

WELCOME TO SUMMER WITH RECREATION & PARKS!

We are excited to introduce an Activity Guide for the Summer of 2020 full fun programs, activities, ideas and summer-long challenges you can do with your family, or on your own in our parks or at-home in your own back yard! So what are you waiting for... get out, get active, and enjoy the summer!

We've missed YOU and can't wait to see you in the parks!

- Carroll County Recreation & Parks Staff



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REGISTRATION

Registration for Summer 2020 Programs opens Tuesday, June 16, 2020.

Phone

410-386-2103, Monday-Friday, 8am-5pm

Online

Visit ccrecpark.org and select "Register Today".

By Mail

Send completed registration form and a check payable to Carroll County Commissioners to:

Carroll County Department of Recreation & Parks 300 South Center Street Westminster, MD 21157



celebrate summer 2 PARKS AND RECREATION MONTH With US!



Use **#ccrecpark** to tag us in your pictures, posts, and videos on social media in July and all summer long!





Recreation Summer Programs



Camp in a Bag

Pick-up the Friday before Camp Week at Robert Moton Center parking lot from 9am-noon; or 300 S. Center Street, Westminster, MD 21157 at Mayeski Park pavilion from 2-4:30pm 1300 W. Old Liberty Road, Sykesville, MD 21784

6-10 years • \$25 per bag

In these reusable bags are everything you need to host a week of day camp at home. Inside each bag, we have prepared instructions and all the materials you need for two themed activities plus a game/challenge per day. Your Camp in a Bag can be picked-up the Friday before at the Robert Moton Center from 9am-noon or under the pavilion at Mayeski Park from 2-4:30pm.

#20CP43 Camp Week 1 (July 13-17): Outer space

#20CP44 Camp Week 2 (July 27-31): Builders

#20CP45 Camp Week 3 (August 3-7): Nature

We Are Carroll County Recreation & Parks Virtual Talent Show

Registration deadline, July 6 • Video entry deadline, July 16 Winner announced on Facebook, July 19 • \$3 per entry

Have a talent you'd like to show off? This virtual program is for you! Paint a picture, recite a poem, perform a dance, tell a joke, whatever your talent, showcase it with Recreation & Parks by submitting a 1-minute video.

Registrants will receive an email noting where to submit their video. Recreation & Parks staff will judge, and the winning videos will be displayed on our Facebook page! 1st place wins a \$25 gift certificate; 2nd place wins a \$10 gift certificate; and 3rd place wins a \$5 gift certificate.

Entry Categories

#20SM01-a	Age 8 and under	#20SM01-g	Dogs >30lbs
#20SM01-b	Age 9-12	#20SM01-h	Dogs <30lbs
#20SM01-c	Age 13-17	#20SM01-i	Cats
#20SM01-d	Age 18+	#20SM01-j	Other Pets
#20SM01-f	Family		



Happy Trails Youth Camp Park Hopper

Monday-Thursday at Various Carroll County Parks (drop-off locations listed below)

#20SM04 August 24-August 28 from 8:30-11:30am

6-10 years • 4 sessions • \$36 per person

Explore Carroll County parks and trails, along with fun games and activities for this half-day camp. Activities will include scavenger hunts, make your own ice cream, make your own chalk, balloon hats and so much more. Thursday we will explore water, so bring water shoes and a towel. Please wear sunscreen and bring a peanut-free snack along with plenty of water.

Monday: Bennett Cerf Park • Tuesday: Sandymount Park Wednesday: Landon C Burns Park • Thursday: Piney Run Park

Plein Air Painting in the Park

Thursday & Friday at Piney Run Park (park entrance fee included)

#20SM26 July 9 & July 10 from 9-11:30am

8-Adult • 2 sessions • \$36 per person + \$8 materials fee due to instructor

outside, and we will safely distance participants.

Meet us in the park, find a view you like, and paint! It is delightful to paint outside - "plein air" as it is called. One can learn so much by looking intently at a landscape and capturing it on paper. Learn techniques of mixing colors and the handling of the brushes; learn about composition. Each participant must decide between acrylics or watercolors at time of registration. It's fun for all! Bring plenty of water to drink as we will be

Instructor: Suzanne Brault

Health & Fitness Programs



On-Your-Own EPIC Fitness Challenge

#20SM03 June 15-July 18

Adults • \$10 per person

Register for this on-your-own fitness challenge and we will email you your weekly goals on the Saturday prior. Each week will consist of 3 days of fitness goals/ you pick the days. You are encouraged to walk on your off days. Participants who verify that they completed the 6 week challenge at the end of the course will receive a 20% off coupon for one EPIC fitness class, valid through January 2021. Each week we will post a video on Facebook demonstrating how to do all the fitness activities for that week. If Facebook isn't your thing, we will email a description on how to perform each activity.

COVID-19 Challenge (Biggest Loser Challenge)

#20SM05 Program runs July 1-September 1

Adults • \$15 per person

Weigh-in date: Tuesday, June 30 at Landon C. Burns from 5-7pm

Final weigh-in: Wednesday, September 2 at Landon C. Burns from 5-7pm

Have you succumbed to the stress of the 2020 quarantine and gained a few pounds? Or looking for motivation to start losing weight. Join us for the COVID-19 challenge where the biggest loser will win \$100.00 cash! We will have a men's and women's division. Registration will include weekly nutritional and physical activity suggestions each week. Must weigh-in with Recreation and Parks staff in person by calling-in for an appointment or meeting us at Landon C. Burns from 5-7pm. Call 410-386-2103 to set up your appointment. As with any weight loss program, consult your doctor before starting.

Clogging in the Park

Mondays at Carroll County Sports Complex (Pavilion 2; at back of the park)

#20SM06 July 6-August 3 from 9-10:30am (no class 7/20)

8-Adult • 4 sessions • \$22 per person

A fun contemporary American Folk dance for all to enjoy...and easier to learn than you might think! This program is for those who have at least learned the basics as no beginner teach will occur. This is an opportunity to dance with a group in a safe distancing environment, outside. We will practice steps and dances we are familiar with and just enjoy some time together moving our feet. Note that the 9-9:30am window will be devoted to the very basics and 9:30-10:30am is an all dance time. July can be a bit warm, so be sure to bring plenty of water and a towel.

Instructor: Becky Morehouse

Line Dancing in the Park

Tuesdays at Carroll County Sports Complex (Pavilion 2; at back of the park)

#20SM07 July 7-August 4 from 6-6:45pm (no class 7/21)

12-Adult • 4 sessions • \$22 per person

Going stir crazy and want to get dancing again? Well, here is your opportunity! Come join Rec & Parks as we dance outside while safely distancing ourselves as a group and get our dance on! Learn some basic steps to popular routines and just have fun. We will focus on one dance per session and review each week what we have learned. Dancing is one of the best exercises! If you have never line danced then come have fun with us, no experience is needed, all are welcome. July can be a bit warm, so be sure to bring plenty of water and a towel.

