

# MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



**SUMMER 2021**



MONTGOMERY COUNTY  
*Recreation*



MONTGOMERY COUNTY RECREATION

# SUMMER CAMPS



**HURRY THERE'S STILL TIME**

FULL DAY &  
HALF DAY  
OPTIONS

**NOW UNDERWAY**

RecAssist is available for Camps 2021.  
Register at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)



MONTGOMERY COUNTY  
*Recreation*

# SUMMER 2021

## Outdoor Pool Hours 2 HR SWIM SESSIONS

### Locations

 Bethesda\*+  
301.652.1598

 Germantown+  
240.777.8067

 MLK, Jr. Outdoor+  
240.777.8066

 Sarah E. Auer  
Western County  
301.349.2217

 Sgt. Hector I. Ayala  
Wheaton/Glenmont  
301.929.5460

 Long Branch  
301.431.5700

 Upper County  
301.840.2446

Locations	Pre-Season		Summer Season
	May 1-May 28	May 29-June 18	June 19-August 15
Bethesda*+ 301.652.1598	<b>LANES ONLY</b> • 2-7 p.m. <b>RESERVATIONS 1 HR</b> Closed M & Tu	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.
Germantown+ 240.777.8067	<b>Closed</b>	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.
MLK, Jr. Outdoor+ 240.777.8066	<b>LANES ONLY</b> • M-F • 2-7 p.m. <b>RESERVATIONS 1 HR</b> Closed Weekends	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.
Sarah E. Auer Western County 301.349.2217	<b>Closed</b>	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: Noon-8 p.m.
Sgt. Hector I. Ayala Wheaton/Glenmont 301.929.5460	<b>LANES ONLY</b> • M,W,F • 2-7 p.m. <b>RESERVATIONS 1 HR</b> Closed Weekends	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.
Long Branch 301.431.5700	<b>Closed</b>	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m. <b>Closed Fridays</b>
Upper County 301.840.2446	<b>Closed</b>	Weekends & Memorial Day: Noon-6 p.m. <b>Closed Weekdays</b>	Weekends: Noon-8 p.m. Weekdays: 1-8 p.m. <b>Closed Fridays</b>



All pools close at 6 p.m.  
on Saturday, July 4, 2021.

FOR MORE INFO, VISIT [WWW.MOCOREC.COM/POOLS](http://WWW.MOCOREC.COM/POOLS)  
240-777-6860 • Hablamos Español





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INDOOR CLASSES AVAILABLE



Some activities will take place inside.

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VIRTUAL CLASSES AVAILABLE



Staying home? Virtual classes are available. A link to the virtual platform will be provided after registration.


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OUTDOOR CLASSES AVAILABLE



Some activities will take place outdoors.

Check activity location details in ActiveMontgomery. Face masks are required for all in-person activities.



Partnership Programs are run in collaboration with nonprofits and organizations serving Montgomery County. These programs may have registration requirements different from Montgomery County Recreation.

Summer 2021  
Registration begins  
**May 10, 2021**



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# Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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## Registration Opens

**BROOKSIDE GARDENS, NATURE CENTERS, HISTORICAL, CULTURAL, DRIVING RANGE GOLF AND ARCHERY PROGRAMS**

Monday, MAY 10

**ICE SKATING, HOCKEY, AND TENNIS PROGRAMS\***

Tuesday, JUNE 8

\*ONLY ONE TERM THIS SEASON FOR ICE & TENNIS

## HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov). If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org); or visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) for more information.

## SEASONAL HIGHLIGHTS



**Josiah Henson Museum & Park**  
pg. 42



**Miniature Train & Carousel**  
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# Aquatics

*Live a Little ...  
Swim a Lot!*

## INDOOR POOLS

### Martin Luther King, Jr Swim Center (MLK)

240-777-8060  
1201 Jackson Road  
Silver Spring, MD 20904

**Closed Aug. 28-Sept. 6**

### Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)

240-777-8070  
5900 Executive Boulevard  
N. Bethesda, MD 20852

**Closed Aug. 7-Aug. 22**

### Olney Indoor Swim Center (OSC)

240-777-4995  
16605 Georgia Avenue  
Olney, MD 20832

**Closed July 26.-Aug. 8**

### Germantown Indoor Swim Center (GISC)

240-777-6830  
18000 Central Park Circle  
Boyd's, MD 20841

**Closed Aug. 20-Sept. 6**

## OUTDOOR POOLS

**Outdoor pools will close at 6 p.m. on July 4.**

### Bethesda Outdoor Pool

301-652-1598  
6300 Hillandale Road  
Bethesda, MD 20815

### Germantown Outdoor Pool

240-777-8067  
18905 Kingsview Road  
Germantown, MD 20874

### Long Branch Outdoor Pool

301-431-5700  
8700 Piney Branch Road  
Silver Spring, MD 20912

### Martin Luther King, Jr. Outdoor Pool

240-777-8066  
1201 Jackson Road  
Silver Spring, MD 20904

### Upper County Outdoor Pool

301-840-2446  
8211 Emory Grove Road  
Gaithersburg, MD 20877

### Sarah E. Auer Western County Outdoor Pool

301-349-2217  
20151 Fisher Avenue  
Poolesville, MD 20837

### Sgt. Hector I. Ayala Wheaton/ Glenmont Outdoor Pool

301-929-5460  
12621 Dalewood Drive  
Wheaton, MD 20906



### POOL RESERVATIONS

2 hour swim sessions are available for reservation. Residents with reservations will have priority admission.

RESERVE NOW



### STAY UP-TO-DATE



[MOCOREC.COM/POOLS](http://MOCOREC.COM/POOLS)

Check our pools information web page for current indoor and outdoor pool information.





# AQUATICS

## Water Fitness

### Abs & Glutes & More

**Ages 12 & Up** 8 Sessions **\$52**

Instructor: H2O Fitness

118171 KSAC 6/22 Tu 9-9:50 a.m.  
118176 KSAC 6/24 Th 9-9:50 a.m.

118234 MLKOP 6/21 M 10-10:50 a.m.  
118266 MLKOP 6/23 W 10-10:50 a.m.

### Against the Current

**Ages 12 & Up** 8 Sessions **\$72**

Instructor: H2O Fitness

118240 MLKOP 6/20 Su 10-10:50 a.m.  
118241 MLKOP 6/21 M 9-9:50 a.m.  
118238 MLKOP 6/21 M 8:10-9 p.m.  
118235 MLKOP 6/22 Tu 9-9:50 a.m.  
118274 MLKOP 6/22 Tu 8:10-9 p.m.  
118239 MLKOP 6/23 W 9-9:50 a.m.  
118276 MLKOP 6/23 W 8:10-9 p.m.  
118275 MLKOP 6/24 Th 9-9:50 a.m.  
118237 MLKOP 6/24 Th 8:10-9 p.m.  
118236 MLKOP 6/26 Sa 10-10:50 a.m.

### Aqua Cardio Challenge

**Ages 12 & Up** 8 Sessions **\$52**

Instructor: H2O Fitness

118393 KSAC 6/21 M 7-7:50 p.m.  
118390 KSAC 6/24 Th 11-11:50 a.m.  
118387 MLKOP 6/23 W 7-7:50 p.m.  
118242 MLKOP 6/25 F 10-10:50 a.m.

### Aqua Cardio Dance

**Ages 12 & Up** 8 Sessions **\$52**

Instructor: H2O Fitness

118272 MLKOP 6/22 Tu 10-10:50 a.m.  
118243 MLKOP 6/24 Th 10-10:50 a.m.

### Aqua Dance for Kids

**Ages 7-13** 8 Sessions **\$52**

Instructor: H2O Fitness

118388 KSAC 6/23 W Noon-12:50 p.m.

118244 MLKOP 6/22 Tu 11-11:50 a.m.

118273 MLKOP 6/26 Sa 11-11:50 a.m.

### Aqua Lite

**Ages 12 & Up** 7 Sessions **\$46**

Instructor: Wellness Network

116266 KSAC 6/21 M 11-11:50 a.m.

116267 KSAC 6/23 W 11-11:50 a.m.

118141 OSC 6/21 M 10-10:50 a.m.

118151 OSC 6/23 W 10-10:50 a.m.

118160 OSC 6/25 F 10-10:50 a.m.

### Aqua Spin

**Ages 12 & Up** 7 Sessions **\$60**

118182 KSAC 6/25 F 12-12:50 p.m.

8 Sessions **\$68**

Instructor: H2O Fitness

118392 KSAC 6/22 Tu 12:30-1:20 p.m.

118174 KSAC 6/23 W 1-1:50 p.m.

118175 KSAC 6/23 W 7-7:50 p.m.

118178 KSAC 6/24 Th 12:30-1:20 p.m.

118179 KSAC 6/25 F 9-9:50 a.m.

118258 MLKSC 6/20 Su 9-9:50 a.m.

118259 MLKSC 6/21 M 7-7:50 p.m.

118255 MLKSC 6/22 Tu 7:30-8:20 a.m.

122519 MLKSC 6/23 W 9-9:50 a.m.

118254 MLKSC 6/24 Th 11-11:50 a.m.

118278 MLKSC 6/25 F 9-9:50 a.m.

118256 MLKSC 6/25 F 7-7:50 p.m.

118257 MLKSC 6/26 Sa 8-8:50 a.m.

### Aqua YO-Lates

**Ages 12 & Up** 8 Sessions **\$52**

Instructor: H2O Fitness

118245 MLKOP 6/25 F 11-11:50 a.m.

55+

Therapeutic  
Recreation

Sports

Classes

AQUATICS



55 +

**Deep Water Running**

Ages 12 & Up 7 Sessions \$46  
Instructor: Wellness Network

- 122143 BOP 6/20 Su 8-8:50 a.m.
- 122141 BOP 6/21 M 8-8:50 a.m.
- 122142 BOP 6/23 W 8-8:50 a.m.

