

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



FALL 2023



MONTGOMERY COUNTY
Recreation

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MONTGOMERY COUNTY
Recreation



Jump to ActiveMontgomery to register for activities.
Use the clickable link, located on various pages.



Click to view and register.



Fall 2023
registration begins
Monday, Aug. 14

Facility Addresses90

SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



— FOR MORE INFO, VISIT —
MOCOREC.COM/SILVERSPRING



FREE

RECFIT PASS

VALID NOW THROUGH

2024

FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY

Recreation



MONTGOMERY COUNTY
Recreation

Rec Assist

Financial Assistance Program

2023

[MOCOREC.COM/RECASSIST](https://mcorec.com/recassist)



AQUATICS

Live a Little...Swim a Lot!

INDOOR POOLS

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

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle
Boyd's
**Closed Sept. 9
Oct 14-15
Nov 11-12**

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring
Closed Oct. 28-29

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney
Closed Nov. 4-5

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6800
1319 Apple Avenue,
Silver Spring
Coming Soon



AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.



CLICK HERE

STAY UP-TO-DATE



MOCOREC.COM/POOLS

Get the most current pool information here.



Water Fitness



Click to view and register.

Abs & Glutes & More

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01001-101	KSAC	9/5	Tu	9-9:50 a.m.	\$91
	R01001-102	KSAC	9/7	Th	9-9:50 a.m.	\$84
	R01001-104	MLK	9/6	W	10-10:50 a.m.	\$91
	R01001-103	MLK	9/11	M	10-10:50 a.m.	\$84

Aqua Cardio Challenge

Ages 12 and up

14 Sessions	R01004-101	MLK	9/12	Tu	8:30-9:20 p.m.	\$98
	R01004-102	MLK	9/10	Su	4-4:50 p.m.	\$91
	R01004-103	MLK	9/15	F	9-9:50 a.m.	\$98
	R01004-104	KSAC	9/14	Th	11-11:50 a.m.	\$98

Aqua Cardio Dance

Ages 12 and up

14 Sessions	R01003-101	OSC	8/27	Su	9:05-9:55 a.m.	\$98
	R01003-102	MLK	9/12	Tu	10-10:50 a.m.	\$98
	R01003-103	MLK	9/14	Th	10-10:50 a.m.	\$98

Aqua Lite

Ages 12 and up

14 Sessions	R01005-102	KSAC	9/13	W	11-11:50 a.m.	\$98
15 Sessions	R01005-103	OSC	8/28	M	10-10:50 a.m.	\$105
16 Sessions	R01005-104	OSC	8/30	W	10-10:50 a.m.	\$105
	R01005-105	OSC	9/1	F	10-10:50 a.m.	\$112



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Aqua Spin

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01006-113	GISC	9/12	Tu	8-8:50 a.m.	\$140
	R01006-114	GISC	9/14	Th	8-8:50 a.m.	\$140
	R01006-104	KSAC	9/11	M	8:30-9:20 p.m.	\$140
	R01006-117	KSAC	9/12	Tu	12:30-1:20 p.m.	\$140
	R01006-101	KSAC	9/13	W	1-1:50 p.m.	\$140
	R01006-102	KSAC	9/13	W	8:30-9:20 p.m.	\$140
	R01006-103	KSAC	9/14	Th	12:30-1:20 p.m.	\$140
	R01006-118	KSAC	9/15	F	9-9:50 a.m.	\$140
	R01006-105	KSAC	9/15	F	8-8:50 p.m.	\$140
9 Sessions	R01006-116	MLK	9/16	Sa	8-8:50 a.m.	\$90
12 Sessions	R01006-111	MLK	9/12	Tu	11-11:50 a.m.	\$140
	R01006-115	MLK	9/12	Tu	7:30-8:20 a.m.	\$140
	R01006-107	MLK	9/13	W	9-9:50 a.m.	\$140
	R01006-106	MLK	9/14	Th	11-11:50 a.m.	\$140
	R01006-112	MLK	9/14	Th	8:30-9:20 p.m.	\$140
	R01006-109	MLK	9/15	F	7:30-8:20 a.m.	\$140
	R01006-110	MLK	9/15	F	7:30-8:20 p.m.	\$140
	R01006-108	MLK	9/16	Sa	7-7:50 p.m.	\$120

Aqua Yo-Lates

Ages 12 and up

14 Sessions	R01007-101	MLK	9/15	F	10-10:50 a.m.	\$98
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THE REC INSIDER



SIGN UP

FOR OUR NEWSLETTER TODAY!



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Deep Water Running

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01008-130	GISC	9/16	Sa	10-10:50 a.m.	\$56
14 Sessions	R01008-107	GISC	9/11	M	10-10:50 a.m.	\$98
	R01008-110	GISC	9/11	M	7:50-8:40 p.m.	\$98
	R01008-106	GISC	9/12	Tu	10-10:50 a.m.	\$98
	R01008-108	GISC	9/13	W	10:30-11:20 a.m.	\$98
	R01008-109	GISC	9/14	Th	10-10:50 a.m.	\$98
13 Sessions	R01008-101	KSAC	9/13	Tu	10-10:50 a.m.	\$91
14 Sessions	R01008-101	KSAC	9/12	Tu	10-10:50 a.m.	\$98
	R01008-104	KSAC	9/12	Tu	7:45-8:35 p.m.	\$98
	R01008-102	KSAC	9/14	Th	10-10:50 a.m.	\$98
	R01008-105	KSAC	9/14	Th	7:45-8:35 p.m.	\$98
	R01008-103	KSAC	9/15	F	10-10:50 a.m.	\$98
9 Sessions	R01008-127	MLK	9/16	Sa	9-9:50 a.m.	\$63
14 Sessions	R01008-121	MLK	9/11	M	Noon-12:50 p.m.	\$98
	R01008-131	MLK	9/12	Tu	9-9:50 a.m.	\$98
	R01008-124	MLK	9/12	Tu	7:30-8:20 p.m.	\$98
	R01008-126	MLK	9/13	W	Noon-12:50 p.m.	\$98
	R01008-122	MLK	9/14	Th	7:30-8:20 a.m.	\$98
	R01008-123	MLK	9/14	Th	7:30-8:20 p.m.	\$98
	R01008-125	MLK	9/15	F	11-11:50 a.m.	\$98
11 Sessions	R01008-129	OSC	9/2	Sa	9:05-9:55 a.m.	\$77
15 Sessions	R01008-128	OSC	8/28	M	11-11:50 a.m.	\$105
	R01008-111	OSC	8/28	M	7:20-8:10 p.m.	\$105
16 Sessions	R01008-112	OSC	8/29	Tu	8:30-9:20 a.m.	\$112
	R01008-113	OSC	8/29	Tu	10:30-11:20 a.m.	\$112
	R01008-119	OSC	8/30	W	6:30-7:20 a.m.	\$112
	R01008-114	OSC	8/30	W	7:20-8:10 p.m.	\$112
	R01008-115	OSC	8/31	Th	9-9:50 a.m.	\$112
	R01008-116	OSC	8/31	Th	11-11:50 a.m.	\$112
	R01008-117	OSC	8/31	Th	8:15-9:05 p.m.	\$112
	R01008-120	OSC	9/1	F	6:30-7:20 a.m.	\$112
	R01008-118	OSC	9/1	F	6:20-7:10 p.m.	\$112



**PARENT-ASSISTED
SWIM LESSONS**

JUMP TO PAGE 12



Click to view and register.

Hi/Lo Cardio Fusion

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01009-101	KSAC	9/15	F	11-11:50 a.m.	\$98

Water Aerobics

Ages 12 and up

13 Sessions	R01010-105	GISC	9/14	Th	7:50-8:40 p.m.	\$91
14 Sessions	R01010-108	GISC	9/13	W	9:30-10:20 a.m.	\$98
16 Sessions	R01010-101	OSC	8/29	Tu	7:20-8:10 p.m.	\$112
	R01010-102	OSC	8/29	Tu	9:30-10:20 a.m.	\$112
	R01010-109	OSC	8/30	W	8:15-9:05 p.m.	\$112
	R01010-103	OSC	8/31	Th	10-10:50 a.m.	\$112
	R01010-104	OSC	8/31	Th	7:20-8:10 p.m.	\$112

Water Exercise

Ages 12 and up

14 Sessions	R01011-101	KSAC	9/12	Tu	11-11:50 a.m.	\$98
	R01011-106	KSAC	9/11	M	10-10:50 a.m.	\$98
	R01011-107	KSAC	9/13	W	10-10:50 a.m.	\$98
	R01011-105	MLK	9/11	M	9-9:50 a.m.	\$98
15 Sessions	R01011-102	OSC	8/28	M	9-9:50 a.m.	\$105
16 Sessions	R01011-103	OSC	8/30	W	9-9:50 a.m.	\$112
	R01011-104	OSC	9/1	F	9-9:50 a.m.	\$112

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US

AND RECEIVE

FREE LIFEGUARD

TRAINING



LIFEGUARD



MONTGOMERY COUNTY
Recreation



Swim Lessons

Registration will begin

Aug. 14 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 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 indoor pool.

