

Health & Fitness Resources:

YMCA of Hagerstown

The Hagerstown YMCA provides programs and services in the areas of youth development, healthy living, and social responsibility to all members of our community.

1100 Eastern Blvd N Hagerstown, MD 21742

<http://ymcahagerstown.org/>

Outdoor Exercise Equipment associated with BCOH

84 West Lee Street Hagerstown, MD

Hagerstown Parks and Rec

Rules and Regulations <https://www.hagerstownmd.org/DocumentCenter/View/7527/Park-Rules> 351 N.

Cleveland Avenue Hagerstown, MD 21740

<https://www.hagerstownmd.org/306/Parks>

Fitlot Senior Center

The FitLot Outdoor Fitness Park was thoughtfully designed for all ages and abilities to use in a community setting making the benefits of an indoor facility free and accessible to everyone.

Washington County Community Senior Center: 535 E. Franklin Street Hagerstown, MD 21740

<https://fitlot.org/use-your-fitlot/>

Community Activities

Family Activities (some are free)

<https://www.visithagerstown.com/events>

Thurston Griggs Trail to Ensign Phillip Cowall Shelter

Thurston Griggs Trail to Ensign Phillip Cowall Shelter is a 11 mile moderately trafficked out and back trail located near Hagerstown, Maryland that features beautiful wild flowers and is rated as difficult. The trail is primarily used for hiking, nature trips, and bird watching and is best used from March until October. Dogs are also able to use this trail but must be kept on leash. Open through week 24 hours.

Thurston Griggs Trail, 21998 White Oak Rd, Hagerstown, MD 21740

Optimal Health Nutrition Counseling

We are pleased to announce the expansion of our nutritional counseling services to include all adults and children over the age of 4. Having provided her services in a women's health setting for the past year, a greater need and demand for nutritional counseling throughout the community became very apparent; hence we decided to expand her services under the name Optimal Health Nutrition Counseling. Open Monday through Friday 8:00 AM to 5:00 PM

1165 Imperial Drive, Suite 200 (second floor), Hagerstown, MD. To begin your journey to living a healthy lifestyle.

Call the office (301-739-8850) to schedule a face-to face consultation!

<https://cwchagerstown.com/news/optimal-health-nutrition-counseling/>

SUFI Acupuncture

Sliding scale services for Community Acupuncture, Private Acupuncture, Massage, Psychotherapy, Reiki/Energy Healing Open Community Acupuncture Monday 2pm-6pm Tuesday 12pm-3pm Wednesday Closed Thursday 10am-12pm, 3pm-6pm Friday 10am-12pm, Sat & Sun Closed Walk-ins are often possible Appointments are recommended.

28 S Potomac St 2R Hagerstown, MD 21740

301-671-5549

<http://places.singleplatform.com/sufi-acupuncture/menu?ref=google>

The Greens at Hamilton Run

Children under 16 plays free only one adult ticket needs bought. Applicable all times EXCEPT weekends (Saturdays and Sunday) before 2pm. Adults (17 – 61) \$11 for 9 holes \$14 for 18 holes, Seniors (62+): \$9 for 9 hole \$12 for 18 hole, Weekends/Holidays: \$14 for 9 hole \$17 for 18 holes. Open 6:30 AM to 8:30 PM

2 South Cleveland Ave. Hagerstown, MD 21740

301-733-8630

<https://www.hagerstowngreens.com/>

Hagerstown Ice and Sports Complex

The facility has a wide range of rental skates to fit almost any sized foot - from toddlers to adults (size 13 available). Cost is \$6.00 for admission and \$3.00 to rent skates per person. Monday: 12:00 PM to 2:50 PM, Wednesday: 2:00 PM to 3:45 PM, Friday: 7:00 PM to 8:45 PM, Saturday: 2:00 PM to 3:45 PM and 8:30 PM to 10:15 PM, Sunday: 2:00 PM-3:45 PM for All ages

580 Security Rd, Hagerstown, MD 21740 Located in Fairgrounds.

<https://www.hagerstownice.org/>

Jonathan Hager House Museum

To set up a tour please call 48 hours in advance **301-739-8577 ext 170** Admission: \$6 adults; \$4 seniors (62+), students (13-17) & Military; \$3 children (6-12); free 5 & under.

110 Key Street in Hagerstown City Park in Washington County, Maryland.

City Park Train Hub

City Park Train Hub is home of the City Park Railroad Museum, Steam Locomotive Engine #202, Tommy 202 rides, interactive rail cars, train- themed playground, and the new City Park Train Pavilion. Located at Hagerstown City Park, West perimeter Standard Seasonal Admission Rates Adults \$5.00, Seniors (62+) / Students (13 -17) \$3.00, Children (6-12), 5 & Under Free, group tours (10 people or more) \$3.00

City Park Train Hub 770 City Park Dr, Hagerstown, MD 21740

<https://www.hagerstownmd.org/310/City-Park-Train-Hub>

Museum of Fine Arts Washington County

Call to set up group tour **301-739-5727**. Tue-Fri, 10 AM – 5 PM; Sat, 10 AM – 4PM; Sun, 1 – 5 PM

401 Museum Dr. Hagerstown Md 21740 Free Admission & Parking.

<https://wcmfa.org/>

Mansion House Art Center

Hours: Friday & Saturday 11 a.m. to 4 p.m., Sunday 1 p.m. to 5 p.m. Free Admission 500 Highland

Way Hagerstown, Maryland 21740.

Phone: (301) 797-2867

<https://www.hagerstownmd.org/312/Mansion-House-Art-Center>

Pangborn Park

Amenities: Fishing Pond*, Lawn Bowling Court, Pavilions, Play Equipment, Restrooms, (Non- Regulation Size) Softball Field, (Lighted, Double) Tennis Court, Volleyball Court. Thursday

5AM–10PM, Friday 5AM–10PM, Saturday 5AM–10PM, Sunday 5AM–10PM, Monday Closed,
Tuesday 5AM–10PM, Wednesday 5AM–10PM

591 Pangborn Blvd, Hagerstown MD 21740

Fairgrounds Park

Thursday 6AM–10PM, Friday 6AM–10PM, Saturday 6AM–10PM, Sunday 6AM– 10PM,
Monday Closed, Tuesday 6AM–10PM, Wednesday 6AM–10PM. (Lighted) Basketball
Court/In-Line Hockey Rink, Dog Park, Pavilions, Play Equipment, Restrooms, Soccer Fields, Softball
Fields, Volleyball Court, Walking Trails, Youth Baseball Field

351 N Cleveland Ave, Hagerstown, MD 21740

301-739-8577 ext. 169

Hellane Park

Open Daily 8:00 AM to 8:30 PM. Amenities: Basketball Court, Pavilion, Play Equipment, Restrooms, Youth
Baseball Fields

156 Park Ave, Hagerstown, MD 21740

301-739-8577