

**GIRLS LACROSSE (Ages: Pre-K – 8<sup>th</sup>Grade):**



**Registration:** *ONLINE REGISTRATION ONLY* - Starting in October. <http://www.hfglacrosse.com>

**Season:** Lacrosse is an outdoor 2018 spring program registering in the fall of 2017.

The season starts in February/March depending on weather and concludes early June.

**Teams:** Limited registration due to the number of coaches & players needed per team. Register early.

**Try-Outs:** Teams for those in grades 3-8 are formed based on try-outs. We encourage everyone to sign up with and without experience. Evaluations will be in mid-January.

**Skills and Drills (\*Add'l fees apply):** Offered as an add-on for those in the 2-7 grade. 8 sessions November - January.

**Practices:** Held at one of the following fields, Friends Park, Prospect Park or CMW High School.

**Volunteers needed:** Coaches, assistant coaches, program administration...etc. Please volunteer your time.

**For more information please contact:** Angela Ward [hfglacrosse@outlook.com](mailto:hfglacrosse@outlook.com) or [www.hfglacrosse.com](http://www.hfglacrosse.com)

**WRESTLING:**

**Registration:** Monday, September 11, 2017 7-9pm

Wednesday, September 13, 2017 5:30-9pm

Tuesday, September 19, 2017 6:45-8:45pm



**Cost:** \$70 5-7 yr. old

\$80 8-14 yr. old

\$100 Uniform Deposit (refundable)

Wrestlers ages 5-14. October-February. Instructional program that provides training for new and advanced wrestlers; includes matches and tournaments. Meetings, registration, practices and home team events held at Forest Hill/Hickory Activities Ctr; 2213 Commerce Rd. If you can't sign up on one of the above dates, contact Ken ASAP to make arrangements to register. Sign-ups after Sept. 19th will be on a case by case basis & will have a delay in issuing warm ups & uniforms.

**OFF-SEASON WRESTLING "Storm" is here!**

Who: Ages 4 to Adult When: April-October

Contact Ken for off-season wrestling details with registration, cost and practice schedule.

The registration form and additional information is available at [www.hfgcolts.com](http://www.hfgcolts.com). Contact is Ken Thier at 443-243-0878 or email: [coachkct@verizon.net](mailto:coachkct@verizon.net) Assistant Coaches are needed, please contact Ken if interested.

**YOUTH TENNIS (5-15 year olds) - This Fall - Using The Quick Start Format!**

Class	Day	Time	Dates	# weeks	Student/Pro Ratio	Cost
5 & 6 yrs	Tuesdays	4:30-5:15 pm	9/5, 9/12, 9/19, 9/26, 10/3	5	6 to 1	\$50
7 & 8 yrs	Tuesdays	5:15-6pm	9/5, 9/12, 9/19, 9/26, 10/3	5	6 to 1	\$50
9-11 yrs	Tuesdays	6-7 pm	9/5, 9/12, 9/19, 9/26, 10/3	5	6 to 1	\$60
12-15 yrs	Wednesdays	5-6pm	9/6, 9/13, 9/20, 9/27, 10/4	5	6 to 1	\$60

Space is limited – Child must register in proper age group unless approved by Lori

Quick Start arranges kids by age group, letting them have more fun while learning and developing tennis skills. This program uses a combination of smaller court sizes, nets, rackets, & lighter & slower balls. Regulation tennis court & balls used for 9-15 year olds which are beginner classes. Registration fees are not refundable unless class size is not met (minimum of 3). \*Tennis shoes required. \*Bring water bottle. \*Rackets provided or provide own child size racquet.

**ADULT TENNIS CLINICS for Beginners and Advanced Beginners for this Fall!**

**Beginner Adult Tennis Clinics** – Players who have had little or no prior instruction.

An introduction or review to the fundamentals – forehand, backhand, serve, and rules of game.

