

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



WINTER 2023-2024



MONTGOMERY COUNTY
Recreation

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Jump to ActiveMontgomery to register for activities. Use the clickable link, located on various pages.



Click to view and register.



Winter 2023-24 registration begins Monday, Nov. 13

Facility Addresses87



Are You a Montgomery County

High School Student Looking to:

- ✓ Build Your Resume
- ✓ Earn SSL Hours
- ✓ Be a Role Model
- ✓ Try Something New
- ✓ Join the Workforce



Join our TeenWorks team!
We offer both employment and
volunteer opportunities.



Employment



TeenWorks@MontgomeryCountyMD.gov



Volunteer



Free
SUMMER
CAMPS FAIR

North Potomac CRC: Sunday, Jan. 7
East County CRC: Sunday, Jan. 14
1-4 P.M.

Information on summer camps offered by Montgomery County Recreation!
Interactive demos • Games and Snacks • Financial Aid Registration

240-777-6840
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation



FREE

RECFIT PASS

VALID NOW THROUGH

2024

FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY

Recreation



GIVE THE GIFT OF
**FUN.RECREATION.
HEALTH.WELLNESS.
COMMUNITY.CAMPS.
& MORE.**

Get your ActiveMONTGOMERY gift cards online today,
at ActiveMONTGOMERY.org

Active
MONTGOMERY

Holiday Craft Show

44th year!

Saturday, Dec. 2 • 10 a.m. - 4 p.m.
Free Admission



Featuring local and regional artists' original works of fine art, photography, fabric arts, jewelry, candles, holiday decorations, woodwork and more. Food vendors on-site.

Free parking.

If you are interested in being a vendor, call Bauer Drive CRC for more information.

Bauer Drive CRC, 14625 Bauer Drive, Rockville
240-777-6922 • Hablamos Español

www.mocorec.com



MONTGOMERY COUNTY
Recreation





AQUATICS

Live a Little...Swim a Lot!

INDOOR POOLS

Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)
240-777-8070
5900 Executive Boulevard
N. Bethesda
Closed Feb. 3-4

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle
Boyd
Closed Dec. 16-17
Closed Jan. 20-21
Closed Feb. 10

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring
Closed Feb. 24

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6800
1319 Apple Avenue,
Silver Spring
Coming Soon

All pools will close at 3 p.m. on Dec. 24 and Dec. 31 • All pools closed on Dec. 25 and Jan. 1



AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.

CLICK HERE



STAY UP-TO-DATE

MOCOREC.COM/POOLS

Get the most current pool information here.



Water Fitness



Click to view and register.

Abs & Glutes & More

Ages 12 and up • 8 Sessions

Activity	Pool Location	Start Day	Day	Time	Fee
R01001-204	KSAC	1/9	Tu	9-9:50 a.m.	\$56
R01001-203	KSAC	1/11	Th	9-9:50 a.m.	\$56
R01001-202	MLK	1/8	M	10-10:50 a.m.	\$56
R01001-201	MLK	1/10	W	10-10:50 a.m.	\$56

Aqua Cardio Challenge

Ages 12 and up • 8 Sessions

R01004-204	KSAC	1/11	Th	11-11:50 a.m.	\$56
R01004-203	MLK	1/5	F	9-9:50 a.m.	\$56
R01004-202	MLK	1/7	Su	4:10-5 p.m.	\$49
R01004-201	MLK	1/9	Tu	8:30-9:20 p.m.	\$56

7 Sessions

Aqua Cardio Dance

Ages 12 and up • 8 Sessions

R01003-202	MLK	1/9	Tu	10-10:50 a.m.	\$56
R01003-203	MLK	1/11	Th	10-10:50 a.m.	\$56
R01003-201	OSC	1/7	Su	9:05-9:55 a.m.	\$56

Aqua Lite

Ages 12 and up • 8 Sessions

R01005-201	KSAC	1/8	M	11-11:50 a.m.	\$56
R01005-202	KSAC	1/10	W	11-11:50 a.m.	\$56
R01005-205	OSC	1/5	F	10-10:50 a.m.	\$56
R01005-203	OSC	1/8	M	10-10:50 a.m.	\$56
R01005-204	OSC	1/10	W	10-10:50 a.m.	\$56



SWIMONTGOMERY

VIEW SWIMONTGOMERY CLASSES

55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Aqua Spin

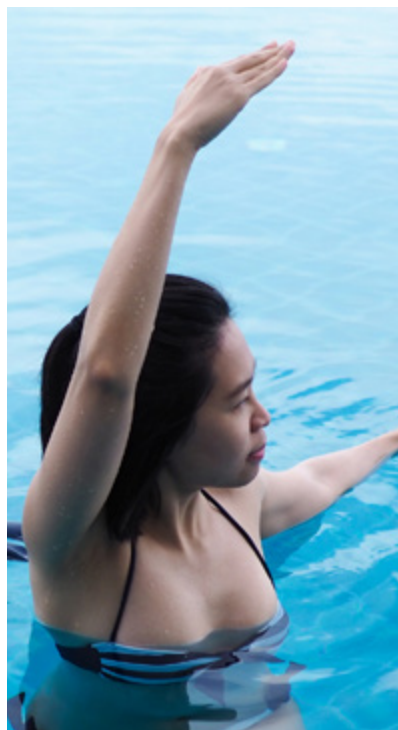
Ages 12 and up • 8 Sessions

Activity	Pool Location	Start Day	Day	Time	Fee
R01006-213	GISC	1/9	Tu	8-8:50 a.m.	\$80
R01006-214	GISC	1/11	Th	8-8:50 a.m.	\$80
R01006-205	KSAC	1/5	F	8-8:50 p.m.	\$80
R01006-218	KSAC	1/5	F	9-9:50 a.m.	\$80
R01006-204	KSAC	1/8	M	8:30-9:20 p.m.	\$80
R01006-217	KSAC	1/9	Tu	12:30-1:20 p.m.	\$80
R01006-201	KSAC	1/10	W	1-1:50 p.m.	\$80
R01006-202	KSAC	1/10	W	8:30-9:20 p.m.	\$80
R01006-203	KSAC	1/11	Th	12:30-1:20 p.m.	\$80
R01006-209	MLK	1/5	F	7:30-8:20 a.m.	\$80
R01006-210	MLK	1/5	F	7:30-8:20 p.m.	\$80
R01006-216	MLK	1/6	Sa	8-8:50 a.m.	\$50
R01006-208	MLK	1/6	Sa	6-6:50 p.m.	\$50
R01006-215	MLK	1/9	Tu	7:30-8:20 a.m.	\$80
R01006-211	MLK	1/9	Tu	11-11:50 a.m.	\$80
R01006-207	MLK	1/10	W	9-9:50 a.m.	\$80
R01006-206	MLK	1/11	Th	11-11:50 a.m.	\$80
R01006-212	MLK	1/11	Th	8:30-9:20 p.m.	\$80

Aqua Yo-Lates

Ages 12 and up • 8 Sessions

R01007-201	MLK	1/5	F	10-10:50 a.m.	\$56
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THE REC INSIDER

SIGN UP

FOR OUR NEWSLETTER TODAY!



Click to view and register.

Deep Water Running

Ages 12 and up • 8 Sessions

	Activity	Pool Location	Start Day	Day	Time	Fee
	R01008-207	GISC	1/8	M	10-10:50 a.m.	\$56
	R01008-210	GISC	1/8	M	7:50-8:40 p.m.	\$56
	R01008-206	GISC	1/9	Tu	10-10:50 a.m.	\$56
	R01008-209	GISC	1/11	Th	10-10:50 a.m.	\$56
	R01008-203	KSAC	1/5	F	10-10:50 a.m.	\$56
	R01008-201	KSAC	1/9	Tu	10-10:50 a.m.	\$56
	R01008-204	KSAC	1/9	Tu	7:45-8:35 p.m.	\$56
	R01008-202	KSAC	1/11	Th	10-10:50 a.m.	\$56
7 Sessions	R01008-205	KSAC	1/11	Th	7:45-8:35 p.m.	\$49
	R01008-225	MLK	1/5	F	11-11:50 a.m.	\$56
	R01008-221	MLK	1/8	M	Noon-12:50 p.m.	\$56
	R01008-231	MLK	1/9	Tu	9-9:50 a.m.	\$56
	R01008-224	MLK	1/9	Tu	7:30-8:20 p.m.	\$56
	R01008-226	MLK	1/10	W	Noon-12:50 p.m.	\$56
	R01008-222	MLK	1/11	Th	7:30-8:20 a.m.	\$56
	R01008-223	MLK	1/11	Th	7:30-8:20 p.m.	\$56
	R01008-220	OSC	1/5	F	6:30-7:20 a.m.	\$56
	R01008-218	OSC	1/5	F	6:20-7:10 p.m.	\$56
	R01008-229	OSC	1/6	Sa	9:05-9:55 a.m.	\$49
	R01008-228	OSC	1/8	M	11-11:50 a.m.	\$56
	R01008-211	OSC	1/8	M	7:20-8:10 p.m.	\$56
	R01008-212	OSC	1/9	Tu	8:30-9:20 a.m.	\$56
	R01008-213	OSC	1/9	Tu	10:30-11:20 a.m.	\$56
	R01008-219	OSC	1/10	W	6:30-7:20 a.m.	\$56
	R01008-214	OSC	1/10	W	7:20-8:10 p.m.	\$56
	R01008-215	OSC	1/11	Th	9-9:50 a.m.	\$56
	R01008-216	OSC	1/11	Th	11-11:50 a.m.	\$56



PARENT-ASSISTED SWIM LESSONS

VIEW PARENT-ASSISTED SWIM LESSONS



Click to view and register.

55 +

Hi/Lo Cardio Fusion

Ages 12 and up • 8 Sessions

Activity	Pool Location	Start Day	Day	Time	Fee
R01009-201	KSAC	1/5	F	11-11:50 a.m.	\$56

Water Aerobics

Ages 12 and up • 8 Sessions

R01010-208	GISC	1/10	W	9:30-10:20 a.m.	\$56	
7 Sessions	R01010-205	GISC	1/11	Th	7:50-8:40 p.m.	\$49
R01010-202	OSC	1/9	Tu	9:30-10:20 a.m.	\$56	
R01010-201	OSC	1/9	Tu	7:20-8:10 p.m.	\$56	
R01010-203	OSC	1/11	Th	10-10:50 a.m.	\$56	
R01010-204	OSC	1/11	Th	7:20-8:10 p.m.	\$56	

Water Exercise

Ages 12 and up • 8 Sessions

R01011-206	KSAC	1/8	M	10-10:50 a.m.	\$56
R01011-201	KSAC	1/9	Tu	11-11:50 a.m.	\$56
R01011-207	KSAC	1/10	W	10-10:50 a.m.	\$56
R01011-205	MLK	1/8	M	9-9:50 a.m.	\$56
R01011-204	OSC	1/5	F	9-9:50 a.m.	\$56
R01011-202	OSC	1/8	M	9-9:50 a.m.	\$56
R01011-203	OSC	1/10	W	9-9:50 a.m.	\$56

THERAPEUTIC RECREATION

SPORTS

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AQUATICS

ADULT SWIM LESSONS

VIEW ADULT SWIM LESSONS

YOUTH SWIM LESSONS

VIEW YOUTH SWIM LESSONS

MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US

AND RECEIVE

FREE LIFEGUARD

TRAINING





Swim Lessons

Registration will begin

Nov. 13 at 6:30 a.m.

for residents.



Please note the following:

Parents: In order to assist us in offering a quality program for your child, you may not remain at the class unless it is stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the MLK indoor pool.

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Indoor courses meet for six 30-minute sessions.

Fees range from \$58 to \$67 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in swim classes on the following page.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

Aquatics Lesson Weather Policy



When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a pro-rated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatic lessons or any other Montgomery County Recreation program.



Please check each pool's listings for lesson schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.

Guidelines for Placement in Swim Classes

Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)
Aquatots (Ages 18 months-3 years)
Pre-School (Ages 3-5)

On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.

Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to function well in a group setting without parents.

Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.

Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.

Level 3

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.

Level 4

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

FOR MORE INFORMATION, CLICK HERE.



Parent-Assisted Swim Lessons

Aquatots

Ages 18 months-3 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01038-226	1/13	Sa	10:25-10:55 a.m.	\$60
R01038-227	1/13	Sa	1:05-1:35 p.m.	\$60
R01038-228	1/14	Su	9:55-10:25 a.m.	\$60
R01038-229	1/16	Tu,Th	5:40-6:10 p.m.	\$60
R01038-230	2/6	Tu,Th	5:40-6:10 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01038-201	1/6	Sa	10:20-10:50 a.m.	\$60
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MARTIN LUTHER KING JR. SWIM CENTER

R01038-279	1/7	Su	10-10:30 a.m.	\$60
R01038-280	1/10	W	5:30-6 p.m.	\$60

OLNEY SWIM CENTER

R01038-252	1/7	Su	10:20-10:50 a.m.	\$60
R01038-253	1/7	Su	11-11:30 a.m.	\$60
R01038-157	10/24	Tu	6-6:30 p.m.	\$60



PARENT-ASSISTED LESSONS

In parent-assisted classes, only one adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.

55+

THERAPEUTIC RECREATION

SPORTS

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Click to view and register.

Pre-School

Ages 3-5 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01062-226	1/13	Sa	11:05-11:35 a.m.	\$60
R01062-227	1/13	Sa	12:25-12:55 p.m.	\$60
R01062-228	1/14	Su	10:35-11:05 a.m.	\$60
R01062-229	1/16	Tu,Th	6:20-6:50 p.m.	\$60
R01062-230	2/6	Tu,Th	6:20-6:50 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01062-202	1/6	Sa	11-11:30 a.m.	\$60
R01062-201	1/7	Su	9-9:30 a.m.	\$60

7 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01062-279	1/7	Su	12-12:30 p.m.	\$60
R01062-280	1/10	W	6:50-7:20 p.m.	\$60

OLNEY SWIM CENTER

R01062-252	1/7	Su	9-9:30 a.m.	\$60
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Waterbabies

Ages 6-18 months • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01063-226	1/13	Sa	9:45-10:15 a.m.	\$60
R01063-227	1/13	Sa	11:45 a.m.-12:15 p.m.	\$60
R01063-228	1/14	Su	9:15-9:45 a.m.	\$60
R01063-229	1/14	Su	11:15-11:45 a.m.	\$60
R01063-230	1/16	Tu,Th	5-5:30 p.m.	\$60
R01063-231	2/6	Tu,Th	5-5:30 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01063-201	1/7	Su	11-11:30 a.m.	\$60
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7 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01063-279	1/10	W	6:10-6:40 p.m.	\$60
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OLNEY SWIM CENTER

R01063-252	1/7	Su	9:40-10:10 a.m.	\$60
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55 +

THERAPEUTIC
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Beginner Swim Lessons

Beginner Level 1

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01051-234	1/8	M	5:45-6:15 p.m.	\$65
R01051-235	1/8	M	6:25-6:55 p.m.	\$65
R01051-238	1/10	W	5:45-6:15 p.m.	\$65
R01051-239	1/10	W	6:25-6:55 p.m.	\$65
R01051-226	1/13	Sa	9:45-10:15 a.m.	\$65
R01051-227	1/13	Sa	11:05-11:35 a.m.	\$65
R01051-228	1/13	Sa	11:45 a.m.-12:15 p.m.	\$65
R01051-229	1/13	Sa	12:25-12:55 p.m.	\$65
R01051-230	1/14	Su	9:15-9:45 a.m.	\$65
R01051-231	1/14	Su	9:55-10:25 a.m.	\$65
R01051-232	1/14	Su	10:35-11:05 a.m.	\$65
R01051-233	1/14	Su	11:15-11:45 a.m.	\$65
R01051-236	1/16	Tu,Th	5-5:30 p.m.	\$65
R01051-237	1/16	Tu,Th	6:20-6:50 p.m.	\$65
R01051-240	2/6	Tu,Th	5-5:30 p.m.	\$65
R01051-241	2/6	Tu,Th	5:40-6:10 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions	R01051-202	1/6	Sa	9-9:30 a.m.	\$65
	R01051-203	1/6	Sa	11-11:30 a.m.	\$65
	R01051-201	1/7	Su	9:40-10:10 a.m.	\$65





QUESTIONS?

