COMPANSION SPRING / SUMMER 2024 COMPANY COMPAN

New Kids Paint Night, Youth Martial Arts. Skateboarding Class $M.3 \notin 5$

New, Adult Paint & Sip. Bodyweight Bootcamp. Adult Martial Arts. Kickboxing Cardio, Chair Yoga, Kayaking IOI 19. 3, 13-15

> **Special Events!** Ocean Pines Season Kickoff Expo 13. 20 Ocean Pines Spring Bike Ride Day 13. 20 Weekly Concerts in the Park 13. 21

> > Aquatics Programs M. 27-34



410.641.7052 OceanPines.org





Ocean Pines Recreation & Parks • Spring/Summer 2024 Activity Guide • Registration 410.641.7052 • OceanPines.org

ONE-DAY WORKSHOPS

New! SPIRITUAL SEEKERS / THE CONSCIOUS COMMUNITY

Come learn the key skills needed to obtain Spiritual Mastery in these awesome times, while connecting with like-minded individuals.

WHO: 18+ WHEN: SATURDAYS, MAR 23 - APR 27 TIME: 11:00am-12:30pm **WHERE:** Community Center **INSTRUCTOR:** Sonia Alexandria **PROGRAM SUPERVISOR:** Debbie Donahue



New Projects! KIDS CRAFT TIME

Join Ocean Pines 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 & preregistration is required. Children must be accompanied by an adult.

WHO: Ages 4 - 10

FEE: \$25/week

WHEN: SATURDAY

Proiects / Activities

Dates Times APR 27 1:30pm-2:30pm MAY 18 1:30pm-2:30pm JUN 8 10:00am-11:00am Father's Day color a catchall tray JUL 13 10:00am-11:00am Water gun painting AUG 10 10:00am-11:00am Paint-your-own bird feeder

WHERE: Community Center

Découpage seashell jewelry tray Decorate a tote bag

PROGRAM SUPERVISOR: Katie Goetzinger FEE: OP Resident \$8: Non-Resident \$10

New! KIDS PAINT NIGHT

Artists ages 5 to 17 are invited to bring their creativity & come paint their very own masterpiece. Paintings for each class are different. All materials & instruction are provided. Pre-registration required.

WHO: Ages 5 - 17 WHEN: WEDNESDAY APR 3 **MAY 15 JUN 12 JUL 10 AUG 7 TIME:** 5:30pm-6:30pm WHERE: Foultz Room **INSTRUCTOR:** Joan Guerriero **PROGRAM SUPERVISOR:** Katie Goetzinger FEE: \$22/person



New! ADULT PAINT & SIP

Join instructor Joan Guerriero as she teaches participants step-by-step how to create their very own beautiful work of art. Wine & crackers will be served. Paintings for each class are different. All materials & instruction included. Preregistration required.

WHO: 21+ Wed, MAY1 Wed. MAY 28 Wed. JUN 5 Wed, JUN 19 Wed, JUL 3 Wed. JUL 17 Wed, JUL 31 Wed, AUG 14 Wed, AUG 28

JUNE 19

AUGUST 28



TIME: 6:00pm-8:30pm WHERE: Foultz Room **INSTRUCTOR:** Joan Guerriero **PROGRAM SUPERVISOR:** Katie Goetzinger

FEE: \$27/person

TIE DYE WORKSHOP

Psychedelic t-shirt, dude! BYOT (Bring Your Own [White] T-Shirt), your creativity & come & take a trip back to the 60s with us while we learn how to tie dye! Basic tie-dyeing techniques will be taught, including various folding, binding, wrapping & dipping. Participants must bring their own prewashed t-shirt!

WHO: All Ages WHEN: SATURDAY **JUN 29 AUG 10 TIME:** 1:00pm-2:00pm WHERE: Foultz Room **PROGRAM SUPERVISOR:** Katie Goetzinger FEE: \$10/person



Join Our Team!

Full-time! Part-time! Seasonal! Year-round! We are currently hiring for several positions!

Camp Counselors • Jr. Counselors Swim Instructors • Lifeguards Front Desk Clerk • General Laborers **Golf Cart Attendants Racquet Center Attendants** Police Officers • and More!

For more job openings & an application. visit: oceanpines.org/web/pages/work-here



Phone: 410.641.7052 Email: rec@oceanpines.org

Inside the Ocean Pines Community Center at White Horse Park 239 Ocean Parkway • Ocean Pines, MD 21811 For current hours, check: oceanpines.org

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REGISTRATION

PHONE 410.641.7052 Credit cards accepted

MAIL Send check (payable to OPA) or credit card info (acct. #, exp., security code) to: Ocean Pines Recreation & Parks, 239 Ocean Parkway, Ocean Pines, MD 21811 WALK-IN Ocean Pines Recreation & Parks Dept. 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. 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). Please allow 10 days for processing.



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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. *A parent is required to stay with each child.*

AGES: 18 months – 3 years WHEN: THURSDAYS, MAR 21 – MAY 9 TIME: 9:45am–10:45am 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! **Parents are asked to help assist during practices.**

GES:	2 - 3				
Ages	Days	Starting Dates			
2	TUE	APR 9			
3	THU	APR 11			
HEDEL Comorcot Dark					

Times 5:15pm-5:45pm

5:15pm-5:45pm

WHERE: Somerset Park

Joe Monteverde PROGRAM SUPERVISOR: Katie Goetzinger # OF CLASSES: 6 (6 weeks) FEE: OD Posident \$400

OP Resident ^{\$}40; Non-Resident ^{\$}50 *Registration open March 1*



Volunteer in The Pines!

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

YOUTH SPORTS

New! YOUTH MARTIAL ARTS

Students will learn a range of practical martial arts techniques through the principles of the Order of Isshinryu Martial Arts including Kata Practice, Chin-na (control techniques), Jiu-Jitsu & traditional Okinawan Karate.

AGES: 7 & up

WHEN: TUESDAY & THURSDAY Night (twice a week) **OR Choose TUESDAY or THURSDAY Night (once a week)** TIME: 5:30pm-6:30pm (open mat practice 5pm-5:30pm) WHERE: Foultz Room **INSTRUCTOR:** Sensei Michael Nolen **PROGRAM SUPERVISOR:** Kevin Powell FEE: Twice a week: OP Resident \$60/month: Non-Resident \$70/month; Once a week: OP Resident \$40/month: Non-Resident \$50/month

^{\$}25 Annual Order of Isshinryu Martial Arts membership required after 2 months of training. Karate Gi (Uniform) provided (*full-time students). Students must purchase approved sparring gear (discounts available).



New! SKATEBOARDING CLASS

SKATEBOARDING IS BACK! Join former professional Skater Matt Dove for his new & improved skateboarding class. For the beginner who has never skated before or even a little more advanced skater. Matt will be there to teach you the right moves & tricks & how to do them safely. Expect to work hard & have FUN & be part of a brotherhood! Required: Skateboard, helmet, knee pads & A POSITIVE **ATTITUDE!**

AGES: 8 - 16 WHEN: MONDAY & TUESDAY, APR 1 - JUN 25 **TIME: 4:30pm-6:00pm** WHERE: Ocean Pines Skate Park **INSTRUCTOR:** Matt Dove **PROGRAM SUPERVISOR:** Kevin Powell FEE: OP Resident \$145; Non-Resident \$155



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. Parents are asked to help assist during practices.

AGES: 4 - 8

- Ages Davs Starting Dates
- **APR 9** 4 - 5 TUE 6-8 **THU APR 11**
- WHERE: Somerset Park

INSTRUCTOR: Joe Monteverde

PROGRAM SUPERVISOR:

Katie Goetzinger

OF CLASSES:

6 (6 weeks) FEE: OP Resident \$45: Non-Resident \$55 Registration open March 1

T-BALL

Homerun! T-Ball is designed to provide children with the ba-

Times

6:00pm-6:45pm

6:00pm-6:45pm

sics 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 Recreation Department will provide helmets to assure the safety of all of our little sluggers. Teams will practice one hour each of the first three. followed by games the next 3. Volunteers & team sponsors are keys to making this program a success. No coaching experience is required. All skills welcome! Ocean Pines does not provide gloves.

AGES: 4 - 6 WHEN: TUESDAYS, Starting APR 9 TIME: 5:30pm-6:30pm WHERE: Manklin Meadows PROGRAM SUPERVISOR: Kevin Powell **# OF PRACTICES:** 3 **# OF GAMES:**

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



YOUTH CAMPS Kids Tennis Academy (pg. 8) Junior Pickleball Camp (pg. 10) Junior Golf Academy (pg. 12) Junior Lifeguard Camp (pg. 32)

BRIAN STOEHR'S BEACH BODY BOARDING - I DAY

Oh yeah! Body boarding is an intensely thrilling activity to attend while the summer is hot! **Session will be instructed by professional bodyboarder & 2-time winner of the U.S. National Pro Tour Brian Stoehr & highly-qualified coaches.** Our adventurous coaches are experienced & trained wave riders who teach basic & advanced skills. Instructors will share important information on surf awareness, valuable safety tips while in the water, equipment information & most importantly how to read the waves to get the most thrilling rides! *Ability to swim is a must. This is a group-based camp. Participants must provide their own body boards.*

AGES: 7 – 15; no experience necessary!

DAY: TUESDAY (1 Day) JUL 16 JUL 30 AUG 13 AUG 27

TIME: 10:30am-11:30am WHERE: K-Coast Beach on 36th Street CAMP SUPERVISOR:

Katie Goetzinger **FEE:** OP Resident ^{\$}75; Non-Resident ^{\$}80



MARINE <u>SCIENCE</u> CAMP - 5 DAYS WITH A REAL SCIENTIST & MARINE SCIENCE CAMP STAFF

The award-winning Marine Science Camp focuses on the preservation of the marine ecosystem through active hands-on learning. Curriculum to include manatees, sharks, fish ID, jellyfish & much more! Data collection will be submitted to our Citizen Science project – campers will be helping ongoing research! Water quality, seining & environmental awareness in an outdoor learning environment will also be taught. Campers must bring a lunch & a reusable water bottle.

AGES: Grades K – 8

DAYS: MON-FRI (5 Days) AUG 19 - 23 AUG 26 - 30 TIME: 9:00am-2:00pm

WHERE: Swim & Racquet Club beach CAMP SUPERVISOR: Katie Goetzinger FEE: \$375 (includes t-shirt) FOR MORE INFO

& TO REGISTER:

Call 732-250-8124 or visit marinesciencecamp.com



New! MATT DOVE'S SKATEBOARDING CAMP - 3 DAYS

Join former professional skateboarder Matt Dove in a camp environment to polish the skills you've already learned & learn new tricks as well. Learn what skateboarding is all about from an original. There's more to it than just skating & Matt will cover it all. Bonus: There will be SWAG!! BRING SNACKS & WATER! Required: Skateboard, helmet, knee pads & A POSITIVE ATTITUDE!

AGES: 8 – 16; no experience necessary! DAYS: TUE, WED & THU (3 Days)

JUL 9, 10 & 11 AUG 6, 7 & 8 TIME: 9:00am-12:00pm

WHERE: Ocean Pines Skate Park CAMP SUPERVISOR: Kevin Powell FEE: OP Resident ^{\$}145; Non-Resident ^{\$}155



BRIAN STOEHR'S BIG WAVE BEGINNERS' SURF - I DAY

Professional wave rider & surf instructor Brian Stoehr & his team of highly-qualified coaches will be hosting <u>single-day</u> surf lessons for beginner surfers. These safe, professionally instructed sessions will teach students the proper fundamentals & surfing mechanics. Brian & his coaches have perfected a system of beginner surf instruction by combining the correct equipment & wave knowledge to make the experience second to none for the participant & guarantee that students will ride a wave on a surfboard as long as they give it a try. Typical surfing lessons can cost nearly ^{\$}100! Take advantage of this inexpensive opportunity to learn one of the area's hottest water action sports. *Ability to swim is a must. This is a group-based session; kids will go in the water one at a time with instructor. Surfboards are provided.*

AGES: 6 – 15; no experience necessary!

