat, NOV. 26 (Tree Lighting Ceremony) • 6:30pm
White Horse Park

Here comes Santa Claus... right down Ocean Parkway to White Horse Park! Children are welcome to sit on Santa's lap & tell him what they'd like for Christmas. There will be great photo opportunities, so bring your camera & capture the perfect holiday picture. When all the photos have been taken, take a stroll through the winter wonderland of lights in White Horse Park.

EVENT SUPERVISOR: Katie Goetzinger
ADMISSION FEE: FREE!

GINGERBREAD MAN DECORATING

Fri, DEC. 16 • 4pm-6pm
Community Center



Let's make Santa the best cookie ever!
Bring your creativity & create some festive gingerbread men!
All materials & instruction will be provided.

WHO: Ages 3 - 12
EVENT SUPERVISOR: Katie Goetzinger
ADMISSION FEE: \$8/child

RECREATION SPECIAL EVENTS

BREAKFAST WITH THE EASTER BUNNY

Sat, APRIL 1 • 8am-11am • Community Center

Bring the entire family for a morning of food, festivities & photos. The Easter Bunny will arrive at approximately 8:15am & will be available for photos until 11am. The menu will consist of pancakes, sausage, eggs, pastries, fruit, juice, milk & coffee.

WHO: All ages! Great family fun event!

EVENT SUPERVISOR: Katie Goetzinger

ADMISSION FEE: Breakfast is FREE for ages 3 & under! \$6 Ages 4-10; \$8 Ages 11 & older. Purchase photos with the Easter Bunny for a \$5 donation to Recreation & Parks.



EASTER / SPRING CELEBRATION & EASTER EGG HUNT

Sat, APRIL 8 • 11am-2pm • White Horse Park Pavilion

Come celebrate spring in White Horse Park! Enjoy pony rides, face painting, carnival games, bounce houses & food! Children up to age 10 can join Bugsy O'Hare in a hunt for Easter eggs. Egg hunt times: ages 1-3: 11:30am, Ages 4-6: 12pm, Ages 7-10: 1:00pm. Kids up to age 10 can bring their decorated Easter bonnet to the Easter bonnet parade contest (at 12:30pm) for a chance to win a prize bag full of Easter goodies! Volunteers are needed to help with this event & assist with egg hunts. If interested, please call 410.641.7052.

WHO: All ages! Great family fun event!

EVENT SUPERVISOR: Katie Goetzinger

ADMISSION FEE: FREE (individually-wrapped candy donations accepted - please bring to Community Center)



Spring INDOOR/ OUTDOOR FLEA MARKET

Sat, APRIL 15 • 8am-12pm

Community Center & White Horse Park (rain or shine)

The Indoor/Outdoor Flea Market welcomes vendors selling gently used clothing, household items, collectibles & more. Indoor spaces are inside the Community Center gymnasium & include an 8' table & a chair. Outdoor spaces are in White Horse Park & include an 8' table (bring a chair).

Spaces for Ocean Pines residents are \$15 for indoor & \$12 for outdoor. Spaces for non-residents are \$20 for indoor & \$15 for outdoor. Please register by calling Recreation & Parks at 410.641.7052.

EVENT SUPERVISOR: Jessica Conaway

ADMISSION FEE: FREE to Shoppers!

RENT SPACE FOR YOUR EVENT!

Assateague Meeting Room • Foulz Meeting Room
East Meeting Room • Community Center Kitchen
Community Center Gym • Manklin / Huntington Field
White Horse Park Pavilion • Pintail Park

Softball, baseball, basketball, tennis, platform & pickleball courts are also available. Sports equipment for rent: bocce ball sets, horseshoes, shuffleboard & more!

For more info or to apply for a rental, contact the Recreation Dept. at 410.641.7052 rec@oceanpines.org.



OCEAN PINES FARMERS & ARTISANS MARKET
est. 2012

FLORALS • FRESH MEAT
EGGS • SEAFOOD
PRODUCE • HONEY • JAM
BREAD & PASTRIES
ARTISAN CRAFTS
GOURMET FOOD ITEMS
PET TREATS
DECOR & MORE!

White Horse Park
(239 OCEAN PARKWAY, OCEAN PINES, MD)
SATURDAYS YEAR-ROUND
THRU OCT. 29: 8AM-1PM | STARTING NOV 5: 9AM-12PM

Special Market Days

9/3	Labor Day Holiday Market
10/1	Pumpkin Festival
10/29	Halloween at the Market
11/19	Thanksgiving Holiday Market
11/22	Thanksgiving Holiday Market
11/26	Marketplace Small Business Saturday
12/3	Santa Market
12/23	Christmas Market
12/24	Christmas Eve – Market Closed
12/30	New Year's Market
12/31	New Year's Eve – Market Closed

BUS TRIPS

Get Away for the Day!

DON'T RISK DISAPPOINTMENT – REGISTER EARLY FOR TRIPS!

