

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



FALL 2021



MONTGOMERY COUNTY
Recreation

WELCOME BACK

**We're glad to be back.
Let's make this FALL
one to remember!**

Montgomery County Recreation is pleased to offer plenty of activities and classes for the Fall 2021 season.

THREE EASY WAYS TO REGISTER

1

REGISTER ONLINE

Visit [ActiveMONTGOMERY.org](https://www.active-montgomery.org) to register for both Montgomery County Recreation and Montgomery Parks activities and classes.

2

CALL US

240-777-6840
Monday – Friday | 8:30 a.m.-4 p.m.
Contact us to inquire about In-Person assistance.

3

BY MAIL

Print, complete and sign the registration form.
Mail to:
Recreation – Registration Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

Rec Assist

Financial Assistance Program

2021

Now accepting applications for 2021. Rec Assist 2021 funds are still available for the Fall and Winter seasons, and will be extended to use through January 31, 2022.

For more information call **240-777-6840** or visit **WWW.MOCOREC.COM/RECASSIST**



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

LOOK FOR OUR RETURN
SPRING 2022

For more information call **240-777-6840** or visit **WWW.MOCOREC.COM/TRIPSTOURS**

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



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Montgomery Parks

The Maryland-National Capital Park and Planning Commission

Agricultural & Historical Programs

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Registration Opens

...Monday, **AUGUST 23, 2021** for **BROOKSIDE GARDENS, NATURE CENTERS, AGRICULTURAL & HISTORICAL, ICE SKATING, HOCKEY & TENNIS**

Ice Skating, Tennis and Hockey Only:

Fall Session 1

Registration: August 23 – September 6
 Class Dates: September 8 – October 21

Fall Session 2

Registration October 22—27
 Class Dates: October 29 – December 16



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. If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email ProgramAccess@MontgomeryParks.org; or visit MontgomeryParks.org/access for more information.

SEASONAL HIGHLIGHTS



Josiah Henson Museum & Park
pg. 81



Monarch Fiesta Month
pg. 116



Garden of Lights
pg. 100



Pawpaw & Pollinators Festival
pg. ??



Aquatics

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

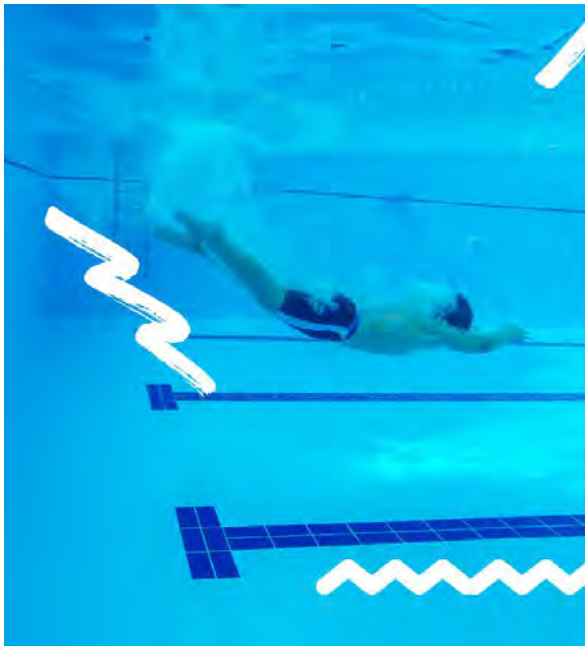
INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904
Closed Nov. 6-7

**Eunice Kennedy Shriver &
Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852

**Olney Indoor
Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832
Closed Nov. 13-14

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd's, MD 20841
**Closed Oct. 15-17
Closed Nov. 19-21
Closed Dec. 9-12**



MONTGOMERY COUNTY RECREATION

Montgomery County Recreation (MCR) is seeking a contractor to build, operate, and grow the County's diving programs performing under Montgomery County Diving, a registered USA Diving Club. MCR supports four indoor aquatic facilities equipped with springboards and platforms.

Montgomery County is a part of the Washington Metropolitan area, which consists of Washington, D.C., seven counties in Maryland, and five counties in Virginia; this area has a total of 5.8 million residents.

The mission of Montgomery County Recreation is to provide high quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

Visit mcorec.com for more information.



AQUATICS

Water Fitness

Abs & Glutes & More

Ages 12 & Up 13 Sessions \$91

Instructor: H2O Fitness

| | | | | |
|--------|------|------|----|-------------|
| 127906 | KSAC | 9/14 | Tu | 9-9:50 a.m. |
| 127907 | KSAC | 9/16 | Th | 9-9:50 a.m. |

| | | | | |
|--------|-----|------|---|---------------|
| 127908 | MLK | 9/13 | M | 10-10:50 a.m. |
| 127909 | MLK | 9/15 | W | 10-10:50 a.m. |

Aqua Cardio Challenge

Ages 12 & Up 10 Sessions \$70

Instructor: H2O Fitness

| | | | | |
|--------|-----|------|----|-------------|
| 127912 | MLK | 9/19 | Su | 5-5:50 p.m. |
|--------|-----|------|----|-------------|

13 Sessions \$91

Instructor: H2O Fitness

| | | | | |
|--------|------|------|----|---------------|
| 127911 | MLK | 9/14 | Tu | 10-10:50 a.m. |
| 127985 | KSAC | 9/16 | Th | 11-11:15 a.m. |

Aqua Cardio Dance

Ages 12 & Up 13 Sessions \$91

Instructor: H2O Fitness

| | | | | |
|--------|-----|------|----|----------------|
| 127914 | MLK | 9/14 | Tu | 8:30-9:20 a.m. |
| 127915 | MLK | 9/16 | Th | 10-10:50 a.m. |

10 Sessions \$70

Instructor: Wellness Network

| | | | | |
|--------|-----|------|----|----------------|
| 127913 | OSC | 9/19 | Su | 9:05-9:55 a.m. |
|--------|-----|------|----|----------------|

Aqua Lite

Ages 12 & Up 13 Sessions \$91

Instructor: Wellness Network

| | | | | |
|--------|-----|------|---|---------------|
| 127916 | OSC | 9/13 | M | 10-10:50 a.m. |
| 127917 | OSC | 9/15 | W | 10-10:50 a.m. |
| 127918 | OSC | 9/17 | F | 10-10:50 a.m. |

| | | | | |
|--------|------|------|---|---------------|
| 127919 | KSAC | 9/13 | M | 11-11:50 a.m. |
|--------|------|------|---|---------------|

| | | | | |
|--------|------|------|---|---------------|
| 127920 | KSAC | 9/15 | W | 11-11:50 a.m. |
|--------|------|------|---|---------------|

Aqua Spin

Ages 12 & Up 13 Sessions \$117

Instructor: H2O Fitness

| | | | | |
|--------|-----|------|----|----------------|
| 133146 | MLK | 9/14 | Tu | 7:30-8:20 a.m. |
| 127922 | MLK | 9/14 | Tu | 11-11:50 a.m. |
| 127925 | MLK | 9/15 | W | 9-9:50 a.m. |
| 127921 | MLK | 9/16 | Th | 11-11:50 a.m. |
| 133147 | MLK | 9/16 | Th | 8:30-9:20 p.m. |
| 127928 | MLK | 9/17 | F | 7:30-8:20 a.m. |
| 127926 | MLK | 9/17 | F | 9-9:50 a.m. |
| 127923 | MLK | 9/17 | F | 7:30-8:20 p.m. |

| | | | | |
|--------|------|------|----|-----------------|
| 133067 | KSAC | 9/14 | Tu | 12:30-1:20 p.m. |
|--------|------|------|----|-----------------|

| | | | | |
|--------|------|------|---|-------------|
| 127930 | KSAC | 9/15 | W | 1-1:50 p.m. |
|--------|------|------|---|-------------|

| | | | | |
|--------|------|------|---|----------------|
| 127929 | KSAC | 9/15 | W | 8:30-9:20 p.m. |
|--------|------|------|---|----------------|

| | | | | |
|--------|------|------|----|-----------------|
| 127931 | KSAC | 9/16 | Th | 12:30-1:20 p.m. |
|--------|------|------|----|-----------------|

| | | | | |
|--------|------|------|---|-------------|
| 127933 | KSAC | 9/17 | F | 9-9:50 a.m. |
|--------|------|------|---|-------------|

| | | | | |
|--------|------|------|---|-----------------|
| 133090 | KSAC | 9/17 | F | Noon-12:50 p.m. |
|--------|------|------|---|-----------------|

| | | | | |
|--------|------|------|---|-------------|
| 127932 | KSAC | 9/17 | F | 8-8:50 p.m. |
|--------|------|------|---|-------------|

8 Sessions \$81

| | | | | |
|--------|-----|------|----|-------------|
| 133149 | MLK | 9/18 | Sa | 8-8:50 a.m. |
|--------|-----|------|----|-------------|

| | | | | |
|--------|-----|------|----|-------------|
| 127924 | MLK | 9/18 | Sa | 7-7:50 p.m. |
|--------|-----|------|----|-------------|

Aqua YO-Lates

Ages 12 & Up 13 Sessions \$91

Instructor: H2O Fitness

| | | | | |
|--------|-----|------|---|---------------|
| 127934 | MLK | 9/17 | F | 10-10:50 a.m. |
|--------|-----|------|---|---------------|

STAY UP-TO-DATE

MOCOREC.COM/POOLS

Get the most current pool information here.

55+ THERAPEUTIC RECREATION SPORTS CLASSES

AQUATICS



55 +

Deep Water Running

Ages 12 & Up 8 Sessions \$56

Instructor: Wellness Network

127939 GISC 9/18 Sa 10-10:50 a.m.
127949 OSC 9/18 Sa 9:05-9:55 a.m.

Instructor: H2O Fitness

127963 MLK 9/18 Sa 9-9:50 a.m

13 Sessions \$91

127954 KSAC 9/14 Tu 10-10:50 a.m.
127955 KSAC 9/16 Th 10-10:50 a.m.
127956 KSAC 9/17 F 10-10:50 a.m.

127957 MLK 9/13 M Noon-12:50 p.m.
127958 MLK 9/14 Tu 9-9:50 a.m.
127959 MLK 9/14 Tu 7:30-8:20 p.m.
127964 MLK 9/15 W 1-1:50 p.m.
127960 MLK 9/16 Th 7:30-8:20 a.m.
127961 MLK 9/16 Th 7:30-8:20 p.m.
127962 MLK 9/17 F 11-11:50 a.m.

Instructor: Wellness Network

127936 GISC 9/13 M 10-10:50 a.m.
127940 GISC 9/13 M 7:50-8:40 p.m.
127950 GISC 9/14 Tu 10-10:50 a.m.
127937 GISC 9/15 W 10:30-11:20 a.m.
127938 GISC 9/16 Th 10-10:50 a.m.
127966 GISC 9/17 F 10:30-11:20 a.m.

127951 KSAC 9/14 Tu 7:15-8:05 p.m.
127935 KSAC 9/16 Th 7:30-8:20 p.m.

127941 OSC 9/13 M 7:15-8:05 p.m.
127942 OSC 9/14 Tu 8:30-9:20 a.m.
127943 OSC 9/14 Tu 10:30-11:20 a.m.
127952 OSC 9/14 Tu 8:15-9:05 p.m.
127953 OSC 9/15 W 6:30-7:20 a.m.
127944 OSC 9/15 W 7:15-8:05 p.m.
127945 OSC 9/16 Th 9-9:50 a.m.
127946 OSC 9/16 Th 11-11:50 a.m.
127947 OSC 9/16 Th 8:15-9:05 p.m.
127948 OSC 9/17 F 6:20-7:10 p.m.
127965 OSC 9/17 F 6:30-7:20 a.m.

Hi/Lo Cardio Fusion

Ages 12 & Up 13 Sessions \$91

Instructor: H2O Fitness

127967 KSAC 9/17 F 11-11:50 a.m.

Water Aerobics

Ages 12 & Up 13 Sessions \$91

Instructor: Wellness Network

127978 GISC 9/15 W 9:30-10:20 a.m.
127970 GISC 9/16 Th 7:50-8:40 p.m.
127971 KSAC 9/13 M 10-10:50 a.m.
127976 KSAC 9/15 W 10-10:50 a.m.

127977 OSC 9/13 M 8:15-9:05 p.m.
127972 OSC 9/14 Tu 9:30-10:20 a.m.
127973 OSC 9/14 Tu 7:15-8:05 p.m.
127969 OSC 9/15 W 8:15-9:05 p.m.
127974 OSC 9/16 Th 10-10:50 a.m.
127975 OSC 9/16 Th 7:15-8:05 p.m.

Instructor: H2O Fitness

127968 KSAC 9/17 F 10-10:50 a.m.

Water Exercise

Ages 12 & Up 13 Sessions \$91

Instructor: H2O Fitness

127982 KSAC 9/13 M 9-9:50 a.m.
127983 KSAC 9/14 Tu 11-11:50 a.m.
127984 KSAC 9/15 W 8:30-9:20 p.m.
127985 KSAC 9/16 Th 11-11:50 a.m.

127986 MLK 9/13 M 9-9:50 a.m.
127987 MLK 9/15 W 9-9:50 a.m.

Instructor: Wellness Network

127979 OSC 9/13 M 9-9:50 a.m.
127980 OSC 9/15 W 9-9:50 a.m.
127981 OSC 9/17 F 9-9:50 a.m.



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 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.

BE A HERO

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



LIFEGUARD TRAINING

INFORMATION

Visit mocreec.com for more information about Lifeguard Training opportunities.

[MORE INFO](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Swim Lessons



**Swim Lesson
registration
will begin on**

Aug. 23 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 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.



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

| | | | |
|--|--|---|-------------------------------------|
| <p>Parent-Assisted Lessons</p> <p>Class Requirements: 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.</p> | <p>Waterbabies (Ages 6-18 months)</p> | <p>Aquatots (Ages 18 months-3)</p> <p>Class Objectives: 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.</p> | <p>Pre-School (Ages 3-5)</p> |
| <p>Level 1</p> <p>Class Requirements: On the first day of class, students must be able to function well in a group setting without parents.</p> | <p>Beginner (Ages 4-6)</p> | <p>Youth (Ages 7-13)</p> <p>Class Objectives: Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.</p> | <p>Adult (Ages 14+)</p> |
| <p>Level 2</p> <p>Class Requirements: 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.</p> | <p>Beginner (Ages 4-6)</p> | <p>Youth (Ages 7-13)</p> <p>Class Objectives: 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.</p> | <p>Adult (Ages 14+)</p> |
| <p>Level 3</p> <p>Class Requirements: 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.</p> | <p>Beginner (Ages 4-6)</p> | <p>Youth (Ages 7-13)</p> <p>Class Objectives: 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.</p> | <p>Adult (Ages 14+)</p> |
| <p>Level 4</p> <p>Class Requirements: 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.</p> | <p>Beginner (Ages 4-6)</p> | <p>Youth (Ages 7-13)</p> <p>Class Objectives: 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.</p> | <p>Adult (Ages 14+)</p> |
| <p>Level 5</p> <p>Class Requirements: 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.</p> | | <p>Advanced Youth (Ages 7-13)</p> <p>Class Objectives: 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.</p> | <p>Adult (Ages 14+)</p> |
| <p>Level 6</p> <p>Class Requirements: On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</p> | | <p>Advanced Youth (Ages 7-13)</p> <p>Class Objectives: 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.</p> | <p>Adult (Ages 14+)</p> |



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Aquatots

Ages 1 1/2-3 6 Sessions \$58

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129789 | 9/19 | Su | 10:35-11:05 a.m. |
| 129768 | 9/18 | Sa | 12:25-12:55 p.m. |
| 129745 | 9/22 | W | 6:10-6:40 p.m. |
| 129826 | 11/3 | W | 6:10-6:40 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|------------------|
| 127278 | 9/19 | Su | 9-9:30 a.m. |
| 127279 | 9/19 | Su | 11-11:30 a.m. |
| 127272 | 9/21 | Tu | 9:30-10 a.m. |
| 127273 | 9/22 | W | 6:10-6:40 p.m. |
| 127274 | 9/23 | Th | 10-10:30 a.m. |
| 127275 | 9/23 | Th | 5:30-6 p.m. |
| 127284 | 11/6 | Sa | 9-9:30 a.m. |
| 127285 | 11/6 | Sa | 12:20-12:50 p.m. |
| 127286 | 11/7 | Su | 9-9:30 a.m. |
| 127287 | 11/7 | Su | 11-11:30 a.m. |
| 127280 | 11/9 | Tu | 9:30-10 a.m. |
| 127281 | 11/10 | W | 6:10-6:40 p.m. |
| 127282 | 11/11 | Th | 10-10:30 a.m. |
| 127283 | 11/11 | Th | 5:30-6 p.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|------------------|
| 126799 | 9/18 | Sa | 10:20-10:50 a.m. |
| 126800 | 9/19 | Su | 10-10:30 a.m. |
| 126801 | 9/22 | W | 6:10-6:40 p.m. |
| 126802 | 10/30 | Sa | 10:20-10:50 a.m. |
| 126803 | 10/30 | Sa | 11:40am-12:10pm. |
| 126804 | 10/31 | Su | 11:20-11:50 a.m. |
| 126805 | 11/1 | M | 5:30-6 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|------------------|
| 129860 | 9/11 | Sa | 9:50-10:20 a.m. |
| 129861 | 9/11 | Sa | 1:10-1:40 p.m. |
| 129862 | 9/12 | Su | 8:30-9 a.m. |
| 129863 | 9/12 | Su | 9:50-10:20 a.m. |
| 129864 | 9/12 | Su | 11:10-11:40 a.m. |
| 129865 | 9/14 | Tu | 6-6:30 p.m. |
| 129866 | 9/15 | W | 6:20-6:50 p.m. |
| 129874 | 9/16 | Th | 6:40-7:10 p.m. |
| 127276 | 9/18 | Sa | 9-9:30 a.m. |
| 127277 | 9/18 | Sa | 12:20-12:50 p.m. |
| 129867 | 10/23 | Sa | 9:50-10:20 a.m. |
| 129868 | 10/23 | Sa | 1:10-1:40 p.m. |
| 129869 | 10/24 | Su | 8:30-9 a.m. |
| 129870 | 10/24 | Su | 9:50-10:20 a.m. |
| 129871 | 10/24 | Su | 11:10-11:40 a.m. |
| 129872 | 10/26 | Tu | 6-6:30 p.m. |
| 129873 | 10/27 | W | 6:20-6:50 p.m. |
| 129875 | 10/25 | M | 6:20-6:50 p.m. |

Pre-School

Ages 3-5 6 Sessions \$58

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129761 | 9/18 | Sa | 11:05-11:35 a.m. |
| 129776 | 9/18 | Sa | 1:05-1:35 p.m. |
| 129787 | 9/19 | Su | 9:55-10:25 a.m. |
| 129797 | 9/19 | Su | 11:15-11:45 a.m. |
| 129743 | 9/22 | W | 5:30-6 p.m. |
| 129824 | 11/3 | W | 5:30-6 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|------------------|
| 127392 | 9/19 | Su | 10:20-10:50 a.m. |
| 127393 | 9/19 | Su | 1-1:30 p.m. |
| 127386 | 9/21 | Tu | 10:30-11 a.m. |
| 127387 | 9/21 | Tu | 3:30-4 p.m. |
| 127388 | 9/21 | Tu | 6:10-6:40 p.m. |
| 127389 | 9/23 | Th | 9:30-10 a.m. |
| 127399 | 11/6 | Sa | 1-1:30 p.m. |
| 127400 | 11/7 | Su | 10:20-10:50 a.m. |
| 127401 | 11/7 | Su | 1-1:30 p.m. |
| 127394 | 11/9 | Tu | 10:30-11 a.m. |
| 127395 | 11/9 | Tu | 3:30-4 p.m. |
| 127396 | 11/9 | Tu | 6:10-6:40 p.m. |
| 127397 | 11/11 | Th | 9:30-10 a.m. |



Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-----------------|
| 126885 | 9/18 | Sa | 9:40-10:10 a.m. |
| 126886 | 9/18 | Sa | 1-1:30 p.m. |
| 126887 | 9/19 | Su | Noon-12:30 p.m. |
| 126892 | 9/22 | W | 5:30-6 p.m. |
| 126888 | 10/30 | Sa | 9:40-10:10 a.m. |
| 126889 | 10/30 | Sa | 1-1:30 p.m. |
| 126890 | 10/31 | Su | Noon-12:30 p.m. |
| 126891 | 11/1 | M | 6:10-6:40 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|------------------|
| 129945 | 9/11 | Sa | 9:10-9:40 a.m. |
| 129946 | 9/11 | Sa | 11:10-11:40 a.m. |
| 129947 | 9/12 | Su | 9:10-9:40 a.m. |
| 129948 | 9/14 | Tu | 6:40-7:10 p.m. |
| 129949 | 9/15 | W | 5:40-6:10 p.m. |
| 129950 | 9/16 | Th | 6-6:30 p.m. |
| 129951 | 10/23 | Sa | 9:10-9:40 a.m. |
| 129952 | 10/23 | Sa | 11:10-11:40 a.m. |
| 129953 | 10/23 | Sa | 12:30-1 p.m. |
| 129954 | 10/24 | Su | 9:10-9:40 a.m. |
| 129955 | 10/25 | M | 6:20-6:50 p.m. |
| 129956 | 10/26 | Tu | 6:40-7:10 p.m. |
| 129957 | 10/27 | W | 5:40-6:10 p.m. |
| 129958 | 10/28 | Th | 6-6:30 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|-------------|
| 127391 | 9/18 | Sa | 1-1:30 p.m. |
|--------|------|----|-------------|