8 Sessions \$52

- 116273 GISC 6/21 M 10-10:50 a.m.
- 116274 GISC 6/21 M 7:15-8:05 p.m.
- 116275 GISC 6/22 Tu 10-10:50 a.m.
- 116276 GISC 6/23 W 10-10:50 a.m.
- 116272 GISC 6/26 Sa 10-10:50 a.m.

7 Sessions \$46

- 116269 KSAC 6/22 Tu 7:15-8:05 p.m.
- 116268 KSAC 6/24 Th 7:15-8:05 p.m.

- 118142 OSC 6/21 M 7:15-8:05 p.m.
- 118143 OSC 6/22 Tu 9-9:50 a.m.
- 118145 OSC 6/22 Tu 11-11:50 a.m.
- 118148 OSC 6/22 Tu 8:15-9:05 p.m.
- 118149 OSC 6/23 W 6:30-7:20 a.m.
- 118152 OSC 6/23 W 7:15-8:05 p.m.
- 118153 OSC 6/24 Th 9-9:50 a.m.
- 118155 OSC 6/24 Th 11-11:50 a.m.
- 118157 OSC 6/24 Th 8:15-9:05 p.m.
- 118158 OSC 6/25 F 6:30-7:20 a.m.

8 Sessions \$52

Instructor: H2O Fitness

- 118172 KSAC 6/22 Tu 10-10:50 a.m.
- 118177 KSAC 6/24 Th 10-10:50 a.m.
- 118180 KSAC 6/25 F 10-10:50 a.m.

- 118260 MLKSC 6/21 M Noon-12:50 p.m.
- 118385 MLKSC 6/22 Tu 9-9:50 a.m.
- 118261 MLKSC 6/22 Tu 7-7:50 p.m.
- 118262 MLKSC 6/23 W Noon-12:50 p.m.
- 118263 MLKSC 6/24 Th 7:30-8:20 a.m.
- 118264 MLKSC 6/24 Th 7-7:50 p.m.
- 118386 MLKSC 6/26 Sa 9-9:50 a.m.

**Hi/Lo Cardio Fusion**

Ages 12 & Up 8 Sessions \$52  
Instructor: H2O Fitness

- 118181 KSAC 6/25 F 11-11:50 a.m.

**Water Aerobics**

Ages 12 & Up 7 Sessions \$46  
Instructor: Wellness Network

- 116270 KSAC 6/21 M 10-10:50 a.m.
- 116271 KSAC 6/23 W 10-10:50 a.m.

- 118144 OSC 6/22 Tu 10-10:50 a.m.
- 118146 OSC 6/22 Tu 7:15-8:05 p.m.
- 118154 OSC 6/24 Th 10-10:50 a.m.
- 118156 OSC 6/24 Th 7:15-8:05 p.m.

8 Sessions \$52

Instructor: Wellness Network

- 116278 GISC 6/17 Th 7:15-8:05 p.m.
- 116279 GISC 6/24 Th 10-10:50 a.m.

**Water Exercise**

Ages 12 & Up 7 Sessions \$46  
Instructor: Wellness Network

- 118140 OSC 6/21 M 9-9:50 a.m.
- 118150 OSC 6/23 W 9-9:50 a.m.
- 118159 OSC 6/25 F 9-9:50 a.m.

8 Sessions \$52

Instructor: H2O Fitness

- 118173 KSAC 6/22 Tu 11-11:50 a.m.



THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



# BLENDed 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 Rescuer. 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 2 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 \$135.

## Kennedy Shriver Aquatic Center

### LGT 1: Course 117456

June 2021

Session	Date	Begins	Ends
Pre-Course	Friday, June 18	5 p.m.	8 p.m.
Session 1	Saturday, June 19	9 a.m.	6 p.m.
Session 2	Sunday, June 20	9 a.m.	6 p.m.
Session 3	Monday, June 21	4 p.m.	8 p.m.

## Martin Luther King Jr. Swim Center

### LGT 1: Course 110567

June 2021

Session	Date	Begins	Ends
Pre-Course	Saturday, June 12	5 p.m.	8 p.m.
Session 1	Saturday, June 19	Noon	8 p.m.
Session 2	Sunday, June 20	Noon	4 p.m.
Session 3	Wednesday, June 23	6 p.m.	9 p.m.
Session 4	Saturday, June 26	5 p.m.	8 p.m.

### LGT 1: Course 121158

June 2021

Session	Date	Begins	Ends
Pre-Course	Sunday, June 13	1 p.m.	4 p.m.
Session 1	Monday, June 21	1 p.m.	9 p.m.
Session 2	Tuesday, June 22	1 p.m.	9 p.m.
Session 3	Wednesday, June 23	1 p.m.	9 p.m.
Session 4	Saturday, June 26	1 p.m.	4 p.m.

# BE A HERO

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





# Swim Lessons



**Swim Lesson  
registration  
will begin on**

**May 10 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 otherwise 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 pool.

Class fee covers only the lessons and no other use of the facility. Participants may enter the locker rooms ten 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 aquatics lessons or any other Montgomery County Recreation program.

















Outdoor lessons are scheduled for eight sessions to allow for inclement weather cancellations. There are no makeups or refunds due to weather related closings and delays for lessons at outdoor pools.



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

	<b>Parent-Assisted Lessons</b> <b>Class Requirements:</b> On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting water-proof pants under their suit if not potty-trained.	<b>Waterbabies (Ages 6-18 months)</b>	<b>Aquatots (Ages 18 months-3)</b> <b>Class Objectives:</b> 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.	<b>Pre-School (Ages 3-5)</b> 
	<b>Level 1</b> <b>Class Requirements:</b> On the first day of class, students must be able to function well in a group setting without parents.	<b>Beginner (Ages 4-6)</b>	<b>Youth (Ages 7-13)</b> <b>Class Objectives:</b> Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.	<b>Adult (Ages 14+)</b> 
	<b>Level 2</b> <b>Class Requirements:</b> 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.	<b>Beginner (Ages 4-6)</b>	<b>Youth (Ages 7-13)</b> <b>Class Objectives:</b> 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.	<b>Adult (Ages 14+)</b> 
	<b>Level 3</b> <b>Class Requirements:</b> 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.	<b>Beginner (Ages 4-6)</b>	<b>Youth (Ages 7-13)</b> <b>Class Objectives:</b> 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.	<b>Adult (Ages 14+)</b> 
	<b>Level 4</b> <b>Class Requirements:</b> 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.	<b>Beginner (Ages 4-6)</b>	<b>Youth (Ages 7-13)</b> <b>Class Objectives:</b> 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.	<b>Adult (Ages 14+)</b> 
	<b>Level 5</b> <b>Class Requirements:</b> On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and backstroke, and be comfortable in deep water.		<b>Advanced Youth (Ages 7-13)</b> <b>Class Objectives:</b> Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.	<b>Adult (Ages 14+)</b> 
	<b>Level 6</b> <b>Class Requirements:</b> On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).		<b>Advanced Youth (Ages 7-13)</b> <b>Class Objectives:</b> Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.	<b>Adult (Ages 14+)</b> 





55 +

# Beginner 1

Ages 4-6

6 Sessions \$67

## Germantown Indoor Swim Center

118469	6/19	Sa	9-9:30 a.m.
118470	6/19	Sa	10:30-11 a.m.
118471	6/19	Sa	11:15-11:45 a.m.
118472	6/20	Su	9-9:30 a.m.
118473	6/20	Su	10:30-11 a.m.
118474	6/20	Su	11:15-11:45 a.m.

8 Sessions \$67

## Germatown Outdoor Pool

117609	7/12	M-Th	9-9:30 a.m.
117610	7/12	M-Th	9:45-10:15 a.m.
117611	7/19	M-Th	9-9:30 a.m.