Class fee covers lessons only. Participants may enter the locker rooms 10 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 aquatic 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

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)
Aquatots (Ages 18 months-3 years)
Pre-School (Ages 3-5)

On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.

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.

Level 1

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be able to function well in a group setting without parents.

Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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.

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.

Level 3

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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.

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.

Level 4

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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.

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.

Level 5

Advanced Youth (Ages 7-13)
Adult (Ages 14+)

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.

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.

Level 6

Advanced Youth (Ages 7-13)
Adult (Ages 14+)

On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).

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 kicks and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.

FOR MORE INFORMATION, CLICK HERE.



Parent-Assisted Swim Lessons

Aquatots

Ages 18 months-3 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01038-126	9/19	Tu,Th	5:40-6:10 p.m.	\$60
R01038-127	9/20	W	6:10-6:40 p.m.	\$60
R01038-128	10/10	Tu,Th	5:40-6:10 p.m.	\$60
R01038-129	11/1	W	6:10-6:40 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01038-101	9/9	Sa	9-9:30 a.m.	\$60
R01038-102	11/4	Sa	9-9:30 a.m.	\$60

MARTIN LUTHER KING JR. SWIM CENTER

R01038-178	9/9	Sa	10:20-10:50 a.m.	\$60
R01038-179	9/10	Su	10-10:30 a.m.	\$60
R01038-180	9/13	W	5:30-6 p.m.	\$60
R01038-183	11/1	W	5:30-6 p.m.	\$60
R01038-181	11/4	Sa	10:20-10:50 a.m.	\$60
R01038-182	11/5	Su	10-10:30 a.m.	\$60

OLNEY SWIM CENTER

R01038-154	9/12	Tu	6-6:30 p.m.	\$60
R01038-155	10/22	Su	9-9:30 a.m.	\$60
R01038-157	10/24	Tu	6-6:30 p.m.	\$60



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+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Pre-School

Ages 3-5 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01062-126	9/19	Tu,Th	6:20-6:50 p.m.	\$60
R01062-127	9/20	W	5:30-6:10 p.m.	\$60
R01062-128	10/10	Tu,Th	6:20-6:50 p.m.	\$60
R01062-129	11/1	W	5:30-6 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01062-101	9/9	Sa	9:40-10:10am	\$60
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MARTIN LUTHER KING JR. SWIM CENTER

R01062-178	9/9	Sa	1-1:30 p.m.	\$60
R01062-179	9/10	Su	Noon-12:30 p.m.	\$60
R01062-180	9/13	W	6:50-7:20 p.m.	\$60
R01062-183	11/1	W	6:50-7:20 p.m.	\$60
R01062-181	11/4	Sa	1-1:30 p.m.	\$60
R01062-182	11/5	Su	Noon-12:30 p.m.	\$60

OLNEY SWIM CENTER

R01062-153	9/12	Tu	6:40-7:10 p.m.	\$60
R01062-154	10/22	Su	9:40-10:10 a.m.	\$60

Waterbabies

Ages 6-18 months • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01063-126	9/19	Tu,Th	5-5:30 p.m.	\$60
R01063-127	10/10	Tu,Th	5-5:30 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01063-101	9/9	Sa	11-11:30 a.m.	\$60
R01063-102	11/4	Sa	11-11:30 a.m.	\$60

MARTIN LUTHER KING JR. SWIM CENTER

R01063-178	9/9	Sa	11:40am-12:10 p.m.	\$60
R01063-179	9/13	W	6:10-6:40 p.m.	\$60
R01063-181	11/1	W	6:10-6:40 p.m.	\$60
R01063-180	11/4	Sa	11:40am-12:10 p.m.	\$60

OLNEY SWIM CENTER

R01063-154	9/12	Tu	5:20-5:50 p.m.	\$60
R01063-155	10/22	Su	10:20-10:50 a.m.	\$60
R01063-157	10/24	Tu	5:20-5:50 p.m.	\$60

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Beginner Swim Lessons

Beginner Level 1

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01051-134	9/18	M	5:30-6 p.m.	\$65
R01051-135	9/19	Tu,Th	5-5:30 p.m.	\$65
R01051-136	9/19	Tu,Th	5:40-6:10 p.m.	\$65
R01051-126	9/23	Sa	10:25-10:55 a.m.	\$65
R01051-128	9/23	Sa	11:45 a.m.-12:15 p.m.	\$65
R01051-129	9/23	Sa	12:25-12:55 p.m.	\$65
R01051-130	9/23	Sa	1:05-1:35 p.m.	\$65
R01051-131	9/24	Su	9:15-9:45 a.m.	\$65
R01051-132	9/24	Su	10:35-11:05 a.m.	\$65
R01051-133	9/24	Su	11:15-11:45 a.m.	\$65
R01051-138	10/10	Tu,Th	5-5:30 p.m.	\$65
R01051-139	10/10	Tu,Th	5:40-6:10 p.m.	\$65
R01051-137	10/30	M	5:30-6 p.m.	\$65
R01051-140	11/1	W	5:30-6 p.m.	\$65
R01051-127	9/23	Sa	11:05-11:35 a.m.	\$65
R01051-141	10/30	M	6:10-6:40 p.m.	\$65

7 Sessions

KENNEDY SHRIVER AQUATIC CENTER

R01051-101	9/9	Sa	11-11:30 a.m.	\$65
R01051-102	9/9	Sa	12:20-12:50 p.m.	\$65
R01051-103	9/10	Su	11-11:30 a.m.	\$65
R01051-104	11/4	Sa	11-11:30 a.m.	\$65
R01051-105	11/4	Sa	12:20-12:50 p.m.	\$65
R01051-106	11/5	Su	11-11:30 a.m.	\$65





QUESTIONS?

CONTACT
CUSTOMER SERVICE

Call customer service
or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Beginner Level 1

Ages 4-6



Click to view and register.

MARTIN LUTHER KING JR. SWIM CENTER

R01051-122	9/10	Su	11:20-11:50 a.m.	\$65
R01051-123	9/10	Su	Noon-12:30 p.m.	\$65
R01051-124	10/31	Tu	5:30-6 p.m.	\$65
R01051-125	10/31	Tu	6:10-6:50 p.m.	\$65
R01051-147	11/5	Su	11:20-11:50 a.m.	\$65
R01051-148	11/1	W	6:10-6:50 p.m.	\$65
R01051-178	9/9	Sa	9:40-10:10 a.m.	\$65
R01051-179	9/9	Sa	10:20-10:50 a.m.	\$65
R01051-180	9/9	Sa	11-11:30 a.m.	\$65
R01051-181	9/9	Sa	12:20-12:50 p.m.	\$65
R01051-182	9/9	Sa	1-1:30 p.m.	\$65
R01051-183	9/10	Su	10:40-11:10 a.m.	\$65
R01051-184	9/11	M	5:30-6 p.m.	\$65
R01051-185	9/11	M	6:50-7:20 p.m.	\$65
R01051-186	9/12	Tu	5:30-6 p.m.	\$65
R01051-187	9/12	Tu	6:10-6:40 p.m.	\$65
R01051-188	9/13	W	6:10-6:40 p.m.	\$65
R01051-189	9/14	Th	5:30-6 p.m.	\$65
R01051-190	9/14	Th	6:10-6:40 p.m.	\$65
R01051-191	11/4	Sa	9:40-10:10 a.m.	\$65
R01051-192	11/4	Sa	10:20-10:50 a.m.	\$65
R01051-193	11/4	Sa	11-11:30 a.m.	\$65
R01051-194	11/4	Sa	12:20-12:50 p.m.	\$65
R01051-195	11/4	Sa	1-1:30 p.m.	\$65
R01051-196	11/5	Su	10:40-11:10 a.m.	\$65
R01051-197	11/5	Su	Noon-12:30 p.m.	\$65
R01051-198	10/30	M	5:30-6 p.m.	\$65
R01051-199	10/30	M	6:50-7:20 p.m.	\$65
R01051-149	11/2	Th	5:30-6 p.m.	\$65
R01051-177	11/2	Th	6:10-6:50 p.m.	\$65

7 Sessions

OLNEY SWIM CENTER

R01051-158	9/11	M	5:40-6:10 p.m.	\$65
R01051-159	9/11	M	6:20-6:50 p.m.	\$65
R01051-160	9/11	M	7-7:30 p.m.	\$65
R01051-161	9/12	Tu	6-6:30 p.m.	\$65
R01051-162	9/13	W	5:40-6:10 p.m.	\$65
R01051-163	9/13	W	6:20-6:50 p.m.	\$65
R01051-169	10/22	Su	11-11:30 a.m.	\$65
R01051-170	10/23	M	5:40-6:10 p.m.	\$65
R01051-171	10/23	M	7-7:30 p.m.	\$65
R01051-172	10/24	Tu	5:20-5:50 p.m.	\$65
R01051-173	10/25	W	5:40-6:10 p.m.	\$65
R01051-174	10/25	W	6:20-6:50 p.m.	\$65