To register for a bus trip, fill out the registration form in the back of this guide or call 410.641.7052. For more info, contact Debbie Donahue: 410.641.7052 x 3030, ddonahue@oceanpines.org

PLEASE NOTE: The bus will pick up and drop off at the Ocean Pines Community Center. Meals are independent unless otherwise noted. **NO REFUNDS WILL BE ISSUED FOR BUS TRIPS UNLESS WE ARE ABLE TO FILL YOUR SEAT.** Ocean Pines is not responsible to any loss, cost, injury, expense or damage to you or your property incurred in connection with any trip. We suggest that you do not leave any personal belongings on the bus while you are at your destination. Ocean Pines assumes no responsibility for loss or damage.



Dutch Apple Theatre Presents

CHICAGO: THE MUSICAL

(Lancaster, PA)

Sat, SEPT 17

CHICAGO is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune & all that jazz, with one show-stopping song after another & the most astonishing dancing you've ever seen. No wonder it's been honored with 6 Tony awards, 2 Olivier Awards, a Grammy & thousands of standing ovations. You've got to see why the name on everyone's lips is CHICAGO!

DEPART COMMUNITY CENTER: 7:30am

LUNCH AT THEATRE: 11:30am **SHOWTIME:** 1:00pm

RETURN TO OCEAN PINES: approx. 7:00pm

TRIP SUPERVISOR: Debbie Donahue

FEE: \$120/person (includes transportation, meal, show, tax & gratuity)



Six Flags Great America
Presents

FRIGHT FEST 2022

(Bowie, MD)

Sat, OCT 15

Experience the DMV's largest & most horrifying Halloween event! Enjoy haunted attractions, including frightful shows, scare zones packed with roaming zombies, blood-thirsty cowboys, crazed clowns, tons of deliciously evil treats & so much more! When the sun goes down BEWARE ...all kinds of vicious, blood-thirsty creatures come out in search of their next victim!

DEPART COMMUNITY CENTER: 9:00am

AT PARK: 12:00pm-10:00pm

RETURN TO OCEAN PINES: approx. 1:00am

TRIP SUPERVISOR: Katie Goetzinger

FEE: \$85/person (includes transportation, admission & tax)



CHRISTMAS IN NEW YORK

(New York City)

Sat, DEC 17

Everyone loves New York at Christmas! What better way to travel than to let someone else do the driving? Join us for a day exploring the city on your own. See a Broadway show, ice skate, sightsee or shop til you drop! We'll make a quick stop for breakfast on the way there & a rest stop on the way home.

DEPART COMMUNITY CENTER: 5:30am

TIME IN NYC: approx. 10:30am-6:30pm

RETURN TO OCEAN PINES: approx. 11:30pm

TRIP SUPERVISOR: Debbie Donahue

FEE: \$85/person (includes transportation)

Ocean Pines Association

Volunteer in The Pines

Sign up TODAY to volunteer!

Donate Your Time To...
EVENTS & PROGRAMS
FARMERS MARKET
ADVISORY COMMITTEES

Volunteers are critical to the success of many of the programs offered by the Recreation & Parks Department. Help support our community by serving on an Advisory Committee. Volunteer photographers, Farmers Market helpers, coaches, referees, umpires & office assistants are also needed.

239 OCEAN PARKWAY, OCEAN PINES, MD
info@oceanpines.org OceanPines.org

We've partnered with Regal Entertainment Group for DISCOUNT MOVIE TICKETS

to Regal Cinema at the
The Centre at Salisbury



Buy tickets at the
Community Center for
\$10 each instead of
paying full price at the theater.
Premiere Movie Tickets
are valid for all films
& showtimes.

*All logos, trademarks, servicemarks, artwork and publicity photos are the property of their respective owners.

OCEAN PINES FACILITY RENTALS

We Have the Perfect Space for Your Event Needs!

... for your Next Event, Party, Meeting, Family Reunion or Special Occasion!

The Ocean Pines Recreation & Parks Department manages the rental & reservations of the community's facilities ... from meeting rooms, parks & outdoor picnic facilities to gazebos, ball fields & tennis courts ... one is bound to suit your needs! Looking for a field or court? We have softball, baseball, basketball, pickleball & tennis courts for your use. We also provide sports equipment for rent such as bocce ball sets, horseshoes & shuffleboard equipment. **For more info or to apply for a rental, call us at 410.641.7052.**