Instructor: Becky Morehouse

Zumba in the Park - Hampstead

Wednesdays at Cape Horn Park

#20SM14 July 1-July 29 from 7:45-8:30pm (no class 7/15)

16-Adult • 4 sessions • \$30 per person

Join Rec & Parks in our outdoor version of Zumba! Enjoy a bit of fun and fitness in a safe socializing environment during the summer. We will safely distance ourselves as we adjust to the need for more open spaced programming in these changing times. Zumba takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Once the Latin and world rhythms take over, you will see why this program is often called exercise in disguise. Fresh air and fun, and a bit of sun - come dance with us! Temperatures will fluctuate outside and we will hold small breaks as needed during the session to help keep us cool. Be sure to bring a towel and sufficient water bottle(s).

Instructor: Alexandra Shilling



Family Yoga in the Park

Landon C. Burns Park (pavilion)

#20SM08 Wednesday, July 1 from 7-7:45pm

#20SM09 Wednesday, August 5 from 7-7:45pm

Families (4+ years) • 1 session • \$5 per person

What better way to enjoy summer than to have fun with family yoga! Join Rec & Parks as we move and play outside this summer for up to an hour exploring ourselves through movement while safely distancing ourselves as a group. There will be stories and possibly songs to help us celebrate these interesting times together, bringing us closer, when for months we have been apart. We will learn a basic Sun Salutation, balance like a tree, and fly as if in an airplane. We can plant a garden with our bodies, grow flowers that bring bumblebees, and be the sunshine with the joy we make. Let's gather and play, and share yoga with the ones we love. Youth must be accompanied by a paying/participating adult; fee is per person and younger than 4 are welcome at no fee. Sign up for one or both dates for the family to enjoy! Bring a mat, towel and water bottle(s).

Instructor: Edie Lazenby

Chair Yoga in the Park

Thursdays at Landon C. Burns Park (pavilion)

#20SM10 July 2-July 23 from 7-8pm

16-Adult • 4 session • \$28 per person

Out-of-doors, seated in a pavilion or your wheelchair, this program is designed with modified yoga poses that can be done while seated. These modifications make yoga accessible to people who lack the mobility to move easily from standing to prone, supine, or seated on the floor positions. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. Come to learn, play and maybe even break a sweat outdoors in a safely distanced and supportive environment! Bring plenty of water.

Instructor: Edie Lazenby

Slow Flow Hatha in the Park

Wednesdays at Landon C. Burns Park (pavilion)

#20SM11 July 8-July29 from 7:30-8:30pm

16-Adult • 4 sessions • \$28 per person

An all-levels program that will focus on moving slowly to learn movement. Keeping ourselves at safe distances, we will warm up the body and then begin to explore poses in more detail as we breathe into them to find the ease. Beginners are welcome to join! Bring a mat, towel and water bottle.

Instructor: Edie Lazenby

Full Moon Yoga in the Park

Krimgold Park

#20SM12 Sunday, July 19 at 8:30pm

#20SM13 Wednesday, August 19 at 8:30 pm

16-Adult • 1 session • \$8 per person

Auspicious things happen with a full moon, breaking into the darkness as if it could radiate like the sun. Join Rec & Parks for a night of meditative movement with two opportunities this summer. We will have an intention to guide us as we move going deeper within, while safely distancing ourselves. We will use breath to lead us into a flow exploring balance and stretches to lengthen our bodies while strengthening our muscles. All levels welcome. Be sure to bring a flashlight, mat, towel and water bottle(s).

Instructor: Edie Lazenby

Rise & Shine Yoga in the Park - Deer Park

Mondays at Deer Park (tennis courts)

#20SM19 July 6-July27 from 6:15-7am

16-Adult • 4 sessions • \$32 per person

Start your day outside with a traditional gentle yoga practice that supports overall well-being and health. All abilities welcome; please bring a mat and plenty of water to drink. We will properly social distance.

Instructor: Lynette Stupi

Pound in the Park

Mondays at Carroll County Sports Complex (pavilion)

#20SM20 July 6-27 from 7-7:45pm

16-Adult • 4 sessions • \$32 per person

Channel your inner rockstar with this rhythmic workout program that uses drumsticks to create an amazing full body cardio conditioning experience. Ideal of all abilities and easily adaptable, this jam session packs stress release with mind-strengthening movements to lift your spirits and get you sweating. Instructor will provide sanitized sticks or bring your own. Sticks will also be available for purchase for \$5. Bring a mat and plenty of water to drink and wear sunscreen as this program will be held outdoors as we safely distance ourselves.

Instructor: Lynette Stupi



Rise & Shine Yoga in the Park - Sandymount Park

Wednesdays at Sandymount Park (tennis courts)

#20SM21 July 8-July29 from 6:15-7am

16-Adult • 4 sessions • \$32 per person

Start your day outside with a traditional gentle yoga practice that supports overall well-being and health. All abilities welcome; please bring a mat and plenty of water to drink. We will properly social distance.

Instructor: Lynette Stupi

Family Pound in the Park

Thursdays at Sandymount Park (tennis courts)

July 2-July 30 from 7:30-8:15pm (no class 7/9)

#20SM22 Youth; 17 and under \$10 **#20SM22-a** Adults; 18+ years \$20

Families (5+ years) • 4 sessions

Bring the whole family out for a fun time as you channel your inner rockstar with this rhythmic program using lightly weighted drumsticks! This will be a fun jam session which helps release stress and lift your spirits. No experience necessary, and bring your own sticks or instructor will provide sanitized sticks. We will safely distance ourselves outside. Bring a mat and plenty of water to drink, and wear sunscreen as needed. Sticks will be available for purchase for \$5 as well. Youth must be accompanied by a paying adult.

Instructor: Lynette Stupi



Interested in a program?
Register online today at ccrecpark.org!



Tai Chill in the Park

Saturdays at Deer Park (tennis courts)

#20SM23 July 4-August 1 from 6:15-7am (no class 7/11)

16-Adult • 4 sessions • \$32 per person

Set to soothing contemporary relaxing pop tunes, this program fuses traditional Tai Chi, mindful movement, poses and meditation to foster relaxation, tranquility, balance and harmony of both mind and body. Learn how the ancient art of Tai Chi heals and reduces stress. Bring a beach towel or yoga mat for seated meditation, and plenty of water as this program is held outside, safely distanced from all participants.

Instructor: Lynette Stupi

Zumba in the Park - Deer Park

Saturdays at Deer Park (tennis courts)

#20SM24 July 4-August 1 from 7:15-8am (no class 7/11)

16-Adult • 4 sessions • \$32 per person

Zumba takes the "work" out of workout by mixing low intensity and high intensity moves for interval-style, calorie-burning dance fitness party! Once the Latin rhythms take over you will see why Zumba is often called exercise in disguise. We will safety distance as we workout - come dance with us! Be sure to bring plenty of water and wear sunscreen as this program is held outside.