## Western County Outdoor Pool

117571	7/12	M-Th	10-10:30 a.m.
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## Wheaton/Glenmont Outdoor Pool

118518	7/12	M-Th	9-9:30 a.m.
118520	7/12	M-Th	9:45-10:15 a.m.
118524	7/19	M-Th	9-9:30 a.m.

# Beginner 2

Ages 4-6

6 Sessions \$65

## Germantown Indoor Swim Center

118475	6/19	Sa	9-9:30 a.m.
118476	6/19	Sa	9:45-10:15 a.m.
118477	6/19	Sa	10:30-11 a.m.
118478	6/19	Sa	11:15-11:45 a.m.
118479	6/20	Su	9-9:30 a.m.
118480	6/20	Su	9:45-10:15 a.m.
118481	6/20	Su	11:15-11:45 a.m.

8 Sessions \$65

## Germatown Outdoor Pool

117612	7/12	M-Th	10:30-11 a.m.
117613	7/19	M-Th	9:45-10:15 a.m.

## Western County Outdoor Pool

117572	7/12	M-Th	10:45-11:15 a.m.
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## Wheaton/Glenmont Outdoor Pool

118522	7/12	M-Th	10:30-11 a.m.
118526	7/19	M-Th	9:45-10:15 a.m.

# Beginner 3

Ages 4-6

6 Sessions \$65

## Germantown Indoor Swim Center

118482	6/19	Sa	11:15-11:45 a.m.
118483	6/20	Su	11:15-11:45 a.m.

8 Sessions \$65

## Germatown Outdoor Pool

117614	7/19	M-Th	10:30-11 a.m.
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## Wheaton/Glenmont Outdoor Pool

118528	7/19	M-Th	10:30-11 a.m.
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55 +  
THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS



## Youth Level 1

Ages 7-13

6 Sessions \$60

### Germantown Indoor Swim Center

118484	6/19	Sa	9-9:30 a.m.
118485	6/19	Sa	10:30-11 a.m.
118486	6/20	Su	9:45-10:15 a.m.
118487	6/20	Su	10:30-11 a.m.

8 Sessions \$60

### Germantown Outdoor Pool

117615	7/12	M-Th	9-9:30 a.m.
117616	7/19	M-Th	10:30-11 a.m.

### Wheaton/Glenmont Outdoor Pool

118519	7/12	M-Th	9-9:30 a.m.
118529	7/19	M-Th	10:30-11 a.m.

## Youth Level 2

Ages 7-13

6 Sessions \$60

### Germantown Indoor Swim Center

118489	6/20	Su	9-9:30 a.m.
118488	6/19	Sa	9:45-10:15 a.m.
118490	6/20	Su	10:30-11 a.m.

8 Sessions \$60

### Germantown Outdoor Pool

117617	7/12	M-Th	9:45-10:15 a.m.
117618	7/19	M-Th	9:45-10:15 a.m.

### Wheaton/Glenmont Outdoor Pool

118521	7/12	M-Th	9:45-10:15 a.m.
118527	7/19	M-Th	9:45-10:15 a.m.



## Youth Level 3

Ages 7-13

6 Sessions \$58

### Germantown Indoor Swim Center

118491	6/19	Sa	9:45-10:15 a.m.
118492	6/20	Su	9:45-10:15 a.m.

8 Sessions \$58

### Germantown Outdoor Pool

117619	7/12	M-Th	10:30-11 a.m.
117620	7/19	M-Th	9-9:30 a.m.

### Wheaton/Glenmont Outdoor Pool

118523	7/12	M-Th	10:30-11 a.m.
118525	7/19	M-Th	9-9:30 a.m.

# MORE SWIM LESSONS AVAILABLE

See more swim lessons in ActiveMongomery.

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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS





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# Diving

## Advance and Tier Level Diving

**Ages 7-13**      **8 Sessions**      **\$240**

Instructor: Monumental Diving

120697    KSAC      6/1 T,Th,Sa      7:30 -9 p.m.

Instructor: Sergey Meshcherskiy

120583    KSAC      6/2 M,W,Sa      7:30 -9 p.m.

**9 Sessions**      **\$315**

Instructor: Sergey Meshcherskiy

120524    MLKSC      6/21 M,W,F      7-8:45 a.m.

120531    MLKSC      6/21 M,W,F      9-10:45 a.m.

120545    MLKSC      6/21 M,W,F      11am.-12:45pm.

120529    MLKSC      7/12 M,W,F      7-8:45 a.m.

120530    MLKSC      7/12 M,W,F      9-10:45 a.m.

120546    MLKSC      7/12 M,W,F      11am.-12:45pm.

Instructor: Monumental Diving

120503    KSAC      6/21 M,W,F      7-8:45 a.m.

120525    KSAC      6/21 M,W,F      9-10:45 a.m.

120541    KSAC      6/21 M,W,F      11am.-12:45pm.

120522    KSAC      7/12 M,W,F      7-8:45 a.m.

120526    KSAC      7/12 M,W,F      9-10:45 a.m.

120542    KSAC      7/12 M,W,F      11am.-12:45pm.

**Ages 11-19**      **10 Sessions**      **\$340**

Instructor: Sergey Meshcherskiy

120570    KSAC      6/2 M,W,F, Sa      4-5:30 p.m.

120569    KSAC      6/2 M,W, Th,Sa      5:45-7:15 p.m.

Instructor: Monumental Diving

120558    KSAC      6/1 Su,Tu,Th,F      5:45-7:15 p.m.

120549    GISC      6/2 Su,M,W,F      5:45-7:15 p.m.

**15 Sessions**      **\$525**

Instructor: Sergey Meshcherskiy

120505    MLKSC      6/21 M-F      7-8:45 a.m.

122154    MLKSC      6/21 M-F      9-10:45 a.m.

120543    MLKSC      6/21 M-F      11 a.m.-12:45 p.m.

120515    MLKSC      7/12 M-F      7-8:45 a.m.

122155    MLKSC      7/12 M-F      9-10:45 a.m.

120544    MLKSC      7/12 M-F      11 a.m.-12:45 p.m.

Instructor: Monumental Diving

120480    KSAC      6/21 M-F      7-8:45 a.m.

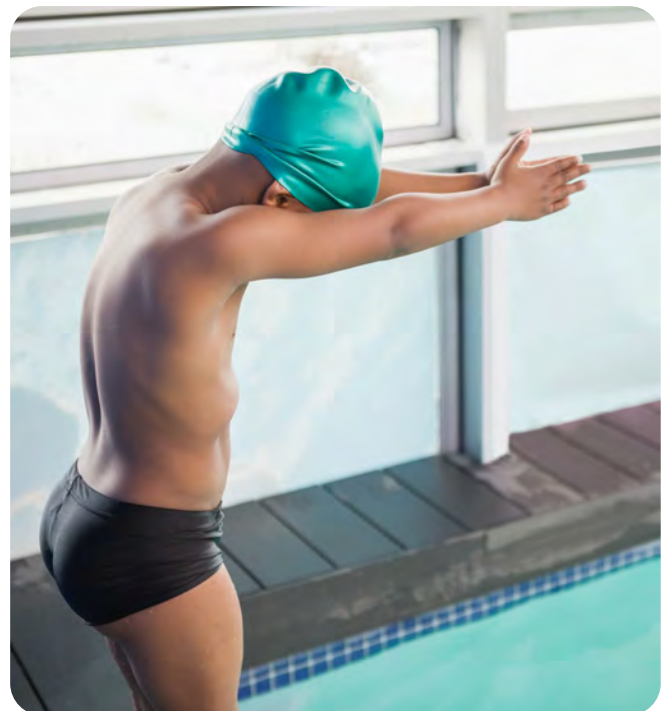
120516    KSAC      6/21 M-F      9-10:45 a.m.

120539    KSAC      6/21 M-F      11 a.m.-12:45 p.m.

120513    KSAC      7/12 M-F      7-8:45 a.m.

120519    KSAC      7/12 M-F      9-10:45 a.m.

120540    KSAC      7/12 M-F      11 a.m.-12:45 p.m.



Therapeutic Recreation

Sports

Classes

Aquatics





## Masters

### Masters Swimming

Ages 18 & Up

Instructor: Montgomery Ancient Mariners

<b>1 Day per Week</b>		<b>\$100</b>
116546	6/20	8 a.m.-10 p.m.
<b>2 Days per Week</b>		<b>\$160</b>
116548	6/20	8 a.m.-10 p.m.
<b>3 Days per Week</b>		<b>\$200</b>
116550	6/20	8 a.m.-10 p.m.
<b>4 Days per Week</b>		<b>\$230</b>
116551	6/20	8 a.m.-10 p.m.
<b>5 Days per Week</b>		<b>\$250</b>
116553	6/20	8 a.m.-10 p.m.