GROUP	ASSATEAGUE MEETING ROOM	DEP.	COMMUNITY CTR. KITCHEN	DEP.	FOULTZ MEETING ROOM	DEP.	EAST MEETING ROOM	DEP.	MANKLIN / HUNTINGTON FIELD	DEP.	WHITE HORSE PARK PAVILION	DEP.	PINTAIL PARK	DEP.	COMMUNITY CENTER GYMNASIUM
Community Organization	No Charge	\$0	No Charge	\$0	No Charge	\$0	No Charge	\$0	Call 410.641.7052		No Charge	\$0	No Charge	\$0	Call 410.641.7052
OP Resident/Property Owner	\$50/hr 1/2 Day (6 hrs) \$250 Full Day (10 hrs) \$400	\$100	\$30/hr 6+ hrs / \$130	\$200	\$35/hr 1/2 Day (6 hrs) \$160 Full Day (10 hrs) \$300	\$50	\$30/hr 1/2 Day (6 hrs) \$130 Full Day (10 hrs) \$230	\$50	Call 410.641.7052		\$25/hr 1/2 Day (6 hrs) \$100 Full Day (10 hrs) \$200	\$50	\$10/hr 1/2 Day (6 hrs) \$40 Full Day (10 hrs) \$80	\$50	Call 410.641.7052
Non-Resident	\$65/hr 1/2 Day (6 hrs) \$340 Full Day (10 hrs) \$440	\$200	\$50/hr 6+ hrs / \$250	\$200	\$50/hr 1/2 Day (6 hrs) \$250 Full Day (10 hrs) \$350	\$100	\$45/hr 1/2 Day (6 hrs) \$220 Full Day (10 hrs) \$320	\$100	Call 410.641.7052		\$35/hr 1/2 Day (6 hrs) \$160 Full Day (10 hrs) \$260	\$100	\$25/hr 1/2 Day (6 hrs) \$100 Full Day (10 hrs) \$200	\$100	Call 410.641.7052
Non-Profit Organization	\$60/hr 1/2 Day (6 hrs) \$310 Full Day (10 hrs) \$410	\$200	\$40/hr 6+ hrs / \$190	\$200	\$45/hr 1/2 Day (6 hrs) \$220 Full Day (10 hrs) \$320	\$100	\$40/hr 1/2 Day (6 hrs) \$190 Full Day (10 hrs) \$290	\$100	Call 410.641.7052		\$30/hr 1/2 Day (6 hrs) \$130 Full Day (10 hrs) \$230	\$100	\$20/hr 1/2 Day (6 hrs) \$110 Full Day (10 hrs) \$210	\$100	Call 410.641.7052
Business (for profit)	\$70/hr 1/2 Day (6 hrs) \$370 Full Day (10 hrs) \$470	\$200	\$60/hr 6+ hrs / \$300	\$200	\$55/hr 1/2 Day (6 hrs) \$280 Full Day (10 hrs) \$380	\$100	\$50/hr 1/2 Day (6 hrs) \$250 Full Day (10 hrs) \$350	\$100	Call 410.641.7052		\$40/hr 1/2 Day (6 hrs) \$190 Full Day (10 hrs) \$290	\$100	\$50/hr 1/2 Day (6 hrs) \$130 Full Day (10 hrs) \$230	\$100	Call 410.641.7052

Ocean Pines Recreation & Parks Facility Rental Policies:

- There is a \$30 additional charge for use of ballfield lights.
- The Board of Directors and Ocean Pines departments have use of facilities at no cost and are first and second priority.
- Reservations are taken on a first-come, first-served basis and will be accommodated as space allows. Reservations will not be "penciled in."
- A deposit must be given at the time of reservation. The deposit is separate from your rental fee and is returned after your event if the room rented is left in a satisfactory manner.

- **Rental fees must be paid at least 1 week prior to your event.**
- Deposits are returned in 7-10 days after the rental.
- No rental is guaranteed until all required paperwork is submitted.
- Any gymnasium rental charging an admission fee is subject to the flat rate fee of \$1,000 per day plus a \$300 deposit.
- **Schools and local teachers (not affiliated with Ocean Pines Recreation & Parks Department) may rent the Community Center Gym at a reduced rate. Please call for details!**



Party With Us!

CELEBRATE YOUR SPECIAL DAY
at the Community Center

*Play your favorite sport
or dance away the day*

**A private party room & gym
are available for rental.
Sports equipment & a speaker
for music are available.**

*\$50 refundable deposit due at booking. Parties & party rooms are booked at least 2 weeks in advance & are based on availability. Call or email for pricing.

For more info or to book your event, contact the Rec. & Parks Dept. – 410.641.7052 • rec@oceanpines.org



OCEAN PINES, MARYLAND

FALL / WINTER
2022-2023

Aquatics

ACTIVITY GUIDE



Special Event! Annual Doggie Swim pg. 23

New Water Cycling Class! PM BIKES pg. 24

Fun & Lively! Wet Works I & II pg. 25



SPORTS CORE: 410.641.5255 OceanPines.org



A Message From OCEAN PINES AQUATICS

POOL DIRECTORY

Pools close during thunder and/or lightning including the indoor Sports Core Pool. All pool hours are contingent upon staff availability.



BEACH CLUB POOL

49th-50th St. Oceanfront, Ocean City, MD

Private Pool Parties Available!

ON THE BEACH IN OCEAN CITY!
Volleyball, restaurant with beach eats & kids menu, 2 private parking lots, changing areas with showers, locker rooms

Closes Mon, Sept. 5 at 6pm for the season

MUMFORD'S LANDING POOL

7351 Yacht Club Dr. • 410.208.6005

OVERLOOKS OCEAN CITY SKYLINE!
Zero-entry tot pool, large deck, changing areas with showers

Closes Mon, Sept. 5 at 6pm for the season

SPORTS CORE POOL

11144 Cathell Rd. • 410.641.5255

Year-round! Pool Parties Available!