Instructor: Lynette Stupi

Tai Chill + Zumba Duo

Saturdays at Deer Park (tennis courts)

#20SM25 July 4-August 1 from 6:15-8am (no class 7/11)

16-Adult • 4 of each (8 total sessions) • \$59 per person

Dual package Saturdays... Enjoy a well-rounded start to your weekend by participating in both Tai Chill and Zumba programs for only \$59!

Instructor: Lynette Stupi

Sport Programs

EPIC: CC Riders

Various Ride Locations

#20SG80 Through October 2020

Adults • Multiple Sessions • \$10 per person

CC Riders is a new cycling program sponsored by the Carroll County Department of Recreation & Parks and is geared to address athletic needs of senior citizens in the region. Participants are encouraged to join the planned bicycle rides for the purpose of healthy exercise and to socialize with like-minded senior athletes.

Upcoming Scheduled Rides

Wednesday, July 8 9am at Race Pace (Westminster)



Outdoor Archery: Beginner to Intermediate

Thursdays at the Carroll County Sports Complex

Ages 9+ • 5 sessions • \$75 per person

Session 1

#20SM15-a July 2-August 6 from 9-10am (no class July 30)

Session 2

#20SM15-b July 2-August 6 from 10:30-11:30am (no class July 30)

Learn how to shoot a genesis bow. All equipment will be supplied by the Department of Recreation & Parks. Use of personal equipment must be approved by the instructor. Contact Tina at ccrec@carrollcountymd.gov with any questions.

Instructor: Tina Shupp



Tennis: Beginner

Monday-Thursday at Deer Park

#20SM16 July 20-July 23 from 4-5pm (rain date 7/24)

7-13 years • 4 sessions • \$45 per person

This program will help children new to the sport develop basic tennis strokes including forehand, backhand, volleying and overhead. Participants will also learn scoring and boundaries for both singles and doubles play. Equipment is provided or bring your own. We will safely social distance and sanitize equipment. No refunds for weather cancellations or rescheduling conflicts. Bring a water bottle and wear sunscreen.

Instructor: Steve French

Tennis: Advanced Beginner

Monday-Thursday at Deer Park

#20SM17 July 20-July 23 from 5-6pm (rain date 7/24)

11-17 years • 4 sessions • \$45 per person

A program designed for the older, or the advanced beginner to intermediate level player. This course will help develop tennis strokes and perfect technique. Equipment is provided or bring your own. We will safely social distance and sanitize equipment. No refunds for weather cancellations or rescheduling conflicts. Bring a water bottle and wear sunscreen.

Instructor: Steve French

Tennis: Adult Beginner

Monday-Thursday at Deer Park

#20SM18 July 20-July 23 from 6-7pm (rain date 7/24)

17+ years • 4 sessions • \$45 per person

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 or bring your own. We will safely social distance and sanitize equipment. No refunds for weather cancellations or rescheduling conflicts. Bring a water bottle and wear sunscreen.

Instructor: Steve French



JULY

Wednesday, July 15 from 10-11am All-Fit, fitness class at Bennett Cerf Park 544 Manchester Road, Westminster, 21157

Friday, July 17 from 10-11am Art in the Park at Krimgold Park (pavilion) 5355 Woodbine Rd, Woodbine, MD 21797

Wednesday, July 22 from 6-8pm Basketball Challenge at Double Pipe Creek Park *Bring your own ball or use one of our sanitized ones. 7577 Middleburg Road, Detour 21757

Saturday, July 25 from 9am-Noon "Unnatural" Trail at Lake Hashawha (pavilion) 300 John Owings Road, Westminster 21158

Thursday, July 30 from 7-9pm **Clogging Basics** at Carroll County Sports Complex 2225 Littlestown Pike, Westminster 21158

Friday, July 31 from 9-11am Line Dancing Fun! at Sandymount Park (tennis courts) 2250 Old Westminster Pike, Westminster 21157

Find the Carroll County Recreation & Parks "Rec'n It" van in your local park this summer! Join us at various county parks for fun opportunities the whole family can enjoy. No registration required and all activities are **FREE**!

Wear sunscreen and be sure to bring plenty of water to drink.

A waiver must be signed at each location and all youth 17 years and under must be accompanied by an adult.

AUGUST

Saturday, August 1 from 9-11am Disc Golf at Leister Park (National Disc Golf Day!) 4134 Black Rock Road, Hampstead 21074

Monday, August 3 from 5-7pm Fitness Circuit at Cape Horn Park (trail) 2500 Cape Horn Road, Hampstead 21074

Friday, August 7 from 10am-12pm **Acrylic Paint Fun** at Krimgold Park (pavilion) 5355 Woodbine Rd, Woodbine, MD 21797

Tuesday, August 11 from 10am-Noon
"Things that Roll" Obstacle Course at Cape Horn Park
*Bikes, big wheels, skateboards, scooters, you name it as
long as it has wheels; and be sure you follow state regulations
for appropriate head gear.
2500 Cape Horn Road, Hampstead 21074

Saturday, August 15 from 10am-Noon **Acrylic Paint Fun** at Landon C. Burns (pavilion) 700 Gist Road, Westminster 21157

Tuesday, August 18 from 10am-Noon **Map & Compass Games** at Carroll County Sports Complex 2225 Littlestown Pike, Westminster 21158

Tuesday, August 18 from 3-5pm **Map & Compass Games** at Carroll County Sports Complex 2225 Littlestown Pike, Westminster 21158

Friday, August 21 from 10am-12pm **SNAG (Starting New At Golf)** at Freedom Park 1111 Raincliffe Road, Sykesville 21784



Follow us on Facebook @ccrecpark and share your summer stories, pictures, and videos with us! Stay up to date with the latest Carroll County Recreation & Parks information at ccrecpark.org. See you in the parks!

Adaptive Recreation Programs

WE ARE CARROLL COUNTY RECREATION & PARKS! SHOW YOUR TALENT Enter the virtual Recreation & Parks talent show! Registration deadline is July 6 • \$3 per entry Video entry deadline is July 16, 2020. See page 4 for more details.



Adaptive Recreation Shoot & Share Photo Contest

Carroll County Recreation & Parks Locations

#20AR15 Throughout the Month of July 2020

Inclusive All Ages • \$2 per person

During the month of July, take pictures of your favorite parks and send your best picture to ccrec@carrollcountymd.gov with the subject line, *Shoot and Share*. **Photo must be submitted by: August 2, 2020.**

Rules: All ages, for individual with disabilities. Awards will be given for the following categories:

Most Creative

Best Action Photo

Best Still Photo

Best Abstract Photo

Best Overall

Each registrant must submit a title to their picture. Awards will be announced on Facebook (@ccrecpark) and pictures will be shared on social media.

