

GUIDE **WINTER** 2021-2022

THERAPEUTIC RECREATION

Programs for People with Disabilities

TGIF-Totally Great Inclusive Fun First Fridays

Ages 15 & Up **2 Sessions** **\$10**
 138222 Bauer Drive CRC 1/7 F 6:30-8:30 p.m.
 138223 Bauer Drive CRC 2/4 F 6:30-8:30 p.m.
 138224 Bauer Drive CRC 3/4 F 6:30-8:30 p.m.

TR Sip N Paint

Ages 18 & Up **1 Session** **\$10**
 141093 White Oak CRC 3/20 Su 7-3 p.m.

TR Undercover Pets - Virtual

Ages 5 & Up **8 Sessions** **FREE**
 138718 Virtual Class 1/8 Sa 11 a.m.-Noon

TR Wacky Wednesday Laugh Night - Virtual

Ages 12 & Up **3 Sessions** **FREE**
 138722 Virtual Class 1/12 W 7-8 p.m.

TR Where Are You - Virtual

Ages 12 & Up **3 Sessions** **FREE**
 138721 Virtual Class 1/9 Su 10-11:30 a.m.

Arts, Dance & Music

Beginning Handbuilt Pottery for Adult

Ages 18 & Up **8 Sessions** **\$100**
 Instructor: Catherine Joanny
 138677 Ross Boddy CRC 1/21 F 2:30-3:30 p.m.

Drumming - Rock Out

Ages 15 & Up **8 Sessions** **\$40**
 138214 Bauer Drive CRC 1/13 Th 7-8 p.m.

Kaleidoscope Art

Ages 13 & Up **8 Sessions** **\$40**
 138215 Plum Gar CRC 1/22 Sa 11 a.m.-12:30 p.m.

Basketball

Basketball League TR

Ages 18 & Up **8 Sessions** **\$42**
 138213 Mid-County CRC 1/9 Su Noon-3 p.m.

Water Fitness

TR Adult Social Swim

Ages 18 & Up **8 Sessions** **\$40**
 138225 MLK 1/11 Tu 7:45-8:45 p.m.
 138226 GISC 1/12 W 8:30-9:30 p.m.
 138227 OSC 1/14 F 7:15-8 p.m.
 138228 OSC 1/14 F 8:15-9 p.m.

Exercise & Fitness

Moving with Mike: Seated Exercise-Virtual

Ages 18 & Up **10 Sessions** **\$65**
 138751 Virtual Class 1/9 Su 1-2 p.m.

Stretch 'n Tone

Ages 13 & Up **8 Sessions** **\$40**
 138221 Wheaton CRC 1/10 M 7-8 p.m.
 138219 Potomac CRC 1/11 Tu 7-8 p.m.
 138220 Damascus CRC 1/13 Th 7-8 p.m.
 138234 Holiday Park SC 1/15 Sa 10-11 a.m.

TR Yoga

Ages 13 & Up **6 Sessions** **\$30**
 138233 Upper County CRC 1/20 Th 7-7:50 p.m.

TO REGISTER, VISIT ACTIVEMONTGOMERY.ORG



[MONTGOMERYCOUNTYRECREATION](https://www.facebook.com/MONTGOMERYCOUNTYRECREATION)



[MOCOREC](https://twitter.com/MOCOREC)



[MOCORECREATION](https://www.instagram.com/MOCORECREATION)

See specific activity for more information

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



MONTGOMERY COUNTY
Recreation

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).

Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.inclusion@montgomerycountymd.gov to request accommodations.

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Turn the Beat Around

Ages 13 & Up **8 Session** **\$40**
138235 Holiday Park SC 1/15 Sa 11 a.m.-Noon

**BUT WAIT...
THERE'S MORE!**

For
Adapted Aquatics
programs for ages 4 & Up

View more on

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THERAPEUTIC RECREATION

CALIFORNIA
Dreamin

ACTIVITY
138218

SATURDAY, JAN. 29, 2022

Ages 15 & Up
6:30-9:30 P.M. | \$10

✉

**JOIN OUR
MAILING LIST**

Join our Therapeutic
Recreation Mailing List

JOIN

THERAPEUTIC RECREATION

**LET IT
GLOW**

Activity 138216

Ages 15 & Up
Saturday, March 26, 2022
6:30-9:30 p.m. | \$10

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GUIDE **WINTER** 2021-2022 THERAPEUTIC RECREATION

THERAPEUTIC RECREATION



mardi gras
Celebration

SATURDAY, FEB. 26, 2022
ACTIVITY 138217
6:30-9:30 P.M.
AGES 15 & UP | \$10

THERAPEUTIC RECREATION



**CHINESE
NEW YEAR
PARTY**

Saturday, Feb. 5, 2022
4-7 p.m.
Ages 18 & Up | \$10

ACTIVITY 138231

THERAPEUTIC RECREATION



**PAJAMA
PARTY**

ACTIVITY 138232

SATURDAY, JAN. 22, 2022
6:30-9:30 P.M.
AGES 18 & UP | \$10 *

THERAPEUTIC RECREATION



**MARCH
MADNESS**

ACTIVITY 138230

SATURDAY
MARCH 12, 2022
2-5 P.M.
AGES 18 & UP | \$10

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MONTGOMERY COUNTY RECREATION



TR KIDS ZONE

A DRAMA Experience: Facial Expressions & Games

138687 1/23 Sundays 1-1:50 p.m. \$10

Dance Creation

138759 1/23 Sundays 2-2:30 p.m. FREE

AGES 6-12
GERMANTOWN CRC

THERAPEUTIC RECREATION

INSTRUCTORS NEEDED

We're looking for daytime, evening & weekend instructors to offer Therapeutic Recreation programs.

Interested? Join Us!

Contact
Angela Luskey

Email

angela.luskey@montgomerycountymd.gov



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