**SUMMER MASTER'S SWIMMING SCHEDULE**  
**JUNE 20 - AUGUST 15, 2021**

<b>Bethesda Outdoor Pool</b> Su: 8-10 a.m. Tu,Th: 8:15-9:45 p.m.	<b>MLK Outdoor Pool</b> M,W: 8:15-9:45 p.m.	<b>Olney Swim Center</b> Su: 7:30-9 a.m.
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## Scuba

Ages 14 & Up

6 Sessions

\$265

Instructor: Joseph M. Lodmell

120265 KSAC 7/20 Tu,Th 6:30-9:30 p.m.




# POOL UPDATES

Due to COVID-19, Montgomery County Recreation pools are operating with new safety restrictions. At this time, pools are open to Montgomery County residents and pool pass holders only.

Reservations are encouraged as residents with reservations will have priority admission.

The number of available walkup daily admission slots will depend on the number of reservations and pool capacity.

[MOCOREC.COM/POOLS](http://MOCOREC.COM/POOLS)

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THERAPEUTIC RECREATION  
SPORTS  
CLASSES

AQUATICS



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# Arts & Crafts

## Abrakadoodle Let's Go Camping

Ages 5-12 8 Sessions \$80

Instructor: Stephanie Burke

118994 Virtual Class 6/23 W 5:30-6:15 p.m.

## Adventures in Art

Ages 5-10 3 Sessions \$35

Instructor: Tatiana Martin

118993 Virtual Class 6/26 Sa 10:15-11:15 a.m.

## Beginner Right Brained Drawing

Ages 14 & Up 6 Sessions \$130

Instructor: Yolanda Prinsloo

120281 Virtual Class 7/1 Th 5:45-7:15 p.m.

# CPR & FIRST AID

## CPR, First Aid and AED ☀️

Ages 13 & Up 1 Session \$89

Instructor: Life Rescue Training

116557 Bauer Drive CRC 6/26 Sa 10:30am-2:30pm.

116558 Bauer Drive CRC 7/10 Sa 10:30am-2:30pm.

116559 Bauer Drive CRC 8/14 Sa 10:30am-2:30pm.

# DANCE

## Ballet

### Ballet for Adults

Ages 16 & Up 7 Sessions \$70

Instructor: Robyn Lindsey

118951 Virtual Class 6/24 Th 7-8 p.m.

## Hip-Hop

### Hippo Hoppo

Ages 3-5 7 Sessions \$45

Instructor: Robyn Lindsey

119826 Virtual Class 6/23 W 5-5:30 p.m.

## Line Dancing

### Urban Line Dance ☀️

Ages 17 & Up 7 Sessions \$63

Instructor: Peytrienne McCormick

118950 Good Hope NRC 6/23 W 6-7 p.m.

Therapeutic Recreation

Sports

Classes

Aquatics

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- July 4
- July 5

**INDOOR CLASSES AVAILABLE**  
Some activities will take place inside.

**VIRTUAL CLASSES AVAILABLE**  
Staying home? Virtual classes are available. A link to the virtual platform will be provided after registration.

**OUTDOOR CLASSES AVAILABLE**  
Some activities will take place outdoors.

Check activity location details in ActiveMontgomery. Face masks are required for all in-person activities.





# FITNESS

## Aerobic Dance

### Dance and Fitness

Ages 18 & Up 11 Sessions \$88  
 Instructor: Elaine Waldstreicher & Katy Wiemers  
 116297 Holiday Park SC 6/21 M/Th 6-7 p.m.

## Pilates

### Pilates for Fitness

Ages 16 & Up 7 Sessions \$70  
 Instructor: Fit 2 Believe  
 116312 Lawton CRC 6/26 Sa 10-11 a.m.

Ages 18 & Up 6 Sessions \$60  
 Instructor: Fit 2 Believe  
 116313 Bauer Drive CRC 6/28 M 6:45-7:45p.m.

Ages 16 & Up 8 Sessions \$80  
 Instructor: Fit 2 Believe  
 116314 Virtual/Outdoors 6/24 Th 7-8 p.m.  
*Outdoor Location: Bauer Drive CRC*

## Playtime & Movement

### Funfit Tots

Ages 11 Months-2 6 Sessions \$94  
 Instructor: Funfit Foundation  
 119098 Tilden Woods LP 6/26 Sa 9:30-10:15am.

### Funfit Tots Family Class

Ages 1 1/2-4 6 Sessions \$94  
 Instructor: Funfit Foundation  
 119099 Tilden Woods LP 6/26 Sa 10:30-11:15am.



## Strength Training

### Strength and Toning

Ages 18 & Up 5 Sessions \$50  
 Instructor: Elite Quality Sports  
 116303 Virtual Class 6/21 M 10-10:45am.  
 6 Sessions \$60  
 116302 Virtual Class 6/23 W 10-10:45 a.m.

## Total Body Conditioning

### ACT The Workout-Fitness

Ages 18 & Up 15 Sessions \$113  
 Instructor: Marie Castellucci  
 116295 Holiday Park SC 6/21 MW 4:45-5:45 p.m.  
 8 Sessions \$60  
 116296 Virtual Class 6/22 Tu 4:45-5:45 p.m.  
 7 Sessions \$53  
 116294 Potomac CRC 6/26 Sa 8-9 a.m.

### Kelley's Complete Fitness Workout

Ages 18 & Up 4 Sessions \$30  
 Instructor: Pamela Kelley  
 116293 Virtual Class 6/21 M 7-8 p.m.

## Zumba

### Zumba Fitness

Ages 16 & Up 7 Sessions \$58  
 Instructor: Michelle Johnson-Lancaster  
 116309 Good Hope NRC 6/21 M 5:30-6:30 p.m.  
 116308 Bauer Drive CRC 6/26 Sa 9-10 a.m.  
 8 Sessions \$66  
 116307 Virtual Class 6/24 Th 5:30-6:30 p.m.

### Zumba

Instructor: Ingrid Higgins  
 Ages 16 & Up 7 Sessions \$58  
 116311 Virtual/Outdoors 6/26 Sa 10-11 a.m.  
*Outdoor Location: Good Hope NRC*

### Zumba Toning

Ages 16 & Up 8 Sessions \$66  
 Instructor: Ingrid Higgins  
 116310 Virtual/Outdoors 6/23 W 7-8 p.m.  
*Outdoor Location: Good Hope NRC*

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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

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# HEALTH/WELLNESS

# MARTIAL ARTS

## Tai Chi

Ages 18 & Up 7 Sessions \$70

Instructor: Yanni Nguyen

118666 Plum Gar CRC 6/21 M 6:30-7:30 p.m.

8 Sessions \$80

118665 Virtual Class 6/24 Th 6-7 p.m.

## Workshops or Speaker Series

### Safe Sitter

Ages 10-13 3 Sessions \$98

Instructor: Life Rescue Training

116560 Virtual Class 6/30 W 4-5:45 p.m.

116561 Virtual Class 7/29 Th 4-5:45 p.m.

## Yoga

### Gentle Yoga

Ages 18 & Up 8 Sessions \$80

Instructor: Irene Bopp

116300 Virtual Class 6/23 W 6:15-7:15 p.m.

### Hatha Yoga and Stress Management Beg/Cont

Ages 35 & Up 7 Sessions \$70

Instructor: Suzana Cooper

116305 Virtual Class 6/25 F 10-11 a.m.

### Yoga Basics

Ages 18 & Up 8 Sessions \$80

Instructor: Irene Bopp

116301 Virtual Class 6/23 W 7:30-8:30 p.m.

## Aikido

### Aikido

Ages 11 & Up 7 Sessions \$70

Instructor: Christopher Rowe

119040 Virtual Class 6/21 M 7-8:30 p.m.

## Karate/Jujitsu

### Karate Clinic

Ages 6-12 4 Sessions \$60

Instructor: TKA Inc.

109733 Wood LP 6/21 M-Th 9-11 am.

109814 Wood LP 7/6 Tu-F 9-11 am.

### Karate/Jujitsu Adult and Youth Outdoor All Levels

Ages 6 & Up 8 Sessions \$80

Instructor: TKA Inc.

119852 Potomac CRC 6/23 W 6-7 p.m.

### Karate/Jujitsu Adult Outdoor All Levels

Ages 13 & Up 7 Sessions \$70

Instructor: TKA Inc.

120465 Damascus CRC 6/21 M 6-7 p.m.

8 Sessions \$80

120463 Mid-County CRC 6/22 Tu 7-8 p.m.

119968 Bauer Drive CRC 6/23 W 8-9 p.m.

119857 Wheaton CRC 6/24 Th 6-7 p.m.

### Karate/Jujitsu Adult and Youth

Ages 6-12 8 Sessions \$80

Instructor: TKA Inc.

120470 Praisner CRC 6/24 Th 6:30-7:30 p.m.

Therapeutic Recreation

Sports

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## Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.



