

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SPRING 2021



MONTGOMERY COUNTY
Recreation

MONTGOMERY COUNTY RECREATION

SUMMER CAMPS



AGES 3-12.
FULL DAY &
HALF DAY
OPTIONS.

Planning is underway.

For more information call 240-777-6840 or visit
www.mocorec.com/camps.



MONTGOMERY COUNTY
Recreation



Rec Assist

Financial Assistance Program

2021



Montgomery County Recreation offers financial assistance to those who qualify.

Now accepting applications for 2021.



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

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When Is the Guide Available?

 Summer Camps ISSUE DATE: Early March 2021 Registration begins March 15, 2021	 Summer Guide ISSUE DATE: Early May 2021 Registration begins May 10, 2021
 Fall Guide ISSUE DATE: Late July 2021 Registration begins August 9, 2021	 Winter Guide ISSUE DATE: Late October 2021 Registration begins November 8, 2021
 Spring Guide ISSUE DATE: Late January 2022 Registration begins February 14, 2022	

To view the GUIDE online visit WWW.MOCOREC.COM/GUIDE



Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



Registration for
Spring 2021 starts on
Feb. 8, 2021



Programs by Location 30-31
 Facility Addresses 32

MONTGOMERY COUNTY RECREATION HAS MOVED TO

2425 REEDIE DRIVE FLOOR 10, WHEATON

For building and parking information, visit the Department of Transportation
at www.montgomerycountymd.gov/dts



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



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

**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

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd's, MD 20841

Pool Information

Due to COVID-19, Montgomery County Recreation pools are operating with new safety restrictions. At this time, pools are open to Montgomery County residents and pool pass holders only. While reservations are no longer required, they are encouraged as residents with reservations will have priority admission. The number of available walkup daily admission slots will depend on the number of reservations and pool capacity.

- Reservations are highly encouraged and on a first-come, first-served basis.
- Reservations are available exactly eight days in advance of the date and time of the specific session. (i.e. Sessions that begin at 6 a.m. will open for reservations at 6 a.m. eight days in advance.)
- Pool passes will be available for in-person purchase by Montgomery County residents only. Residents must provide proof of County residency at the time of purchase.
- Online pool pass sales have been suspended indefinitely.

Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

Website Information

Find schedules online for swim lessons, safety training (life guard training), masters swim, diving, water fitness classes and swim team, as well as general pool use.



AQUATICS

Developmental Swim

Ages 6-18	14 Sessions	\$255
Instructor: Montgomery Stroke And Turn Clinic		
106173 GISC	2/14 Su	5:15-6 p.m.
106169 GISC	2/14 Su	6:15-7 p.m.
106167 KSAC	2/14 Su	5:15-6 p.m.
106168 KSAC	2/14 Su	6:15-7 p.m.
106174 MLK	2/14 Su	5:15-6 p.m.
106172 MLK	2/14 Su	6:15-7 p.m.
106170 OSC	2/14 Su	5:15-6 p.m.
106171 OSC	2/14 Su	6:15-7 p.m.

Water Fitness

Abs & Glutes & More

Ages 12 & Up	12 Sessions	\$78
Instructor: H2O Fitness		
103704 MLK	3/8 M	10:10-11 a.m.
	13 Sessions	\$85
106259 KSAC	3/9 Tu	9:10-10 a.m.
106260 KSAC	3/11 Th	9:10-10 a.m.
103703 MLK	3/10 W	10:10-11 a.m.

Aqua Cardio Dance

Ages 12 & Up	13 Sessions	\$85
Instructor: H2O Fitness		
103705 MLK	3/9 Tu	10:10-11 a.m.
103706 MLK	3/11 Th	10:10-11 a.m.

Aqua Lite

Ages 12 & Up	12 Sessions	\$78
Instructor: Wellness Network		
106261 KSAC	3/8 M	10:10-11 a.m.
106278 OSC	3/8 M	10:10-11 a.m.
	13 Sessions	\$85
106262 KSAC	3/10 W	10:10-11a.m.
106279 OSC	3/10 W	10:10-11a.m.
106280 OSC	3/12 F	10:10-11a.m.

Aqua Spin

Ages 12 & Up	13 Sessions	\$111
Instructor: H2O Fitness		
106263 KSAC	3/9 Tu	12:30-1:20 p.m.
106264 KSAC	3/10 W	1:10-2 p.m.
106265 KSAC	3/11 Th	12:30-1:20 p.m.
106266 KSAC	3/12 F	12:10-1 p.m.
106267 KSAC	3/12 F	9:10-10 a.m.
103707 MLK	3/9 Tu	11:10 a.m.-Noon
103708 MLK	3/10 W	9:10-10 a.m.
103709 MLK	3/11 Th	11:10 a.m.-Noon
103710 MLK	3/12 F	9:10-10 a.m.

Aqua YO-Lates

Ages 12 & Up	13 Sessions	\$85
Instructor: H2O Fitness		
103711 MLK	3/12 F	10:10-11 a.m.

POOL RESERVATIONS

At this time, pools are open to Montgomery County residents and pool pass holders only.

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

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

MORE INFO

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Deep Water Running

Ages 12 & Up 12 Sessions \$78

Instructor: H2O Fitness

103716 MLK 3/8 M 12:10-1 p.m.

Instructor: Wellness Network

106249 GISC 3/8 M 10:10-11 a.m.

106252 GISC 3/8 M 12:10-1 p.m.

106271 KSAC 3/8 M 12:10-1 p.m.

106281 OSC 3/8 M 12:10-1 p.m.

106288 OSC 3/13 Sa 11-11:50 a.m.

13 Sessions \$85

Instructor: H2O Fitness

106268 KSAC 3/9 Tu 10:10-11 a.m.

106269 KSAC 3/11 Th 10:10-11 a.m.

106270 KSAC 3/12 F 10:10-11 a.m.

103712 MLK 3/9 Tu 9:10-10 a.m.

103713 MLK 3/10 W 12:10-1 p.m.

103714 MLK 3/11 Th 9:10-10 a.m.

103715 MLK 3/12 F 11:10 a.m.-Noon

Instructor: Wellness Network

106248 GISC 3/9 Tu 10:10-11 a.m.

106250 GISC 3/10 W 10:10-11 a.m.

106253 GISC 3/10 W 12:10-1 p.m.

106251 GISC 3/11 Th 10:10-11 a.m.

106254 GISC 3/12 F 9:10-10 a.m.

106272 KSAC 3/10 W 12:10-1 p.m.

106282 OSC 3/9 Tu 9:10-10 a.m.

106283 OSC 3/9 Tu 11:10 a.m.-Noon

106284 OSC 3/10 W 12:10-1 p.m.

106285 OSC 3/11 Th 9:10-10 a.m.

106286 OSC 3/11 Th 11:10 a.m.-Noon

106287 OSC 3/12 F 12:10-1 p.m.

Hi/Lo Cardio Fusion

Ages 12 & Up 13 Sessions \$85

Instructor: H2O Fitness

106273 KSAC 3/12 F 11:10 a.m.-Noon

Water Aerobics

Ages 12 & Up 12 Sessions \$78

Instructor: Wellness Network

106274 KSAC 3/8 M 9:10-10 a.m.

13 Sessions \$85

106256 GISC 3/9 Tu 11:10 a.m.-Noon

106255 GISC 3/11 Th 11:10 a.m.-Noon

106275 KSAC 3/10 W 9:10-10 a.m.

106289 OSC 3/9 Tu 10:10-11 a.m.

106290 OSC 3/11 Th 10:10-11 a.m.

Water Exercise

Ages 12 & Up 12 Sessions \$78

Instructor: H2O Fitness

103717 MLK 3/8 M 9:10-10 a.m.

Instructor: Wellness Network

106258 GISC 3/8 M 9:10-10 a.m.

106291 OSC 3/8 M 9:10-10 a.m.

13 Sessions \$85

Instructor: H2O Fitness

106276 KSAC 3/9 Tu 11:10-Noon

106277 KSAC 3/11 Th 11:10-Noon

Instructor: Wellness Network

106257 GISC 3/10 W 9:10-10 a.m.

106292 OSC 3/10 W 9:10-10 a.m.

106293 OSC 3/12 F 9:10-10 a.m.



BLENDED LIFEGUARD TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions and online component to 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 \$195.