Bear Branch Nature Center Programs



Beautiful Birds Camp Day

Bear Branch Nature Center

#20BB28 Thursday, July 16 from 9am-4pm **#20BB29** Saturday, August 1 from 9am-4pm **#20BB30** Thursday, August 20 from 9am-4pm

9-11 years • 1 session • \$50 per person

Get to know all of the birds at Hashawha at our beautiful birds camp day! We'll learn about bird habitats as we hike along the bluebird trail, find out about bird behaviors as we call for crows, get to know the resident raptors up close and make a bird friendly craft to take home! We'll take breaks to eat, play games and cool off in the pool! Pack a bag lunch with snacks (no peanuts) and a change of clothes; wear closed-toe shoes and dress for the weather!

Wonderful Water Camp Day

Bear Branch Nature Center

#20BB31 Thursday, July 16 from 9am-4pm

#20BB32 Thursday, August 6 from 9am-4pm

#20BB33 Saturday, August 15 from 9am-4pm

6-8 years • 1 session • \$50 per person

There are many sources of water in the park and a hot summer day is the best time to see them all. Learn how lakes and ponds are made while searching for salamanders in a stream, find out what creatures need more than just water while dipnetting in the lake, see what fun water can be making our own bubbles then cool off hiking along the Bear Branch stream! Pack a bag lunch with snacks (no peanuts) and a change of clothes; wear closed-toe shoes and dress for the weather!



Cultural History Camp Day

Bear Branch Nature Center

#20BB34 Thursday, July 23 from 9am-4pm

#20BB35 Thursday, August 6 from 9am-4pm

#20BB36 Saturday, August 15 from 9am-4pm

9-11 years • 1 session • \$50 per person

Learn more about the park history starting with a hike to our historical cabin then head into the woods to build a shelter of your own. We'll imagine what it was like to live back then by learning how to make dyes from things found in nature and fishing in the lake. We'll take breaks to eat, play games and cool off in the pool. Pack a bag lunch with snacks (no peanuts) and a change of clothes; wear closed-toe shoes and dress for the weather!

Creepy Crawlies Camp Day

Bear Branch Nature Center

#20BB37 Saturday, August 1 from 9am-4pm

#20BB38 Thursday, August 20 from 9am-4pm

#20BB39 Thursday, August 27 from 9am-4pm

6-8 years • 1 session • \$50 per person

Some of the coolest creatures are sometimes the creepiest ones. We'll search for salamanders under logs, dig up our own worms for fishing and see what lives in the mud of the lake while learning how important all these creatures are to the environment. To cool off, we'll play in the Bear Branch Stream while searching for crawfish! We'll take breaks to eat, make toad habitats to take home and play games. Pack a bag lunch with snacks (no peanuts) and a change of clothes; wear closed-toe shoes and dress for the weather!

BEAR BRANCH NATURE CENTER

HIKE & LEARN

Hike & Learn: Hashawha History

Bear Branch Nature Center

#20BB40 Saturday, July 18 from 9:30-11am

6-64 years • 1 session • \$5 per person

Join the naturalist on a Saturday morning for a guided to hike to learn more about the trails and see the amazing sites our park has to offer. Hashawha History will take you past the raptor mews, Martin Cabin and Bear Branch stream to learn about what this land used to be and how it became the park it is now.

Approximately 1.5-mile total distance.

Hike & Learn: Remarkable Raptors

Bear Branch Nature Center

#20BB41 Saturday, August 8 from 9:30-11am

6-64 years • 1 session • \$5 per person

Join the naturalist on a Saturday morning for a guided to hike to learn more about the trails and see the amazing sites our park has to offer. **Remarkable Raptors** will follow the vista trail up to the raptors where we'll stop to see them up close and learn more about these incredible birds.

Approximately 1-mile total distance.

Hike & Learn: Monarch Magic

Bear Branch Nature Center

#20BB42 Saturday, August 22 from 9:30-11am

6-64 years • 1 session • \$5 per person

Join the naturalist on a Saturday morning for a guided to hike to learn more about the trails and see the amazing sites our park has to offer. **Monarch Magic** will take you through some of our fields where milkweed grows naturally so we can look for monarch eggs and caterpillars as we learn about their incredible life cycle.

Approximately 1.5-mile total distance.

Piney Run Nature Center Programs





Piney Run Nature Center

#20PR19 Friday, July 10 from 9am-4pm

#20PR20 Friday, July 17 from 9am-4pm

#20PR21 Friday, July 24 from 9am-4pm

#20PR22 Friday, July 31 from 9am-4pm

7-11 years • 1 session • \$50 per person

Who lives at Piney Run Park, and why? During the day, we will learn about habitats, and survival needs of the critters. Our day continues with a hike to the pine forest, games, activities, and picnic lunch (in the woods). After lunch and breaks, we will head back for some arts and crafts to wrap up our adventures at Piney Run Park! Please pack a lunch and water bottle, and closed-toe shoes, and sunscreen and insect repellent suggested.

Birds Of A Feather...

Piney Run Nature Center

#20PR23 Wednesday, July 15 from 9am-4pm

#20PR24 Wednesday, July 22 from 9am-4pm

#20PR25 Wednesday, July 29 from 9am-4pm

7-11 years • 1 session • \$50 per person

There are a lot of feathers in many sizes and shapes at Piney Run Park. Join us when we begin a discussion about our feathery friends. Following our discussion, we will show you how to use binoculars, do some bird watching. Following our birding, we will make lots of bird feeders, bird houses, and make a bird "buffet" for our new feathery friends. Please pack a lunch and water bottle, and closed-toe shoes, and sunscreen and insect repellent suggested.



Nature Detectives

Piney Run Nature Center

#20PR26 Thursday, July 16 from 9am-4pm

#20PR27 Thursday, July 23 from 9am-4pm

#20PR28 Thursday, July 30 from 9am-4pm

7-11 years • 1 session • \$50 per person

From insects on sticks, to deer tracks in the mud Piney Run Park holds a host of mysteries! It will be up to our "detectives" to figure who is here, and why and where they are going. Using clues, magnifying glasses, insect boxes and more, we will spend a large part of the day outdoors making hypotheses of what goes on in the park when people are here, and when they are not. We will enjoy hiking, picnic lunch and fun crafts during our day. Please pack a lunch and water bottle, and closed-toe shoes, and sunscreen and insect repellent suggested.



93 DAYS OF SUMMER



There is something about summer that brings out the joy in us. Summer officially begins Saturday, June 20 and lasts until Tuesday, September 22, 2020. To celebrate these days of summer, complete the 93 activities below, on your own schedule, and turn in your completed list for a chance to win some great prizes like gift certificates, gift cards, and much more!

Turn in your completed forms to:
 ccrec@carrollcountymd.gov by Friday,
 September 25. Prize drawings will occur
 on Monday, September 28, 2020 and
 winners will be notified by email.

1.	Nature hike or walk
2.	Play shadow tag

- 2. Flay shadow tag
 3. Play music freeze dance
 4. Enjoy ice cream!
 5. Make a craft out of recycled material
 6. Learn something new
- 7. **Visit a County Park**See page 22 for some great parks to visit this summer!