Waterbabies

Ages 6 mos-1^{1/2} 6 Sessions \$58

Germantown Indoor Swim Center

| | | | |
|--------|------|----|-----------------|
| 129781 | 9/19 | Su | 9:15-9:45 a.m. |
| 129750 | 9/25 | Sa | 9:45-10:15 a.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|------------------|
| 127404 | 9/18 | Sa | 10:20-10:50 a.m. |
| 127406 | 9/19 | Su | 9:40-10:10 a.m. |
| 127407 | 9/19 | Su | 11:40am-12:10pm. |
| 127402 | 9/20 | M | 9:30-10 a.m. |
| 127403 | 9/21 | Tu | 10-10:30 a.m. |
| 127410 | 11/6 | Sa | 10:20-10:50 a.m. |
| 127411 | 11/6 | Sa | 11:40am-12:10pm. |
| 127412 | 11/7 | Su | 9:40-10:10 a.m. |
| 127413 | 11/7 | Su | 11:40am-12:10pm. |
| 127408 | 11/8 | M | 9:30-10 a.m. |
| 127409 | 11/9 | Tu | 10-10:30 a.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|------------------|
| 126895 | 9/18 | Sa | 11:40am-12:10pm. |
| 126896 | 10/31 | Su | 10-10:30 a.m. |
| 126897 | 11/1 | M | 6:50-7:20 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|----------------|
| 129959 | 9/11 | Sa | 10:30-11 a.m. |
| 129960 | 9/12 | Su | 10:30-11 a.m. |
| 129961 | 9/14 | Tu | 5:20-5:50 p.m. |
| 129962 | 10/23 | Sa | 10:30-11 a.m. |
| 129963 | 10/24 | Su | 10:30-11 a.m. |
| 129964 | 10/26 | Tu | 5:20-5:50 p.m. |



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 +

Beginner Swim Lessons Beginner 1

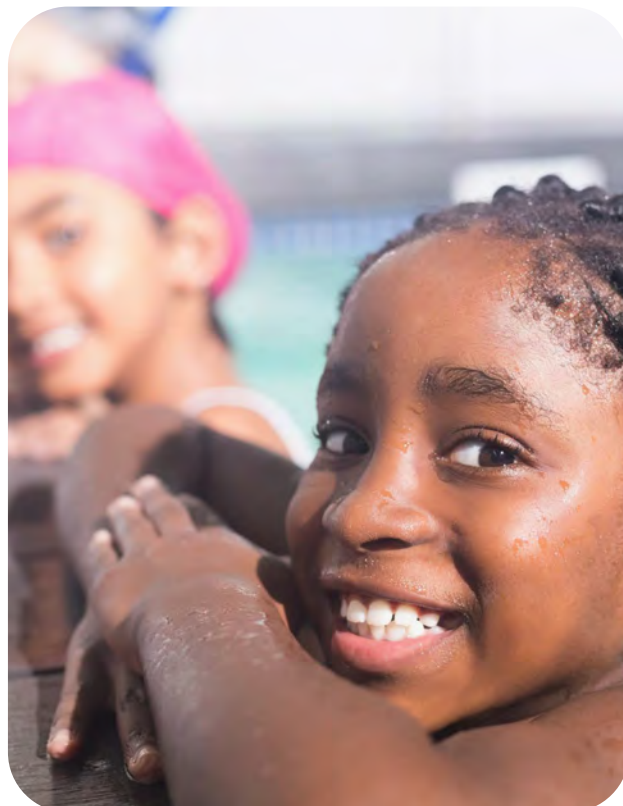
Ages 4-6 6 Sessions \$67

Germantown Indoor Swim Center

| | | | |
|--------|-------|-------|------------------|
| 129754 | 9/18 | Sa | 10:25-10:55 a.m. |
| 129759 | 9/18 | Sa | 11:05-11:35 a.m. |
| 129764 | 9/18 | Sa | 11:45am-12:15pm. |
| 129769 | 9/18 | Sa | 12:25-12:55 p.m. |
| 129774 | 9/18 | Sa | 1:05-1:35 p.m. |
| 129790 | 9/19 | Su | 10:35-11:05 a.m. |
| 129795 | 9/19 | Su | 11:15-11:45 a.m. |
| 129737 | 9/20 | M | 5:30-6 p.m. |
| 129799 | 9/21 | Tu,Th | 5-5:30 p.m. |
| 129802 | 9/21 | Tu,Th | 5:40-6:10 p.m. |
| 129805 | 9/21 | Tu,Th | 6:20-6:50 p.m. |
| 129742 | 9/22 | W | 5:30-6 p.m. |
| 129808 | 10/19 | Tu,Th | 5-5:30 p.m. |
| 129811 | 10/19 | Tu,Th | 5:40-6:10 p.m. |
| 129814 | 10/19 | Tu,Th | 6:20-6:50 p.m. |
| 129818 | 11/1 | M | 5:30-6 p.m. |
| 129823 | 11/3 | W | 5:30-6 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|------------------|
| 127295 | 9/18 | Sa | 9:40-10:10 a.m. |
| 127297 | 9/18 | Sa | 1-1:30 p.m. |
| 127298 | 9/19 | Su | 9-9:30 a.m. |
| 127299 | 9/19 | Su | 10:20-10:50 a.m. |
| 127300 | 9/19 | Su | 12:20-12:50 p.m. |
| 127301 | 9/19 | Su | 1-1:30 p.m. |
| 127288 | 9/20 | M | 10-10:30 a.m. |
| 127289 | 9/20 | M | 6:10-6:40 p.m. |
| 127290 | 9/21 | Tu | 4:50-5:20 p.m. |
| 127291 | 9/21 | Tu | 6:10-6:40 p.m. |
| 127292 | 9/23 | Th | 10:30-11 a.m. |
| 127293 | 9/23 | Th | 3:30-4 p.m. |
| 127294 | 9/23 | Th | 5:30-6 p.m. |
| 127309 | 11/6 | Sa | 9:40-10:10 a.m. |
| 127312 | 11/7 | Su | 9-9:30 a.m. |
| 127314 | 11/7 | Su | 12:20-12:50 p.m. |
| 127315 | 11/7 | Su | 1-1:30 p.m. |
| 127302 | 11/8 | M | 10-10:30 a.m. |
| 127303 | 11/8 | M | 6:10-6:40 p.m. |
| 127304 | 11/9 | Tu | 4:50-5:20 p.m. |
| 127305 | 11/9 | Tu | 6:10-6:40 p.m. |
| 127306 | 11/11 | Th | 10:30-11:05 a.m. |
| 127307 | 11/11 | Th | 3:30-4 p.m. |
| 127308 | 11/11 | Th | 5:30-6 p.m. |



THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-------------------|
| 126806 | 9/18 | Sa | 9:40-10:10 a.m. |
| 126832 | 9/18 | Sa | 10:20-10:50 a.m. |
| 126807 | 9/18 | Sa | 11-11:30 a.m. |
| 126808 | 9/18 | Sa | 12:20-12:50 p.m. |
| 126809 | 9/18 | Sa | 1-1:30 p.m. |
| 126810 | 9/19 | Su | 10:40-11:10 a.m. |
| 126833 | 9/19 | Su | 10:40-11:10 a.m. |
| 126811 | 9/19 | Su | Noon-12:30 p.m. |
| 126831 | 9/19 | Su | 11:20-11:50 a.m. |
| 126812 | 9/20 | M | 5:30-6 p.m. |
| 126813 | 9/20 | M | 6:50-7:20 p.m. |
| 126814 | 9/21 | Tu | 5:30-6 p.m. |
| 126815 | 9/21 | Tu | 6:50-7:20 p.m. |
| 126838 | 9/22 | W | 6:10-6:40 p.m. |
| 126816 | 9/22 | W | 6:50-7:20 p.m. |
| 126817 | 9/23 | Th | 5:30-6 p.m. |
| 126818 | 9/23 | Th | 6:10-6:40 p.m. |
| 126819 | 10/30 | Sa | 9:40-10:10 a.m. |
| 126834 | 10/30 | Sa | 10:20-10:50 a.m. |
| 126820 | 10/30 | Sa | 11-11:30 a.m. |
| 126821 | 10/30 | Sa | 11:40am-12:10p.m. |
| 126822 | 10/30 | Sa | 12:20-12:50 p.m. |
| 126823 | 10/30 | Sa | 1-1:30 p.m. |
| 126835 | 10/31 | Su | 10-10:30 a.m. |
| 126824 | 10/31 | Su | 10:40-11:10 a.m. |
| 126825 | 10/31 | Su | Noon-12:30 p.m. |
| 126836 | 11/1 | M | 6:50-7:20 p.m. |
| 126827 | 11/2 | Tu | 5:30-6 p.m. |
| 126828 | 11/2 | Tu | 6:50-7:20 p.m. |
| 126826 | 11/3 | W | 5:30-6 p.m. |
| 126829 | 11/3 | W | 6:10-6:40 p.m. |
| 126830 | 11/4 | Th | 5:30-6 p.m. |
| 126837 | 11/4 | Th | 6:50-7:20 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-------------------|
| 129876 | 9/11 | Sa | 9:10-9:40 a.m. |
| 129877 | 9/11 | Sa | 9:50-10:20 a.m. |
| 129878 | 9/11 | Sa | 11:50am-12:20p.m. |
| 129879 | 9/11 | Sa | 12:30-1 p.m. |
| 129880 | 9/11 | Sa | 1:10-1:40 p.m. |
| 129881 | 9/12 | Su | 9:10-9:40 a.m. |
| 129882 | 9/12 | Su | 9:50-10:20 a.m. |
| 129883 | 9/12 | Su | 11:10-11:40 a.m. |
| 129884 | 9/13 | M | 5:40-6:10 p.m. |
| 129902 | 9/13 | M | 6:20-6:50 p.m. |
| 129885 | 9/13 | M | 7-7:30 p.m. |
| 129886 | 9/14 | Tu | 6-6:30 p.m. |
| 129887 | 9/15 | W | 5:40-6:10 p.m. |
| 129888 | 9/15 | W | 6:20-6:50 p.m. |
| 129889 | 9/16 | Th | 6-6:30 p.m. |
| 129903 | 10/23 | Sa | 9:10-9:40 a.m. |
| 129890 | 10/23 | Sa | 10:30-11 a.m. |
| 129891 | 10/23 | Sa | 11:50am-12:20p.m. |
| 129892 | 10/23 | Sa | 1:10-1:40 p.m. |
| 129893 | 10/24 | Su | 9:10-9:40 a.m. |
| 129894 | 10/24 | Su | 9:50-10:20 a.m. |
| 129895 | 10/24 | Su | 10:30-11 a.m. |
| 129896 | 10/24 | Su | 1:10-11:40 a.m. |
| 129897 | 10/25 | M | 5:40-6:10 p.m. |
| 129898 | 10/25 | M | 7-7:30 p.m. |
| 129899 | 10/26 | Tu | 5:20-5:50 p.m. |
| 129900 | 10/27 | W | 5:40-6:10 p.m. |
| 129901 | 10/27 | W | 6:20-6:50 p.m. |

REMINDER
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55+
 THERAPEUTIC RECREATION
 SPORTS
 CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner 2

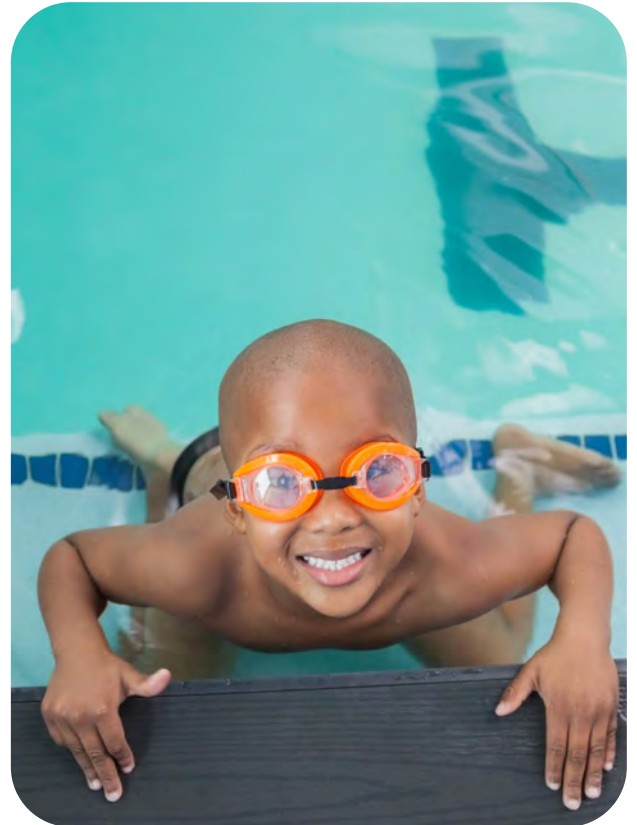
Ages 4-6 6 Sessions \$65

Germantown Indoor Swim Center

| | | | |
|--------|-------|-------|------------------|
| 129755 | 9/18 | Sa | 10:25-10:55 a.m. |
| 129775 | 9/18 | Sa | 1:05-1:35 p.m. |
| 129780 | 9/19 | Su | 9:15-9:45 a.m. |
| 129785 | 9/19 | Su | 9:55-10:25 a.m. |
| 129740 | 9/20 | M | 6:10-6:40 p.m. |
| 129800 | 9/21 | Tu,Th | 5-5:30 p.m. |
| 129803 | 9/21 | Tu,Th | 5:40-6:10 p.m. |
| 129806 | 9/21 | Tu,Th | 6:20-6:50 p.m. |
| 129746 | 9/22 | W | 6:10-6:40 p.m. |
| 129770 | 9/25 | Sa | 12:25-12:55 p.m. |
| 129809 | 10/19 | Tu,Th | 5-5:30 p.m. |
| 129812 | 10/19 | Tu,Th | 5:40-6:10 p.m. |
| 129815 | 10/19 | Tu,Th | 6:20-6:50 p.m. |
| 129821 | 11/1 | M | 6:10-6:40 p.m. |
| 129827 | 11/3 | W | 6:10-6:40 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|-----------------------|
| 127320 | 9/18 | Sa | 9-9:30 a.m. |
| 127322 | 9/18 | Sa | 11:40am-12:10p.m. |
| 127324 | 9/19 | Su | 9:40-10:10 a.m. |
| 127325 | 9/19 | Su | 11:40 a.m.-12:10 p.m. |
| 127326 | 9/19 | Su | 12:20-12:50 p.m. |
| 127316 | 9/20 | M | 5:30-6 p.m. |
| 127317 | 9/21 | Tu | 5:30-6 p.m. |
| 127318 | 9/22 | W | 5:30-6 p.m. |
| 127319 | 9/23 | Th | 4:10-4:40 p.m. |
| 127327 | 11/8 | M | 5:30-6 p.m. |
| 127328 | 11/9 | Tu | 5:30-6 p.m. |
| 127329 | 11/10 | W | 5:30-6 p.m. |
| 127330 | 11/11 | Th | 4:10-4:40 p.m. |
| 127331 | 11/6 | Sa | 9-9:30 a.m. |
| 127332 | 11/6 | Sa | 9:40-10:10 a.m. |
| 127333 | 11/6 | Sa | 11:40 a.m.-12:10 p.m. |
| 127334 | 11/6 | Sa | 12:20-12:50 p.m. |
| 127335 | 11/7 | Su | 9:40-10:10 a.m. |
| 127336 | 11/7 | Su | 11:40 a.m.-12:10 p.m. |
| 127337 | 11/7 | Su | 12:20-12:50 p.m. |
| 126864 | 11/4 | Th | 6:10-6:40 p.m. |



Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-----------------------|
| 126839 | 9/18 | Sa | 9:40-10:10 a.m. |
| 126840 | 9/18 | Sa | 10:20-10:50 a.m. |
| 126841 | 9/18 | Sa | 11-11:30 a.m. |
| 126842 | 9/18 | Sa | 11:40 a.m.-12:10 p.m. |
| 126843 | 9/18 | Sa | 12:20-12:50 p.m. |
| 126844 | 9/19 | Su | 10-10:30 a.m. |
| 126845 | 9/19 | Su | Noon-12:30 p.m. |
| 126846 | 9/20 | M | 6:50-7:20 p.m. |
| 126865 | 9/20 | M | 5:30-6 p.m. |
| 126847 | 9/21 | Tu | 6:10-6:40 p.m. |
| 126848 | 9/21 | Tu | 6:50-7:20 p.m. |
| 126849 | 9/22 | W | 5:30-6 p.m. |
| 126850 | 9/23 | Th | 5:30-6 p.m. |
| 126851 | 9/23 | Th | 6:50-7:20 p.m. |
| 126852 | 10/30 | Sa | 9:40-10:10 a.m. |
| 126853 | 10/30 | Sa | 10:20-10:50 a.m. |
| 126854 | 10/30 | Sa | 11:40 a.m.-12:10 p.m. |
| 126855 | 10/30 | Sa | 1-1:30 p.m. |
| 126856 | 10/31 | Su | 10-10:30 a.m. |
| 126857 | 10/31 | Su | 11:20-11:50 a.m. |
| 126858 | 10/31 | Su | Noon-12:30 p.m. |
| 126859 | 11/1 | M | 5:30-6 p.m. |
| 126860 | 11/2 | Tu | 6:50-7:20 p.m. |
| 126861 | 11/3 | W | 5:30-6 p.m. |
| 126862 | 11/3 | W | 6:10-6:40 p.m. |
| 126863 | 11/4 | Th | 5:30-6 p.m. |

Olney Swim Center

| | | | | |
|-------------------|-------|----|-----------------------|-------------|
| 6 Sessions | | | | \$65 |
| 129904 | 9/11 | Sa | 11:10-11:40 a.m. | |
| 129905 | 9/11 | Sa | 11:50 a.m.-12:20 p.m. | |
| 129906 | 9/11 | Sa | 12:30-1 p.m. | |
| 129907 | 9/12 | Su | 9:10-9:40 a.m. | |
| 129908 | 9/12 | Su | 9:50-10:20 a.m. | |
| 129909 | 9/12 | Su | 10:30-11 a.m. | |
| 129910 | 9/12 | Su | 11:10-11:40 a.m. | |
| 129911 | 9/13 | M | 5:40-6:10 p.m. | |
| 129912 | 9/13 | M | 6:20-6:50 p.m. | |
| 129913 | 9/14 | Tu | 5:20-5:50 p.m. | |
| 129914 | 9/15 | W | 7-7:30 p.m. | |
| 129929 | 9/15 | W | 5:40-6:10 p.m. | |
| 129915 | 9/16 | Th | 5:20-5:50 p.m. | |
| 129916 | 10/23 | Sa | 9:50-10:20 a.m. | |
| 129917 | 10/23 | Sa | 11:10-11:40 a.m. | |
| 129918 | 10/23 | Sa | 11:50 a.m.-12:20 p.m. | |
| 129919 | 10/23 | Sa | 12:30-1 p.m. | |
| 129920 | 10/24 | Su | 9:10-9:40 a.m. | |
| 129921 | 10/24 | Su | 9:50-10:20 a.m. | |
| 129922 | 10/24 | Su | 11:10-11:40 a.m. | |
| 129923 | 10/25 | M | 5:40-6:10 p.m. | |
| 129924 | 10/25 | M | 7-7:30 p.m. | |
| 129925 | 10/26 | Tu | 6-6:30 p.m. | |
| 129926 | 10/27 | W | 7-7:30 p.m. | |
| 129927 | 10/28 | Th | 5:20-5:50 p.m. | |
| 129928 | 10/28 | Th | 6:40-7:10 p.m. | |

55+

Therapeutic
Recreation

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.