DAY: FRIDAY (1 Day) JUL 12 JUL 26 AUG 9 AUG 23 TIME: 6:00pm-7:00pm WHERE: K-Coast Beach on 36th Street CAMP SUPERVISOR: Katie Goetzinger EEE: OD Besident \$00: No



FEE: OP Resident \$90; Non-Resident \$95

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CAMP OCEAN PINES - SUMMER DAY



OCEAN PINES RECREATION & PARKS DEPARTMENT OFFERS A LICENSED SUMMER DAY CAMP -CAMP OCEAN PINES. THIS CAMP WILL SELL OUT SO WE RECOMMEND THAT YOU REGISTER EARLY!

Licensed by The State of Maryland Department of Health & Mental Hygiene, our day camps are designed for kids ages 4-12 & are open to Ocean Pines residents & NON-residents.

REGISTRATION FOR OCEAN PINES RESIDENTS ONLY: OPEN MARCH 4-16, OPEN TO THE PUBLIC: STARTING MARCH 18

Our day camps are a great way for your children to spend time with their friends, meet new people, gain confidence & improve social skills, while having fun. Participants will enjoy daily activities such as sports, crafts, games, music, pool days & a field trip each week. Also included are special events such as talent shows, cooking challenges, dances, water days & much, much more. Each staff member & camp counselor is trained in CPR/first aid & completes a week of training prior to the start of camp.

CAMP OCEAN PINES

Campers will enjoy plenty of activities throughout the day. Each week includes a water day & a field trip.

AGES: 4 - 12 DAYS: MON - FRI (5 Days) DATES: JUNE 17 - AUGUST 23 TIME: 9:00am-4:00pm

with before & after care included in fee. Campers may be dropped off as early as **7:30am** & picked up as late as **5:30pm**. WHERE: Community Center FEE: OP Resident ^{\$}180; Non-Resident ^{\$}205

\$10 second-child discount per week when both children attend

TO REGISTER: Camp registration packets can be obtained at the Ocean Pines Community Center or at Ocean-Pines.org. One can also be requested to be sent by mail or email. Please use a separate packet for each child and fill out the packet completely. Incomplete registration packets will not be accepted.



DOCUMENTS REQUIRED AT REGISTRATION:

- All forms in the registration packet fully filled out
- Proof of residency

MID SUMMER MADNESS

Activities will consist of a field trip every day (including a pool day) & on-site activities such as games, crafts & sports. Be sure to sign up early as only a limited number of campers will be able to attend this special week.

AGES: 4 - 12

DAYS: MON - FRI (5 Days) DATES: JULY 15 - 19 TIME: 9:00am-4:00pm

with before & after care included in fee. Campers can be dropped off as early as **7:30am** & picked up as late as **5:30pm**. WHERE: Community Center FEE: OP Resident \$200; Non-Resident \$225 Register early! This camp will fill FAST!

PLEASE RETURN a fully completed camp registration packet by either:

Walk In or Mail: **Ocean Pines Recreation & Parks Department** 235 Ocean Parkway, Ocean Pines, MD 21811 (*located in Ocean Pines Community Center*)

PAYMENT METHODS: Mastercard, Visa, American Express, Discover, cash, check or money order (made payable to OPA). Please be aware that camp payments must be made by the weekly deadline in order for your child to attend the following week. **Camp registrations will not be held without a deposit / payment.**

REFUND POLICY: THE DEPOSIT IS NON-REFUNDABLE. Refund requests must be made in writing at least one week prior to the start of the camp session. No refunds will be issued after a camp session has begun without permission from the Camp Director, although payments for cancelled sessions will be gladly applied to pay for another week of camp, if space permits. No refunds will be given if the child has been expelled from camp or for time missed due to disciplinary reasons.



TENNIS

TENNIS DROP-IN

Just show up! Everyone is welcome. The attendant at check-in will direct you. **OP Resident ^{\$}11; Non-Resident ^{\$}16** Inquire for info on groups that play on a regular basis.

Tournaments & Special Events

ROUND ROBIN POTLUCK PICNIC Sat, MAY 18 • 8:30am-12:30pm

DAVIS CUP Sat, JUNE 15 • 8:30am-12:30pm

DOUBLES SCRAMBLE Sat, JULY 6 • 8:30am-12:30pm

MEN & WOMENS DOUBLES CHAMPIONSHIP Sat, JULY 20 • 8:30am-12:30pm

ROUND ROBIN STAFF APPRECIATION Sat, AUGUST 10 • 8:30am-12:30pm

3RD ANNUAL OCEAN PINES RACQUET CENTER ADULT DOUBLES CHALLENGE Sat, AUGUST 17

Women's & Men's Doubles Bracket Competitions ENTRY FEE: Tennis Member, Free; Non-Member ^{\$}15

GRILL & CHILL ROUND ROBIN Sat, SEPTEMBER 7 • 4:30pm-7:30pm

USTA NTRP DOUBLES TOURNAMENT SEPTEMBER T.B.D.

Play in an USTA Mid-Atlantic-sanctioned tournament for points to qualify for the Mid-Atlantic championship. WHO: Men or Women USTA members 3.0, 3.5, 4.0, 4.5 ENTRY FEE: \$30/player

Youth Sports Camp

NET GENERATION KIDS TENNIS ACADEMY



Net Generation is a celebration of a game where no one sits on the sideline. Tennis is easy to learn & tailored for all ages & abilities, giving kids a game that will help them build friendships & learn skills they'll use for life. It is designed to teach the FUNdamentals of tennis while remembering that having a good time is the most important part of the game. Basic stroke techniques will be covered in the lessons, including forehand, backhand, serving & volleys.

AGES: 7 – 13

WHEN: Every Tuesday & Thursday, JUN 11 – AUG 15 TIME: 9:30am–10:30am

INSTRUCTOR: Terry Underkoffler, PTR Professional **FEE:** OP Resident \$10/session; Non-Resident \$15/session

TENNIS REGISTRATION Classes & Events

Phone: 410.641.7228 Walk-In: Racquet Center Pro Shop

*Days/times, fees and policies subject to change

TENNIS STROKES OF THE WEEK

There are many aspects to improving as a tennis player. One of those aspects is having fluid mechanics & great technique. Video analysis may be used to clearly identify areas that can be improved in your game & how to correct them. Your strokes can be analyzed by a member of our teaching staff, who will identify the roots of any technical problem & start to develop a plan to improve your game.

WHEN: Tue & Thu, MAY 14 - OCT 31, 8:05am-8:55am

INSTRUCTORS: Terry Underkoffler, Head PTR Professional **FEE:** Member, Free; OP Resident \$10; Non-Resident \$15

PRIVATE TENNIS LESSONS

Private lessons are the most effective way to learn new strokes & shots that work for your personal style of play. A group lesson provides helpful tips on general playing & hitting skills, but private tennis lessons allow a teaching professional to see how you perform during a match so he or she can improve your game based on your individual needs. Private tennis lessons can help you achieve 2 goals: (1) Learn a new skill for the first time, (2) Improve a stroke or shot you're currently using.

INSTRUCTORS: Terry Underkoffler, Head PTR Professional & Bill Gilroy, PTR Professional

FEE: \$40/one-hour training; \$60/small group lesson session EMAIL optennistraining@gmail.com to set up your personalized lesson!

New! THE SERVING CLINIC

This is a specialized clinic working on proper mechanics & technique to optimize your service motion for power & accuracy. The instructor will be focused entirely on ways to improve your serve regardless of your skill level. Video analysis will be used to help visualize methods of improving. Take advantage of this wonderful opportunity to improve the most important shot in tennis - **the serve**.

WHEN: Tuesdays, MAY 15, 22, 29, 8:30am-9:30am Wednesdays, JUNE 11, 17, 24, 9:00am-9:25am

INSTRUCTORS: Terry Underkoffler, PTR Professional **FEE:** Member, Free; OP Resident \$10; Non-Resident \$15

New! TENNIS RUSH & CRUSH: DOUBLES TACTICS CLINIC

Player's warm up relative to hitting all the strokes & will then move into competition. It will be a doubles format with two players defending one side of the court & two others attacking.

WHEN: Fri, MAY 17, Mon, MAY 20, Fri, JUN 7, Fri, JUN 21, Fri, JUL 5, Fri, JUL 26, Fri, AUG 9, Fri, AUG 23 TIME: 9:00am–10:00am

INSTRUCTOR: Bill Gilroy, PTR Professional **FEE:** Member \$120; Non-Member \$150

New! ADULT BEGINNERS' TENNIS CLASS

The class will offer lessons relative to hitting forehands, backhands, volleys, overheads & serves, & would also prepare the students for match play in terms of awareness of positioning on the court & stroke strategy.

WHEN: Mon-Thu JUN 3 – 5, JUN 17 – 19, JUL 1 – 3, JUL 22 – 24, AUG 19 –21 TIME: 9:00am–10:00am INSTRUCTOR: Bill Gilroy, PTR Professional

FEE: Member \$140; Non-Member \$150

PLATFORM TENNIS, SPEC TENNIS & TIMELESS TENNIS

at the SCREENED PLATFORM TENNIS COURTS



PLATFORM TENNIS DROP-IN

Just show up! Everyone is welcome. The attendant at check-in will direct you. For current drop-in times, email oppaddle2020@gmail.com or call the office at 410-641-7228. OP Resident \$8; Non-Resident \$9 Inquire for info on groups that play on a regular basis.

INTRO TO PLATFORM TENNIS LESSONS

Elements of racquetball & tennis. Play it off the screen! Paddles & balls will be provided & **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 appointment WHERE: OP Racquet Center platform tennis courts FEE: Platform Tennis Member, Free; OP Resident \$7; Non-Resident \$8

FOR MORE INFO: Email oppaddle2020@gmail.com

TIMELESS TENNIS

Used to play tennis? Is the big court too big? No problem! Timeless Tennis features tennis strokes & strategies on a smaller court, so you're never too far to the ball. All abilities welcome!

WHEN: Thursdays, 4:00PM

WHERE: OP Racquet Center platform tennis courts FEE: 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

Free Clinics

All abilities welcome! Paddles provided.

New! INTRO TO SPEC TENNIS CLINIC Thu, APRIL 25 at 6pm • Sat, MAY 4 at 10am TO REGISTER: Email oppaddle2020@gmail.com

New! INTRO TO PLATFORM CLINIC Thu, MAY 9 at 6pm • Sat, MAY 11 at 10am TO REGISTER: Email oppaddle2020@gmail.com Play platform tennis, Timeless Tennis & Spec Tennis year-round on screened & lighted platform courts – 1/3 the size of a tennis court. Equipment provided!

Platform Tennis Club Events: Join the Ocean Pines Platform Tennis Club & enjoy club events all year long. For more info, email Karen Kaplan at oppaddle2020@gmail.com

New! SPEC TENNIS

This sport is easy to learn & uses a shoulder-friendly underhand serve, simple scoring & tennis strokes & strategy. Equipment provided. All abilities welcome!

WHEN: Thursdays, 4:00pm

WHERE: OP Racquet Center screened platform tennis courts

FEE: 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

PLAY SpecTennis

Club of Ocean Pines

- 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 are welcome!
- Paddle & low-bounce tennis ball
- We have the equipment for you! Try it!

FEE: Platform Tennis Member, Free; OP Resident \$7; Non-Resident \$8

On the PLATFORM TENNIS COURTS at the Ocean Pines Racquet Center. For more info, email oppaddle2020@gmail.com or stop down at the platform tennis hut!



Play year-round on the Platform Tennis courts! Platform Tennis, Spec Tennis & Timeless Tennis! **REGISTRATION** for Classes & Events Phone: 410.641.7228 Walk-In: Racquet Center Pro Shop

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PICKLEBALL

indoor <u>spring</u> play

at the Community Center • thru MAY 11

 MON
 3:00pm-5:00pm
 THU
 1:00pm-5:00pm

 TUE
 1:00pm-5:00pm
 SAT
 4:00pm-8:00pm

Daily Fees: OP Pickleball Member, Free; Non-Member ^{\$}**5** *Additional indoor drop-in, call 410-641-7052 for drop-in availability.*

OUTDOOR SPRING & SUMMER PLAY

(Organized by the Ocean Pines Pickleball Club) at the Racquet Center • 16 courts

Drop-in Fees: Resident \$8, Non-Resident \$11

TO STAY INFORMED: Sign up for the weekly Pickleball e-Newsletter

PRIVATE LESSONS

Lessons for one, two or three individuals at a time. Private instruction is an excellent way to learn the sport of pickleball or to improve specific areas of your game.