**Karate/Jujitsu Outdoor All Levels** ☀️

Ages 6-12                      8 Sessions                      \$80  
 Instructor: TKA Inc.  
 120290 Mid-County CRC    6/22    Tu    6-7 p.m.  
 120466 Clara Barton NRC   6/23    W    6:30-7:30p.m.

**Karate/Jujitsu Outdoor Beginner and White Belt** ☀️

Ages 6-12                      7 Sessions                      \$70  
 Instructor: TKA Inc.  
 120132 Wheaton CRC        6/21    M    6-7 p.m.  
 120263 Upper County CRC   6/21    M    6-7 p.m.  
    8 Sessions                      \$80  
 120138 Bauer Drive CRC    6/23    W    6-7 p.m.  
 120268 Damascus CRC      6/23    W    6-7 p.m.

**Karate/Jujitsu Outdoor Intermediate** ☀️

Ages 6-12                      7 Sessions                      \$70  
 Instructor: TKA Inc.  
 120134 Wheaton CRC        6/21    M    7-8 p.m.  
 120266 Upper County CRC   6/21    M    7-8 p.m.  
    8 Sessions                      \$80  
 120139 Bauer Drive CRC    6/23    W    7-8 p.m.  
 120269 Damascus CRC      6/23    W    7-8 p.m.

**Karate: Adult Brown Belts**

Ages 13 & Up                      8 Sessions                      \$80  
 Instructor: TKA Inc.  
 119843 Virtual Class        6/24    Th 7:45-8:45p.m.

**Karate: Adult Green Through Blue Belts**

Ages 13 & Up                      7 Sessions                      \$70  
 Instructor: TKA Inc.  
 119842 Virtual Class        6/21    M 7:45-8:45p.m.

**Karate: Adult Training and Practice (Current Students Only)**

Ages 13 & Up                      8 Sessions                      \$40  
 Instructor: TKA Inc.  
 120473 Virtual Class        6/23    W 7:45-8:45p.m.

**Karate: Adult White Through Red Belts**

Ages 13 & Up                      8 Sessions                      \$80  
 Instructor: TKA Inc.  
 119841 Virtual Class        6/22    Tu 7:45-8:45p.m.

**Karate: Youth Adv. White and Orange Belts**

Ages 6-12                      8 Sessions                      \$80  
 Instructor: TKA Inc.  
 119837 Virtual Class        6/22    Tu 6:30-7:30 p.m.

**Karate: Youth Green Belts and Higher**

Ages 6-12                      8 Sessions                      \$80  
 Instructor: TKA Inc.  
 119840 Virtual Class        6/24    Th 6:30-7:30 p.m.

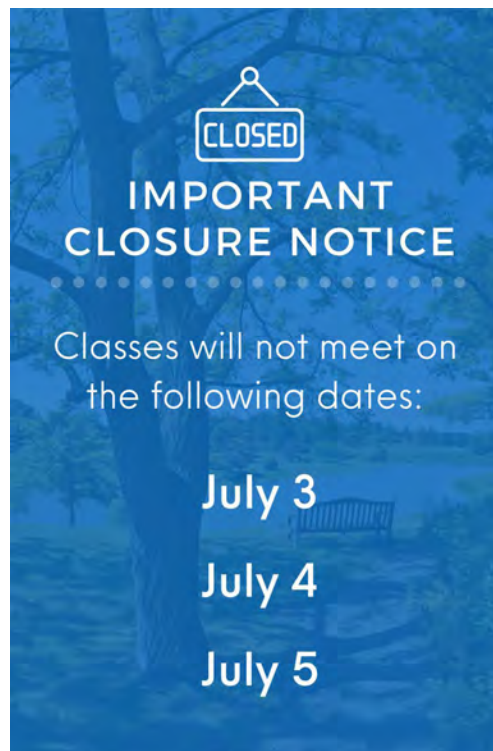
**Karate: Youth Yellow and Red Belts**

Ages 6-12                      7 Sessions                      \$70  
 Instructor: TKA Inc.  
 119838 Virtual Class        6/21    M 6:30-7:30 p.m.

**Specialty Programs**

**Practical Self-Defense**

Ages 14 & Up                      7 Sessions                      \$35  
 Instructor: Ivan Black  
 120285 Virtual Class        6/21    M    7-8 p.m.  
 120286 Virtual Class        6/24    Th    7-8 p.m.



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# MUSIC

## Guitar

### Beginner Guitar

Ages 8-13      6 Sessions      \$89  
 Instructor: Kevin Mittleman  
 118945 Virtual Class    6/25    F    5:30-6:20 p.m.  
 118947 Guitar Rental    (if needed)      \$40

### Beginner Guitar

Ages 16 & Up      6 Sessions      \$89  
 Instructor: Kevin Mittleman  
 118941 Virtual Class    6/21    M    8-8:50 p.m.  
 118948 Guitar Rental    (if needed)      \$40

## Piano

### Poppin Piano

Ages 5-12      8 Sessions      \$220  
 Instructor: Learn Now Music  
 120284 Virtual Class    6/23    W    7-8 p.m.



# S.T.E.A.M.

## Chess for Beginners

Ages 6-14      6 Sessions      \$90  
 Instructor: Arkadiy Frenkel  
 118987 Virtual Class    6/21    M    4-5 p.m.

## Chess for Advanced

Ages 6-14      7 Sessions      \$105  
 Instructor: Arkadiy Frenkel  
 118992 Virtual Class    6/17    Th    4-5 p.m.



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AQUATICS

**Subscribe**  
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**THE WEEKLY RUNDOWN**

Every Monday, The Weekly Rundown brings Montgomery County Recreation news to you.  
 Sign up at [www.mocorec.com/weeklyrundown](http://www.mocorec.com/weeklyrundown)

**INDOOR CLASSES AVAILABLE** 

Some activities will take place inside.

---

**VIRTUAL CLASSES AVAILABLE** 

Staying home? Virtual classes are available. A link to the virtual platform will be provided after registration.

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**OUTDOOR CLASSES AVAILABLE** 

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# SPORTS

## Badminton

### Badminton Beginner/Adv. Beginner

Ages 9 & Up 8 Sessions \$72

Instructor: Yen-Ping Chao  
119944 Bauer Drive CRC 6/19 Sa 9:30-10:30 a.m.

### Badminton Intermediate

Ages 10 & Up 8 Sessions \$104

Instructor: Yen-Ping Chao  
119945 Bauer Drive CRC 6/19 Sa 10:30am-12:30pm

## Baseball/Softball

### Coach Pitch Baseball

Ages 5-7 6 Sessions \$95

Instructor: Overtime Athletics  
119789 Q.O. Valley NP 6/19 Sa 12:30-2:30 p.m.  
119790 Ayrilawn LP 6/19 Sa 12:30-2:30 p.m.  
119791 Layhill Village LP 6/20 Su 2:15-3:15 p.m.

\*Saturday sessions are one hour within the listed timeframe.

### Lil' Sluggers T-Ball

Ages 3-5 6 Sessions \$95

Instructor: Overtime Athletics  
119819 Q.O. Valley NP 6/19 Sa 10 a.m.-Noon  
119820 Ayrilawn LP 6/19 Sa 10 a.m.-Noon  
119821 Layhill Village LP 6/20 Su 1-2 p.m.

\*Saturday sessions are one hour within the listed timeframe.



## Basketball

### CP Basketball Skills and Conditioning

Ages 7-11 4 Sessions \$70

Instructor: Coach Parker Basketball Academy  
120232 Mid-County CRC 6/26 Sa 9-10 a.m.  
120234 N. Potomac CRC 6/26 Sa 9-10 a.m.  
120270 Praisner CRC 6/26 Sa 9-10 a.m.

### Ages 12-14

120233 Mid-County CRC 6/26 Sa 10-11 a.m.  
120235 N. Potomac CRC 6/26 Sa 10-11 a.m.  
120271 Praisner CRC 6/26 Sa 10-11 a.m.

### Train Like a Pro Basketball Skills and Drills

Ages 10-16 6 Sessions \$125

Instructor: Fit 2 Believe  
118662 Potomac CRC 6/23 W 6-7:30 p.m.  
118663 N. Potomac CRC 6/26 Sa Noon-1:30 p.m.





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**July 4**

**July 5**

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Recreation

SPORTS

CLASSES

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### Multi-Sports

**Coach Doug Seasonal Sports Class** ☀️  
 Ages 4-7                      6 Sessions                      \$82  
 Instructor: Coach Doug Academy  
 119094 Oakland Terrace ES 6/26 Sa 11-11:45a.m.

**Coach Doug Wee Wanna Be** ☀️  
 Ages 2-5                      6 Sessions                      \$82  
 Instructor: Coach Doug Academy  
 119093 Oakland Terrace ES 6/26 Sa 10:15-11 a.m.  
 119096 Potomac CRC 6/27 Su 10-10:45a.m.  
 119097 Potomac CRC 6/27 Su 11-11:45a.m.