CONTACT
CUSTOMER SERVICE

.....

Call customer service
or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

55+

THERAPEUTIC
RECREATION

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Beginner Level 1

Ages 4-6 • 6 Sessions



Click to view and register.



MARTIN LUTHER KING JR. SWIM CENTER

R01051-222	1/7	Su	11:20-11:50 a.m.	\$65
R01051-223	1/7	Su	12-12:30 p.m.	\$65
R01051-283	1/7	Su	10:40-11:10 a.m.	\$65
R01051-284	1/8	M	5:30-6 p.m.	\$65
R01051-285	1/8	M	6:50-7:20 p.m.	\$65
R01051-286	1/9	Tu	5:30-6 p.m.	\$65
R01051-287	1/9	Tu	6:10-6:40 p.m.	\$65
R01051-288	1/10	W	6:10-6:40 p.m.	\$65
R01051-289	1/11	Th	5:30-6 p.m.	\$65
R01051-290	1/11	Th	6:10-6:40 p.m.	\$65

OLNEY SWIM CENTER

R01051-252	1/7	Su	9-9:30 a.m.	\$65
R01051-253	1/7	Su	9:40-10:10 a.m.	\$65
R01051-254	1/8	M	5:40-6:10 p.m.	\$65
R01051-255	1/8	M	7-7:30 p.m.	\$65
R01051-257	1/10	W	6:20-6:50 p.m.	\$65
R01051-258	1/10	W	5:40-6:10 p.m.	\$65
R01051-259	1/10	W	7-7:30 p.m.	\$65



55+

THERAPEUTIC
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Beginner Level 2

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01052-231	1/8	M	6:25-6:55 p.m.	\$65
R01052-233	1/10	W	5:45-6:15 p.m.	\$65
R01052-234	1/10	W	6:25-6:55 p.m.	\$65
R01052-226	1/13	Sa	9:45-10:15 a.m.	\$65
R01052-227	1/13	Sa	10:25-10:55 a.m.	\$65
R01052-228	1/13	Sa	11:05-11:35 a.m.	\$65
R01052-229	1/13	Sa	1:05-1:35 p.m.	\$65
R01052-230	1/14	Su	9:15-9:45 a.m.	\$65
R01052-232	1/16	Tu,Th	5:40-6:10 p.m.	\$65
R01052-235	2/6	Tu,Th	6:20-6:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions	R01052-201	1/6	Sa	11:40 a.m.-12:10 p.m.	\$65
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55+
THERAPEUTIC RECREATION

SPORTS

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REMINDER
All prices, dates, times, and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



Beginner Level 2

Ages 4-6 • 6 Sessions



Click to view and register.

MARTIN LUTHER KING JR. SWIM CENTER

R01052-281	1/7	Su	10-10:30 a.m.	\$65
R01052-282	1/7	Su	10:40-11:10 a.m.	\$65
R01052-283	1/7	Su	Noon-12:30 p.m.	\$65
R01052-284	1/8	M	5:30-6 p.m.	\$65
R01052-285	1/8	M	6:10-6:40 p.m.	\$65
R01052-286	1/9	Tu	5:30-6 p.m.	\$65
R01052-287	1/9	Tu	6:10-6:40 p.m.	\$65
R01052-288	1/10	W	6:50-7:20 p.m.	\$65
R01052-289	1/11	Th	6:10-6:40 p.m.	\$65
R01052-290	1/11	Th	6:50-7:20 p.m.	\$65

OLNEY SWIM CENTER

R01052-256	1/7	Su	9:40-10:10 a.m.	\$65
R01052-257	1/7	Su	11-11:30 a.m.	\$65
R01052-252	1/8	M	5:40-6:10 p.m.	\$65
R01052-253	1/8	M	6:20-6:50 p.m.	\$65
R01052-254	1/10	W	7-7:30 p.m.	\$65
R01052-255	1/10	W	5:40-6:10 p.m.	\$65



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Beginner Level 3

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01053-230	1/8	M	5:45-6:15 p.m.	\$65
R01053-226	1/13	Sa	10:25-10:55 a.m.	\$65
R01053-227	1/13	Sa	11:45 a.m.-12:15 p.m.	\$65
R01053-228	1/13	Sa	1:05-1:35 p.m.	\$65
R01053-229	1/14	Su	10:35-11:05 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01053-202	1/6	Sa	10:20-10:50 a.m.	\$65
R01053-201	1/7	Su	11:40 a.m.-12:10 p.m.	\$65
R01053-103	11/4	Sa	1-1:30 p.m.	\$65
R01053-104	11/5	Su	10:20-10:50 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01053-279	1/7	Su	11:20-11:50 a.m.	\$65
R01053-280	1/9	Tu	6:50-7:20 p.m.	\$65
R01053-281	1/11	Th	7:30-8 p.m.	\$65

OLNEY SWIM CENTER

R01053-252	1/7	Su	10:20-10:50 a.m.	\$65
R01053-253	1/8	M	7-7:30 p.m.	\$65
R01053-254	1/10	W	6:20-6:50 p.m.	\$65



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





Click to view and register.

Beginner Level 4

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01054-226	1/13	Sa	12:25-12:55 p.m.	\$65
R01054-227	1/14	Su	11:15-11:45 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01054-202	1/6	Sa	9:40-10:10 a.m.	\$65
R01054-203	1/6	Sa	1-1:30 p.m.	\$65
R01054-201	1/7	Su	1-1:30 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01054-278	1/7	Su	11:20-11:50 a.m.	\$65
R01054-279	1/9	Tu	7:30-8 p.m.	\$65
R01054-280	1/11	Th	7:30-8 p.m.	\$65

OLNEY SWIM CENTER

R01054-252	1/7	Su	9-9:30 a.m.	\$65
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GUIDELINES FOR PLACEMENT IN SWIM CLASSES



[CLICK HERE TO LEARN MORE](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

Youth Level 1

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01045-226	1/13	Sa	10:25-10:55 a.m.	\$65
R01045-227	1/13	Sa	11:05-11:35 a.m.	\$65
R01045-228	1/16	Tu,Th	5:40-6:10 p.m.	\$65
R01045-229	1/16	Tu,Th	6:20-6:50 p.m.	\$65
R01045-230	2/6	Tu,Th	5-5:30 p.m.	\$65
R01045-231	2/6	Tu,Th	6:20-6:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01045-202	1/6	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-203	1/6	Sa	12:20-12:50 p.m.	\$65
R01045-201	1/7	Su	10:20-10:50 a.m.	\$65

55+
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

DIVING

[VIEW DIVING SECTION](#)

SCUBA

[VIEW SCUBA SECTION](#)

Youth Level 1

Ages 7-13 • 6 Sessions



Click to view and register.



MARTIN LUTHER KING JR. SWIM CENTER

R01045-280	1/7	Su	10:40-11:10 a.m.	\$65
R01045-281	1/8	M	6:10-6:40 p.m.	\$65
R01045-282	1/9	Tu	6:50-7:20 p.m.	\$65
R01045-283	1/11	Th	5:30-6 p.m.	\$65

OLNEY SWIM CENTER

R01045-252	1/8	M	6:20-6:50 p.m.	\$65
R01045-253	1/8	M	5:40-6:10 p.m.	\$65
R01045-254	1/10	W	5:40-6:10 p.m.	\$65
R01045-255	1/10	W	7-7:30 p.m.	\$65
R01045-256	1/11	Th	5:20-5:50 p.m.	\$65

STAY UP-TO-DATE

MOCOREC.COM/POOLS

Click here to
stay up-to-date
on pool information.



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 2

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01046-226	1/13	Sa	9:45-10:15 a.m.	\$65
R01046-227	1/13	Sa	12:25-12:55 p.m.	\$65
R01046-228	1/14	Su	9:15-9:45 a.m.	\$65
R01046-229	1/14	Su	11:15-11:45 a.m.	\$65
R01046-230	1/16	Tu,Th	5-5:30 p.m.	\$65
R01046-231	2/6	Tu,Th	5:40-6:10 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01046-201	1/6	Sa	9:40-10:10 a.m.	\$65
R01046-202	1/6	Sa	1-1:30 p.m.	\$65



VISIT ACTIVEMONTGOMERY.ORG



TO REGISTER FOR CLASSES AND ACTIVITIES

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 2

Ages 7-13 • 6 Sessions



Click to view and register.



MARTIN LUTHER KING JR. SWIM CENTER

R01046-280	1/7	Su	11:20-11:50 a.m.	\$65
R01046-281	1/9	Tu	7:30-8 p.m.	\$65
R01046-282	1/10	W	5:30-6 p.m.	\$65
R01046-283	1/11	Th	6:50-7:20 p.m.	\$65

OLNEY SWIM CENTER

R01046-256	1/7	Su	9-9:30 a.m.	\$65
R01046-252	1/8	M	6:20-6:50 p.m.	\$65
R01046-253	1/8	M	7-7:30 p.m.	\$65
R01046-254	1/10	W	6:20-6:50 p.m.	\$65
R01046-255	1/11	Th	6-6:30 p.m.	\$65
R01046-257	1/11	Th	6:40-7:10 p.m.	\$65



REMINDER

All prices, dates, times, and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Youth Level 3

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01047-226	1/13	Sa	12:25-12:55 p.m.	\$65
R01047-227	1/13	Sa	1:05-1:35 p.m.	\$65
R01047-228	1/14	Su	9:55-10:25 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions	R01047-201	1/6	Sa	9-9:30 a.m.	\$65
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MARTIN LUTHER KING JR. SWIM CENTER

R01047-279	1/7	Su	10:40-11:10 a.m.	\$65
R01047-280	1/8	M	6:50-7:20 p.m.	\$65
R01047-281	1/9	Tu	8:50-9:20 p.m.	\$65
R01047-282	1/11	Th	8:10-8:40 p.m.	\$65

OLNEY SWIM CENTER

R01047-252	1/7	Su	11-11:30 a.m.	\$65
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Youth Level 4

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01048-226	1/13	Sa	11:45 a.m.-12:15 p.m.	\$65
R01048-227	1/14	Su	9:15-9:45 a.m.	\$65
R01048-228	1/14	Su	10:35-11:05 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions	R01048-202	1/6	Sa	9-9:30 a.m.	\$65
	R01048-203	1/6	Sa	10:20-10:50 a.m.	\$65
	R01048-201	1/7	Su	12:20-12:50 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01048-279	1/7	Su	10-10:30 a.m.	\$65
R01048-280	1/9	Tu	8:10-8:40 p.m.	\$65

OLNEY SWIM CENTER

R01048-252	1/7	Su	9:40-10:10 a.m.	\$65
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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





Click to view and register.

Advanced Swim Lessons

Ages 6-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01057-219	1/13	Sa	9:45-10:20 a.m.	\$90
R01057-220	1/13	Sa	10:25-11 a.m.	\$90
R01057-221	1/13	Sa	11:05-11:40 a.m.	\$90

KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01057-216	1/6	Sa	10:20-10:55 a.m.	\$90
R01057-217	1/6	Sa	11-11:35 a.m.	\$90
R01057-218	1/6	Sa	11:40 a.m.-12:15 p.m.	\$90

OLNEY SWIM CENTER

R01057-201	1/9	Tu	7:20-7:55 p.m.	\$90
R01057-202	1/7	Su	11:20-11:55 a.m.	\$90

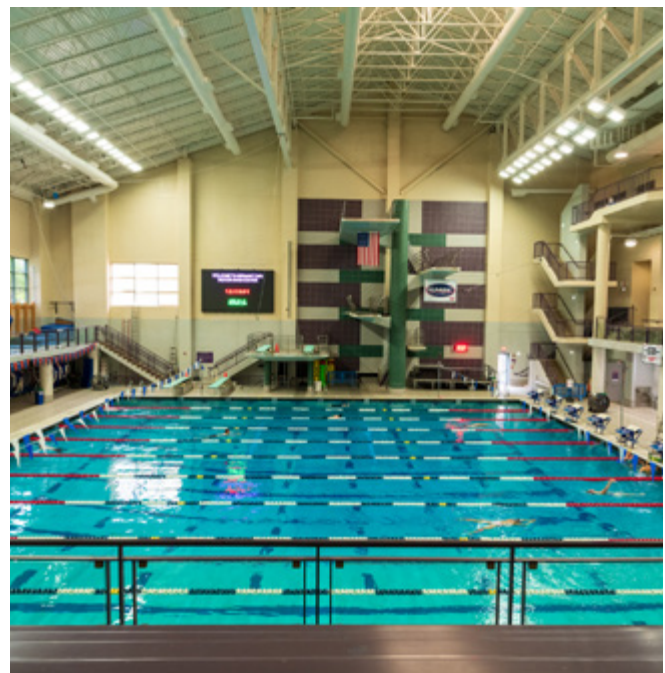
Homeschool Lessons

Ages 4-14 • 6 Sessions

Registration for Homeschool swim lessons is accepted in-person at the Kennedy Shriver Aquatic Center (KSAC).

KENNEDY SHRIVER AQUATIC CENTER

Beginner	R01060-201	1/10	W	10-10:30 a.m.	\$40
Intermediate	R01060-202	1/10	W	10:30-11 a.m.	\$40
Advanced	R01060-203	1/10	W	11-11:30 a.m.	\$40
Recreational Swim	R01060-207	1/10	W	10-11:30 a.m.	\$50





Adult Swim Lessons

Adult Level 1

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01039-228	1/8	M	5:45-6:15 p.m.	\$65
R01039-229	1/10	W	5:45-6:15 p.m.	\$65
R01039-226	1/13	Sa	1:05-1:35 p.m.	\$65
R01039-227	1/14	Su	9:55-10:25 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01039-201	1/8	M	8:30-9 p.m.	\$65
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MARTIN LUTHER KING JR. SWIM CENTER

R01039-279	1/7	Su	10-10:30 a.m.	\$65
R01039-280	1/9	moTu	8:50-9:20 p.m.	\$65

OLNEY SWIM CENTER

R01039-252	1/7	Su	10:20-10:50 a.m.	\$65
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Adult Level 2

Ages 14 and up • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01040-227	1/8	M	6:25-6:55 p.m.	\$65
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KENNEDY SHRIVER AQUATIC CENTER

7 Sessions

R01040-201	1/6	Sa	12:20-12:50 p.m.	\$65
R01040-202	1/10	W	9-9:30 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01040-278	1/9	Tu	8:10-8:40 p.m.	\$65
R01040-280	1/11	Th	8:50-9:20 p.m.	\$65

OLNEY SWIM CENTER

R01040-252	1/7	Su	11-11:30 a.m.	\$65
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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Adult Level 3

Ages 14 and up • 6 Sessions



Click to view and register.