- 8. Paint a rock and place it in the rock garden at Leister Park
- _____9. Catch Fireflies in the backyard
- 10. Make a root beer float or milk shake
- ____ 11. Have a picnic
- 12. Look for shapes in fluffy clouds
- 13. Read a book
- 14. Do something nice for a neighbor or family member
- ____ 15. Fly a kite

16.	Play an outdoor family game
17.	Stargaze
18.	Hand write a letter to a family member or friend
19.	Make homemade popsicles
20.	See a parade, visit a carnival, or explore a new location
21.	Have water balloon fight
22.	Wash a car
23.	Try a new food
24.	Make a backyard slip-n-slide
25.	Take a county drive and enjoy the scenery
26.	Toss rocks in a stream
27.	Find a covered bridge or make one from materials at home
28.	Go 24-hours without TV or the Internet

29. Bake cookies or a pie from scratch

31. Sleep in a tent in the backyard or

camp on your living room floor

August 1, 2020 is National Disc Golf Day!

Check out the 8-hole Disc Golf Course at Leister Park

30. Play Disc Golf

	32.	Watch a sunset		
	33.	Play flashlight tag		
	34.	Make s'mores - YUM!	50.	Paint with squirt guns on a blank canvas
	35.	Visit a Historical Site The Martin Cabin at Hashawha is a great hike!	51.	Make a bird feeder out of recycled materials
	36.	Volunteer	52.	Make a fairy garden
	37.	Make fresh squeezed lemonade	53.	Put on a talent show
	38.	Hug a tree	54.	Meet the Rec'n It At The Park Van at a park in July or August
	to		55.	Ride a bike, skate, scooter or take a walk
P		ASO IS TO S	56.	Go bird watching
į,			57.	Create an outdoor or indoor scavenger hunt
	39.	Blow bubbles	58.	Keep a fitness and activity journal
	40.	Have a family game night	59.	Plant an herb garden, flower or tree
	41.	Overcome a fear	60.	Have a family movie night
	42.	Have an art and craft day	61.	Make dinner together
		Create a summer scrap book	62.	Make an art project out of items you find in nature
		Build a fort in the living room	63.	Play hopscotch and four-square
		Play cards	64.	Clean your room or organize a closet
	47.	Make a family video	65.	Donate old clothing, games or books
			66.	Play catch in the backyard
			67.	Visit a new park or location See page 22 for some great parks to visit!
		Y (Market)	68.	Have breakfast for dinner
(1	6		69.	Explore a nearby area and take pictures with your phone/camera
	48.	Do sidewalk chalk	70.	Read a book together, reading chapters out loud each night
	49.	Play Charades		chapters out loud cach hight

71. Play balloon tennis or volleyball 72. Read or draw art under a shady tree 73. Make a wind chime out of recycle materials 74. Create tin can bowling out of recycled cans 75. Make and decorate a flower vase or pencil holder out of recycled cans 76. Make an obstacle course 77. Make and ice cream sundae bar 78. Play hide and seek



79. Collect leaves and make a nature collage

- 80. Walk through the grass barefoot
- 81. Play iSpy

82. Do moonlight yoga

Register for Full Moon Yoga in the Park at Krimgold Park on July 19 or August 19, see page 6 for details!



- 83. Hold a dancing or singing competition
- 84. Make a time capsule
 - 85. Do outdoor races
 - 86. Play Frisbee
 - 87. Take a nap in a hammock or on a blanket
 - 88. Go fishing or dipnetting
 - 89. Look for a rainbow on a rainy/sunny shine day
 - 90. Play a game of kickball
- 91. Do a themed art project



- 92. Have a BBQ
- 93. Make a music video

RAINY DAY ACTIVITIES

AT-HOME WITH RECREATION & PARKS

CARROLL COUNTY RECREATION & PARKS BINGO

	Participated in a Carroll County Recreation & Parks Program	Visited the Piney Run Nature Center at Piney Run Park	Been to the Maple Surgain' Festival at Hashawha	Played on the Swings at Krimgold Park	Learned about Wildflowers from Dawn H. (Wildflower Walk video on our Facebook page)
	Walked on the Trail at Sandymount Park	Went on a Wagon Ride at Piney Run Park	Played Disc Golf at Leister Park	Made a Fortune Teller (How-to video on our Facebook page)	Participated in the Family Fun Challenges
	Tried Tai Chi or Qigong (Videos on our Facebook page)	Played at Cape Horn Park	Pecreation Parks Carroll County, MD FREE SPACE!	Been to the Apple Festival at Piney Run Park	Sat on a Bench at Westminster Community Pond
)	Had a Picnic in a Carroll County Park	Went Fishing at Piney Run Park	Visited the Bear Branch Nature Center at Hashawha	Hiked to the Raptor Mews at Hashawha	Walked the Trail at Deer Park
	Learned about Red-Tailed Hawks from our Virtual Naturalist (Video on our Facebook page)	Submitted a Coloring Page for the Digital Art Gallery (Coloring Pages found at ccrecpark.org)	Went for a walk at a Carroll County Park	Kayaked or went canoing at Piney Run Park	Tried to Learn the Line Dance to Bomshel Stomp (Video on our Facebook page)







JUMBLED!

Can you unscramble these jumbled words? Answers on page 32.

- **#1** NYPIE UNR KAPR
 - P____ _U_ _A___
- #3 CHATC FLFRIEEIS #5 HSHHAWAA
 - ____C_ F___L___
- - H__H__A
- # NITRREOCAE R____E____
- # QEUBAREB LRLGI # NGEO HIGNFSI # VIEMO GHNIT # MMRESU MEIT ____B_Q___ _R__L
 - _O__ F___N_
- _O__E ____T
- ____R T___

SUMMER WORD SEARCH

Can you find all of the words in the the box? Answers on page 32.

Q	J	U	L	Υ	W	Χ	В	G	Т	D	M	G	S	F
S	Р	R	I	N	K	L	Ε	R	Н	J	D	K	D	U
D	F	R	N	٧	Z	Р	Υ	В	Q	Υ	Н	0	Т	Ν
F	L	1	Р	F	L	0	Р	S	Υ	F	S	L	Α	В
Р	Т	D	٧	Z	Р	Α	R	K	S	D	Α	K	U	В
I	В	S	U	N	G	L	Α	S	S	Ε	S	V	Α	Q
С	S	U	L	Q	Α	С	Α	М	Р	I	N	G	N	Α
N	U	U	R	Ε	С	R	Ε	Α	Т	I	0	Ν	K	R
I	N	V	M	G	J	Α	Α	U	G	U	S	Т	U	Χ
С	S	0	R	M	Ε	Н	I	С	Ε	С	R	Ε	Α	M
Ε	Н	W	Α	Т	Ε	R	M	Ε	L	0	N	В	I	R
K	I	J	U	N	Ε	R	S	Υ	S	٧	С	М	В	Ε
W	N	Ε	Z	Z	С	F	D	С	٧	Н	Т	Н	K	L
K	Ε	S	0	L	Н	Р	L	W	В	N	Q	Р	Р	Α
S	Ε	Р	Т	Ε	М	В	Ε	R	Χ	ı	Κ	Υ	С	Χ

PARKS

RECREATION

FUN

SUMMER

PICNIC

BBQ

WATERMELON

ICE CREAM

BURGERS

RELAX

SUNSHINE

НОТ

SPRINKLER

CAMPING

JUNE

JULY

AUGUST

SEPTEMBER

FLIP FLOPS

SUNGLASSES

KNOCK, KNOCK!

