

**THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION  
PRESS RELEASE**

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**TEENS FIND A VARIETY OF HEALTHY RECREATIONAL OPPORTUNITIES IN  
MONTGOMERY COUNTY PARKS**

**SILVER SPRING, MD** -- The Maryland-National Capital Park and Planning Commission (M-NCPPC) offers a wide variety of healthy recreational and volunteer opportunities in Montgomery County for active teenagers. Links are available at [www.montgomeryparks.org](http://www.montgomeryparks.org).

**Ice Skating and Ice Hockey**

Figure skating, speed skating and ice hockey lessons are available. For more information, call Cabin John Ice Rink, 10610 Westlake Drive, Rockville at 301/365-2246 and online at [www.cabinjohnice.com](http://www.cabinjohnice.com) or Wheaton Ice Arena's lessons and special teen skate nights, 11751 Orebaugh Avenue, Wheaton at 301/649-3640 and online at [www.wheatonicearena.com](http://www.wheatonicearena.com).

**Nearly 200 Miles of Trails**

Energetic teens will enjoy hiking and biking on trails in M-NCPPC's scenic parks throughout Montgomery County. One of the most challenging, high adventure hiking trails is the Rachel Carson Greenway Trail section along Northwest Branch from US 29 Colesville Road in Silver Spring through the fall line between the Piedmont Plateau and the Coastal Plain. Maps and other details are available online at [www.montgomerytrails.org](http://www.montgomerytrails.org).

**Horseback Riding at Equestrian Centers**

Adventuresome teenagers can take horseback riding lessons and go on trail rides at Meadowbrook Riding Stables, 8200 Meadowbrook Lane, Chevy Chase, 301-589-9026; Potomac Horse Center, 14211 Quince Orchard Road, Gaithersburg, 301/208-0200; and Wheaton Regional Park Riding Stables, 1101 Glenallan Avenue, Wheaton, 301/622-3311.

**Tennis**

In addition to 305 outdoor tennis courts in parks throughout the county, the Indoor Tennis Centers at Cabin John and Wheaton Regional Parks offer reserved court time all year long. Cabin John Tennis Center is located at 7801 Democracy Blvd., Bethesda, 301/365-2440, [www.cabinjohn tennis.com](http://www.cabinjohn tennis.com). Wheaton Tennis Center is located at 11715 Orebaugh Avenue, Wheaton, 301/649-4049, [www.wheatontennis.com](http://www.wheatontennis.com).

## **Golf**

Youngsters can enjoy learning and playing golf all year long at Montgomery County parks' four golf courses. Little Bennett Golf Course, 25900 Prescott Road, Clarksburg, 301/601-9209, 1-800/366-2012, [www.littlebennettgolf.com](http://www.littlebennettgolf.com); Needwood Golf Course, 6724 Needwood Road, Rockville, 301/948-1075, [www.needwoodgolf.com](http://www.needwoodgolf.com), Northwest Park Golf Course, 15711 Layhill Road, Wheaton, 301/598-6100, [www.northwestparkgolf.com](http://www.northwestparkgolf.com); Sligo Creek Golf Course, 9701 Sligo Creek Parkway, Silver Spring, 301/585-6006, [www.sligogolf.com](http://www.sligogolf.com).

## **Basketball**

More than 200 outdoor basketball courts are scattered throughout Montgomery County's national award-winning park system. Some are lighted for evening pickup games.

## **Dog Parks**

For animal lovers, M-NCPPC offers three fenced dog parks where dogs run free without restraint. Dog parks are located in Wheaton Regional Park next to the old outdoor ice arena, in Ridge Road Recreational Park, Germantown, and in Black Hill Regional Park in Boyds. Information is available online, [http://www.mc-mncppc.org/parks/facilities/dog\\_park/dog\\_parks.shtm](http://www.mc-mncppc.org/parks/facilities/dog_park/dog_parks.shtm).

## **Baseball, Softball, Football and Soccer**

Hundreds of athletic fields are available for organized play in recreational and regional parks, and many other parks throughout Montgomery County. Some fields are available by permit only. Some fields are available for pickup play. To protect the turf, most fields are closed from December until March 30, 2006. To reserve fields, call Park Permits, 301/495-2525 or go to [www.parkpermits.org](http://www.parkpermits.org). SoccerPlex fields at South Germantown Recreational Park are reserved through the Maryland Soccer Foundation, 301/528-1480, [www.mdsoccerplex.org](http://www.mdsoccerplex.org).

## **Camping**

M-NCPPC campgrounds offer spring, summer and fall tent camping in Cabin John Regional Park, 7701 Tuckerman Lane, Rockville and Parklawn Campsite, 12724 Viers Mill Road, Rockville. Reservations and information are available through park permits, 301/495-2525. In addition to tent camping, Little Bennett Campground, 23701 Frederick Road, Clarksburg, accommodates recreational vehicle hookups for water and electricity, 301/972-9222.

## **Boating and Fishing**

During the season, two lakes offer fishing, canoes, kayaks and rowboats for rent, and pontoon boat rides with park naturalists: Little Seneca Lake in Black Hill Regional Park, Boyds, MD, 301/972-6157; Lake Needwood, in Rock Creek Regional Park, 15700 Needwood Lake Circle, Rockville, 301/762-9500. For a daily fee or season pass, private boat owners may launch their own kayaks, canoes, rowboats or boats with electric motors at Little Seneca and Needwood. In addition, licensed fisherman may fish at Pine Lake in Wheaton Regional Park and in Lake Frank in Rock Creek Regional Park.

In addition, thousands of teenage students have earned community service credits required for graduation by volunteering to work in Montgomery County Parks. For information on volunteer opportunities, call 301/495-2504.