GERMANTOWN INDOOR SWIM CENTER

R01041-226	1/13	Sa	10:25-10:55 a.m.	\$65
R01041-227	1/13	Sa	11:05-11:35 a.m.	\$65
R01041-228	1/14	Su	10:35-11:05 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01041-279	1/11	Th	8:10-8:50 p.m.	\$65
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KENNEDY SHRIVER AQUATIC CENTER

7 Sessions	R01041-201	1/6	Sa	9:40-10:10 a.m.	\$65
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Adult Level 4

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01042-226	1/13	Sa	9:45-10:15 a.m.	\$65
R01042-227	1/14	Su	11:15-11:45 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01042-201	1/8	M	9-9:30 p.m.	\$65
R01042-202	1/10	W	8:30-9 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01042-278	1/7	Su	12-12:30 p.m.	\$65
R01042-279	1/11	Th	8:50-9:20 p.m.	\$65



MASTERS

VIEW MASTERS SWIMMING SECTION

55+ THERAPEUTIC RECREATION SPORTS CLASSES

AQUATICS



Developmental Swim

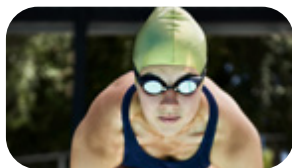


Click to view and register.

55 +

Adapted Swim Lessons

Ages 4-17 • 7 Sessions



KENNEDY SHRIVER AQUATIC CENTER

R01061-201	1/6	Sa	9:45-10:15 a.m.	\$65
R01061-202	1/6	Sa	10:35-11:05 a.m.	\$65

Adapted Swim Clinic

Ages 14 and up • 9 Sessions



KENNEDY SHRIVER AQUATIC CENTER

R01061-203	1/6	Sa	11:15 a.m.-12:15 p.m.	\$90
R01061-204	1/6	Sa	12:30-1:30 p.m.	\$90

SwiMontgomery

Ages 6-13 • 18 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01032-202	1/9	Tu,Th	7:45-8:30 p.m.	\$340
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KENNEDY SHRIVER AQUATIC CENTER

11 Sessions

R01032-201	1/9	Tu,Th	7:45-8:30 p.m.	\$340
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MARTIN LUTHER KING JR SWIM CENTER

R01032-204	12/4	M,W	7:30-8:15 p.m.	\$340
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OLNEY SWIM CENTER

R01032-203	12/4	M,W	7:15-8 p.m.	\$340
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LOOKING FOR MORE THERAPEUTIC RECREATION ACTIVITIES?

VIEW THERAPEUTIC RECREATION SECTION



LOOKING FOR LIFEGUARDING CLASSES?

VIEW LIFEGUARDING SECTION

AQUATICS

SPORTS

CLASSES

THERAPEUTIC RECREATION



Diving

Level 1: Learn to Dive

Ages 5-10 • 6 Sessions



Click to view and register.

GERMANTOWN INDOOR SWIM CENTER

R01012-201	1/8	M	4:30-5:15 p.m.	\$96
R01012-202	1/10	W	4:30-5:15 p.m.	\$96
R01012-203	1/12	F	4:30-5:15 p.m.	\$96

KENNEDY SHRIVER AQUATIC CENTER

R01012-204	1/8	M	4:15-5 p.m.	\$96
R01012-205	1/8	M	5-5:45 p.m.	\$96
R01012-206	1/9	Tu	4:15-5 p.m.	\$96
R01012-207	1/10	W	4:15-5 p.m.	\$96
R01012-208	1/10	W	5-5:45 p.m.	\$96
R01012-209	1/12	F	4:15-5 p.m.	\$96

OLNEY SWIM CENTER

R01012-210	1/10	W	5-5:45 p.m.	\$96
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SWIM LEAGUES

Learn more about the swim leagues here.



[CLICK HERE FOR MORE](#)

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Level 2: Learn to Dive

Ages 7-18 • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01013-201	1/8	M	5:15-6:45 p.m.	\$180
R01013-202	1/10	W	5:15-6:45 p.m.	\$180
R01013-203	1/12	F	5:15-6:45 p.m.	\$180

KENNEDY SHRIVER AQUATIC CENTER

R01013-204	1/12	F	5-6:30 p.m.	\$196
R01013-205	1/13	Sa	8:30-10 a.m.	\$196

OLNEY SWIM CENTER

R01013-106	9/13	W	5:45-7:15 p.m.	\$395
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Level 3: Learn to Dive

Ages 7-18 • 6 Sessions

KENNEDY SHRIVER AQUATIC CENTER

R01014-201	1/8	M	6:30-8 p.m.	\$198
R01014-202	1/9	Tu	6:30-8 p.m.	\$198
R01014-203	1/10	W	6:30-8 p.m.	\$198
R01014-205	1/12	F	6:30-8 p.m.	\$198

High School Diving

Ages 13-18 • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01076-202	1/8	M	6:30-8 p.m.	\$198
R01076-203	1/10	W	6:30-8 p.m.	\$198

KENNEDY SHRIVER AQUATIC CENTER

R01076-201	1/8	M	8-9:30 p.m.	\$198
R01076-204	1/11	Th	8:05-9:35 p.m.	\$198

7 Sessions



55+

THERAPEUTIC RECREATION

SPORTS

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AQUATICS





Click to view and register.

JO National Dive Team

JO Blue- 3 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-202 12/4 M,W,F 4:30-7:30 p.m. \$1463

KENNEDY SHRIVER AQUATIC CENTER

R01015-201 12/4 M-Sa 3:30-8:30 p.m. \$1463

JO Red- 4 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-204 12/4 M,W,F 4:30-7:30 p.m. \$1950

KENNEDY SHRIVER AQUATIC CENTER

R01015-203 12/4 M-Sa 3:30-8:30 p.m. \$1950

JO Silver- 5 Days

Ages 6-18

KENNEDY SHRIVER AQUATIC CENTER

R01015-205 12/4 M-Sa 3:30-8:30 p.m. \$2438

Masters Diving

Ages 19 and up • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01017-202 1/10 W 6:30-8 p.m. \$198

KENNEDY SHRIVER AQUATIC CENTER

R01017-201 1/8 M 8-9:30 p.m. \$198

R01017-203 1/11 Th 8:05-9:35 p.m. \$198



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Lifeguard Training

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions.

This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuers. Certifications are valid for two years. Attendance is required at all sessions and online component must be completed in order to be certified.

Students must be 15 years old by the last day of the course. Proof of age is required at the first class.

This course includes a pre-course check. The first date listed is the pre-course. You must pass the pre-course to continue.

The pre-course consists of:

1. 300 meter swim (front crawl or breaststroke).
 2. Tread water for two minutes using only legs.
 3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost for the course is \$50.

BE A HERO

Our lifeguarding classes offer the training you need to become a Red Cross certified lifeguard.



Lifeguarding: Blended Learning

Ages 14 and up

OLNEY SWIM CENTER

6 Sessions	R01034-252	1/2	M,Tu,Th,Sa,Su	9 a.m.-5 p.m.	\$50
5 Sessions	R01034-253	2/11	M,Sa,Su	9 a.m.-5 p.m.	\$50

Lifeguarding: In-Person

Ages 15 and up • 8 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01035-226	1/12	W,F,Su	9 a.m.-4 p.m.	\$50
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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Masters



Click to view and register.

MASTERS SWIMMING SCHEDULE



WINTER 2023 - 24



Germantown Indoor Swim Center

M: 6:30-7:30 a.m.
W: 6:30-7:30 a.m.
F: 6:30-7:30 a.m.
Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.

Kennedy Swim Aquatic Center

Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.
Fri: 7:45-9 p.m.
Su: 8-10 a.m.

MLK Indoor Swim Center

M: 8:30-10 p.m.
W: 8:30-10 p.m.

Olney Swim Center

Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.
Sa: 7:30-9 a.m.



Register on ActiveMontgomery.org

Scuba

Scuba

Ages 14 and up • 8 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01028-203	2/13	Tu	7-9:45 p.m.	\$265
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MARTIN LUTHER KING JR. SWIM CENTER

R01028-201	2/7	W	7-9:45 p.m.	\$265
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OLNEY SWIM CENTER

R01028-202	2/12	M	7:15-10 p.m.	\$265
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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Arts and Crafts

ARTS AND CRAFTS



Abrakadoodle Dreamy Art

Instructor: Abrakadoodle

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	9 Sessions	R05001-201	Wheaton CRC	1/13	Sa	1:15-2 p.m.	\$152

Abrakadoodle Pirate Island

Instructor: Abrakadoodle

1-2	9 Sessions	R05001-202	Wheaton CRC	1/13	Sa	11-11:45 a.m.	\$152
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Abrakadoodle Let's Go Camping

Instructor: Abrakadoodle

3-5	9 Sessions	R05001-203	Wheaton CRC	1/13	Sa	12:15-1 p.m.	\$152
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Adventures in Art

Instructor: Tatiana Martin

5-10	9 Sessions	R05004-201	Bauer Drive CRC	1/13	Sa	10:30-11:30 a.m.	\$120
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Art Studio

Instructor: Tatiana Martin

10-16	9 Sessions	R05006-201	Bauer Drive CRC	1/13	Sa	Noon-1 p.m.	\$120
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DRAWING



Click to view and register.

Draw and Clay

Instructor: Yolanda Prinsloo

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
4-9	8 Sessions	R05037-201	Germantown CRC	1/16	Tu	5:15-6:15 p.m.	\$158
		R05037-202	Bauer Drive CRC	1/17	W	5:40-6:40 p.m.	\$158

Drawing with Young Rembrandts

Instructor: Young Rembrandts

5-12	8 Sessions	R05129-202	N. Potomac CRC	1/8	M	6-7 p.m.	\$160
		R05129-206	Glenallan ES	1/8	M	6-7 p.m.	\$158
	10 Sessions	R05129-201	Germantown CRC	1/10	W	6-7 p.m.	\$200
		R05129-205	Mid-County CRC	1/10	W	6:30-7:30 p.m.	\$190
	9 Sessions	R05129-203	Coffield CRC	1/13	Sa	10:30-11:30 a.m.	\$171

Pre-School Drawing with Young Rembrandts

Instructor: Young Rembrandts

3-5	9 Sessions	R05129-204	Coffield CRC	1/13	Sa	9:30-10:15 a.m.	\$171
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Right-Brained Drawing All Levels

Instructor: Yolanda Prinsloo

13 and up	6 Sessions	R05038-201	Potomac CRC	1/22	M	5:45-7:15 p.m.	\$138
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PAINTING

Acrylic Painting Techniques-Open Studio

Instructor: Kathy Roznowski

18 and up	8 Sessions	R05002-201	Lawton CRC	1/8	M	1-4 p.m.	\$72
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Learning Art from the Masters

Instructor: Yolanda Prinsloo

6-14	8 Sessions	R05087-201	Germantown CRC	1/16	Tu	6:30-7:30 p.m.	\$158
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THERAPEUTIC RECREATION

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POTTERY - CERAMICS

Ceramics Introductory Wheel

Instructor: Catherine Joanny

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
17 and up	9 Sessions	R05093-213	Ross Boddy NRC	1/9	Tu	5:30-8:30 p.m.	\$335
	10 Sessions	R05093-212	Ross Boddy NRC	1/13	Sa	10:15 a.m.-1:15 p.m.	\$305

Handbuilding and Open Studio

Instructor: Catherine Joanny

17 and up	8 Sessions	R05093-214	Ross Boddy NRC	1/8	M	5:30-8:30 p.m.	\$275
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Handcrafted Pottery

Instructor: Kiyong Nam

17 and up	11 Sessions	R05093-203	White Oak CRC	1/8	M	6-9 p.m.	\$305
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Instructor: Roger Kirk

17 and up	11 Sessions	R05093-210	Wheaton CRC	1/9	Tu	6-9 p.m.	\$330
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Instructor: Joan Suchoski

17 and up	10 Sessions	R05093-215	N. Potomac CRC	1/9	Tu	10 a.m.-1 p.m.	\$335
		R05093-216	Ross Boddy NRC	1/11	Th	10 a.m.-1 p.m.	\$335

Handcrafted Pottery Open Studio

Instructor: Susan Mapp

17 and up	10 Sessions	R05093-201	Ross Boddy NRC	1/3	W	10:30 a.m.-1:30 p.m.	\$335
		R05093-202	Ross Boddy NRC	1/4	Th	5:30-8:30 p.m.	\$335

Instructor: Kiyong Nam

17 and up	11 Sessions	R05093-204	White Oak CRC	1/9	Tu	10 a.m.-1 p.m.	\$365
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Instructor: Ann Delm

17 and up	10 Sessions	R05093-205	N. Potomac CRC	1/10	W	6-8:45 p.m.	\$315
	7 Sessions	R05093-206	N. Potomac CRC	1/22	M	6-8:45 p.m.	\$225

Instructor: Meg Dickerson

	7 Sessions	R05093-207	Wheaton CRC	1/22	M	6-9 p.m.	\$240
		R05093-208	Wheaton CRC	1/24	W	9:30 a.m.-12:30 p.m.	\$240

Intro to the Wheel and Open Studio

Instructor: Robin Ziek

17 and up	8 Sessions	R05093-211	Ross Boddy NRC	1/8	M	5:30-8:30 p.m.	\$275
	10 Sessions	R05093-209	Ross Boddy NRC	1/9	Tu	10:30 a.m.-1:30 p.m.	\$335



Cooking

YOUTH COOKING

Latin Cooking

Instructor: Jump Start

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	8 Sessions	R05029-202	N. Potomac CRC	1/13	Sa	12:30-1:30 p.m.	\$150

Tiny Chefs Cooking Around the World

Instructor: Tiny Chefs

5-12	8 Sessions	R05029-201	Potomac CRC	1/8	M	4-5 p.m.	\$242
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CPR and First Aid

CPR, AED and First Aid

Instructor: Life Rescue Training

13 and up	1 Session	R05032-206	N. Potomac CRC	1/6	Sa	10 a.m.-2 p.m.	\$89
		R05032-205	Life Rescue Training	1/27	Sa	10 a.m.-2 p.m.	\$89
		R05032-207	Bauer Drive CRC	2/10	Sa	10 a.m.-2 p.m.	\$89
		R05032-208	N. Potomac CRC	3/2	Sa	10 a.m.-2 p.m.	\$89
		R05032-209	Wheaton CRC	3/16	Sa	10 a.m.-2 p.m.	\$89

Safe Sitter

Instructor: Life Rescue Training

10-13	1 Session	R05099-204	Life Rescue Training	2/24	Sa	10 a.m.-2:30 p.m.	\$143.50
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Dance

BALLET



Pre-Ballet

Instructor: Judy Schonberger

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-4	8 Sessions	R05010-201	N. Potomac CRC	1/16	Tu	10-10:45 a.m.	\$120
		R05010-203	N. Potomac CRC	1/17	W	4:30-5:15 p.m.	\$120
4-5		R05010-202	N. Potomac CRC	1/16	Tu	10:50-11:35 a.m.	\$120

Ballet I-II

Instructor: Judy Schonberger

5-7	8 Sessions	R05010-204	N. Potomac CRC	1/17	W	5:20-6:05 p.m.	\$120
8-10		R05010-207	N. Potomac CRC	1/17	W	6:15-7:05 p.m.	\$136

Jazzmatazz Pre Ballet

Instructor: Betsy Saunders

5-8	10 Sessions	R05010-205	Long Branch CRC	1/6	Sa	11:15 a.m.-Noon	\$144
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Jazzmatazz Preschool Dance

Instructor: Betsy Saunders

5-8	10 Sessions	R05010-206	Long Branch CRC	1/6	Sa	10:15-11 a.m.	\$144
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BALLROOM

Ballroom I Couples

Instructor: Ann Basso

18 and up	8 Sessions	R05011-201	Wheaton CRC	1/25	Th	7-8 p.m.	\$88
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Instructor: Rebecca Mckinney

	7 Sessions	R05011-203	Lawton CRC	1/22	M	7-8 p.m.	\$77
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Ballroom II Couples

Instructor: Rebecca Mckinney

18 and up	7 Sessions	R05011-204	Lawton CRC	1/22	M	8-9 p.m.	\$77
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Instructor: Ann Basso

	8 Sessions	R05011-202	Wheaton CRC	1/25	Th	8-9 p.m.	\$88
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Ballroom III Couples

Instructor: Ann Basso

18 and up	8 Sessions	R05011-205	Coffield CRC	1/23	Tu	7:30-8:30 p.m.	\$88
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BOLLYWOOD



Click to view and register.

