

TEEN COURT NEWSLETTER

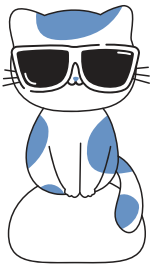
July 2026

Make the Most of Summer: Teen Activities in Charles County

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Summer break is the perfect time for teens in Charles County to get outside, connect with friends, and discover something new, and the Department of Recreation, Parks and Tourism is packed with ways to make it happen.



Friday Teen Hangouts at the Waldorf Senior & Recreational Center gives teenagers a dedicated weekly space to chill, socialize, and have fun with peers in a safe, supervised setting. It's the kind of low-key, high-energy gathering that teens actually look forward to each week. The Hangouts will return to school-based community centers during the new school year.

For those ready to take things further, the Future Leaders Teen Camp offers a meaningful experience that goes beyond summer fun—building confidence, leadership skills, and connections that last well beyond the season.

When the heat turns up, the Teen Tidal Wave makes a serious splash as one of the most anticipated aquatic events of the year, bringing teens together for an unforgettable evening at the pool. With county pools open throughout the summer, teens have plenty of opportunities to swim, cool off, and stay active all season long.



Beyond the water, Charles County's vast parks system invites teens to discover green spaces that are perfect for exploring nature, hanging out, or simply getting outside. Whether it's hitting the trails, throwing a frisbee, or finding a quiet spot to recharge, there's room for every kind of teen here.



Summer only comes once a year, so don't let it slip by. Residents can explore the full lineup of teen programs, activities, and events at www.CharlesCountyParks.com. Spots fill up fast, so encourage your teens to sign up early and make this their best summer yet.

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Beat the Heat: 3 Essential Summer Safety Tips

When summer temperatures soar, staying safe is all about preparation. Keep these three golden rules in mind to protect yourself and your family:



- **Hydrate Before You're Thirsty:** Don't wait for your body to signal it's parched—by then, you're already dehydrated. Sip water consistently throughout the day.



- **Time It Right:** Avoid the sun's peak brutality. Schedule outdoor workouts, gardening, or heavy chores for the early morning or evening. If you must be outside midday, take frequent breaks in the shade.



- **Know the Warning Signs:** Muscle cramps, dizziness, nausea, and heavy sweating are signs of heat exhaustion—cool down and hydrate immediately. If someone becomes confused, faints, or has hot, red skin, it could be heat stroke. Call 911 right away.

DID YOU KNOW?

Charles County Teen Court runs all year round! Teen Court is an excellent way for students to earn Community Service Hours for their Senior Portfolios or groups like National Honors Society, even during the summer months.



For more information on
Upcoming Classes & Events,
check out our website:



Teen Court Website

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