Martin Luther King, Jr. Swim Center

LGT 1: Course 107863 **March 2021**

Session	Date	Begins	Ends
Session 1	Saturday, Mar. 6	5 p.m.	8 p.m.
Session 1	Saturday, Mar. 13	Noon	8 p.m.
Session 2	Sunday, Mar. 14	Noon	4 p.m.
Session 3	Wednesday, Mar. 17	6 p.m.	9 p.m.
Session 4	Saturday, Mar. 20	5 p.m.	8 p.m.

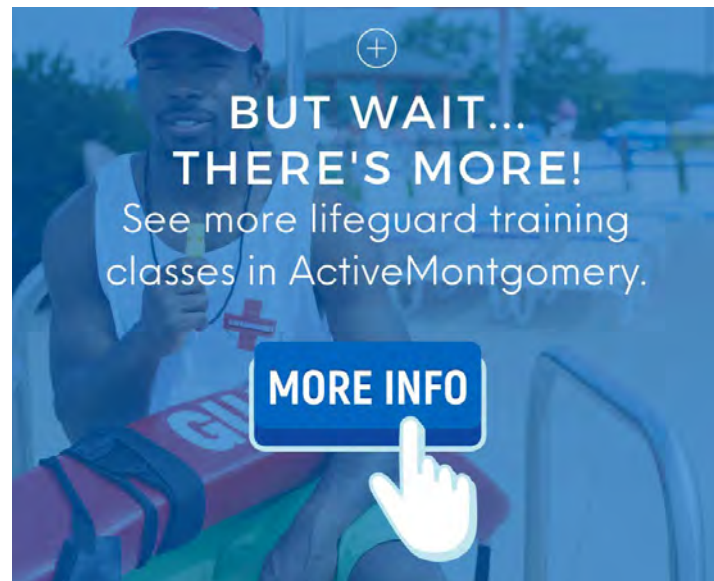
Martin Luther King, Jr. Swim Center

LGT 2: Course 107867 **April 2021**

Session	Date	Begins	Ends
Session 1	Saturday, Apr. 10	5 p.m.	8 p.m.
Session 1	Saturday, Apr. 17	Noon	8 p.m.
Session 2	Sunday, Apr. 18	Noon	4 p.m.
Session 3	Wednesday, Apr. 21	6 p.m.	9 p.m.
Session 4	Saturday, Apr. 24	5 p.m.	8 p.m.

MORE CLASSES AVAILABLE

See more lifeguard classes in ActiveMontgomery.





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ARTS & CRAFTS

Abakadoodle It's a Jungle Out There

Ages 5-12 10 Sessions \$130
Instructor: Stephanie Burke
107372 Virtual Class 4/14 W 4-4:45 p.m.

Abakadoodle Studio 1 Art

Ages 5-12 10 Sessions \$130
Instructor: Nancy Delasos
107774 Virtual Class 4/15 Th 3:30-4:15 p.m.

Abakadoodle Doodle Drawing

Ages 3-5 8 Sessions \$104
Instructor: Stephanie Burke
105356 Virtual Class 4/14 W 11-11:45 a.m.

Adventures in Art

Ages 5-10 6 Sessions \$70
Instructor: Tatiana Martin
107804 Virtual Class 4/10 Sa 10:15-11:15 a.m.

COOKING

Beginner Cooking for Adults

Ages 18 & Up 4 Sessions \$125
Instructor: Future Resource Learning
107797 Virtual Class 4/22 Th 6-7:30 p.m.

Future Chefs

Ages 7-14 4 Sessions \$100
Instructor: Future Resource Learning
107307 Virtual Class 4/13 Tu 4-5:30 p.m.
107308 Virtual Class 5/11 Tu 4-5:30 p.m.



CPR & FIRST AID

CPR, First Aid and AED

Ages 13 & Up 1 Session \$89
Instructor: Life Rescue Training
107126 Holiday Park SC 4/15 Th 5:30-9:30 p.m.
107127 Bauer Drive CRC 5/8 Sa 10:30am-2:30pm.
107128 Holiday Park SC 6/10 Th 5:30-9:30 p.m.

CPR, First Aid and AED Spanish

Ages 13 & Up 1 Session \$89
Instructor: Life Rescue Training
107129 Bauer Drive CRC 4/24 Sa 10:30am-2:30pm.

DANCE

Ballet

Ballet for Adults

Ages 16 & Up 8 Sessions \$90
Instructor: Robyn Lindsey
107156 Virtual Class 4/15 Th 7-8 p.m.

Hip Hop

Urban Line Dance

Ages 17 & Up 8 Sessions \$72
Instructor: Peytrienne McCormick
107373 Good Hope NRC 4/14 W 6-7 p.m.

Hip Hop Dance

Ages 10-15 6 Sessions \$60
Instructor: Strathmore Hall Foundation
107869 Virtual Class 4/12 M 7-8 p.m.



Virtual Classes

Now Available

Prefer to stay home?
Register for a virtual class. Instructions and links will be provided after registration.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Hippo Hoppo

Ages 3-5 4 Sessions \$30
 Instructor: Robyn Lindsey
 105365 Virtual Class 4/21 W 5-5:30 p.m.
 105364 Virtual Class 5/26 W 5-5:30 p.m.

Playtime & Movement

Toddler and Me Dance

Ages 1 1/2-3 6 Sessions \$85
 Instructor: Tippi Toes DC
 107789 N. Potomac CRC 4/17 Sa 9:30-10 a.m.

FITNESS

Aerobic Dance

Dance and Fitness

Ages 18 & Up 22 Sessions \$165
 Instructor: Lois Antos
 104460 Good Hope NRC 4/6 Tu,Th 10-11 a.m.

20 Sessions \$150
 Instructor: Elaine Waldstreicher
 104048 Holiday Park SC 4/7 M,W 6-7 p.m.

9 Sessions \$68
 Instructor: Katy Wiemers
 104461 Holiday Park SC 4/10 Sa 8:45-9:45 a.m.

Aerobic Exercise

Fitness Bootcamp for Kids

Ages 5-12 4 Sessions \$55
 Instructor: Future Resource Learning
 107790 Potomac CRC 4/24 Sa 10:30-11:30 a.m.

Outdoor Classes

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.

Pilates

Pilates for Fitness

Ages 16 & Up 10 Sessions \$100
 Instructor: Fit 2 Believe
 107095 Bauer Drive CRC 4/8 Th 7-8 p.m.
 9 Sessions \$90
 107096 Lawton CRC 4/10 Sa 10-11 a.m.

Playtime & Movement

Funfit Tots

Ages 11 months-2 6 Sessions \$94
 Instructor: Funfit Foundation
 105407 Tilden Woods LP 4/24 Sa 9:30-10:15 a.m.

Funfit Tots Family Class

Ages 1 1/2-4 6 Sessions \$94
 Instructor: Funfit Foundation
 105404 Bauer Drive CRC 4/20 Tu 10-10:45 a.m.
 105409 Tilden Woods LP 4/24 Sa 10:30-11:15 a.m.

Strength Training

Strength and Toning

Ages 18 & Up 8 Sessions \$80
 Instructor: Elite Quality Sports
 107670 Virtual Class 4/12 M 10-10:45 a.m.
 9 Sessions \$90
 107669 Virtual Class 4/14 W 10-10:45 a.m.



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Total Body Conditioning

ACT The Workout-Fitness

Ages 18 & Up 11 Sessions \$83
103149 Potomac CRC 4/6 Tu 6-7 p.m.

20 Sessions \$150
103148 Bauer Drive CRC 4/7 M,W 5-6 p.m.

9 Sessions \$68
Instructor: Marie Castellucci
103147 Potomac CRC 4/10 Sa 9-10 a.m.

Kelley's 50+ Complete Workout

Ages 50 & Up 11 Sessions \$83
Instructor: Pamela Kelley
103150 Virtual Class 4/8 Th 9:15-10:15 a.m.