Bollywood Dance Fitness

Instructor: Kumud Mathur

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
14 and up	7 Sessions	R05017-202	Potomac CRC	1/30	Tu	7:15-8 p.m.	\$95

Bollywood Dance for Toddlers

Instructor: Kumud Mathur

2-5	7 Sessions	R05017-203	Potomac CRC	1/30	Tu	5:15-6 p.m.	\$105
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Bollywood Kids

Instructor: Kumud Mathur

6-13	7 Sessions	R05017-201	Potomac CRC	1/30	Tu	6:15-7 p.m.	\$95
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Laughter Fitness

Instructor: Kumud Mathur

13 and up	7 Sessions	R05017-204	Potomac CRC	2/1	Th	11:15 a.m.-Noon	\$95
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HIP-HOP

Hip Hop Kids

5-7	8 Sessions	R05055-203	Germantown CRC	1/20	Sa	10-10:45 a.m.	\$160
8-12		R05055-204	Germantown CRC	1/20	Sa	11-11:45 a.m.	\$160

Hip Hop Adults

Instructor: Craig Perry

16 and up	8 Sessions	R05055-205	Germantown CRC	1/20	Sa	Noon-12:45 p.m.	\$160
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THERAPEUTIC RECREATION

LINE DANCING

Urban Line Dance

Instructor: Peytrienne McCormick

18 and up	8 Sessions	R05121-201	Wheaton CRC	1/23	Tu	6-7 p.m.	\$72
		R05121-202	Good Hope NRC	1/24	W	6-7 p.m.	\$72

PLAYTIME AND MOVEMENT

Pop Stars

Instructor: Tippi Toes Dance

18 mos.-3yrs	10 Sessions	R05338-203	N. Potomac CRC	1/13	Sa	11:30 a.m.-12:15 p.m.	\$190
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Toddler and Me

Instructor: Tippi Toes Dance

18 mos.-3yrs	10 Sessions	R05338-201	N. Potomac CRC	1/13	Sa	9:30-10:15 a.m.	\$190
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TAP DANCING

Ballet Tap Jazz

Instructor: Tippi Toes Dance

3-5	10 Sessions	R05338-202	N. Potomac CRC	1/13	Sa	10:30-11:15 a.m.	\$190
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Tap Dance I

Instructor: Andrea Cali

18 and up	6 Sessions	R05336-201	Lawton CRC	1/11	Th	4:50-5:50 p.m.	\$66
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Tap Dance II

Instructor: Andrea Cali

18 and up	6 Sessions	R05336-202	Lawton CRC	1/11	Th	6-7 p.m.	\$66
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SPORTS

CLASSES

AQUATICS



REMINDER

All prices, dates, times, and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



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- Lifeguards (*Training Provided*)
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Fitness



AEROBIC DANCE

Dance and Fitness

Instructor: Virginia Azuree

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	18 Sessions	R05035-202	Mid-County CRC	1/8	M,W	7-8 p.m.	\$144
	20 Sessions	R05035-203	Rock View ES	1/9	Tu,Th	6:30-7:30 p.m.	\$160
		R05035-204	Veirs Mill LP	1/9	Tu,Th	9:30-10:30 a.m.	\$160
	9 Sessions	R05035-201	Wheaton CRC	1/13	Sa	9-10 a.m.	\$72

AEROBIC FITNESS

Jacki Sorensen's Aerobic Dance

Instructor: Karin Baker

18 and up	10 Sessions	R05059-201	Potomac CRC	1/9	Tu	9-10 a.m.	\$100
		R05059-202	Potomac CRC	1/11	Th	9-10 a.m.	\$100

BODY SCULPTING

Definition Body Sculpting Virtual and In-Person

Instructor: Juliet Rodman

50 and up	20 Sessions	R05016-201	Clara Barton NRC	1/9	Tu,Th	9:15-10 a.m.	\$200
	10 Sessions	R05016-202	Clara Barton NRC	1/9	Tu	9:15-10 a.m.	\$100
		R05016-203	Clara Barton NRC	1/11	Th	9:15-10 a.m.	\$100

PILATES

Jazzmatazz Aerobics with Pilates Mat

Instructor: Betsy Saunders

16 and up	10 Sessions	R05061-201	Wheaton CRC	1/9	Tu	7:15-8:30 p.m.	\$120
	20 Sessions	R05061-203	Wheaton CRC	1/9	Tu,Th	7:15-8:30 p.m.	\$220
		10 Sessions	R05061-202	Wheaton CRC	1/11	Th	7:15-8:30 p.m.

Pilates for Fitness

Instructor: Fit 2 Believe

16 and up	9 Sessions	R05091-203	Lawton CRC	1/13	Sa	10-11 a.m.	\$90
		R05091-202	Bauer Drive CRC	1/18	Th	7-8 p.m.	\$90
	7 Sessions	R05091-201	Bauer Drive CRC	1/22	M	7-8 p.m.	\$70



TOTAL BODY CONDITIONING



Click to view and register.

Basic Barre

Instructor: Patricia Anderson

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	7 Sessions	R05327-201	Wheaton CRC	1/20	Sa	9:15-10:15 a.m.	\$84
	9 Sessions	R05327-202	Wheaton CRC	1/9	Tu	7:15-8:15 p.m.	\$108

Boxing and Kickboxing

Instructor: Fit 2 Believe

7 and up	9 Sessions	R05342-201	Lawton CRC	1/16	Tu	7-8 p.m.	\$90
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Fitness Kickboxing

Instructor: Julien Elie

16 and up	10 Sessions	R05042-201	Good Hope NRC	1/11	Th	7-8 p.m.	\$100
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Kelley's Complete Fitness

Instructor: Pamela Kelley

18 and up	10 Sessions	R05072-202	Bauer Drive CRC	1/10	W	9:15-10:30 a.m.	\$100
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Kelley's Complete Fitness Virtual

18 and up	8 Sessions	R05072-201	Virtual Class	1/8	M	7:15-8:30 p.m.	\$80
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Kelley's 50+ Complete Fitness

50 and up	8 Sessions	R05072-203	Wheaton CRC	1/8	M	9:15-10:30 a.m.	\$80
	10 Sessions	R05072-204	Wheaton CRC	1/11	Th	9:15-10:30 a.m.	\$100

Total Body Conditioning

Instructor: Fit 2 Believe

18 and up	9 Sessions	R05018-201	Bauer Drive CRC	1/17	W	7-8 p.m.	\$90
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ZUMBA

Zumba Toning with Ingrid

Instructor: Ingrid Higgins

16 and up	5 Sessions	R05133-201	Good Hope NRC	1/10	W	6:45-7:45 p.m.	\$44
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Zumba with Andria

Instructor: Andria O'Brien

18 and up	8 Sessions	R05132-207	Germantown CRC	1/11	Th	7-8 p.m.	\$87
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Zumba with Carol

Instructor: Carol Nelson

15 and up	9 Sessions	R05132-202	N. Potomac CRC	1/10	W	6-7 p.m.	\$85
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Zumba with Ingrid

Instructor: Ingrid Higgins

16 and up	9 Sessions	R05132-201	Wheaton CRC	1/13	Sa	10:15-11:15 a.m.	\$79
	5 Sessions	R05132-209	Good Hope NRC	2/14	W	6:45-7:45 p.m.	\$44

Zumba with Michelle

Instructor: Michelle Johnson-Lancaster

18 and up	8 Sessions	R05132-204	Mid-County CRC	1/8	M	6:15-7:15 p.m.	\$77
	10 Sessions	R05132-203	Mid-County CRC	1/10	W	6:15-7:15 p.m.	\$94
		R05132-205	Bauer Drive CRC	1/13	Sa	9:15-10:15 a.m.	\$94



OUTDOOR



FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center

Health and Wellness



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YOGA

Essential Yoga for Beginners with Tamara

Instructor: Tamara Lewis Johnson

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	11 Sessions	R05128-210	Coffield CRC	1/11	Th	6-7 p.m.	\$121

Gentle Yoga

Instructor: Irene Bopp

18 and up	10 Sessions	R05128-202	Bauer Drive CRC	1/9	Tu	6:15-7:15 p.m.	\$99
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Instructor: Nancy Neves

18 and up	10 Sessions	R05128-209	Mid-County CRC	1/10	W	10:45 a.m.-Noon	\$150
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Hatha Yoga and Stress Management with Suzana

Instructor: Suzana Cooper

50 and up	10 Sessions	R05128-208	Lawton CRC	1/12	F	9:45-11 a.m.	\$150
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Jump Start Kids Yoga

Instructor: Jump Start Sports

6-12	8 Sessions	R05128-221	Regional Services Center-B-CC	1/14	Su	10:30-11:30 a.m.	\$120
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Level I/II Yoga w/Hannah

Instructor: Hannah Davis

16 and up	10 Sessions	R05128-215	Wheaton CRC	1/10	W	7:15-8:15 p.m.	\$115
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Yoga I: Restore and Recharge Yoga with Hannah

Instructor: Hannah Davis

16 and up	9 Sessions	R05128-201	Wheaton CRC	1/8	M	7-8 p.m.	\$104
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Yoga Basic with Irene

Instructor: Irene Bopp

18 and up	10 Sessions	R05128-203	Bauer Drive CRC	1/9	Tu	7:30-8:30 p.m.	\$99
		R05128-204	Mid-County CRC	1/10	W	7:30-8:30 p.m.	\$99
		R05128-205	Good Hope NRC	1/11	Th	11 a.m.-Noon	\$99
		R05128-206	Good Hope NRC	1/11	Th	7-8 p.m.	\$99

Yoga for Vitality

Instructor: Warrior One Yoga

18 and up	10 Sessions	R05128-212	N. Potomac CRC	1/9	Tu	9:30-10:30 a.m.	\$150
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Yogalates

Instructor: Anne Harrison

18 and up	11 Sessions	R05128-213	Wheaton CRC	1/9	Tu	6-7 p.m.	\$121
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Martial Arts



AIKIDO

Aikido

Instructor: Christopher Rowe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
11 and up	8 Sessions	R05005-201	Ross Boddy NRC	1/8	M	7-8:30 p.m.	\$72

Suenaka-ha Aikido

Instructor: James Huss

14 and up	10 Sessions	R05005-202	Lawton CRC	1/10	W	6-8 p.m.	\$100
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KARATE-JUJITSU

CORE FC Karate

Instructor: CORE FC

4-6	5 Sessions	R05352-205	White Oak CRC	1/15	M	6:30-7:15 p.m.	\$109
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Karate Do / Iaido

Instructor: Salvador Cortes

7 and up	9 Sessions	R05068-201	Potomac CRC	1/18	Th	6-7 p.m.	\$81
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Okinawan Karate

Instructor: Kokyuho LLC

18 and up	19 Sessions	R05357-201	North Chevy Chase ES	1/4	M,Th	7-8:30 p.m.	\$140
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Zen Budo Karate

Instructor: Christopher Bowers

5-11	11 Sessions	R05352-201	East County CRC	1/8	M	7-8 p.m.	\$120
	10 Sessions	R05352-202	Longwood CRC	1/10	W	7-8 p.m.	\$120
12 and up	11 Sessions	R05352-203	East County CRC	1/8	M	8-9 p.m.	\$120
	10 Sessions	R05352-204	Longwood CRC	1/10	W	8-9 p.m.	\$120

TKA Adult Karate

Instructor: TKA

13 and up	12 Sessions	R05070-205	Damascus CRC	1/3	W	8-9:30 p.m.	\$120
		R05070-206	Bauer Drive CRC	1/3	W	8-9:30 p.m.	\$120
		R05070-207	Bethesda ES	1/4	Th	8-9:30 p.m.	\$120
		R05070-208	Praisner CRC	1/4	Th	7:30-9 p.m.	\$120
9 Sessions	R05070-201	Upper County CRC	1/8	M	8-9:30 p.m.	\$90	
	R05070-202	Wheaton CRC	1/8	M	7:30-9 p.m.	\$90	
11 Sessions	R05070-203	Germantown CRC	1/9	Tu	8-9:30 p.m.	\$110	
	R05070-204	Mid-County CRC	1/9	Tu	7:30-9 p.m.	\$110	



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TKA Karate Jujitsu Club

Instructor: TKA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
13 and up	12 Sessions	R05070-209	White Oak CRC	1/5	F	7:30-8:30 p.m.	\$44

TKA Karate Jujitsu Club 2

Instructor: TKA

13 and up	12 Sessions	R05070-210	White Oak CRC	1/5	F	8:30-9:30 p.m.	\$58
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TKA Youth Karate All Levels

Instructor: TKA

6-12	12 Sessions	R05066-206	Mid-County CRC	1/9	Tu	6:30-7:30 p.m.	\$99
		R05066-206	Mid-County CRC	1/9	Tu	6:30-7:30 p.m.	\$99
		R05066-206	Mid-County CRC	1/9	Tu	6:30-7:30 p.m.	\$99

TKA Youth Karate Beginners and Advanced White Belts

Instructor: TKA

6-12	12 Sessions	R05066-212	Potomac CRC	1/3	W	6-7 p.m.	\$108
	11 Sessions	R05066-206	Mid-County CRC	1/9	Tu	6:30-7:30 p.m.	\$99

TKA Youth Karate Beginner through Orange Belts

Instructor: TKA

6-12	11 Sessions	R05066-204	Germantown CRC	1/9	Tu	6-7 p.m.	\$99
	12 Sessions	R05066-207	Damascus CRC	1/3	W	6-7 p.m.	\$108

TKA Youth Karate Beginner through White Belts

Instructor: TKA

6-12	9 Sessions	R05066-201	Upper County CRC	1/8	M	6-7 p.m.	\$81
	12 Sessions	R05066-210	Bauer Drive CRC	1/3	W	6-7 p.m.	\$108

TKA Youth Karate Experienced Beginners and Higher

Instructor: TKA

6-12	9 Sessions	R05066-215	Wheaton CRC	1/8	M	6:30-7:30 p.m.	\$81
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TKA Youth Karate Intermediate

Instructor: TKA

6-12	9 Sessions	R05066-202	Upper County CRC	1/8	M	7-8 p.m.	\$81
	11 Sessions	R05066-205	Germantown CRC	1/9	Tu	7-8 p.m.	\$99
	12 Sessions	R05066-208	Damascus CRC	1/3	W	7-8 p.m.	\$108
		R05066-211	Bauer Drive CRC	1/3	W	7-8 p.m.	\$108

TKA Youth Karate New Beginners

Instructor: TKA

6-12	9 Sessions	R05066-203	Wheaton CRC	1/8	M	6:30-7:30 p.m.	\$81
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55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

TKA Youth Karate Orange Belt and Higher

Instructor: TKA



Click to view and register.

