



KENT COUNTY PARKS & RECREATION Winter Newsletter



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Ballroom Dance Lessons with Bill and Ruth Wilson

Ages: Teen - Adult
Dates: January 21- March 11
Days: Thursday
Time: Beginner
(6:00 pm—7:30 pm)
Intermediate/Advanced
(7:30 pm—9:00 pm)
Place: Community Center
Cost: \$50 per couple
\$30 individual
*County employee discount

American Style ballroom dancing that is painless exercise and fun. Not just for the more mature adult, this class promises to interest even the youngest adult students. Dances include the Fox Trot, Eastern Swing, Waltz, Rumba, Cha Cha, Tango, and maybe even a Polka. Bring a group or just a pair. It promises to be fun and exciting. Call 410-810-5948 or email info@kentparksandrec.org for further information.

Winter/Spring Session

*** New *** Kundalini Yoga with Carrie Evans

Ages: Teen - Adult
Dates: Ongoing
Days: Tuesday and Thursday
Time: 5:15 pm - 6:15 pm
Place: Kent County Community Center
Cost: \$35 for 5 classes per person
First 2 classes are FREE!

Kundalini Yoga is the “yoga of awareness.” An ancient technology, Kundalini Yoga is powerful and works to stimulate and revitalize your immune, nervous, and glandular systems while helping rid your body of toxins and negative emotions. Begin a journey to realize your true self, connect with your higher consciousness, and change negative habits. Sets are often physical and provide a great workout as well. Class will include pranayam (breath work), active kriyas (a set of exercises for a desired outcome), deep relaxation and meditation (often with mantra.) The class is appropriate for all levels and is safe for beginners. “If you can breathe, you can do Kundalini.” Kundalini Yoga is offered privately by Carrie Evans. If you would like any further information or have questions, please contact Carrie Evans at 410-928-3160.

If you are interested in teaching a specialty class please call Stacey Clough at 410-810-5948.

Certification Courses

at the Kent County Community Center

Pre-registration required! Walk-ins not accepted. Call 410-778-2083.

MD DNR Safe Boating

Ages: 12 - Adult
Dates: March 8, 9, 11
Day: Monday, Tuesday, & Thursday
Time: 6 pm - 9 pm
Place: Community Center
Cost: \$25 per person

This is a state required course for anyone born on or after July 1, 1972 who wishes to operate a boat in Maryland waters.

MD DNR Hunter Safety

Ages: 12 - Adult
Dates: TBD
Day: Saturday
Time: TBD
Place: Community Center
Cost: TBD

More information to follow. Please let us know if you are interested in this class by calling Shelley at 410-778-2083.

CPR & First Aid Classes

Dates: January 16
February 20
March 20
Day: Saturday
Time: 9 am - 3 pm
Place: Community Center

Spots are limited! Please contact Ethel Duhamell, Emergency Services, at 410-810-2276 or kentemscp@kentgov.org for more information, to register, and for payment information.



Sports

Youth

Look for more information for Youth Sports in our 2010 Activity guide.

Including, but not limited to:

Kent Youth Lacrosse

Softball

Baseball

Field Hockey

Football/ Cheerleading

Soccer

Basketball

Hoop Jam

Wrestling

Adult

These are adult programs. Please do not bring children.

Adult Co-ed Drop-In Ping Pong

Ages: 16 and up
Dates: Year round
Days: Monday & Friday
Time: Monday, 10:00 am - 12:00 pm
Friday, 9 am - 12:00 pm
Place: Community Center
Cost: \$3 per player per day or \$60 full year (closed holidays)

Adult Co-Ed Drop-in Volleyball

Ages: 18 and up
Dates: November 10 - March
Days: Tuesday & Thursday
Time: 7:30 pm - 9:30 pm
Place: Galena & Chestertown MS
Cost: \$3 per player per night or \$20 per player for the season

Spike, serve, and set! Bring a team or make new friends at drop-in volleyball! We are looking for individuals who are looking to get some exercise and have some fun during the winter months.

Adult Co-Ed Drop-In Basketball

Ages: 18 and up
Dates: Ongoing through March 11
Days: Monday & Wednesday
Time: 7:30 pm - 9:30 pm
Place: Chestertown & Galena Middle Schools
Cost: \$3 per player per night or \$20 per play for the season

Whether you lay up or slam dunk get involved in our basketball program. It is sure to bring fast and fun hoop action!

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- Ken Doherty



Weather Cancellation
Hotline
410-810-3755



Dance Your Way Into Shape for the New Year!

AM Zumba With Stacey Arnold

Ages: Teen – Adult
 Dates: January 4 – Ongoing
 Days: Monday and Wednesday
 Time: 9:30 am – 10:30 am
 Place: Community Center
 Cost: \$6 per class
 *County employee & student discount



PM ZUMBA with Stacey Arnold

Ages: Teen - Adult
 Dates: Continuing
 Days: Monday and Wednesday
 Time: 5:15 pm- 6:15 pm
 Place: Community Center
 Cost: \$6 per class
 *County employee & student discount

ZUMBA combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "FUN and EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Call 410-810-5948 or email info@kentparksandrec.org for further information.

Boys & Girls Tumbling and Gymnastics With Samantha Receski

Ages: 2-11
 Dates: (Winter) January 16 - March 6,
 (Spring) March 20-May 15 *Closed April 3*
 Days: Saturday
 Place: Community Center
 Tiny Tumblers, 9:25 am - 10:00 am (ages 2-3)
 Munchkins in Motion, 10:15 am - 11:00 am (ages 4-5)
 Primary/Beginner Gymnasts, 11:15 am - 12:15 pm (ages 6-11)
 Cost: \$ 50 per eight week session



Tiny Tumblers introduces tumblers to movement and space and requires parent participation. Munchkins in Motion is an introductory program that emphasizes tumbling, rolls, balance, strength and coordination. Primary/Beginner introduces floor routines, balance beam, vaulting and uneven bars. Students will be placed according to ability.