WHERE: Ocean Pines Racquet Center INSTRUCTOR: Linda Horst, PPR, IPTPA & PCI Certified FOR MORE INFO & TO REGISTER:

Email pgasoccer@gmail.com or call 757-630-4546

Neur THREE & ME STRATEGY LESSONS

Learn court strategy appropriate for your skill level. This is not for skill development. Get a group of 3 players of relatively the same level & sign up!

LEVEL: Beginner & intermediate level but 3 players of same level / lesson.

WHERE: Ocean Pines Racquet Center

INSTRUCTOR: Linda Horst, PPR, IPTPA & PCI Certified **DURATION:** 1 hr. 15 min.

FEE: \$75/lesson (\$25/player)

TO SIGN UP: Email pgasoccer@gmail.com or call 757-630-4546



Youth Summer Camp

JUNIOR PICKLEBALL CAMP - 3 DAYS

Pickleball is a fun activity & the fastest-growing sport in the US! Have your child learn this sport or enhance what skills they may already have. This camp is for both beginners & juniors with previous experience.

AGES: 8 – 14

WHEN: Mon-Wed, JULY 15, 16 & 17, 5:30pm-7:30pm

WHERE: OP Racquet Center pickleball courts INSTRUCTOR: Linda Horst, PPR & IPTPA certified instructor FEE: \$75/person

TO REGISTER: Call the Pro Shop at 410.641.7228. Please register with your child's name & adult contact info (phone & address). **PICKLEBALL REGISTRATION** Classes & Events **Phone:** 410.641.7228 Walk-In: Racquet Center Pro Shop

Tournaments & Special Events

OCEAN PINES PICKLEBALL CLUB 2024 SUMMER CLASSIC Fri, Sat & Sun, JUNE 7, 8 & 9

This exciting, annual tournament is back! Open to all players. Please view details & register on pickleballden.com or on the Pickleball Den app. Spectators are encouraged to come out & view competitive pickleball in action! Take a seat on the bleachers or bring your own folding chair to view this exciting pickleball event.

Tournament Directors: Darryl & Cathy Noble (danoble54@gmail.com)



Believe In Tomorrow* Children's Foundation

PICKLEBALL ROUND ROBIN FUNDRAISER Fri. JULY 13 • 8am-6pm

To benefit Believe In Tomorrow Children's Foundation who provide exceptional hospital & respite housing services to critically ill children & their families. Their unique programs bring comfort, hope & joy to children & their families, enabling them to renew their spirits mentally & physically.

Join Ocean Pines Recreation in welcoming Believe in Tomorrow to the Ocean Pines Racquet Center & supporting them in this opportunity to raise funds for such an amazing cause. FEE: \$50/player

OCEAN PINES PICKLEBALL PINK RIBBON CLASSIC 2024

Fri, OCTOBER 4

Hosted by the Ocean Pines Pickleball Club & the American Cancer Society

This is a round robin tournament: rotating partners, player levels, total points per person. Entry fee includes lunch, snacks & prizes. Pick up a registration form at the Racquet Center or download it from the Pickleball e-Newsletter & mail it in with payment.

OCEAN PINES OKTOBERFEST PICKLEBALL TOURNAMENT Fri, Sat & Sun, OCTOBER 11, 12 & 13

• Registration deadline: Sept. 30

- Registration fee ^{\$}45 includes t-shirt
- Bracket Fees \$0 \$30; Open \$ Bracket Payout: T.B.D.
- Minimum Skill is 3.0 4.5+
- Outdoors! No rain date & no refunds or credits for 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. Schedule, brackets & levels posted on www.pickleballden.com.
- Beverage, food & other vendors will be on site.
 Tournament Directors: T.B.D.

Search 'Tournaments' on pickleballden.com or the Pickleball Den app



PICKLEBALL

The fastest-growing sport is a fun game that combines elements from tennis, badminton & ping-pong! Learn to play & bring your friends & enjoy some friendly competition. Equipment is available for use.

Pickleball Club Events

Join the Ocean Pines Pickleball Club & enjoy club events all year long. Contact Claire Walker at 1111claire@comcast.net or Julie Woulfe at julietwoulfe@gmail.com

New! BEGINNER CLINIC

No experience or have played less than 3 times. Come & learn the fastest-growing sport in the country.

 Activity #
 Day
 Dates
 Times

 100
 TH
 5/2, 5/9, 5/16, 5/23
 4:45pm-6:00pm

 101
 TH
 5/30, 6/6, 6/13, 6/20
 4:45pm-6:00pm

 WHERE:
 Ocean Pines Racquet Center
 4:45pm-6:00pm

 INSTRUCTOR:
 Linda Horst, PPR, IPTPA & PCI Certified
 # OF CLINICS:

 # OF CLINICS:
 4 (4 weeks)
 4

FEE: \$50/session (max. 16 players per session)

New! BEGINNER/ADVANCED BEGINNER **IMPROVE YOUR SKILLS** CLINIC

Improve forehand, backhand, serves, volleys, drives & initiate dinking rallies. Get individual attention with your skills. This is for individuals who have taken a beginner pickleball course or have played 4 to 6 months.

Activity #	Day	Dates	Times
102	TU	4/30, 5/7, 5/14, 5/21	12:00pm-1:15pm
103	TU	4/30, 5/7, 5/14, 5/21	6:00pm-7:15pm
104	TU	5/28, 6/4, 6/11, 6/18	1:30pm-2:45pm
105	TU	5/28, 6/4, 6/11, 6/18	4:30pm-5:45pm
	~		

WHERE: Ocean Pines Racquet Center INSTRUCTOR: Linda Horst, PPR, IPTPA & PCI Certified

OF CLINICS: 4 (4 weeks)

FEE: \$50/session (max. 8 players per session)

New! BEGINNER/ ADVANCED BEGINNER DYNAMIC DRILLING

Learn skill drills to improve your game. Drills are demonstrated, individuals are guided through drills but no personal instruction. Must have had Beginner Clinic or have played for 4 to 6 months.

 Activity #
 Day
 Dates
 Times

 106
 TH
 5/2, 5/9, 5/16, 5/23
 6:30pm-7:30pm

 107
 TH
 5/30, 6/6, 6/13, 6/20
 6:30pm-7:30pm

 WHERE:
 Ocean Pines Racquet Center
 INSTRUCTOR:
 Linda Horst, PPR, IPTPA & PCI Certified

 # OF CLINICS:
 4 (4 weeks)
 FEE: \$25/session (max. 16 players per session)

PICKLEBALL REGISTRATION Classes & Clinics Phone: 410.641.7228 Walk-In: Racquet Center Pro Shop

INTERMEDIATE SKILL GUIDELINES FOR CLINICS & DYNAMIC DRILLING:

Knows most rules (lines, serves, NVZ, etc.). Serves / returns fairly consistently & deep. Attempts 3rd shot drops at times. Variety of shots in arsenal. Mix power & softness. Uses backhand with relative success. Tries to incorporate dink rallies at times.

Mem INTERMEDIATE "IMPROVE YOUR SKILLS" CLINIC

Will focus on specific intermediate skills such as placement of serves, returns, forehand drives, backhand drives, volley choices, dinking strategy, 3rd shot drops / drives, intro to spins. Players will get individual attention to their skill work.

Activity #	Day	Dates	Times
200	TU	4/30, 5/7, 5/14, 5/21	1:30pm-2:45pm
201	TU	4/30, 5/7, 5/14, 5/21	4:30pm-5:45pm
202	TU	5/28, 6/4, 6/11, 6/18	12:00pm-1:15pm
203	TU	5/28, 6/4, 6/11, 6/18	6:00pm-7:15pm

WHERE: Ocean Pines Racquet Center INSTRUCTOR: Linda Horst, PPR, IPTPA & PCI Certified # OF CLINICS: 4 (4 weeks)

FEE: \$50/session (max. 8 players per session)

Neur INTERMEDIATE DYNAMIC DRILLING

Learn skill drills to improve your game. Drills are demonstrated, individuals are guided but no personal instruction. Must meet guidelines for intermediate level.

Activity #	Day	Dates	Times
204	MO	4/29, 5/6, 5/13, 5/20	3:00pm-4:00pm
205	MO	4/29, 5/6, 5/13, 5/20	4:15pm-5:15pm
206		6/3, 6/10, 6/17, 6/24	
207	MO	6/3, 6/10, 6/17, 6/24	4:45pm-5:45pm

WHERE: Ocean Pines Racquet Center INSTRUCTOR: Linda Horst, PPR, IPTPA & PCI Certified

OF CLINICS: 4 (4 weeks)

FEE: \$25/session (max. 16 players per session)

New! Adult Summer Camp

LEVEL UP PICKLEBALL CAMP

Featuring instructors Wayne & Lisa Dollard, publishers of *PickleballMagazine* **& US Open & USAPA Nationals mixed gold medalists.** For player levels 3.0 to 4.0. Certified teaching professionals. No more than 8:1 student-to-teacher ratio. Includes: Lunch breaks daily, first-day & post-day camp video analysis, camp notes & drill sheets.

WHEN: Fri & Sat, JUNE 28 – 29 and Sat & Sun, AUG. 31 & SEPT. 1 TIME: 9:00am-4:00pm FOR MORE INFO & TO REGISTER: leveluppickleballcamps.com or call the Racquet Pro Shop at 410.641.7228









OCEANPINESGOLF.ORG

DIRECTOR OF INSTRUCTION



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

ADULT & FAMILY FITNESS

- ADULT SPORT LEAGUES -

All players interested in forming a league team must fill out the registration form. All entry fees must accompany completed registration forms.

DISC GOLF LEAGUE

Take a break from adult life & try your hand in our Disc Golf League! This game blends the gameplay of golf & frisbee. Format is single match play. *All players must have waiver completed before stepping on the field.*

WHO: 18+ WHEN: FRIDAYS starting APR 5 for 8 weeks with 2 built-in rain dates TIME: 5:30pm WHERE: Bainbridge Park COORDINATOR: Bryant Dean PROGRAM SUPERVISOR: Kevin Powell FEE: \$35/player



SPRING CO-ED SOFTBALL LEAGUE

Who's ready to play ball?! Bring your friends & coworkers to form a team & join Ocean Pines Recreation for fun recreational slow-pitch softball! Maximum players per roster is 20. Must have at least 2 females on the field at all times. *All players must be on the roster & have waiver completed before stepping on the field. Coaches meeting Monday April 1 at 6pm in the Foultz Room.*

WHO: 18+

WHEN: MONDAYS & WEDNESDAYS starting APR 8 & 10 TIME: 6:00pm WHERE: Manklin Meadows Field PROGRAM SUPERVISOR: Kevin Powell FEE: \$450/team ...register early!



DROP-IN BASKETBALL

Come get some shots up in the gym by yourself or with friends during drop-in times!

WHO: All Ages WHEN: Call 410.641.7052 for days & times WHERE: Community Center Gym PROGRAM SUPERVISOR: Debbie Donahue FEE: \$3



New! BODYWEIGHT BOOTCAMP

Get ready for a motivating, muscle burning experience that will leave you sweating, smiling & sculpting your way to a stronger you! With a combination of dynamic bodyweight strength & cardio exercises & upbeat tunes, we will have fun & hit every muscle. Bodyweight training will challenge you to activate your muscles in all new ways with a focus on mind to muscle connection to improve core stability, balance, agility, power & muscle endurance. Fitness rookie or seasoned pro, exercises can be modified to fit your needs.

Optional: Bring a mat & a towel.

WHO: 18+

Katie Goetzinger

WHEN: SATURDAYS MAR 23 – MAY 11 No Class 4/13 & 4/27 MAY 18 – JUN 22 TIME: 9:00am–9:45am WHERE: Community Center Gym INSTRUCTOR: Erica Yeager PROGRAM SUPERVISOR:



FEE: OP Resident \$50; Non-Resident \$55; Drop-in \$10

New! <u>KICKBOXING</u> CARDIO, AEROBIC & INTERVAL WORKOUT

Let's work up a sweat on Friday nights with our aerobic & interval focused training while listening to music & burning calories with punching & kicking motion drills & calisthenic exercises. 3 to 4 classes per month. New Friday dates will be posted at the end of each month for the next month.