6-12	11 Sessions	R05066-216	Mid-County CRC	1/9	Tu	6:30-7:30 p.m.	\$99
	12 Sessions	R05066-217	Potomac CRC	1/3	W	7-8 p.m.	\$108

SELF DEFENSE

Practical Self Defense

Instructor: Ivan Black

14 and up	18 Sessions	R05095-201	Wisconsin Place CRC	1/8	M,Th	7-8 p.m.	\$90
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TAI CHI

Tai Chi Beginning

Instructor: Elizabeth Leek

18 and up	10 Sessions	R05095-201	Wisconsin Place CRC	1/8	M,Th	7-8 p.m.	\$90
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Tai Chi Continuing

Instructor: Elizabeth Leek

18 and up	10 Sessions	R05112-202	Bauer Drive CRC	1/8	M	8-9 p.m.	\$90
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VOVINAM

Vovinam Martial Arts

Instructor: Yanni Nguyen

6-13	8 Sessions	R05126-205	Plum Gar CRC	1/8	M	6-7 p.m.	FREE
	10 Sessions	R05126-201	Long Branch CRC	1/10	W	6-7 p.m.	FREE
		R05126-203	Long Branch CRC	1/13	Sa	10-11 a.m.	FREE
13 and up	8 Sessions	R05126-206	Plum Gar CRC	1/8	M	7-8:30 p.m.	FREE
	10 Sessions	R05126-202	Long Branch CRC	1/10	W	7-8:30 p.m.	FREE
		R05126-204	Long Branch CRC	1/13	Sa	11 a.m.-Noon	FREE





KIDS DAY OUT

Kids Day Out is organized out of school time fun, with well-planned and supervised activities.

FREE
8:30 a.m-4 p.m.

In partnership with:



Spring 2024

Locations

Bauer Drive-TR

Youth and Teens with disabilities
Ages 6-12 and 13-21

- Clara Barton
- Coffield
- Damascus
- East County
- Long Branch

- Mid-County
- N. Potomac
- Plum Gar
- Potomac
- Praisner
- *Silver Spring
**select dates*
- Upper County
- White Oak

Dates

- Jan. 29
- *April 10
- *April 22

Register Today

SCAN FOR DATES & REGISTRATION



Registration now underway.

Search this code on ActiveMontgomery.org

Activity R05113 🔍



Don't forget to bring lunch.



MONTGOMERY COUNTY
Recreation
WWW.MCCOREC.COM





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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Music



GUITAR

Beginner Guitar

Instructor: Kevin Mittleman

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-12	8 Sessions	R05053-202	School of Music	1/12	F	5:30-6:20 p.m.	\$120
13 and up		R05053-203	School of Music	1/8	M	8-8:50 p.m.	\$120

Intermediate Guitar

13 and up	8 Sessions	R05053-204	School of Music	1/11	Th	8-8:50 p.m.	\$120
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Learn Now Music Groovy Guitar

Instructor: Learn Now Music

5-12	8 Sessions	R05053-201	Bauer Drive CRC	1/17	W	7-8 p.m.	\$198
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PIANO

Learn Now Music Poppin Piano

Instructor: Learn Now Music

5-12	8 Sessions	R05089-201	Bauer Drive CRC	1/17	W	7-8 p.m.	\$198
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Little Fingers Piano

Instructor: Learn Now Music

2-5	8 Sessions	R05089-202	N. Potomac CRC	1/17	W	10-10:30 a.m.	\$180
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Holiday Closures

Recreation centers will be closed on the following dates:

Nov. 23, Nov. 24
Dec. 24, Dec. 25, Dec. 31
Jan. 1, Jan. 15
Feb. 19

For all facility closures during the winter season, visit mocrecreation.com



PLAYTIME AND MUSIC



Click to view and register.

Discovering Music for Toddlers

Instructor: Rachel Reis

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
1-3	6 Sessions	R05288-201	Potomac CRC	1/26	F	10:15-11 a.m.	\$120
		R05288-202	Wheaton CRC	1/22	M	10:15-11 a.m.	\$120

Music Together

Instructor: Nancy Nuttle

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
0-5	10 Sessions	R05085-201	Wheaton CRC	1/4	Th	10:30-11:15 a.m.	\$285
		R05085-202	Wheaton CRC	1/4	Th	11:30 a.m.-12:15 p.m.	\$285
		R05085-203	Mid-County CRC	1/6	Sa	10-10:45 a.m.	\$285
		R05085-204	Mid-County CRC	1/6	Sa	11-11:45 a.m.	\$285

My First Music Class

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
2-5	8 Sessions	R05321-201	N. Potomac CRC	1/17	W	10:30-11 a.m.	\$180

VIOLIN

Learn Now Music Viva Violin

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	8 Sessions	R05359-201	Longwood CRC	1/20	Sa	10-11 a.m.	\$198

S.T.E.A.M.

Gemology I Introduction

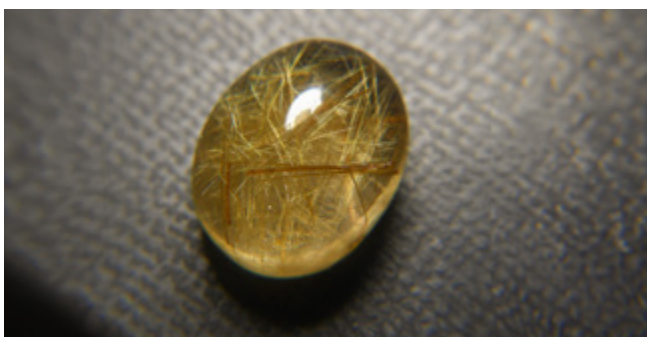
Instructor: Timothy Morgan

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	10 Sessions	R05049-201	Potomac CRC	1/11	Th	10 a.m.-12:15 p.m.	\$84

Gemology II Advanced

Instructor: Timothy Morgan

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	10 Sessions	R05049-202	Potomac CRC	1/10	W	10 a.m.-12:15 p.m.	\$84





Sports



BASEBALL

Baseball & Softball Skills Clinic

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-11	7 Sessions	R05323-203	East County CRC	1/22	M	6-7 p.m.	\$25
	6 Sessions	R05323-202	East County CRC	1/22	M	7-8 p.m.	\$25

BASKETBALL

Jump Start Hoop Stars

Instructor: Jump Start Sports

6-8	6 Sessions	R05012-232	Good Hope NRC	1/13	Sa	1:30-2:30 p.m.	\$125
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Jump Start Little Hoop Stars

4-6	6 Sessions	R05012-231	Good Hope NRC	1/13	Sa	12:15-1:15 p.m.	\$125
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Play Montgomery Youth Pre-Season Basketball Skills Clinic

3-5	3 Sessions	R05012-212	Wheaton CRC	12/2	Sa	10-11 a.m.	\$25
6-8		R05012-213	Wheaton CRC	12/2	Sa	11 a.m.-Noon	\$25
9-12		R05012-217	Wheaton CRC	12/2	Sa	12-1 p.m.	\$25

Train Like a Pro Juniors Basketball Skills and Drills

Instructor: Fit 2 Believe

5-9	5 Sessions	R05012-205	Kemp Mill ES	1/10	W	6:15-7:15 p.m.	\$73
	9 Sessions	R05012-201	N. Potomac CRC	1/13	Sa	12-1 p.m.	\$127
	5 Sessions	R05012-206	Kemp Mill ES	2/14	W	6:15-7:15 p.m.	\$73

Train Like a Pro Basketball Skills and Drills

Instructor: Fit 2 Believe

8-15	7 Sessions	R05012-209	Germantown CRC	1/8	M	6:30-8 p.m.	\$147
	5 Sessions	R05012-207	Kemp Mill ES	1/10	W	7:15-8:45 p.m.	\$107
	9 Sessions	R05012-203	N. Potomac CRC	1/13	Sa	1-2:30 p.m.	\$187
	5 Sessions	R05012-208	Kemp Mill ES	2/14	W	7:15-8:45 p.m.	\$107



55 +

Therapeutic Recreation

Sports

Classes

Aquatics

MULTI-SPORTS

Coach Doug Club Holiday

Instructor: Coach Doug Academy



Click to view and register.

Full Day

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	4 Sessions	R05025-220	Potomac CRC	12/26	Tu-F	9 a.m.-3:30 p.m.	\$225

Half Day A.M.

4-12	4 Sessions	R05025-221	Potomac CRC	12/26	Tu-F	9 a.m.-Noon	\$104
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P.M. Extended Care

5-12	4 Sessions	R05025-223	Potomac CRC	12/26	Tu-F	3:30-6 p.m.	\$32
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Coach Doug Pre Wee Wanna Be

Instructor: Coach Doug Academy

1 ^{1/2} -3	9 Sessions	R05025-205	Germantown CRC	1/16	Tu	9:30-10:15 a.m.	\$132
		R05025-209	Bauer Drive CRC	1/17	W	9:30-10:15 a.m.	\$132
		R05025-211	Potomac CRC	1/18	Th	10:45-11:30 a.m.	\$132

Coach Doug Seasonal Sports

Instructor: Coach Doug Academy

4-8	9 Sessions	R05025-203	Oakland Terrace ES	1/20	Sa	11-11:45 a.m.	\$132
		R05025-207	Germantown CRC	1/16	Tu	4:15-5 p.m.	\$132
		R05025-213	Potomac CRC	1/18	Th	4:15-5 p.m.	\$132

Coach Doug Wee Wanna Be

Instructor: Coach Doug Academy

3-6	9 Sessions	R05025-201	Oakland Terrace ES	1/20	Sa	9:30-10:15 a.m.	\$132
		R05025-202	Oakland Terrace ES	1/20	Sa	10:15-11 a.m.	\$132
		R05025-206	Germantown CRC	1/16	Tu	10:30-11:15 a.m.	\$132
		R05025-210	Bauer Drive CRC	1/17	W	11:15 a.m.-Noon	\$132
		R05025-212	Potomac CRC	1/18	Th	10-10:45 a.m.	\$132
		R05025-216	Potomac CRC	1/21	Su	10:30-11:15 a.m.	\$132

OTA: Slap Shot Floor Hockey

Instructor: Overtime Athletics

3-5	6 Sessions	R05317-201	Travilah ES	1/20	Sa	12-12:45 p.m.	\$105
6-8		R05317-202	Travilah ES	1/20	Sa	1-1:45 p.m.	\$105
9-11		R05317-203	Travilah ES	1/20	Sa	2-2:45 p.m.	\$105

OTA: Sports Spectacular

Instructor: Overtime Athletics

3-5	6 Sessions	R05317-204	Arcola ES	1/20	Sa	10-10:45 a.m.	\$105
6-8		R05317-205	Arcola ES	1/20	Sa	11-11:45 a.m.	\$105
9-11		R05317-206	Arcola ES	1/20	Sa	12-12:45 p.m.	\$105



55 +

PICKLEBALL

Advanced Beginner Skill & Drill



Click to view and register.

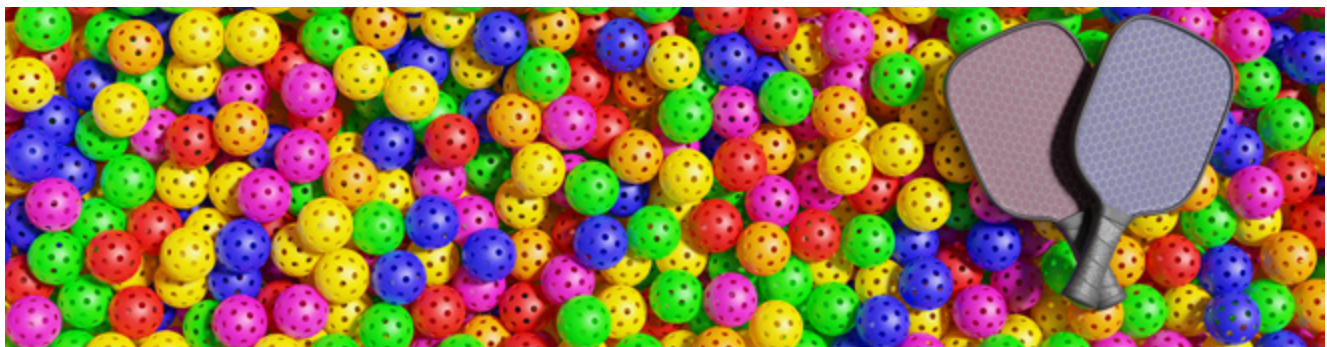
Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	2 Sessions	R05261-210	N. Potomac CRC	1/8	M	1:30-3 p.m.	\$60
		R05261-211	N. Potomac CRC	2/5	M	Noon-1:30 p.m.	\$60
		R05261-214	N. Potomac CRC	4/1	M	Noon-1:30 p.m.	\$60
	3 Sessions	R05261-213	N. Potomac CRC	3/4	M	1:30-3 p.m.	\$90

Beginner 1.0

18 and up	1 Session	R05261-208	Potomac CRC	4/2	Tu	Noon-2 p.m.	\$40
	2 Sessions	R05261-209	N. Potomac CRC	1/8	M	Noon-1:30 p.m.	\$60
		R05261-206	Potomac CRC	3/12	Tu	Noon-2 p.m.	\$80
	3 Sessions	R05261-237	Praisner CRC	1/12	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-231	Coffield CRC	1/17	W	6:30-7:30 p.m.	\$69
		R05261-234	Lawton CRC	1/17	W	12:15-1:15 p.m.	\$69
		R05261-238	Praisner CRC	2/9	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-232	Coffield CRC	2/14	W	6:30-7:30 p.m.	\$69
		R05261-235	Lawton CRC	2/14	W	12:15-1:15 p.m.	\$69
		R05261-212	N. Potomac CRC	3/4	M	Noon-1:30 p.m.	\$90
		R05261-239	Praisner CRC	3/8	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-233	Coffield CRC	3/13	W	6:30-7:30 p.m.	\$69
	R05261-236	Lawton CRC	3/13	W	12:15-1:15 p.m.	\$69	