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Beginner Level 2

Ages 4-6 • 6 Sessions



7 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01052-131	9/18	M	6:10-6:40 p.m.	\$65
R01052-132	9/19	Tu,Th	5:40-6:10 p.m.	\$65
R01052-133	9/19	Tu,Th	6:20-6:50 p.m.	\$65
R01052-134	9/20	W	6:10-6:40 p.m.	\$65
R01052-126	9/23	Sa	10:25-10:55 a.m.	\$65
R01052-129	9/24	Su	9:15-9:45 a.m.	\$65
R01052-130	9/24	Su	9:55-10:25 a.m.	\$65
R01052-135	10/10	Tu,Th	5:40-6:10 p.m.	\$65
R01052-136	10/10	Tu,Th	6:20-6:50 p.m.	\$65
R01052-137	11/1	W	6:10-6:40 p.m.	\$65
R01052-127	9/23	Sa	12:25-12:55 p.m.	\$65
R01052-128	9/23	Sa	1:05-1:35 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01052-101	9/9	Sa	10:20-10:50 a.m.	\$65
R01052-102	9/10	Su	12:20-12:50 p.m.	\$65
R01052-103	11/4	Sa	10:20-10:50 a.m.	\$65
R01052-104	11/5	Su	12:20-12:50 p.m.	\$65




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 Level 2

Ages 4-6 • 6 Sessions



[Click to view and register.](#)

MARTIN LUTHER KING JR. SWIM CENTER

R01052-179	9/9	Sa	9:40-10:10 a.m.	\$65
R01052-178	9/9	Sa	11-11:30 a.m.	\$65
R01052-181	9/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-180	9/9	Sa	12:20-12:50 p.m.	\$65
R01052-123	9/10	Su	10-10:30 a.m.	\$65
R01052-182	9/10	Su	10:40-11:10 a.m.	\$65
R01052-183	9/10	Su	Noon-12:30 p.m.	\$65
R01052-184	9/11	M	5:30-6 p.m.	\$65
R01052-185	9/11	M	6:10-6:50 p.m.	\$65
R01052-186	9/12	Tu	5:30-6 p.m.	\$65
R01052-187	9/12	Tu	6:10-6:50 p.m.	\$65
R01052-188	9/13	W	6:50-7:20 p.m.	\$65
R01052-189	9/14	Th	6:10-6:50 p.m.	\$65
R01052-190	9/14	Th	6:50-7:20 p.m.	\$65
R01052-197	10/30	M	5:30-6 p.m.	\$65
R01052-198	10/30	M	6:10-6:40 p.m.	\$65
R01052-199	10/31	Tu	5:30-6 p.m.	\$65
R01052-124	10/31	Tu	6:10-6:40 p.m.	\$65
R01052-125	11/1	W	6:50-7:20 p.m.	\$65
R01052-148	11/2	Th	6:10-6:40 p.m.	\$65
R01052-149	11/2	Th	6:50-7:20 p.m.	\$65
R01052-191	11/4	Sa	9:40-10:10 a.m.	\$65
R01052-193	11/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-194	11/4	Sa	12:20-12:50 p.m.	\$65
R01052-147	11/5	Su	10-10:30 a.m.	\$65
R01052-195	11/5	Su	10:40-11:10 a.m.	\$65
R01052-196	11/5	Su	Noon-12:30 p.m.	\$65

OLNEY SWIM CENTER

R01052-156	9/11	M	6:20-7:10 p.m.	\$65
R01052-157	9/12	Tu	5:20-5:50 p.m.	\$65
R01052-158	9/13	W	7-7:30 p.m.	\$65
R01052-161	10/22	Su	9:40-10:10 a.m.	\$65
R01052-162	10/23	M	5:40-6:10 p.m.	\$65
R01052-163	10/23	M	7-7:30 p.m.	\$65
R01052-164	10/24	Tu	6-6:30 p.m.	\$65
R01052-165	10/25	W	7-7:30 p.m.	\$65

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Level 3

Ages 4-6 • 6 Sessions



7 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01053-130	9/19	Tu,Th	5-5:30 p.m.	\$65
R01053-126	9/23	Sa	9:45-10:15 a.m.	\$65
R01053-128	9/24	Su	9:55-10:25 a.m.	\$65
R01053-129	9/24	Su	11:15-11:45 a.m.	\$65
R01053-131	10/10	Tu,Th	6:20-6:50 p.m.	\$65
R01053-132	10/30	M	5:30-6 p.m.	\$65
R01053-127	9/23	Sa	11:05-11:35 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01053-101	9/9	Sa	1-1:30 p.m.	\$65
R01053-102	9/10	Su	10:20-10:50 a.m.	\$65
R01053-103	11/4	Sa	1-1:30 p.m.	\$65
R01053-104	11/5	Su	10:20-10:50 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01053-178	9/9	Sa	12:20-12:50 p.m.	\$65
R01053-179	9/10	Su	11:20-11:50 a.m.	\$65
R01053-180	9/12	Tu	6:50-7:20 p.m.	\$65
R01053-181	9/14	Th	7:30-8 p.m.	\$65
R01053-184	10/31	Tu	6:50-7:20 p.m.	\$65
R01053-185	11/2	Th	7:30-8 p.m.	\$65
R01053-182	11/4	Sa	12:20-12:50 p.m.	\$65
R01053-183	11/5	Su	11:20-11:50 a.m.	\$65

OLNEY SWIM CENTER

R01053-153	9/13	W	7-7:30 p.m.	\$65
R01053-156	10/22	Su	11-11:30 a.m.	\$65



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner Level 4

Ages 4-6 • 6 Sessions



[Click to view and register.](#)



GERMANTOWN INDOOR SWIM CENTER

R01054-126	9/23	Sa	11:45 a.m.-12:15 p.m.	\$65
R01054-127	9/24	Su	10:35-11:05 a.m.	\$65
R01054-128	9/20	W	5:30-6 p.m.	\$65
R01054-129	10/30	Mon	6:10-6:40 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01054-101	9/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01054-102	9/10	Su	1-1:30 p.m.	\$65
R01054-103	11/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01054-104	11/5	Su	1-1:30 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01054-178	9/10	Su	11:20-11:50 a.m.	\$65
R01054-179	9/12	Tu	7:30-8 p.m.	\$65
R01054-180	9/14	Th	7:30-8 p.m.	\$65
R01054-181	11/5	Su	11:20-11:50 a.m.	\$65
R01054-182	10/31	Tu	7:30-8 p.m.	\$65
R01054-183	11/2	Th	7:30-8 p.m.	\$65

7 Sessions

GUIDELINES FOR PLACEMENT IN SWIM CLASSES



[CLICK HERE TO LEARN MORE](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

Youth Level 1

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01045-131	9/19	Tu,Th	6:20-6:50 p.m.	\$65
R01045-126	9/23	Sa	9:45-10:15 a.m.	\$65
R01045-127	9/23	Sa	10:25-10:55 a.m.	\$65
R01045-128	9/24	Su	9:55-10:25 a.m.	\$65
R01045-129	9/24	Su	10:35-11:05 a.m.	\$65
R01045-130	9/24	Su	11:15-11:45 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01045-101	9/9	Sa	1-1:30 p.m.	\$65
R01045-102	9/10	Su	9:40-10:10 a.m.	\$65
R01045-103	11/4	Sa	1-1:30 p.m.	\$65
R01045-104	11/5	Su	9:40-10:10 a.m.	\$65

DIVING

JUMP TO PAGE 30

SCUBA

JUMP TO PAGE 33

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Youth Level 1

Ages 7-13 • 6 Sessions



[Click to view and register.](#)



7 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01045-178	9/9	Sa	10:20-10:50 a.m.	\$65
R01045-179	9/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-181	9/11	M	6:10-6:40 p.m.	\$65
R01045-182	9/12	Tu	6:50-7:20 p.m.	\$65
R01045-183	9/14	Th	5:30-6 p.m.	\$65
R01045-186	10/30	M	6:10-6:40 p.m.	\$65
R01045-187	10/31	Tu	6:50-7:20 p.m.	\$65
R01045-188	11/2	Th	5:30-6 p.m.	\$65
R01045-184	11/4	Sa	10:20-10:50 a.m.	\$65
R01045-189	11/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-185	10/29	Su	10:40-11:10 a.m.	\$65

OLNEY SWIM CENTER

R01045-156	9/11	M	5:40-6:10 p.m.	\$65
R01045-158	9/13	W	6:20-6:50 p.m.	\$65
R01045-162	10/22	Su	9-9:30 a.m.	\$65
R01045-163	10/23	M	6:20-6:50 p.m.	\$65
R01045-164	10/24	Tu	6:40-7:10 p.m.	\$65
R01045-165	10/25	W	5:40-6:10 p.m.	\$65
R01045-166	10/25	W	7-7:30 p.m.	\$65

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55+

55+
 THERAPEUTIC
 RECREATION

SPORTS

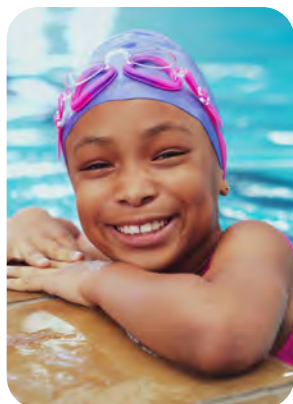
CLASSES

AQUATICS



Youth Level 2

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01046-126	9/23	Sa	11:05-11:35 a.m.	\$65
R01046-127	9/23	Sa	11:45 a.m.-12:15 p.m.	\$65
R01046-128	9/23	Sa	1:05-1:35 p.m.	\$65
R01046-129	9/24	Su	9:15-9:45 a.m.	\$65
R01046-130	11/1	W	5:30-6 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01046-101	9/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01046-102	11/4	Sa	11:40 a.m.-12:10 p.m.	\$65



VISIT ACTIVEMONTGOMERY.ORG



TO REGISTER FOR CLASSES AND ACTIVITIES

55+ THERAPEUTIC RECREATION

SPORTS CLASSES

AQUATICS

Youth Level 2

Ages 7-13 • 6 Sessions



Click to view and register.