Call 410-810-5948 or email info@kentparksandrec.org for further information.

Introduction to Ballet, Jazz and Tap With Taylor Whitehair

Ages: 5 - 12
 Dates: January 11 - March 15
 Days: Monday
 Time: Baby Ballet, 6:30pm - 7:15 pm
 Kinder Ballet, 7:30pm - 8:15 pm
 Place: Community Center
 Cost: \$50 per dancer
 (plus recital costume)
 Uniform: Black leotard, pink tights, pink or black ballet shoes, tap shoes



Swan Princesses and Billy Elliott's unite! In this 10 week session students will be introduced to the world of ballet, jazz, and other dance genres as well as learn a variety of basic steps such as shuffle dig, heel drops, and top taps.

Call 410-810-5948 or email info@kentparksandrec.org for further information.

Aerobics

Coming Soon!!



This class is designed for the beginner or returning student to improve cardiovascular fitness levels, tone muscles and increase muscle strength and flexibility. Class format includes a segment using light hand weights to tone and strengthen major muscles, a basic floor work exercise for abdominal core strengthening and the class finishes up with fun and simple dance/cardio routines. Students are given low and high impact options and the class is self-paced by individuals monitoring their own heart rate.

Days: Tuesday and Thursday
 Time: 6:30 pm– 7:30 pm
 Place: Community Center
 Cost: \$6.00 per class
 *County employee & student discount

Call 410-810-5948 or email info@kentparksandrec.org for further information.

Tots of Fun

Ages: Preschoolers
 Dates: January 5 - April 13
 Days: Tuesday
 Time: 10 am - 11:30 am
 Place: Community Center
 Cost: Free

Need to get the little ones out of the house during these chilly months? Join other parents and children for drop in play time for preschoolers! It is the perfect opportunity to promote socialization, sharing, and fun! Some balls and scooters are provided but please feel free to bring your own toys.

Call 410-810-5948 or email info@kentparksandrec.org for further information.



Special Events and Bus Trips!

Spring Festival

Date: March 20
Day: Saturday
Time: 1:00 pm - 4:00 pm
Place: Worton Park
Cost: \$7 per child if registered by March 5, 2010
\$9 per child if registered by
Rain date: March 21, 2010

Don't miss out on all the fun for one low price! Your child will receive a picture with the Easter Bunny, face painting, balloon animals, an egg hunt, egg decorating, unlimited pony rides, mini-golf games, crafts, and prizes!



Disney on Ice

Date: February 6
Day: Saturday
Location: 1st Mariner Arena, Baltimore
Time: Departure 8:30 am
Return approximately 3:30 pm
Cost: \$32 per seat, includes transportation and show ticket

New York City-Day on Your Own!

Date: May 8
Day: Saturday
Location: St. Patrick's Cathedral, New York
Time: Departure 6:00 am
Return approximately 11:00 pm
Cost: \$45 per seat, includes transportation and NYC Pocket Guide

For more information or to register for special events and trips, please call 410-778-2083 or email info@kentparksandrec.org.

Coming Soon!

*Facility Access Card for the new Kent County Community Center
(Required for entry beginning April 1, 2010)

*New Programming

*Internet Registration for most programs
(through Activenet)

Check our website out at:
www.KentParksandRec.org for more information on programming and updates!

Kent County Community Center

Take A Glance.....*Inside* our new Community Center.....

- 1. Meeting Room:** The meeting room is 25'11" x 28'8" in size and contains enough space for tables and chairs to accommodate a meeting or class for fifty (50) people comfortably. The room also contains a 52" mounted television, a 48" Smart Board, and a mounted projector.
- 2. Kids Room:** The Kids' Room is 23'8" x 20'2" in size and contains a variety of children's entertainment tools, a sink, and a mounted 32" television.
- 3. Computer Room:** The Computer Room is 23'8" x 20'2" in size and contains five (5) computers, one (1) printer, and a small sitter area to enjoy reading. Kent County Public Library has provided a small section of paperback books for your reading pleasure.
- 4. Multipurpose Room:** The Multipurpose Room is a 22'6" x 38'8" in size and contains two (2) 32" mounted televisions. Also, this room features a mirrored wall and a shock absorbing floor that is perfect for various dance and exercise classes.
- 5. Gymnasium:** The Gymnasium is 74'4" x 123' is size. The space is large enough for various indoor sports, such as basketball, tennis, and volleyball or even host a banquet, but can also be subdivided into two (2) partial areas for smaller activities.

And.....*Outside*.....

1. Pool: The 13' deep pool is the largest pool of its kind on the Eastern Shore at 285,000 gallons. There are twelve (12) lap lanes which availability of six (6) open at one time. There are two (2) large sun shades located on the pool deck as well as deck showers, water fountains, and bathhouses. Bathhouses are equipped with restrooms and showers. There is also a large concession area with a professional grade kitchen.

2. Deep End: The deep end features a one (1) meter diving board. A single person "Shotgun" slide is located in the deep end, shooting sliders into five (5) feet of water.

3. Shallow End: The shallow end features a two (2) person slide called a "Gang Slide" and tumble buckets. There is a zero depth entry zone, also known as a Beach Entry Zone. This Beach Entry Zone features floor bubblers and "beach wash" water jets.

4. Wading Pool: The Wading pool is for small children only and is fenced in within the general pool area. Its depth is only nine (9) inches. It features a crab slide that squirts water from the top.