INDOOR! Large inside & outside sun decks, waterslide, changing areas with showers

Open Year-round
Mon-Thu 6am-7pm, Fri 6am-6pm
Sat 6am-5pm, Sun 6am-3pm

(open Mon-Fri at 6am for Early Bird Lap Swim & 8am for classes & swim members only)

SWIM & RACQUET CLUB POOL

10 Seabreeze Rd. • 410.641.7227

BAYFRONT FAMILY POOL!
Splash pad, mushroom rain drop, changing areas with showers

Closes Mon, Sept. 5 at 6pm for the season

YACHT CLUB POOL

1 Mumford's Landing Rd.

OVERLOOKS ISLE OF WIGHT BAY!
Changing areas with showers, tiki bar, full-service marina with dining facilities

Closes Mon, Sept. 5 at 6pm for the season
Open Sept. 10-11 10am-6pm*
*(*Contingent upon staff availability)*

We strive to make a positive impact on our community and are dedicated to improving and expanding our aquatics programs and offerings. We are thrilled to offer all of your favorite water exercise programs for fall and winter – from our spirited Shape Ups and Wet Works classes, to our higher-intensity Boot Camp and Total Body Fitness classes, to our lower-impact Aqua Yoga and Creaky Joints classes!

Be sure to register early for classes. Most classes have a minimum number of participants required to be registered for the session to occur. Ocean Pines Aquatics reserves the right to cancel aquatics classes or activities due to lack of registered participants, instructor availability, or other circumstances, planned or unplanned. Class prices, dates, times, locations, instructors and description are subject to change.

Due to the dynamic nature of COVID, we continue to adjust our programs to follow health department guidelines with a goal to meet the needs of our community. Please note that all aquatics events and activities are subject to change with short notice.

Your satisfaction is important to us. A full refund is automatic when classes are already filled or minimum enrollment is not met. Refunds may also be given in the event of unavoidable scheduling conflicts, personal emergencies, or dissatisfaction. All refund requests will be considered on a case-by-case basis and may be prorated. **No refunds or make-ups for missed classes or times when the pools close due to thunder and lightning. Indoor and outdoor pools close for thunder and lightning.** Excluding cancellations, no required refunds for special events, electrical outages, weather events requiring closures & similar unforeseen situations.



Splash into Fun!

Kathleen Cook

(Director of Aquatics)

& the Team at Ocean Pines Aquatics

REGISTRATION

Phone: 410.641.5255. Credit cards accepted.

Mail: Send check (payable to OPA) or credit card info (acct. #, exp. date, security code) to: **Ocean Pines Aquatics**

239 Ocean Parkway, Ocean Pines, MD 21811

Walk-In: Sports Core Pool at 11144 Cathell Road. Cash, checks or credit cards accepted.

Special Event

DOGGIE SWIM

Benefits Worcester County Humane Society!

Sat, SEPT. 10 (Rain Date: 9/17) • Mumford's Landing Pool
10:00am-10:30am: Dogs Under 20 lbs. 10:30am-2:00pm: All Dogs

Our popular annual doggie swim wraps up our summer season at Mumford's Landing Pool. Come take a swim with your furry best friend!

WHO: All dog handlers must be at least 18 years of age & youth under 17 must be accompanied by a registered adult.

FEE: \$8 per dog; **FREE for human companions!**



PRIVATE

POOL PARTIES

IN OCEAN PINES, MARYLAND

PRIVATE PARTIES AT THE SPORTS CORE POOL AVAILABLE:

SATURDAYS 5-7:15PM	SUNDAYS 3-5:15PM
------------------------------	----------------------------

Bring music, food & beverages!
(no glass, please)

\$300 For two hours & up to 50 guests
 More than 50 guests? Call for pricing!

CALL NOW!

410.641.5255

Must book at least 2 weeks prior to event date to allow for staff scheduling. Fee paid in full 30 days prior to event.

OCEAN PINES AQUATICS | SPORTS CORE POOL
 11144 CATHELL RD, OCEAN PINES, MD | OCEANPINES.ORG

WATER EXERCISE

EARLYBIRD LAP SWIM

6 weeks of lap swimming or do your own thing in the deep end!
Note: Lane sharing is expected & encouraged!

WHEN: MON-FRI 30 classes (6 weeks)

TIME: 6:00am-7:50am

AUG 8 – SEP 30 No Class 8/22-9/5

OCT 3 – NOV 11

NOV 14 – DEC 23 No Class 11/24

DEC 26 – FEB 3

FEB 6 – MAR 17 No Class 3/6-3/10

MAR 20 – APR 7

POOL: Sports Core

FEE: Swim Member, free;

OP Resident \$65; Non-Resident \$78;

Drop-in: Swimmer \$8. **Pay lifeguard on duty.**



SHAPE UPS

Enjoy a fun, total-body workout set to music while using pool noodles, water jugs & foam barbells. We finish with a spirited march!