WHO: 7+

WHEN: FRIDAYS, 7:00pm-8:00pm

WHERE: Community Center INSTRUCTOR: Sensei Michael Nolen PROGRAM SUPERVISOR: Kevin Powell

FEE: OP Resident \$40/month; Non-Resident \$50/month; Drop-in \$10

New! ADULT MARTIAL ARTS

A comprehensive martial arts class, for beginners or experienced practitioners, teaching principles of Order of Isshinryu Martial Arts focused on modern close-quarter combat strategies including Kata Practice), Chin-na (control techniques), Jiu-Jitsu & Pain/Leverage Compliance, Okinawan Karate techniques.

WHO: 18+ or higher-level youth participants

WHEN: TUESDAYS & THURSDAYS

TIME: 6:30pm-8:00pm

WHERE: Community Center INSTRUCTOR: Sensei Michael Nolen PROGRAM SUPERVISOR: Kevin Powell

FEE: OP Resident \$60/month; Non-Resident \$70/month

^{\$}25 Annual Order of Isshinryu Martial Arts membership required after 2 months of training. Karate Gi (Uniform) provided (*full-time students). Students must purchase approved sparring gear (discounts available).







Paddling in the Pines

The waterfront community of Ocean Pines is a beautiful place to launch a kayak or paddleboard & explore the neighborhood from the water. With the launch of the Ocean Pines Interactive Water Trails Map (powered by Google My Maps), we are making strides to make Ocean Pines a paddle-friendly community! View the map at: oceanpines.org/web/pages/kayaks-canoes-sup

PLEASE NOTE: When paddling Ocean Pines water trails, always wear a PFD/life jacket. The U.S. Coast Guard requires that all paddlers have a life jacket & a whistle on board. A water bottle, sun protection, & a means of communication (cell phone or VHF radio) are also recommended.

New! INTRODUCTION TO STAND UP PADDLEBOARDING

You will develop a solid foundation for SUP during this fun class hosted by Ayers Creek Adventures. Learn proper techniques, balance & safety while having fun on the water. Ayers Creek Adventures' approach includes a combination of on- & off-water games & activities to help you develop the skill & confidence for a fun & safe flat water paddling experience. Session 1 will cover all the basics including paddle sizing, balance, paddle strokes, safety, basic maneuvers & self-rescue (how to fall & get back on the board). Session 2 will review the concepts covered in the first session, followed by a paddle along Ayers Creek where you will continue to hone your skills & practice maneuvering the board in more open waters. Participants may attend either session or both sessions. It is recommended that first-time paddlers attend the initial session if planning to attend the 2nd session.

WHO: All Ages; children 12 & under MUST wear PFD

WHEN: SESSION 1: Sat, JUN 22, 9am–11am at Ocean Pines Swim & Racquet Club

SESSION 2: Sat, JUN 29, 9am-11am at Ayres Creek Adventures

INSTRUCTOR: Suzy Taylor PROGRAM SUPERVISOR: Kevin Powell FEE: \$55/person for one session or \$90 for both sessions

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 22, 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!

Free! PRE-SEASON PADDLING NIGHT

Join an American Canoe Association instructor for a landbased program for beginner paddlers & new kayak owners. Some of the topics to be covered are trip planning, cold water safety, recommended equipment & tips on transporting. Feel free to bring your paddles & life jacket for a short session on paddling techniques at the end of the meeting.

WHO: All Ages WHEN: Wed, MAR 20 TIME: 6:00pm-8:00pm WHERE: Assateague Room INSTRUCTOR: Laura Scharle PROGRAM SUPERVISOR: Kevin Powell FEE: FREE



Popular! GROUP PADDLE MEET-UPS

Enjoy some active & social time out on the water! Get to know different launch points within Ocean Pines. Meet new people within the community to go paddling & throughout the rest of paddling season. Led by an American Canoe Association kayak instructor. **BYOKOP (Bring Your Own Kayak or Paddleboard).**

WHO: 16+

WHEN: Tuesdays: MAY 28, JUN 4, JUN 11, 9:30am-11:00am

Thursdays: MAY 30, JUN 6, JUN 27, 6:00pm-7:30pm

WHERE: First Meet-up: Swim & Racquet Beach Second Meet-up: Beauchamp Road Boat Ramp Third Meet-up: Pintail Park Kayak Launch INSTRUCTOR: Laura Scharle PROGRAM SUPERVISOR: Kevin Powell

FEE: \$25 per session

New! KAYAKING IOI

If you've purchased a kayak, but haven't been out on the water much yet, this is the class for you! Led by an American Canoe Association kayak instructor, this class will introduce you to basic strokes, how to get in & out of a kayak & tips for maximizing safety while on the water. **BYOK (Bring Your Own Kayak).**

WHO: 16+

WHEN: Tue, MAY 21, 9:30am-11:00am AND Thu, MAY 23, 6:00pm-7:30pm WHERE:

Swim & Racquet INSTRUCTOR: Laura Scharle

PROGRAM SUPERVISOR:

Kevin Powell FEE: \$65/person for both sessions



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ADULT & FAMILY FITNESS

New! QIGONG THERAPIES FOR STRESS RELIEF & FATIGUE - AM

Easy continuous moves that start a process of reducing stress & calming the breath & mind. Learning these practices allows the body to relax in movement as balance improves. Safe for beginners.

WHO: 18+

WHEN: TUESDAYS, MAR 5 - APR 23 TIME: 9:30am-10:30am WHERE: Community Center Gym INSTRUCTOR: Kim Reed from Radiant Motion for Health PROGRAM SUPERVISOR: Katie Goetzinger FEE: OP Resident ^{\$}65; Non-Resident ^{\$}81

New! QIGONG THERAPIES FOR STRESS RELIEF & FATIGUE - PM

18 moves created by Master Wing Cheung which are a combination of Tai Chi & Qigong. It's suitable for all ages & has been shown to increase energetic vitality, rejuvenate the mind, body & soul, & gain more agility & flexibility.

WHO: 18+

WHEN: THURSDAYS, MAY 2 – JUN 20 TIME: 4:30pm–5:30pm

WHERE: Community Center Gym INSTRUCTOR: Kim Reed from Radiant Motion for Health PROGRAM SUPERVISOR: Katie Goetzinger FEE: OP Resident \$65; Non-Resident \$81





New! SHIBASHI I & QIGONG

18 moves created by Master Wing Cheung which are a combination of Tai Chi & Qigong. It's suitable for all ages & has been shown to increase energetic vitality, rejuvenate the mind, body & soul & gain more agility & flexibility.

WHO: 18+ WHEN: TUESDAYS, APR 30 - JUN 18 TIME: 9:30am-10:30am WHERE: Community Center Gym INSTRUCTOR: Kim Reed from Radiant Motion for Health PROGRAM SUPERVISOR: Katie Goetzinger FEE: OP Resident ^{\$}65;

Non-Resident \$81



TAI CHI FOR ARTHRITIS - I

A practice created by Dr Paul Lam to help relieve symptoms of arthritis. Safe & effective move to improve balance & stability. Can be done seated. A great stress reliever for the joints. Good for beginners.

WHO: 18+

WHEN: THURSDAYS, MAR 7 – APR 25 TIME: 4:30pm–5:30pm WHERE: Community Center Gym

INSTRUCTOR: Kim Reed

from Radiant Motion for Health **PROGRAM SUPERVISOR:** Katie Goetzinger **FEE:** OP Resident \$65; Non-Resident \$81

New! INTRO TO YOGA

An introduction to a variety of basic postures (asanas). This includes standing & balance poses, seated forward extensions, seated twists, backward extensions, strengthening, restorative postures & relaxation practices. The practice focuses on building strength & endurance, improving balance, increasing flexibility & practicing methods for restoration & relaxation.

WHO: 18+

WHEN: MONDAYS & THURSDAYS MAR 25 - MAY 9 No Class 4/8 & 4/11 MAY 13 - JUN 20 TIME: 8:30am-9:30am WHERE: Community Center INSTRUCTOR:



Mary Parvis, Certified Iyengar Yoga Teacher, RYT200 (Registered Yoga Teacher through Yoga Alliance 200 hours) **PROGRAM SUPERVISOR:** Katie Goetzinger **FEE:** OP Resident ^{\$}40; Non-Resident ^{\$}50; **Drop-in** ^{\$}10

New! CHAIR YOGA

A basic yoga practice seated in a chair. This focuses on a gentle, slower practice. The practice is designed to work on strength, flexibility & endurance in a gentle way. Also, may include work on balance in a highly supported manner. Methods for restoration & relaxation are included in every class.

WHO: 18+ WHEN: THURSDAYS MAR 28 – MAY 9 No Class 4/8 & 4/11 MAY 16 – JUN 20 TIME: 1:00pm-1:45pm WHERE: East Room

INSTRUCTOR: Charles Parvis, RYT200 (Registered Yoga Teacher through Yoga Alliance 200 hours) PROGRAM SUPERVISOR:

Katie Goetzinger FEE: OP Resident ^{\$}40; Non-Resident ^{\$}50; *Drop-in ^{\$}10*



ADULT & FAMILY FITNESS

ZUMBA TONING

This class combines body sculpting exercises using light weights (optional) while adding cardio moves infused with upbeat music to create a calorie torching strength training fitness party. ZUMBA TONING targets arms, abs & thighs.

WHO: 18+ WHEN: TUESDAYS

Dates

MAR 26 - APR 30 MAY 7 - JUN 11 JUN 18 - JUL 23 JUL 30 - SEP 3 *Times* 9:00am-9:45am 8:45am-9:30am 8:45am-9:30am 8:45am-9:30am



WHERE: Community Center INSTRUCTOR: Joyce Landsman

PROGRAM SUPERVISOR: Katie Goetzinger

FEE: OP Resident \$40; Non-Resident \$45; Drop-in \$10

PM <u>ZUMBA</u>

This class is a total workout suitable for all ages & levels of experience. The class combines various fitness activities: cardio, muscle conditioning, balance, flexibility, boosted energy & a serious dose of attitude & awesome. Fast & slow Latin rhythms tone & sculpt the body utilizing principles from aerobics & fitness activities. Each segment offers different workout options, making it safe for all dance levels & age groups from young adult to seniors. Ditch the workout & come to a party!

WHO: 18+

WHEN: WEDNESDAYS MAR 27 - MAY 1 MAY 8 - JUN 12 JUN 19 - JUL 24 JUL 31 - SEPT 4 TIME: 4:30pm-5:15pm WHERE: Community Center INSTRUCTOR: Joyce Landsman



PROGRAM SUPERVISOR: Katie Goetzinger **FEE:** OP Resident ^{\$}40; Non-Resident ^{\$}45; **Drop-in** ^{\$}10

SEMINARS & CLASSES

New! LIVING WELL WITH HYPERTENSION

A single session program for those who have been diagnosed with hypertension (high blood pressure): Defining High Blood Pressure, Reducing Sodium in Your Diet, Medication Management, Complications with High Blood Pressure, Reading Food Labels, Blood Pressure Guidelines/Know your Numbers.

WHO: 18+ Dates

Mon

Mon

Dates Times MAY 6 10:00

MAY 6 10:00am-11:30am MAY 13 9:30am-10:30am

WHERE: Community Center

INSTRUCTOR: Jill Kenney with MAC – Your Area Agency on Aging, www.mdlivingwell.org

PROGRAM SUPERVISOR: Debbie Donahue

FEE: FREE! Please call 410-641-7052 to register & hold your spot as space is limited. For more info, contact Jill Kenney, jkennu@macinc.org, 410-742-0505.

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 Boomer Insurance of Maryland with expertise in Medicare products.

WHO: Anyone interested in learning more about Medicare

WHEN: Mon, MAY 13 TIME: 9:00am-10:30am WHERE: Community Center

PRESENTER: Lynne McAllorum PROGRAM

SUPERVISOR: Katie Goetzinger FEE: FREE! Register early!



We've partnered with Regal Entertainment Group for DISCOUNT MOVIE TICKETS to Regal Cinema at 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.

Tickets never expire & are good at any Regal Cinema in the country. Except for 3D RPX movies, there is no additional upcharge at box office. For more info, call 410.641.7052 or visit the Community Center.



