



HEALTH & WELLNESS

QIGONG

Beginner 6:30–7:30pm & Advanced 7:30–8:30pm

#18SM74 **Wed, Jun 15–Jul 20**

#18SM75 **Wed, Jul 27–Aug 31**

An exercise of energy cultivation that has brought many people into true mental and physical health. It is enjoying a revival around the world, attracting people interested in its healing power, its graceful motions, and its incredible physical feats. Centered on the three essential components of qigong (body, mind and breath), this program is offering the quickest and most effective way to experience physical and mental benefits of each routine, such as improving posture, strengthening body, and reducing tension. Learn to put together an effective qigong flow and combine routines to address your health and fitness. Indicate Beginner or Advanced participant. Instructor-Peter Chen

16–Adult / 6 sessions / RMC or WSC (t/b/a)

\$47

FENCING

#18SM76 **Fri, Jun 15–Aug 3, 7–9pm**

Have you ever wanted to learn how to sword fight? If so, this is the class for you! Students learn the skills of this exciting sport, from the basics to the precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent. Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! No experience required - all levels welcome. Students are responsible for providing their own equipment (mask, jacket, gloves, weapon). Information on where/how to purchase items will be provided upon registration. Instructor-Ben Backe

12–Adult / 8 sessions / RMC

\$80 (+estimated initial equipment cost of \$115)

TAI CHI CHUAN & QIGONG

Saturdays, *Beginner 9:30am / Advanced 10:30am*

#18SM77-B *Beginner: Jun 16–Jul 21*

#18SM77-A *Advanced: Jun 16–Jul 21*

#18SM78-B *Beginner: Jul 28–Sept 1*

#18SM78-A *Advanced: Jul 28–Sept 1*

Roughly referred to as “internal martial arts,” has achieved popularity in China and beyond. Performed in a slow, relaxed, continuous and graceful manner, emphasizing relaxation, meditation, and harmony of both mind and body. White Crane Qigong is traditional Chinese exercise that imitates the movements of cranes with breathing techniques. Program runs 1 hour in length. Instructor-Peter Chen

16–Adult / 6 sessions / WSC (RMC gym on 6/16)

\$47

CLOGGING

Mondays, Jun 25–Aug 27 (no 7/2 and 7/30)

#18SM79 **Intermediate/Adv. Combo 5–6:30pm**

A fun contemporary American Folk dance for all to enjoy! Intermediate requires 3+ yrs' experience/Advanced is a well-experienced clogger: Wear white clogging shoes with jingle taps; we will fine tune some familiar routines/steps as well as work on team form and accuracy; sessions include some free dance time. Instructor: Footnotes-Becky Morehouse

13–Adult / 8 sessions / RMC

\$55–Intermediate/Advanced Combo

No early bird or senior discount

TENNIS - ADULT BEGINNER

#18SM80 **Mon, Jul 9–Aug 13, 6:30–7:30pm**

A program for those new to the sport to develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will learn scoring and boundaries for singles and doubles play; equipment is provided. No refunds for weather cancellations or rescheduling conflicts. Instructor-Christi Spencer

17–Adult / 6 sessions / Westminster City Park

\$67

PARK PURSUIT 2018

A different approach to Park Pursuit this year ... Carroll County Department of Recreation and Parks presents “Park Pursuit, a Lifetime of Discovery” to be held the month of July in conjunction with National Parks and Recreation Month.



In June, Rec & Parks will publish/email a calendar of events for the Month of July with opportunities to find the Recreation & Parks staff in our parks with chances to win cool prizes. No registration is needed. Keep an eye out for more information!



Men's and Coe-ed SOFTBALL LEAGUES start August

Contact: Matt Purkins

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Recreation & Parks is working with volunteers to develop a South Carroll dog park at the South Carroll Senior & Community Center in Eldersburg. Donations are being solicited from citizens and local businesses to help support this initiative.



Please consider a financial donation to the Park Legacy Fund earmarked for the SC Dog Park. Checks may be made payable to Carroll County Recreation & Parks or you can donate online at ccrecpark.org by clicking on the Park Legacy Fund tab and including “SC DOG PARK” in the remarks box. All donations will be publicly recognized (unless requested to be anonymous) and greatly appreciated.



If you have any questions or need additional information, please contact Recreation and Parks at 410-386-2103 or ccrec@ccg.carr.org.