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 8:00am-8:50am

SEP 6 – OCT 13

OCT 25 – DEC 1 No Class 11/24

DEC 13 – JAN 19

JAN 31 – MAR 16 No Class 3/6-3/10

MAR 28 – MAY 4

POOL: Sports Core

INSTRUCTORS: Mary, Gay, Marge

FEE: Swim Member \$40; OP Resident \$50; Non-Resident \$65;

Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8



AMERICAN RED CROSS LIFEGUARD CERTIFICATION CLASS

Students who successfully complete this three-class course will receive an American Red Cross certificate for Lifeguarding/ First Aid/CPR/AED! Must attend all 3 classes. **Note: Class participants must be 15 years of age by completion of last class.**

**STAY TUNED FOR SPRING 2023
DATES TO BE ANNOUNCED!**

Days	Dates	Times
Fri	T.B.D.	5:00pm-9:00pm
Sat	T.B.D.	9:00am-6:00pm
Sun	T.B.D.	9:00am-6:00pm

POOL: Sports Core

INSTRUCTORS: Team Taught

FEE: Class fee may be waived for anyone hired as an OP lifeguard for summer 2023

Register at the Sports Core Pool

Need to Recertify? Call us at 410.641.5255!



Ocean Pines Aquatics reserves the right to cancel aquatics classes or activities due to lack of registered participants, instructor availability, or other circumstances, planned or unplanned. Class prices, dates, times, locations, instructors and description are subject to change.



WATER EXERCISE



HYDRORIDER WATER CYCLING

Hydroriders are user-friendly, in-water cycling bikes that are perfect for any skill level. **Note: Please show up 10 min. early to set up bike. Class is 30 min. in water. Water shoes must be worn & can be purchased at Sports Core Pool. Note: Limit of 15 participants per class. Must have 5 registered participants for class session to occur.**

WHEN: MON / WED, 9:00am-9:40am 12 classes (6 weeks)

INSTRUCTOR: Julie Winterling

SEP 7 – OCT 12

OCT 24 – DEC 5

JAN 9 – FEB 22

MAR 13 – APR 19

WHEN: TUE / THU, 9:00am-9:45am 12 classes (6 weeks)

INSTRUCTOR: Michelle Hitchens

SEP 6 – OCT 13

OCT 25 – DEC 8 No Class 11/21-11/25

DEC 20 – FEB 2 No Class 12/26-12/30

FEB 14 – MAR 30 No Class 3/6-3/10

APR 11 – MAY 18

WHEN: TUE / THU, 10:00am-10:35am 12 classes (6 weeks)

INSTRUCTOR: Jen Kauffman

SEP 6 – OCT 13

OCT 25 – DEC 8 No Class 11/21-11/25

DEC 20 – FEB 9 No Class 12/26-12/30 & 1/23-1/27

FEB 21 – APR 6 No Class 3/6-3/10

APR 18 – MAY 25

POOL: Sports Core

FEE: Swim Member \$90; OP Resident \$95; Non-Resident \$100;

Drop-in: Swim Member \$9; OP Resident \$11; Non-Resident \$13

New! PM BIKES

Note: Please show up 10 min. early to set up bike. Class is 30 min. in water. Water shoes must be worn & can be purchased at Sports Core Pool. Note: Limit of 15 participants per class. Must have 5 registered participants for class session to occur.

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 6:00pm-6:45pm

SEP 6 – OCT 13

OCT 25 – DEC 6 No Class 11/24

DEC 13 – JAN 19

JAN 31 – MAR 16 No Class 3/6-3/10

MAR 28 – MAY 4

POOL: Sports Core

INSTRUCTOR: Beth LaBrunda

FEE: Swim Member \$90; OP Resident \$95; Non-Resident \$100;

Drop-in: Swim Member \$9; OP Resident \$11; Non-Resident \$13



WATER AEROBICS

This fun, energetic exercise program will give you results but isn't too hard on your body. Aquatic exercise not only enhances your cardiovascular fitness, it can improve muscular endurance & overall strength without the impact of floor work. Class is set to music! **Men are welcome & encouraged to attend!**

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 6:00pm-6:45pm

SEP 6 – OCT 13

OCT 25 – DEC 1 No Class 11/24

DEC 13 – JAN 19

JAN 31 – MAR 16 No Class 3/6-3/10

MAR 21 – APR 27

INSTRUCTOR: Dulce Olexo

FEE: Swim Member \$55; OP Resident \$65; Non-Resident \$81;

Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8



AQUA YOGA

This super low-impact class makes it possible for those with joint pain to improve their strength, flexibility & range of motion. The buoyancy of the water allows the muscles to relax & be stretched & strengthened with less incidence of injury. **Note: Must have 7 registered participants for class session.**

WHEN: WED / FRI 12 classes (6 weeks)

TIME: 8:00am-8:45am

SEP 7 – OCT 14 No Class 8/22-9/5

OCT 26 – DEC 2

DEC 14 – JAN 20

FEB 1 – MAR 17 No Class 3/6-3/10

MAR 29 – MAY 5

WHERE: Sports Core Pool

INSTRUCTOR:

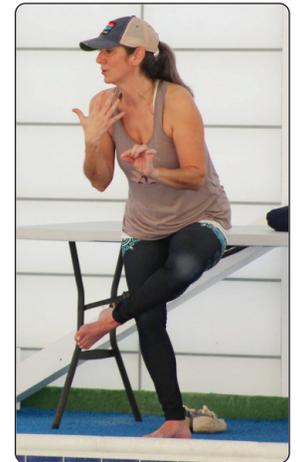
Chrissy Ehrhart, Certified Yoga Instructor