**Beginner Weekday & Evening Clinics:** \*Tuesdays 10-11am: 9/5, 9/12, 9/19, 9/26, 10/3 \$58/5wks

\* Mondays 6-7pm: 9/11, 9/18, 9/25, 10/2 \$48/4wks

**Advanced/ Beginner Adult Tennis Clinics** – Players who have taken previous lessons, and can also hit and serve from the baseline, and sustain a few hit rally. Drills with emphasis on strokes, serve, overhead, volleys, and doubles.

**Advanced/Beginner Weekday & Evening Clinics:** \*Tues. 9-10am: 9/5, 9/12, 9/19, 9/26, 10/3 \$58/5wks

\*Wed. 6-7pm: 9/6, 9/13, 9/20, 9/27, 10/4 \$58/5wks

Both programs are held at the Forest Hill Recreation Complex Tennis Courts. Information & to register for adult or youth tennis go to: [www.foresthillrec.com](http://www.foresthillrec.com) or Contact Lori Phillips (USPTR certified) 443-299-6606, e-mail [lp4tennis@gmail.com](mailto:lp4tennis@gmail.com)

**START SMART**

Start Smart is an instructional program that helps parents work one-on-one with their children while teaching them a variety of skills. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. This program promotes Fun, Family and Friends. Come out and enjoy time with your child. NAYS Chapter #3690.

**SOCCER AGES 3-5**

Thursdays – 9/14/17-10/19/17 from 10a-11a  
Emmorton Rec & Tennis Center  
2213 Old Emmorton Rd., Bel Air, MD 21015



Register by 9/1/17  
Sign up for both & save \$5

Emmorton Contact: Chad McGraw  
[cemcgraw@harfordcountymd.gov](mailto:cemcgraw@harfordcountymd.gov) or 410-638-3988

**FOOTBALL AGES 3-5**

Thursdays - 9/14/17-10/19/17 from 1p-2p  
Forest Hill/Hickory Activities Center  
2213 Commerce Rd, Forest Hill, MD 21050



Forest Hill Contact: Meghan Denhard  
[madenhard@harfordcountymd.gov](mailto:madenhard@harfordcountymd.gov) or 410-638-3616

**SPORTS DEVELOPMENT AGES 3-5**

Thursdays – 10/26/17-12/7/17 from 10a-11a  
Emmorton Rec & Tennis Center  
2213 Old Emmorton Rd., Bel Air, MD 21015



Register by 10/13/17  
Sign up for both & save \$5

**SOCCER AGES 3-5**

Thursdays – 10/26/17-12/7/17 from 1p-2p  
Forest Hill/Hickory Activities Center  
2213 Commerce Rd, Forest Hill, MD 21050



**Ages 3-5 Preschool Programs (Held at the Forest Hill/Hickory Activities Ctr, 2213 Commerce Rd, Forest Hill)**

**Fall Fun:** Enjoy the best parts of fall through leaf crafts, pumpkin painting, stuffing scarecrows & a costume party. Tuesdays, 10/10-10/31, 10-11am. Cost \$35. Register by 9/29/17

**Made By My Little Hands:** Create a variety of holiday crafts, including the "Made by my Little Hands" calendar. Wednesday, November 15, 2017. 10am-12pm. Cost: \$15. Register by 11/3/17

Questions: 410-638-3616 or [madenhard@harfordcountymd.gov](mailto:madenhard@harfordcountymd.gov)

**INTRODUCTION TO SPORTS:** Preschoolers (3-5) learn basic athletic skills & fundamentals through various sports. Cost: \$30.

Wed., 9/13-10/11; 1:30-2:30pm. Havre de Grace Act. Ctr, 351 Lewis La. Info: 410-638-3988, [mjfrosolone@harfordcountymd.gov](mailto:mjfrosolone@harfordcountymd.gov)  
9/13: Basketball 9/20: Soccer 9/27: Football 10/4: Lacrosse 10/11: Baseball

**Therapeutic Recreation:** In compliance with the ADA, Harford County is expanding its programming for individuals with disabilities. If you need any reasonable accommodation, or feel the need for a specialized recreation program, call 638-4899.

HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION

Website: [www.harfordcountymd.gov/parks\\_rec](http://www.harfordcountymd.gov/parks_rec) or email: [fhhetr@harfordcountymd.gov](mailto:fhhetr@harfordcountymd.gov)

Forest Hill/Hickory Activities Center, 410-638-3616

Fall 2017



Barry Glassman  
County Executive



**BASKETBALL Forest Hill / Hickory / Churchville (combined program)**

**On-line Registration ONLY**

Go to the website at [www.foresthillrec.com](http://www.foresthillrec.com), click on basketball link and follow the instructions for on-line registration. The on-line registration ends September 17, 2017. Age group determinations are based on a September 1, 2017 birthdate. Example: (A) Participants birthday 7/25/2003 they are considered 14 years old. (B) Participants birthday 11/18/2003 they are considered 13 years old.

Age Group information	Location	Cost	Misc.
5 & 6 Girls / 5 Boys Coed Clinic	Churchville School	\$75	Saturday only Dec-Feb
6/7 Boys Instructional	Fountain Green / Hickory Elem	\$75	Weeknight practice / Sat games
8 Boys League	Fountain Green Elementary	\$95	Weeknight practice / Sat games
9/10 Boys League	Forest Hill / Prospect Mill Elementary	\$95	Weeknight practice / Sat games
11/12 Boys League	Churchville Rec Center / H Tech High	\$95	Weeknight practice / Sat games
*13/14 Boys League	CM Wright / Harford Tech High	\$95	Weeknight practice / Sat games
*15/18 Boys League (in high school)	CM Wright / Harford Tech	\$95	Saturday games only
7/8 Girls Instructional	Hickory / Forest Lakes Elementary	\$75	Weeknight practice / Sat games
9/10 Girls League	Forest Lakes / Forest Hill Elementary	\$95	Weeknight practice / Sat games
11/12 Girls League	Prospect Mill Elem / Churchville Rec	\$95	Weeknight practice / Sat games
*13/16 Girls League	CM Wright / Harford Tech	\$95	Weeknight practice / Sat games

(\*If trying out for high school, please register NOW we can refund the money if they make high school)

Evaluations late Sept-mid Oct; practices start 1st week Nov; games start 1st Sat Dec-early March.

All evaluation information on the website at [www.foresthillrec.com](http://www.foresthillrec.com) after September 1<sup>st</sup>.

**Travel Information (Please go to the website under Basketball – Travel for evaluation information)**

Boys offer travel tryouts and teams for the following age groups: 7/8, 9, 10, 11, 12, 13/14

Girls offer travel tryouts and teams for the following age groups: 9, 10, 11, 12, 13/14

\* Boys and girls 12 and 13/14 travel team players will have the OPTION as to whether or not they want to play in the rec league. These travel teams will be provided two nights practice per week and will play in two leagues. However all players must register for the rec program to try out for travel regardless of age.

Questions: Trent (Boys director)-[trentbasketball@verizon.net](mailto:trentbasketball@verizon.net) or Chad (Girls director)-[sanschagrinn24@gmail.com](mailto:sanschagrinn24@gmail.com)

**YOUTH DANCE**

Forest Hill Dance offers classes for ages 3 and up through high school. Program includes Ballet, Tap, Jazz, Modern, Lyrical, Pointe and Musical Theatre. Classes are taught by our skilled and dedicated teachers in our studios located in the Forest Hill/Hickory Activities Ctr, in Forest Hill, and are equipped with dance floors, mirrors and wall mounted barres.

Our program begins in September and culminates with a large end of year production in the spring in which all dancers ages 4 and up participate. This requires a significant time commitment towards the end of our season and requires some additional costs to parents (i.e. costumes, recital tickets, photos). Our 3 year old classes end with an in-studio performance for their families.

Registration began in July but we still have some openings. If you are interested in registering your child, email or call me with your child's as of 9-1-16 and I will let you know what options we have for them. An online profile will be set up from which you can register and pay.