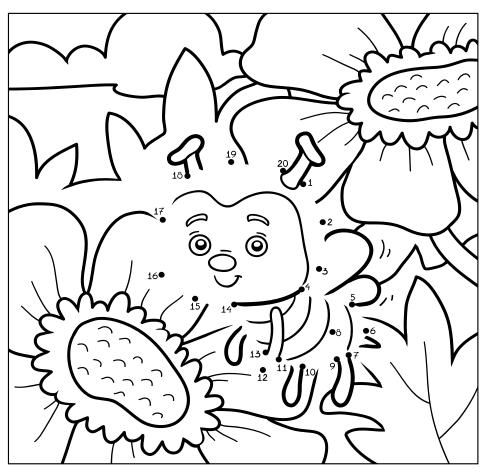
who's there?

HONEY BEE!

honey bee, who?

HONEY, BEE A DEAR AND LET ME IN.



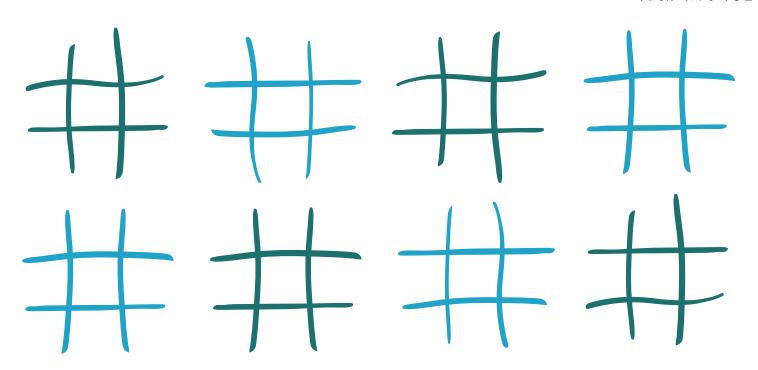


FIND THE DIFFERENCE

Hint! There are **22 differences**, answers on page 32.







DOT GAME

Close as many boxes as you can! Each player draws 1 line on their turn. When a player completes a box, write their initial in the box and they get to go again!

12 PARKS TO VISIT THIS SUMMER

TANEYTOWN

WITH CARROLL COUNTY RECREATION & PARKS

- 1. BENNETT CERF PARK & DOG PARK
 544 Manchester Road, Westminster 21157
- 2. CAPE HORN PARK
 2500 Cape Horn Road, Hampstead 21074
- **3. DEER PARK**637 Deer Park Road, Westminster 21157
- **4. FREEDOM PARK**1111 Raincliffe Road, Sykesville 21784
- 5. HASHAWHA & BEAR BRANCH NATURE CENTER 300 John Owings Road, Westminster 21158
- **6. KRIMGOLD PARK**5355 Woodbine Road, Woodbine 21797
- 7. LANDON C. BURNS PARK
 700 Gist Road, Westminster 21157
- **8. LEISTER PARK**4134 Black Rock Road, Hampstead 21074
- 9. MAYESKI PARK 1300 W. Old Liberty Road, Sykesville 21784
- **10.** PINEY RUN PARK & NATURE CENTER 30 Martz Road, Sykesville 21784
- **11. SANDYMOUNT PARK**2250 Old Westminster Pike, Westminster 21157
- **12. WESTMINSTER COMMUNITY POND**30 College View Boulevard, Westminster 21157

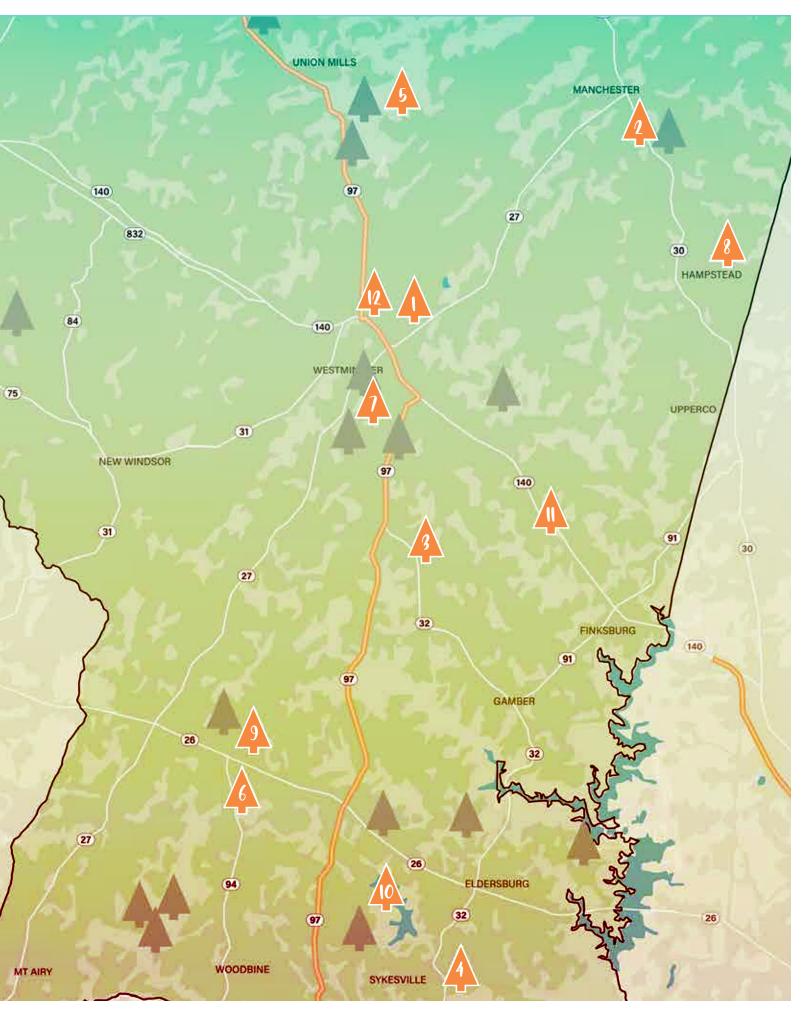


Use the following pages to journal your experience at the parks! Take pictures, make memories, have fun! Share your photos, videos, and stories with us on our Facebook page @ccrecpark. See you at the park!