FEE: Swim Member \$60; OP

Resident \$70; Non-Resident \$86;

Drop-in: Swim Member \$6;

OP Resident \$7; Non-Resident \$8



BOOTCAMP

This intense fitness class is boosted by the benefits of water resistance with the bonus of little to no impact on joints. Never the same class twice, each workout features weight & resistance training, cardio & an instructor who is retired Army. **Note: Must have 5 registered participants for class session.**

WHEN: MON / WED / FRI 18 classes (6 weeks)

TIME: 6:00pm-6:45pm

SEP 7 – OCT 17

OCT 24 – DEC 2

DEC 12 – JAN 20

JAN 30 – MAR 17 No Class 3/6-3/10

MAR 27 – MAY 5

POOL: Sports Core

INSTRUCTOR: Maria Love, AFPA Certified Aquatic Instructor

FEE: Swim Member \$60; OP Resident \$70; Non-Resident \$86;

Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8



Ocean Pines Aquatics reserves the right to cancel aquatics classes or activities due to lack of registered participants, instructor availability, or other circumstances, planned or unplanned. Class prices, dates, times, locations, instructors and description are subject to change.

WATER EXERCISE



SWIMMIN WIMMIN

Our longest-running water aerobic class! Start your day using the resistance of the water to reshape bodies, improve balance & increase bone density – all among friends. Use noodles, foam barbells & other resistance aids to strengthen your body & mind. Men are welcome & encouraged to attend!

DEEP WATER

WHEN: MON / WED / FRI, 8:00am–8:50am 18 classes (6 weeks)

SEP 7 – OCT 14 Betsy Wojda
OCT 17 – NOV 25 Betsy Wojda
NOV 28 – JAN 6 Betsy Wojda
JAN 9 – FEB 17 Betsy Wojda
FEB 20 – APR 7 No Class 3/6-3/10 Betsy Wojda

SHALLOW WATER

WHEN: MON / WED / FRI, 8:00am–8:50am 18 classes (6 weeks)

Dates **Instructor**
SEP 7 – OCT 14 Kathy Emmert
OCT 17 – NOV 25 Kathy Emmert
NOV 28 – JAN 6 Kathy Emmert
JAN 9 – FEB 17 Kathy Emmert
FEB 20 – APR 7 No Class 3/6-3/10 Kathy Emmert

POOL: Sports Core

FEE: Swim Member \$55; OP Resident \$65; Non-Resident \$81;

Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8

TOTAL BODY FITNESS I & II

This full-body workout includes a combination of cardio, kick-boxing, dance & Tabata. We'll focus on building lean muscles while burning calories. High-energy & super FUN! **Note: Must have 7 registered participants for class session.**

TOTAL BODY FITNESS I

WHEN: MON / WED / FRI 18 classes (6 weeks)

TIME: 10:00am–10:45am

SEP 7 – OCT 17
OCT 24 – DEC 9 No Class 11/21-11/25
DEC 19 – FEB 10 No Class 12/26-12/30 & 1/23-1/27
FEB 20 – APR 7 No Class 3/6-3/10
APR 17 – MAY 26



TOTAL BODY FITNESS II

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 9:00am–9:45am

SEP 6 – OCT 13
OCT 25 – DEC 8 No Class 11/21-11/25
DEC 20 – FEB 9 No Class 12/26-12/30 & 1/23-1/27
FEB 21 – APR 6 No Class 3/6-3/10
APR 18 – MAY 25



POOL: Sports Core

INSTRUCTOR: Jen Kauffman

FEE: Total Body Fitness I: Swim Member \$88; OP Resident \$100; Non-Resident \$120; **Total Body Fitness II:** Swim Member \$59; OP Resident \$66; Non-Resident \$80;

Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8

WET WORKS I & II

A fun, lively water exercise class & total-body workout designed to build core strength & improve balance & flexibility using kick-boards, noodles, barbells & stretch cords. Men are welcome & encouraged to attend! **Note: Must have 5 registered participants for class session.**

WET WORKS I: DEEP WATER

WHEN: MON / WED / FRI, 9:30am–10:20am 18 classes (6 weeks)

SEP 7 – OCT 17
OCT 24 – DEC 2
DEC 12 – JAN 20
JAN 30 – MAR 17 No Class 3/6-3/10
MAR 27 – MAY 5

WET WORKS II: SHALLOW WATER

WHEN: TUE / THU, 9:30am–10:20am 12 classes (6 weeks)

SEP 6 – OCT 13
OCT 25 – DEC 1
DEC 13 – JAN 19
JAN 31 – MAR 16 No Class 3/6-3/10
MAR 28 – MAY 4



POOL: Sports Core

INSTRUCTOR: Edith Vogl, Certified Water Arts Instructor

FEE: Wet Works I: Swim Member \$60; OP Resident \$70;