MARTIN LUTHER KING JR. SWIM CENTER

R01046-178	9/9	Sa	11-11:30 a.m.	\$65
R01046-179	9/9	Sa	1-1:30 p.m.	\$65
R01046-180	9/10	Su	11:20-11:50 a.m.	\$65
R01046-181	9/12	Tu	7:30-8 p.m.	\$65
R01046-182	9/13	W	5:30-6 p.m.	\$65
R01046-183	9/14	Th	6:50-7:20 p.m.	\$65
R01046-187	10/31	Tu	7:30-8 p.m.	\$65
R01046-188	11/1	W	5:30-6 p.m.	\$65
R01046-189	11/2	Th	6:50-7:20 p.m.	\$65
R01046-184	11/4	Sa	11-11:30 a.m.	\$65
R01046-186	11/4	Sa	1-1:30 p.m.	\$65
R01046-185	11/5	Su	11:20-11:50 a.m.	\$65

OLNEY SWIM CENTER

R01046-155	9/11	M	7-7:30 p.m.	\$65
R01046-156	9/13	W	5:40-6:10 p.m.	\$65
R01046-159	10/23	M	6:20-6:50 p.m.	\$65
R01046-160	10/24	Tu	6:40-7:10 p.m.	\$65
R01046-161	10/25	W	6:20-6:50 p.m.	\$65



REMINDER

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55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Youth Level 3

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01047-126	9/23	Sa	10:25-10:55 a.m.	\$65
R01047-127	10/10	Tu,Th	5-5:30 p.m.	\$65
R01047-128	11/1	W	6:10-6:40 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01047-178	9/9	Sa	1-1:30 p.m.	\$65
R01047-179	9/10	Su	10:40-11:10 a.m.	\$65
R01047-180	9/11	M	6:50-7:20 p.m.	\$65
R01047-181	9/12	Tu	8:50-9:20 p.m.	\$65
R01047-182	9/14	Th	8:10-8:40 p.m.	\$65
R01047-185	10/30	M	6:50-7:20 p.m.	\$65
R01047-186	10/31	Tu	8:50-9:20 p.m.	\$65
R01047-187	11/2	Th	8:10-8:50 p.m.	\$65
R01047-183	11/4	Sa	1-1:30 p.m.	\$65
R01047-184	11/5	Su	10:40-11:10 a.m.	\$65

OLNEY SWIM CENTER

R01047-156	10/22	Su	10:20-10:50 a.m.	\$65
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IMPORTANT CLOSURE NOTICE

Classes will not meet on the following dates:



Sept. 4

Nov. 10

Nov. 23

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Youth Level 4

Ages 7-13 • 6 Sessions



Click to view and register.



GERMANTOWN INDOOR SWIM CENTER

R01048-126	9/23	Sa	9:45-10:15 a.m.	\$65
R01048-127	9/23	Sa	11:45 a.m.-12:15 p.m.	\$65
R01048-128	9/23	Sa	12:25-12:55 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01048-101	9/9	Sa	10:20-10:50 a.m.	\$65
R01048-103	9/10	Su	9-9:30 a.m.	\$65
R01048-104	11/4	Sa	10:20-10:50 a.m.	\$65
R01048-106	11/5	Su	9-9:30 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01048-178	9/9	Sa	12:20-12:50 p.m.	\$65
R01048-179	9/10	Su	10-10:30 a.m.	\$65
R01048-180	9/12	Tu	8:10-8:40 p.m.	\$65
R01048-183	10/31	Tu	8:10-8:40 p.m.	\$65
R01048-181	11/4	Sa	12:20-12:50 p.m.	\$65
R01048-182	11/5	Su	10-10:30 a.m.	\$65

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



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Adult Swim Lessons

Adult Level 1

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01039-127	9/18	M	5:30-6 p.m.	\$65
R01039-126	9/23	Sa	1:05-1:35 p.m.	\$65
R01039-128	10/30	M	5:30-6 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01039-101	9/9	Sa	9-9:30 a.m.	\$65
R01039-102	9/10	Su	11:40 a.m.-12:10 p.m.	\$65
R01039-103	11/4	Sa	9-9:30 a.m.	\$65
R01039-104	11/5	Su	11:40 a.m.-12:10 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01039-178	9/9	Sa	11-11:30 a.m.	\$65
R01039-179	9/10	Su	10-10:30 a.m.	\$65
R01039-180	9/12	Tu	8:50-9:20 p.m.	\$65
R01039-183	10/31	Tu	8:50-9:20 p.m.	\$65
R01039-181	11/4	Sa	11-11:30 a.m.	\$65
R01039-182	11/5	Su	10-10:30 a.m.	\$65

Adult Level 2

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01040-127	9/18	M	6:10-6:40 p.m.	\$65
R01040-126	9/23	Sa	9:45-10:15 a.m.	\$65
R01040-128	10/30	M	6:10-6:40 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01040-178	9/9	Sa	10:20-10:50 a.m.	\$65
R01040-179	9/12	Tu	8:10-8:10 p.m.	\$65
R01040-180	9/14	Th	8:50-9:20 p.m.	\$65
R01040-182	10/31	Tu	8:10-8:50 p.m.	\$65
R01040-183	11/2	Th	8:50-9:20 p.m.	\$65
R01040-181	11/4	Sa	10:20-10:50 a.m.	\$65

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Adult Level 3

Ages 14 and up • 6 Sessions



[Click to view and register.](#)

GERMANTOWN INDOOR SWIM CENTER

R01041-126	9/23	Sa	12:25-12:55 p.m.	\$65
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MARTIN LUTHER KING JR. SWIM CENTER

R01041-178	9/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01041-179	9/14	Th	8:10-8:50 p.m.	\$65
R01041-180	11/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01041-182	11/2	Th	8:10-8:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01041-101	9/9	Sa	9:40-10:10 a.m.	\$65
R01041-102	11/4	Sa	9:40-10:10 a.m.	\$65

Adult Level 4

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01042-126	9/23	Sa	11:05-11:35 a.m.	\$65
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MARTIN LUTHER KING JR. SWIM CENTER

R01042-178	9/10	Su	Noon-12:30 p.m.	\$65
R01042-179	9/14	Th	8:50-9:20 p.m.	\$65
R01042-180	11/5	Su	Noon-12:30 p.m.	\$65
R01042-181	11/2	Th	8:50-9:20 p.m.	\$65



MASTERS

JUMP TO PAGE 33

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THERAPEUTIC
RECREATION

SPORTS

CLASSES

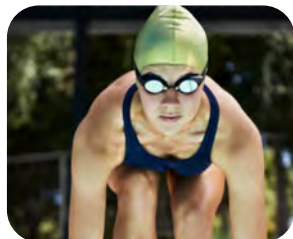
AQUATICS



Developmental Swim

Adapted Swim Lessons

Ages 4-17 • 6 Sessions



KENNEDY SHRIVER AQUATIC CENTER

R01061-101k	9/9	Sa	10:35-11:05 a.m.	\$65
R01061-105	9/9	Sa	9:45-10:15 a.m.	\$65
R01061-102	11/4	Sa	10:35-11:05 a.m.	\$65
R01061-106k	11/4	Sa	9:45-10:15 a.m.	\$65

Advanced Swim Lessons

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01057-119	9/23	Sa	9:45-10:20 a.m.	\$90
R01057-120	9/23	Sa	10:25-11 a.m.	\$90
R01057-121	9/23	Sa	11:05-11:40 a.m.	\$90

KENNEDY SHRIVER AQUATIC CENTER

R01057-113	9/9	Sa	10:20-10:55 a.m.	\$90
R01057-114	9/9	Sa	11-11:35 a.m.	\$90
R01057-115	9/9	Sa	11:40 a.m.-12:15 p.m.	\$90
R01057-116	11/4	Sa	10:20-10:55 a.m.	\$90
R01057-117	11/4	Sa	11-11:35 a.m.	\$90
R01057-118	11/4	Sa	11:40 a.m.-12:15 p.m.	\$90

MARTIN LUTHER KING JR SWIM CENTER

R01057-107	9/10	Su	11-11:35 a.m.	\$90
R01057-109	9/14	Th	7:20-7:55 p.m.	\$90
R01057-110	11/5	Su	11-11:35 a.m.	\$90
R01057-112	11/2	Th	7:20-7:55 p.m.	\$90

OLNEY SWIM CENTER

R01057-102	9/10	Su	11:20-11:55 a.m.	\$90
R01057-101	9/12	Tu	7-7:35 p.m.	\$90
R01057-105	10/22	Su	11:20-11:55 a.m.	\$90
R01057-104	10/24	Tu	7-7:35 p.m.	\$90

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

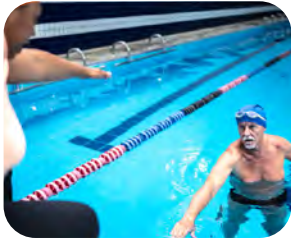
AQUATICS

MSTC: Montgomery Stroke and Turn Clinic

Ages 5-18 • 24 Sessions



Click to view and register.