UNION BRIDGE

31

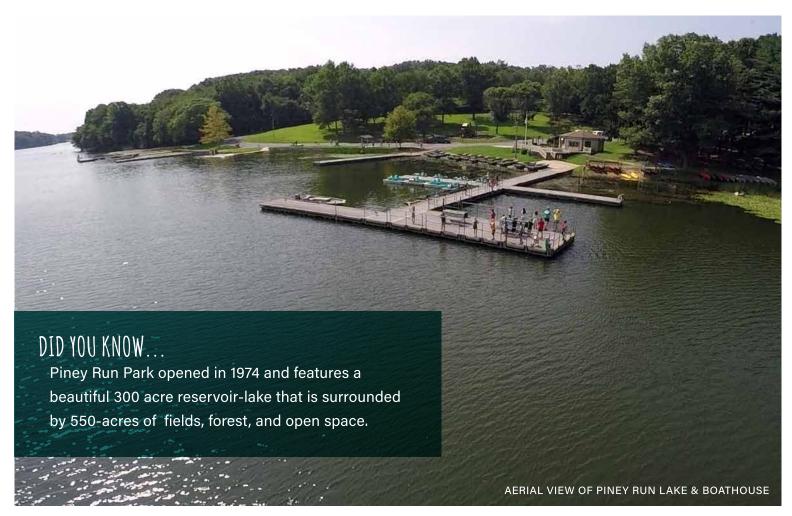
26













DATE VISITED



RATING



VISIT AGAIN

YES

NO

PARK	NAME			
LOCAT	ION			
WEATH	HER			
-)-	Ä	<u></u>	G0)	禁
IWEN	T WITH			

WILDLIFE

EXPERIENCES & SIGHTS

FAVORITE PART

USE THIS AREA TO DRAW & DOODLE, OR COLLAGE PICTURES FROM THE PARK







DATE VISIT

/ /

RATING

VISII AGAIN

YES

NO

PARK NAME

LOCATION

WEATHER



I WENT WITH...

EXPERIENCES & SIGHTS

WILDLIFE

FAVORITE PART

USE THIS AREA TO DRAW & DOODLE, OR COLLAGE PICTURES FROM THE PARK









INDOOR SCAVENGER HUNT

Can you find...

5 leaves that look different
a stick that is longer than your arm
something you love to play with
a rock with spots on it
3 different flowers
a flat rock
something smaller than your thumb
a feather
a honeybee
a 4-leaf clover
a puddle
something purple
a cloud that looks like an animal
something that needs to be recycled
a spider web
a flower
something that is heavy
an animal track
3 pinecones
a ball you can throw
a flag
a perfect spot for a picnic

Can you find...

a toy with wheels
4 books
5 pairs of matching socks
3 things that are green
something very soft
a toy that is smaller then your hand
something round
4 buttons
a coloring book
a photo of someone you love
3 items that are reflective that you can see yourself in
something that makes you feel cozy
a movie with "S" in the title
your favorite stuffed toy
something to cook with
a cup with a straw
a magnet
something you can use to draw a picture
a hat to block the sun from your face
2 pillows
a good spot to read a book

THE ANSWERS!

From $\iiint \iiint \begin{bmatrix} E \end{bmatrix}$ on page 18.

P | N E Y R U N PARK #5 H A S H A W H A

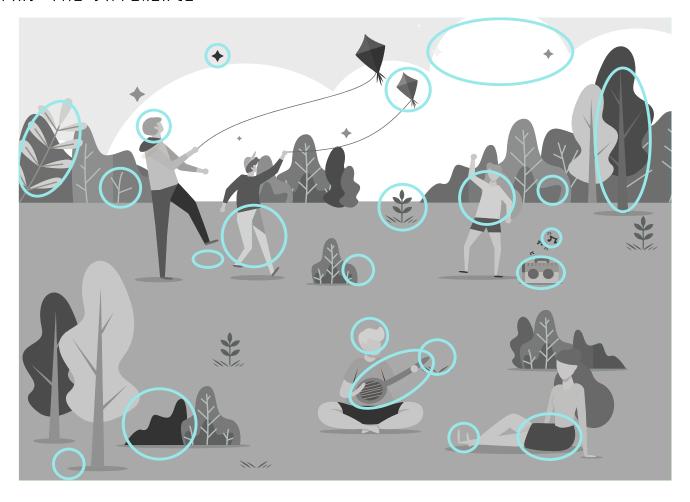
#2 BARBEQUE GRILL #6 MOVIE NIGHT

#3 CATCH FIREFLIES #1 RECREATION

SUMMERTIME

From SUMMER VORD SEAR(H on page 19.

From FIND THE DIFFERENCE on page 20.







Looking for your next EPIC adventure and experience?

Join the fun with Carroll County Recreation & Parks EPIC

Experienced People in Carroll!

For more information, email ccrec@carrollcountymd.gov.

CARROLL COUNTY RECREATION & PARKS

TIME CAPSULE

2020 has been a year we will never forget. For future generations, what would you want to share from 2020, good, bad, funny, sad, etc.

We have 2 parks currently under construction, the expansion of Deer Park and the development of Veterans Memorial Park, as a community let's put together a time capsule to bury at one of these parks.

What do you want to see included in our 2020 Carroll County Recreation & Parks Time Capsule? Vote on our Facebook page (@ccrecpark) of which park you would like to see the capsule buried, and let us know at ccrec@carrollcountymd.gov what you want to see included in the 2020 Carroll County Recreation & Parks Time Capsule.





Carroll County Recreation & Parks has two great Dog Park locations where your pup can play, run around, exercise, and socialize off-leash with other dogs in a safe environment!



BENNETT CERF DOG PARK

(near Random House)

544 Manchester Road Westminster, MD 21157



SOUTH CARROLL DOG PARK

SOUTH CARROLL DOG PARK

(behind South Carroll Senior & Comm. Center)

5928 Mineral Hill Road Eldersburg, MD 21784



INFORMATION

ADA STATEMENT

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. Anyone requiring an auxiliary aid or service for effective communication, or who has a complaint should contact The Department of Citizen Services, 410-386-3600 or 1-888-302-8978, or MD Relay 711/1-800-735-2258, as soon as possible but no later than 72 hours before the scheduled event.

COVID-19 STATEMENT

COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal authorities and the State of Maryland recommend social distancing to prevent the spread of COVID-19. Contracting COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participation in programs and activities through Carroll County Department of Recreation and Parks could increase the risk of contracting COVID-19.

FEES & PAYMENT

Full payment is due at the time of registration. To make a payment with a credit card visit ccrecpark.org, walk-in or give us a call at 410-386-2103 (Monday-Friday, 8am-5pm). Checks should be payable to Carroll County Commissioners and can be mailed to:

Carroll County Department of Recreation & Parks 300 S. Center Street
Westminster, MD 21157

CANCELLATIONS

Carroll County Recreation & Parks reserves the right to cancel a program or activity at its discretion. If a program or activity is canceled, registrants will be contacted and a full refund will be issued within 10-14 business days.

REFUNDS

Programs & Pavilions - All refund requests must be submitted in writing, at least 10 days prior to the start of the program/activity, unless noted in the description. Requests can be submitted to ccrec@carrollcountymd.gov or mailed to 300 S. Center Street, Westminster, MD 21157.