Kelley's Complete Fitness Workout

Ages 18 & Up 9 Sessions \$68
Instructor: Pamela Kelley
103151 Virtual Class 4/12 M 7-8 p.m.

Powerblast

Ages 18 & Up 9 Sessions \$90
107196 Wheaton CRC 4/21 W 7-8 p.m.

7 Sessions \$70
Instructor: Julien Elie
107197 Wheaton CRC 4/24 Sa 10-11 a.m.

Zumba

Zumba Fitness

Ages 16 & Up 11 Sessions \$88
Instructor: Michelle Johnson-Lancaster
104463 Virtual Class 4/8 Th 5:30-6:30 p.m.

9 Sessions \$72
104464 Bauer Drive CRC 4/10 Sa 9-10 a.m.
104465 Good Hope NRC 4/12 M 5:30-6:30 p.m.

Zumba Toning

Ages 16 & Up 11 Sessions \$88
Instructor: Ingrid Higgins
103991 Holiday Park SC 4/7 W 7:15-8:15 p.m.

Zumba

Ages 16 & Up 9 Sessions \$72
Instructor: Ingrid Higgins
103990 Holiday Park SC 4/10 Sa 10-11 a.m.

HEALTH/WELLNESS

Tai Chi

Bamboo Fusion

Ages 18 & Up 10 Sessions \$80
Instructor: Move Well Eat Better
107667 Germantown CRC 4/8 Th 10-10:45 a.m.

Tai Chi

Ages 18 & Up 11 Sessions \$110
Instructor: Yanni Nguyen
105556 Virtual Class 4/8 Th 7-8 p.m.

Tai Chi Flow

Ages 18 & Up 9 Sessions \$72
Instructor: Move Well Eat Better
107636 Virtual Class 4/9 F 9-9:45 a.m.

Tai Chi: Outdoor

Ages 18 & Up 9 Sessions \$90
Instructor: Yanni Nguyen
105557 Wheaton CRC 4/6 Tu 6:30-7:30 p.m.

Workshops

Safe Sitter

Ages 10-13 3 Sessions \$98
Instructor: Life Rescue Training
107113 Virtual Class 4/13 Tu 4-6 p.m.
107114 Virtual Class 5/4 Tu 4-6 p.m.

= Virtual classes are also available.



Yoga

Evening Yoga

Ages 18 & Up 11 Sessions \$110
 Instructor: Robin Morris
 104013 Virtual Class 4/6 Tu 6-7 p.m.

Gentle Yoga

Ages 18 & Up 11 Sessions \$110
 Instructor: Irene Bopp
 103152 Virtual Class 4/7 W 6:15-7:15 p.m.

Hatha Yoga and Stress Management Beg/Cont 50+

Ages 55 & Up 11 Sessions \$110
 Instructor: Suzana Cooper
 104034 Virtual Class 4/9 F 10-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up 9 Sessions \$90
 Instructor: Hannah Davis
 104476 Virtual Class 4/12 M 7-8 p.m.

Yoga Basics

Ages 18 & Up 11 Sessions \$110
 Instructor: Irene Bopp
 103153 Virtual Class 4/7 W 7:30-8:30 p.m.

Yoga for Preschoolers

Ages 3 & Up 8 Sessions \$45
 Instructor: Martha Hare
 107788 Bauer Drive CRC 4/7 W 11-11:30 a.m.
 *Parent and child must both register.

Yoga for Youth Children

Ages 5-7 10 Sessions \$120
 Instructor: Martha Hare
 107092 Bauer Drive CRC 4/8 Th 4-4:45 p.m.

Yoga Outdoors

Ages 18 & Up 11 Sessions \$110
 Instructor: Martha Hare
 107883 Bauer CRC 4/8 Th 11 a.m.-Noon

MARTIAL ARTS

Aikido

Ages 11 & Up 9 Sessions \$90
 Instructor: Christopher Rowe
 104015 Virtual Class 4/12 M 7-8:30 p.m.

Iaido

Karate Do / Iaido Outdoor

Ages 7 & Up 9 Sessions \$72
 Instructor: Salvador Cortes
 105432 Potomac CRC 4/8 Th 6:30-7:30 p.m.

VIRTUAL CLASSES AVAILABLE

Staying home? Virtual classes are now available. Register today.

OUTDOOR CLASSES AVAILABLE

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.



Please Remember Your Mask

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

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Karate/Jujitsu

Karate/Jujitsu Outdoor

Ages 6-12 10 Sessions \$100

Instructor: TKA Inc.

- 105169 Bauer Drive CRC 4/7 W 5:30-6:30 p.m.
- 105172 Bauer Drive CRC 4/7 W 6:45-7:45 p.m.
- 105168 Clara Barton NRC 4/7 W 6:30-7:30 p.m.
- 105167 Damascus CRC 4/7 W 5:30-6:30 p.m.
- 105173 Damascus CRC 4/7 W 6:45-7:45 p.m.

8 Sessions \$80

- 105166 Upper County CRC 4/12 M 5:30-6:30 p.m.
- 105171 Upper County CRC 4/12 M 6:45-7:45 p.m.
- 105174 Wheaton CRC 4/12 M 5:30-6:30 p.m.
- 110588 Wheaton CRC 4/12 M 6:45-7:45 p.m.

Karate: Youth Adv. White and Orange Belts

Ages 6-12 11 Sessions \$110

Instructor: TKA Inc.

- 105159 Virtual Class 4/6 Tu 6:30-7:30 p.m.

Karate: Youth Yellow and Red Belts

Ages 6-12 9 Sessions \$90

Instructor: TKA Inc.

- 105162 Virtual Class 4/12 M 6:30-7:30 p.m.

Karate: Youth Green Belts and Higher

Ages 6-12 11 Sessions \$110

Instructor: TKA Inc.

- 105160 Virtual Class 4/8 Th 6:30-7:30 p.m.

Karate: Youth Training and Practice (Current Students Only)

Ages 6-12 11 Sessions \$55

Instructor: TKA Inc.

- 105161 Virtual Class 4/7 W 6:30-7:30 p.m.

Karate/Jujitsu Adult and Youth Outdoor

Ages 6 & Up 10 Sessions \$100

Instructor: TKA Inc.

- 105170 Potomac CRC 4/7 W 6-7 p.m.

Karate/Jujitsu Adult Outdoor

Ages 13 & Up 10 Sessions \$100

Instructor: TKA Inc.

- 105163 Wheaton CRC 4/8 Th 6-7 p.m.
- 105164 Bauer Drive CRC 4/7 W 8-9 p.m.

8 Sessions \$80

- 105165 Damascus CRC 4/12 M 6-7 p.m.

Karate: Adult White Through Red Belts

Ages 13 & Up 11 Sessions \$110

Instructor: TKA Inc.

- 105158 Virtual Class 4/6 Tu 7:45-8:45 p.m.

Karate: Adult Green Through Blue Belts

Ages 13 & Up 9 Sessions \$90

Instructor: TKA Inc.

- 105156 Virtual Class 4/12 M 7:45-8:45 p.m.

Karate: Adult Brown Belts

Ages 13 & Up 11 Sessions \$110

Instructor: TKA Inc.

- 105155 Virtual Class 4/8 Th 7:45-8:45 p.m.

Karate: Adult Training and Practice (Current Students Only)

Ages 13 & Up 11 Sessions \$55

Instructor: TKA Inc.

- 105157 Virtual Class 4/7 W 7:45-8:45 p.m.



Specialty Programs

Bagua Outdoor

Ages 14 & Up 10 Sessions \$50
 Instructor: Finding Your Breath
 107779 Wheaton CRC 4/14 W 5-6:30 p.m.

Practical Self-Defense

Ages 14 & Up 11 Sessions \$55
 Instructor: Ivan Black
 104487 Virtual Class 4/8 Th 7-8 p.m.
 9 Sessions \$45
 104486 Virtual Class 4/12 M 7-8 p.m.

**LOOKING FOR
TAI CHI CLASSES?**

Visit the Health & Wellness section on page 10.