55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner 3

Ages 4-6 6 Sessions \$65

Martin Luther King Jr. Swim Center

| | | | | |
|--------|-------|----|-------------|------|
| 126866 | 9/18 | Sa | 12:20-12:50 | p.m. |
| 126867 | 9/19 | Su | 10:40-11:10 | a.m. |
| 126868 | 9/19 | Su | 11:20-11:50 | a.m. |
| 126869 | 9/20 | M | 6:10-6:40 | p.m. |
| 126870 | 9/22 | W | 6:50-7:20 | p.m. |
| 126871 | 10/30 | Sa | 11-11:30 | a.m. |
| 126872 | 10/30 | Sa | 12:20-12:50 | p.m. |
| 126873 | 10/31 | Su | 10-10:30 | a.m. |
| 126874 | 10/31 | Su | 10:40-11:10 | a.m. |
| 126875 | 11/1 | M | 6:10-6:40 | p.m. |
| 126876 | 11/2 | Tu | 6:10-6:40 | p.m. |
| 126877 | 11/2 | Tu | 7:30-8 | p.m. |
| 126878 | 11/3 | W | 6:50-7:20 | p.m. |
| 126879 | 11/4 | Th | 6:50-7:20 | p.m. |

Kennedy Shriver Aquatics Center

| | | | | |
|--------|-------|----|------------------|------|
| 127342 | 9/18 | Sa | 9-9:30 | a.m. |
| 127343 | 9/18 | Sa | 11-11:30 | a.m. |
| 127344 | 9/18 | Sa | 11:40 a.m.-12:10 | p.m. |
| 127345 | 9/18 | Sa | 1-1:30 | p.m. |
| 127346 | 9/19 | Su | 9-9:30 | a.m. |
| 127347 | 9/19 | Su | 9:40-10:10 | a.m. |
| 127348 | 9/19 | Su | 11-11:30 | a.m. |
| 127338 | 9/21 | Tu | 4:10-4:40 | p.m. |
| 127339 | 9/22 | W | 5:30-6 | p.m. |
| 127340 | 9/23 | Th | 4:50-5:20 | p.m. |
| 127341 | 9/23 | Th | 6:10-6:40 | p.m. |
| 127353 | 11/6 | Sa | 9-9:30 | a.m. |
| 127354 | 11/6 | Sa | 11-11:30 | a.m. |
| 127356 | 11/6 | Sa | 1-1:30 | p.m. |
| 127357 | 11/7 | Su | 9-9:30 | a.m. |
| 127358 | 11/7 | Su | 9:40-10:10 | a.m. |
| 127349 | 11/9 | Tu | 4:10-4:40 | p.m. |
| 127350 | 11/10 | W | 5:30-6 | p.m. |
| 127351 | 11/11 | Th | 4:50-5:20 | p.m. |
| 127352 | 11/11 | Th | 6:10-6:40 | p.m. |



Germantown Indoor Swim Center

| | | | |
|--------|-------|-------|------------------|
| 129749 | 9/18 | Sa | 9:45-10:15 a.m. |
| 129760 | 9/18 | Sa | 11:05-11:35 a.m. |
| 129786 | 9/19 | Su | 9:55-10:25 a.m. |
| 129796 | 9/19 | Su | 11:15-11:45 a.m. |
| 129738 | 9/20 | M | 5:30-6 p.m. |
| 129801 | 9/21 | Tu,Th | 5-5:30 p.m. |
| 129804 | 9/21 | Tu,Th | 5:40-6:10 p.m. |
| 129810 | 10/19 | Tu,Th | 5-5:30 p.m. |
| 129813 | 10/19 | Tu,Th | 5:40-6:10 p.m. |
| 129816 | 10/26 | Tu,Th | 6:20-6:50 p.m. |
| 129819 | 11/1 | M | 5:30-6 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-----------------------|
| 129930 | 9/11 | Sa | 9:50-10:20 a.m. |
| 129931 | 9/11 | Sa | 10:30-11 a.m. |
| 129932 | 9/11 | Sa | 11:50 a.m.-12:20 p.m. |
| 129933 | 9/12 | Su | 9:50-10:20 a.m. |
| 129934 | 9/12 | Su | 10:30-11 a.m. |
| 129935 | 9/13 | M | 7-7:30 p.m. |
| 129936 | 9/15 | W | 7-7:30 p.m. |
| 129937 | 10/23 | Sa | 9:50-10:20 a.m. |
| 129938 | 10/23 | Sa | 10:30-11 a.m. |
| 129939 | 10/23 | Sa | 11:50 a.m.-12:20 p.m. |
| 129940 | 10/24 | Su | 9:50-10:20 a.m. |
| 129941 | 10/24 | Su | 10:30-11 a.m. |
| 129942 | 10/27 | W | 7-7:30 p.m. |

Beginner 4

Ages 4-6 6 Sessions \$65

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|---------------------|
| 126880 | 9/18 | Sa | 11:40a.m.-12:10p.m. |
| 126881 | 9/21 | Tu | 7:30-8 p.m. |
| 126882 | 10/30 | Sa | 10:20-10:50 a.m. |
| 126883 | 10/31 | Su | 11:20-11:50 a.m. |
| 126884 | 11/4 | Th | 7:30-8 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|----------------------|
| 127364 | 9/18 | Sa | 12:20-12:50 p.m. |
| 127365 | 9/19 | Su | 10:20-10:50 a.m. |
| 127366 | 9/19 | Su | 11-11:30 a.m. |
| 127368 | 9/19 | Su | 1-1:30 p.m. |
| 127360 | 9/20 | M | 5:30-6 p.m. |
| 127361 | 9/22 | W | 6:10-6:40 p.m. |
| 127362 | 9/23 | Th | 6:10-6:40 p.m. |
| 127373 | 11/6 | Sa | 12:20-12:50 p.m. |
| 127374 | 11/7 | Su | 10:20-10:50 a.m. |
| 127375 | 11/7 | Su | 11-11:30 a.m. |
| 127376 | 11/7 | Su | 1:40 a.m.-12:10 p.m. |
| 127377 | 11/7 | Su | 1-1:30 p.m. |
| 127369 | 11/8 | M | 5:30-6 p.m. |
| 127370 | 11/10 | W | 6:10-6:40 p.m. |
| 127371 | 11/11 | Th | 6:10-6:40 p.m. |

Germantown Indoor Swim Center

| | | | |
|--------|------|----|---------------------|
| 129765 | 9/18 | Sa | 11:45a.m.-12:15p.m. |
| 129791 | 9/19 | Su | 10:35-11:05 a.m. |

Olney Swim Center

| | | | |
|--------|-------|----|----------------|
| 131057 | 9/11 | Sa | 12:30-1 p.m. |
| 129943 | 9/12 | Su | 9:10-9:40 a.m. |
| 129944 | 10/24 | Su | 9:10-9:40 a.m. |
| 131056 | 10/23 | Sa | 12:30-1 p.m. |

REMINDER

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55+

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Youth Swim Lessons

Youth Level 1

Ages 7-13 6 Sessions \$60

Germantown Indoor Swim Center

| | | | |
|--------|------|-------|------------------|
| 129751 | 9/18 | Sa | 9:45-10:15 a.m. |
| 129756 | 9/18 | Sa | 10:25-10:55 a.m. |
| 129792 | 9/19 | Su | 10:35-11:05 a.m. |
| 129741 | 9/20 | M | 6:10-6:40 p.m. |
| 129807 | 9/21 | Tu,Th | 6:20-6:50 p.m. |
| 129822 | 11/1 | M | 6:10-6:40 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|------------------|
| 127415 | 9/18 | Sa | 10:20-10:50 a.m. |
| 127417 | 9/19 | Su | 9:40-10:10 a.m. |
| 127414 | 9/20 | M | 6:10-6:40 p.m. |
| 127419 | 11/6 | Sa | 10:20-10:50 a.m. |
| 127420 | 11/6 | Sa | 1-1:30 p.m. |
| 127421 | 11/7 | Su | 9:40-10:10 a.m. |
| 127418 | 11/8 | M | 6:10-6:40 p.m. |



Olney Swim Center

| | | | |
|--------|-------|----|----------------|
| 129979 | 9/11 | Sa | 9:10-9:40 a.m. |
| 129965 | 9/11 | Sa | 10:30-11 a.m. |
| 129966 | 9/12 | Su | 8:30-9 a.m. |
| 129980 | 9/13 | M | 5:40-6:10 p.m. |
| 129967 | 9/13 | M | 6:20-6:50 p.m. |
| 129968 | 9/14 | Tu | 6:40-7:10 p.m. |
| 129969 | 9/15 | W | 6:20-6:50 p.m. |
| 129970 | 9/15 | W | 7-7:30 p.m. |
| 129971 | 9/16 | Th | 5:20-5:50 p.m. |
| 129972 | 10/23 | Sa | 9:10-9:40 a.m. |
| 129973 | 10/24 | Su | 8:30-9 a.m. |
| 129974 | 10/26 | Tu | 6:40-7:10 p.m. |
| 129981 | 10/27 | W | 5:40-6:10 p.m. |
| 129975 | 10/27 | W | 6:20-6:50 p.m. |
| 129976 | 10/27 | W | 7-7:30 p.m. |
| 129977 | 10/28 | Th | 5:20-5:50 p.m. |
| 129978 | 10/28 | Th | 6-6:30 p.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-----------------------|
| 126898 | 9/18 | Sa | 10:20-10:50 a.m. |
| 126899 | 9/18 | Sa | 11:40 a.m.-12:10 p.m. |
| 126900 | 9/18 | Sa | 12:20-12:50 p.m. |
| 126901 | 9/19 | Su | 10:40-11:10 a.m. |
| 126902 | 9/19 | Su | Noon-12:30 p.m. |
| 126905 | 9/20 | M | 6:10-6:40 p.m. |
| 126903 | 9/21 | Tu | 6:10-6:40 p.m. |
| 126904 | 9/21 | Tu | 7:30-8 p.m. |
| 126911 | 9/23 | Th | 6:50-7:20 p.m. |
| 126912 | 10/30 | Sa | 11-11:30 a.m. |
| 126906 | 10/30 | Sa | 12:20-12:50 p.m. |
| 126907 | 10/31 | Su | 10:40-11:10 a.m. |
| 126908 | 11/2 | Tu | 5:30-6 p.m. |
| 126910 | 11/3 | W | 6:50-7:20 p.m. |
| 126909 | 11/4 | Th | 6:10-6:40 p.m. |



Youth Level 2

Ages 7-13 6 Sessions \$60

Germantown Indoor Swim Center

| | | | |
|--------|------|----|-----------------------|
| 129752 | 9/18 | Sa | 9:45-10:15 a.m. |
| 129766 | 9/18 | Sa | 11:45 a.m.-12:15 p.m. |
| 129782 | 9/19 | Su | 9:15-9:45 a.m. |
| 129798 | 9/19 | Su | 11:15-11:45 a.m. |
| 129744 | 9/22 | W | 5:30-6 p.m. |
| 129825 | 11/3 | W | 5:30-6 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|-------------------|
| 127424 | 9/19 | Su | 11:40am-12:10p.m. |
| 127425 | 9/19 | Su | 12:20-12:50 p.m. |
| 127422 | 9/21 | Tu | 5:30-6 p.m. |
| 127427 | 11/6 | Sa | 12:20-12:50 p.m. |
| 127428 | 11/7 | Su | 11:40am-12:10p.m. |
| 127429 | 11/7 | Su | 12:20-12:50 p.m. |
| 127426 | 11/9 | Tu | 5:30-6 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-----------------|
| 129982 | 9/11 | Sa | 9:10-9:40 a.m. |
| 129983 | 9/11 | Sa | 9:50-10:20 a.m. |
| 129984 | 9/11 | Sa | 10:30-11 a.m. |
| 129985 | 9/12 | Su | 9:10-9:40 a.m. |
| 129986 | 9/13 | M | 7-7:30 p.m. |
| 129987 | 9/16 | Th | 6:40-7:10 p.m. |
| 129988 | 10/23 | Sa | 9:10-9:40 a.m. |
| 129989 | 10/23 | Sa | 9:50-10:20 a.m. |
| 129990 | 10/23 | Sa | 10:30-11 a.m. |
| 129991 | 10/24 | Su | 9:10-9:40 a.m. |
| 129992 | 10/28 | Th | 6:40-7:10 p.m. |

Kennedy Shriver Aquatics Center

133526 9/18 Sa 12:20-12:50 p.m.

Martin Luther King Jr. Swim Center

Ages 7-13 6 Sessions \$60

| | | | |
|--------|-------|----|-----------------------|
| 126913 | 9/18 | Sa | 11-11:30 a.m. |
| 126914 | 9/18 | Sa | 1-1:30 p.m. |
| 126915 | 9/19 | Su | 11:20-11:50am. |
| 126916 | 9/21 | Tu | 5:30-6 p.m. |
| 126917 | 9/21 | Tu | 8:10-8:40 p.m. |
| 126918 | 9/23 | Th | 6:10-6:40 p.m. |
| 126925 | 9/23 | Th | 7:30-8 p.m. |
| 126919 | 10/30 | Sa | 11:40 a.m.-12:10 p.m. |
| 126920 | 10/30 | Sa | 12:20-12:50p.m. |
| 126921 | 10/31 | Su | 11:20-11:50 a.m. |
| 126922 | 11/2 | Tu | 6:10-6:40 p.m. |
| 126923 | 11/2 | Tu | 7:30-8 p.m. |
| 126924 | 11/4 | Th | 7:30-8 p.m. |



REMINDER

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Youth Level 3

Ages 7-13 6 Sessions \$58

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129771 | 9/18 | Sa | 12:25-12:55 p.m. |
| 129777 | 9/18 | Sa | 1:05-1:35 p.m. |
| 129747 | 9/22 | W | 6:10-6:40 p.m. |
| 129828 | 11/3 | W | 6:10-6:40 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|------------------|
| 127430 | 9/18 | Sa | 9:40-10:10 a.m. |
| 127431 | 9/18 | Sa | 11-11:30 a.m. |
| 127434 | 9/19 | Su | 11-11:30 a.m. |
| 127435 | 11/6 | Sa | 9:40-10:10 a.m. |
| 127436 | 11/6 | Sa | 11-11:30 a.m. |
| 127438 | 11/7 | Su | 10:20-10:50 a.m. |
| 127439 | 11/7 | Su | 11-11:30 a.m. |

Olney Swim Center

| | | | |
|--------|-------|----|------------------|
| 129993 | 9/11 | Sa | 11:10-11:40 a.m. |
| 129994 | 9/11 | Sa | 1:10-1:40 p.m. |
| 129995 | 9/12 | Su | 9:50-10:20 a.m. |
| 129996 | 9/16 | Th | 7:20-7:50 p.m. |
| 129997 | 10/23 | Sa | 11:10-11:40 a.m. |
| 129998 | 10/23 | Sa | 1:10-1:40 p.m. |
| 129999 | 10/24 | Su | 9:50-10:20 a.m. |
| 130000 | 10/24 | Su | 10:30-11 a.m. |
| 130001 | 10/28 | Th | 7:20-7:50 p.m. |

Martin Luther King Jr. Swim Center

Ages 7-13 6 Sessions \$58

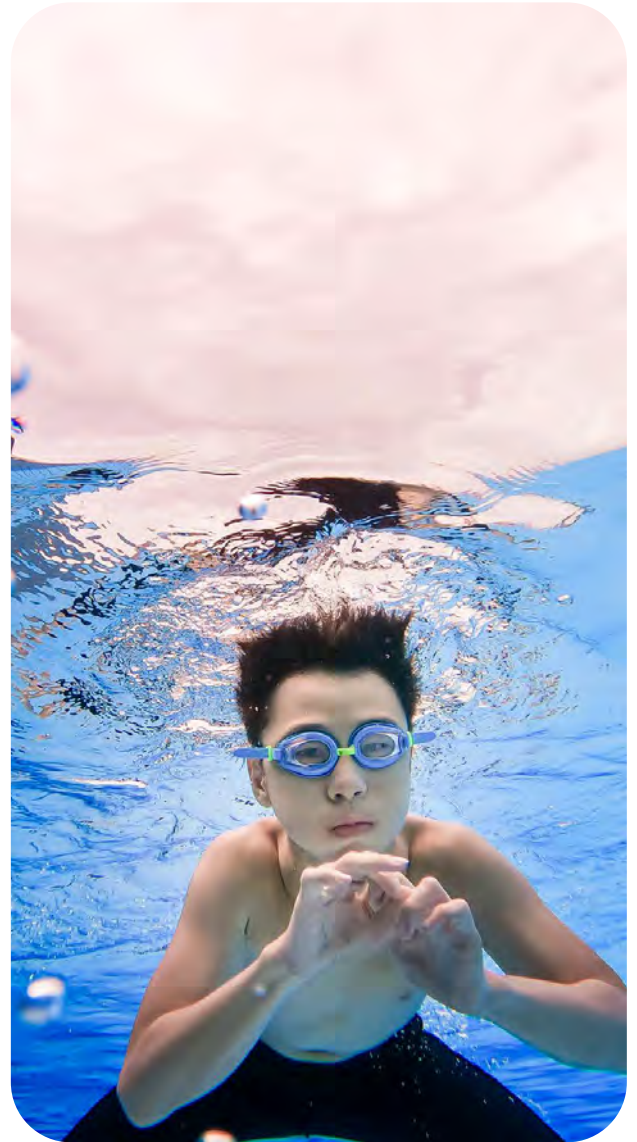
| | | | |
|--------|-------|----|-----------------------|
| 126926 | 9/18 | Sa | 11-11:30 a.m. |
| 126927 | 9/18 | Sa | 1-1:30 p.m. |
| 126928 | 9/19 | Su | 10-10:30 a.m. |
| 126929 | 9/19 | Su | 10:40-11:10 a.m. |
| 126937 | 9/19 | Su | 11:20-11:50 a.m. |
| 126930 | 9/21 | Tu | 8:10-8:40 p.m. |
| 126931 | 9/23 | Th | 7:30-8 p.m. |
| 126932 | 10/30 | Sa | 11:40 a.m.-12:10 p.m. |
| 126933 | 10/30 | Sa | 1-1:30 p.m. |
| 126934 | 10/31 | Su | 11:20-11:50 a.m. |
| 126935 | 10/31 | Su | Noon-12:30 p.m. |
| 126938 | 10/31 | Su | 10:40-11:10 a.m. |
| 126936 | 11/2 | Tu | 8:10-8:40 p.m. |

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 4

Ages 7-13 6 Sessions \$58

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129772 | 9/18 | Sa | 11:05-11:35 a.m. |
| 129778 | 9/18 | Sa | 1:05-1:35 p.m. |
| 129788 | 9/19 | Su | 9:55-10:25 a.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|-------------------|
| 127440 | 9/18 | Sa | 11:40am-12:10p.m. |
| 127441 | 9/19 | Su | 11-11:30 a.m. |
| 127442 | 9/19 | Su | 12:20-12:50 p.m. |
| 127443 | 9/19 | Su | 1-1:30 p.m. |
| 127444 | 11/6 | Sa | 11:40am-12:10p.m. |
| 127445 | 11/7 | Su | 11-11:30 a.m. |
| 127446 | 11/7 | Su | 12:20-12:50 p.m. |
| 127447 | 11/7 | Su | 1-1:30 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-------------------|
| 130002 | 9/11 | Sa | 11:10-11:40 a.m. |
| 130003 | 9/11 | Sa | 11:50am-12:20p.m. |
| 130004 | 9/12 | Su | 10:30-11 a.m. |
| 130005 | 9/12 | Su | 11:10-11:40 a.m. |
| 130006 | 10/23 | Sa | 11:10-11:40 a.m. |
| 130007 | 10/23 | Sa | 11:50am-12:20p.m. |
| 130008 | 10/24 | Su | 10:30-11 a.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|------------------|
| 126939 | 9/18 | Sa | 12:20-12:50 p.m. |
| 126940 | 9/19 | Su | 10-10:30 a.m. |
| 126941 | 9/19 | Su | 11:20-11:50 a.m. |
| 126942 | 9/23 | Th | 8:10-8:40 p.m. |
| 126943 | 10/30 | Sa | 11-11:30 a.m. |
| 126944 | 10/30 | Sa | 12:20-12:50 p.m. |
| 126945 | 10/31 | Su | Noon-12:30 p.m. |
| 126946 | 11/2 | Tu | 8:10-8:40 p.m. |
| 126947 | 11/4 | Th | 8:10-8:40 p.m. |



Youth Advanced Lessons

Ages 7-13 6 Sessions \$77

Instructor: Montgomery Stroke And Turn Clinic

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 131599 | 9/18 | Sa | 9:45-10:25 a.m. |
| 131600 | 9/18 | Sa | 10:25-11:05 a.m. |
| 131601 | 9/18 | Sa | 11:05-11:45 a.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|-----------------------|
| 131596 | 9/18 | Sa | 10:20-11a.m. |
| 131597 | 9/18 | Sa | 11-11:40 a.m. |
| 131598 | 9/18 | Sa | 11:40 a.m.-12:20 p.m. |
| 131609 | 10/30 | Sa | 10:20-11 a.m. |
| 131610 | 10/30 | Sa | 11-11:40 a.m. |
| 131611 | 10/30 | Sa | 11:40 a.m.-12:20 p.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-------------------|
| 131593 | 9/19 | Su | 11:30am-12:10p.m. |
| 131594 | 9/19 | Su | 12:10-12:50 p.m. |
| 131595 | 9/23 | Th | 7:30-8:10 p.m. |
| 131608 | 10/28 | Th | 7:30-8:10 p.m. |
| 131606 | 10/31 | Su | 11:30am-12:10p.m. |
| 131607 | 10/31 | Su | 12:10-12:50 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-----------------------|
| 131590 | 9/12 | Su | 11:30 a.m.-12:10 p.m. |
| 131591 | 9/12 | Su | 12:10-12:50 p.m. |
| 131592 | 9/14 | Tu | 7:20-8 p.m. |
| 131602 | 10/24 | Su | 11:30 a.m.-12:10 p.m. |
| 131604 | 10/24 | Su | 12:10-12:50 p.m. |
| 131605 | 10/26 | Tu | 7:20-8 p.m. |

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Adult Swim Lessons Adult Level 1

Ages 14 & Up 6 Sessions \$67

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129758 | 9/18 | Sa | 11:05-11:35 a.m. |
| 129784 | 9/19 | Su | 9:55-10:25 a.m. |
| 129736 | 9/20 | M | 5:30-6 p.m. |
| 129817 | 11/1 | M | 5:30-6 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|-------|----|------------------|
| 127255 | 9/18 | Sa | 11-11:30 a.m. |
| 127256 | 9/19 | Su | 10:20-10:50 a.m. |
| 127254 | 9/23 | Th | 8:30-9 p.m. |
| 127258 | 11/6 | Sa | 11-11:30 a.m. |
| 127259 | 11/7 | Su | 10:20-10:50 a.m. |
| 127257 | 11/11 | Th | 8:30-9:05 p.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|----------------|
| 126779 | 9/18 | Sa | 11-11:30 a.m. |
| 126784 | 9/18 | Sa | 1-1:30 p.m. |
| 126780 | 9/19 | Su | 10-10:30 a.m. |
| 126781 | 9/21 | Tu | 8:50-9:20 p.m. |
| 126785 | 9/23 | Th | 8:10-8:40 p.m. |
| 126782 | 10/31 | Su | 10-10:30 a.m. |
| 126783 | 11/2 | Tu | 8:50-9:20 p.m. |
| 126786 | 11/4 | Th | 8:10-8:40 p.m. |

Olney Swim Center

| | | | |
|--------|-------|----|----------------|
| 129857 | 9/14 | Tu | 7:20-7:50 p.m. |
| 129853 | 9/16 | Th | 7:20-7:50 p.m. |
| 129854 | 10/28 | Th | 8-8:30 p.m. |
| 129856 | 10/26 | Tu | 7:20-7:50 p.m. |

Adult Level 2

Ages 14 & Up 6 Sessions \$65

Germantown Indoor Swim Center

| | | | |
|--------|------|----|------------------|
| 129753 | 9/18 | Sa | 10:25-10:55 a.m. |
| 129779 | 9/19 | Su | 9:15-9:45 a.m. |
| 129739 | 9/20 | M | 6:10-6:40 p.m. |
| 129820 | 11/1 | M | 6:10-6:40 p.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|------------------|
| 126787 | 9/18 | Sa | 10:20-10:50 a.m. |
| 126788 | 9/19 | Su | Noon-12:30 p.m. |
| 126789 | 9/21 | Tu | 8:50-9:20 p.m. |
| 126790 | 10/30 | Sa | 10:20-10:50 a.m. |
| 126791 | 10/31 | Su | 10:40-11:10 a.m. |
| 126792 | 11/2 | Tu | 8:50-9:20 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|------------------|
| 127260 | 9/18 | Sa | 10:20-10:50 a.m. |
| 127261 | 11/6 | Sa | 10:20-10:50 a.m. |