### Soccer

**Coach Doug Soccer Class** ☀️  
 Ages 3-6                      6 Sessions                      \$82  
 Instructor: Coach Doug Academy  
 119095 Oakland Terrace ES 6/26 Sa 11:45am-12:30pm

**Core GIRLS Soccer Development Clinic** ☀️  
 Ages 7-11                      9 Sessions                      \$189  
 Instructor: CORE FC  
 120275 East Norbeck LP 7/12 M,W,Th 5:30-6:45pm

**Hummingbirds Soccer Skills and Drills** ☀️  
 Ages 3-4                      6 Sessions                      \$95  
 Instructor: Jump Start Sports  
 119849 Bauer Drive CRC 6/19 Sa 10:30-11:15a.m.  
 119847 Fernwood LP 6/19 Sa 2-2:45 p.m.  
 119848 Germantown CRC 6/20 Su 10-10:45a.m.  
 119850 Timberlawn LP 6/20 Su 1-1:45 p.m.

**Ages 5-7**  
 119794 Bauer Drive CRC 6/19 Sa 11:30am-12:30pm  
 119795 Fernwood LP 6/19 Sa 3-4 p.m.  
 119796 Germantown CRC 6/20 Su 11 a.m.-Noon  
 119797 Timberlawn LP 6/20 Su 2-3 p.m.

**Train Like a Pro Soccer Skills and Drills** ☀️  
 Ages 10-16                      6 Sessions                      \$125  
 Instructor: Fit 2 Believe  
 118664 Bauer Drive CRC 6/22 Tu 6-7:30 p.m.

### Volleyball

**Volleyball Pre-Season Training Clinic** 🏠  
 Ages 14-17                      8 Sessions                      \$249  
 Instructor: Ofer Levy  
 120288 Lawton CRC 7/20 Tu,Th 6:30-8 p.m.

**Volleyball Skills Development Clinic** 🏠  
 Ages 8-13                      6 Sessions                      \$149  
 Instructor: Ofer Levy  
 120287 Damascus CRC 7/22 Th 6:30-8 p.m.  
 120289 Bauer Drive CRC 7/23 F 6:30-8 p.m.

**CLOSED**

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**July 4**

**July 5**



## Don't delay! Your next adventure is just five steps away.

1

### STEP 1 SET UP



Go to [ActiveMontgomery.org](https://ActiveMontgomery.org) and click "Create an Account"

2

### STEP 2 ADD YOUR INFO



Add your contact info and all the people you plan to sign-up to your account

3

### STEP 3 CREATE A PASSWORD



And click "Create Account"

4

### STEP 4 ACTIVATE YOUR ACCOUNT



Check your email and confirm your account

5

### STEP 5 SHOP



Add items to your cart and check out!





55+

# THERAPEUTIC RECREATION

## Bocce

### TR Sports Skills: Bocce ☀️

Ages 14-24      5 Sessions      \$25  
122188 Schweinhaut SC 7/25 Su 10-10:45 a.m.

## Soccer

### TR Sports Skills: Soccer Clinic ☀️

Ages 6-15      3 Sessions      FREE  
122191 Bauer Drive CRC 7/10 Sa 10:30-11:15 a.m.

Ages 15-24      3 Sessions      FREE  
122190 Bauer Drive CRC 7/10 Sa 9:30-10:15 a.m.



## TR Undercover Pets

Ages 5 & Up      3 Sessions      FREE  
122189 Virtual Class 8/7 Sa 11 a.m.-Noon



## Special Events

THERAPEUTIC RECREATION

# BIG Family GAMES

**ACTIVITY I20430**

1 Session | Free | Outdoor Event

Ages 5 & Up  
Saturday, July 10, 2021  
1-3 p.m.

THERAPEUTIC RECREATION

# BIG GAMES

**ACTIVITY I20431**

1 Session | Free | Outdoor Event

Ages 18 & Up  
Saturday, July 10, 2021  
4-6 p.m.

THERAPEUTIC RECREATION

# Backyard Block Party

**ACTIVITY I20423**

1 Session | Free | Outdoor Event

Ages 18 & Up  
Saturday, August 14, 2021  
4-6 p.m.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



# MONTGOMERY COUNTY RECREATION

## TR SUMMER FUN ZONE

Damascus Community Recreation Center

Ages 6-12 \$275  
109850 6/28-8/6 9 a.m. - 4 p.m.

Ages 13-21 \$275  
109851 6/28-8/6 9 a.m. - 4 p.m.

FORMER REC HEADQUARTERS - 4010 RANDOLPH RD.

Ages 6-12 \$275  
109853 6/28-8/6 9 a.m. - 4 p.m.

Ages 13-21 \$275  
109852 6/28-8/6 9 a.m. - 4 p.m.

Don't forget to check out our TR SUMMER FUN ZONE offerings!



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION



## WE SUPPORT ACCESSIBILITY

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

For more info email

[rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov)

FOR DETAILS VISIT [WWW.MOCOREC.COM](http://WWW.MOCOREC.COM)

240-777-6840 • Hablamos Español







# 55+ ADULTS

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

## Hobbies



### Knit and Crochet Virtual Group

Ages 55 & Up 12 Sessions FREE  
118995 Virtual Class 6/1 Tu 10-11:30 a.m.



### Photo Club

Ages 55 & Up 3 Sessions FREE  
118936 Virtual Class 6/2 W 10 a.m.-Noon



### Woodcarving Virtual Group

Ages 55 & Up 12 Sessions FREE  
118942 Virtual Class 6/4 F 1-3 p.m.

## Dance



### Hula Intermediate Choreography

Ages 55 & Up 9 Sessions FREE  
118890 Virtual Class 6/14 M 1-1:45 p.m.

### The Sound and Movement of Creativity

Ages 55 & Up 1 Session FREE  
118391 Virtual Class 4/23 Th 1:30-2:30 p.m.

# Educational

## Community Programs

### Opera/Co-Operation

Ages 55 & Up 1 Session FREE  
118395 Virtual Class 7/21 W 2-3 p.m.

### Periodical Cicadas in 2021

Ages 55 & Up 1 Session FREE  
120468 Virtual Class 5/18 Tu 10-11 a.m.

### Sugarloaf: History of a Singular Mountain

Ages 55 & Up 1 Session FREE  
120255 Virtual Class 7/12 M 2-3 p.m.



### What In The World! Virtual Discussion Group

Ages 55 & Up 12 Sessions FREE  
118940 Virtual Class 6/4 F 3-4 p.m.

## Discussions

### Active Living: Chinese

Ages 55 & Up 11 Sessions FREE  
118949 Virtual Class 6/11 F 11-11:55 a.m.

### Active Living: Hindi

Ages 55 & Up 10 Sessions FREE  
118934 Virtual Class 6/16 W 3:30-4:25 p.m.

### Active Living: Spanish

Ages 55 & Up 9 Sessions FREE  
118938 Virtual Class 6/14 M 9:30-10:25 a.m.

### Cabin John: Legends and Life of an Uncommon Place

Ages 55 & Up 1 Session FREE  
120256 Virtual Class 6/7 M 10-11 a.m.



### Healthy Hobbies Discussion Group

Ages 55 & Up 10 Sessions FREE  
118913 Virtual Class 6/7 M 2-3 p.m.

### Myths & Facts: Nutrition as We Age

Ages 55 & Up 1 Session FREE  
120472 Virtual Class 5/26 W 1-2 p.m.

### Rock Talk for Beginners

Ages 55 & Up 2 Sessions FREE  
120253 Virtual Class 8/11 W 4-4:45 p.m.





## Language

**PP** French Conversation  
 Ages 55 & Up 9 Sessions FREE  
 118897 Virtual Class 6/14 M 11 a.m.- Noon

**PP** French Intermediate  
 Ages 55 & Up 10 Sessions FREE  
 118937 Virtual Class 6/16 W 11 a.m.-Noon

## Specialty Programs

**Poetry and Discovery**  
 Ages 55 & Up 1 Session FREE  
 118394 Virtual Class 7/7 W 1:30-2:30p.m.

**JUNE 15-18 2021**

# WORLD ELDER ABUSE AWARENESS WEEK



**ACTIVITY 116542**

## Fitness

### Low Impact Exercise

**PP** Chair Dancing  
 Ages 55 & Up 10 Sessions FREE  
 118939 Virtual Class 6/17 Th 1-1:45 p.m.

### Tai Chi

**Tai Chi**  
 Ages 55 & Up 20 Sessions FREE  
 122193 Virtual Class 5/12 W,F 10-11 a.m.

### Outdoor Tai Chi ☀️

Ages 55 & Up 16 Sessions FREE  
 120245 Potomac CRC 5/12 W,F 10-11 a.m.