MUSIC

Guitar

Beginner Guitar for Adults

Ages 16 & Up 6 Sessions \$89
 Instructor: Kevin Mittleman
 107763 Virtual Class 4/19 M 8-8:50 p.m.
 107767 Guitar Rental (if needed) \$40

Beginner Guitar for Kids

Ages 8-13 6 Sessions \$89
 Instructor: Kevin Mittleman
 107765 Virtual Class 4/15 Th 5:30-6:20 p.m.
 107768 Guitar Rental (if needed) \$40

Beginner Ukulele

Ages 10 & Up 6 Sessions \$60
 Instructor: Strathmore Hall Foundation
 107868 Virtual Class 4/12 M 6-7 p.m.

Piano

Poppin Piano

Ages 5-12 9 Sessions \$245
 Instructor: Learn Now Music
 107773 Virtual Class 4/7 W 7-8 p.m.

Playtime & Music

My First Music Class

Ages 2-5 6 Sessions \$120
 Instructor: Learn Now Music
 105412 N. Potomac CRC 4/20 Tu 10:30-11 a.m.

S.T.E.A.M.

Chess

Chess for Beginners

Ages 6-14 9 Sessions \$135
 Instructor: Arkadiy Frenkel
 107386 Virtual Class 4/12 M 4-5 p.m.

Chess for Advanced

Ages 6-14 10 Sessions \$150
 Instructor: Arkadiy Frenkel
 107392 Virtual Class 4/8 Th 4-5 p.m.

Playtime & Language

Spanish for Youth

Ages 5-8 8 Sessions \$96
 Instructor: Maria Rhoe
 107787 Virtual Class 4/14 W 4:30-5:15 p.m.



Please Remember Your Mask

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

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



SPORTS

Kickball

Ages 5-12 8 Sessions \$170
Instructor: KIDspired, LLC
105554 Snowden Farm ES 4/9 F 3:45-4:45 p.m.

Kickball Co-Rec League

Ages 18 & Up 7 Sessions \$65
109921 Various 5/11 Tu 6-8 p.m.
109926 Various 5/12 W 6-8 p.m.

Baseball/Softball

Lil' Sluggers T-Ball

Ages 3-5 6 Sessions \$95
Instructor: Overtime Athletics
105144 QO Valley NP 4/10 Sa 10 a.m.-Noon*
105145 Ayrlawn LP 4/10 Sa 10 a.m.-Noon*
105147 Layhill Village LP 4/11 Su 1-2 p.m.

*Saturday sessions are one hour within the listed timeframe.

Coach Pitch Baseball

Ages 5-7 6 Sessions \$95
Instructor: Overtime Athletics
105146 QO Valley NP 4/10 Sa 12:30-2:30 p.m.*
105148 Ayrlawn LP 4/10 Sa 12:30-2:30 p.m.*
105149 Layhill Village LP 4/11 Su 2:15-3:15 p.m.

*Saturday sessions are one hour within the listed timeframe.

Basketball

Basketballer Club

Ages 5-12 8 Sessions \$170
Instructor: KIDspired, LLC
105553 Snowden Farm ES 4/6 Tu 3:45-4:45 p.m.



CP Basketball Skills and Conditioning

Ages 7-11 4 Sessions \$60
Instructor: Coach Parker Basketball Academy
105422 White Oak CRC 4/6 Tu 4-5 p.m.
105426 Mid-County CRC 4/8 Th 4-5 p.m.
105428 White Oak CRC 5/18 Tu 4-5 p.m.
105430 Mid-County CRC 5/20 Th 4-5 p.m.

Ages 12-14 4 Sessions \$60

105425 White Oak CRC 4/6 Tu 5:15-6:15 p.m.
105427 Mid-County CRC 4/8 Th 5:15-6:15 p.m.
105429 White Oak CRC 5/18 Tu 5:15-6:15 p.m.
105431 Mid County CRC 5/20 Th 5:15-6:15 p.m.

Train Like a Pro Basketball Skills and Drills

Ages 10-16 6 Sessions \$125
Instructor: Fit 2 Believe
105559 Potomac CRC 4/14 W 5:30-7 p.m.
105563 N. Potomac CRC 4/17 Sa Noon-1:30 p.m.

Cheer and Poms

Intro to Cheer

Ages 5-10 9 Sessions \$90
Instructor: Prodigy All-Star Cheerleading
105131 Virtual Class 4/12 M 4:30-5:15 p.m.

Intro to Poms

Ages 5-10 9 Sessions \$90
Instructor: Prodigy All-Star Cheerleading
105132 Virtual Class 4/12 M 5:30-6:15 p.m.