Beginner 1.5-2.0

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	3 Sessions	R05262-223	Coffield CRC	1/17	W	7:30-8:30 p.m.	\$69
		R05262-224	Coffield CRC	2/14	W	7:30-8:30 p.m.	\$69
		R05262-225	Coffield CRC	3/13	W	7:30-8:30 p.m.	\$69
		R05262-226	Lawton CRC	1/17	W	1:15-2:15 p.m.	\$69
		R05262-227	Lawton CRC	2/14	W	1:15-2:15 p.m.	\$69
		R05262-228	Lawton CRC	3/13	W	1:15-2:15 p.m.	\$69
		R05262-229	Praisner CRC	1/12	F	12:15-1:15 p.m.	\$69
		R05262-230	Praisner CRC	2/9	F	12:15-1:15 p.m.	\$69
		R05262-231	Praisner CRC	3/8	F	12:15-1:15 p.m.	\$69



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Beginner 1

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	2 Sessions	R05261-203	Potomac CRC	1/9	Tu	Noon-2 p.m.	\$80
		R05261-205	Potomac CRC	2/20	Tu	Noon-2 p.m.	\$80

Beginner 2

18 and up	1 Session	R05261-204	Potomac CRC	1/30	Tu	Noon-2 p.m.	\$40
		R05261-207	Potomac CRC	3/26	Tu	Noon-2 p.m.	\$40

Intermediate

18 and up	2 Sessions	R05262-221	N. Potomac CRC	2/5	M	1:30-3 p.m.	\$60
		R05262-222	N. Potomac CRC	4/1	M	1:30-3 p.m.	\$60

MoCo Pickleball Clinic-Dropping & Dinking

18 and up	1 Session	R05263-201	Potomac CRC	2/6	Tu	Noon-2 p.m.	\$40
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SOCCER

Coach Doug Soccer

Instructor: Coach Doug Academy

3-7	9 Sessions	R05025-208	Germantown CRC	1/16	Tu	5-5:45 p.m.	\$132
		R05025-214	Potomac CRC	1/18	Th	5-5:45 p.m.	\$132
		R05025-204	Oakland Terrace ES	1/20	Sa	11:45 a.m.-12:30 p.m.	\$132

CORE FC Elite U7-U9 Indoor Soccer Clinic

Instructor: CORE FC

7-9	5 Sessions	R05103-205	Wood MS	1/12	F	5:45-6:50 p.m.	\$184
10-16		R05103-206	Wood MS	1/12	F	7-8:15 p.m.	\$184

CORE FC Indoor Soccer Clinic

Instructor: CORE FC

3-5	5 Sessions	R05103-203	Longwood CRC	1/16	Tu	1-1:45 p.m.	\$124
		R05103-204	Ross Boddy NRC	1/16	Tu	10:30-11:15 a.m.	\$124
4-6		R05103-201	Wood MS	1/13	Sa	6-6:50 p.m.	\$155
7-13		R05103-202	Wood MS	1/13	Sa	7-8 p.m.	\$155

Jump Start Hummingbirds Soccer

Instructor: Jump Start Sports

3-4	6 Sessions	R05103-211	Good Hope NRC	1/13	Sa	11 a.m.-Noon	\$124
		R05103-212	Lawton CRC	1/14	Su	Noon-1 p.m.	\$124

Chickadee Soccer (Parent/Child)

Instructor: Jump Start Sports

18-36 mos.	6 Sessions	R05103-213	Lawton CRC	1/13	Sa	9-9:45 a.m.	\$120
		R05103-214	Lawton CRC	1/13	Sa	10-10:45 a.m.	\$120



55 +

VOLLEYBALL

Youth Volleyball Skills Development Clinic

Instructor: Ofer Levy



Click to view and register.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-11	6 Sessions	R05124-222	Germantown CRC	1/3	W	5:45-6:45 p.m.	\$99
		R05124-201	Wheaton CRC	1/4	Th	6-7 p.m.	\$99
		R05124-204	Bauer Drive CRC	1/5	F	5:45-6:45 p.m.	\$99
		R05124-207	Mid-County CRC	1/22	M	6-7 p.m.	\$99
		R05124-226	Germantown CRC	2/14	W	5:45-6:45 p.m.	\$99
		R05124-214	Wheaton CRC	2/15	Th	6-7 p.m.	\$99
		R05124-218	Bauer Drive CRC	2/16	F	5:45-6:45 p.m.	\$99
		R05124-210	Good Hope NRC	1/9	Tu	5:45-6:45 p.m.	\$99
		R05124-230	Good Hope NRC	2/20	Tu	5:45-6:45 p.m.	\$99
12-13		R05124-223	Germantown CRC	1/3	W	6:45-7:45 p.m.	\$99
		R05124-202	Wheaton CRC	1/4	Th	7-8 p.m.	\$99
		R05124-205	Bauer Drive CRC	1/5	F	6:45-7:45 p.m.	\$99
		R05124-208	Mid-County CRC	1/22	M	7-8 p.m.	\$99
		R05124-227	Germantown CRC	2/14	W	6:45-7:45 p.m.	\$99
		R05124-215	Wheaton CRC	2/15	Th	7-8 p.m.	\$99
		R05124-219	Bauer Drive CRC	2/16	F	6:45-7:45 p.m.	\$99
13-17		R05124-211	Good Hope NRC	1/9	Tu	6:45-7:45 p.m.	\$99
		R05124-231	Good Hope NRC	2/20	Tu	6:45-7:45 p.m.	\$99

Youth Volleyball Level 1 Skills Development Clinic

14-17	6 Sessions	R05124-224	Germantown CRC	1/3	W	7:45-8:45 p.m.	\$99
		R05124-203	Wheaton CRC	1/4	Th	8-9 p.m.	\$99
		R05124-206	Bauer Drive CRC	1/5	F	7:45-8:45 p.m.	\$99
		R05124-209	Mid-County CRC	1/22	M	8-9 p.m.	\$99
		R05124-228	Germantown CRC	2/14	W	7:45-8:45 p.m.	\$99
		R05124-216	Wheaton CRC	2/15	Th	8-9 p.m.	\$99
		R05124-220	Bauer Drive CRC	2/16	F	7:45-8:45 p.m.	\$99

Youth Volleyball Level 2 Skills Development Clinic

14-17	6 Sessions	R05124-213	Wheaton CRC	1/4	Th	8-9 p.m.	\$119
		R05124-212	Bauer Drive CRC	1/5	F	7:45-8:45 p.m.	\$119
		R05124-232	Mid-County CRC	1/22	M	8-9 p.m.	\$119
		R05124-217	Wheaton CRC	2/15	Th	8-9 p.m.	\$119
		R05124-221	Bauer Drive CRC	2/16	F	7:45-8:45 p.m.	\$119

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FOR OUR NEWSLETTER TODAY!



MONTGOMERY COUNTY
Recreation



ADULT BASKETBALL LEAGUES

- Ages 18 and up • Locations and times are to be determined.
- Registration from Nov. 13- Jan. 6

Men's

Activity	Division/Level	Start Date	Day	# of Weeks	Fee
R05232-201	Fall League	1/7	Su	9	\$695

Women's Drop In

Activity	Division/Level	Start Date	Day	# of Weeks	Fee
R05013-203	Women's Drop In	1/21	Su	5	\$30
R05013-201	Women's Drop In	1/21	Su	10	\$60
R05013-202	Women's Drop In	3/3	Su	5	\$30



WE'RE LOOKING FOR YOU

COACHES

We need adult volunteers to coach winter basketball. General knowledge of sports preferred. Volunteers should demonstrate good character, patience and a desire to help children and youth learn.

STAFF

Individuals, at least 16 years of age, are needed on Saturdays and/or Sundays. Roles include gym supervisors, score keepers, gym staff and officials. Officiating training is provided for those staff interested.

**FOR MORE INFORMATION
CALL 240-777-6870**

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

ADULT PICKLEBALL LEAGUES



Click to view and register.

- Ages 18 and up
- Registration starts Nov. 13

Beginners 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05310-201	Bauer Drive CRC	1/8/2024	M	5:45-9:45p.m.	\$59
R05310-203	Bauer Drive CRC	1/21/2024	Su	Noon- 3:30p.m.	\$59
R05310-202	Bauer Drive CRC	3/11/2024	M	5:45-9:45p.m.	\$59
R05314-201	Longwood CRC	1/11/2024	Th	5:45-9:15 p.m.	\$59
R05314-202	Longwood CRC	2/29/2024	Th	5:45-9:15 p.m.	\$59

Intermediate 2.5-3.0

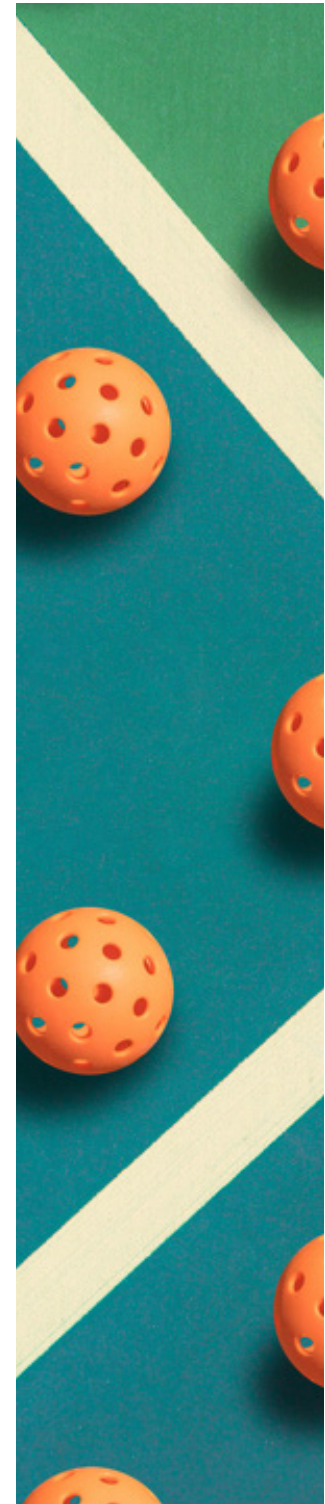
Activity	Location	Start Date	Day	Time	Fee
R05311-201	Bauer Drive CRC	1/8	M	4:45-9:45 p.m.	\$59
R05311-202	Bauer Drive CRC	3/11	M	4:45-9:45 p.m.	\$59
R05315-201	Longwood CRC	1/11	Th	5:45-9:15 p.m.	\$59
R05311-203	Bauer Drive CRC	1/21	Su	Noon-3:30 p.m.	\$59
R05315-202	Longwood CRC	2/29	Th	5:45-9:15 p.m.	\$59

Expert 3.0-3.5

Activity	Location	Start Date	Day	Time	Fee
R05312-201	Bauer Drive CRC	1/8	M	6-10 p.m.	\$59
R05312-203	Bauer Drive CRC	1/21	Su	Noon-3 p.m.	\$59
R05312-202	Bauer Drive CRC	3/11	M	6-10 p.m.	\$59
R05316-201	Longwood CRC	1/11	Th	6-9:30 p.m.	\$59
R05316-202	Longwood CRC	2/29	Th	6-9:30 p.m.	\$59

Doubles Social League 2.5-3.0

Activity	Location	Start Date	Day	Time	Fee
R05351-210	Damascus CRC	1/9	Tu	6-8:30 p.m.	\$65
R05351-211	Damascus CRC	2/27	Tu	6-8:30 p.m.	\$65



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



ULTIMATE FRISBEE LEAGUES



Click to view and register.

- Indoor leagues for youth and adults.
- Registration from Nov. 13- Dec. 15

Elementary School

Activity	Location	Start Date	Day	Time	Fee
R05119-201	Wheaton CRC	1/12	F	5-6pm.	\$59

Middle School

Activity	Location	Start Date	Day	Time	Fee
R05119-202	Wheaton CRC	1/12	F	6-7pm.	\$59

High School

Activity	Location	Start Date	Day	Time	Fee
R05119-203	Wheaton CRC	1/12	F	7-8pm.	\$59

18 and up

Activity	Location	Start Date	Day	Time	Fee
R05119-204	Wisconsin CRC	1/8	M	7-10 pm.	\$65
R05119-205	Wisconsin CRC	1/8	M	7-10 pm.	\$65



YOUTH VOLLEYBALL LEAGUES

- Games start Sunday, Jan. 7
- \$80

Activity	Ages	Division/Level	Location	Time
R05319-201	12-13	Co-Rec	Ross Boddy CRC	8:30 a.m.- 4:30 p.m.
R05319-202	14-17	HERtime2shine	East County CRC	8:30 a.m.- 4:30 p.m.
R05319-203	14-17	Co-Rec	Mid-County CRC	4-8 p.m.



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



FASHION BOOT CAMP

JAN. 26 - MARCH 22

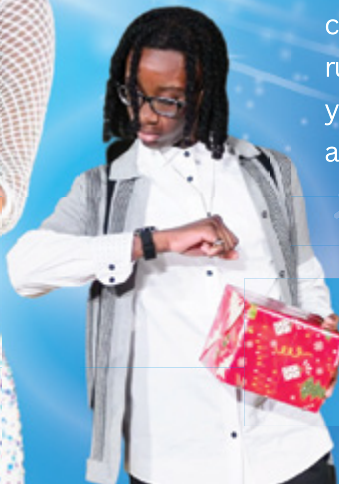
11 Weeks of fashion ending in a blow out finale!

This program offers fashion, music, dance and overall confidence. Show us what you can do as you work the runway in the final event. For middle and high school aged youth interested in modeling, dancing, performance arts and being fierce!

EAST COUNTY CRC

**ACTIVITY
R09009-201**

FOR MORE INFORMATION, CALL 240-777-8080



LEAGUE

Friday, Jan. 12 - March 1

**10
PLAYER
MAXIMUM
PER TEAM**

This thrilling recreational indoor soccer tournament provides an opportunity for teens to showcase their skills and leadership in a safe, welcoming environment. The County Cup will be held at Long Branch CRC and Plum Gar CRC. Teams will compete in a round-robin format during league play, followed by double elimination playoffs.

The program will host a boys and girls division. All participants must attend high school in Montgomery County. To register a team or for more information, contact Carlos.Castro@montgomerycountymd.gov or 240-777-8080.



55 +

Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES.