### **PP** Tai Chi Sword

Ages 55 & Up 9 Sessions FREE  
 118896 Virtual Class 6/14 M 2:30-3:25p.m.

### Strength Training

#### 55+ Bone Builders

Ages 55 & Up 18 Sessions FREE  
 122192 Virtual Class 6/22 Tu,Th 1:30-2:30p.m.

### Total Body Conditioning

#### Kelley's 50+ Complete Workout

Ages 50 & Up 4 Sessions \$30  
 Instructor: Pamela Kelley  
 116292 Virtual Class 6/24 Th 9:15-10:15 a.m.

### Yoga

#### **PP** Hatha Yoga

Ages 55 & Up 10 Sessions FREE  
 118935 Virtual Class 6/15 Tu 9-9:55 a.m.

#### Outdoor Yoga for Vitality ☀️

Ages 45 & Up 4 Sessions \$48  
 Instructor: Natasha Romano  
 120246 N. Potomac CRC 6/1 Tu 10-11 a.m.  
 120247 N. Potomac CRC 6/29 Tu 10-11 a.m.

55 +

THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS



### Yoga for Senior Athletes

Ages 50 & Up 7 Sessions \$80  
Instructor: Recreation Staff  
119014 Virtual Class 6/10 Th 7-8 p.m.

## Walking

### Walkers in Motion Challenge

Ages 55 & Up 4 Sessions FREE  
120254 Virtual Class 5/10 MW 9am-4:30pm

### Explore Montgomery County Walking Trails ☀️

Ages 55 & Up 13 Sessions FREE  
120250 Potomac CRC 5/20 Th 10-11 a.m.

### Waggin' Tails Virtual Walk

Ages 55 & Up 2 Sessions FREE  
120249 Virtual Class 5/24 M 11-11:45am

### Walk in the Park ☀️

Ages 55 & Up 7 Sessions FREE  
119052 Various Locations 7/1 Th 9-10am.

## Zumba

### 55+ Zumba

Ages 55 & Up 2 Sessions FREE  
120820 Virtual Class 5/10 M, Th 10-11am.



# Health/Wellness

## Support Groups

### Max You Virtual Group

Ages 55 & Up 14 Sessions FREE  
119946 Virtual Class 6/1 Tu 10:30-11:25 a.m.

# MUSIC

## Celebrations

### Music Through the Ages

Ages 55 & Up 4 Sessions FREE  
120251 Virtual Class 6/3 Th 3-4 p.m.  
120252 Virtual Class 7/8 Th 3-4 p.m.

### Senorita Sunshine Independence Day

Ages 55 & Up 1 Session FREE  
118277 Virtual Class 7/1 Th 3-4:30 p.m.

## Music Performance and Concert

### Drums Shake Rattle and Roll

Ages 55 & Up 1 Session FREE  
118389 Virtual Class 6/9 W 1:30-2:30p.m.

# Sports

## Table Tennis

### Outdoor Evening Table Tennis ☀️

Ages 55 & Up 8 Sessions FREE  
120248 N. Potomac CRC 6/1 Tu 4-5:45 p.m.





# TRIPS AND TOURS

## Day Trips

### Meet Up Hike - Black Hill Regional Park

Ages 18 & Up      1 Session      FREE  
115487 Black Hill RP      6/24 Th 9:30-11:30am.

### Meet Up Hike - Towpath C&O Canal, Rileys Lock

Ages 18 & Up      1 Session      FREE  
115488 Rileys Lock      7/15 Th 9:30-11:30am.

### Meet Up Hike - Woodlawn Manor Park - Underground Railroad Trail

Ages 18 & Up      1 Session      FREE  
115489 Woodlawn Manor CP      7/29 Th 9:30-11:30am.



**Subscribe**  
to our newsletter  
**THE WEEKLY RUNDOWN**

Every Monday, The Weekly Rundown brings Montgomery County Recreation news to you.  
**Sign up at [www.mocorec.com/weeklyrundown](http://www.mocorec.com/weeklyrundown)**

# MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events start in August and will run through the fall. Visit [www.mdseniorolympics.org](http://www.mdseniorolympics.org), email [info@mdseniorolympics.org](mailto:info@mdseniorolympics.org) or call **240-777-4930** for 2021 event details and registration information.



MONTGOMERY COUNTY RECREATION

55+

OUTDOOR

Art • Wellness • Sports • Social Groups • Special Events • Fitness

& VIRTUAL  
CLASSES



MONTGOMERY COUNTY  
*Recreation*

For more info visit [WWW.MOCOREC.COM/55](http://WWW.MOCOREC.COM/55) or call 240-777-6840.





# Rec YOUR WAY



A new, personalized experience to share with your friends and family.  
Create a custom class designed just for you. It's Rec, Your Way.  
For more information, visit [www.mocorec.com/yourway](http://www.mocorec.com/yourway)  
or call 240-777-6840.

**Hablamos Español**



MONTGOMERY COUNTY  
**Recreation**

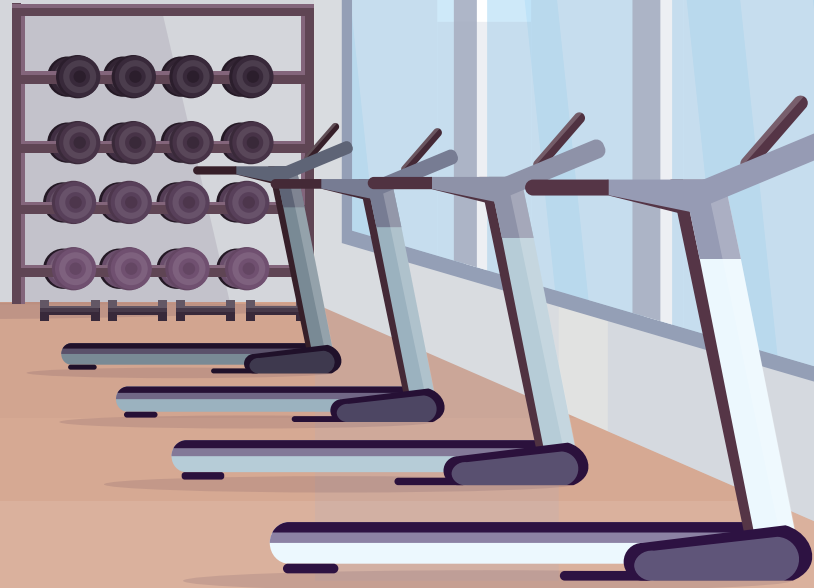




# RECFIT



Select facilities NOW OPEN  
ON A LIMITED SCHEDULE



FOR DETAILS VISIT [WWW.MOCOREC.COM](http://WWW.MOCOREC.COM)  
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY RECREATION

# SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



# WE MISS YOU

Montgomery County Recreation is now offering a variety of great outdoor and virtual programs designed with you mind. We miss the laughter, joy and fun our 55+ seniors bring and we can't wait to see you again.

For more information call 240-777-6840 or visit [WWW.MOCOREC.COM/TRIPTOURS](http://WWW.MOCOREC.COM/TRIPTOURS)



# PLAY

## MONTGOMERY

### FIND YOUR GAME

#### 4-WEEK MULTI-SPORT PROGRAMS

- 5/16-6/12 • Grades 1-8, all skill levels. • \$25, space is limited.
- RecAssist is available for those that qualify.
- Each site will sample 4 sports that could include: Soccer, Sports Agility/Track & Field, Flag Football/Cheerleading, Ultimate Frisbee, Volleyball, and Baseball/Softball
- COVID-19 protocols followed • Activities 1 HR each

6 Locations	Ages: 7-9 (1 HR)	Ages: 10-13 (1 HR)
<b>Arcola LP</b> W 6-8 p.m., Su 1:30-3:30 p.m.	<b>ACTIVITY</b> 120686	<b>ACTIVITY</b> 120687
<b>Centerway LP</b> Tu 6-8 p.m., Sa 1:30-3:30 p.m.	<b>ACTIVITY</b> 120786	<b>ACTIVITY</b> 120787
<b>Clopper Mill ES</b> Tu 6-8 p.m., Sa 1:30-3:30 p.m.	<b>ACTIVITY</b> 120788	<b>ACTIVITY</b> 120789
<b>Greencastle ES</b> W 6-8 p.m., Sa 1:30-3:30 p.m.	<b>ACTIVITY</b> 120790	<b>ACTIVITY</b> 120791
<b>Georgian Forest ES</b> Tu 6-8 p.m., Su 1:30-3:30 p.m.	<b>ACTIVITY</b> 120794	<b>ACTIVITY</b> 120795
<b>Montgomery Village MS</b> Th 6-8 p.m., Sa 1:30-3:30 p.m.	<b>ACTIVITY</b> 120792	<b>ACTIVITY</b> 120793

\*No meeting dates on Memorial Day Weekend (May 28-May 31)  
Each session will be one hour long in the time blocks listed above.



#findyourgame  
#playmontgomery

**TO REGISTER, VISIT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG)**



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





# PROGRAM LOCATIONS

## 4010 Randolph Rd.

*(previously the Recreation Headquarters building)*

TR Summer Fun Zone.....22

## Ayrlawn Local Park

Coach Pitch Baseball.....19

Lil' Sluggers T-Ball.....19

## Bauer Drive

### Community Recreation Center

Badminton Beginner/Adv. Beginner.....19

Badminton Intermediate.....19

CPR, First Aid and AED.....14

Fencing Outdoor: Beginner I/II.....15

Hummingbirds Soccer Skills and Drills.....20

Karate/Jujitsu Adult Outdoor All Levels .....16

Karate/Jujitsu Outdoor Beginner/White Belt.....17

Karate/Jujitsu Outdoor Intermediate.....17

Pilates for Fitness.....15

TR Sports Skills: Soccer Clinic.....22

Train Like a Pro Soccer Skills and Drills.....20

Volleyball Skills Development Clinic.....20

Zumba Fitness.....15

## Bethesda Outdoor Pool

Deep Water Running.....6

Masters Swimming.....13

## Black Hill Regional Park

Meet Up Hike.....27

## Clara Barton Neighborhood Recreation Center

Karate/Jujitsu Outdoor All Levels.....17

## Damascus Community Recreation Center

Karate/Jujitsu Adult Outdoor All Levels.....16

Karate/Jujitsu Outdoor Beginner/White Belt...17

Karate/Jujitsu Outdoor Intermediate.....17

Volleyball Skills Development Clinic.....20

TR Summer Fun Zone.....22

## East Norbeck Local Park

Core GIRLS Soccer Development Clinic.....20

## Fernwood Local Park

Hummingbirds Soccer Skills and Drills.....20

## Germantown Community Recreation Center

Hummingbirds Soccer Skills and Drills.....20

## Germantown Indoor Swim Center

Advance and Tier Level Diving.....12

Beginner 1.....10

Beginner 2.....10

Beginner 3.....10

Deep Water Running.....6

Water Aerobics.....6

Youth Level 1.....11

Youth Level 2.....11

Youth Level 3.....11

## Germantown Outdoor Pool

Beginner 1.....10

Beginner 2.....10

Beginner 3.....10

Youth Level 1.....11

Youth Level 2.....11

Youth Level 3.....11

## Good Hope

### Neighborhood Recreation Center

Urban Line Dance.....14

Zumba.....15

Zumba Fitness.....15

Zumba Toning.....15

## Holiday Park Senior Center

ACT The Workout-Fitness.....15

TR Backyard Block Party.....22

TR Outdoor BIG Family Games.....22

TR Outdoor BIG Games.....22

Zumba Fitness.....15

## Jane E. Lawton

### Community Recreation Center

Pilates for Fitness.....15

Volleyball Pre-Season Training Clinic.....20

## Kennedy Shriver Aquatic Center

Abs & Glutes & More.....5

Advance and Tier Level Diving.....12

Aqua Cardio Challenge.....5

Aqua Dance for Kids.....5

Aqua Lite.....5

Aqua Spin.....5

Deep Water Running.....6

Hi/Lo Cardio Fusion.....6

Lifeguard Training.....7

Scuba.....13

Water Aerobics.....6

Water Exercise.....6

## Layhill Village Local Park

Coach Pitch Baseball.....19

Lil' Sluggers T-Ball.....19

## Margaret Schweinhaut Senior Center

TR Sports Skills: Bocce Balls.....22

## Marilyn J. Praisner

### Community Recreation Center

CP Basketball Skills and Conditioning.....19

Karate/Jujitsu Adult and Youth.....16

## MLK Outdoor Pool

Abs & Glutes & More.....5

Against the Current.....5

Aqua Cardio Challenge.....5

Aqua Cardio Dance.....5

Aqua Dance for Kids.....5

Aqua YO-Lates.....5

## MLK Swim Center

Advance and Tier Level Diving.....12

Aqua Spin.....5

Deep Water Running.....6

Masters Swimming.....13





# PROGRAM LOCATIONS

## Mid-County

### Community Recreation Center

CP Basketball Skills and Conditioning.....	19
Karate/Jujitsu Adult Outdoor All Levels .....	16
Karate/Jujitsu Outdoor All Levels.....	17

### Nancy H. Dacek North Potomac Community Recreation Center

CP Basketball Skills and Conditioning.....	19
Outdoor Evening Table Tennis.....	26
Outdoor Yoga for Vitality.....	25
Train Like a Pro Soccer Skills and Drills.....	20

### Oakland Terrace Elementary School

Coach Doug Seasonal Sports Class.....	20
Coach Doug Soccer Class.....	20
Coach Doug Wee Wanna Be.....	20

### Olney Swim Center

Aqua Lite.....	5
Deep Water Running.....	6
Masters Swimming.....	13
Water Aerobics.....	6
Water Exercise.....	6

### Plum Gar Community Recreation Center

Tai Chi.....	25
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### Potomac Community Recreation Center

55+ Outdoor Tai Chi.....	25
ACT The Workout-Fitness.....	15
Coach Doug Wee Wanna Be.....	20
Explore Montgomery County Walking Trails.....	26
Karate/Jujitsu Adult & Youth Outdoor All Levels..	16
Train Like a Pro Soccer Skills and Drills.....	20

### Quince Orchard Valley Neighborhood Park

Coach Pitch Baseball.....	19
Lil' Sluggers T-Ball.....	19

### Rileys Lock

Meet Up Hike.....	27
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### Tilden Woods Local Park

Funfit Tots.....	15
Funfit Tots Family Class.....	15

### Timberlawn Local Park

Hummingbirds Soccer Skills and Drills.....	20
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### Upper County Community Recreation Center

Karate/Jujitsu Outdoor Beginner/White Belt..	17
Karate/Jujitsu Outdoor Intermediate.....	17

### Western County Outdoor Pool

Beginner 1.....	10
Beginner 2.....	10

### Wheaton Community Recreation Center

Karate/Jujitsu Adult Outdoor All Levels .....	16
Karate/Jujitsu Outdoor Beginner/White Belt..	17
Karate/Jujitsu Outdoor Intermediate.....	17

### Wheaton/Glenmont Outdoor Pool

Beginner 1.....	10
Beginner 2.....	10
Beginner 3.....	10
Youth Level 1.....	11
Youth Level 2.....	11
Youth Level 3.....	11

### Woodlawn Manor Park

Meet Up Hike.....	27
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### Wood Local Park

Karate Clinic - Outdoor.....	16
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**VIRTUAL CLASSES**

All virtual classes and activities will take place on a virtual platform. A link to join the virtual activity will be provided upon registration in ActiveMontgomery to your preferred email address.



**INDOOR & OUTDOOR CLASSES**

All in-person activities require face masks.

Limited indoor activities are available. Please check ActiveMontgomery for location details.





# FACILITY ADDRESSES



Summer 2021  
Registration begins  
**May 10**



## SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for  
inclement weather information.

### Elementary Schools

Oakland Terrace ES.. 2720 Plyers Mill Rd, Silver Spring, MD 20902

### Parks

- Ayrlawn Local Park..... 5652 Oakmont Ave, Bethesda, MD 20817
- Black Hill Regional Park..... 20930 Lake Ridge Dr, Boyds, MD 20841
- East Norbeck Local Park..... 3131 Norbeck Rd, Silver Spring, MD 20906
- Fernwood Local Park..... 6708 Michaels Dr, Bethesda, MD 20817
- Layhill Village Local Park.....1920 Queensguard Rd, Aspen Hill, MD 20906
- Olney Manor Regional Park.....16601 Georgia Ave, Olney, MD 20832
- Quince Orchard Valley Neighborhood Park.....12015 Suffolk Terrace,  
Gaithersburg, MD 20878
- Rileys Lock.....13025 Rileys Lock Rd, Poolesville, MD 20837
- Tilden Woods Local Park..... 6800 Tilden Ln, Rockville, MD 20852
- Timberlawn Local Park.....10800 Gloxinia Dr, North Bethesda, MD 20852
- Wood Local Park..... 6800 Tilden Ln, Rockville, MD 20852
- Woodlawn Manor Cultural Park.....16501 Norwood Road  
Sandy Spring, MD 20860

### Recreation Facilities

- 4010 Randolph Road (Former Recreation Headquarters Building).....4010 Randolph Road, Silver Spring, 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
- Holiday Park SC .....3950 Ferrara Drive, Wheaton, 20906
- Jane E. Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
- Leonard D. Jackson Ken Gar ..... 4111 Plyers Mill Road, Kensington, 20895
- 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
- Recreation Administrative Office..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902
- 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

Visit page 4 for Aquatics facility locations.