Olney Swim Center

| | | | |
|--------|-------|----|-------------|
| 131059 | 9/14 | Tu | 8-8:30 p.m. |
| 129859 | 9/16 | Th | 8-8:30 p.m. |
| 129858 | 10/26 | Tu | 8-8:30 p.m. |



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Adult Level 3

Ages 14 & Up 6 Sessions \$65

Martin Luther King Jr. Swim Center

| | | | |
|--------|-------|----|-----------------------|
| 126793 | 9/18 | Sa | 11:40 a.m.-12:10 p.m. |
| 126794 | 9/23 | Th | 8:50-9:20 p.m. |
| 126795 | 10/30 | Sa | 11-11:30 a.m. |
| 126796 | 11/4 | Th | 8:50-9:20 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|-----------------|
| 127262 | 9/18 | Sa | 9:40-10:10 a.m. |
| 127263 | 11/6 | Sa | 9:40-10:10 a.m. |

Germantown Indoor Swim Center

| | | | |
|--------|------|----|-----------------|
| 129748 | 9/18 | Sa | 9:45-10:15 a.m. |
|--------|------|----|-----------------|

Adult Level 4

Ages 14 & Up 6 Sessions \$65

Germantown Indoor Swim Center

| | | | |
|--------|------|----|-----------------------|
| 129763 | 9/18 | Sa | 11:45 a.m.-12:15 p.m. |
| 129794 | 9/19 | Su | 11:15-11:45 a.m. |

Martin Luther King Jr. Swim Center

| | | | |
|--------|------|----|----------------|
| 126797 | 9/23 | Th | 8:50-9:20 p.m. |
| 126798 | 11/4 | Th | 8:50-9:20 p.m. |

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|----|-----------------------|
| 127265 | 9/19 | Su | 11:40 a.m.-12:10 p.m. |
| 127264 | 9/21 | Tu | 8:30-9 p.m. |
| 127266 | 11/9 | Tu | 8:30-9 p.m. |
| 127267 | 11/7 | Su | 11:40 a.m.-12:10 p.m. |

Adult Swim for Conditioning

Ages 14 & Up 6 Sessions \$65

Kennedy Shriver Aquatics Center

| | | | |
|--------|------|---|-------------|
| 127270 | 9/20 | M | 8:30-9 p.m. |
| 127271 | 11/8 | M | 8:30-9 p.m. |





55 +

Developmental Swim

SwiMontgomery

Ages 5-13 18 Sessions \$315

Instructor: Montgomery Stroke And Turn Clinic

128414 OSC 9/13 M,W 7:15-8 p.m.

128417 MLK 9/20 M,W 7:30-8:15 p.m.

128416 GISC 9/21 Tu,Th 7:45-8:30 p.m.

128415 KSAC 9/21 Tu,Th 7:45-8:30 p.m.

Therapeutic Recreation Programs

Adapted Aquatics Lessons

Level 1

Ages 18 & Up 6 Sessions \$65

127248 KSAC 9/20 M 10:45-11:15 a.m.

127249 KSAC 11/8 M 10:45-11:15 a.m.

Volunteer Assisted

Ages 4-17 6 Sessions \$65

127250 KSAC 9/18 Sa 9:45-10:15 a.m.

127251 KSAC 9/18 Sa 10:35-11:05 a.m.

6 Sessions \$65

127252 KSAC 11/6 Sa 9:45-10:15 a.m.

127253 KSAC 11/6 Sa 10:35-11:05 a.m.

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

For

**Therapeutic Recreation
programs available**

View more on

PAGES 50-52

Masters

Masters Swimming

Instructor: Montgomery Ancient Mariners

1 Day per week

128624 KSAC 9/12 \$125

1 Session Drop-In

128625 OSC 9/12 \$15

2 Days per week

128626 GISC 9/12 \$190

2 Session Drop-In

128627 OSC 9/12 \$25

3 Days per week

128628 MLK 9/12 \$230

4 Days per week

128629 GISC 9/12 \$270

4 Session Drop-In

128630 MLK 9/12 \$40

5 Days per week

128631 KSAC 9/12 \$300

8 Session Drop-In

128632 KSAC 9/12 \$70

MASTER'S SWIMMING



FALL SCHEDULE

2 0 2 1

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 Outdoor Pool

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



SPORTS
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

ARTS & CRAFTS

Arts

Abrakadoodle Anime

Ages 6-12 8 Sessions \$128
 Instructor: Stephanie Burke
 129407 Wheaton CRC 9/18 Sa 1-1:45 p.m.

Abrakadoodle Under the Sea

Ages 6-12 8 Sessions \$104
 Instructor: Stephanie Burke
 129406 Virtual Class 9/18 Sa 1-1:45 p.m.

Adventures in Art

Ages 5-10 10 Sessions \$108
 Instructor: Tatiana Martin
 127021 Bauer Drive CRC 9/18 Sa 10:30-11:30 a.m.

Anime Drawing with Young Rembrandts

Ages 5-12 8 Sessions \$120
 Instructor: Art Box
 128061 Glenallan ES 9/20 M 6-7 p.m.

Art Studio

Ages 10-16 10 Sessions \$108
 Instructor: Tatiana Martin
 127022 Bauer Drive CRC 9/18 Sa Noon-1 p.m.

Beginner Right Brained Drawing

Ages 14 & Up 7 Sessions \$157
 Instructor: Yolanda Prinsloo
 127822 Potomac CRC 9/20 M 5:45-7:15 p.m.

Draw and Clay - Migratory Birds

Ages 4-9 8 Sessions \$145
 Instructor: Yolanda Prinsloo
 127819 Germantown CRC 9/21 Tu 5:45-6:45 p.m.
 127820 Bauer Drive CRC 9/22 W 5:45-6:45 p.m.

Elementary Drawing with Young Rembrandts

Ages 5-12 8 Sessions \$120
 Instructor: Art Box
 128062 Germantown CRC 9/22 W 6-7 p.m.

Learning Art from the Masters

Ages 9-15 8 Sessions \$145
 Instructor: Yolanda Prinsloo
 127821 Germantown CRC 9/21 Tu 7-8 p.m.

Mini Doodlers: One Sweet World

Ages 3-5 8 Sessions \$128
 Instructor: Stephanie Burke
 130086 Wheaton CRC 9/18 Sa 11:30am-12:15pm.

Twoosy Doodlers: Motor Kit 42

Ages 1-3 8 Sessions \$128
 Instructor: Stephanie Burke
 130085 Mid-County CRC 9/15 W 11:15am-Noon

Fine Arts

Oil or Acrylic Painting - Open Studio

Ages 18 & Up 13 Sessions \$156
 Instructor: Karen Helfert
 127027 Lawton CRC 9/13 M 1-4 p.m.
 127028 Lawton CRC 9/14 Tu 1-4 p.m.

Pottery/Ceramics

Ceramics Beginner and Intermediate Wheel

Ages 18 & Up 10 Sessions \$280
 Instructor: Joan Vander Walde
 130043 Wheaton CRC 9/13 M 12:45-3:45 p.m.

Ceramics Introductory Wheel

Ages 16 & Up 5 Sessions \$180
 Instructor: Robin Ziek
 126994 Ross Boddy CRC 11/13 Sa 10 a.m.-1 p.m.
 8 Sessions \$275
 126993 Ross Boddy CRC 9/18 Sa 10 a.m.-1 p.m.
 10 Sessions \$280

Instructor: Joan Vander Walde
 130039 Wheaton CRC 9/13 M 9:30am-12:30pm.

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Handcrafted Pottery

Ages 17 & Up 5 Sessions \$180
Instructor: Susan Mapp

126981 Ross Boddy CRC 11/17 W 10:30am-1:30pm.

6 Sessions \$170

Instructor: Margaret Dickerson

128233 Wheaton CRC 9/21 Tu 6-9 p.m.

128234 Wheaton CRC 11/2 Tu 6-9 p.m.

8 Sessions \$230

Instructor: Kiyoung Nam

129613 White Oak CRC 9/28 Tu 6-9 p.m.

8 Sessions \$275

Instructor: Susan Mapp

126980 Ross Boddy CRC 9/15 W 10:30-1:30 p.m.

126979 Ross Boddy CRC 9/23 Th 6-9 p.m.

Handcrafted Pottery Open Studio

Ages 18 & Up 6 Sessions \$170

Instructor: Margaret Dickerson

128235 Wheaton CRC 9/22 W 9:30am-12:30pm.

128236 Wheaton CRC 11/3 W 9:30am-12:30pm.

8 Sessions \$230

Instructor: Kiyoung Nam

129612 White Oak CRC 9/28 Tu 10 a.m.-1 p.m.

9 Sessions \$265

Instructor: Valerie Haber

127029 N. Potomac CRC 9/20 M 6-9 p.m.

Kids N Clay

Ages 12-15 4 Sessions \$100

Instructor: Margaret Dickerson

128237 Wheaton CRC 9/23 Th 4-5 p.m.

128238 Wheaton CRC 10/21 Th 4-5 p.m.

128239 Wheaton CRC 11/18 Th 4-5 p.m.

Pottery at Sligo

Ages 16 & Up 7 Sessions \$200

Instructor: Margaret Dickerson

128280 Sligo Creek ES 9/13 M 7-10 p.m.

9 Sessions \$250

Instructor: Catherine Grubman

128279 Sligo Creek ES 9/14 Tu 9:30am-12:30pm.

Instructor: Roger Kirk

132779 Sligo Creek ES 9/14 Tu 7-10 p.m.

Pottery Mini Session

Ages 18 & Up 4 Sessions \$120

Instructor: Margaret Dickerson

129408 Wheaton CRC 9/22 W 9:30am-12:30pm.

129409 Wheaton CRC 10/20 W 9:30am-12:30pm.

CPR & FIRST AID

CPR, First Aid and AED

Ages 13 & Up 1 Session \$89

Instructor: Life Rescue Training

127729 Bauer Drive CRC 9/18 Sa 10:30 a.m.-2:30 p.m.

127730 Mid-County CRC 10/16 Sa 10:30 a.m.-2:30 p.m.

127731 Germantown CRC 11/6 Sa 10:30 a.m.-2:30 p.m.



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Step Dance for Kids

| | | |
|-------------------------|------------|----------------|
| Ages 7-14 | 6 Sessions | \$90 |
| Instructor: Craig Perry | | |
| 128090 Wheaton CRC | 9/20 M | 6:30-7:30 p.m. |
| 128091 Wheaton CRC | 11/1 M | 6:30-7:30 p.m. |

Urban Line Dance

| | | |
|----------------------------------|------------|----------|
| Ages 17 & Up | 8 Sessions | \$72 |
| Instructor: Peytrienne McCormick | | |
| 126969 Wheaton CRC | 9/21 Tu | 6-7 p.m. |
| 126968 Good Hope NRC | 9/22 W | 6-7 p.m. |

Performing Arts

Bollywood Dance Fitness

| | | |
|--------------------------|------------|-------------|
| Ages 14 & Up | 7 Sessions | \$95 |
| Instructor: Kumud Mathur | | |
| 127818 Potomac CRC | 9/21 Tu | 7:15-8 p.m. |

Bollywood Dance for Toddlers

| | | |
|--------------------------|------------|-------------|
| Ages 2-5 | 7 Sessions | \$105 |
| Instructor: Kumud Mathur | | |
| 130386 Potomac CRC | 9/21 Tu | 5:15-6 p.m. |

Bollywood Kids

| | | |
|--------------------------|------------|-------------|
| Ages 8-13 | 7 Sessions | \$95 |
| Instructor: Kumud Mathur | | |
| 127817 Potomac CRC | 9/21 Tu | 6:15-7 p.m. |



Playtime & Movement

Jazzmatazz Preschool Dance

| | | |
|----------------------------|-------------|---------------|
| Ages 3-4 | 12 Sessions | \$120 |
| Instructor: Betsy Saunders | | |
| 130387 Rolling Terr. ES | 9/18 Sa | 10:15-11 a.m. |

Toddler and Me Dance

| | | |
|---------------------------|------------|-----------------|
| Ages 1 ^{1/2} -3 | 8 Sessions | \$145 |
| Instructor: Tippi Toes DC | | |
| 130384 N. Potomac CRC | 9/25 Sa | 9:30-10:15 a.m. |

Swing

Salsa (couples)

| | | |
|------------------------------|-------------|----------|
| Ages 16 & Up | 12 Sessions | \$120 |
| Instructor: Rebecca McKinney | | |
| 128095 Lawton CRC | 9/23 Th | 8-9 p.m. |



FITNESS

Aerobic Dance

Dance & Fitness

Ages 18 & Up 24 Sessions \$192

Instructor: Yecenia Bell

127141 Lawton CRC 9/13 M,W 6-7 p.m.

Instructor: Elaine Waldstreicher

127143 Mid-County CRC 9/13 M,W 7-8 p.m.

Instructor: Katy Wiemers

127142 Rock View ES 9/14 Tu,Th 7-8 p.m.

Instructor: Lois Antos

127140 Veirs Mill LP 9/14 Tu,Th 9:30-10:30 a.m.

Dance & Fitness Add a Class

Ages 18 & Up 12 Sessions \$96

Instructor: Katy Wiemers

127144 Wheaton CRC 9/18 Sa 9-10 a.m.

Jacki Sorensen's Aerobic Dance

Ages 40 & Up 12 Sessions \$96

Instructor: Karin Baker

127153 Potomac CRC 9/23 Th 9-10 a.m.

14 Sessions \$112

127152 Potomac CRC 9/14 Tu 9-10 a.m.

Aerobic Exercise

Fitness Bootcamp for Kids

Ages 5-13 4 Sessions \$60

Instructor: Future Resource Learning

127188 N. Potomac CRC 9/18 Sa 10:30-11:30 a.m.

129558 Potomac CRC 9/18 Sa 10:30-11:30 a.m.

Jacki Sorensen's Strong Step

Ages 40 & Up 13 Sessions \$104

Instructor: Karin Baker

127155 Potomac CRC 9/17 F 9-10 a.m.

Jazzmatazz Low-Impact Aerobics

Ages 40 & Up 11 Sessions \$88

Instructor: Betsy Saunders

127159 Bauer Drive CRC 9/23 Th 9:30-10:30 a.m.

12 Sessions \$96

127158 Bauer Drive CRC 9/21 Tu 9:30-10:30 a.m.

Body Sculpting

Definition Body Sculpting

Ages 16 & Up 26 Sessions \$234

Instructor: Juliet Rodman

127150 Clara Barton NRC 9/14 Tu,Th 9-10 a.m.

Pilates

Essentrics Classical Stretching

Ages 35 & Up 12 Sessions \$156

Instructor: Elena Detwiler

127190 Bauer Drive CRC 9/17 F Noon-1 p.m.

13 Sessions \$169

127191 Potomac CRC 9/13 M Noon-1 p.m.

127189 Wisconsin Place CRC 9/15 W Noon-1 p.m.

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 & Up 11 Sessions \$88

Instructor: Betsy Saunders

127156 Wheaton CRC 9/23 Th 7:15-8:15 p.m.

12 Sessions \$96

127157 Wheaton CRC 9/21 Tu 7:15-8:15 p.m.

Pilates for Fitness

Ages 18 & Up 12 Sessions \$120

Instructor: Fit 2 Believe

127075 Lawton CRC 9/18 Sa 10-11 a.m.

13 Sessions \$130

127076 Bauer Drive CRC 9/13 M 7-8 p.m.

Pilates for Fitness Indoors/Virtual*

Ages 18 & Up 11 Sessions \$110

Instructor: Fit 2 Believe

127077 Bauer Drive CRC 9/23 Th 7-8 p.m.

Virtual Class

**Program held in-person by instructor, but also live streaming virtually via Zoom.*

 **CLOSED**

IMPORTANT CLOSURE NOTICE

Classes will not meet on

Thursday

September 16, 2021

Aquatic centers will remain open on this day.

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Playtime & Movement

Funfit Tots

Ages 11 mos-3 10 Sessions \$164
Instructor: Celia Kibler
130064 Tilden Woods LP 9/18 Sa 9:30-10:15 a.m.

Funfit Tots Family Class

Ages 1^{1/2}-4 10 Sessions \$164
Instructor: Celia Kibler
130065 Tilden Woods LP 9/18 Sa 10:15-11 a.m.

Ages 3-4 10 Sessions \$164
130066 Tilden Woods LP 9/18 Sa 11-11:45 a.m.



Total Body Conditioning

ACT The Workout-Fitness

Ages 18 & Up 11 Sessions \$88
Instructor: Marie Castellucci

127177 Potomac CRC 9/23 Th 7-8 p.m.
127182 Wheaton CRC 9/23 Th 6-7 p.m.

12 Sessions \$96

127173 Wheaton CRC 9/18 Sa 9-10 a.m.

13 Sessions \$104

127174 Bauer Drive CRC 9/13 M 5-6 p.m.

127178 Praisner CRC 9/13 M 7-8 p.m.

127175 Potomac CRC 9/14 Tu 7-8 p.m.

127181 Wheaton CRC 9/14 Tu 6-7 p.m.

127176 Bauer Drive CRC 9/15 W 5-6 p.m.

127179 Praisner CRC 9/15 W 7-8 p.m.

Kelley's 50+ Complete Workout

Ages 50 & Up 12 Sessions \$120
Instructor: Pamela Kelley

127063 Wheaton CRC 9/23 Th 9:15-10:30 a.m.

13 Sessions \$130

127062 Wheaton CRC 9/13 M 9:15-10:30 a.m.

Kelley's Complete Fitness Workout

Ages 18 & Up 13 Sessions \$130
Instructor: Pamela Kelley

127064 Virtual Class 9/13 M 7:15-8:30 p.m.

127065 Bauer Drive CRC 9/15 W 9:10-10:25 a.m.

127066 Ross Boddy NRC 9/15 W 7:15-8:30 p.m.

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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.



Zumba

Dance Fit Zumba

Ages 16 & Up 12 Sessions \$99

Instructor: Dance Fit

127148 N. Potomac CRC 9/18 Sa 10-11 a.m.

127146 Germantown CRC 9/23 Th 7-8 p.m.

127167 Potomac CRC 9/23 Th 6-7 p.m.

13 Sessions \$107

127147 Praisner CRC 9/13 M 6-7 p.m.

127166 N. Potomac CRC 9/13 M 6-7 p.m.

127145 Germantown CRC 9/14 Tu 7-8 p.m.

127149 Potomac CRC 9/14 Tu 6-7 p.m.

Zumba Fitness

Ages 16 & Up 11 Sessions \$88

Instructor: Michelle Johnson-Lancaster

127072 Virtual Class 9/23 Th 5:30-6:30 p.m.

13 Sessions \$107

127071 Mid-County CRC 9/15 W 6-7 p.m.

14 Sessions \$112

127069 Mid-County CRC 9/13 M 6-7 p.m.

Zumba Fitness Indoor/Virtual*

Ages 16 & Up 12 Sessions \$99

Instructor: Michelle Johnson-Lancaster

127070 Bauer Drive CRC 9/18 Sa 9-10 a.m.

Virtual Class

13 Sessions \$107

127074 Good Hope NRC 9/14 Tu 5:30-6:30 p.m.

Virtual Class

Zumba Indoors/Virtual*

Ages 16 & Up 12 Sessions \$99

Instructor: Ingrid Higgins

127079 Wheaton CRC 9/18 Sa 10:15-11:15 a.m.

Virtual Class

Zumba Toning Indoors/Virtual*

Ages 16 & Up 13 Sessions \$107

Instructor: Ingrid Higgins

127078 Good Hope NRC 9/15 W 6:45-7:45 p.m.

Virtual Class

**Program held in-person by instructor, but also live streaming virtually via Zoom.*

HEALTH/WELLNESS

Tai Chi

Tai Chi - Beginning

Ages 18 & Up 10 Sessions \$100

Instructor: Andy Schettino

127161 Bauer Drive CRC 9/13 M 7-8 p.m.

Tai Chi - Continuing

Ages 18 & Up 10 Sessions \$100

Instructor: Andy Schettino

127162 Bauer Drive CRC 9/13 M 8-9 p.m.

Workshops/Speaker Series

Safe Sitter

Ages 10-13 1 Session \$98

Instructor: Life Rescue Training

127732 Bauer Drive CRC 10/2 Sa 10:30am-3p.m.

127733 N. Potomac CRC 11/6 Sa 10am-2:30p.m.

Yoga

Easy Yoga

Ages 18 & Up 11 Sessions \$165

Instructor: Moira Martin

128676 Lawton CRC 9/23 Th 9:30-10:45 a.m.

Essential Yoga For Beginners

Ages 18 & Up 11 Sessions \$110

Instructor: Tamara Lewis Johnson

129838 Virtual Class 9/23 Th 6-7 p.m.

Gentle Therapeutic Yoga

Ages 18 & Up 8 Sessions \$120

Instructor: Gayatri Mohan-Iyengar

127184 N. Potomac CRC 9/22 W 7:15-8:15 p.m.

Gentle Yoga

Ages 18 & Up 10 Sessions \$105

Instructor: Irene Bopp

127151 Bauer Drive CRC 9/14 Tu 6:15-7:15 p.m.

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Hatha Yoga and Stress Management Beg/Cont

Ages 18 & Up 12 Sessions \$180
Instructor: Suzana Cooper
127195 Lawton CRC 9/17 F 9:45-11 a.m.
127196 Wisconsin Place CRC 9/18 Sa 9:45-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up 13 Sessions \$137
Instructor: Hannah Davis
127160 Wheaton CRC 9/13 M 7-8 p.m.

Yoga Basics

Ages 18 & Up 9 Sessions \$95
Instructor: Irene Bopp
127165 East County CRC 9/23 Th 7:30-8:30 p.m.
127168 Virtual Class 9/15 W 7:30-8:30 p.m.
127163 Bauer Drive CRC 9/14 Tu 7:30-8:30 p.m.