ADULT CLASSES & SEMINARS

Join Ocean Pines &



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

New! ACTIVE LIVING TO IMPROVE HEALTH

Learn why national guidelines recommend 30 minutes of exercise per day & how to achieve this goal even if you have health issues that make that goal seem impossible.

WHO: 18+ WHEN: Thu, MARCH 21 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE! Register early!



New! IMPROVING IMMUNE HEALTH

Learn what the immune system is, how it works to keep you healthy & ways to improve your immunity for better overall health.

WHO: 18+

WHEN: Thu, APRIL 18 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE! Register early!



New! WHY YOU NEED A HEALTHY DIET

Remember the old saying, "you are what you eat?" Learn how foods that we commonly eat can cause Type 2 Diabetes, high cholesterol, heart disease & chronic inflammation.

WHO: 18+ WHEN: Thu, MAY 16 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE! Register early!



BALANCE & FALL PREVENTION

One in 4 adults over the age of 65 will experience a fall each year. Learn some of the common causes of falls & what you need to do to decrease your fall risk.

WHO: 18+ WHEN: Thu, JUNE 13 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR:

Katie Goetzinger FEE: FREE! Register early!



New! COULD IT BE YOUR POSTURE?

Did you know that neck & shoulder pain, hand tingling/ numbness, back pain & respiratory issues can all be caused by poor posture? Your mother was right, posture does matter!

WHO: 18+ WHEN: Thu, JULY 11 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR:





New! REDUCING SUGAR TO IMPROVE HEALTH

Did you know that research has shown that a diet high in processed sugar leads to Type 2 Diabetes, plaquing of the arteries, heart disease & chronic inflammation? Learn how some simple dietary changes can make a big difference.

WHO: 18+ WHEN: Thu, AUGUST 8 TIME: 11:00am-12:00pm WHERE: Foultz Room PROGRAM SUPERVISOR: Katie Goetzinger

FEE: FREE! *Register early!*



Volunteer in The Pines!

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

ADULT CLASSES & SEMINARS

Join Ocean Pines &



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

FOOT & ANKLE IOI

Meet POA's newest fellowship-trained foot & ankle surgeon & learn all about common foot & ankle conditions, arthritis & how Dr. Kirwan can get you back on your feet! *Light refreshments provided.*

WHO: 18+ WHEN: Thu, MARCH 14 TIME: 9:00am-10:00am WHERE: East Room PRESENTER: Dr. Greg Kirwan PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE!



KICK KNEE PAIN TO THE CURB

From a home exercise program to robotic joint replacement surgery – what is the right treatment for you? Dive deeper with Dr. Scott Gelman to learn about your options & determining what is best for you. *Light refreshments provided.*

WHO: 18+ WHEN: Fri, MARCH 15 TIME: 9:00am-10:00am WHERE: East Room PRESENTER: Dr. Scott Gelman PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE!



BACK PAIN, DISC HERNIATION & SCIATICA SUPPORT

Join POA's newest orthopaedic spine surgeon & learn about the common causes of back pain & treatments to get you back on your feet fast.

Light refreshments provided.

WHO: 18+ WHEN: Tue, APRIL 30 TIME: 9:00am-10:00am WHERE: East Room PRESENTER: Dr. Shalin Patel PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE!



New! SWING INTO SUMMER

Don't let pain prevent you from living your best life. Join Dr. Mata-Fink as she addresses common injuries & conditions such as arthritis of the shoulder & how to prevent it in the future. **Lunch provided.**

WHO: 18+ WHEN: Mon, MAY 13 TIME: 12:00pm-1:00pm WHERE: Assateague Room PRESENTER: Dr. Ana Mata-Fink PROGRAM SUPERVISOR: Katie Goetzinger FEE: FREE!



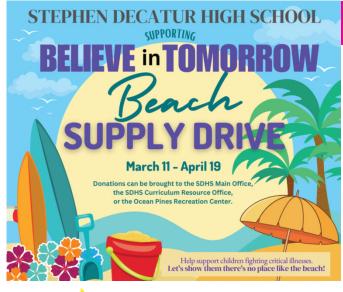
Interested in Leading a Seminar?

Many of the programs offered by Ocean Pines Recreation & Parks depend on volunteer support. If you have a seminar topic that you would like to present, please email us.

You can also help support our community by serving on an advisory committee, as a volunteer photographer, farmers market helper, coach, referee, umpire & office assistant (as needed). *Get in touch! Email: info@oceanpines.org*



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New! BELIEVE IN TOMORROW BEACH SUPPLY DRIVE Fri, MARCH 11 - APRIL 19 Collection Box in Community Center Lobby

To help this wonderful organization with its mission, SDHS is sponsoring a Beach Toy Drive requesting for either donations of beach goods and/or a donation of no more than \$500. The Ocean Pines Community Center will have a box for collection in their lobby to help support the Children's House. A wishlist can be found at the Recreation Department.

BREAKFAST WITH THE EASTER BUNNY

Sat, MARCH 23 • 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 welcome! Great family fun event! EVENT SUPERVISOR: Katie Goetzinger

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





SPECIAL EVENTS

EASTER / SPRING CELEBRATION & EASTER EGG HUNT

Sat, MARCH 30 • 11am-2pm • White Horse Park Pavilion

Come celebrate Easter & spring in White Horse Park! Enjoy carnival games, a petting zoo & food! Volunteers are needed to help with this event & assist with egg hunts. If interested, please call 410.641.7052.

EASTER EGG HUNT

Kids (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: 12:30pm

EASTER BONNET PARADE CONTEST • 1pm

Kids (up to age 10) can bring their decorated Easter bonnet for a chance to win a prize bag of Easter goodies!

WHO: All ages! Great family fun event! EVENT SUPERVISOR: Katie Goetzinger ADMISSION FEE: FREE (individually-wrapped candy donations accepted - please bring to Community Center)

Family Fun Night! **BINGO**

Fri, APRIL 12 • 6pm–8pm • Community Center

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

WHO: All family & friends welcome! Volunteers needed!
 EVENT SUPERVISOR: Katie Goetzinger
 ADMISSION FEE: \$2/player. Donations are accepted!



Spring INDOOR/OUTDOOR FLEA MARKET

Sat, APRIL 13 • 8am–12pm Community Center Gym & White Horse Park

Shop for everything from gently used clothing, household items, collectibles & more. While you are here, check out the Ocean Pines Farmers & Artisans Market that will connect to the Flea Market.

VENDORS: Indoor spaces (Community Center gym) include an 8' table & a chair. Outdoor spaces (White Horse Park) include an 8' table (please bring a chair). Spaces for OP residents are ^{\$}15. Spaces for non-residents are ^{\$}20. Register by mail or call the Recreation at 410.641.7052. EVENT SUPERVISOR: Kevin Powell

REC. SPECIAL EVENTS



OCEAN PINES SPRING BIKE RIDE DAY

Sat, MAY 11 begins at 3pm Starts & ends at Ocean Pines Golf Clubhouse



May is Bike Month & what better way to celebrate than to get on your bike & ride! Our guides will take everyone on a scenic ride through Ocean Pines. There will be a happy hour social at the end where all riders will get a coupon for one free drink ticket at the Golf Clubhouse! This is an opportunity to meet a bunch of great people & learn some bike safety & about our bike paths as well. **Bike route map:** https://www.strava.com/routes/3078724701677858202

WHO: Riders must be 12+. HELMETS ARE MANDATORY
 EVENT SUPERVISOR: Kevin Powell
 FREE: FREE (1 free drink coupon)
 TO REGISTER: Call OP Recreation at 410-641-7052.
 This event is free but for safety reasons we need
 a head count for how many bikers & their ages.
 FOR MORE INFO Call Pam McGregor at 703-955-0745
 or email Kevin Powell at kpowell@oceanpines.org



SUNDAY, MAY 19 10AM-2PM

WHITE HORSE PARK | 235 OCEAN PKWY, OCEAN PINES, MD MDCOASTALBAYS.ORG

BAY BOAT RIDES | HANDS-ON ACTIVITIES | LIVE ANIMALS Exploration stations | Environmental Exhibitors Native Plant Giveaway | Live Music | food & Drink Vendors

New! BALTIMORE ORIOLES VS PHILADELPHIA PHILLIES BUS TRIP

(Camden Yards, Baltimore, MD)

Sun, JUNE 16

Treat your Dad to an O's game! Enjoy spectacular major league baseball as the O's host the Phillies at Camden Yards. As soon as the gates open, travelers can enjoy the wonderful buffet of food (included in ticket price). Shop at the stadium stores or sit back & watch batting practice at one of America's most beautiful ballparks. Seats are located in the Picnic Perch, section #284. All-inclusive Picnic Perch food is included in trip price; all-youcan-eat from gates open to the middle of the 7th inning! **No alcohol or glass containers are permitted on the bus.**

An adult must accompany anyone under age 18. DEPART COMMUNITY CENTER: 8:30am

GAME TIME: 1:35pm TRIP SUPERVISOR: Katie Goetzinger

FEE: \$120/person (includes ticket & Picnic Perch food)



RECREATION SPECIAL EVENTS

FAMILY FUN NIGHTS

Wednesdays JUNE 19 - AUG 21 • 6pm-8pm Yacht Club Pool

Wednesday Family Fun Nights are back

& it's fun for the entire family! Every Wednesday, the Yacht Club Pool transforms into a wave of fun for the young & young at heart! Enjoy plenty of family fun as a DJ fills the air with the sounds of summer. Fun games & prizes! Food available for purchase.

ADMISSION FEE: Swim Member ^{\$}3 (must show membership card); Resident ^{\$}5; Non-Resident ^{\$}7; (Only persons swimming pay a fee.) This is an after-hours Recreation Department Special Event; swim coupons or pool receipts do NOT grant admission.





Thursdays JUNE 20 - AUG 22 • 7-9pm White Horse Park Pavilion

A night of music & family entertainment! Every Thursday, the park transforms into a land of entertainment. Family-friendly entertainment will once again perform great musical hits – old & new. You are encouraged to bring lawn chairs, blankets, etc. Food is available for sale & BYOB is acceptable.

CONCERT AREA IS SMOKE-FREE; smoking area is in the rear.

FREE COMMUNITY EVENT!

JUN 20	T.B.D.
JUN 27	Riptide Band
JUL II	Uptown Band
JUL 18	Club Phred
JUL 25	T.B.D.
AUG I	The Swingtime Dol
AUG 8	Breath of Fresh Air
AUG 15	T.B.D.
AUG 22	T.B.D.





RECREATION SPECIAL EVENTS

TEACH A KID TO FISH DAY Sat, JUNE 22 • 9am-11am South Gate Pond near Sports Core Pool

Ocean Pines Recreation is excited to have the Ocean Pines Anglers Club back again for this annual event! This is a fantastic opportunity for parents & grandparents to share their love of fishing with a new generation. Members of the OP Anglers Club, the DNR & other groups will offer fishing tips, general fishing info & safety & free fishing items as well. There will be a drawing for a free rod & reel! Please bring your own rod(s), insect repellent & sunscreen. Bait & water will be provided.

> WHO: All ages! Open to the public! EVENT SUPERVISOR: Kevin Powell ADMISSION FEE: FREE

FOR MORE INFO: Call Jerry Leuters at 240-427-8929





28th Annual ART HANSEN MEMORIAL YOUTH FISHING CONTEST Sat, JULY 13

Registration: 8:30am, Contest: 9am-10:30am South Gate Pond near the Sports Core Pool

Hey kids! Put your fishing skills to the test & bring home the BIG ONE! Participants will be divided into 3 age groups: 4-7 / 8-11 / 12-16. Trophies & prizes will be awarded to the first 3 runners up in each age group.
All participants will receive a prize compliments

of the Ocean Pines Anglers Club & local merchants! Please bring your own rod & reel, insect repellent & sunscreen. Bait & water will be provided.

WHO: Ages 4–16 EVENT SUPERVISOR: Kevin Powell ADMISSION FEE: FREE FOR MORE INFO: Call Jerry Leuters at 240-427-8929









FREEDOM 5K Thu, JULY 4 • 8am • Veterans Memorial Park

This family-friendly race will start & finish at our beautiful Veterans Memorial Park. Timing & race run by Overland Timing. Pathway & street running through the scenic areas of Ocean Pines. Come celebrate our independence & show off your patriotism while getting some fabulous exercise! An award will be given to the **BEST PATRIOTIC OUTFIT**. Race awards for 1st, 2nd & 3rd place for each male & female age group: 10 & under / 11-14 / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70 & over **T-shirts are included for all PRE-registered participants;** sizes are not guaranteed for registrants on the day of the event.