33 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01033-103	10/1	Su	5:05-5:55 p.m.	\$510
R01033-109	10/1	Su	6-6:50 p.m.	\$510
R01033-110	10/1	Su	6:55-7:45 p.m.	\$510

KENNEDY SHRIVER AQUATIC CENTER

R01033-102	10/8	Su	5:05-5:55 p.m.	\$510
R01033-107	10/8	Su	6-6:50 p.m.	\$510
R01033-108	10/8	Su	6:55-7:45 p.m.	\$510

MARTIN LUTHER KING JR SWIM CENTER

R01033-104	10/1	Su	5:05-5:55 p.m.	\$510
R01033-111	10/1	Su	6-6:50 p.m.	\$510
R01033-112	10/1	Su	6:55-7:45 p.m.	\$510

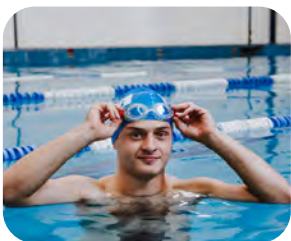
OLNEY SWIM CENTER

R01033-101	10/8	Su	5:05-5:55 p.m.	\$510
R01033-105	10/8	Su	6-6:50 p.m.	\$510
R01033-106	10/8	Su	6:55-7:45 p.m.	\$510

25 Sessions

SwiMontgomery

Ages 6-13 • 18 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01032-102	9/19	Tu,Th	7:45-8:30 p.m.	\$340
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KENNEDY SHRIVER AQUATIC CENTER

R01032-101	9/19	Tu,Th	7:45-8:30 p.m.	\$340
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MARTIN LUTHER KING JR SWIM CENTER

R01032-104	9/18	M,W	7:30-8:15 p.m.	\$340
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OLNEY SWIM CENTER

R01032-103	9/18	M,W	7:15-8 p.m.	\$340
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55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Diving

Level 1: Learn to Dive

Ages 5-10

GERMANTOWN INDOOR SWIM CENTER

12 Sessions	R01012-101	9/11	M	4:30-5:15 p.m.	\$192
	R01012-102	9/13	W	4:30-5:15 p.m.	\$192
9 Sessions	R01012-103	9/15	F	4:30-5:15 p.m.	\$144

KENNEDY SHRIVER AQUATIC CENTER

12 Sessions	R01012-104	9/11	M	4:15-5 p.m.	\$192
	R01012-105	9/11	M	5-5:45 p.m.	\$192
	R01012-106	9/12	Tu	4:15-5 p.m.	\$192
	R01012-107	9/13	W	4:15-5 p.m.	\$192
	R01012-108	9/13	W	5-5:45 p.m.	\$192
11 Sessions	R01012-109	9/15	F	4:15-5 p.m.	\$176

OLNEY SWIM CENTER

12 Sessions	R01012-110	9/13	W	5-5:45 p.m.	\$195
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SWIM LEAGUES

Learn more the swim leagues here.



CLICK HERE FOR MORE

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Level 2: Learn to Dive

Ages 5-10

GERMANTOWN INDOOR SWIM CENTER

12 Sessions	R01013-101	9/11	M	5:15-6:45 p.m.	\$360
	R01013-102	9/13	W	5:15-6:45 p.m.	\$360
9 Sessions	R01013-103	9/15	F	5:15-6:45 p.m.	\$270

KENNEDY SHRIVER AQUATIC CENTER

11 Sessions	R01013-104	9/15	F	5-6:30 p.m.	\$330
10 Sessions	R01013-105	9/16	Sa	8:30-10 a.m.	\$300

OLNEY SWIM CENTER

13 Sessions	R01013-106	9/13	W	5:45-7:15 p.m.	\$395
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Level 3: Learn to Dive

Ages 5-10

KENNEDY SHRIVER AQUATIC CENTER

12 Sessions	R01014-101	9/11	M	6:30-8 p.m.	\$396
	R01014-102	9/12	Tu	6:30-8 p.m.	\$396
	R01014-103	9/13	W	6:30-8 p.m.	\$396
	R01014-104	9/14	Th	6:30-8 p.m.	\$363
11 Sessions	R01014-105	9/15	F	6:30-8 p.m.	\$363

High School Diving

Ages 13-18

GERMANTOWN INDOOR SWIM CENTER

12 Sessions	R01076-102	9/11	M	6:30-8 p.m.	\$396
	R01076-103	9/13	W	6:30-8 p.m.	\$396





JO Blue- 5 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-106 9/11 M,W,F 4:30-7:30 p.m. \$2625

KENNEDY SHRIVER AQUATIC CENTER

R01015-105 9/11 M-Sa 3:30-8:30 p.m. \$2625

JO Red- 4 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-104 9/11 M,W,F 4:30-7:30 p.m. \$2100

KENNEDY SHRIVER AQUATIC CENTER

R01015-103 9/11 M-Sa 3:30-8:30 p.m. \$2100

JO Silver- 3 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-102 9/11 M,W,F 4:30-7:30 p.m. \$1575

KENNEDY SHRIVER AQUATIC CENTER

R01015-101 9/11 M-Sa 3:30-8:30pm \$1575

National Development Group - Dive

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01016-102 9/11 M-F 4:30-5:30 p.m. \$828

KENNEDY SHRIVER AQUATIC CENTER

R01016-101 9/11 M-F 4:30-5:30 p.m. \$828

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Masters

Masters Swimming

Ages 18 and up



Click to view and register.

GERMANTOWN INDOOR SWIM CENTER

1 Day a Week	R01058-106	9/11	M-Su	\$130
2 Days a Week	R01058-107	9/11	M-Su	\$190
3 Days a Week	R01058-108	9/11	M-Su	\$230
4 Days a Week	R01058-109	9/11	M-Su	\$270
5 Days a Week	R01058-110	9/11	M-Su	\$310

KENNEDY SHRIVER AQUATIC CENTER

1 Day a Week	R01058-101	9/10	M-Su	\$130
2 Days a Week	R01058-102	9/10	M-Su	\$190
3 Days a Week	R01058-103	9/10	M-Su	\$230
4 Days a Week	R01058-104	9/10	M-Su	\$270
5 Days a Week	R01058-105	9/10	M-Su	\$310

Scuba

Scuba

Ages 14 and up • 6 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01028-101	9/13	W	7-9:45 p.m.	\$265
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VISIT ACTIVEMONTGOMERY.ORG



TO REGISTER FOR CLASSES AND ACTIVITIES



Arts and Crafts



ARTS AND CRAFTS

Abrakadoodle Masters Reinvented

Instructor: Abrakadoodle

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	12 Sessions	R05001-103	Wheaton CRC	9/16	Sa	1-1:45 p.m.	\$200

Abrakadoodle Nursery Rhyme Time

Instructor: Abrakadoodle

3-5	12 Sessions	R05001-102	Wheaton CRC	9/16	Sa	11:45 a.m.-12:30 p.m.	\$200
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Abrakadoodle Wet and Sticky!

Instructor: Abrakadoodle

18 mos.-2 yrs	12 Sessions	R05001-101	Wheaton CRC	9/16	Sa	10:45-11:30 a.m.	\$200
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Adventures in Art

Instructor: Tatiana Martin

5-10	10 Sessions	R05004-101	Bauer Drive CRC	9/16	Sa	10:30-11:30 a.m.	\$130
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Art Studio

Instructor: Tatiana Martin

10-16	10 Sessions	R05006-101	Bauer Drive CRC	9/16	Sa	Noon-1 p.m.	\$130
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Botanical Eco-Printing on Watercolor Paper Workshop

Instructor: Susan Mapp

18 and up	1 Session	R05006-102	Ross Boddy NRC	9/23	Sa	10:30 a.m.-2:30 p.m.	\$75
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Beading Bootcamp

Instructor: Renee Prioleau

14 and up	1 Session	R05004-125	Wisconsin Place CRC	12/2	Sa	10 a.m.-4 p.m.	\$88
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

DRAWING

Beginner Right Brained Drawing

Instructor: Yolanda Prinsloo



[Click to view and register.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
13 and up	8 Sessions	R05038-101	Potomac CRC	9/18	M	5:45-7:15 p.m.	\$159

Draw and Clay

Instructor: Yolanda Prinsloo

4-9	8 Sessions	R05037-101	Germantown CRC	9/19	Tu	5:30-6:30 p.m.	\$143
		R05037-102	Bauer Drive CRC	9/20	W	5:45-6:45 p.m.	\$143

Drawing with Young Rembrandts

Instructor: Art Box

5-12	12 Sessions	R05129-102	N. Potomac CRC	9/11	M	6-7 p.m.	\$240
		R05129-101	Germantown CRC	9/13	W	6-7 p.m.	\$240

PAINTING

Learning Art from the Masters

Instructor: Yolanda Prinsloo

6-14	8 Sessions	R05087-101	Germantown CRC	9/19	Tu	6:45-7:45 p.m.	\$143
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Oil or Acrylic Painting Open Studio

Instructor: Kathy Roznowski

18 and up	9 Sessions	R05002-101	Lawton CRC	9/18	M	1-4 p.m.	\$96
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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.