Yoga for Vitality

Ages 45 & Up 8 Sessions \$96
Instructor: Natasha Romano
128609 N. Potomac CRC 8/31 Tu,Th 10-11 a.m.

Yoga Fundamentals

Ages 18 & Up 13 Sessions \$195
Instructor: Nancy Neves
127067 Bauer Drive CRC 9/14 Tu 10:45 a.m.-Noon

Yoga/Stretching for Your Relaxation

Ages 18 & Up 12 Sessions \$180
Instructor: Nancy Neves
127068 Mid-County CRC 9/15 W 10:45-11:45 a.m.



MARTIAL ARTS

Aikido

Ages 11 & Up 12 Sessions \$108
Instructor: Christopher Rowe
129848 Ross Boddy CRC 9/13 M 7-8:30 p.m.

Iaido

Karate Do/Iaido

Ages 7 & Up 8 Sessions \$72
Instructor: Salvador Cortes
128037 Potomac CRC 9/23 Th 6-7 p.m.

Karate/Jujitsu

TKA Adult Karate

Ages 13 & Up 12 Sessions \$108
Instructor: TKA Inc.
130172 Bethesda ES 9/23 Th 8-9:30 p.m.
130189 Praisner CRC 9/23 Th 7:30-9 p.m.
130411 Rolling Terr. ES 9/23 Th 7:30-9 p.m.

13 Sessions \$117

130164 Potomac CRC 9/15 W 7:30-9 p.m.
130177 Bauer Drive CRC 9/15 W 8-9:30 p.m.
130187 Damascus CRC 9/15 W 8-9:30 p.m.

14 Sessions \$126

130159 Wheaton CRC 9/13 M 7:30-9 p.m.
130188 Upper County CRC 9/13 M 8-9:30 p.m.
130161 Mid-County CRC 9/14 Tu 7:30-9 p.m.
130180 Germantown CRC 9/14 Tu 8-9:30 p.m.



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



TKA Karate/Jujitsu Club

Ages 13 & Up 13 Sessions \$47
 Instructor: TKA Inc.
 130190 East County CRC 9/17 F 7:30-8:30 p.m.

TKA Karate/Jujitsu Club 2

Ages 13 & Up 13 Sessions \$62
 Instructor: TKA Inc.
 130191 East County CRC 9/17 F 8:30-9:30 p.m.

TKA Youth Karate

Ages 6-12 12 Sessions \$96
 Instructor: TKA Inc.

130171 Bethesda ES 9/23 Th 7-8 p.m.
 130185 Praisner CRC 9/23 Th 6:30-7:30 p.m.
 130412 Rolling Terr. ES 9/23 Th 6:30-7:30 p.m.

13 Sessions \$104

130162 Clara Barton NRC 9/15 W 6:30 -7:30 p.m.
 130163 Potomac CRC 9/15 W 6:30-7:30 p.m.
 130175 Bauer Drive CRC 9/15 W 6-7 p.m.
 130176 Bauer Drive CRC 9/15 W 7-8 p.m.
 130183 Damascus CRC 9/15 W 6-7 p.m.
 130184 Damascus CRC 9/15 W 7-8 p.m.

14 Sessions \$112

130181 Upper County CRC 9/13 M 6-7 p.m.
 130182 Upper County CRC 9/13 M 7-8 p.m.
 130158 Wheaton CRC 9/13 M 6:30-7:30 p.m.
 130178 Germantown CRC 9/14 Tu 6-7 p.m.
 130179 Germantown CRC 9/14 Tu 7-8 p.m.
 130160 Mid-County CRC 9/14 Tu 6:30-7:30 p.m.



Specialty Programs

Bagua

Ages 13 & Up 12 Sessions \$60
 Instructor: Finding Your Breath
 130052 Wheaton CRC 9/22 W 7:30-9 p.m.

Practical Self-Defense

Ages 14 & Up 10 Sessions \$50
 Instructor: Ivan Black
 129421 Wisconsin Place CRC 9/20 M 7-8 p.m.
 129423 Virtual Class 9/23 Th 7-8 p.m.

Vovinam

Vovinam Martial Arts - Beginner

Ages 6 & Up 13 Sessions \$130
 Instructor: Yanni Nguyen
 128217 Wheaton CRC 9/15 W 6-7 p.m.

Vovinam Martial Arts - Advanced

Ages 6 & Up 13 Sessions \$130
 Instructor: Yanni Nguyen
 128219 Wheaton CRC 9/15 W 7-8 p.m.



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SPORTS

CLASSES

AQUATICS



55 +

Music

Learn Now Music: Ensemble Group

Ages 5-12 8 Sessions \$219
 Instructor: Learn Now Music
 129559 Bauer Drive CRC 9/15 W 7-8p.m.
 129560 Bauer Drive CRC 9/15 W 7-8 p.m.

Guitar

Beginner Guitar for Adults

Ages 16 & Up 8 Sessions \$120
 Instructor: Kevin Mittleman
 130063 The School of Music 9/20 M 8-8:50 p.m.

Beginner Guitar for Kids

Ages 8 -13 8 Sessions \$120
 Instructor: Kevin Mittleman
 130067 The School of Music 9/24 F 5:30-6:20 p.m.

Learn Now Music: Ensemble Group

Ages 5-12 8 Sessions \$219
 Instructor: Learn Now Music
 129559 Bauer Drive CRC 9/15 W 7-8p.m.
 129560 Bauer Drive CRC 9/15 W 7-8 p.m.

Playtime & Music

Discovering Music for Toddlers

Ages 1-3 9 Sessions \$175
 Instructor: Geiza Dourado Carvalho
 130128 Wheaton CRC 9/13 M 10:15-11 a.m.
 130127 Potomac CRC 9/17 F 10:15-11 a.m.

Music Together

Ages 2-5 10 Sessions \$250
 Instructor: Nancy Nuttle
 130087 Mid-County CRC 9/18 Sa 10-10:45 a.m.
 130088 Mid-County CRC 9/18 Sa 11-11:45 a.m.
 130089 Wheaton CRC 9/23 Th 10-10:45 a.m.

My First Music Class

Ages 2-5 8 Sessions \$159
 Instructor: Learn Now Music
 130111 N. Potomac CRC 9/21 Tu 10:30-11 a.m.

S.T.E.A.M.

Gemology I Introductory

Ages 18 & Up 11 Sessions \$99
 Instructor: Timothy Morgan
 127023 Potomac CRC 9/23 Th 10am.-12:15p.m.

Gemology II Advanced

Ages 18 & Up 13 Sessions \$117
 Instructor: Timothy Morgan
 127024 Potomac CRC 9/15 W 10am.-12:15p.m.




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CLASSES

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PLAY

MONTGOMERY

- Grades 1-8, all skill levels. • \$25, space is limited.
- RecAssist is available for those that qualify.
- COVID-19 protocols followed • Activities 1 HR each



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CHECK OUT OUR LACROSSE OFFERINGS THIS FALL

| <i>Location</i> | <i>ACTIVITY PROVIDED</i> |
|---|--|
| Mid-County LP Su 2:30-4 p.m. | BOYS LACROSSE SKILLS CLINIC ACTIVITY 132690 |
| Mid-County RCF Su 4-5:30 p.m. | GIRLS LACROSSE SKILLS CLINIC ACTIVITY 132692 |



#findyourgame
#playmontgomery

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SPORTS

Kickball Co-Rec League

Ages 18 & Up 6 Sessions \$85
128623 Wheaton/Olney RP 9/2 Th 6-10 p.m.

Badminton

Badminton - Beginner

Ages 9 & Up 11 Sessions \$109
Instructor: Yen-Ping Chao
129615 Bauer Drive CRC 9/18 Sa 9:30-10:30 a.m.

Badminton - Intermediate

Ages 10 & Up 11 Sessions \$163
Instructor: Yen-Ping Chao
129616 Bauer Drive CRC 9/18 Sa 10:30 a.m.-12:30 p.m.

Badminton - Advanced

Ages 11 & Up 11 Sessions \$163
Instructor: Yen-Ping Chao
129614 Bauer Drive CRC 9/18 Sa 12:45-1:45 p.m.

Baseball

Lil' Sluggers T-Ball

Ages 3-5 6 Sessions \$97
Instructor: Overtime Athletics
130031 MLK MS 9/18 Sa 10 a.m.-Noon
130032 Ayrilawn LP 9/18 Sa 10 a.m.-Noon
130033 Layhill Village LP 9/19 Su 11 a.m.-1 p.m.
**Sessions are one hour within the listed time frame.*

OTA Baseball Academy

Ages 6-8 6 Sessions \$97
Instructor: Overtime Athletics
130034 Ayrilawn LP 9/18 Sa 12:15-1:15 p.m.
130038 MLK MS 9/18 Sa 12:15-1:15 p.m.
130040 Layhill Village LP 9/19 Su 1:15-2:15 p.m.
Ages 9-11 6 Sessions \$97
130041 Ayrilawn LP 9/18 Sa 1:30-2:30 p.m.
130042 MLK MS 9/18 Sa 1:30-2:30 p.m.
130046 Layhill Village LP 9/19 Su 2:30-3:30 p.m.

PICKLEBALL INSTRUCTORS NEEDED

For more information, email Kristofor Sewer at kristofor.sewer@montgomerycountymd.gov or call 240-777-6912



Basketball

CP Basketball Preseason Clinic

Ages 5-8 4 Sessions \$45

Instructor: Coach Parker Basketball Academy
 130413 Stonegate ES 9/15 W 4-5 p.m.
 9/18 Sa 9-10 a.m.

Ages 8-11 4 Sessions \$45

130414 Stonegate ES 9/15 W 5-6 p.m.
 9/18 Sa 10-11 a.m.

Ages 11-14 4 Sessions \$45

Instructor: Coach Parker Basketball Academy
 130415 Stonegate ES 9/15 W 6-7 p.m.
 9/18 Sa 11 a.m.-Noon

Hoop Stars

Ages 6 -8 5 Sessions \$85

Instructor: Jump Start Sports
 130090 Travilah ES 11/6 Sa 11 a.m.-Noon
 130107 Wilson Wims ES 11/6 Sa 11 a.m.-Noon
 130093 Kensington Parkwood ES 11/7 Su 10-11 a.m.

Hoops Clinic

Ages 9-12 5 Sessions \$85

Instructor: Jump Start Sports
 130095 Kensington Parkwood ES 11/7 Su 11 a.m.-Noon

Lil' Hoopers

Ages 3-5 6 Sessions \$97

Instructor: Overtime Athletics
 130035 Wyngate ES 10/30 Sa 9-10 a.m.
 130389 Wheaton CRC 10/30 Sa 10-11 a.m.
 130047 Bannockburn ES 10/31 Su Noon-1 p.m.

Little Hoop Stars

Ages 4-6 5 Sessions \$85

Instructor: Jump Start Sports
 130091 Travilah ES 11/6 Sa 9-10 a.m.
 130092 Travilah ES 11/6 Sa 10-11 a.m.
 130108 Wilson Wims ES 11/6 Sa 9-10 a.m.
 130110 Wilson Wims ES 11/6 Sa 10-11 a.m.
 130094 Kensington Parkwood ES 11/7 Su 9-10 a.m.

OTA Basketball Academy

Ages 6-8 6 Sessions \$97

Instructor: Overtime Athletics
 130036 Wyngate ES 10/30 Sa 10:15-11:15 a.m.
 130048 Bannockburn ES 10/31 Su 1:15-2:15 p.m.

Ages 9-11 6 Sessions \$97

130037 Wyngate ES 10/30 Sa 11:30 a.m.-12:30 p.m.
 130395 Wheaton CRC 10/30 Sa 11 a.m.-Noon
 130397 Wheaton CRC 10/30 Sa Noon-1 p.m.
 130049 Bannockburn ES 10/31 Su 2:30-3:30 p.m.

Train Like a Pro Basketball Skills and Drills

Ages 10-16 11 Sessions \$229

Instructor: Fit 2 Believe
 131701 White Oak CRC 9/17 F 6:30-8 p.m.
 128223 Cabin John MS 9/23 Th 6:30-8 p.m.

12 Sessions \$250

128225 Ross Boddy NRC 9/13 M 6:30-8 p.m.
 128224 Plum Gar CRC 9/14 Tu 6:30-8 p.m.
 129237 Lawton CRC 9/18 Sa 9:30-11 a.m.
 128220 Potomac CRC 9/19 Su 1-2:30 p.m.
 128221 N. Potomac CRC 9/18 Sa 1:30-3 p.m.



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Football/Flag Football

National Flag Football League

Ages 4-14 7 Sessions \$149
 Instructor: National Flag Football Association
 130157 Avenel LP 10/10 Su Noon-6 p.m.
 133057 Wheaton RP 10/10 Su Noon-6 p.m.

Lacrosse

Overtime Lacrosse Academy

Ages 8-10 6 Sessions \$145
 Instructor: Overtime Athletics
 129670 Timberlawn LP 9/19 Su 3:30-4:30 p.m.

Ages 11-14 6 Sessions \$145
 Instructor: Overtime Athletics
 129671 Timberlawn LP 9/19 Su 4:45-5:45 p.m.



Multi-Sports

Coach Doug Pre Wee Wanna Be

Ages 1^{1/2}-3 12 Sessions \$170
 Instructor: Coach Doug Academy
 130057 Gemantown CRC 9/14 Tu 9:30-10:15 a.m.
 130113 Bauer Drive CRC 9/15 W 9:30-10:15 a.m.
 130115 Potomac CRC 9/23 Th 9:30-10:15 a.m.

Coach Doug Seasonal Sports

Ages 4-7 12 Sessions \$170
 Instructor: Coach Doug Academy
 130058 Gemantown CRC 9/14 Tu 4-4:45 p.m.
 130119 Oakland Terrace ES 9/18 Sa 11-11:45 a.m.
 130116 Potomac CRC 9/23 Th 4-4:45 p.m.

Coach Doug We Wanna Be

Ages 2-5 12 Sessions \$170
 Instructor: Coach Doug Academy
 130060 Gemantown CRC 9/14 Tu 10:30-11:15 a.m.
 130114 Bauer Drive CRC 9/15 W 10:30-11:15 a.m.
 130121 Oakland Terrace ES 9/18 Sa 9:30-10:15 a.m.
 130122 Oakland Terrace ES 9/18 Sa 10:15-11 a.m.
 130118 Potomac CRC 9/23 Th 10:30-11:15 a.m.

Sports Spectacular

Ages 5-11 6 Sessions \$125
 Instructor: Overtime Athletics
 129698 N. Potomac CRC 9/23 Th 4:30-5:30 p.m.

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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Pickleball

Pickleball Ladder League Beginners 2.0 to 2.5

| | | |
|-------------------------|-----------------------|-------------|
| Ages 18 & Up | 7 Sessions | \$75 |
| 125512 Bauer Drive CRC | 9/13 M 6-9:30 p.m. | |
| 125579 Bauer Drive CRC | 11/8 M 6-9:30 p.m. | |
| | 5 Sessions | \$54 |
| 132635 Wheaton CRC | 12/1 W 6:30-8:45 p.m. | |

Pickleball Ladder League Intermediate 2.5-3.0+

| | | |
|-------------------------|-----------------------|-------------|
| Ages 18 & Up | 7 Sessions | \$75 |
| 125538 Bauer Drive CRC | 9/13 M 6-9:30 p.m. | |
| 125582 Bauer Drive CRC | 11/8 M 6-9:30 p.m. | |
| | 5 Sessions | \$54 |
| 132636 Wheaton CRC | 12/1 W 6:30-8:45 p.m. | |

Pickleball Ladder League Expert 3.0-3.5+

| | | |
|-------------------------|-----------------------|-------------|
| Ages 18 & Up | 7 Sessions | \$75 |
| 125547 Bauer Drive CRC | 9/13 M 6-9:30 p.m. | |
| 125585 Bauer Drive CRC | 11/8 M 6-9:30 p.m. | |
| | 5 Sessions | \$54 |
| 132637 Wheaton CRC | 12/1 W 6:30-8:45 p.m. | |

Pickleball Doubles League 2.0-3.5+

| | | |
|-------------------------|------------------------|-------------|
| Ages 18 & Up | 6 Sessions | \$64 |
| 132629 Wheaton CRC | 9/1 W 6:30-8:45 p.m. | |
| 132631 Wheaton CRC | 10/13 W 6:30-8:45 p.m. | |



Rugby

Rugby Skills and Drills

| | | |
|--|-----------------------|--------------|
| Ages 6-9 | 8 Sessions | \$125 |
| Instructor: Bethesda Roosters Rugby Club | | |
| 130130 Bauer Drive CRC | 9/13 M 4:30-5:30 p.m. | |

| | | |
|--|-----------------------|--------------|
| Ages 9-12 | 8 Sessions | \$125 |
| Instructor: Bethesda Roosters Rugby Club | | |
| 130131 Bauer Drive CRC | 9/13 M 5:30-6:30 p.m. | |

| | | |
|--|-----------------------|--------------|
| Ages 12-14 | 8 Sessions | \$125 |
| Instructor: Bethesda Roosters Rugby Club | | |
| 130138 Bauer Drive CRC | 9/13 M 6:30-7:30 p.m. | |



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Therapeutic
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Soccer

Coach Doug Soccer

Ages 3-6 12 Sessions \$170
 Instructor: Coach Doug Academy
 130059 Germantown CRC 9/14 Tu 5-5:45 p.m.
 130120 Oakland Terrace ES 9/18 Sa 11:45am-12:30pm.
 130117 Potomac CRC 9/23 Th 5-5:45 p.m.

Core Grassroots Soccer

Ages 4-6 7 Sessions \$99
 Instructor: Core FC
 130382 Mid-County CRC 9/15 W 4:30-5:15 p.m.
 130383 White Oak CRC 9/14 Tu 4:30-5:15 p.m.
 130381 Potomac ES 9/23 Th 4:30-5:15 p.m.

Hummingbirds Soccer

Ages 3-4 5 Sessions \$85
 Instructor: Jump Start Sports
 130028 Bauer Drive CRC 9/25 Sa 10:30-11:15 a.m.
 130030 Fernwood LP 9/25 Sa 2-2:45 p.m.
 130045 Germantown CRC 9/26 Su 10-10:45 a.m.
 130051 Timberlawn LP 9/26 Su 1-1:45 p.m.

Ages 5-7 5 Sessions \$85
 130027 Bauer Drive CRC 9/25 Sa 11:30am-12:30pm.
 130029 Fernwood LP 9/25 Sa 3-4 p.m.
 130044 Germantown CRC 9/26 Su 11 a.m.-Noon
 130050 Timberlawn LP 9/26 Su 2-3 p.m.



OTA Lil' Kicks Soccer

Ages 3-5 5 Sessions \$80
 Instructor: Overtime Athletics
 130056 White Oak CRC 9/18 Sa 10-11 a.m.
 6 Sessions \$97
 130053 Ridgeview MS 9/19 Su 1-2 p.m.

OTA Soccer Academy

Ages 6-8 5 Sessions \$80
 Instructor: Overtime Athletics
 130061 White Oak CRC 9/18 Sa 11:15am-12:15pm.
 6 Sessions \$97
 130054 Ridgeview MS 9/19 Su 2:15-3:15 p.m.

Ages 9-11 5 Sessions \$80
 130062 White Oak CRC 9/18 Sa 12:30-1:30 p.m.
 6 Sessions \$97
 130055 Ridgeview MS 9/19 Su 3:30-4:30 p.m.

Train Like a Pro Soccer Skills and Drills

Ages 10-16 12 Sessions \$250
 Instructor: Fit 2 Believe
 129238 N. Bethesda MS 9/12 Su 11am-12:30pm.
 128222 Bauer Drive CRC 9/14 Tu 5:30-7 p.m.
 11 Sessions \$229
 128226 N. Potomac CRC 10/6 W 5:30-7 p.m.

Core Soccer League

Ages 6-8 8 Sessions \$97
Boys
 133165 Potomac CRC 9/16 Su 10:20am-12:20pm.
 Th 4-7 p.m.

Girls
 133164 Potomac CRC 9/19 Su 10:20am-12:20pm.
 Th 4-7 p.m.

Ages 8-10 8 Sessions \$97
Boys
 133168 Potomac CRC 9/23 Su 10:20am-12:20pm.
 Th 4-7 p.m.

Girls
 133167 Potomac CRC 9/23 Su 10:20am-12:20pm.
 Th 4-7 p.m.

NOTE: Thursday practices will take place for one hour during the listed time.