Outdoor Classes



All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Fencing

Fencing Outdoor: Beginner I

Instructor: Gitty Mohebban

Ages 8 & Up 11 Sessions \$162

105259 Germantown CRC 4/7 W 5-6 p.m.

9 Sessions \$138

105238 North Potomac CRC 4/12 M 5-6 p.m.

Fencing Outdoor: Beginner I/II

Ages 8 & Up 11 Sessions \$162

Instructor: Gitty Mohebban

105253 Bauer Drive CRC 4/9 F 5-6 p.m.

Fencing Outdoor: Beginner II

Ages 8 & Up 11 Sessions \$162

Instructor: Gitty Mohebban

105260 Germantown CRC 4/7 W 6:15-7:15 p.m.

9 Sessions \$138

105239 N. Potomac CRC 4/12 M 6:15-7:15 p.m.

Fencing Outdoor: Intermediate

Ages 8 & Up 11 Sessions \$162

Instructor: Gitty Mohebban

105247 Bauer Drive CRC 4/9 F 6:15-7:15 p.m.

Football/Flag Football

Flag Football Club Skills and Drills

Ages 5-12 8 Sessions \$170

Instructor: KIDspired LLC

105522 Wilson Wims ES 4/8 Th 3:45-4:45 p.m.



Lacrosse

Overtime Lacrosse Academy

Ages 6-8 6 Sessions \$95

Instructor: Overtime Athletics

105152 Timberlawn LP 4/18 Su 3:45-4:45 p.m.

Ages 9-11 6 Sessions \$95

105153 Timberlawn LP 4/18 Su 5-6 p.m.

Multi-Sports

Coach Doug Seasonal Sports Class

Ages 2-5 9 Sessions \$109

Instructor: Coach Doug Academy

104493 Bauer Drive CRC 4/8 Th 5:15-6 p.m.

Ages 4-7 8 Sessions \$105

Instructor: Coach Doug Academy

104495 Oakland Terrace ES 4/10 Sa 11-11:45 a.m.

Coach Doug Wee Wanna Be

Ages 2-5 9 Sessions \$109

Instructor: Coach Doug Academy

104491 Germantown CRC 4/6 Tu 10:30-11:15 a.m.

8 Sessions \$105

104494 Oakland Terrace ES 4/10 Sa 10:15-11 a.m.

104497 Potomac CRC 4/11 Su 11-11:45 a.m.

Coach Doug Wee Wanna Be Sports

Ages 2-5 8 Sessions \$50

Instructor: Coach Doug Academy

107886 Virtual Class 4/15 Th 10-10:35 a.m.

Sports Spectacular Skills and Drills

Ages 5-11 8 Sessions \$115

Instructor: Overtime Athletics

105154 N. Potomac CRC 4/15 Th 4:30-5:30 p.m.

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Rugby

Rugby Skills and Drills

Ages 5-9 8 Sessions \$125

Instructor: Bethesda Roosters Rugby Club

105189 Bauer Drive CRC 4/12 M 4:30-5:30 p.m.

Ages 10-14 8 Sessions \$125

105193 Bauer Drive CRC 4/12 M 5:45-6:45 p.m.

Soccer

Coach Doug Soccer Class

Ages 3-6 9 Sessions \$109

Instructor: Coach Doug Academy

104492 Gemantown CRC 4/6 Tu 5-5:45 p.m.

8 Sessions \$105

104496 Oakland Terrace ES 4/10 Sa 11:45 a.m.-12:30 p.m.

Hummingbirds Soccer Skills and Drills

Ages 3-4 6 Sessions \$95

Instructor: Jump Start Sports

104471 Bauer Drive CRC 4/10 Sa 10:30-11:15 a.m.

104469 Cabin John RP 4/10 Sa 2-2:45 p.m.

104470 Gemantown CRC 4/11 Su 10-10:45 a.m.

104504 Timberlawn LP 4/11 Su 1:30-2:15 p.m.

Ages 5-7 6 Sessions \$95

Instructor: Jump Start Sports

105140 Bauer Drive CRC 4/10 Sa 11:30 a.m.-12:30 p.m.

105141 Cabin John RP 4/10 Sa 3-4 p.m.

105142 Gemantown CRC 4/11 Su 11 a.m.-Noon

105143 Timberlawn LP 4/11 Su 2:30-3:30 p.m.

Core Soccer Skills and Drills Clinic

Ages 6-10 8 Sessions \$110

Instructor: CORE FC

105518 Potomac CRC 4/7 W 6-7 p.m.

105519 Damascus CRC 4/11 Su 1-2 p.m.

105520 Mid-County CRC 4/10 Sa 1-2 p.m.

Train Like a Pro Soccer Skills and Drills

Ages 10-16 6 Sessions \$125

Instructor: Fit 2 Believe

105560 Bauer Drive CRC 4/13 Tu 5:30-7 p.m.

Route 29 Shooting Stars Soccer Skills and Drills

Ages 3-4 5 Sessions \$80

Instructor: Overtime Athletics

105151 Jackson Road ES 4/17 Sa 10-11 a.m.

Ages 5-7 5 Sessions \$80

105150 Jackson Road ES 4/17 Sa 11:15 a.m.-12:15 p.m.



REC ALERT

SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Soccer Leagues

Men's Soccer Leagues

Ages 18 & Up

Starts April 11

Activity	Division	Day	Times	Regional Park Games	Local Park Games	Fee
86276	Open Division 1	Su	9 a.m.-5 p.m.	8	0	\$1299
86277	Open Division 2	Su	9 a.m.-5 p.m.	8	0	\$1299
86276	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

86279	Red Division 1	Su	9 a.m.-5 p.m.	8	0	\$1299
86280	Blue Division 2	Su	9 a.m.-5 p.m.	8	0	\$1099
86281	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 April 10

86283	Division 1	Sa	9 a.m.-5 p.m.	8	0	\$1099
86284	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 April 11

86283	Open Division	Su	10 a.m.-2 p.m.	0	8	\$1099
44065	Free Agent	Su	9 a.m.-5 p.m.	0	8	FREE

Women's Soccer Leagues

Ages 24 & Up

Starts April 10

86288	Women's 24+	Sa	9 a.m.-5 p.m.	8	0	\$925
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Ages 40 & Up

Starts April 14

86289	Women's 40+	W	6-10:30 p.m.	8	0	\$1299
25411	Free Agent	W,Sa	9 a.m.-10:30 p.m.	8	0	FREE

Co-Rec Soccer Leagues

Ages 18 & Up

Starts April 11

86285	Open South Division	Su	9 a.m.-5 p.m.	0	8	\$899
86286	Open World Division	Su	9 a.m.-5 p.m.	0	8	\$899
86287	Open Metro Division	Su	9 a.m.-5 p.m.	0	8	\$899
44066	Free Agent	Su	9 a.m.-5 p.m.	0	8	FREE

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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Softball Leagues

Co-Rec Softball Leagues

Ages 18 & Up

Activity	Division	Day	Start Date	Times	Games	Park	Fee
107957	DH	M	4/19	6-10:30 p.m.	20	Olney/Cabin John LP	\$1205
109870	Women's Free Agent	M-F	4/19	6-10:30 p.m.	n/a	Various Regional Parks	FREE
107912	Men's Free Agent	M-F	4/19	6-10:30 p.m.	n/a	Various Regional Parks	FREE
107958	DH	W	4/21	6-10:30 p.m.	20	Cabin John LP	\$1205
107959	DH	W	4/21	6-10:30 p.m.	16	Local Parks-Down County	\$1205
107960	DH	Th	4/22	6-10:30 p.m.	16	Ridge Road RP	\$965
107962	Single	M	4/22	6-10:30 p.m.	14	Various Local Parks	\$775
107961	Social Leagues	Th	5/6	6-10:30 p.m.	10	Various Local Parks	\$540

Men's Softball Leagues

Ages 18 & Up

107935	Level C/D & D- DH	W	4/21	6-10:30 p.m.	20	Olney Manor RP	\$1205
107944	Level C/D & D- DH	W	4/21	6-10:30 p.m.	20	Ridge Road RP	\$1205
107946	Level C- DH	Th	4/22	6-10:30 p.m.	20	Olney Manor RP	\$1205
107951	Level C/D- DH	Th	4/22	6-10:30 p.m.	20	Cabin John RP	\$1205
107952	Level D- DH	Th	4/22	6-10:30 p.m.	20	Cabin John RP	\$1205
107945	Level D- DH	Th	4/22	6-10:30 p.m.	20	Olney Manor RP	\$1205
107953	Level D- DH	F	4/23	6-10:30 p.m.	20	Olney Manor RP	\$1205

Ages 50 & Up

108021	Men's 50+ - DH	Th	4/22	6-10:30 p.m.	20	Various Regional Parks	\$1205
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Ages 55 & Up

108019	Men's 55+ - DH	Th	4/22	6-10:30 p.m.	20	Various Regional Parks	\$1205
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Ages 60 & Up

107912	Men's Free Agent	M-F	4/19	6-10:30 p.m.	n/a	Various Regional Parks	FREE
108022	Men's 60+ - DH	W	4/21	6-10:30 p.m.	20	Various Regional Parks	\$1205

Women's Softball Leagues

Ages 40 & Up

108023	DH	M	4/19	6-10:30 p.m.	20	Various Regional Parks	\$1205
109870	Women's Free Agent	M-F	4/19	6-10:30 p.m.	n/a	Various Regional Parks	FREE



FREE AGENTS

Don't have a team?

Look for a sport of your choice and sign up to be a free agent. New to a sport? Don't worry, we will do our best to match you to a team that fits your level.

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Ultimate Frisbee

Frisbee Golf

Ages 6-10 7 Sessions \$69
 Instructor: American Ultimate Academy
 105369 Rosemary/Lyttonsville LP 4/19 M 5-6 p.m.

Ages 11-14 7 Sessions \$69
 105371 Rosemary/Lyttonsville LP 4/19 M 6:15-7:15 p.m.

Ultimate Frisbee Leagues

Ages 6-10 7 Sessions \$69
 Instructor: American Ultimate Academy
 105373 N. Four Corners LP 4/18 Su 10-11 a.m.

Ages 10-14 7 Sessions \$69
 105375 N. Four Corners LP 4/18 Su 11am-12:30pm

Ages 14-18 7 Sessions \$69
 105374 N. Four Corners LP 4/18 Su 12:30-6:30p.m.

*Games are played within listed timeframe.



Volleyball

Volleyball Skills Development Clinic

Ages 8-10 6 Sessions \$99
 Instructor: Ofer Levy
 105411 Takoma-Piney Branch LP 5/4 Tu 5-6 p.m.

Ages 11-13 6 Sessions \$99
 105413 Takoma-Piney Branch LP 5/4 Tu 6-7 p.m.

Ages 14-17 6 Sessions \$99
 105414 Takoma-Piney Branch LP 5/4 Tu 7-8 p.m.



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 THERAPEUTIC
 RECREATION

SPORTS

CLASSES

AQUATICS



Please Remember Your Mask

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



55 +

THERAPEUTIC RECREATION

Arts & Crafts

TR Sip 'n Paint

Ages 18 & Up 1 Session \$10
105418 Holiday Park SC 4/24 Sa 3-4:15 p.m.

Dance

Dance Creation

Ages 6-13 4 Sessions FREE
107864 Upper County CRC 4/10 Sa 1-1:50 p.m.

Ages 14-21 4 Sessions FREE
107861 Upper County CRC 4/10 Sa 2-2:50 p.m.

Fitness

Moving with Mike: Seated Exercise

Ages 18 & Up 8 Sessions \$50
107775 Virtual Class 3/28 Su 1-2 p.m.