Non-Resident \$86; **Wet Works II:** Swim Member \$44;

OP Resident \$54; Non-Resident \$61; **Drop-in:** Swim Member \$6;

OP Resident \$7; Non-Resident \$8

CREAKY JOINTS I & II

This minimum-impact class focuses on working all joints to improve balance & flexibility. It is particularly suited for individuals with arthritis or muscular disorders that impair movement & anyone recovering from joint surgery. Those with diabetes must wear water shoes. **Note: Must have 5 registered participants for class session.**

CREAKY JOINTS I

WHEN: MON / WED / FRI 18 classes (6 weeks)

TIME: 11:00am–11:50am

SEP 7 – OCT 17
OCT 24 – DEC 2
DEC 12 – JAN 20
JAN 30 – MAR 17 No Class 3/6-3/10
MAR 27 – MAY 5



CREAKY JOINTS II

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 11:00am–11:50am

SEP 6 – OCT 13
OCT 25 – DEC 1
DEC 13 – JAN 19
JAN 31 – MAR 16 No Class 3/6-3/10
MAR 28 – MAY 4



POOL: Sports Core

INSTRUCTOR: Edith Vogl, Certified Water Arts Arthritis Instructor

FEE: Creaky Joints I: Swim Member \$60; OP Resident \$70;

Non-Resident \$86; **Creaky Joints II:** Swim Member \$44;

OP Resident \$54; Non-Resident \$61; **Drop-in:** Swim Member \$6;

OP Resident \$7; Non-Resident \$8

Ocean Pines Aquatics reserves the right to cancel aquatics classes or activities due to lack of registered participants, instructor availability, or other circumstances, planned or unplanned. Class prices, dates, times, locations, instructors and description are subject to change.

Parks & Walking Trails

Besides our 12 parks, we have six walking trails, including two at the South Gate entrance: **South Gate Pond Walking Trail 1 (1 mi.)** & **2 (2.5 mi.)**. Trails support an active lifestyle that can improve both physical & mental health. We encourage families & residents of all ages to walk together & make walking a regular activity. Download a Parks & Walking Trails Map at oceanpines.org. To adopt a park, email rec@oceanpines.org or call 410.641.7052.

Bainbridge Park



North OP • Sandyhook Rd.

This popular park features a freshwater fishing lake, bike trail, large open area with playground equipment, half basketball court, adult swing & benches. (14.3 acres)

Bainbridge Park Walking Trail (.25 mi.)

The trail wraps around the lake.

Adopted by **Eastern Shore Int'l Mountain Biking Association**

Bridgewater Park



South OP • Bridgewater Rd.

Our smallest community park features playground equipment, picnic tables & a grassy area with bench seating. (.98 acre)

Adopted by **Democratic Women's Club**

Dog Park



South OP • Manklin Meadows Rd.

Socialize your pups & allow them to run & play together in a safe, fenced-in environment with separate areas for large & small dogs. The park features benches, water taps, & waste disposal bags & receptacles. You must register your dog with Recreation & Parks & pay annual fee for dog tag & key card.

Huntington Park



North OP • Sandyhook Rd. (section 6)

This scenic park features playground equipment, soccer field, lacrosse field, picnic tables, horseshoe pit & open space. (6.6 acres)

Manklin Meadows Park



South OP • 11443 Manklin Creek Rd.

Our second largest park features a playground, gazebo, picnic tables, fenced ball field with dugouts, lighted press box & bleachers & half basketball court. (21 acres)

Adopted by **Ocean Pines Platform Tennis**

Pintail Park



North OP • Ocean Pkwy. near Pintail Dr.

This beautifully landscaped park features picnic tables, covered gazebo, crabbing pier & hiking trail. (11 acres)

Adopted by **Ocean City Power Squadron**

South OP • Robin Hood Dr. (Sherwood Forest section)

Small, tucked-away neighborhood park features half basketball court, new playground equipment (May 2021) & benches. (3.2 acres)

Sherwood Forest Trail (2.5 mi.)

The trail runs through the park, beginning at Footbridge Trail & ending at Knight Terrace.

Robin Hood Park



Skate Park



North OP • White Horse Park

Designed by Artisan Skate Parks, this fun recreational outlet features a quarter pipe, fun box with grind ledge, spine, hubba ledge, snake run & more. Open 8am to dusk, to registered community members & registered guests. Helmets & stickers are required.



North OP • Capetown Rd.

This park contains 2 soccer fields, bleachers, preschool playground equipment & a picnic area. (4.4 acres)

Somerset Park



North OP • 10 Seabreeze Rd.

With beautiful views of the St. Martin River, this park offers a picnic gazebo, half basketball court, tennis courts. A small beach area is ideal for canoe, kayak & SUP launching. It is adjacent to the Swim & Racquet Club Pool.

Swim & Racquet Walking Trail (1 mi.)

Adopted by **Environment & Natural Assets Advisory Committee (ENAAC)**

Swim & Racquet Club Park



Terns Landing Park



North OP • Alton Point (Terns Landing section)

This charming neighborhood park features picnic tables, benches & spectacular waterfront views.