Soccer Leagues

Men's Soccer Leagues

Ages 18 & Up | Starts Sept. 12

| Activity | Division | Day | Times | Regional Park Games | Local Park Games | Fee |
|----------|-----------------|-----|---------------|------------------------|---------------------|--------|
| 86299 | Open Division 1 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1299 |
| 86300 | Open Division 2 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1299 |
| 86301 | Open Division 3 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1099 |
| 44063 | Free Agent | Su | 9 a.m.-5 p.m. | 8 | 0 | FREE |

Ages 45 & Up | Starts Sept. 12

| | | | | | | |
|-------|------------------|----|---------------|---|---|--------|
| 86295 | Red Division 1 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1299 |
| 86293 | Blue Division 2 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1099 |
| 86294 | Green Division 3 | Su | 9 a.m.-5 p.m. | 8 | 0 | \$1099 |
| 44064 | Free Agent | Su | 9 a.m.-5 p.m. | 8 | 0 | FREE |

Ages 55 & Up | Starts Sept. 11

| | | | | | | |
|-------|------------|----|---------------|---|---|--------|
| 86296 | Division 1 | Sa | 9 a.m.-5 p.m. | 8 | 0 | \$1099 |
| 86297 | Division 2 | Sa | 9 a.m.-5 p.m. | 8 | 0 | \$1099 |
| 44065 | Free Agent | Sa | 9 a.m.-5 p.m. | 8 | 0 | FREE |

Ages 65 & Up | Starts Sept. 11

| | | | | | | |
|-------|---------------|----|----------------|---|---|-------|
| 86298 | Open Division | Su | 10 a.m.-2 p.m. | 0 | 8 | \$899 |
| 44065 | Free Agent | Su | 10 a.m.-2 p.m. | 0 | 8 | FREE |

Women's Soccer Leagues

Ages 24 & Up | Starts Sept. 11

| | | | | | | |
|--------|-------------|----|---------------|---|---|-------|
| 86302 | Women's 24+ | Sa | 9 a.m.-5 p.m. | 8 | 0 | \$925 |
| 133606 | Free Agent | Sa | 9 a.m.-5 p.m. | 8 | 0 | FREE |

Ages 40 & Up | Starts Sept. 8

| | | | | | | |
|--------|-------------|---|--------------|---|---|--------|
| 86303 | Women's 40+ | W | 6-10:30 p.m. | 8 | 0 | \$1299 |
| 133606 | Free Agent | W | 6-10:30 p.m. | 8 | 0 | FREE |

Co-Rec Soccer Leagues

Ages 18 & Up | Starts Sept. 12

| | | | | | | |
|-------|-----------------------|----|---------------|---|---|-------|
| 86291 | Open South Division 2 | Su | 9 a.m.-5 p.m. | 0 | 8 | \$899 |
| 86292 | Open World Division 3 | Su | 9 a.m.-5 p.m. | 0 | 8 | \$899 |
| 86290 | Open Metro Division 4 | Su | 9 a.m.-5 p.m. | 0 | 8 | \$899 |
| 44066 | Free Agent | Su | 9 a.m.-5 p.m. | 0 | 8 | FREE |



Please Remember Your Mask

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

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THERAPEUTIC
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Ultimate Frisbee

Frisbee Golf

Ages 6-10 8 Sessions \$79
Instructor: American Ultimate Academy
129607 Meadowbrook LP 9/20 M 5-6 p.m.

Ages 10-15 8 Sessions \$79
Instructor: American Ultimate Academy
129608 Meadowbrook LP 9/20 M 6-7 p.m.

Ultimate Frisbee League

Ages 6-10 8 Sessions \$79
Instructor: American Ultimate Academy
129609 N. Four Corners LP 9/19 Su 10-11 a.m.

Ages 10 -15 8 Sessions \$79
129611 N. Four Corners LP 9/19 Su 11 a.m.-12:30 p.m.

Ages 14-18 8 Sessions \$79
129610 N. Four Corners LP 9/19 Su 12:30-5:30 p.m.



Volleyball

CoRec League Division A/AA

Ages 18 & Up 8 Sessions \$380
Instructor: Ofer Levy
130023 Ross Boddy CRC 9/23 Th 5-9 p.m.

Free Agent
78092 Ross Boddy CRC 9/23 Th 5-9 p.m.

Women's League Division A

Ages 18 & Up 8 Sessions \$380
Instructor: Ofer Levy
130025 Mid-County CRC 9/13 M 5-9 p.m.

Free Agent
78113 Mid-County CRC 9/13 M 5-9 p.m.

Volleyball Skills Development Clinic

Ages 8-12 6 Sessions \$99
Instructor: Ofer Levy
129834 Damascus CRC 9/14 Tu 5:30-6:30 p.m.

129837 Bauer Drive CRC 9/17 F 5-6 p.m.
129831 Wheaton CRC 9/23 Th 5-6 p.m.

Ages 12 -14 6 Sessions \$99
129832 Damascus CRC 9/14 Tu 6:30-7:30 p.m.
129835 Bauer Drive CRC 9/17 F 6-7 p.m.

129829 Wheaton CRC 9/23 Th 6-7 p.m.

Ages 14-17 6 Sessions \$99
129833 Damascus CRC 9/14 Tu 7:30-8:30 p.m.
129836 Bauer Drive CRC 9/17 F 7-8 p.m.

129830 Wheaton CRC 9/23 Th 7-8 p.m.



MONTGOMERY COUNTY RECREATION

REC REFEREES & SCOREKEEPERS WANTED 2021

The Recreation Department is seeking officials for the **2021-22** season.

For more information, contact

Rec.Sports@montgomerycountymd.gov.

INSTRUCTORS NEEDED

Montgomery County Recreation is looking for enthusiastic, thoughtful and engaged instructors (i.e. independent contractors) for its large and diverse set of recreation classes. Contractors must be at least 18 years old and must meet qualifications for education and experience.

INTERESTED?

Find out more at mocrecom.com or call 240-777-6840





Winter Basketball 2021-22

Instructional Winter Basketball | Grades K-2

This is an instructional noncompetitive basketball league for kids grades K-2, emphasizing skill development, fundamental strategy, sportsmanship, and fun!

League consists of four Saturday practices (one hour) and four Saturday games.

Begins Jan. 8, 2022 | Saturdays | 9 a.m.-6 p.m. | \$65

| Activity | League | Region |
|----------|--------------------|----------|
| 128811 | Kindergarten Boys | WEST |
| 128812 | Kindergarten CoEd | MID/EAST |
| 128813 | Kindergarten CoEd | NORTH |
| 128814 | Kindergarten Girls | WEST |
| 128801 | 1st Grade Boys | WEST |
| 128802 | 1st Grade CoEd | MID/EAST |
| 128803 | 1st Grade CoEd | NORTH |
| 128804 | 1st Grade Girls | WEST |
| 128805 | 2nd Grade Boys | MID/EAST |
| 128806 | 2nd Grade Boys | NORTH |
| 128807 | 2nd Grade Boys | WEST |
| 128808 | 2nd Grade Girls | MID/EAST |
| 128809 | 2nd Grade Girls | NORTH |
| 128810 | 2nd Grade Girls | WEST |

Regions



Boys



CoEd



Girls

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

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Youth Winter Basketball | Grades 3-8 | West

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

Various Times & Days | \$85

| Activity | League | Start Date | Day | Time |
|----------|-----------------|------------|-----|---------------|
| 128817 | 3rd Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128816 | 3rd Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128819 | 4th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128818 | 4th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128820 | 5th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128821 | 5th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128822 | 6th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128823 | 6th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128824 | 8th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128825 | 8th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 128827 | 3rd Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128828 | 3rd Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 128829 | 4th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128830 | 4th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 128832 | 5th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 128831 | 5th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128834 | 6th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 128833 | 6th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128835 | 7th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128836 | 7th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 128837 | 8th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 128838 | 8th Grade Girls | 1/9 | Su | Noon-6 p.m. |

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Youth Winter Basketball | Grades 3-8 | Mid/East

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

9 a.m.-6 p.m. | Various Times & Days | \$85

| Activity | League | Start Date | Day | Time |
|----------|---------------------|------------|-----|---------------|
| 129724 | 3rd Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129731 | 3rd Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129725 | 4th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129732 | 4th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129726 | 5th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129730 | 5th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129727 | 6th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129733 | 6th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129728 | 7th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129734 | 7th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129729 | 8th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129735 | 8th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 133587 | 3rd/4th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 133588 | 5th/6th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 133589 | 3rd/4th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 133590 | 5th/6th Grade Girls | 1/9 | Su | Noon-6 p.m. |
| 133599 | 7th/8th Grade Boys | 1/9 | Su | Noon-6 p.m. |
| 133600 | 7th/8th Grade Girls | 1/9 | Su | Noon-6 p.m. |

Boys

Girls

Regions

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

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Youth Winter Basketball | Grades 3-8 | North

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

9 a.m.-6 p.m. | Saturdays | \$85

| Activity | League | Start Date | Day | Time |
|----------|-----------------|------------|-----|---------------|
| 129701 | 3rd Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129703 | 3rd Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129705 | 4th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129707 | 4th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129708 | 5th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129711 | 5th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129713 | 6th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129715 | 6th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129716 | 7th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129719 | 7th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129721 | 8th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. |
| 129723 | 8th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. |



Boys

Girls

Regions

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

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THERAPEUTIC
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Youth Winter Basketball | High School

This is a recreation basketball league for grades nine to twelve, emphasizing skill development, fundamental strategy, sportsmanship and fun. Intermediate to Advanced level.

Various Times & Days | \$85

| Activity | League | Start Date | Day | Time | Level |
|----------|------------------|------------|-----|---------------|--------------|
| 128852 | 9th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. | Advanced |
| 128853 | 9th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. | Intermediate |
| 128854 | 9th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. | Advanced |
| 128855 | 9th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. | Intermediate |
| 128840 | 10th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. | Advanced |
| 128841 | 10th Grade Boys | 1/8 | Sa | 9 a.m.-6 p.m. | Intermediate |
| 128842 | 10th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. | Advanced |
| 128843 | 10th Grade Girls | 1/8 | Sa | 9 a.m.-6 p.m. | Intermediate |
| 128844 | 11th Grade Boys | 1/9 | Su | Noon-6 p.m. | Advanced |
| 128845 | 11th Grade Boys | 1/9 | Su | Noon-6 p.m. | Intermediate |
| 128846 | 11th Grade Girls | 1/9 | Su | Noon-6 p.m. | Advanced |
| 128847 | 11th Grade Girls | 1/9 | Su | Noon-6 p.m. | Intermediate |
| 128848 | 12th Grade Boys | 1/9 | Su | Noon-6 p.m. | Advanced |
| 128849 | 12th Grade Boys | 1/9 | Su | Noon-6 p.m. | Intermediate |
| 128850 | 12th Grade Girls | 1/9 | Su | Noon-6 p.m. | Advanced |
| 128851 | 12th Grade Girls | 1/9 | Su | Noon-6 p.m. | Intermediate |

- Boys
- Girls



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Winter Basketball | Grades 5-8 | Rising Star

This is a highly competitive middle school basketball league for rising fifth to eighth graders. Team registration only. You must have a preformed team.

10 a.m.-8:30 p.m. | Saturdays & Sundays | \$1200 per team | Practice Sessions- \$165

| Activity | League | Start Date | Day | Start Time |
|----------|----------------------|------------|-----|------------|
| 130096 | 5th Grade Boys | 1/8 | Sa | 10 a.m. |
| 130100 | 5th Grade Girls | 1/8 | Sa | 10 a.m. |
| 130097 | 6th Grade Boys | 1/8 | Sa | 10 a.m. |
| 130101 | 6th Grade Girls | 1/8 | Sa | 10 a.m. |
| 130098 | 7th Grade Boys | 1/8 | Sa | 10 a.m. |
| 130102 | 7th Grade Girls | 1/8 | Sa | 10 a.m. |
| 130099 | 8th Grade Boys | 1/8 | Sa | 10 a.m. |
| 130103 | 8th Grade Girls | 1/8 | Sa | 10 a.m. |
| 130104 | Rising Star Practice | 12/3/2021 | M-F | 5 p.m. |

55 +

55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

VOLUNTEER

YOUTH BASKETBALL AND CHEER/STEP COACHES NEEDED

Montgomery County Recreation is looking for a few good volunteers, 21 & older, to become youth basketball and/or cheer/step coaches for Winter 2021-2022.

- ★ Teach the fundamentals of the sport
- ★ Coaching clinics provided.

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

★ **REGISTRATION IS FREE** ★





55 +

THERAPEUTIC RECREATION

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-1:30p.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.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

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



Social Events

TGIF-Totally Great Inclusive Fun First Fridays

| Ages 15 & Up | 1 Session | \$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 Session | \$10 |
|------------------------|-----------|-------------|
| 129650 Holiday Park SC | 10/16 Sa | 3-4:30 p.m. |

TR Tailgate Party

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

TR Thanksgiving Celebration

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

Santa's Holiday Workshop

| Families | 1 Session | FREE |
|------------------------|-----------|----------|
| 129645 Holiday Park SC | 12/11 Sa | 1-3 p.m. |

TR Holiday and Ugly Sweater Party

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

Great Outdoors

Adventure Sea Kayak Excursion

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

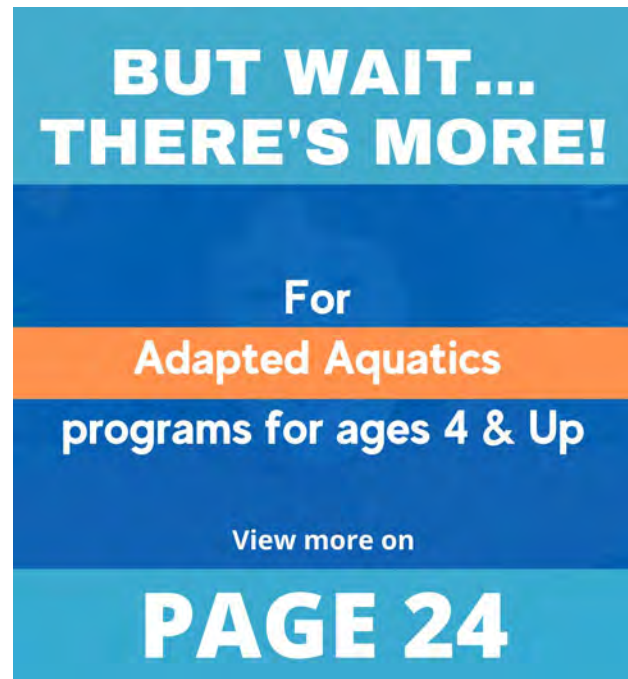
Specialty Programs

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 | 10/9 Sa | 11 a.m.-12:30 p.m. |



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Special Events @ Holiday Park SC

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

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

BIG FAMILY GAMES

Ages 5 & Up | FREE

Activity 129651 | Sept. 18
Activity 129652 | Oct. 23

Saturdays | 1-3 p.m.

THERAPEUTIC RECREATION

TEAM SPIRIT

Ages 15 & Up | \$10

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

THERAPEUTIC RECREATION

MONSTER MASH

Ages 15 & Up | \$10

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



Please Remember Your Mask

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



Therapeutic Recreation

DAYTIME INSTRUCTORS NEEDED

We're looking for daytime instructors to offer Therapeutic Recreation programs.

Interested? Join Us!

Contact
Angela Luskey

Email

angela.luskey@montgomerycountymd.gov



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

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





55+ ADULTS

HOBBIES



Drawing

Ages 55 & Up 14 Sessions FREE
132715 Holiday Park SC 9/13 M 10 a.m.-Noon

Potomac Fiber Arts Dye Study Group

Ages 55 & Up 9 Sessions FREE
131991 White Oak SC 8/24 Tu 9:30am-2:30p.m.

6 Sessions FREE

131992 White Oak SC 11/16 Tu 9:30am-2:30p.m.

Knitting/Crochet/Sewing

Knit and Crochet Group

Ages 55 & Up 14 Sessions FREE
130151 N. Potomac SC 8/24 Tu 1-2:30 p.m.



Knit and Crochet Workshop 55+

Ages 55 & Up 9 Sessions FREE
127129 Holiday Park SC 9/1 W 10-11:30 a.m.

8 Sessions FREE

127130 Holiday Park SC 11/3 W 10-11:30 a.m.

Needlecraft Group

Ages 55 & Up 14 Sessions FREE
132689 N. Potomac SC 8/24 Tu 11 a.m.-1 p.m.

Painting

Beginners Landscape Painting Class

Ages 55 & Up 4 Sessions \$10
130152 N. Potomac CRC 8/27 F 1:30-3:30 p.m.



Chinese Brush Painting

Ages 55 & Up 9 Sessions FREE
132643 Holiday Park SC 9/2 Th 1-2:50 p.m.

5 Sessions FREE

132644 Holiday Park SC 11/4 Th 1-2:50 p.m.

Performing Arts

Acting Club

Ages 55 & Up 9 Sessions FREE
131806 Holiday Park SC 8/31 Tu 1-2 p.m.
131808 Holiday Park SC 11/2 Tu 1-2 p.m.

Wood Carving/Woodworking

55+ Woodcarving

Ages 55 & Up 8 Sessions FREE
124545 Holiday Park SC 9/3 F 1-2:55 p.m.

7 Sessions FREE

124546 Holiday Park SC 11/5 F 1-2:55 p.m.

Photo Club 55+

Ages 55 & Up 2 Sessions FREE
127126 Holiday Park SC 9/1 W 10 a.m.-Noon

127127 Holiday Park SC 11/3 W 10 a.m.-Noon

COOKING

Adult Cooking

Simple Healthy Cooking with Rhonda

Ages 55 & Up 2 Sessions FREE
130825 N. Potomac CRC 9/14 Tu 11 a.m.-Noon



DANCE

Aerobic Dance

Dancing for Joy and Fitness

Ages 55 & Up 4 Sessions FREE
 130153 N. Potomac CRC 8/27 F 10-11 a.m.

Easy Fit Dance

Ages 55 & Up 8 Sessions FREE
 124587 Holiday Park SC 8/30 M 1-1:50 p.m.

132182 Holiday Park SC 9/2 Th 1-1:50 p.m.

124588 Holiday Park SC 11/1 M 1-1:50 p.m.

132183 Holiday Park SC 11/4 Th 1-1:50 p.m.

Persian Belly Dance Class

Ages 55 & Up 8 Sessions FREE
 130156 N. Potomac CRC 8/10 Tu 9-9:45 a.m.

Ballroom Basics (Smooth)

Ages 55 & Up 7 Sessions FREE
 132178 Holiday Park SC 11/3 W 2:30-3:20 p.m.

Ballroom Intermediate (Rhythm)

Ages 55 & Up 9 Sessions FREE
 132177 Holiday Park SC 9/1 W 3:30-4:20 p.m.

Ballroom Intermediate (Smooth)

Ages 55 & Up 6 Sessions FREE
 132179 Holiday Park SC 11/3 W 3:30-4:20 p.m.

Ballroom: Basics (Rhythm)

Ages 55 & Up 9 Sessions FREE
 132176 Holiday Park SC 9/1 W 2:30-3:20 p.m.

International Ballroom Dance

Ages 55 & Up 32 Sessions FREE
 130148 N. Potomac CRC 8/11 W 2-4 p.m.



Folk Dancing

Chinese Folk Dance Class

Ages 55 & Up 16 Sessions FREE
 131993 N. Potomac CRC 8/11 W 10:30-11:30 a.m.

International Folk Dance

Ages 55 & Up 8 Sessions FREE
 126297 Holiday Park SC 9/3 F 11-11:50 a.m.

126298 Holiday Park SC 11/5 F 11-11:50 a.m.

Hula

Hula Dance Basics

Ages 55 & Up 7 Sessions FREE
 124594 Holiday Park SC 8/30 M 2-2:50 p.m.

124600 Holiday Park SC 11/1 M 2-2:50 p.m.

Hula Dance Intermediate

Ages 55 & Up 8 Sessions FREE
 124611 Holiday Park SC 8/30 M 1-1:50 p.m.

124612 Holiday Park SC 11/1 M 1-1:50 p.m.

Line Dancing

Line Dance- Party Favorites

Ages 55 & Up 8 Sessions FREE
 126300 Holiday Park SC 9/2 Th 11-11:50 a.m.

126301 Holiday Park SC 11/4 Th 11-11:50 a.m.

Low-Impact Exercise

NIA Dance Fitness

Ages 55 & Up 9 Sessions FREE
 132617 Holiday Park SC 9/2 Th 9-9:50 a.m.

132618 Holiday Park SC 11/4 Th 9-9:50 a.m.

Tap

Tap Dancing

Ages 55 & Up 8 Sessions \$45
 133075 Damascus SC 9/13 M 11:30am-12:30pm

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

EDUCATIONAL Community Programs

Matter of Balance

Ages 55 & Up 8 Sessions FREE
131796 Wheaton CRC 9/29 W 10 a.m.-Noon

Discussions

Behind the Headlines 55+

Ages 55 & Up 9 Sessions FREE
129618 Holiday Park SC 8/30 M 10-11:25 a.m.
129619 Holiday Park SC 11/1 M 10-11:25 a.m.

Conserving Monarch Butterflies

Ages 55 & Up 1 Session FREE
130144 N. Potomac CRC 8/23 M 11 a.m.-Noon

EWI Diabetes Prevention

Ages 55 & Up 3 Sessions FREE
131798 Wheaton CRC 9/23 Th 2-3 p.m.

EWI Diabetes Survival Skills

Ages 55 & Up 3 Sessions FREE
131799 Wheaton CRC 10/14 Th 2-3 p.m.

EWI Lung Essentials

Ages 55 & Up 3 Sessions FREE
131797 Wheaton CRC 12/1 W 10-11 a.m.

Jai Ho Lunch and Social

Ages 55 & Up 12 Sessions FREE
130347 N. Potomac CRC 9/13 M 12:30-2:30 p.m.

Memory Academy

Ages 55 & Up 6 Sessions FREE
131800 Wheaton CRC 11/4 Th 2-4 p.m.

News and Events Discussion with Lyle

Ages 55 & Up 24 Sessions FREE
130139 N. Potomac CRC 8/26 Th 10:30 a.m.-Noon

Page by Page Book Club

Ages 55 & Up 8 Sessions FREE
131121 N. Potomac CRC 8/11 W 2-3:30 p.m.

Story of Lilly Stone with Judith Welles

Ages 55 & Up 1 Session FREE
130143 Virtual Class 9/27 M 10-11 a.m.

Tea with Dr. Stonestreet: A Re-Enactment

Ages 55 & Up 1 Session FREE
130145 N. Potomac CRC 9/20 M 10-11 a.m.

Language

Every Day English (Basics)

Ages 55 & Up 18 Sessions FREE
130921 Holiday Park SC 8/31 Tu,Th 10-10:50 a.m.
130922 Holiday Park SC 11/2 Tu,Th 10-10:50 a.m.

PP French Basics

Ages 55 & Up 9 Sessions FREE
132645 Holiday Park SC 9/1 W 9:30-10:20 a.m.
6 Sessions FREE
132646 Holiday Park SC 11/3 W 9:30-10:20 a.m.

PP French Conversations

Ages 55 & Up 9 Sessions FREE
132650 Holiday Park SC 9/1 W 11:30-12:20 p.m.
6 Sessions FREE
132651 Holiday Park SC 11/3 W 11:30-12:20 p.m.

PP French Intermediate

Ages 55 & Up 9 Sessions FREE
132647 Holiday Park SC 9/1 W 10:30-11:20 a.m.
6 Sessions FREE
132648 Holiday Park SC 11/3 W 10:30-11:20 a.m.