POTTERY - CERAMICS

Ceramics Introductory Wheel

Instructor: Catherine Joanny

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
17 and up	10 Sessions	R05093-111	Ross Boddy NRC	9/16	Sa	10 a.m.-1 p.m.	\$335
		R05093-110	Ross Boddy NRC	9/19	Tu	5:30-8:30 p.m.	\$335

Handcrafted Pottery

Instructor: Meg Dickerson

17 and up	11 Sessions	R05093-115	Wheaton CRC	9/13	W	6:30-9 p.m.	\$360
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Instructor: Susan Mapp

17 and up	10 Sessions	R05093-101	Ross Boddy NRC	9/27	W	10:30 a.m.-1:30 p.m.	\$335
		R05093-102	Ross Boddy NRC	9/28	Th	5:30-8:30 p.m.	\$335

Instructor: Kiyoung Nam

17 and up	11 Sessions	R05093-103	White Oak CRC	10/2	M	6-9 p.m.	\$365
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Handcrafted Pottery for Kids

Instructor: Kiyoung Nam

17 and up	5 Sessions	R05093-116	White Oak CRC	10/3	Tu	5-6:30 p.m.	\$115
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Handcrafted Pottery Open Studio

Instructor: Ann Deml

17 and up	12 Sessions	R05093-108	N. Potomac CRC	9/11	M	6-8:45 p.m.	\$375
		R05093-109	N. Potomac CRC	9/13	W	6-8:45 p.m.	\$285

Instructor: Meg Dickerson

17 and up	11 Sessions	R05093-114	Wheaton CRC	9/13	W	9:30 a.m.-12:30 p.m.	\$360
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Instructor: Kiyoung Nam

17 and up	11 Sessions	R05093-104	White Oak CRC	10/3	Tu	10 a.m.-1 p.m.	\$365
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



[Click to view and register.](#)

Pottery at Sligo

Instructor: Meg Dickerson

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
17 and up	8 Sessions	R05093-113	Sligo Creek ES	9/11	M	6:30-9:30 p.m.	\$300

Instructor: Cathy Grubman

17 and up	9 Sessions	R05093-105	Sligo Creek ES	9/12	Tu	9:30 a.m.-12:30 p.m.	\$335
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Instructor: Roger Kirk

17 and up	9 Sessions	R05093-107	Sligo Creek ES	9/12	Tu	6:30-9:30 p.m.	\$335
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Pottery at Sligo Open Studio

Instructor: Cathy Grubman

17 and up	9 Sessions	R05093-106	Sligo Creek ES	9/14	Th	9:30 a.m.-12:30 p.m.	\$335
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Pottery Handbuilding

Instructor: Catherine Joanny

17 and up	10 Sessions	R05093-112	Ross Boddy NRC	9/18	M	5:30-8:30 p.m.	\$335
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CPR and First Aid

CPR, AED and First Aid

Instructor: Life Rescue Training

13 and up	1 Sessions	R05032-101	Life Rescue Training	9/30	Sa	10 a.m.-2 p.m.	\$89
		R05032-102	Life Rescue Training	10/21	Sa	10 a.m.-2 p.m.	\$89
		R05032-103	Life Rescue Training	11/18	Sa	10 a.m.-2 p.m.	\$89
		R05032-104	Life Rescue Training	12/16	Sa	10 a.m.-2 p.m.	\$89





Dance

BALLET



Pre-Ballet

Instructor: Judy Schonberger

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-4	8 Sessions	R05010-101	N. Potomac CRC	9/26	Tu	10-10:45 a.m.	\$120
		R05010-102	N. Potomac CRC	9/26	Tu	10:50-11:35 a.m.	\$120
		R05010-103	N. Potomac CRC	9/27	W	4:30-5:15 p.m.	\$120

Ballet I

5-7	8 Sessions	R05010-104	N. Potomac CRC	9/27	W	5:20-6:05 p.m.	\$120
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Ballet I-II

8-10	8 Sessions	R05010-105	N. Potomac CRC	9/27	W	6:15-7:05 p.m.	\$136
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Jazzmatazz Pre Ballet

Instructor: Betsy Saunders

3-5	9 Sessions	R05010-107	Long Branch CRC	10/7	Sa	11:15 a.m.-Noon	\$126
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Jazzmatazz Preschool Dance

Instructor: Betsy Saunders

5-8	9 Sessions	R05010-106	Long Branch CRC	10/7	Sa	10:15-11 a.m.	\$126
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BALLROOM

Ballroom I Couples

Instructor: Rebecca Mckinney

18 and up	9 Sessions	R05011-101	Lawton CRC	9/18	M	7-8 p.m.	\$99
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Instructor: Ann Basso

	10 Sessions	R05011-103	Wheaton CRC	9/28	Th	7-8 p.m.	\$110
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Ballroom II Couples

Instructor: Rebecca Mckinney

18 and up	9 Sessions	R05011-102	Lawton CRC	9/18	M	8-9 p.m.	\$99
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Instructor: Ann Basso

	10 Sessions	R05011-104	Wheaton CRC	9/28	Th	8-9 p.m.	\$110
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Ballroom III Couples

Instructor: Ann Basso

18 and up	11 Sessions	R05011-105	Coffield CRC	9/26	Tu	7:30-8:30 p.m.	\$121
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THERAPEUTIC RECREATION

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CLASSES

AQUATICS

BOLLYWOOD



Click to view and register.

Bollywood Dance Fitness

Instructor: Kumud Mathur

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
14 and up	7 Sessions	R05017-103	Potomac CRC	9/19	Tu	7:15-8 p.m.	\$95

Bollywood Dance for Toddlers

Instructor: Kumud Mathur

2-5	7 Sessions	R05017-101	Potomac CRC	9/19	Tu	5:15-6 p.m.	\$105
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Bollywood Kids

Instructor: Kumud Mathur

6-13	7 Sessions	R05017-102	Potomac CRC	9/19	Tu	6:15-7 p.m.	\$95
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HIP-HOP

Afrofusion Dance Experience

Instructor: Craig Perry

12-16	6 Sessions	R05055-105	Wheaton CRC	9/16	Sa	11:30 a.m.-12:30 p.m.	\$120
17 and up		R05055-106	Wheaton CRC	9/16	Sa	12:30-1:30 p.m.	\$120

Hip Hop Kids

5-8	6 Sessions	R05055-101	Germantown CRC	9/16	Sa	10-10:45 a.m.	\$120
		R05055-103	Germantown CRC	10/28	Sa	10-10:45 a.m.	\$120
9-14		R05055-102	Germantown CRC	9/16	Sa	11-11:45 a.m.	\$120
		R05055-104	Germantown CRC	10/28	Sa	11-11:45 a.m.	\$120

Pop Stars

Instructor: Tippi Toes Dance

5-9	7 Sessions	R05338-103	N. Potomac CRC	9/23	Sa	11:30 a.m.-12:15 p.m.	\$180
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55 +

THERAPEUTIC
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AQUATICS



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THERAPEUTIC RECREATION

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AQUATICS

HULA

Intro to Hula Dance

Instructor: Dawn Felsen



Click to view and register.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	8 Sessions	R05057-101	Wheaton CRC	9/13	W	6-7 p.m.	\$80

LINE DANCING

Urban Line Dance

Instructor: Peytrienne McCormick

18 and up	10 Sessions	R05121-101	Wheaton CRC	9/19	Tu	6-7 p.m.	\$90
		R05121-102	Good Hope NRC	9/20	W	6-7 p.m.	\$90

PLAYTIME AND MOVEMENT

Toddler and Me

Instructor: Tippi Toes Dance

18 mos.-3yrs	7 Sessions	R05338-101	N. Potomac CRC	9/23	Sa	9:30-10:15 a.m.	\$140
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TAP DANCING

Ballet Tap Jazz

Instructor: Tippi Toes Dance

3-5	7 Sessions	R05338-102	N. Potomac CRC	9/23	Sa	10:30-11:15 a.m.	\$140
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Tap Dance I

Instructor: Andrea Cali

18 and up	11 Sessions	R05336-102	Lawton CRC	9/14	Th	4:45-5:45 p.m.	\$121
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Tap Dance II

Instructor: Andrea Cali

18 and up	11 Sessions	R05336-101	Lawton CRC	9/14	Th	6-7 p.m.	\$121
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IMPORTANT CLOSURE NOTICE

Classes will not meet on the following dates:

Sept. 4
Nov. 10
Nov. 23



KIDS DAY OUT

Fall 2023

Registration Coming Soon

In partnership with:



Looking for something cool to do this fall? Join us for a day of fun and specialty activities designed exclusively for kids and teens! Dates will vary.



Don't forget to bring lunch.