> WHO: All ages! Open to the public! EVENT SUPERVISOR: Kevin Powell Pre-Registration Online: \$30/runner

at runsignup.com (registration open 3/15-7/1) Day Of Registration: \$35/runner Race Packet Pick Up: 7/3 (10am-8pm) Community Center

JULY 4th CELEBRATION & FIREWORKS

Thu, JULY 4 • 4pm-8:30pm Fireworks begin after dark Worcester County Veterans Memorial Park

The celebration starts at 4pm with festivities, music, food & so much more. Come enjoy the fireworks display in Ocean Pines at the Worcester County Veterans Memorial Park & South Gate Pond area. Bring your lawn chairs & blankets then sit back & enjoy the show! **Parking:** Lot next to Taylor Bank, OP Library, handicap parking available at the Sports Core Pool, designated areas at Veterans Memorial Park & Manklin Park

CARNIVAL ADMISSION FEE: \$15/wristband for Unlimited Fun 4pm-8:30pm



THE PINE'EER CRAFT CLUB presents the 46th Annual AUGUST GRAFT FESTIVAL

SATURDAY AUGUST 3, 2024 9-3 PM INDOOR & OUTDOORS

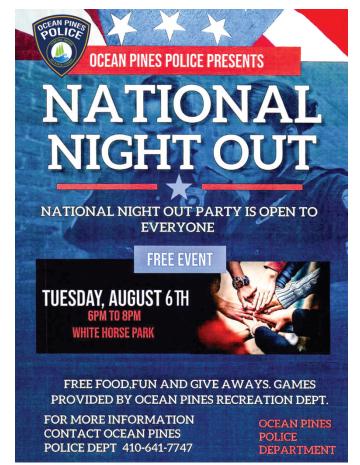


FREE ADMISSION! FREE PARKING! Artisans from far and wide will be selling handcrafted items like prints, jewelry, doll clothes, pottery, stitchery, crochet, knitting, signs and decorative items

VISIT OUR ARTISAN GIFT SHOP TOO!

Next to the Farmers Market in White Horse Park, the shop will be open from 8-3 for even more handmade treasures or custom requests.

PINE/EER CRAFT CLUB ARTISAN GIFT SHOP Located Across the parking lot from the Admin Building 239 Ocean Parkway Ocean Pines, md 21811 Open Saturdays & Sundays All year Year Round





2024 Winner Huckleberry!

"My name is Huckleberry. I am a Golden Retriever and am the **2024** '**Pup of the Pines**!'

I enjoy all of the amenities that Ocean Pines has to offer, from scenic walks on the trails, fetch in the park, to the finest of yappy hours at the Yacht Club." Check out my Instagram: itsagoldenpawty

As 'Pup of the Pines', Huckleberry receives a free 2024 Ocean Pines Dog Park registration. He is also the official face of the dog park for 2024 and will be featured in the Ocean Pines

From Sept. 1 to Oct. 14

Activity Guide and other postings throughout the year.

Ocean Pines pet parents can enter their pup(s) for a S5/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.



BIG TRUCK DAY Sat, SEPTEMBER 7 10am-2pm Open Field Between Sports Core Pool & Veterans Memorial

Come check out fire trucks, tow trucks, dump trucks, tractor trailers & more. All trucks include all safety features. Food will be available for purchase.

Interested in displaying your big truck? Contact Katie at kgoetzinger@oceanpines.org or 410-641-7052.

> WHO: All ages! Great family event! ADMISSION FEE: FREE! EVENT SUPERVISOR: Katie Goetzinger

Save the dates for upcoming FALL SPECIAL EVENTS Fall In/Outdoor Flea Market SEP. 21 Pumpkin Painting OCT. 18 Haunted House OCT. 26 & 27 Halloween Fall Festival OCT. 27 Cranksgiving Benefit Bike Ride NOV. 23



DISCOUNT JOLLY ROGER TICKETS

Ocean Pines Recreation & Parks, in partnership with Jolly Rogers Amusement Parks at 2 locations in Ocean City, MD, is selling general admission tickets at substantially discounted prices. Please stop by the Community Center

to purchase your favorite passes instead

of paying full price at the gate! Tickets may be purchased daily & can be paid for with cash or credit card. No checks will be accepted & no refunds will be given. Tickets can be used until the end of the season. **Buy your tickets now & save money!**



DISCOUNTED PRICES FOR PASSES 2024:

Splash Mountain Waterpark	\$ 38.00
Day Time Rides	^{\$} 22.00
Night Time Rides	^{\$} 26.00
SpeedWorld Go-Karts	\$ 38.00





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.



Bridgewater Park



Dog Park

Huntington Park



Manklin Meadows



Pintail Park



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

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

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.

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)

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

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.

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)

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)

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 (home to a Memorial Pavilion, OP Farmers & Artisans Market & Artisan Gift Shop) offers playground, lighted basketball court, 2 shuffleboard courts, horseshoe pit, boat ramp & picnic tables. (41 acres)

White Horse Park Walking Trail (1 mi.)

Worcester County Veterans Memorial at Ocean

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.

Robin Hood Park



Skate Park



Somerset Parl



Swim & Racquet Club



Terns Landing







OCEAN PINES FACILITY RENTALS

We Have the Perfect Space for Your Event Needs! ... for your Next Event, Party, Meeting, Family Reunion or Special Occasion!

Ocean Pines Recreation & Parks 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 fields, plus, basketball, pickleball, tennis & platform tennis courts for 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. TO RESERVE A POOL PARTY, CALL THE SPORTS CORE POOL AT 410.641.5255.

GROUP	ASSATEAGUE MEETING ROOM	DEP.	COMMUNITY CTR. KITCHEN	DEP.	FOULTZ MEETING ROOM	DEP.	EAST MEETING ROOM	DEP.	MANKLIN / HUNTINGTON FIELD	WHITE HORSE PARK PAVILION	DEP.	PINTAIL PARK	DEP.
Community Organization		\$0	No Charge	\$0	No Charge	\$O	No Charge	\$O	Call 410.641.7052	No Charge	\$O	No Charge	\$0
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
Non-Residen	\$65/hr t 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
Non-Profit Organization		\$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
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
For pricing & deposit required for reserving the COMMUNITY CENTER GYMNASIUM, 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 is 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.



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

Spring / Summer 2024

Special Events! School's Out Splash Party, Family Splash Nights pg. 29 New! Water Volleyball, Bike / Tramp Classes pg. 30-31

> For Kick. 3-Day Jr. Lifeguard Camp 19.32 Swim Team Prep Training 19.33 Group Swim Lessons 19.33-34



SPORTS CORE: **410.641.5255**

OceanPines.org





OCEAN PINES AQUATICS

DAILY FEES

Ocean Pines Residents / Property Owners:

Adult (ages 18+) = \$10 • Child (ages 5-17) = \$8 Age 4 & under = Free

Non-Residents: Adult (ages 18+) = \$15 Child (ages 5-17) = \$13 • Age 4 & under = Free

Twilight Swim: Resident = \$4 • Non-Resident = \$6 (check specific pool for days & times)

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





TWILIGHT SWIM 4:45-6pm



TWILIGHT SWIM Mon-Thu & Sat 4:45-6pm



TWILIGHT SWIM Mon-Thu 4:45-6pm

BEACH CLUB POOL 49th-50th St. Oceanfront, Ocean City

ON THE BEACH IN OC! Volleyball, restaurant w/ beach eats & kids menu, 2 private parking lots, changing areas w/ showers, locker rooms

> Open May 25-Sept. 2 10am-6pm

MUMFORD'S LANDING POOL 351 Yacht Club Dr. • 410.208.6005

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

Open May 25-Sept. 2 10am-6pm

SWIM & RACQUET CLUB POOL

10 Seabreeze Rd. • 410.641.7227 Bayfront! Splash pad, mushroom rain,

drop, changing areas w/ showers Open May 25-Sept. 2 LAP LANE SWIMMING - 25 YARDS

Mon-Thu 10am-6pm, Fri 10am-7pm, Sat 10am-6pm, Sun 10am-7pm

YACHT CLUB POOL

Bayfront! 1 Mumford's Landing Rd. Changing areas w/ showers, tiki bar, full-service marina w/ dining facilities

Open May 25-Sept. 2 LAP LANE SWIMMING (open daily 8am-10am for swim members only) Mon-Thu 10am-6pm, Fri-Sun 10am-7pm Sept. 7 & 8 10am-6pm (staff permitting) Sept. 14 & 15 10am-6pm (staff permitting)



CLOSED for cleaning & maintenance March 4-8, 2024 • August 19-September 2, 2024

YEAR-ROUND! SPORTS CORE POOL

11144 Cathell Rd. • 410.641.5255 PRIVATE PARTIES AVAILABLE!

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

Lap Swim & Classes: Mondays-Fridays 6am-8am (Early Bird Lap Swim & memberships only) 8am-10am (classes & memberships only)

Recreation Swim (open to the public): Mon-Thu 10am-7pm • Fri 10am-6pm, Sat 10am-5pm • Sun 10am-3pm

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.

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.

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.

28 Ocean Pines Aquatics • Spring/Summer 2024 Activity Guide • Registration (Sports Core) 410.641.5255 • OceanPines.org

Aquatics Special Events





EASTER EGG HUNT & POOL PARTY

Sat, MARCH 23 • 12pm–3pm • Sports Core Pool

Who knew the Easter Bunny likes to swim?!? Well, he does! Splash on in & gather up as many Easter eggs as you can – treasures inside! Once all the eggs have been collected, the pool will be open to everyone for an open swim party in between egg dives until it's time for staff to prepare the pool for the next age group.

AGES: 12 & under; *Parents must accompany all children* 6 & under in pool. Children requiring flotation devices must remain within an arm's reach of their parent/guardian in the pool. Participants may not swim during the egg hunts if it is not their age group.

> FEE: Non-Resident \$15, Resident \$10, Swim Member \$6, Non-Swimmer \$2



New! EASTER SATURDAY EGG-STENDED SWIM Sat, MARCH 30 • Open 10am-6pm Sports Core Pool

Get your egg-stra hour of swim on Saturday before Easter Sunday! We're open for recreational swim until 6pm!

FEE: 10am-5pm regular daily fees apply. 4:45pm-6pm only: Non-Resident ^{\$}4, OP Resident ^{\$}6

ALL OUTDOOR POOLS OPEN FOR SUMMER Sat, MAY 25 - Mon, SEPT. 2



New! SCHOOL'S OUT SPLASH PARTY Sat, JUNE 15 • 5pm-8pm Sports Core Pool

Come celebrate & start the summer off with a big splash & lots of fun! There will be food, games & music played throughout the night. Bring a towel!

FEE: Non-Resident ^{\$}8, Resident ^{\$}6, Swim Member ^{\$}4, Non-Swimmer ^{\$}2

New! FAMILY SPLASH NIGHTS Sat, JULY 6 • Sat, AUG 3 • Sat, AUG 31 5pm-8pm • Sports Core Pool

Dive into Family Splash Nights with us! Put on your swim suit & grab a towel for an evening of water-themed activities. Kids of all ages will have a chance to join in the fun!

> FEE: Non-Resident ^{\$}8, Resident ^{\$}6, Swim Member ^{\$}4, Non-Swimmer ^{\$}2



DOGGIE SWIM Benefits Worcester County Humane Society! Sat, SEPT. 7 (Rain Date: 9/14) Mumford's Landing Pool 10am-10:30am: Small Dogs Under 20 lbs., 10:30am-11am: All Dogs

Experience a fun & enjoyable time with your furry friends before the warm weather goes away. Its fun to watch even if you don't have a dog! **All donations go to Worcester**

County Humane Society. All types of dog & cat items & any monetary donations are accepted & appreciated.

WHO: All dog handlers must be at least 18 years of age & under 17 must be accompanied by a registered adult.
 FEE: ^{\$8} per dog; FREE for human companions!



AQUATICS CLASSES

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.