Intro to Hindi

Ages 55 & Up 8 Sessions FREE
132633 Holiday Park SC 8/30 M 11-11:50 a.m.
7 Sessions FREE
132634 Holiday Park SC 11/1 M 11-11:50 a.m.

Personal Development

Educational Lecture Series

Ages 55 & Up 7 Sessions FREE
125096 Holiday Park SC 11/1 M 1-2 p.m.
8 Sessions FREE
125095 Holiday Park SC 8/30 M 1-2 p.m.

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Writing

55+ Writing Club

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 127135 Holiday Park SC | 9/3 F | 10-11:25 a.m. |
| | 8 Sessions | FREE |
| 127136 Holiday Park SC | 11/5 F | 10-11:25 a.m. |

FITNESS

Aerobics Exercise

Senior Fit

| | | |
|-----------------------|-------------|-------------|
| Ages 55 & Up | 17 Sessions | FREE |
| 130146 N. Potomac CRC | 9/14 Tu,Th | 1-1:45 p.m. |

Bone Builders

Bone Builders Fitness Class

| | | |
|-----------------------|-------------|--------------|
| Ages 55 & Up | 18 Sessions | FREE |
| 130142 N. Potomac CRC | 8/31 Tu,Th | 11 a.m.-Noon |

Bone Builders Training

| | | |
|-----------------------|------------|---------------|
| Ages 55 & Up | 2 Sessions | FREE |
| 132186 N. Potomac CRC | 9/3 F | 9 a.m.-3 p.m. |

Low-Impact Exercise

55+ Your Body is Meant to Move (Basic)

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 8 Sessions | FREE |
| 125654 Holiday Park SC | 9/1 W | 11-11:50 a.m. |
| | 7 Sessions | FREE |
| 125655 Holiday Park SC | 11/3 W | 11-11:50 a.m. |

55+ Your Body is Meant to Move (Intermediate)

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 8 Sessions | FREE |
| 125651 Holiday Park SC | 8/30 M | 10-10:50 a.m. |
| | 7 Sessions | FREE |
| 125652 Holiday Park SC | 11/1 M | 10-10:50 a.m. |

Chair Aerobics

| | | |
|------------------------|------------|----------------|
| Ages 55 & Up | 8 Sessions | FREE |
| 132180 Holiday Park SC | 9/7 Tu | 1:30-2:20 p.m. |
| | 7 Sessions | FREE |
| 132181 Holiday Park SC | 11/2 Tu | 1:30-2:20 p.m. |

Strength Training

55+ As Easy As ABC (Beginner)

| | | |
|------------------------|------------|-----------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 131188 Holiday Park SC | 9/2 Th | Noon-12:50 p.m. |
| | 7 Sessions | FREE |
| 131189 Holiday Park SC | 11/4 Th | Noon-12:50 p.m. |

55+ As Easy As ABC (Advanced)

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 131186 Holiday Park SC | 9/2 Th | 11-11:50 a.m. |
| | 7 Sessions | FREE |
| 131187 Holiday Park SC | 11/4 Th | 11-11:50 a.m. |

Tai Chi

Exercise with Milan

| | | |
|------------------------|-------------|--------------|
| Ages 55 & Up | 10 Sessions | FREE |
| 131703 Holiday Park SC | 8/25 W | 9:30-10 a.m. |
| | 8 Sessions | FREE |
| 131704 Holiday Park SC | 11/3 W | 9:30-10 a.m. |

Qigong & Tai Chi

| | | |
|----------------------|-------------|-----------|
| Ages 55 & Up | 56 Sessions | FREE |
| 132774 White Oak CRC | 9/7 Tu | 2-3 p.m. |
| 132772 White Oak CRC | 9/8 W | 9-10 a.m. |
| 132775 White Oak CRC | 9/9 Th | 2-3 p.m. |
| 132773 White Oak CRC | 9/10 F | 9-10 a.m. |
| 132771 White Oak CRC | 9/13 M | 9-10 a.m. |

Walking

Walking Club

| | | |
|----------------------|-------------|-----------------|
| Ages 55 & Up | 39 Sessions | FREE |
| 130154 N. Potomac SC | 8/23 W | 9:30-10:15 a.m. |





55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Yoga

Hatha Yoga

| | | |
|------------------------|------------|-------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 132188 Holiday Park SC | 9/3 F | 9-9:50 a.m. |
| | 6 Sessions | FREE |
| 132189 Holiday Park SC | 11/5 F | 9-9:50 a.m. |

Yoga For Balance

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 132206 Holiday Park SC | 8/31 Tu | 10-10:50 a.m. |
| | 6 Sessions | FREE |
| 132211 Holiday Park SC | 11/2 Tu | 10-10:50 a.m. |

Yoga for Vitality

| | | |
|-----------------------|-------------|------------|
| Ages 45 & Up | 5 Sessions | \$60 |
| 128609 N. Potomac CRC | 8/31 Tu | 10-11 a.m. |
| 132641 N. Potomac CRC | 9/2 Th | 10-11 a.m. |
| | 4 Sessions | \$48 |
| 132686 N. Potomac CRC | 10/5 Tu | 10-11 a.m. |
| 132687 N. Potomac CRC | 10/7 Th | 10-11 a.m. |
| | 6 Sessions | \$72 |
| 132688 N. Potomac CRC | 11/2 Tu, Th | 10-11 a.m. |

Zumba

Zumba

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 132626 Holiday Park SC | 8/31 Tu | 11-11:50 a.m. |

Zumba Gold

| | | |
|-----------------------|------------|--------------|
| Ages 55 & Up | 6 Sessions | \$42 |
| 130155 N. Potomac CRC | 9/10 F | 11 a.m.-Noon |

PP Zumba Gold Advanced

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 132628 Holiday Park SC | 9/1 W | 10-10:50 a.m. |

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 7 Sessions | FREE |
| 132630 Holiday Park SC | 11/3 W | 10-10:50 a.m. |

PP Zumba Gold Toning

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 132639 Holiday Park SC | 9/3 F | 10-10:50 a.m. |

| | | |
|------------------------|------------|---------------|
| Ages 55 & Up | 7 Sessions | FREE |
| 132640 Holiday Park SC | 11/5 F | 10-10:50 a.m. |



PP
Partnership Program

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



GAMES

Board Games

Scrabble 55+

| | | |
|------------------------|------------|-------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 127186 Holiday Park SC | 9/1 W | 1-3:55 p.m. |
| 127187 Holiday Park SC | 11/3 W | 1-3:55 p.m. |

Card Games

Bridge Card Game

| | | |
|-----------------------|-------------|----------------|
| Ages 55 & Up | 21 Sessions | FREE |
| 132627 N. Potomac CRC | 9/7 Tu,Th | 10 a.m.-1 p.m. |

Open Party Bridge

| | | |
|------------------------|-------------|-------------|
| Ages 55 & Up | 10 Sessions | FREE |
| 131699 Holiday Park SC | 8/27 F | 1-3:15 p.m. |
| | 7 Sessions | FREE |
| 131700 Holiday Park SC | 11/5 F | 1-3:15 p.m. |

Mah Jongg

55+ Mah Jongg Club

| | | |
|------------------------|-------------|----------------|
| Ages 55 & Up | 39 Sessions | FREE |
| 130149 N. Potomac CRC | 8/25 M,W,F | 10 a.m.-1 p.m. |
| | 7 Sessions | FREE |
| 131165 Holiday Park SC | 9/6 M | 1-4 p.m. |
| | 8 Sessions | FREE |
| 131166 Holiday Park SC | 11/8 M | 1-4 p.m. |

Mah Jongg

| | | |
|--------------------|------------|--------------|
| Ages 55 & Up | 7 Sessions | \$45 |
| 133088 Damascus SC | 9/15 W | 12:30-2 p.m. |



HEALTH/WELLNESS

Ballroom

Dance for Better Posture and Elegance

| | | |
|-----------------------|-------------|----------|
| Ages 55 & Up | 13 Sessions | FREE |
| 130150 N. Potomac CRC | 8/12 Th | 1-3 p.m. |

Discussions

Womens Discussion Group with Denise and Diane

| | | |
|-----------------------|------------|-------------|
| Ages 55 & Up | 7 Sessions | FREE |
| 131118 N. Potomac CRC | 8/13 F | 1-2:30 p.m. |

Ask the Pharmacist

| | | |
|--------------------|-----------|-------------|
| Ages 55 & Up | 1 Session | FREE |
| 133091 Damascus SC | 9/23 Th | 1-2:30 p.m. |

Meditation

Mindfulness and Meditation

| | | |
|-----------------------|------------|--------------|
| Ages 55 & Up | 4 Sessions | FREE |
| 131113 N. Potomac CRC | 8/12 Th | 9:15-10 a.m. |

Support Groups

Max You 55+

| | | |
|------------------------|------------|------------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 127132 Holiday Park SC | 8/31 Tu | 10:30-11:30 a.m. |
| | 8 Sessions | FREE |
| 127133 Holiday Park SC | 11/2 Tu | 10:30-11:30 a.m. |

PP Coping With Change

| | | |
|------------------------|------------|------------------|
| Ages 55 & Up | 8 Sessions | FREE |
| 125315 Holiday Park SC | 9/2 Th | 10:30-11:25 a.m. |
| | 9 Sessions | FREE |
| 125316 Holiday Park SC | 10/28 Th | 10:30-11:25 a.m. |

PP Coping With Change (Spanish)

| | | |
|------------------------|------------|--------------|
| Ages 55 & Up | 9 Sessions | FREE |
| 130912 Holiday Park SC | 8/31 Tu | 11 a.m.-Noon |
| 130924 Holiday Park SC | 11/2 Tu | 11 a.m.-Noon |

55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

MUSIC

Singing

Circle Singing

PP
Ages 55 & Up 9 Sessions FREE
132654 Holiday Park SC 9/3 F 12-12:50p.m.



SPECIAL EVENTS

Entertainment Series

Ages 55 & Up 16 Sessions FREE
125100 Holiday Park SC 8/31 Tu, W 1-2 p.m.
13 Sessions FREE
125101 Holiday Park SC 11/2 Tu, W 1-2 p.m.

Entertainment Time

Ages 55 & Up 8 Sessions FREE
125106 Holiday Park SC 9/2 Th 1-2 p.m.
125112 Holiday Park SC 11/4 Th 1-2 p.m.

Friday Show

Ages 55 & Up 9 Sessions FREE
125103 Holiday Park SC 9/3 F 1-3 p.m.
7 Sessions FREE
125104 Holiday Park SC 11/5 F 1-3 p.m.

Hispanic Heritage Festival

Ages 55 & Up 1 Session FREE
132638 Holiday Park SC 9/16 F 1-2 p.m.

Music Performance & Concert

Fabulous Friday Entertainment: The Sapphires

Ages 55 & Up 1 Session FREE
132184 N. Potomac CRC 9/17 F 6:30-7:30 p.m.

Personal Development

AARP Defensive Driving Course

Ages 55 & Up 1 Session FREE
131120 N. Potomac SC 10/4 M 10 a.m.-3 p.m.



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





Day Trippers offers intergenerational trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to the Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

For more information, call **240-777-6840** or visit **WWW.MOCOREC.COM/DAYTRIPPERS**

FALL REGISTRATION BEGINS MONDAY, AUGUST 23

| <u>Activity</u> | <u>Name</u> | <u>Day</u> | <u>Date</u> | <u>Start Time</u> | <u>Cost</u> |
|-----------------|--|------------|-------------|-------------------|-------------|
| 127988 | Colonial Market & Fair Mount Vernon Estate, VA | Sa | 9/18 | 9 a.m. | \$69 |
| 127990 | Tea Time at the Tea Trolley, Delta, PA | F | 9/24 | 9:30 a.m. | \$89 |
| 79931 | Historic Occoquan Fall Arts & Crafts Show, VA | Sa | 9/25 | 9 a.m. | \$62 |
| 128227 | National Apple Festival, Biglerville, PA | Sa | 10/2 | 8 a.m. | \$62 |
| 107795 | Sweet Remembrances Tea Room and Rosemary House, PA | F | 10/8 | 9:30 a.m. | \$89 |
| 107796 | Sweet Remembrances Tea Room and Rosemary House, PA | F | 10/15 | 9:30 a.m. | \$89 |
| 127823 | Havre de Grace Art Show, Promonende & Downtown Shops | Sa | 10/23 | 8:30 a.m. | \$62 |
| 107792 | Kitchen Shoppe Gourmet Lunch, Demo and Shopping, PA | F | 10/29 | 9 a.m. | \$89 |
| 126604 | Oysterfest, St Michaels's, MD | Sa | 10/30 | 8 a.m. | \$72 |
| 127991 | Peddler's Village Apple Festival; Shops, Outlets, PA | Sa | 11/6 | 7:30 a.m. | \$65 |
| 80174 | Queen Esther-Sight & Sound Theatre, Lancaster, PA | Sa | 11/20 | 9:30 a.m. | \$149 |
| 80175 | A Gettysburg Christmas Festival & Seasonal Holiday Stops! | Sa | 12/4 | 10 a.m. | \$64 |
| 80173 | Toby's Dinner Theatre White Christmas, Columbia, MD | Su | 12/5 | 10:30 a.m. | \$96 |
| 80176 | Lights on the Bay & Westfield Annapolis, MD | Sa | 12/11 | 3 p.m. | \$63 |
| 80177 | Meet Me In St. Louis - Riverside Theatre, Fredericksburg, VA | Su | 12/19 | 10:15 a.m. | \$119 |

IN-PERSON REGISTRATION IS AVAILABLE AT MONTGOMERY RECREATION CENTERS & INDOOR POOLS!



MONTGOMERY COUNTY RECREATION

55 & Better

ACTIVITIES FOR SENIORS



FALL 2021



LOOK FOR OUR
OFFERINGS
THIS SEASON



Arts • Wellness
Social Groups
Special Events
Sports & Fitness

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, email info@mdseniorolympics.org or call **240-777-4930** for 2021 event details and registration information.



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
or call 240-777-6840.

Hablamos Español

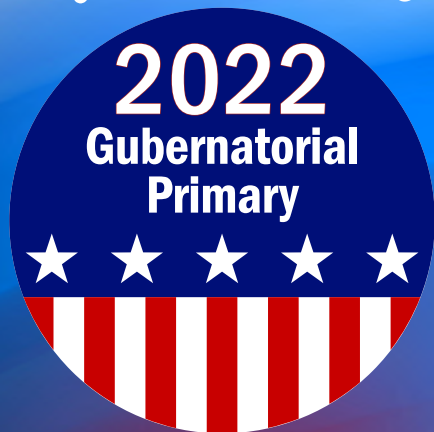


MONTGOMERY COUNTY
Recreation



MONTGOMERY COUNTY BOARD OF ELECTIONS
Gubernatorial Primary - JUNE 28, 2022

Are you registered?



2022
Gubernatorial
Primary

To register, you must be:

- ✓ A U.S. Citizen
- ✓ A Maryland Resident
- ✓ At Least 16 Years Old

Text **VOTE** to **77788**

777VOTE.ORG

240-777-8500

@777VOTE



JUNTA ELECTORAL DEL CONDADO DE MONTGOMERY
Elección Gubernamental - 28 de junio, 2022

¿Te has registrado?



2022
Elección
Gubernamental

Para inscribirse, usted debe:

- ✓ Ser ciudadano estadounidense
- ✓ Ser residente de Maryland
- ✓ Tener por lo menos 16 años de edad

Envíe por texto la
palabra **VOTA** al **77788**

777VOTE.ORG

240-777-8500

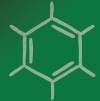
@777VOTE



YOUTH DEVELOPMENT

Montgomery County Recreation

$a^2 + b^2 = c^2$
 $= \frac{a}{2\sin\alpha}$



**Excel
Beyond the
Bell**
Elementary



**EXCEL
BEYOND THE BELL**
Laugh. Learn. Achieve.

✦ Excel Beyond the Bell - Elementary

A high-quality after-school program that provides opportunities for academic and recreational enrichment. Participants power up with a healthy, hot meal. Students are part of a great afterschool experience, fostering a sense of community and belonging.

REC XTRA - Middle Schools ✦

Discover new opportunities! Meet students you might not otherwise meet! Get to know your teachers outside of the academic setting. RecXtra offers exciting after-school activities that make school a more exciting place to be.



✦ Soccer4Change

Soccer4Change is a referral based outreach soccer program that runs seasonally. The program is designed to connect middle and high school-aged youth to critical developmental assets through team

play. Throughout this league, coaches work with our youth to instill four core team values: Accountability, Respect, Trust and Teamwork.

✦ Excel Beyond the Bell - Middle

Students at Excel Beyond the Bell schools get expanded access to after school! Members can power up with an after school meal before heading off to an activity of their choice. Need a ride home? Membership includes access to a 5:45 p.m. activity bus. You might come for the extracurricular activities, but you will stay for the people you meet!



✦ RecZone - High Schools

RecZone brings the excitement you crave to your time after school. Get away from school pressures, be active, hang out with friends and even meet some cool adults. RecZone provides a wide variety of opportunities: Employment Help, Creative Arts, Mentoring, Dance, Leadership, College Tours, Homework Help, lunch time programs and more!



TEENWORKS TeenWorks
MONTGOMERY COUNTY RECREATION

TeenWorks is a year-round volunteer and employment program for high school-aged youth in Montgomery County. Volunteering with TeenWorks is the initial state of the process for those looking for their first job. Participants gain valuable employment experience while working in your Youth Development programs, and through the job-readiness trainings that are offered.

For more info, visit us online
WWW.MOCOREC.COM/YOUTHDEVELOPMENT



PROGRAM LOCATIONS

Avenel Local Park

National Flag Football League.....38

Ayrlawn Local Park

Lil' Sluggers T-Ball.....36

OTA Baseball Academy.....36

Bannockburn Elementary School

Lil' Hoopers.....37

OTA Basketball Academy.....36

Bauer Drive Community Recreation Center

ACT The Workout-Fitness.....30

Adventures in Art.....25

Art Studio.....25

Badminton - Advanced.....36

Badminton - Beginner.....36

Badminton - Intermediate.....36

Coach Doug Pre Wee Wanna Be.....38

Coach Doug Wee Wanna Be.....38

CPR, First Aid & AED.....26

Draw & Clay - Migratory Birds.....25

Drumming - Basic Beats.....51

Essentrics Classical Stretching.....29

Gentle Yoga.....31

Hummingbirds Soccer.....40

Jazzmatazz Low-Impact Aerobics.....27

Kelley's Complete Fitness Workout.....30

Learn Now Music: Ensemble Group.....34

Pilates for Fitness.....29

Rugby Skills & Drills.....39

Safe Sitter.....31

Tai Chi - Beginning.....31

Tai Chi - Continuing.....31

TGIF-Totally Great Inclusive Fun-

First Fridays.....51

TKA Adult Karate.....32

TKA Youth Karate.....33

TR Sports Skills: Soccer Clinic.....50

Train Like a Pro Soccer Skills & Drills.....40

Volleyball Skills.....42

Yoga Basics.....32

Yoga Fundamentals.....32

Zumba Fitness Indoor/Virtual.....31

Bethesda Elementary School

TKA Adult Karate.....32

TKA Youth Karate.....33

Cabin John Middle School

Train Like a Pro Soccer

Skills & Drills.....40

Clara Barton Neighborhood Recreation Center

Definition Body Sculpting.....29

TKA Youth Karate.....33

Damascus Community Recreation Center

TR Stretch 'n Tone.....50

TKA Adult Karate.....32

TKA Youth Karate.....33

Volleyball Skills.....42

Damascus Senior Center

55+ Mah Jongg.....59

55+ Tap Dancing.....55

Ask the Pharmacist.....59

East County Community Recreation Center

TR Stretch 'n Tone.....50

TKA Karate/Jujitsu Club.....33

TKA Karate/Jujitsu Club 2.....33

Yoga Basics.....32

Fernwood Local Park

Hummingbirds Soccer.....40

Germantown Community Recreation Center

Coach Doug Pre Wee Wanna Be.....38

Coach Doug Seasonal Sports.....38

Coach Doug Soccer.....40

Coach Doug Wee Wanna Be.....38

CPR, First Aid & AED.....26

Dance Fit Zumba.....31

Draw & Clay - Migratory Birds.....25

Elementary Drawing

with Young Rembrandts.....25

Hip Hop Kids.....27

Hummingbirds Soccer.....40

Learning Art from the Masters.....25

TKA Adult Karate.....32

TKA Youth Karate.....33

Germantown Indoor Swim Center

Adult Level 1.....22

Adult Level 2.....22

Adult Level 3.....23

Adult Level 4.....23

Aquatots.....10

Beginner 1.....12

Beginner 2.....14

Beginner 3.....16

Beginner 4.....17

Deep Water Running.....6

Masters Swimming.....24

Pre-School.....10

SwiMontgomery.....24

TR Adult Social Swim.....50

Water Aerobics.....6

Waterbabies.....11

Youth Level 1.....18

Youth Level 2.....19

Youth Level 3.....20

Youth Level 4.....21

Youth Advanced Lessons.....21



PROGRAM LOCATIONS

Glenallan Elementary School

Anime Drawing
with Young Rembrandts.....25

Good Hope Neighborhood Recreation Center

Urban Line Dance.....28
Zumba Fitness Indoor/Virtual.....31

Holiday Park Senior Center

55+ As Easy As ABC (Advanced).....57
55+ As Easy As ABC (Beginner).....57
55+ Mah Jongg Club.....59
55+ Woodcarving.....54
55+ Writing Club.....57
55+Your Body is Meant to Move.....57
Acting Club.....54
A DRAMA Experience:
Facial Expressions & Games.....50
Ballroom Basics (Smooth).....55
Ballroom Intermediate (Rhythm).....55
Ballroom Intermediate (Smooth).....55
Ballroom: Basics (Rhythm).....55
Behind the Headlines 55+.....56
Chair Aerobics.....57
Chinese Brush Painting.....54
Circle Singing.....60
Coping with Change.....59
Coping with Change in Spanish.....59
Dance Creation.....50
Educational Lecture Series.....56
Entertainment Series.....60
Entertainment Time.....60
Every Day English (Basics).....56
Exercise with Milan.....57
French Basics.....56
French Conversation.....56
French Intermediate.....56
Friday Show.....60
Hatha Yoga.....58
Hispanic Heritage Festival.....60