Therapeutic Recreation

Sports

Classes

Aquatics

TR Dance Creation: Create Your Own Dance Moves

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-13	6 Sessions	R06020-202	Germantown CRC	2/4	Su	2-2:30 p.m.	FREE

TR Drama: Facial Expressions

6-12	6 Sessions	R06020-201	Germantown CRC	2/4	Su	1-1:45 p.m.	\$10
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TR Paint & Punch

6-12	6 Sessions	R06009-200	Germantown CRC	1/27	Sa	12:30-1:15 p.m.	\$20
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TR Adult Splashtastic Swim

18 and up	10 Sessions	R06002-201	GISC	1/9	Tu	7:30-8:30 p.m.	\$50
		R06002-202	OSC	1/12	F	7:30-8:30 p.m.	\$50

TR Basketball League

18 and up	8 Sessions	R06012-201	Mid-County CRC	1/14	Su	Noon-3 p.m.	\$50
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TR Sports Skills: Soccer and Seasonal Sports with Coach Doug

Instructor: Coach Doug Academy

6-14	9 Sessions	R06019-201	Oakland Terrace ES	1/20	Sa	12:45-1:30 p.m.	\$45
15 and up		R06019-202	Potomac CRC	1/21	Su	11:30 a.m.-12:15 p.m.	\$45

TR Qigong

Instructor: Anne K. Harrison

15 and up	8 Sessions	R06032-201	Wheaton CRC	1/17	W	6:30-7:30 p.m.	\$40
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TR Volleyball

12 and up	6 Sessions	R06033-201	Mid-County CRC	1/22	M	6-7 p.m.	\$30
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TR Yoga

6-13	6 Sessions	R06024-200	Germantown CRC	1/27	Sa	1:30-2:15 p.m.	\$20
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TR ZamDance

Instructor: ZamDance

15 and up	8 Sessions	R06030-201	Bauer Drive CRC	1/16	Tu	5-6 p.m.	\$40
		R06030-202	N. Potomac CRC	1/18	Th	5-6 p.m.	\$40

TR SPECIAL EVENTS



Click to view and register.

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

THERAPEUTIC RECREATION



ADAPTED AQUATICS

VIEW ADAPTED SWIM LESSONS

TR FAMILY **Activity R06008-201**

Egg-sessible
SATURDAY

March 23 • 1-3 p.m.

FREE



Ages 2 and up • 1 Session • Holiday Park SC



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place.

For more information, email rec.inclusion@montgomerycountymd.gov.

FOR DETAILS VISIT WWW.MOCOREC.COM
240-777-6840 • Hablamos Español





Bookmark the Rec Bulletin to stay up-to-date.



View flyers and register for activities



Stay up-to-date with Rec



Access online 24/7



VISIT WWW.MOCOREC.COM/BULLETIN



55+ Senior Programs



Art

ART INSTRUCTION

Cardmaking with Cindy Boccucci

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07095-216	Schweinhaut SC	12/9	Sa	11:30 a.m.-2:30 p.m.	FREE

Ceramic Class

26 Sessions	R07098-201	Schweinhaut SC	12/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
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Drawing and Illustration with Dereje

4 Sessions	R07052-203	N. Potomac CRC	1/11	Th	10-11 a.m.	FREE
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Easy Abstract Painting with Kamel

2 Sessions	R07095-219	N. Potomac CRC	1/12	F	10:30-11:30 a.m.	FREE
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Evening Crafters

1 Session	R07095-218	N. Potomac CRC	12/6	W	5-6:30 p.m.	FREE
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Fun with Art

13 Sessions	R07052-202	Schweinhaut SC	12/6	W	10 a.m.-Noon	FREE
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Make Your Own Sewing Kit with Chris

1 Session	R07095-217	N. Potomac CRC	1/23	Tu	12:30-2:30 p.m.	FREE
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Origami Class

2 Sessions	R07096-201	Schweinhaut SC	12/4	M	1-3 p.m.	FREE
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Paint and Socialize

4 Sessions	R07095-207	N. Potomac CRC	12/7	Th	12:30-2:30 p.m.	FREE
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5 Sessions	R07095-220	N. Potomac CRC	2/1	Th	12:30-2:30 p.m.	FREE
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KNITTING AND CROCHET



Click to view and register.

Knit and Crochet Group

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-201	N. Potomac CRC	12/5	Tu	1-3 p.m.	FREE

Knit and Crochet Workshop

13 Sessions	R07003-202	Holiday Park SC	1/3	W	10-11:30 a.m.	FREE
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Needles & Yarn

22 Sessions	R07003-203	Wheaton CRC	12/4	M,Tu	1-3 p.m.	FREE
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Knitting Corner

13 Sessions	R07003-205	Schweinhaut SC	12/6	W	1-3 p.m.	FREE
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Needlecraft

13 Sessions	R07053-201	Damascus SC	12/7	Th	9 a.m.-4 p.m.	FREE
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PERFORMING ARTS

Seasoned Players

6 Sessions	R07056-202	Schweinhaut SC	12/6	W	1:30-3:30 p.m.	FREE
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PHOTOGRAPHY

Photography Club

13 Sessions	R07001-201	Holiday Park SC	1/3	W	10 a.m.-Noon	FREE
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WOOD CARVING-WOODWORKING

Woodcarving

13 Sessions	R07002-201	Holiday Park SC	1/5	F	1-3 p.m.	FREE
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Holiday Closures

Recreation centers will be closed on the following dates:

Nov. 23, Nov. 24
Dec. 24, Dec. 25, Dec. 31
Jan. 1, Jan. 15
Feb. 19

For all facility closures during the winter season, visit mcorec.com





55 +

Cooking

ADULT COOKING

Simple Cooking with Rhonda



Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-205	N. Potomac CRC	12/8	F	10:30-11:30 a.m.	\$3

Dance

BALLROOM

Ballroom Dance

13 Sessions	R07050-205	Schweinhaut SC	12/6	W	Noon-1 p.m.	FREE
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International Ballroom Dancing with Ed and Helen

13 Sessions	R07057-201	N. Potomac CRC	12/6	W	1-3 p.m.	FREE
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FOLK DANCING

Chinese Folk Dance with Ming

13 Sessions	R07009-201	N. Potomac CRC	12/6	W	10:30-11:30 a.m.	FREE
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Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-204	N. Potomac CRC	12/7	Th	1-3 p.m.	FREE
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International Folk Dance Instruction Class

12 Sessions	R07009-202	N. Potomac CRC	12/1	F	12:30-2 p.m.	FREE
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Liuying's Classical Chinese Folk Dance

13 Sessions	R07009-203	N. Potomac CRC	12/5	Tu	2-3:30 p.m.	FREE
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Chinese Folk Dancing (Beginner)

13 Sessions	R07009-205	Holiday Park SC	1/5	F	11-11:50 a.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

LINE DANCING



[Click to view and register.](#)

Ballroom/Line Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
26 Sessions	R07011-202	Wheaton CRC	12/6	W,Th	1-2 p.m.	FREE

Line Dancing

12 Sessions	R07011-205	Schweinhaut SC	12/2	Sa	10:30 a.m.-Noon	FREE
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Line Dancing with Danny

12 Sessions	R07011-206	Long Branch CRC	12/5	Tu,Th	10-11 a.m.	FREE
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Social Line Dance

9 Sessions	R07011-201	Wheaton CRC	12/4	M	10:05-10:55 a.m.	FREE
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SPECIALTY PROGRAM

Tea Dancing

13 Sessions	R07129-201	Damascus SC	12/7	Th	1-2:30 p.m.	FREE
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TAP DANCING

Tap Dance

13 Sessions	R07007-201	Damascus SC	12/4	M	11 a.m.-12:30 p.m.	\$50
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55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Educational COMPUTER



Tech Tutoring with Armando

Sessions	Activity	Location	Start Date	Day	Time	Fee
33 Sessions	R07084-206	Holiday Park SC	9/18	M	10-10:50 a.m.	FREE

DISCUSSIONS

Active Living in Spanish- Cafecito y Amistad

10 Sessions	R07087-201	Holiday Park SC	1/8	M	10-10:50 a.m.	FREE
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Behind the Headlines - Discussion Group

10 Sessions	R07063-201	Holiday Park SC	1/8	M	10-11:25 a.m.	FREE
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Beyond the Basics (APP Based) by Senior Planet/AARP

21 Sessions	R07105-204	N. Potomac CRC	1/8	M,W	2:15-3:30 p.m.	FREE
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Bring Your Lunch Discussion Group with Jai Ho

9 Sessions	R07078-201	N. Potomac CRC	12/4	M	11:30 a.m.-1p.m.	FREE
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Coffee & Conversation with Staff

3 Sessions	R07092-205	Schweinhaut SC	12/21	Th	9-9:45 a.m.	FREE
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Coffee Social

65 Sessions	R07092-203	Damascus SC	12/1	M-F	9-10 a.m.	FREE
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Coping with Change

13 Sessions	R07076-203	Damascus SC	12/7	Th	11 a.m.-Noon	FREE
	R07076-202	Holiday Park SC	1/4	Th	10:30-11:30 a.m.	FREE

Coping with Change in Spanish

13 Sessions	R07076-201	Holiday Park SC	1/2	Tu	11 a.m.-Noon	FREE
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Current Events Discussion with Lyle

13 Sessions	R07063-203	N. Potomac CRC	12/7	Th	10:30-11:30 a.m.	FREE
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Max You

13 Sessions	R07043-201	Holiday Park SC	1/2	Tu	10:30-11:30 a.m.	FREE
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Scale Modeling Group

3 Sessions	R07023-201	N. Potomac CRC	12/19	Tu	6:30-8:30 p.m.	FREE
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Schweinhaut Book Club

3 Sessions	R07065-202	Schweinhaut SC	12/12	Tu	1-2:30 p.m.	FREE
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THERAPEUTIC
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SPORTS

CLASSES

AQUATICS

LANGUAGE

Conversational Spanish



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07118-201	Wheaton CRC	12/1	F	10-11 a.m.	FREE

SPECIALTY PROGRAMS

Stretching Exercises with Linda

36 Sessions	R07040-201	N. Potomac CRC	12/4	M,W,F	9:30-10:30 a.m.	FREE
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SUPPORT GROUP

Active Golden Club

36 Sessions	R07117-202	Holiday Park SC	1/2	Tu	10 a.m.-4 p.m.	FREE
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Active Golden Club Fitness

36 Sessions	R07117-203	Holiday Park SC	1/2	Tu	11 a.m.-Noon	FREE
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WORKSHOP OR SPEAKERS SERIES

Basic Functional Balance Exercise

7 Sessions	R07030-200	Schweinhaut SC	12/1	F	8:15-9:15 a.m.	FREE
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Fall Prevention and Aging with UMD Nursing Students

1 Session	R07030-202	N. Potomac CRC	12/6	W	12:15-1 p.m.	FREE
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Fall Prevention BINGO with Prizes

1 Session	R07030-203	N. Potomac CRC	1/9	Tu	12:30-1:30 p.m.	FREE
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Health and Wellness with Happy Life Vietnam Seniors Group

11 Sessions	R07028-202	Holiday Park SC	1/4	Th	9 a.m.-2 p.m.	FREE
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Nutrition 101

13 Sessions	R07024-202	Schweinhaut SC	12/5	Tu	1:30-2:30 p.m.	FREE
	R07024-203	Schweinhaut SC	12/7	Th	1:30-2:30 p.m.	FREE

**QUESTIONS?
CONTACT CUSTOMER SERVICE**

Call customer service or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



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Therapeutic
Recreation

Sports

Classes

Aquatics



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

WRITING

Writer's Group



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07058-204	Schweinhaut SC	12/5	Tu	10 a.m.-Noon	FREE

Writing Group

13 Sessions	R07058-202	Holiday Park SC	1/5	F	10-11:30 a.m.	FREE
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Memoir Writing for Beginners

13 Sessions	R07058-201	Wheaton CRC	12/6	W	10-11:30 a.m.	FREE
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OUTDOOR FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center

Fitness

AEROBIC DANCE

Ballet

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-202	Wheaton CRC	12/5	Tu	1:30-2:30 p.m.	FREE
	R07012-201	Wheaton CRC	12/6	W	2:15-3:15 p.m.	FREE

Chinese Dance & Fitness

12 Sessions	R07012-206	Wheaton CRC	12/6	W	10-11 a.m.	FREE
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Chinese Folk Dance

9 Sessions	R07012-205	Wheaton CRC	12/4	M	1-2 p.m.	FREE
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Dance Fitness with Georgia

10 Sessions	R07012-216	Schweinhaut SC	12/4	M	9:30-10:30 a.m.	FREE
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Easy Dance Fitness

9 Sessions	R07012-210	N. Potomac CRC	12/4	M	10:30-11:30 a.m.	FREE
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Social Dances Across the Continents

13 Sessions	R07012-208	Wheaton CRC	12/5	Tu	10-11 a.m.	FREE
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Superpower Dance Circle

13 Sessions	R07012-204	Wheaton CRC	12/1	F	1:30-2:30 p.m.	FREE
9 Sessions	R07012-203	Wheaton CRC	12/4	M	11:05-11:55 a.m.	FREE
13 Sessions	R07012-217	Wheaton CRC	12/6	W	11:05-11:55 a.m.	FREE
12 Sessions	R07012-215	Long Branch CRC	12/7	Th	10-11 a.m.	FREE

LOW IMPACT

Chairobics (Chair Aerobics)

52 Sessions	R07066-201	Damascus SC	12/1	Tu-F	10-10:45 a.m.	FREE
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Exercise Room

65 Sessions	R07039-204	Damascus SC	12/1	M-F	9 a.m.-4 p.m.	FREE
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Full Body Workout

13 Sessions	R07041-201	Wheaton CRC	12/5	Tu	9:05-9:55 a.m.	FREE
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Heart Plus Exercise with Elizabeth

12 Sessions	R07041-202	N. Potomac CRC	12/7	Th	3:15-4 p.m.	FREE
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RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Open Fitness Gym

Sessions	Activity	Location	Start Date	Day	Time	Fee
62 Sessions	R07039-210	Holiday Park SC	1/2	M-F	8:45 a.m.-4 p.m.	FREE

Walking Club

13 Sessions	R07035-203	Damascus SC	12/4	M	10-11 a.m.	FREE
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Wheaton Walks

13 Sessions	R07035-202	Wheaton CRC	12/6	W	9:30-11 a.m.	FREE
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STRENGTH TRAINING

Fall Prevention and Balance Exercise

11 Sessions	R07060-201	Long Branch CRC	12/6	W	9:30-10:30 a.m.	FREE
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Kickboxing with Julien

2 Sessions	R07060-204	Schweinhaut SC	12/15	F	8:15-9:15 a.m.	FREE
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Low Impact Exercise with Julien

3 Sessions	R07060-205	Schweinhaut SC	12/8	F	8:15-9:15 a.m.	FREE
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ZUMBA

Morning Zumba with Carol

9 Sessions	R07070-205	N. Potomac CRC	12/4	M	9:30-10:30 a.m.	FREE
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Zumba

13 Sessions	R07070-201	Wheaton CRC	12/5	Tu	11 a.m.-Noon	FREE
	R07070-206	Damascus SC	12/6	W	11 a.m.-Noon	FREE
	R07070-202	Wheaton CRC	12/7	Th	2-3 p.m.	FREE

Zumba Gold

9 Sessions	R07070-208	Wheaton CRC	12/4	M	1:30-2:30 p.m.	FREE
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BONE BUILDERS

Winter 2023-24

Bauer Drive CRC

R03010-202 1/3 M,W 11:30 a.m.-12:30 p.m.
R03010-203 1/4 Tu,Th 1:30-2:30 p.m.

Clara Barton CRC

R03010-204 1/3 M,W 1:30-2:30 p.m.

Coffield CRC

R03010-205 1/2 Tu,Th 9:15-10:15 a.m.