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, 6:00am-7:50am 30 classes (6 weeks)

DatesPoolAPR 29 - JUN 7Sports CoreJUN 10 - JUL 19Sports CoreJUL 22 - AUG 30 8/19-8/30 at Swim & Racquet ClubSports CoreSEP 3 - OCT 11Sports CoreFEE: Swim Member, free OP Resident \$65; Non-Resident

^{\$}78; *Drop-in:* Swimmer ^{\$}8. Pay lifeguard on duty.

STRENGTH & TONE

This high-intensity, total-body workout combines cardio fitness with strength toning using hydrocycles & trampolines to achieve results. *Note: Please show up 10 min. prior to class time to set up your station. Water shoes must be worn* & can be purchased at Sports Core if you do not have your *own. 7 registered participants required for session.*

STRENGTH & TONE I

WHEN: MON / WED, 9:00am-9:45am 12 classes (6 weeks) thru APR 10 No Class 3/4-3/8 APR 22 - MAY 29

STRENGTH & TONE II

WHEN: TUE / THU, 11:00am-11:50am 12 classes (6 weeks) thru APR 11 No Class 3/4-3/8 APR 23 - MAY 30
POOL: Sports Core INSTRUCTOR: Jen Kauffman
FEE: Swim Member \$59; OP Resident \$66; Non-Resident \$80; Drop-in: Swim Member \$6; OP Resident \$7; Non-Resident \$8

TOTAL BODY FITNESS | & 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! **7** registered participants required for session..

TOTAL BODY FITNESS I

WHEN: MON / WED/FRI, 10:0	Oam-10:45am 18 classes
thru APR 11 No Class 3/4-3/8	Instructor: Jen Kauffman
APR 23 - MAY 30	Instructor: Jen Kauffman

WHEN: MON / WED, 10:00am–10:45am 12 classes JUN 24 – JUL 31 Instructor: Becky Lehrend

TOTAL BODY FITNESS II

WHEN: TUE / THU, 9:00am-9:45am 12 classes

thru APR 11 No Class 3/4-3/8 APR 23 - MAY 30 JUN 18 - JUL 30 No Class 7/4 SEP 3 - OCT 10 POOL: Sports Core *Instructor:* Jen Kauffman *Instructor:* Jen Kauffman *Instructor:* Jen Kauffman *Instructor:* Jen Kauffman

FEE: (18-class session): Swim Member ^{\$}88; OP Resident ^{\$}100; Non-Resident ^{\$}120; (12-class session): Swim Member ^{\$}59; OP Resident ^{\$}66; Non-Resident ^{\$}80; Drop-in: Swim Member ^{\$}6; OP Resident ^{\$}7; Non-Resident ^{\$}8

New! WATER VOLLEYBALL

A fast-growing & fast-paced group exercise that is competitive, gentle on the joints & FUN! This full-body workout is a great way to improve hand-eye coordination & overall fitness. Great for all ages!

WHEN: MON 12 classes (6 weeks) TIME: 2:00pm-3:30pm thru MAR 25 APR 8 - MAY 13 MAY 27 - JUL 1 JUL 15 - SEP 2 No Class 8/19-8/30 SEP 16 - OCT 21 POOL: Sports Core



FEE: Swim Member ^{\$}30; OP Resident ^{\$}35; Non-Resident ^{\$}45; *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. *7 registered participants required for session.*

WHEN: WED / FRI 12 classes (6 weeks)

TIME: 8:00am-8:45am thru MAR 15 No Class 3/4-3/8 MAR 27 - MAY 3 MAY 15 - JUN 21 JUL 3 - AUG 9 No Class 8/19-9/2 SEP 4 - OCT 11 POOL: Sports Core 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. *5 registered participants required for session.*

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

TIME: 6:00pm-6:45pm MAR 25 - MAY 3 MAY 13 - JUN 21 JUL 1 - AUG 9 No Class 8/19-8/30 SEP 2 - OCT 11 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



AQUATICS CLASSES



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!**

SHALLOW WATER

WHEN: MON / WED / FRI, 8:00am-8:50am 18 classes

thru MAR 29 No Class 3/4-3/8Instructor: Kathy EmmertAPR 1 – MAY 10Instructor: Kathy EmmertMAY 13 – JUN 21Instructor: Kathy EmmertJUN 24 – AUG 2Instructor: Kathy EmmertAUG 5 – SEP 13 8/19-8/30 at Swim & Racquet Club Kathy Emmert

DEEP WATER

WHEN: MON / WED / FRI, 8:00am-8:50am 18 classes thrum MAD 29 No Class 3/4-3/8 Instructor: Betsy Wojda

THE MAR 29 NO CLASS 3/4-3/8	
APR 1 - MAY 10	Instructor: Betsy Wojda
MAY 13 - JUN 21	Instructor: Betsy Wojda
JUN 24 - AUG 2	Instructor: Betsy Wojda
AUG 5 - SEP 13 8/19-8/30 a	at Swim & Racquet Club Betsy Wojda

POOL: Sports Core

FEE: Swim Member ^{\$}55; OP Resident ^{\$}65; Non-Resident ^{\$}81; *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. *5 registered participants required for session.*

CREAKY JOINTS I

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

TIME: 11:00am-11:50am MAR 25 - MAY 3 MAY 13 - JUN 21 JUL 1 - AUG 9 No Class 8/19-8/30 SEP 2 - OCT 11



<u>CREAKY JOINTS II</u>

WHEN: TUE / THU 12 classes (6 weeks)

TIME: 11:00am-11:50am MAR 26 - MAY 2 MAY 14 - JUN 20 JUL 2 - AUG 8 No Class 8/19-8/30 SEP 3 - OCT 10 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

New! BIKE / TRAMP

A fast-growing & fast-paced group exercise that is competitive, gentle on the joints & FUN! This full-body workout is a great way to improve hand-eye coordination & overall fitness. Great for all ages!

WHEN: FRI, 9:00am-9:40am 12 classes (6 weeks)

MAR 1 – APR 12 No Class 3/8 APR 26 – MAY 31 JUN 21 – JUL 26 AUG 9 – SEP 27 No Class 8/19-8/30 POOL: Sports Core INSTRUCTOR: Julie Winterling

FEE: Swim Member \$45:



OP Resident ^{\$}48; Non-Resident ^{\$}50; *Drop-in:* Swim Member ^{\$}6; OP Resident ^{\$}7; Non-Resident ^{\$}8

SHAPE UPS

Fun, total-body workout set to music. We use pool noodles, water jugs & foam barbells & finish with a spirited march!

WHEN: TUE / THU, 8:00am-8:50am 12 classes (6 weeks)

thru MAR 14 No Class 3/4-3/8 MAR 26 - MAY 2 MAY 14 - JUN 20 JUL 2 - AUG 8 SEP 3 - OCT 10 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

WET WORKS I & II

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

WET WORKS I: DEEP WATER

WHEN: MON / WED / FRI, 9:30am-10:20am 18 classes MAR 25 - MAY 3 MAY 13 - JUN 21

JUL 1 – AUG 9 No Class 8/19-8/30 SEP 2 – OCT 11

WORKS II: SHALLOW WATER

WHEN: TUE / THU, 9:30am-10:20am 12 classes MAR 26 - MAY 2 MAY 14 - JUN 20 JUL 2 - AUG 8 No Class 8/19-8/30 SEP 2 - OCT 10 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

AQUATICS CLASSES

HYDRORIDER WATER CYCLING

Hydroriders are user-friendly, in-water cycling bikes that are perfect for any skill level. *Note: Please show up 10 minutes early to set up your bike. Water shoes must be worn & can be purchased at Sports Core Pool. Note: Only 15 participants per class. 5 registered participants required for session.*

WHEN: MON / WED, 9:00am-9:	40am 12 classes (6 weeks)
thru APR 10 No Class 3/4-3/8	Instructor: Julie Winterling
APR 22 - MAY 29	Instructor: Julie Winterling
JUN 10 - JUL 17 No Class 7/4	Instructor: Julie Winterling
JUL 29 - SEP 18 No Class 8/19-8/30	Instructor: Julie Winterling

WHEN: TUE / THU, 9:00am-9:45am12 classes (6 weeks)APR 23 - MAY 30Instructor:Michelle HitchensJUN 11 - JUL 18 No Class 7/4Instructor:Michelle HitchensJUL 30 - SEP 5 No Class 8/19-8/30Instructor:Michelle HitchensSEP 17 - OCT 24Instructor:Michelle Hitchens

WHEN: TUE / THU, 10:00am-10:45am 12 classes (6 weeks) thru APR 11 No Class 3/4-3/8 Instructor: Jen Kauffman

thru APR 11 No Class 3/4-3/8	Instructor: Jen Kauffman
APR 23 - MAY 30	Instructor: Jen Kauffman
JUN 17 – JUL 24 No Class 7/4	Instructor: Jen Kauffman
AUG 5 - SEP 25 No Class 8/19-9/2	Instructor: Jen Kauffman

POOL: Sports Core

FEE: Swim Member ^{\$}45; OP Resident ^{\$}48; Non-Resident ^{\$}50; *Drop-in:* Swim Member ^{\$}9; OP Resident ^{\$}11; Non-Resident ^{\$}13

AQUA YOUTH CAMP

JR. LIFEGUARD CAMP - 3 DAYS

Ocean Pines Aquatics is training future lifeguards! Our Jr. Lifeguard Camp is an educational, hands-on course designed to teach students the importance of water safety, rescue techniques, teamwork &, most importantly, **FUN!** This program will help kids build a foundation of knowledge, attitude & skills that are needed to be a responsible volunteer & future lifeguard. Participants learn rescue skills, basic CPR, first aid & more. If you're a returning Ocean Pines Jr. Lifeguard, you'll return as a Jr. Crew Chief & learn additional skills similar to the actual Red Cross Lifeguard: rescue mannequin, full backboard extraction with head stabilization, passive victim & more. *Must be a strong swimmer & able to swim length of the pool strong & tread water for 1 minute.*

AGES: 7 & up

WHEN: TUE, WED & THU, 5:30pm-7:00pm

Dates JUL 9, 10 & 11 JUL 16, 17 & 18 JUL 23, 24 & 25 Dates JUL 30, 31 & AUG 1 AUG 6, 7 & 8

POOL: Sports Core **INSTRUCTORS:** Team-Taught **INCLUDES:** Jr. Lifeguard t-shirt & whistle **FEE:** OP Resident \$75; Non-Resident \$80



OPEN HOUR

certification!

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SPRING GROUP SWIM LESSONS

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.

Mondays

WHEN: MAY 6 – JUN 10

Ages	Times	Instructor
3-4	5:00pm-5:45pm	Kay
5-6	6:00pm-6:45pm	Kaylee
8-10	6:00pm-6:45pm	Brooks
7-9	6:00pm-6:45pm	Eva
POOL: Spor	ts Core	
# OF CLASS	ES: 6	
POOL: Spor	ts Core	
FEE: Swim I	Member ^{\$} 67; OP Reside	nt \$75;

Non-Resident \$85

Tuesdays Ages 7 to 9

WHEN: MAY 7 - JUN 4, 6:00pm-6:45pm POOL: Sports Core # OF CLASSES: 5 FEE: Swim Member \$56; OP Resident \$63; Non-Resident \$71

Wednesdays

WHEN: MAY 8 - JUN 12 Instructor Ages Times 3-4 5:00pm-5:45pm Kel / Dus 5-6 5:00pm-5:45pm Kavlee 3-4 6:00pm-6:45pm Kay / Dus 6:00pm-6:45pm **Brooks** 5-6 5-6 6:00pm-6:45pm Eva 7-9 6:00pm-6:45pm Kelly POOL: Sports Core # OF CLASSES: 6

FEE: Swim Member \$67; OP Resident \$75; Non-Resident \$85

Thursdays Ages 9+

WHEN: MAY 9 – JUN 13, 5:30pm–6:15pm POOL: Sports Core INSTRUCTOR: Max # OF CLASSES: 6 FEE: Swim Member \$67; OP Resident \$75; Non-Resident \$85

Basic Swim Lessons Ages 7 to 10

This class is for those children who are older but do not put their face underwater, do not like to float on their stomachs & backs, & cannot swim at all.