Hula Dance Basics.....55
Hula Dance Intermediate.....55
International Folk Dance.....55
Intro. To Hindi.....56
Knit & Crochet Workshop 55+.....54
Line Dance- Party Favorites...55
Max You 55+.....59
NIA Dance Fitness.....55
Open Party Bridge.....59
Photo Club 55+.....54
Santa’s Holiday Workshop.....51
Saturday Night Social
Monster Mash.....52
Saturday Night Social
Team Spirit.....52
Scrabble 55+.....59
Simple Science.....50
TR Stretch ‘n Tone.....50
TR Sip ‘n Paint - Adults.....51
TR BIG Family Games.....52
TR BIG Games Teens/Adults...52
TR Holiday & Ugly Sweater Party...52
TR Thanksgiving Celebration....52
Turn the Beat Around.....50
Yoga For Balance.....58
Your Body is Meant to Move.....57
Zumba.....58
Zumba Gold Advanced.....58
Zumba Gold Toning.....58

Jane E. Lawton Community Recreation Center

Ballroom I (Couples).....27
Ballroom II (Couples).....27
Dance & Fitness.....29
Easy Yoga.....31
Hatha Yoga & Stress Management...32
Oil or Acrylic Painting: Open Studio.....25
Pilates for Fitness.....29
Salsa (couples).....28
Train Like a Pro Basketball
Skills & Drills.....37

Kennedy Shriver Aquatic Center

Abs & Glutes & More.....5
Adapted Aquatics Level 1.....24
Adapted Aquatics:
Volunteer Assisted.....24
Adult Level 1.....22
Adult Level 2.....22
Adult Level 3.....23
Adult Level 4.....23
Adult Swim for Conditioning.....23
Aqua Cardio Challenge.....5
Aqua Lite.....5
Aqua Spin.....5
Aquatots.....10
Beginner 1.....12
Beginner 2.....14
Beginner 3.....16
Beginner 4.....17
Deep Water Running.....6
Hi/Lo Cardio Fusion.....6
Masters Swimming.....24
Pre-School.....10
SwiMontgomery.....24
Water Aerobics.....6
Waterbabies.....11
Water Exercise.....6
Youth Level 1.....18
Youth Level 2.....19
Youth Level 3.....20
Youth Level 4.....21
Youth Advanced Lessons.....21

Kensington Parkwood Elementary School

Hoop Stars.....37
Hoops Clinic.....37
Little Hoop Stars.....37

Layhill Village Local Park

Lil’ Sluggers T-Ball.....36
OTA Baseball Academy.....36



PROGRAM LOCATIONS

Margaret Schweinhaut Senior Center

TR Sports Skills: Bocce Balls.....50

Marilyn J. Praisner Community Recreation Center

ACT The Workout-Fitness.....30
Dance Fit Zumba.....31
TKA Adult Karate.....32
TKA Youth Karate.....33

Martin Luther King Jr. Middle School

Lil' Sluggers T-Ball.....36
OTA Baseball Academy.....36

Martin Luther King Jr. Swim Center

Abs & Glutes & More.....5
Adult Level 1.....22
Adult Level 2.....22
Adult Level 3.....23
Adult Level 4.....23
Aqua Cardio Challenge.....5
Aqua Cardio Dance.....5
Aqua Spin.....5
Aqua YO-Lates.....5
Aquatots.....10
Beginner 1.....12
Beginner 2.....14
Beginner 3.....16
Beginner 4.....17
Deep Water Running.....6
Lifeguard Training.....7
Masters Swimming.....24
Pre-School.....10
SwiMontgomery.....24
TR Adult Social Swim.....50
Water Exercise.....6
Waterbabies.....11
Youth Level 1.....18
Youth Level 2.....19

Youth Level 3.....20
Youth Level 4.....21
Youth Advanced Lessons.....21

Meadowbrook Local Park

Frisbee Golf.....42

Mid-County Community Recreation Center Field

Core Grassroots Soccer.....40
Soccer League TR.....50

Mid-County Community Recreation Center

CPR, First Aid & AED.....26
Dance & Fitness.....29
Music Together.....34
TKA Adult Karate.....32
TKA Youth Karate.....33
Twoosy Doodlers: Motor Kit 42...25
Volleyball Women's League.....42
Yoga/Stretching for Your Relaxation.....32
Zumba Fitness.....31

Nancy H. Dacek North Potomac Community Recreation Center

AARP Defensive Driving Course...60
Ballet 1.....27
Beginners Landscape Painting Class...54
Bridge Card Game.....59
Chinese Folk Dance Class.....55
Conserving Monarch Butterflies...56
Dance Fit Zumba.....31
Fitness Bootcamp for Kids.....29
Gentle Therapeutic Yoga.....31
Handcrafted Pottery Open Studio....26
International Ballroom Dance.....55
Intro to Ballet.....27
Knit & Crochet Group.....54
Mah Jongg.....59

Mindfulness & Meditation.....59
My First Music Class.....34
Needlecraft Group.....54
News & Events Discussion with Lyle.....56
Page by Page Book Club.....56
Pop Stars.....27
Safe Sitter.....31
Senior Fit.....57
Simple Healthy Cooking with Rhonda....54
Sports Spectacular.....38
Tea with Dr. Stonestreet:
A Re-Enactment.....56
The Sapphires.....60
Tippi Jam (Ballet, Tap, Jazz).....27
Toddler & Me Dance.....28
Train Like a Pro Basketball
Skills & Drills.....37
Train Like a Pro Soccer Skills & Drills....40
Walking Club.....5
Womens Discussion Group
with Denise & Diane.....59
Yoga for Vitality.....58
Zumba Gold.....58

North Bethesda Middle School

Train Like a Pro Soccer Skills & Drills....40

North Four Corners Local Park

Ultimate Frisbee League.....42

Oakland Terrace Elementary School

Coach Doug Seasonal Sports.....38
Coach Doug Soccer.....40
Coach Doug Wee Wanna Be.....38



PROGRAM LOCATIONS

Olney Manor Recreational Park

| | |
|---|----|
| Kickball Co-Rec League..... | 36 |
| A Gettysburg Christmas Festival & Seasonal Holiday Stops!..... | 61 |
| Colonial Market & Fair Mount Vernon Estate, VA..... | 61 |
| Havre de Grace Art Show, Promonende & Downtown Shops..... | 61 |
| Historic Occoquan Fall Arts & Crafts Show..... | 61 |
| Kitchen Shoppe Gourmet Lunch, Demo & Shopping, PA..... | 61 |
| Lights on the Bay & Westfield Annapolis, MD..... | 61 |
| Meet Me In St. Louis- Riverside Theatre, Fredericksburg, VA..... | 61 |
| National Apple Festival, Biglerville, PA..... | 61 |
| Oysterfest, St Michaels’s MD..... | 61 |
| Peddler’s Village Apple Festival: Shops, Outlets, PA..... | 61 |
| Queen Esther-Sight & Sound Theatre, Lancaster, PA..... | 61 |
| Sweet Rembrances Tea Room & Rosemary House, PA..... | 61 |
| Sweet Remembrances Tea Room & Rosemary House, PA..... | 61 |
| Tea Time at the Tea Trolley, Delta, PA..... | 61 |
| Toby’s Dinner Theatre White Christmas, Columbia, MD..... | 61 |

Olney Swim Center

| | |
|------------------------|----|
| Adult Level 1..... | 22 |
| Adult Level 2..... | 22 |
| Aqua Cardio Dance..... | 5 |
| Aqua Lite..... | 5 |
| Aquatots..... | 10 |
| Beginner 1..... | 12 |
| Beginner 2..... | 14 |
| Beginner 3..... | 16 |

| | |
|-----------------------------|----|
| Beginner 4..... | 17 |
| Deep Water Running..... | 6 |
| Masters Swimming..... | 24 |
| Pre-School..... | 10 |
| SwiMontgomery..... | 24 |
| TR Adult Social Swim..... | 50 |
| Water Aerobics..... | 6 |
| Waterbabies..... | 11 |
| Water Exercise..... | 6 |
| Youth Level 1..... | 18 |
| Youth Level 2..... | 19 |
| Youth Level 3..... | 20 |
| Youth Level 4..... | 21 |
| Youth Advanced Lessons..... | 21 |

Plum Gar Community Recreation Center

| | |
|---|----|
| Kaleidoscope Art..... | 51 |
| Train Like a Pro Basketball Skills & Drills..... | 37 |

Potomac Community Recreation Center

| | |
|--|----|
| ACT The Workout-Fitness..... | 30 |
| Beginner Right Brained Drawing...25 | |
| Bollywood Dance Fitness..... | 28 |
| Bollywood Dance for Toddlers....28 | |
| Bollywood Kids..... | 28 |
| Coach Doug Pre Wee Wanna Be....38 | |
| Coach Doug Seasonal Sports.....38 | |
| Coach Doug Soccer..... | 40 |
| Coach Doug Wee Wanna Be.....38 | |
| Core Soccer League..... | 40 |
| Dance Fit Zumba..... | 31 |
| Discovering Music for Toddlers....34 | |
| Essentrics Classical Stretching.....29 | |
| Fitness Bootcamp for Kids.....29 | |
| Gemology I Introductory..... | 34 |
| Gemology II Advanced..... | 34 |
| Jacki Sorensen’s Aerobic Dance....29 | |
| Jacki Sorensen’s Strong Step.....29 | |

| | |
|---|----|
| Karate Do/laido..... | 32 |
| TKA Adult Karate..... | 32 |
| TKA Youth Karate..... | 33 |
| Train Like a Pro Basketball Skills & Drills..... | 37 |

Potomac Elementary School

| | |
|-----------------------------|----|
| Core Grassroots Soccer..... | 40 |
|-----------------------------|----|

Riley's Lock

| | |
|--------------------------|----|
| Canoe Trip..... | 51 |
| Sea Kayak Excursion..... | 51 |

Ridgeview Middle School

| | |
|----------------------------|----|
| OTA Lil’ Kicks Soccer..... | 40 |
| OTA Soccer Academy..... | 40 |

Rock View Elementary School

| | |
|----------------------|----|
| Dance & Fitness..... | 29 |
|----------------------|----|

Rolling Terrace Elementary School

| | |
|-----------------------------------|----|
| Jazzmatazz Pre Ballet..... | 27 |
| Jazzmatazz Preschool Dance.....28 | |
| TKA Adult Karate..... | 32 |
| TKA Youth Karate..... | 33 |

Ross Boddy Community Recreation Center

| | |
|---|----|
| Aikido..... | 32 |
| Ceramics Introductory Wheel.....25 | |
| Handcrafted Pottery..... | 26 |
| Kelley’s Complete Fitness Workout.....30 | |
| Train Like a Pro Basketball Skills & Drills..... | 37 |
| Volleyball CoRec League..... | 42 |

Sligo Creek Elementary School

| | |
|-----------------------|----|
| Pottery at Sligo..... | 26 |
|-----------------------|----|



PROGRAM LOCATIONS

South Germantown Recreational Park

Let's Play Ball at the Miracle League Field.....50

Stonegate Elementary School

CP Basketball Preseason Clinic.....37

Tilden Woods Local Park

Funfit Tots.....30
Funfit Tots Family Class.....30

Timberlawn Local Park

Hummingbirds Soccer.....40
Overtime Lacrosse Academy.....38

Travilah Elementary School

Hoop Stars.....37
Little Hoop Stars.....37

The School of Music

Beginner Guitar for Adults.....34
Beginner Guitar for Kids.....34

Upper County Community Recreation Center

TKA Adult Karate.....32
TKA Youth Karate.....33
TR Yoga.....50

Veirs Mill Local Park

Dance & Fitness.....29

Virtual

Abakadoodle Under the Sea.....25
Essential Yoga For Beginners.....31
Kelley's Complete Fitness Workout.....30
Moving with Mike: Seated Exercise...50

Pilates for Fitness Indoors/Virtual.....29
Practical Self-Defense.....33
Story of Lilly Stone with Judith Welles...56
Yoga Basics.....32
Zumba Fitness.....31
Zumba Indoors/Virtual.....31
Zumba Toning Indoors/Virtual.....31

Wheaton Community Recreation Center

Abakadoodle Anime.....25
ACT The Workout-Fitness.....30
Bagua.....33
Ballroom I (Couples).....27
Ballroom II (Couples).....27
Ceramics Beginner & Intermediate Wheel.....25
Ceramics Introductory Wheel.....25
Creative Combo Dance I.....27
Creative Combo Dance II.....27
Dance & Fitness Add a Class.....29
Discovering Music for Toddlers...34
EWI Diabetes Prevention.....56
EWI Diabetes Survival Skills.....56
EWI Lung Essentials.....56
Fairy Tale Ballet.....27
Handcrafted Pottery.....26
Handcrafted Pottery Open Studio...26
Hip Hop Fitness.....27
Jazzmatazz Aerobics W/Pilates Mat...29
Kelley's 50+ Complete Workout....30
Kids N Clay.....26
Lil' Hoopers.....37
Matter of Balance.....56
Memory Academy.....56
Mini Doodlers: One Sweet World.....25
Music Together.....34
OTA Basketball Academy.....37
Pottery Mini Session.....26
Restore & Recharge Yoga.....32

Step Dance for Kids.....28
TKA Adult Karate.....32
TKA Youth Karate.....33
TR Tailgate Party.....51
Urban Line Dance.....28
Volleyball Skills Development Clinic.....42
Vovinam Martial Arts-Advanced.....33
Vovinam Martial Arts Beginner.....33

Wheaton Regional Park

Kickball Co-Rec League.....36
National Flag Football League....38

White Oak Community Recreation Center Field

Core Grassroots Soccer.....40
OTA Lil' Kicks Soccer.....40
OTA Soccer Academy.....40

White Oak Community Recreation Center

Handcrafted Pottery.....26
Handcrafted Pottery Open Studio...26
Train Like a Pro Basketball Skills & Drills.....37

Wilson Wims Elementary School

Hoop Stars.....37
Little Hoop Stars.....37

Wisconsin Place Community Recreation Center

Essentrics Classical Stretching.....29
Hatha Yoga & Stress Management.....32
Practical Self-Defense.....33

Wyngate Elementary School

Lil' Hoopers.....37
OTA Basketball Academy.....37





FACILITY ADDRESSES



Fall 2021
Registration begins
Aug. 23



Looking for pool locations?
Visit page 4 for Aquatics facilities.

SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

Middle Schools

- MLK MS..... 13737 Wisteria Dr, Germantown, MD 20874
- North Bethesda MS..... 8935 Bradmoor Dr, Bethesda, MD 20817
- Ridgeview MS..... 16600 Raven Rock Dr, Gaithersburg, MD 20878

Elementary Schools

- Bannockburn ES..... 6520 Dalroy Ln, Bethesda, MD 20817
- Bethesda ES..... 7600 Arlington Rd, Bethesda, MD 20814
- Cabin John MS..... 10701 Gainsborough Rd, Potomac, MD 20854
- Glenallan ES..... 12520 Heurich Rd, Silver Spring, MD 20902
- Oakland Terrace ES.. 2720 Plyers Mill Rd, Silver Spring, MD 20902
- Potomac ES..... 10311 River Rd, Potomac, MD 20854
- Rockview ES..... 3901 Denfeld Ave, Kensington, MD 20895
- Rolling Terrace ES..... 705 Bayfield St, Silver Spring, MD 20903
- Sligo Creek ES..... 500 Schuyler Rd, Silver Spring, MD 20910
- Stonegate ES..... 14811 Notley Rd, Silver Spring, MD 20905
- Travilah ES..... 13801 Dufief Mill Rd, North Potomac, MD 20878
- Wilson Wims ES..... 12520 Blue Sky Dr, Clarksburg, MD 20871
- Wyngate ES..... 9300 Wadsworth Dr, Bethesda, MD 20817

Parks

- Avenel Local Park..... 10051 Oaklyn Dr, Potomac, MD 20854
- Ayrlawn Local Park..... 5652 Oakmont Ave, Bethesda, MD 20817
- Fernwood Local Park..... 6708 Michaels Dr, Bethesda, MD 20817
- Layhill Village Local Park..... 1920 Queensguard Rd, Aspen Hill, MD 20906
- Meadowbrook Local Park..... 7901 Meadowbrook Ln, Chevy Chase, MD 20815
- North Four Corners Local Park..... 315 University Blvd W, Silver Spring, MD 20901
- Olney Manor Regional Park..... 16601 Georgia Ave, Olney, MD 20832
- Rileys Lock..... 13025 Rileys Lock Rd, Poolesville, MD 20837
- South Germantown Recreational Park..... 18041 Central Park Circle Boyds, MD 20841
- Tilden Woods Local Park..... 6800 Tilden Ln, Rockville, MD 20852
- Timberlawn Local Park..... 10800 Gloxinia Dr, North Bethesda, MD 20852
- Veirs Mill Local Park..... 4425 Garrett Park Rd, Silver Spring, MD 20906
- Wheaton Regional Park..... 2000 Shorefield Rd, Silver Spring, MD 20902

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 (currently closed)..... 2450 Lyttonville 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 (currently closed) 8700 Piney Branch Road, Silver Spring, 20901
- Longwood CRC (currently closed) 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 Reedy 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



Use this form to register for BOTH Montgomery Parks AND Montgomery County Recreation activities.*
Use este formulario para activides de LOS DOS Montgomery Parks Y Montgomery County Recreation.*

*** Required Info | Info Requerida** **REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN**

Check here if this is a new address, phone number or email address. Please print. This form may be copied. Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

| PARENT/GUARDIAN PADRE/GUARDIÁN | | | | | |
|----------------------------------|--|----------------------------------|-----------------|---|---|
| Last Name Apellido * | | First Name Nombre * | | Birthday Fecha de nacimiento (mm/dd/yy) * | Email |
| Address Dirección * | | | City Ciudad * | | State Estado * ZIP Código Postal * |
| Home Phone Teléfono de Casa * | | Work Phone Teléfono de Trabajo | | Cell Phone Celular | |

| EMERGENCY CONTACT EMERGENCIA CONTACTO | | |
|---|-------------------------|---------------|
| Name Nombre | Relationship Relación | Phone Telf. |

| Participant s Name (Last, First) Apellido y Nombre del Participante | Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy) | Sex Sexo | Activity Name Nombre de la Actividad | Activity Number Número | Fees * Costo * |
|--|---|-------------|---|---------------------------|-------------------|
| | | | | | |
| | | | | | |

*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities)
 *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)

**Total Program Fees:
Cantidad Total:**

| | | |
|---|---|--|
| To which ethnicity do you identify most? | PAYMENT OPTIONS* | * Required Info Información requerida |
| <input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino or Spanish Origin of Any Race <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Two or More Races <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer not to answer | Total Program Fees \$ _____ CASH \$ _____ Non-Resident/Other Fees \$ _____ Check # _____ \$ _____ Total Fees Due \$ _____ | |
| | Make checks and money orders payable to: ActiveMONTGOMERY. | Mail checks to: 2425 Reedie Drive, 10th Floor, Wheaton, MD 20902 |

Will you need an ADA (Americans with Disabilities Act) disability accommodation (trained support staff, sign language interpreters, companion, Braille/large print, adaptive equipment, assistive listening/auxiliary devices, and/or audio description?)

Yes No

| | |
|---|--|
| If YES, please see below: | |
| ADA Requests for Montgomery Parks To request an accommodation for M-NCPPC, Montgomery Parks programs you must contact the Program Access Office at 301-495-2477 or email ProgramAccess@montgomeryparks.org. | ADA Requests for Montgomery Country Recreation To request an accommodation for Montgomery County Recreation, you must contact the Therapeutic Recreation and Inclusion Services Office at 240-777-6870 or email rec.cXj h'hc@montgomerycountymd.gov. |

IMPORTANT: Request should be made before the program begins.

SIGNATURE IS REQUIRED* | *SE REQUIERE LA FIRMA
Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____ **Date | Fecha** _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.

REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

3 WAYS TO REGISTER

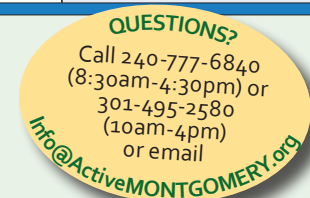
- 1. ONLINE- Credit Card payment only** Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.
- 2. BY MAIL- Check or money order payment only** Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 2425 Reedie Drive, 10th Floor, Wheaton, MD 20902
- 3. LIMITED IN-PERSON*- customers may call 240-777-6840 to schedule an appointment. Cash, check and credit card accepted in-person.** Montgomery County Recreation Administrative Office: 2425 Reedie Drive, 10th Floor, Wheaton, MD 20902 • **Montgomery Parks in-person registration is currently suspended.**
Visit our websites for current information before heading out. www.mocorec.com or www.montgomeryparks.org



Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

ACTIVITY WITHDRAWALS & REFUNDS

| Withdrawal Time Frame | Withdrawal Reason & Method | Refund Amount | Refund Form |
|--|---|---------------------------------|--|
| Any | Activity Canceled by Parks or Recreation | Full Refund | Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered. |
| At least 5 (five) business days before activity begins | Any reason, ONLINE | Full Refund | <p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p> |
| | Any reason, IN PERSON | Full Refund | <p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p> |
| Less than 5 business days before activity begins | <p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.FinanceOffice@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p> <p><i>No withdrawals may be made ONLINE less than five days before activity begins.</i></p> | Refund Less \$25 Withdrawal Fee | <p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p> |
| For classes/sessions missed by participant | No refund of any type will be issued | | |
| After second session/class of activity has met | | | |
| After the final session of activity has met | | | |



The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and telephone number.

If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.

 - Please allow two weeks to receive a refund by check.
- CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.