- Refund requests will forfeit 20% of their registration fee (no more than \$25) for each program/registrant as an administrative fee.
- Full refunds are only given if a class is canceled or there are extenuating circumstances prior to the start date of the class.
- No refunds will be issued for courses meeting with only 1-3 sessions and no refunds after the second session.
- Refund requests received after the start date of any program will be considered on a case by case basis and prorated.
- Refunds for medical reasons must be accompanied by a physician's note.
- Participants with consistent discipline problems will be dropped from the program without any possible refund.

FINANCIAL ASSISTANCE

Carroll County Recreation & Parks can provide limited financial assistance to families or individuals of Carroll County who qualify based on income level. Please contact Jamie Noel at 410-386-2103 or jnoel@carrollcountymd.gov for more information and to apply.

INCLEMENT WEATHER

When Carroll County Public Schools are closed or dismiss early due to weather or other emergency conditions, all Carroll County Recreation & Parks programs and activities scheduled for that day are canceled.

For weekend/non-school days, once the Snow Emergency Plan is in effect for Carroll County, no Recreation & Parks programs or activities will take place. Should the Snow Emergency Plan be lifted any time during that day, all programs and activities will remain canceled for that day. Program registrants will be contacted once a make-up date(s) is/are established.

To check the status of the Snow Emergency Plan visit the state weather website at www.chart.state.md.us/StormInfo/snow emergency plans.asp

CELL PHONES

As a courtesy to other participants, we respectfully request that program registrants make every effort not to use their cell phones during program instruction.

SMOKING POLICY

Smoking is not allowed in any county school, facility, or park.

MAKE A DONATION

You can make a tax-deductible donation to Carroll County Park Legacy Fund by visiting www.ccrecpark.org or stop in our office located within the Robert Moton Center, 300 S Center Street, Westminster, MD 21157.

VOLUNTEER

Carroll County Recreation & Parks has volunteer opportunities available. Contact us at 410-386-2103 for more information on volunteering in our community through our Recreation Councils.

SPONSORSHIPS

If you would like to become involved with Carroll County Recreation & Parks programs, events and activities through sponsorships and advertising, contact Trish Cross at pccross@carrollcountymd.gov.

QUESTIONS?

Do you have a question about a program, interested in volunteering or running a program, or have another question? **Contact us!** Our offices are open Monday-Friday, 8am-5pm; located within the Robert Moton Center, 300 S Center Street, Westminster, MD 21157.

www.ccrecpark.org • 410-386-2103 ccrec@carrollcountymd.gov

RECREATION COUNCIL PROGRAMS & REFUNDS

Each Recreation Council has their own registration process and in-turn their own refund policy, for information on your Recreation Councils programs, check with your local Recreation Council. For Recreation Council information, please visit ccrecpark.org and select Volunteer Recreation Council.



REGISTRATION FORM

PROGRAMS, EVENTS & CAMPS

PARTICIPANT'S LAST NAME	FIRST NAME			ATE OF BIRTH
PARENT/GUARDIAN'S NAME (if applicable)				
STREET ADDRESS				
СІТҮ	STATE		ZIP CODE	
PHONE (home)	PHONE (work	c or cell)		
EMAIL ADDRESS				
EMERGENCY CONTACT NAME	EMERGENC	Y PHONE (Is this	a cell phone?	Yes No)
Waiver of Liability: By my signature below, programs, that Carroll County Recreation & F and therefore, I hold Carroll County Commiss result from my, or my child(ren)'s participation COVID-19 Waiver and Release: COVID-19 contact. Federal authorities and the State of Contracting COVID-19 can lead to severe illrunderstand that participation in programs and	Parks does not provide any registrant sioners and their agents harmless from in the program(s) listed below. is an extremely contagious virus that Maryland recommend social distanciness, personal injury, permanent disa	t medical or hosp om all claims of in spreads easily to ng to prevent the bility, and death.	oitalization insuran njury, damage, or hrough person-to- e spread of COVIE By my signature	person 0-19. below I
the risk of contracting COVID-19. Authorization for Use of Photographic Lik photographic images of the registered individue events. If I prefer to not allow the above registered individual events. If I prefer to not allow the above registered individual events. If I prefer to not allow the above registered in the ab	ual/s for the purpose of promotion and tered participant(s) to be photographe	d publicizing of the	ne Department pro	grams and/or
Program Name	Program #	# Attending	Per Person Fee \$	Total \$
			\$	\$
			\$	\$
Comments/Special Instructions				
Make checks payable to Carroll County Com	mmissioners and mail to:		SUBTOTAL	\$
Carroll County Department of Recrea		Membership	discount applied	-
Westminster, MD 21157			TOTAL	\$

Don't forget to sign above!



Carroll County Department of Recreation & Parks

300 S. Center Street Westminster, Maryland 21157



PRSRT STD **US POSTAGE PAID** WESTMINSTER, MD PERMIT NO. 347

CARROLL COUNTY DEPARTMENT OF RECREATION & PARKS

PARKS & FACILITY LOCATIONS

Peace N Plenty Drive (off Bark Hill Road), Union Bridge 21797

BENNETT CERF PARK & DOG PARK 544 Manchester Road. Westminster 21157

CAPE HORN PARK

CARROLL COUNTY EQUESTRIAN CENTER

2512 Grimville Road, Mount Airy 21771

CARROLL COUNTY SPORTS COMPLEX

2225 Littlestown Pike, Westminster 21158

DEER PARK

637 Deer Park Road, Westminster 21157

DOUBLE PIPE CREEK PARK

FREEDOM PARK

GILLIS FALLS RESERVOIR SITE

Woodbine 21797

HASHAWHA/BEAR BRANCH NATURE CENTER

300 John Owings Road, Westminster 21158

HAP BAKER FIREARMS FACILITY

5630 Hodges Road, Sykesville 21784

1100 Gist Road, Westminster 21157

KRIMGOLD PARK

5355 Woodbine Road, Woodbine 21797

LANDON C. BURNS PARK

700 Gist Road, Westminster 21157

4134 Black Rock Road, Hampstead 21074

NORTH CARROLL COMMUNITY POND

Basler Road & Route 30, Hampstead 21074

100 E. Obrecht Road, Sykesville 21784

OLD LIBERTY ROAD

100 W. Old Liberty Road, Sykesville 21784

PINEY RUN PARK & NATURE CENTER

ROBERT MOTON CENTER

SALT BOX PARK

SANDYMOUNT PARK

SOUTH CARROLL DOG PARK

5928 Mineral Hill Road, Eldersburg, 21784

UNION MILLS RESERVOIR

220 John Owings Road, Westminster 21158

WESTMINSTER COMMUNITY POND

30 College View Boulevard, Westminster 21157

WESTMINSTER VETERANS MEMORIAL PARK

(undeveloped) Hook Road, Westminster 21157

WINFIELD PARK

Salem Bottom Road (opposite Winfield Elementary), Westminster 21157