TGIF: Totally Virtual

Ages 3 & Up 1 Session FREE
107456 Virtual Class 4/2 F 5-5:50 p.m.
107457 Virtual Class 5/7 F 5-5:50 p.m.
107458 Virtual Class 6/4 F 5-5:50 p.m.

Karate/Jujitsu

Karate Clinic for Individuals with Disabilities

Ages 6 & Up 10 Sessions \$75
Instructor: TKA Inc.
107776 Virtual Class 5/1 Sa 9:30-10:30 a.m.



Music

Becoming a Song Bird

Ages 6-13 4 Sessions FREE
107866 Upper County CRC 4/10 Sa 12:15-12:45 p.m.

Performing Arts

A DRAMA Experience: Facial Expressions & Games

Ages 6-12 4 Sessions FREE
107870 Holiday Park SC 4/11 Su 10-10:50 a.m.

Sports

Let's Play Ball at the Miracle League Field

Ages 15 & Up 6 Sessions \$38
102620 S. Germantown RP 4/10 Sa 10-11:30 a.m.

TR Sports Skills: Bocce Balls

Ages 14-24 3 Sessions FREE
105079 Schweinhaut SC 3/6 Sa 2-2:45 p.m.
105081 Schweinhaut SC 4/9 F 4:30-5:15 p.m.
105086 Schweinhaut SC 4/11 Su 10-10:45 a.m.

TR Sports Skills: Soccer Clinic

Ages 8-14 6 Sessions FREE
104242 Bauer Drive CRC 4/10 Sa 3-3:45 p.m.
104243 Bauer Drive CRC 5/1 Sa 3-3:45 p.m.

Ages 15-24 6 Sessions FREE
104240 Bauer Drive CRC 4/10 Sa 2-2:45 p.m.
104241 Bauer Drive CRC 5/1 Sa 2-2:45 p.m.

S.T.E.A.M.

Simple Science

Ages 6-13 4 Sessions \$10
107847 Holiday Park SC 4/11 Su 11 a.m.-Noon

Ages 14-21 4 Sessions \$10
107856 Holiday Park SC 4/11 Su 12:15-1:15 p.m.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Social

TR's Thursday Laugh Night

Ages 14 & Up 8 Sessions FREE
106310 Virtual Class 4/8 Th 7-8 p.m.

TR Where Are We In Montgomery County

Ages 12 & Up 3 Sessions FREE
107300 Virtual Class 4/11 Su 1-2:30 p.m.

TR Undercover Therapy Pets

Ages 5 & Up 6 Sessions FREE
105419 Virtual Class 4/17 Sa 1:30-2:30 p.m.

TR Saturday Social Friends at 5

Ages 16 & Up 10 Sessions FREE
105333 Virtual Class 4/17 Sa 5-6 p.m.

TR Virtual Game Night

Ages 16 & Up 3 Sessions FREE
105337 Virtual Class 4/30 F 7-8:30 p.m.

Yoga

TR Yoga Basics

Ages 15 & Up 6 Sessions \$60
Instructor: Irene Bopp
105338 Virtual Class 4/21 W 4-5 p.m.

TR Virtual Dance Party



TR VIRTUAL DANCE PARTY
BASEBALL FEVER
ACTIVITY 105334
1 Session | Free | Virtual Event
Ages 5 & Up
Saturday, April 24, 2021
6-7:30 p.m.



TR VIRTUAL DANCE PARTY
School Spirit
Activity 105335
1 Session | FREE | Virtual Event
Ages 5 & Up
Saturday, May 22, 2021
6-7:30 p.m.



TR VIRTUAL DANCE PARTY
Hawaiian LUAAU
Activity 105336
1 Session | Free | Virtual Event
Ages 5 & Up
Saturday June 26, 2021
6-7:30 p.m.



✉
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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55+ ADULTS

ARTS & CRAFTS

Knitting/Crochet

PP Knit and Crochet Group
 Ages 55 & Up 9 Sessions FREE
 107904 Virtual Class 3/30 Tu 10-11:30 a.m.

PP Photo Club
 Ages 55 & Up 2 Sessions FREE
 107908 Virtual Class 4/7,5/5 W 10 a.m.- Noon

Wood Carving/Woodworking

PP Woodcarving Group
 Ages 55 & Up 10 Sessions FREE
 107903 Virtual Class 3/26 F 1-2:30 p.m.



DANCE

Folk Dancing

PP International Folk Dance
 Ages 55 & Up 10 Sessions FREE
 107894 Holiday Park SC 4/1 Th 10-10:45 a.m.

Hula

PP Hula Dance
 Ages 55 & Up 9 Sessions FREE
 107896 Virtual Class 3/29 M 1-1:45 p.m.

International

PP Garba Dance
 Ages 55 & Up 10 Sessions FREE
 107885 Virtual Class 4/1 Th 2-2:55 p.m.

Line Dancing

Urban Line Dance
 Ages 55 & Up 8 Sessions \$72
 Instructor: Peytrienne McCormick
 107374 Good Hope NRC 4/13 Tu 11 a.m.-Noon



Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



EDUCATIONAL

Community Programs

Active Living Chinese Discussion Group

Ages 55 & Up 13 Sessions FREE
107956 Virtual Class 4/2 F 11 a.m.-Noon

Active Living Spanish Discussion Group

Ages 55 & Up 13 Sessions FREE
109582 Virtual Class 4/5 M 9:30- 10:30 a.m.

JCA Transportation Options Webinar

Ages 55 & Up 1 Session FREE
107919 Virtual Class 5/13 Th 11 a.m.-12:30 p.m.

Long Term Care Planning and Funding Options

Ages 55 & Up 1 Session FREE
107916 Virtual Class 4/22 Th 10-11:30 a.m.

Montgomery County's Seat: History of Rockville

Ages 55 & Up 1 Session FREE
107921 Virtual Class 3/9 Tu 3-4 p.m.

Transportation Options for Seniors

Ages 55 & Up 1 Session FREE
107922 Virtual Class 4/6 Tu 10-11:30 a.m.

Vocabulary Blast

Ages 55 & Up 2 Sessions FREE
107927 Virtual Class 4/19 M 10-11 a.m.



Discussions



Healthy Hobbies Discussion Group

Ages 55 & Up 8 Sessions FREE
107909 Virtual Class 4/5 M 2-3 p.m.

Potomac Storied History with Judith Welles

Ages 55 & Up 1 Session FREE
108180 Virtual Class 3/11 Th 2-3 p.m.

Senior Connections: LGBTQ Alliance

Ages 55 & Up 3 Sessions FREE
107913 Virtual Class 4/8 Th 5-6:30 p.m.



What In The World!

Ages 55 & Up 9 Sessions FREE
107907 Virtual Class 4/2 F 3-4 p.m.

Wheaton Cuisine

Ages 55 & Up 1 Session FREE
107895 Virtual Class 4/13 Tu 11:30 a.m.-12:30 p.m.
107884 Virtual Class 5/11 Tu 11:30 a.m.-12:30 p.m.

Fine Arts

Jazz & Juice: Celebrating International Jazz Day

Ages 55 & Up 1 Session FREE
107918 Virtual Class 4/30 F 5-6 p.m.

Musical Musings

Ages 55 & Up 6 Sessions FREE
107914 Virtual Class 4/8 Th 2-3 p.m.

Virtual Museum Tour

Ages 55 & Up 1 Session FREE
107898 Virtual Class 4/6 Tu 9:30-10:30 a.m.

Language



French Conversation

Ages 55 & Up 9 Sessions FREE
107889 Virtual Class 3/29 M 11 a.m.-Noon



French Intermediate

Ages 55 & Up 10 Sessions FREE
107887 Virtual Class 3/31 W 11:30 am-12:30 pm

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



FITNESS

Spinning Bike Class

Ages 55 & Up 12 Sessions FREE
107920 Schweinhaut SC 3/11 Th 9-10 a.m.

Bocce Game Day

Ages 55 & Up 4 Sessions FREE
108181 Schweinhaut SC 4/7 W 11 a.m.-Noon

Walking Around North Potomac Senior Center

Ages 55 & Up 9 Sessions FREE
107893 N. Potomac SC 3/2 Tu 1:30-2:15 p.m.

Explore Upper Montgomery County Walking Trails

Ages 55 & Up 9 Sessions FREE
107900 N. Potomac SC 3/4 Th 11-11:45 a.m.

Aerobic Dance

Dance and Fitness

Ages 18 & Up 22 Sessions \$165
Instructor: Virginia Azuree
104460 Good Hope NRC 4/6 Tu,Th 10-11 a.m.

20 Sessions \$150
104048 Holiday Park SC 4/7 M,W 6-7 p.m.

9 Sessions \$68
104461 Holiday Park SC 4/10 Sa 8:45-9:45 a.m.

Aerobic Exercise

Gym Phobia and How to Conquer It

Ages 55 & Up 4 Sessions FREE
107928 Virtual Class 3/8 M 11 a.m.-Noon

Low Impact Exercise



Chair Dancing

Ages 55 & Up 10 Sessions FREE
107890 Virtual Class 4/1 Th 1-1:45 p.m.

Seated Stretch & Tone

Ages 55 & Up 4 Sessions FREE
107925 Virtual Class 4/6 Tu 10-10:30 a.m.

Total Body Conditioning

Kelley's 50+ Complete Workout

Ages 50 & Up 11 Sessions \$83
Instructor: Pamela Kelley
103150 Virtual Class 4/8 Th 9:15-10:15 a.m.

Yoga

Hatha Yoga and Stress Management Beg/Cont 50+

Ages 55 & Up 11 Sessions \$110
Instructor: Suzana Cooper
104034 Virtual Class 4/9 F 10-11 a.m.

Outdoor Yoga for Vitality

Ages 50 & Up 4 Sessions \$48
107929 N. Potomac CRC 4/6 Tu 11 a.m.-Noon

Yoga for Vitality

Ages 50 & Up 4 Sessions \$48
107509 Virtual Class 3/2 Tu 11 a.m.-Noon

Chair Yoga

Ages 55 & Up 9 Sessions \$90
Instructor: Suzana Cooper
104033 Virtual Class 4/12 M 10-11 a.m.



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

55+ THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



HEALTH/ WELLNESS

Discussions

Gratitude Lifestyle

Ages 55 & Up 6 Sessions FREE
107888 Virtual Class 4/6 Tu 1:30-2:30 p.m.

Support Groups

Max You Group

Ages 55 & Up 8 Sessions FREE
107906 Virtual Class 4/6 Tu 10:30-11:25am.

Tai Chi

Outdoor Tai Chi

Ages 55 & Up 16 Sessions FREE
107923 Potomac CRC 4/7 W,F 10-11 a.m.

Tai Chi Sword

Ages 55 & Up 9 Sessions FREE
107897 Holiday Park SC 3/29 M 2:30-3:25 p.m.

MUSIC

Discussions

Music Through the Ages Conversations

Ages 55 & Up 4 Sessions FREE
107891 Virtual Class 3/4 Th 4-5 p.m.



TRIPS AND TOURS

Day Trips

Meet-Up Hike-Meadowside

Ages 18 & Up 1 Session FREE
80169 Meadowside Lot 4/29 Th 9-11 a.m.

Meet-Up Lake Needwood Hiker/Biker Trail- Walk- Shaded Trail

Ages 18 & Up 1 Session FREE
107507 Lake Needwood 5/13 Th 9-11 a.m.

Meet-Up Woodlawn Manor Park- Underground Railroad Trail

Ages 18 & Up 1 Session FREE
107508 Woodlawn Manor 5/27 Th 9-11 a.m.

SPECIAL EVENTS

First Friday Happy Hour

Ages 55 & Up 2 Sessions FREE
107931 Virtual Class 3/5,4/2 F 3-4 p.m.

Tea for All Social

Ages 55 & Up 2 Sessions FREE
107874 Virtual Class 3/19,4/16 F 3-4 p.m.

Who's the Greenest of Them All? Contest

Ages 55 & Up 1 Session FREE
107930 Virtual Class 3/16 Tu 10-11 a.m.

Monthly Birthday Celebration

Ages 55 & Up 2 Sessions FREE
107902 Virtual Class 3/12,4/9 F 3-4 p.m.



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55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

MONTGOMERY COUNTY RECREATION

55+

OUTDOOR



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

& VIRTUAL CLASSES



MONTGOMERY COUNTY
Recreation

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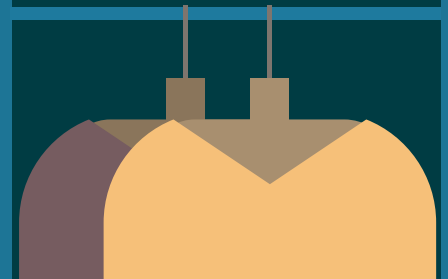


MONTGOMERY COUNTY
Recreation

MONTGOMERY COUNTY RECREATION

FITNESS FACILITIES REOPENING SOON

We've missed you and we're quite sure you've missed us too. But don't fret, our fitness centers will reopen soon for limited fitness activities. Until then, follow us on Instagram and Twitter, and like us on Facebook for updates.



MONTGOMERYCOUNTYRECREATION



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MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



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

MONTGOMERY COUNTY RECREATION



Montgomery County Recreation's Youth Development Team uses a variety of means to reach all of the county's diverse young people. Our recreation activities and services allow children and teens to make the most of their time outside of school. Through these various outlets, we help young people to become healthier, gain leadership experience, develop career skills and connect with caring adult role models.

TO FIND OUT MORE VISIT
WWW.MOCOREC.COM

 MONTGOMERYCOUNTYRECREATION

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NOW OFFERING
MIDDLE SCHOOL PROGRAMS



YOUTH DEVELOPMENT
Montgomery County Recreation

In response to the County's Youth Sports initiative to increase access for youth to engaging sport opportunities, Soccer4Change is expanding our spring league to include middle school youth.

Soccer4Change is a comprehensive collective approach to soccer outreach that connects young people to critical developmental assets through soccer and caring adult mentors.



MONTGOMERY COUNTY
Recreation

For more information, visit www.mocorec.com/soccer4change



PROGRAM LOCATIONS

Ayrlawn Local Park

Coach Pitch Baseball.....	14
Lil' Sluggers T-Ball.....	14

Bauer Drive Community Recreation Center

ACT The Workout-Fitness.....	10
Coach Doug Seasonal Sports Class.....	15
CPR, First Aid and AED.....	8
CPR, First Aid and AED Spanish.....	8
Fencing Outdoor: Beginner I/II.....	15
Fencing Outdoor: Intermediate.....	15
Funfit Tots Family Class.....	9
Hummingbirds Soccer Skills and Drills.....	16
Karate/Jujitsu Adult Outdoor.....	12
Karate/Jujitsu Outdoor.....	12
Pilates for Fitness.....	9
Rugby Skills and Drills.....	16
TR Sports Skills: Soccer Clinic.....	20
Train Like a Pro Soccer Skills and Drills.....	16
Yoga for Preschoolers.....	11
Yoga Outdoors.....	11
Yoga for Youth Children.....	11
Zumba Fitness.....	10

Cabin John Regional Park

Hummingbirds Soccer Skills and Drills.....	16
Softball Leagues: Co-Rec.....	18
Softball Leagues: Men's.....	18

Clara Barton Neighborhood Recreation Center

Karate/Jujitsu Outdoor.....	12
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Damascus Community Recreation Center

Karate/Jujitsu Adult Outdoor.....	12
Karate/Jujitsu Outdoor.....	12
Soccer Skills and Drills Clinic.....	16

Germantown Community Recreation Center

Bamboo Fusion.....	10
Coach Doug Soccer Class.....	16
Coach Doug Wee Wanna Be.....	15
Fencing Outdoor - Beginner I.....	15
Fencing Outdoor - Beginner II.....	15
Hummingbirds Soccer Skills and Drills.....	16

Germantown Indoor Swim Center

Deep Water Running.....	6
Developmental Swim.....	5
Water Aerobics.....	6
Water Exercise.....	6

Good Hope Neighborhood Recreation Center

Dance and Fitness.....	9, 24
Urban Line Dance.....	8
Zumba Fitness.....	10

Holiday Park Senior Center

A DRAMA Experience: Facial Expressions & Games.....	20
CPR, First Aid and AED.....	8
Dance and Fitness.....	9
Simple Science.....	20
TR Sip 'n Paint.....	20
Zumba.....	10
Zumba Toning.....	10

Jackson Road Elementary School

Route 29 Shooting Stars Soccer Skills and Drills.....	16
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Jane E. Lawton Community Recreation Center

Pilates for Fitness.....	9
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Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	5
Aqua Lite.....	5
Aqua Spin.....	5
Deep Water Running.....	6
Hi/Lo Cardio Fusion.....	6
Water Aerobics.....	6
Water Exercise.....	6

Layhill Village Local Park

Coach Pitch Baseball.....	14
Lil' Sluggers T-Ball.....	14

Margaret Schweinhaut Senior Center

Spinning Bike Class.....	24
TR Sports Skills: Bocce Balls.....	20

MLK Swim Center

Abs & Glutes & More.....	5
Aqua Cardio Dance.....	5
Aqua Spin.....	5
Aqua YO-Lates.....	5
Deep Water Running.....	5
Developmental Swim.....	5
Lifeguard Training.....	7
Water Exercise.....	5

Mid-County Community Recreation Center

CP Basketball Skills and Conditioning.....	14
Soccer Skills and Drills Clinic.....	16

Nancy H. Dacek North Potomac Community Recreation Center

Fencing Outdoor: Beginner I.....	15
Fencing Outdoor: Beginner II.....	15
My First Music Class.....	13
Outdoor Yoga for Vitality.....	24
Sports Spectacular: Skills and Drills.....	15
Toddler and Me Dance.....	9
Train Like a Pro Basketball Skills and Drills.....	14

Nancy H. Dacek North Potomac Senior Center

Walking Around North Potomac Senior Center.....	24
Explore Upper Montgomery County Walking Trails.....	24

North Four Corners Local Park

Ultimate Frisbee Leagues- Elementary School.....	19
Ultimate Frisbee League- High School.....	19
Ultimate Frisbee League- Middle School.....	19

Oakland Terrace Elementary School

Coach Doug Seasonal Sports Class.....	15
Coach Doug Soccer Class.....	15
Coach Doug Wee Wanna Be.....	15

Olney Manor Regional Park

Softball Men's Leagues.....	18
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Olney Swim Center

Aqua Lite.....	5
Deep Water Running.....	6
Developmental Swim.....	5
Water Aerobics.....	6
Water Exercise.....	6



PROGRAM LOCATIONS

Potomac Community Recreation Center

ACT The Workout-Fitness.....	10
Coach Doug Wee Wanna Be.....	15
Core Soccer Skills and Drills.....	16
Fitness Bootcamp for Kids.....	9
Karate Do / Iaido Outdoor.....	11
Karate/Jujitsu Adult and Youth Outdoor.....	12
Outdoor Tai Chi.....	25
Train Like a Pro Basketball: Skills and Drills.....	14

Quince Orchard Valley Neighborhood Park

Coach Pitch Baseball.....	14
Lil' Sluggers T-Ball.....	14

Ridge Road Regional Park

Soccer Co-Rec Leagues.....	17
Softball Men's Leagues.....	18

Rosemary Hills-Lyttonsville Local Park

Frisbee Golf - Elementary School.....	19
Frisbee Golf - Middle School.....	19

Snowden Farm Elementary School

Basketballer Club.....	14
Kickball.....	14

South Germantown Recreational Park

Let's Play Ball at the Miracle League Field.....	20
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Takoma-Piney Branch Local Park

Volleyball Skills Development Clinic.....	19
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Tilden Woods Local Park

Funfit Tots.....	9
Funfit Tots Family Class.....	9

Timberlawn Local Park

Hummingbirds Soccer: Skills and Drills.....	16
Overtime Lacrosse Academy.....	15

Upper County Community Recreation Center

Becoming a Song Bird.....	20
Dance Creation.....	20

Various Regional and Local Parks

Kickball Co-Rec League.....	14
Meet-Up Hike-Meadowside.....	25
Meet-Up Lake Needwood Trail.....	25
Meet-Up Woodlawn Manor Park.....	25
Soccer Co-Rec Leagues.....	17
Soccer Men's Free Agents.....	17
Soccer Men's Leagues.....	17
Soccer Women's Free Agents.....	17
Soccer Women's Leagues.....	17
Softball Co-Rec Leagues.....	18
Softball Men's Free Agents.....	18
Softball Men's Leagues.....	18
Softball Women's Free Agents.....	18
Softball Women's Leagues.....	18

Wheaton Community Recreation Center

Bagua Outdoor.....	12
Karate/Jujitsu Adult Outdoor.....	12
Karate/Jujitsu Outdoor.....	12
Powerblast.....	10
Tai Chi: Outdoor.....	10

White Oak Community Recreation Center

CP Basketball Skills and Conditioning.....	14
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Wilson Wims Elementary School

Flag Football Club: Skills and Drills.....	15
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REMINDER

All prices, dates, times, and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.



VIRTUAL CLASSES

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



OUTDOOR CLASSES

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.



FACILITY ADDRESSES



Registration For
Spring 2021 begins on
Feb. 8



Elementary Schools

- Jackson Road ES..... 900 Jackson Rd, Silver Spring, MD 20904
- Oakland Terrace ES.. 2720 Plyers Mill Rd, Silver Spring, MD 20902
- Snowden Farm ES... 22500 Sweetspire Dr., Clarksburg, MD 20871
- Wilson Wims ES..... 12520 Blue Sky Dr, Clarksburg, MD 20871

Parks

- Ayrlawn Local Park..... 5652 Oakmont Ave, Bethesda, MD 20817
- Cabin John Regional Park.....7400 Tuckerman Ln, Bethesda, MD 20817
- Layhill Village Local Park.....1920 Queensguard Rd, Aspen Hill, MD 20906
- North Four Corners Local Park....315 University Blvd W, Silver Spring, MD 20901
- Olney Manor Regional Park.....16601 Georgia Ave, Olney, MD 20832
- Quince Orchard Valley Neighborhood Park.....12015 Suffolk Terrace,
Gaithersburg, MD 20878
- Ridge Road Regional Park..... 21155 Frederick Rd, Germantown, MD 20876
- Rosemary Hills-Lyttonville Local Park..... 2450 Lyttonville Rd,
Chevy Chase, MD 20910
- South Germantown Recreational Park...14501 Schaeffer Rd, Boyds, MD 20841
- Takoma-Piney Branch Local Park.....2 Darwin Ave, Silver Spring, MD 20910
- Tilden Woods Local Park..... 6800 Tilden Ln, Rockville, MD 20852
- Timberlawn Local Park.....10800 Gloxinia Dr, North Bethesda, MD 20852

Recreation Facilities

- 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
- Germantown ISC 18000 Central Park Circle, Boyds, 20841
- Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905
- Gwendolyn Coffield CRC..... 2450 Lyttonville Road, Silver Spring, 20910
- Holiday Park SC 3950 Ferrara Drive, Wheaton, 20906
- Jane E. Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
- Kennedy Shriver AC 5900 Executive Blvd., N.Bethesda, 20814
- Leonard D. Jackson Ken Gar 4111 Plyers Mill Road, Kensington, 20895
- Long Branch CRC 8700 Piney Branch Road, Silver Spring, 20901
- Longwood CRC 19300 Georgia Ave., Brookeville, 20833
- Marilyn J. Praisner CRC 14906 Old Columbia Parkway, Burtonsville, 20866
- Martin Luther King SC..... 1201 Jackson Road, Silver Spring, 20904
- Mid-County CRC 2004 Queensguard Road, Silver Spring, 20906
- Nancy H. Dacek North Potomac CRC..... 3850 Travilah Road, Rockville, 20850
- Olney Swim Center 16601 Georgia Ave., Olney, 20832
- Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
- Potomac CRC 11315 Falls Road, Potomac, 20854
- Recreation Administrative Office..... 4010 Randolph Road, Silver Spring 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