Detailed program information is available on our website at [www.foresthillrec.com](http://www.foresthillrec.com), click on Dance on the list of programs on the left side. Read our Introduction and then if you have any questions, please feel free to email Christine at [christineboessel@gmail.com](mailto:christineboessel@gmail.com).

**WOMENS' FITNESS**

**Ladies' Strength Training Class:** Tues./Thurs., 9:30-10:30am at Forest Hill/Hickory Activities Center, Annex Room. 12 week session: 9/12/17-12/14/17. JOIN ANYTIME \$7/per class or \$5/per class with registration. Barbells are provided, bring water and mat. Info: Sherri Woosley, [sherricwoosley@gmail.com](mailto:sherricwoosley@gmail.com). (certified personal trainer)

**Zumba:** Saturdays, 9:30-10:30am at Forest Hill/Hickory Activities Center Studio B. Current session goes thru 10/7. Next session: 10/14-12/30. Cost: \$40, Drop-in: \$5/per visit. Register: 9:15am 10/14 & late registration 10/21. Info: Marcia [Marcia.zbikowski@gmail.com](mailto:Marcia.zbikowski@gmail.com) or 410-937-6569.

For safety reasons, children will not be allowed at the program at any time.

**INDOOR SOCCER (Boys & Girls)**

**Ages:** 5-6 Co-ed; 7-8, 9-10, 11-12, 13-14, & 15-17 Boys/Girls

**Age determination date:** August 1<sup>st</sup> for all age groups except 5-6 Co-ed - child must be 5yrs old by Dec. 1<sup>st</sup>. No exceptions.

**Cost:** \$60/per child for age groups 5-6 through 11-12, \$90/per child for age groups 13-14 and 15-17.

**Family discount:** First 2 children in family pay regular price, additional children receive a \$20 discount.

**Registration:** Begins online Monday, September 11, 2017. Space is limited & age groups are filled on a first come basis. Once age groups are filled, players will be added to a wait list.

Check the Indoor Soccer tab at [www.hfgrec.org](http://www.hfgrec.org) for more details and for the link to registration.

Participants will play only **one day** a week at either the Forest Hill/Hickory Activities Center or the Harford Sports Performance Center. No practice days. Play begins in late Nov/early Dec 2017 and runs through mid-March 2018. **Only individual sign-ups; no team sign-ups.** Coach volunteers are needed.



**YOGA**

<p><b>Forest Hill/Hickory Activity Center</b> 2213 Commerce Rd, Forest Hill Monday: 9/11- 12/4, 9:30-10:45am Wednesday: 9/13 - 12/6, 9:30-10:45am Friday: 9/15 - 12/8, 9:30-10:45am</p>	<p><b>Age:</b> over 18 <b>Cost/session:</b> \$90/1 class; \$150/2 classes; \$180/unlimited; \$10/Drop-in</p>
<p><b>Forest Lakes Elem. School Rec. Rm</b> Wednesday: 9/13-12/6, 6:30-7:45pm</p>	<p>Sherri Woosley, a certified yoga instructor. Bring your own mat &amp; water. Registration form on the website:<a href="http://www.foresthillrec.com">www.foresthillrec.com</a>. Register 15 min. prior to first class or, in advance by mailing completed registration form &amp; check made payable to <b>FHRC</b> Mail to: Sherri Woosley, 120 Bower Lane, Forest Hill, MD 21050 Email questions to: <a href="mailto:sherricwoosley@gmail.com">sherricwoosley@gmail.com</a></p>



**VOLLEYBALL Adult Coed – Mondays & Wednesdays (Forest Hill)**

**Monday:** Register & Start 9/11/17; **Wednesday:** Start 9/13/17. **Location:** Forest Lakes Elem. School.

**Time:** 7-10pm. **Cost:** \$15/1 night; \$20/both nights **Age:** Must be at least 18.

**Info:** Jerry 410-322-2734 or Email: [jerryknott35@gmail.com](mailto:jerryknott35@gmail.com). **Website:** <http://www.foresthillrec.com>