Fitness



AEROBIC DANCE

Dance and Fitness

Instructor: Virginia Azuree

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	25 Sessions	R05035-102	Veirs Mill LP	9/12	Tu,Th	9:30-10:30 a.m.	\$200
	24 Sessions	R05035-103	Rock View ES	9/12	Tu,Th	6:30-7:30 p.m.	\$192
	12 Sessions	R05035-104	Wheaton CRC	9/16	Sa	9-10 a.m.	\$88

Dance and Fitness Outdoors

16 and up	16 Sessions	R05035-101	Holiday Park SC	9/11	M,W	6:30-7:30 p.m.	\$128
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AEROBIC FITNESS

Jacki Sorensen's Aerobic Dance

Instructor: Karin Baker

18 and up	14 Sessions	R05059-101	Potomac CRC	9/12	Tu	9-10 a.m.	\$154
	13 Sessions	R05059-102	Potomac CRC	9/14	Th	9-10 a.m.	\$143

BODY SCULPTING

Definition Body Sculpting

Instructor: Juliet Rodman

18 and up	29 Sessions	R05016-101	Clara Barton NRC	9/5	Tu,Th	9:15-10 a.m.	\$290
	15 Sessions	R05016-102	Clara Barton NRC	9/5	Tu	9:15-10 a.m.	\$150
	14 Sessions	R05016-103	Clara Barton NRC	9/7	Th	9:15-10 a.m.	\$140

PILATES

Jazzmatazz Aerobics W/Pilates Mat

Instructor: Betsy Saunders

16 and up	10 Sessions	R05061-101	Wheaton CRC	10/10	Tu	7:15-8:30 p.m.	\$130
	9 Sessions	R05061-102	Wheaton CRC	10/12	Th	7:15-8:30 p.m.	\$117
	19 Sessions	R05061-103	Wheaton CRC	10/10	Tu,Th	7:15-8:30 p.m.	\$228

Pilates for Fitness

Instructor: Fit 2 Believe

16 and up	12 Sessions	R05091-101	Bauer Drive CRC	9/18	M	7-8 p.m.	\$120
	12 Sessions	R05091-102	Bauer Drive CRC	9/21	Th	7-8 p.m.	\$120
	11 Sessions	R05091-103	Lawton CRC	9/23	Sa	10-11 a.m.	\$110

TOTAL BODY CONDITIONING



[Click to view and register.](#)

Basic Barre

Instructor: Patricia Anderson

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	7 Sessions	R05327-101	Wheaton CRC	9/16	Sa	10:15-11:15 a.m.	\$84
	8 Sessions	R05327-102	Wheaton CRC	9/13	W	7:15-8:15 p.m.	\$96

Boxing and Kickboxing

Instructor: Fit 2 Believe

7-15	12 Sessions	R05342-101	Lawton CRC	9/19	Tu	6:30-7:30 p.m.	\$120
16 and up	12 Sessions	R05342-102	Lawton CRC	9/19	Tu	7:30-8:30 p.m.	\$120

Kelley's Complete Fitness

Instructor: Pamela Kelley

18 and up	13 Sessions	R05072-102	Bauer Drive CRC	9/13	W	9:15-10:30 a.m.	\$130
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Kelley's Complete Fitness Virtual

18 and up	12 Sessions	R05072-101	Virtual Class	9/11	M	7:15-8:30 p.m.	\$120
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Kelley's 50+ Complete Fitness

50 and up	12 Sessions	R05072-103	Wheaton CRC	9/11	M	9:15-10:30 a.m.	\$120
	13 Sessions	R05072-104	Wheaton CRC	9/14	Th	9:15-10:30 a.m.	\$130

Total Body Conditioning

Instructor: Fit 2 Believe

16 and up	12 Sessions	R05018-101	Bauer Drive CRC	9/20	W	7-8 p.m.	\$120
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ZUMBA

Zumba Fitness with Michelle

Instructor: Michelle Johnson-Lancaster

13 and up	13 Sessions	R05132-101	Mid-County CRC	9/11	M	6:15-7:15 p.m.	\$110.50
		R05132-102	Mid-County CRC	9/13	W	6:15-7:15 p.m.	\$110.50
	11 Sessions	R05132-103	Bauer Drive CRC	9/16	Sa	9:15-10:15 a.m.	\$93.50

Zumba Master Class with Ingrid

Instructor: Ingrid Higgins

14 and up	1 Session	R05132-109	Wheaton CRC	10/28	Sa	10:15-11:45 a.m.	\$13
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Zumba Toning with Ingrid

Instructor: Ingrid Higgins

14 and up	6 Sessions	R05133-101	Good Hope NRC	9/13	W	6:45-7:45 p.m.	\$52
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55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



Zumba with Andria

Instructor: Andria O'Brien

16 and up 8 Sessions R05132-107 Germantown CRC 9/14 Th 7-8 p.m. \$69

Zumba with Carol

Instructor: Carol Nelson

15 and up 12 Sessions R05132-104 N. Potomac CRC 9/13 W 6-7 p.m. \$107

Zumba with Ingrid

Instructor: Ingrid Higgins

14 and up 9 Sessions R05132-105 Wheaton CRC 9/16 Sa 10:15-11:15 a.m. \$79

7 Sessions R05132-108 Good Hope NRC 11/1 W 6:45-7:45 p.m. \$61

ACT The WORKOUT

Three Month Pass

ACT provides a vigorous, easy to follow co-ed class for ages 16 and up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness, the program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Classes are ongoing and participants can join at any time.

Passes are available for 12, 18 and 24 classes.

Pass is valid for three months after the date of purchase.

Take your access card and receipt to any class location and check-in with the front desk staff. Give a copy of the registration to the ACT instructor.

AEROBIC CONDITIONING AND TONING



Location	Days	Dates	Times
Bauer Drive CRC	M, W	9/11-12/13	5-6 p.m.
Potomac CRC	Tu, Th	9/19-12/14	7-8 p.m.
Praisner CRC	M, W	9/11-12/13	7-8 p.m.
Wheaton CRC	Tu, Th	9/12-12/14	6-7 p.m.
Wheaton CRC	Sa	9/16-12/16	9-10 a.m.

ACT Passes
 12 Passes - \$96
 18 Passes - \$140
 24 Passes - \$180

REGISTER HERE

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Health and Wellness



Click to view and register.

YOGA

Essential Yoga for Beginners with Tamara

Instructor: Tamara Lewis Johnson

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	13 Sessions	R05128-110	Coffield CRC	9/14	Th	6-7 p.m.	\$100

Gentle Yoga

Instructor: Irene Bopp

18 and up	11 Sessions	R05128-103	Bauer Drive CRC	9/19	Tu	6:15-7:15 p.m.	\$121
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Instructor: Nancy Neves

18 and up	13 Sessions	R05128-109	Mid-County CRC	9/13	W	10:45 a.m.-Noon	\$195
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Hatha Yoga and Stress Management with Suzana

Instructor: Suzana Cooper

50 and up	12 Sessions	R05128-113	Lawton CRC	9/15	F	9:45-11 a.m.	\$180
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Yoga I: Restore and Recharge Yoga with Hannah

Instructor: Hannah Davis

18 and up	14 Sessions	R05128-101	Wheaton CRC	9/11	M	7-8 p.m.	\$154
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Yoga Basic with Irene

Instructor: Irene Bopp

18 and up	11 Sessions	R05128-104	Bauer Drive CRC	9/19	Tu	7:30-8:30 p.m.	\$121
		R05128-105	Mid-County CRC	9/20	W	7:30-8:30 p.m.	\$121
		R05128-106	Good Hope NRC	9/21	Th	11 a.m.-Noon	\$121
		R05128-107	Good Hope NRC	9/21	Th	7-8 p.m.	\$121

Yoga for Vitality

Instructor: Warrior One Yoga

21 and up	14 Sessions	R05128-112	N. Potomac CRC	9/11	Tu	9:30-10:30 a.m.	\$210
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Yogalates

Instructor: Anne Harrison

18 and up	9 Sessions	R05128-102	Wheaton CRC	9/19	Tu	7:15-8:15 p.m.	\$121
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Martial Arts



AIKIDO

Aikido

Instructor: Christopher Rowe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
11 and up	13 Sessions	R05005-101	Ross Boddy NRC	9/11	M	7-8:30 p.m.	\$117

Suenaka-ha Aikido

Instructor: James Huss

14 and up	13 Sessions	R05005-102	Lawton CRC	9/13	W	6-8 p.m.	\$100
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KARATE-JUJITSU

Beginner Youth Karate

Instructor: CORE FC

4-6	6 Sessions	R05352-101	White Oak CRC	9/18	M	6:30-7:15 p.m.	\$109
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Karate Do / Iaido

Instructor: Salvador Cortes

7 and up	7 Sessions	R05068-101	Potomac CRC	9/28	Th	6-7 p.m.	\$90
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Karate Do / Iaido in Spanish

Instructor: Salvador Cortes

7 and up	10 Sessions	R05068-102	Garrett Park ES	9/27	W	6-7 p.m.	\$90
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Okinawan Karate