Germantown CRC

R03010-206 1/4 M,Th 1-2 p.m.

Lawton CRC

R03010-207 1/2 Tu,Th 9:15-10:15 a.m.

Longwood CRC

R03010-208 1/3 M,W 11:15 a.m.-12:15 p.m.
R03010-209 1/3 M,W 2-3 p.m.

Mid-County CRC

R03010-210 1/2 Tu,Th 1-2 p.m.

N. Potomac CRC

R03010-212 1/2 Tu,Th 10:45-11:45 a.m.
R03010-213 1/2 Tu,Th 11:55 a.m.-12:55 p.m.
R03010-211 1/3 M,W 10:45-11:45 a.m.

Potomac CRC

R03010-214 1/3 M,W 9-10 a.m.

Praisner CRC

R03010-215 1/3 M,W 11 a.m.-Noon

Virtual

R03010-201 12/4 M,W 11 a.m.-Noon

Wheaton CRC

R03010-216 1/2 Tu,Th 9:15-10:15 a.m.



FREE

AGES 55+

ONE HOUR CLASSES HELD TWICE PER WEEK
ARE DESIGNED TO INCREASE BONE DENSITY.



Games



Canasta

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07112-202	Damascus SC	12/7	Th	1-4 p.m.	FREE

BINGO

Bingo

12 Sessions	R07085-201	Long Branch CRC	12/6	W	10-11 a.m.	FREE
24 Sessions	R07085-205	Schweinhaut SC	12/4	M,Th	10:30-11:30 a.m.	FREE

Valentine Bingo

1 Session	R07085-204	N. Potomac CRC	2/6	Tu	12:30-1:30 p.m.	FREE
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BOARD GAMES

Rummikub Club with Elsa

52 Sessions	R07086-202	Holiday Park SC	1/2	M-F	1-4 p.m.	FREE
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Rummikub Club with Evelyn

13 Sessions	R07086-201	Holiday Park SC	1/2	Tu	11 a.m.-2 p.m.	FREE
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Scrabble

13 Sessions	R07073-201	Holiday Park SC	1/3	W	1-4 p.m.	FREE
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Scrabble Tips & Tricks

10 Sessions	R07073-202	Schweinhaut SC	12/4	M	11 a.m.-Noon	FREE
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CARD GAMES


[Click to view and register.](#)

American Mahjong

Sessions	Activity	Location	Start Date	Day	Time	Fee
9 Sessions	R07047-210	N. Potomac CRC	12/4	M	10 a.m.-Noon	FREE
13 Sessions	R07047-211	N. Potomac CRC	12/6	W	10 a.m.-Noon	FREE

Asian Mahjong

13 Sessions	R07047-209	N. Potomac CRC	12/1	F	1-3 p.m.	FREE
	R07047-207	N. Potomac CRC	12/5	Tu	10 a.m.-Noon	FREE
	R07047-208	N. Potomac CRC	12/6	W	10:30 a.m.-12:30 p.m.	FREE

Bridge

11 Sessions	R07074-205	Damascus SC	12/5	Tu	11 a.m.-3 p.m.	FREE
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Drop-In Bridge

13 Sessions	R07075-202	Holiday Park SC	1/1	Tu	10 a.m.-Noon	FREE
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Mahjong

13 Sessions	R07047-205	Damascus SC	12/6	W	12:30-3:30 p.m.	FREE
22 Sessions	R07047-201	Wheaton CRC	12/4	M,W	1-4 p.m.	FREE

Mahjong Club

10 Sessions	R07047-203	Holiday Park SC	1/8	M	1-4 p.m.	FREE
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Open Party Bridge

25 Sessions	R07075-201	Holiday Park SC	1/5	F	12:45-3:30 p.m.	FREE
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Pinochle Card Game

13 Sessions	R07099-203	Schweinhaut SC	12/6	W	1-3 p.m.	FREE
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MULTI-SPORTS

Wii Bowling

4 Sessions	R07130-201	Holiday Park SC	1/4	Th	1:30-2:30 p.m.	FREE
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Wii Sports

4 Sessions	R07130-203	Schweinhaut SC	12/8	W,F	12:30-2 p.m.	FREE
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55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Health and Wellness



THERAPEUTIC RECREATION

HEALTH SCREENINGS

Blood Pressure Screening

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07108-201	Schweinhaut SC	12/1	F	1-2 p.m.	FREE

MEDITATION

Healthy Body, Peaceful Mind with Tammy

Sessions	Activity	Location	Start Date	Day	Time	Fee
9 Sessions	R07077-203	N. Potomac CRC	12/4	M	2-3:30 p.m.	FREE



SPORTS

CLASSES

AQUATICS

INTERESTED IN PICKLEBALL?

We offer plenty of pickleball classes and leagues!

Click here to view Pickleball leagues and classes.



YOGA



Click to view and register.

Gentle Stretching and Yogic Breathing Techniques

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07029-205	N. Potomac CRC	12/2	Sa	11 a.m.-Noon	FREE

Martial Arts Health Dance with Josephine

2 Sessions	R07010-202	N. Potomac CRC	12/2	Sa	9:15-10:45 a.m.	FREE
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Wisdom Yoga

10 Sessions	R05128-214	Clara Barton CRC	1/9	Tu	10:30-11:30 a.m.	\$110
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Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-208	Schweinhaut SC	12/2	Sa	Noon-1 p.m.	FREE
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Yoga

9 Sessions	R07032-201	Wheaton CRC	12/4	M	9:05-9:55 a.m.	FREE
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13 Sessions	R07029-203	Damascus SC	12/1	F	11 a.m.-Noon	FREE
	R07032-204	Wheaton CRC	12/5	Tu	3-4 p.m.	FREE
	R07032-202	Wheaton CRC	12/7	Th	3-4 p.m.	FREE

Yogalates

13 Sessions	R07032-203	Wheaton CRC	12/6	W	9:30-10:30 a.m.	FREE
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Yoga Para Todos

13 Sessions	R07032-205	Wheaton CRC	12/1	F	3-4 p.m.	FREE
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24 Sessions	R07032-207	Long Branch CRC	12/5	Tu,Th	9-10 a.m.	FREE
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REMINDER

All prices, dates, times, and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



55 +

Martial Arts



TAI CHI

Beginners Tai Chi



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07025-201	Holiday Park SC	1/3	W	9:30-10:20 a.m.	FREE

Tai Chi

13 Sessions	R07025-204	Damascus SC	12/5	Tu	11 a.m.-Noon	FREE
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Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-207	Schweinhaut SC	12/5	Tu	1:30-2:30 p.m.	FREE
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Tai Chi CMC 37 Yang Style and Chi Gong Exercises

12 Sessions	R07025-208	N. Potomac CRC	1/12	F	10-11:30 a.m.	FREE
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Tai Chi Exercises

13 Sessions	R07025-203	Holiday Park SC	1/2	Tu	9:30-10:20 a.m.	FREE
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Tai Chi Sword

10 Sessions	R07027-201	Holiday Park SC	1/8	M	2:30-3:25 p.m.	FREE
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Tai Chi with Master Guo

13 Sessions	R07027-202	N. Potomac CRC	12/1	F	2:15-3 p.m.	FREE
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QIGONG

Let's Practice Qigong

13 Sessions	R07059-201	Wheaton CRC	12/1	F	1-2 p.m.	FREE
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Qigong

Instructor: Mike Kornely

12 Sessions	R07059-202	Schweinhaut SC	12/2	Sa	Noon-1 p.m.	FREE
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Music



55 +

ART INSTRUCTION

Angklung Music Lessons

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07109-201	Schweinhaut SC	12/2	Sa	Noon-2 p.m.	FREE

Ukulele for Beginners

13 Sessions	R07115-201	Wheaton CRC	12/7	Th	Noon-1 p.m.	FREE
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SINGING

Holiday Sing-along and Social

3 Sessions	R07080-202	N. Potomac CRC	12/7	Th	12:30-1:30 p.m.	FREE
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Music in Motion: Songs from the American Tradition

8 Sessions	R07080-204	Damascus SC	1/4	Th	11 a.m.-Noon	FREE
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Sing Along with Hong

9 Sessions	R07080-203	Long Branch CRC	12/4	M	11 a.m.-Noon	FREE
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Song Circle

3 Sessions	R07080-205	Schweinhaut SC	12/8	F	1:30-3:30 p.m.	FREE
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Special Events



CHESS

Chess Club



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07110-203	Schweinhaut SC	12/4	M	10:30 a.m.-1 p.m.	FREE

SPECIAL EVENTS

1 p.m. Program

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07107-206	Damascus SC	1/2	M-F	1-2 p.m.	FREE

Ballroom Dance Party

1 Session	R07107-203	N. Potomac CRC	2/2	F	2:30-5:30 p.m.	FREE
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Freedom Quilts

6 Sessions	R03027-209	Coffield CRC	1/16	Tu	11 a.m.-Noon	FREE
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Hanukkah Dreidel Party with Anna Kofner

1 Session	R07107-211	N. Potomac CRC	12/12	Tu	1:15-2:30 p.m.	FREE
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AARP Smart DriverTek Workshop

1 Session	R03003-228	Praisner CRC	1/9	M	11 a.m.-12:30 p.m.	FREE
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UMD Nursing Program

13 Sessions	R07094-202	Wheaton CRC	12/7	Th	9 a.m.-4 p.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

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AQUATICS

Sports



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

BILLIARDS

Billiards

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07103-201	Damascus SC	12/1	M-F	9 a.m.-4 p.m.	FREE

Billiards All Day

57 Sessions	R07103-203	Schweinhaut SC	12/1	M-F	8 a.m.-4 p.m.	FREE
13 Sessions	R07103-204	Schweinhaut SC	12/2	Sa	9 a.m.-3 p.m.	FREE

PICKLEBALL

Advanced Beginners Pickleball

13 Sessions	R07091-202	Schweinhaut SC	12/7	Th	2-3 p.m.	FREE
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Intermediate Pickleball

13 Sessions	R07091-203	Schweinhaut SC	12/7	Th	3-4 p.m.	FREE
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Newbies and Beginners Pickleball

13 Sessions	R07091-201	Schweinhaut SC	12/7	Th	1-2 p.m.	FREE
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Open Pickleball

12 Sessions	R07091-200	Schweinhaut SC	12/1	F	10:30 a.m.-Noon	FREE
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TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-204	Schweinhaut SC	12/1	F	10:30 a.m.-Noon	FREE
10 Sessions	R07097-203	Schweinhaut SC	12/4	M	Noon-2 p.m.	FREE
4 Sessions	R07097-205	Holiday Park SC	12/5	Tu	1:30-2:30 p.m.	FREE

Open Shuffleboard

23 Sessions	R07121-202	Holiday Park SC	1/3	M,W	2:30-3:30 p.m.	FREE
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MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE JUST AROUND THE CORNER!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION



Explore... dream... discover! SOAR day trips are designed for active adults 55 and older. Travel by motor-coach departing and returning to Olney Manor Recreation Park, 16605 Georgia Ave., Olney.

COMING THIS SPRING

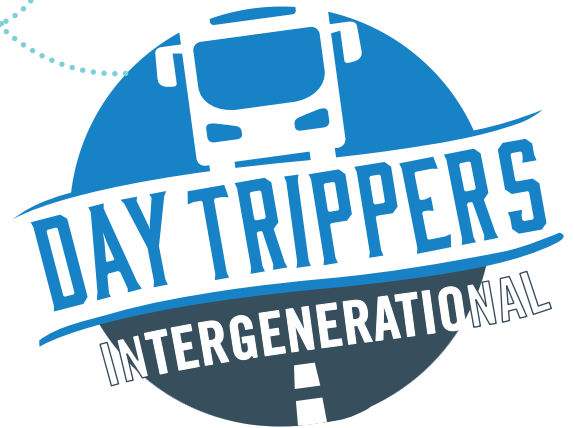
Cherry Blossom Lunch Cruise, Washington D.C. Tour with guide Rick Snider, Liberte Sailing, White Water Rafting, Hillwood Museum & Gardens, Planes-Trains & Trolleys-Moving America, Go Wild and Take a Safari and more.



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip program is planned with your interests in mind.

Join us for exciting trips and leave the driving to us! Children under 18 must be accompanied by an adult. Trips depart from and return to Olney Manor Recreation Park, 16605 Georgia Ave., Olney.



COMING THIS SPRING

Mama Mia- Hippodrome Theatre, Maymont Estate & Gardens, Kate Pearl Tea Room, National Cathedral Flower Mart, Shear Madness-Kennedy Center, Frederick Festival of the Arts and more.



FACILITY ADDRESSES

Winter 2023-24 registration begins Monday, Nov. 13



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view Aquatics facilities.](#)



ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave., Wheaton-Glenmont, 20902
Bethesda ES.....	7600 Arlington Road, Bethesda, 20814
Glenallan ES.....	12520 Heurich Road, Silver Spring, 20902
Kemp Mill ES.....	411 Sisson St., Silver Spring, 20902
Oakland Terrace ES.....	2720 Plyers Mill Road, Silver Spring, 20902
North Chevy Chase ES.....	3700 Jones Bridge Road, Chevy Chase 20815
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Travilah ES.....	13801 Dufief Mill Road, North Potomac, 20878

PARKS

Veirs Mills LP.....	4425 Garrett Park Road, Silver Spring, 20906
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MIDDLE SCHOOLS

Earle B. Wood MS.....	14615 Bauer Drive, Rockville, 20853
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OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852
Bethesda-Chevy Chase Regional Services Center- Regional Services Center-B-CC.....	4805 Edgemoor Lane, Bethesda, 20814

RECREATION FACILITIES

Recreation Administrative Office.....	2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC.....	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC.....	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC.....	25520 Oak Drive, Damascus, 20872
East County CRC.....	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway, Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Upper County CRC.....	8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC.....	11701 Georgia Ave., Wheaton, 20902
White Oak CRC.....	1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815

SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



FOR MORE INFO, VISIT

[MOCOREC.COM/SILVERSPRING](https://mocorec.com/silverspring)



Rec Assist

Financial Assistance Program

Montgomery County Recreation offers financial assistance to those who qualify.

Use your 2023 funds before the end of the year.
Applications for 2024 will be accepted starting Dec. 11.

For more information visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



WHERE THE FUN BEGINS

WINTER 2023 -24

Have questions?

The customer service and outreach teams are here to help!

Registration begins
Monday, Nov. 13



HOURS OF OPERATION

Monday - Friday
8:30 a.m.-4:30 p.m.



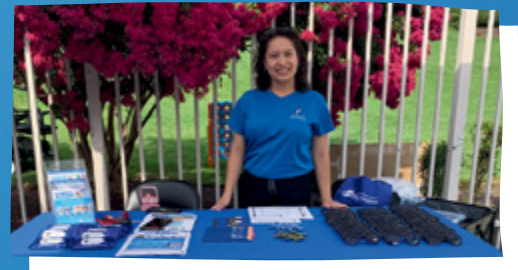
CALL US

Customer Service Available
8:30 a.m.-4:30 p.m.
[240-777-6840](tel:240-777-6840)



VISIT US

9 a.m.-4 p.m.
Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902
[See Map](#)



Montgomery County Recreation
2425 Reedie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation