

GUIDE **FALL** 2021

THERAPEUTIC RECREATION

Programs for People with Disabilities

FITNESS

Moving with Mike: Seated Exercise

Ages 18 & Up 10 Sessions \$65
126450 Virtual Class 9/12 Su 1-2 p.m.

Stretch 'n Tone

Ages 13 & Up 8 Sessions \$40
129667 East County CRC 10/6 W 7-7:50 p.m.
129648 Damascus CRC 10/7 Th 7-7:50 p.m.
129649 Holiday Park SC 10/9 Sa 10-10:50 a.m.

Turn the Beat Around

Ages 13 & Up 8 Sessions \$40
129666 Holiday Park SC 10/2 Sa 11-11:50 a.m.

TR Yoga

Ages 13 & Up 8 Sessions \$40
129665 Upper County CRC 10/7 Th 7:30-8:15 p.m.

SPORTS

Let's Play Ball at the Miracle League Field

Ages 15 & Up 6 Sessions \$30
129643 S. Germantown RP 9/25 Sa Noon-1:30 p.m.

Soccer League TR

Ages 18 & Up 10 Sessions \$50
128750 Mid-County CRC 9/12 Su Noon-3 p.m.

TR Sports Skills: Bocce Ball

Ages 14-25 5 Sessions \$25
130509 Schweinhaut SC 9/19 Su 10-10:45 a.m.

TR Sports Skills: Soccer Clinic

Ages 7-14 5 Sessions \$25
130512 Bauer Drive CRC 9/18 Sa 3-3:45 p.m.

Ages 15-25 5 Sessions \$25
130511 Bauer Drive CRC 9/18 Sa 2-2:45 p.m.

TR Adult Social Swim

Ages 18 & Up 8 Sessions \$40
128751 MLK 9/14 Tu 7:45-8:30 p.m.
128752 GISC 9/15 W 8:30-9:15 p.m.
128753 OSC 9/17 F 7:15-8 p.m.
128754 OSC 9/17 F 8:15-9 p.m.

SOCIAL EVENTS

TGIF-Totally Great Inclusive Fun First Fridays

Ages 15 & Up 1 Sessions \$10
128633 Bauer Drive CRC 9/10 F 6:30-8:30 p.m.
128634 Bauer Drive CRC 10/1 F 6:30-8:30 p.m.
128635 Bauer Drive CRC 11/5 F 6:30-8:30 p.m.
128636 Bauer Drive CRC 12/3 F 6:30-8:30 p.m.

TR Sip 'n Paint - Adults

Ages 18 & Up 1 Sessions \$10
129650 Holiday Park SC 10/16 Sa 3-4:30 p.m.

TR Tailgate Party

Ages 18 & Up 1 Sessions \$10
129661 Wheaton CRC 10/17 Su 12:30-4:30 p.m.

TR Thanksgiving Celebration

Ages 18 & Up 1 Sessions \$10
129656 Holiday Park SC 11/20 Sa 5:30-8:30 p.m.

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

See specific activity for more information

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MONTGOMERY COUNTY
Recreation

GUIDE **FALL** 2021

THERAPEUTIC RECREATION

Programs for People with Disabilities

Santa's Holiday Workshop

Families 1 Sessions Free
129645 Holiday Park SC 12/11 Sa 1-3 p.m.

TR Holiday and Ugly Sweater Party

Ages 18 & Up 1 Sessions \$10
129659 Holiday Park SC 12/11 Sa 4-6:30 p.m.

GREAT OUTDOORS

Adventure Sea Kayak Excursion

Ages 11 & Up 1 Sessions \$50
129183 Riley's Lock 9/25 Sa 8-11 a.m.
130353 Riley's Lock 10/2 Sa 8-11 a.m.

Canoe Trip

Ages 11 & Up 1 Sessions \$50
130354 Riley's Lock 9/11 Sa 8 a.m.-Noon
130355 Riley's Lock 10/16 Sa 8 a.m.-Noon

SPECIALTY PROGRAMS

Drumming - Basic Beats

Ages 15 & Up 8 Sessions \$40
129636 Bauer Drive CRC 10/7 Th 7-8 p.m.

Kaleidoscope Art

Ages 14 & Up 8 Sessions \$48
129642 Plum Gar CRC 9/10 Sa 11 a.m.-12:30 p.m.

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THERAPEUTIC RECREATION

Teens & Adults!

BIG GAMES

Ages 18 & Up | FREE

Activity 129654 | Sept. 18

Activity 129655 | Oct. 23

Saturdays 4-6 p.m.

THERAPEUTIC RECREATION

TEAM SPIRIT

Ages 15 & Up | \$10

Activity 129647
Sept. 25
6:30-9:30 p.m.

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THERAPEUTIC RECREATION

Programs for People with Disabilities

THERAPEUTIC RECREATION

BIG FAMILY GAMES

Ages 5 & Up | FREE

Activity 129651 | Sept. 18

Activity 129652 | Oct. 23

Saturdays | 1-3 p.m.

THERAPEUTIC RECREATION

MONSTER MASH

Ages 15 & Up | \$10

Activity 129646
Oct. 30
6:30-9:30 p.m.

THERAPEUTIC RECREATION

TR KIDS ZONE

A DRAMA Experience: Facial Expressions & Games

130345	10/3	Sunday	10:30-11:20 a.m.	\$10
Simple Science				
130346	10/3	Sunday	11:30 a.m.-12:20 p.m.	\$10
Dance Creation				
130348	10/3	Sunday	12:30-1 p.m.	\$10

AGES 6-12
HOLIDAY PARK SC

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