WHEN: TUESDAYS, MAY 7 - JUN 4 TIME: 5:00pm-5:45pm
 POOL: Sports Core # OF CLASSES: 5 (5 weeks)
 FEE: Swim Member \$56; OP Resident \$63; Non-Resident \$71



Swim Team Prep

SPRING TRAINING

 Ages
 Days
 Dates
 Times
 Instructor

 9+
 MON
 MAY 6 - JUN 10
 5:00pm-5:45pm
 Allison

 7-9
 WED
 MAY 8 - JUN 12
 5:00pm-5:45pm
 Michelle

 8-10
 WED
 MAY 8 - JUN 12
 5:00pm-5:45pm
 Brooks

 5-6
 WED
 MAY 8 - JUN 12
 6:00pm-6:45pm
 Michelle





SUMMER GROUP SWIM LESSONS

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.

Come enjoy our fun & exciting summer group swim lessons that are team taught by our instructors at Ocean Pines Aquatics Swim School. We will work on swimming & safety skills!





WHEN: SATURDAYS JUN 29 – AUG 10 No Class 7/20 TIME: 8:30am-9:00am OR 9:10am-9:40am **POOL:** Sports Core **# OF CLASSES:** 6 (6 weeks) FEE: Swim Member \$67; OP Resident \$75; Non-Resident \$85



JUN 29 – AUG 10 No Class 7/20 TIME: 9:50am-10:20am OR 10:30am-11:00am **POOL:** Sports Core **# OF CLASSES:** 6 (6 weeks) FEE: Swim Member \$67; OP Resident \$75; Non-Resident \$85





MORNINGS Ages 3-4 • 5-6 • 7-9: Mon & Wed, JUL 8 – JUL 24

Ages 3-4 • 5-6 • 7-9: Mon & Wed, AUG 5 - AUG 21

TIME: 9:00am-9:45am **POOL:** Mumford's Landing **# OF CLASSES:** 6 (3 weeks) FEE: Swim Member \$45: OP Resident \$75; Non-Resident \$85





EVENINGS Ages 3-4 • 5-6: Mon, JUL 8 – AUG 12 Ages 3-4 • 5-6 • 7-9:

Wed, JUL 10 - AUG 14

TIME: 5:45pm-6:30pm **POOL:** Mumford's Landing **# OF CLASSES:** 6 (6 weeks) FEE: Swim Member \$67: OP Resident \$75; Non-Resident \$85

Older Swimmers Ages 7 to 12

*Swimmers will be in depth of 4-12 feet of water for class; they should have some experience in deep water.



MORNINGS

Ages 7-9 • 10-12: Wed. JUL 10 - AUG 14 TIME: 10:00am-10:45am

Sat, JUL 13 - AUG 24 No Class 7/20 TIME: 9:00am-9:45am

POOL: Swim & Racquet Club **# OF CLASSES:** 6 (6 weeks) FEE: Swim Member \$67; OP Resident \$75; Non-Resident \$85



EVENINGS

Ages 10-12: Wed. JUL 10 - AUG 14 **TIME:** 5:00pm-5:45pm

POOL: Swim & Racquet Club **# OF CLASSES:** 6 (6 weeks) FEE: Swim Member \$67: OP Resident \$75; Non-Resident \$85

Private or Semi-Private Swim Lessons Ages 3 to Adult

Are you an adult who never learned how to swim? Nervous of water? Want one-on-one time with an instructor? Need/want to work on a skill or goal in swimming? Have a kid who can't make our arranged time for groups? We offer private (1 swimmer to 1 instructor) & semiprivate (2 swimmers to 1 instructor) swim lessons for ALL! The duration of each lesson is 30 or 45 min.; depends on swimmer's age & attention span. We will schedule you with one of our instructors who will work with your schedule & needs. To register for semi-private lessons, you have to find a swim partner who wants to participate with you. For rates & availability, call the Sports Core Pool at 410.641.5255.

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YACHT CLUB OCEAN PINES, MARYLAND

Spring & Summer 2024 · Live Music

In the Dining Room 6-9 pm unless otherwise noted

MAR 8	Dawn Williams
MAR 9	Shortcut Sunny
MAR 15	Cup of Joe
	ST. PAT'S DAY WEEKEN
MAR 16	Dawn Williams (12-3pm)
	Special Appearance by
	O.C. Pipes & Drums (6pm
	Special St. Pat's Day mer
MAR 22	Whiskey Graves
MAR 23	Eclipse (ballroom, 6-9pm)
MAR 29	Shortcut Sunny
MAR 30	Brian & Things
APR 5	Mercury Agenda
APR 6	Chris Ritsch Solo
APR 12	Whiskey Graves
APR 13	Cup of Joe
APR 19	Dave Capozzoli Solo
APR 20	Shortcut Sony
APR 26	Cup of Joe
APR 27	Gillian Smith

Outside on the Patio 6-10 pm

unless otherwise noted

SUMMER SEASON BEGINS!MAY 3Great Train Robbery

MAY 4 Glass Onion Band

MAY 10	Josh Christina
MAY 11	Hometown Strangers
	MOTHER'S DAY!
MAY 12	Brian & Things (12-4pm)
MAY 17	Fizz
MAY 18	Big House Band
MAY 19	T.B.D.
MAY 23	Shortcut Sunny
	MEMORIAL DAY WEEKENI
MAY 24	Mallow Hill
MAY 25	Tranzfusion
MAY 26	Great Train Robbery
MAY 30	Beach Bandits
MAY 31	Breck
JUN 1	Exit 93
JUN 2	Breath of Fresh Air
JUN 6	Cup of Joe
JUN 7	Mike Hines & The Look
JUN 8	Eclipse
JUN 9	Over Time
JUN 13	Mercury Agenda
JUN 14	Tranzfusion
JUN 15	Hometown Strangers
JUN 16	Sons of Pirates
JUN 20	Shortcut Sunny
JUN 21	Clockwork Band
JUN 22	Big House Band
JUN 23	On The Edge
JUN 27	Beach Bandits
JUN 28	Josh Christina
JUN 29	The Funsters
JUN 30	Nelly Echo
	JULY 4TH WEEKEND!

JUL 7 Great Train Robbery JUL 11 Breath of Fresh Air JUL 12 JJ Rupp JUL 13 Lauralea & Tripp Fabulous JUL 14 Clockwork Band JUL 18 Glass Onion Band JUL 19 Mike Hines & The Look JUL 20 The Funsters JUL 21 Over Time JUL 25 On The Edge JUL 26 Kittyback JUL 27 Kaleidoscope JUL 28 Fizz AUG1 Nelly Echo AUG 2 Tranzfusion AUG 3 Great Train Robbery AUG 4 Sons of Pirates AUG 8 Cup of Joe AUG 9 Big House Band AUG 10 Radio Hero AUG 11 Beach Bandits AUG 15 Clockwork Band AUG 16 Over Time AUG 17 Eclipse AUG 18 Gillian Smith AUG 22 Mercury Agenda AUG 23 Breck AUG 24 The 8 Trax AUG 25 Breath of Fresh Air AUG 29 A.L.O. LABOR DAY WEEKEND! AUG 30 Broken Stil AUG 31 Tranzfusion **Great Train Robbery** SEP 1





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Ocean Pines Recreation & Parks 410.641.7717 • oceanpines.org



New! MARCH 4 - IG

CAMP OP REGISTRATION OPEN FOR OCEAN PINES RESIDENTS ONLY

New! MARCH II - APRIL 19 Believe in Tomorrow Beach supply drive

New! MARCH IS CAMP OP REGISTRATION OPENS TO PUBLIC

MARCH 23 BREAKFAST WITH THE EASTER BUNNY

MARCH 23 EASTER EGG HUNT & POOL PARTY AT SPORTS CORE POOL

MARCH 30 EASTER / SPRING CELEBRATION & EASTER EGG HUNT

New! MARCH 39 EASTER SATURDAY EGG-STENDED SWIM AT SPORTS CORE POOL

APRIL 12 FAMILY FUN NIGHT! BINGO

APRIL 13 SPRING IN/OUTDOOR FLEA MARKET

New! APRIL 20 OP SEASON KICKOFF EXPO

MAY II OP SPRING BIKE RIDE DAY

MAY 19 BAY DAY AT OCEAN PINES

MAY 25 - SEPT 2 ALL OUTDOOR POOLS OPEN FOR SUMMER

New! JUNE 2 ARTS DAY IN THE PINES

OP PICKLEBALL CLUB SUMMER CLASSIC

New! JUNE 15 SCHOOL'S OUT SPLASH PARTY AT SPORTS CORE POOL

WEDNESDAYS, JUNE 19 - AUG, 21 FAMILY FUN NIGHTS AT YACHT CLUB POOL

THURSDAYS, JUNE 20 - AUG, 22 CONCERTS IN THE PARK Spring & Summer Highlights JUNE 22 TEACH A KID TO FISH DAY

JULY 4 FREEDOM 5K JULY 4TH CELEBRATION & FIREWORKS

> *New!* JULY 5 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

New! JULY IS BELIEVE IN TOMORROW PICKLEBALL ROUND ROBIN FUNDRAISER

> ART HANSEN MEMORIAL YOUTH FISHING CONTEST

> > *New!* AUG. 3 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

AUG. 6 NATIONAL NIGHT OUT

New! AUG. 51 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

> SEPT I - OCT. 14 PUP OF THE PINES PHOTO CONTEST

> > BIG TRUCK DAY

SEPT. 7 DOGGIE SWIM AT MUMFORD'S LANDING POOL

SEPT. 21 FALL IN/OUTDOOR FLEA MARKET

> OCT. 4 OP PINK RIBBON PICKLEBALL CLASSIC

OCT. II, I2 & I3

OP OKTOBERFEST PICKLEBALL TOURNAMENT OCT IS PUMPKIN PAINTING OCT 26 8 27 HAUNTED HOUSE OCT 27 HALLOWEEN FALL FESTIVAL New! NOV. 23 CRANKSGIVING BENEFIT BIKE RIDE



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MARCH 23 BREAKFAST WITH THE EASTER BUNNY

MARCH 23 EASTER EGG HUNT & POOL PARTY AT SPORTS CORE POOL

MARCH 30 EASTER / SPRING CELEBRATION & EASTER EGG HUNT

New! MARCH 30 EASTER SATURDAY EGG-STENDED SWIM AT SPORTS CORE POOL

APRIL 12 FAMILY FUN NIGHT! BINGO

APRIL 13 SPRING IN/OUTDOOR FLEA MARKET

New! APRIL 20 OP SEASON KICKOFF EXPO

MAY II OP SPRING BIKE RIDE DAY

MAY 19 BAY DAY AT OCEAN PINES

MAY 25 - SEPT 2 ALL OUTDOOR POOLS OPEN FOR SUMMER

New! JUNE 2 ARTS DAY IN THE PINES

OP PICKLEBALL CLUB SUMMER CLASSIC

New! JUNE 15 SCHOOL'S OUT SPLASH PARTY AT SPORTS CORE POOL

WEDNESDAYS, JUNE 19 - AUG, 21 FAMILY FUN NIGHTS AT YACHT CLUB POOL

THURSDAYS, JUNE 20 - AUG, 22 CONCERTS IN THE PARK Spring & Summer Highlights JUNE 22 TEACH A KID TO FISH DAY

JULY 4 FREEDOM 5K JULY 4TH CELEBRATION & FIREWORKS

> *New!* JULY 5 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

New! JULY IS BELIEVE IN TOMORROW PICKLEBALL ROUND ROBIN FUNDRAISER

> ART HANSEN MEMORIAL YOUTH FISHING CONTEST

> > *New!* AUG. 3 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

AUG. G NATIONAL NIGHT OUT

New! AUG. 31 FAMILY SPLASH NIGHT AT SPORTS CORE POOL

> SEPT I - OCT. 14 PUP OF THE PINES PHOTO CONTEST

> > SEPT. 7 BIG TRUCK DAY

SEPT. 7 DOGGIE SWIM AT MUMFORD'S LANDING POOL

SEPT. 21 FALL IN/OUTDOOR FLEA MARKET

> OCT. 4 OP PINK RIBBON PICKLEBALL CLASSIC

oct. II, I2 2 I3

OP OKTOBERFEST PICKLEBALL TOURNAMENT OCT. IS. PUMPKIN PAINTING OCT. 26 & 27 HAUNTED HOUSE OCT. 27 HALLOWEEN FALL FESTIVAL New! NOV. 23 CRANKSGIVING BENEFIT BIKE RIDE