Adopted by **Friends of Terns Landing**

North OP • 235 Ocean Parkway

Our largest, most developed park is home to a Memorial Pavilion, playground area, lighted basketball court, 2 shuffleboard courts, horseshoe pit, boat ramp & picnic tables. It is also home to the Ocean Pines Farmers & Artisans Market & the Artisan Gift Shop. (41 acres)

White Horse Park



Worcester County Veterans Memorial at Ocean Pines

South OP • entrance of South Gate

This veterans memorial park features Merchant Marine Podium, Patriots Pathway, Blue Star Memorial By-Way, Women in the Military Memorial Garden, Gold Star Memorial Gardens & Waiting Bench.



YACHT CLUB

OCEAN PINES, MARYLAND



Open to the Public! No Reservations!
Great Live Entertainment | All Live Music 6-10pm unless otherwise noted



410.641.7501

END-OF-THE-SEASON

80S PARTY WITH BOOMBOX

JAM TO YOUR FAVORITE SONGS FROM THE BEST MUSIC DECADE EVER! DRESS IN YOUR FAVORITE 80S ATTIRE AND GET READY TO PARTY LIKE IT'S 1984!

NO COVER | ON THE PATIO

- AUG 11 LAUREN GLICK (6-9pm)
- AUG 12 GREAT TRAIN ROBBERY
- AUG 13 ELTON JOHN/BILLY JOEL TRIBUTE (8-10pm)
- AUG 14 JOSH CHRISTINA
- AUG 18 BRIAN AND THINGS
- AUG 19 THE BIG HOUSE BAND
- AUG 20 FULL CIRCLE
- AUG 21 ROCKAHOLICS
- AUG 25 NELLY'S ECHO
- AUG 26 LATE LAST NIGHT
- AUG 27 JADE LOVE
- AUG 28 SCORPION ROSE

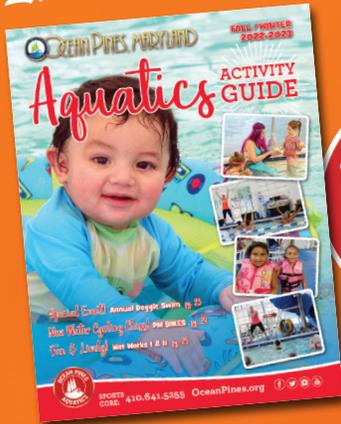
Labor Day Weekend Lineup

- SEP 2 THE FUNSTERS
- SEP 3 TRANZFUSION
- SEP 4 GREAT TRAIN ROBBERY
- SEP 9 OVER TIME
- SEP 10 ECLIPSE
- SEP 16 SONS OF PIRATES
- SEP 17 FULL CIRCLE
- SEP 23 JOSH CHRISTINA
- SEP 24 KITTYBACK
- OCT 1 JADE LOVE
- OCT 8 BOOMBOX 80'S PARTY



Inside...

Fall & Winter Highlights



See pages
21-25

AUG 27
BACK-TO-SCHOOL BASH

SEP 1 - OCT 14
**PUP OF THE PINES
PHOTO CONTEST**

SEP 10
DOGGIE SWIM

SEP 17
**CHICAGO:
THE MUSICAL
BUS TRIP**

SEP 17
**FALL INDOOR/
OUTDOOR FLEA MARKET**

SEP 17
BIG TRUCK DAY

SEP 21
**OP RACQUET CENTER
TENNIS DOUBLES
CHALLENGE SERIES
(CHAMPIONSHIP)**

SEP 24-25
**USTA NTRP
TENNIS SINGLES
TOURNAMENT**

SEP 30
FAMILY FUN NIGHT! BINGO

OCT 7
**OP PINK RIBBON
PICKLEBALL CLASSIC 2022**

OCT 7
**FAMILY FUN NIGHT!
PUMPKIN PAINTING**

OCT 14-16
**OKTOBERFEST
PICKLEBALL
TOURNAMENT 2022**

OCT 15
FRIGHT FEST 2022 BUS TRIP

OCT 21-22
HAUNTED HOUSE

OCT 29
HALLOWEEN FALL FESTIVAL

NOV 5
**WINTER WONDERLAND
ARTISAN & CRAFT FAIR**

NOV 7 - DEC 13
**HOME INSTEAD'S BE A SANTA
TO A SENIOR PROGRAM**

NOV 21 - DEC 9
LIGHT UP THE PINES

NOV 21 - DEC 16
SEND LETTERS TO SANTA!

NOV 26
A HOMETOWN CHRISTMAS

NOV 26
SANTA IN THE PARK

DEC 3
**BREAKFAST WITH
BUDDY THE ELF
& THE GRINCH**

DEC 3
REINDEER LANE GIFT SHOP

DEC 16
**GINGERBREAD MAN
DECORATING**

DEC 17
**CHRISTMAS
IN NEW YORK
BUS TRIP**

APRIL 1
**BREAKFAST WITH
THE EASTER BUNNY**

APRIL 8
**EASTER/SPRING CELEBRATION
& EASTER EGG HUNT**

APRIL 15
**SPRING INDOOR/
OUTDOOR FLEA MARKET**