Instructor: Washington Karate Academy

18 and up	26 Sessions	R05357-101	North Chevy Chase ES	9/11	M,Th	7-8:30 p.m.	\$140
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Zen Budo Karate

Instructor: Christopher Bowers

5-11	10 Sessions	R05352-110	East County CRC	10/9	M	7-8 p.m.	\$120
		R05352-111	Longwood CRC	10/11	W	7-8 p.m.	\$120
12 and up		R05360-101	East County CRC	10/9	M	8-9 p.m.	\$120
		R05360-102	Longwood CRC	10/11	W	8-9 p.m.	\$120

TKA Adult Karate

Instructor: TKA

13 and up	13 Sessions	R05070-101	Upper County CRC	9/11	M	8-9:30 p.m.	\$130	
		R05070-102	Wheaton CRC	9/11	M	7:30-9 p.m.	\$130	
		R05070-105	Damascus CRC	9/13	W	8-9:30 p.m.	\$130	
		R05070-106	Bauer Drive CRC	9/13	W	8-9:30 p.m.	\$130	
		R05070-107	Bethesda ES	9/14	Th	8-9:30 p.m.	\$130	
		R05070-108	Praisner CRC	9/14	Th	7:30-9 p.m.	\$130	
		14 Sessions	R05070-103	Germantown CRC	9/12	Tu	8-9:30 p.m.	\$140
			R05070-104	Mid-County CRC	9/12	Tu	7:30-9 p.m.	\$140

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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TKA Karate Jujitsu Club

Instructor: TKA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
13 and up	12 Sessions	R05070-109	White Oak CRC	9/15	F	7:30-8:30 p.m.	\$45

TKA Karate Jujitsu Club 2

Instructor: TKA

13 and up	8 Sessions	R05070-110	White Oak CRC	9/15	F	8:30-9:30 p.m.	\$57
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TKA Youth Karate Advanced White Belt and Higher

Instructor: TKA

6-12	13 Sessions	R05066-104	Wheaton CRC	9/11	M	6:30-7:30 p.m.	\$117
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TKA Youth Karate All Levels

Instructor: TKA

6-12	13 Sessions	R05066-111	Clara Barton NRC	9/13	W	6:30-7:30 p.m.	\$117
		R05066-116	Praisner CRC	9/14	Th	6:30-7:30 p.m.	\$117
		R05066-117	Bethesda ES	9/14	Th	7-8 p.m.	\$117

TKA Youth Karate Beginners and Advanced White Belts

Instructor: TKA

6-12	14 Sessions	R05066-107	Mid-County CRC	9/12	Tu	6:30-7:30 p.m.	\$126
	13 Sessions	R05066-114	Potomac CRC	9/13	W	6-7 p.m.	\$117

TKA Youth Karate Beginners Only

Instructor: TKA

6-12	13 Sessions	R05066-103	Wheaton CRC	9/11	M	6:30-7:30 p.m.	\$117
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TKA Youth Karate Beginner through Orange Belts

Instructor: TKA

6-12	14 Sessions	R05066-105	Germantown CRC	9/12	Tu	6-7 p.m.	\$126
	13 Sessions	R05066-109	Damascus CRC	9/13	W	6-7 p.m.	\$117

TKA Youth Karate Beginner through White Belts

Instructor: TKA

6-12	13 Sessions	R05066-101	Upper County CRC	9/11	M	6-7 p.m.	\$117
		R05066-112	Bauer Drive CRC	9/13	W	6-7 p.m.	\$117





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TKA Youth Karate Intermediate

Instructor: TKA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	13 Sessions	R05066-102	Upper County CRC	9/11	M	7-8 p.m.	\$117
		R05066-110	Damascus CRC	9/13	W	7-8 p.m.	\$117
		R05066-113	Bauer Drive CRC	9/13	W	7-8 p.m.	\$117
	14 Sessions	R05066-106	Germantown CRC	9/12	Tu	7-8 p.m.	\$126

TKA Youth Karate Orange Belt and Higher

Instructor: TKA

6-12	14 Sessions	R05066-108	Mid-County CRC	9/12	Tu	6:30-7:30 p.m.	\$126
	13 Sessions	R05066-115	Potomac CRC	9/13	W	7-8 p.m.	\$117

SELF DEFENSE

Practical Self Defense

Instructor: Ivan Black

14 and up	26 Sessions	R05095-101	Wisconsin Place CRC	9/11	M,Th	7-8 p.m.	\$130
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TAI CHI

Tai Chi Beginning

Instructor: Elizabeth Leek

18 and up	10 Sessions	R05112-101	Bauer Drive CRC	9/11	M	7-8 p.m.	\$90
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Tai Chi Continuing

Instructor: Elizabeth Leek

18 and up	10 Sessions	R05112-102	Bauer Drive CRC	9/11	M	8-9 p.m.	\$90
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VOVINAM

Vovinam Martial Arts

Instructor: Yanni Nguyen

6-13	13 Sessions	R05126-105	Plum Gar CRC	9/11	M	6-7 p.m.	FREE
		R05126-101	Long Branch CRC	9/13	W	6-7 p.m.	FREE
	11 Sessions	R05126-103	Long Branch CRC	9/16	Sa	10-11 a.m.	FREE
13 and up	13 Sessions	R05126-106	Plum Gar CRC	9/11	M	7-8 p.m.	FREE
		R05126-102	Long Branch CRC	9/13	W	7-8 p.m.	FREE
	11 Sessions	R05126-104	Long Branch CRC	9/16	Sa	11 a.m.-Noon	FREE

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



TEENS DAY OUT

Fall 2023

Registration Coming Soon

In partnership with:



Looking for something cool to do this fall? Join us for a day of fun and specialty activities designed exclusively for kids and teens! Dates will vary.



Exclusively for middle school youth.





Music



GUITAR

Beginner Guitar

Instructor: Kevin Mittleman

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-12	8 Sessions	R05053-103	School of Music	9/22	F	5:30-6:20 p.m.	\$130
13 and up		R05053-101	School of Music	9/18	M	8-8:50 p.m.	\$130

Intermediate Guitar

13 and up	8 Sessions	R05053-102	School of Music	9/21	Th	8-8:50 p.m.	\$130
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Learn Now Music Groovy Guitar

Instructor: Learn Now Music

5-12	8 Sessions	R05053-104	Bauer Drive CRC	9/27	W	7-8 p.m.	\$198
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PIANO

Learn Now Music Poppin Piano

Instructor: Learn Now Music

5-12	8 Sessions	R05089-101	Bauer Drive CRC	9/27	W	7-8 p.m.	\$198
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Little Fingers Piano

Instructor: Learn Now Music

2-5	8 Sessions	R05089-102	N. Potomac CRC	9/27	W	10-10:30 a.m.	\$180
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

PLAYTIME AND MUSIC



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Discovering Music for Toddlers

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
1-3	6 Sessions	R05288-102	Potomac CRC	9/29	F	10:15-11 a.m.	\$140
		R05288-101	Wheaton CRC	10/2	M	10:15-11 a.m.	\$140

Music Together

Instructor: Nancy Nuttle

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
0-5	10 Sessions	R05085-103	Wheaton CRC	9/9	Sa	10-10:45 a.m.	\$295
		R05085-104	Mid-County CRC	9/9	Sa	10-10:45 a.m.	\$295
		R05085-105	Mid-County CRC	9/9	Sa	11-11:45 a.m.	\$295
		R05085-101	Wheaton CRC	9/14	Th	10:15-11 a.m.	\$295
		R05085-102	Wheaton CRC	9/14	Th	11:15-Noon	\$295

My First Music Class

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
2-5	6 Sessions	R05321-101	N. Potomac CRC	9/27	W	10:30-11 a.m.	\$180

VIOLIN

Learn Now Music Viva Violin

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	6 Sessions	R05359-101	Longwood CRC	10/7	Sa	10-11 a.m.	\$198

The REC BULLETIN

MONTGOMERY COUNTY
Recreation

- View flyers and register for activities**
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[Visit mocorec.com/bulletin](http://mocorec.com/bulletin)

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CLASSES

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Sports

BADMINTON

Beginner/Adv. Beginner
Instructor: Yen-Ping Chao



Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
9 and up	11 Sessions	R05008-101	Bauer Drive CRC	9/16	Sa	9:30-10:30 a.m.	\$120
Intermediate							
10 and up	7 Sessions	R05008-102	Bauer Drive CRC	9/16	Sa	10:30 a.m.-12:30 p.m.	\$185
Advanced							
11 and up	11 Sessions	R05008-103	Bauer Drive CRC	9/16	Sa	12:45-1:45 p.m.	\$185

BASEBALL

Rookie League Baseball
Instructor: Jump Start Sports

5-6	6 Sessions	R05323-102	Capital View-Homewood LP	9/16	Sa	2:30-3:30 p.m.	\$125
		R05323-104	Layhill LP	9/17	Su	3-4 p.m.	\$125

T-Birds T-Ball
Instructor: Jump Start Sports

3-4	6 Sessions	R05323-101	Capital View-Homewood LP	9/16	Sa	1:30-2:25 p.m.	\$125
		R05323-103	Layhill LP	9/17	Su	2-2:55 p.m.	\$125

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Therapeutic Recreation

Sports

Classes

Aquatics

BASKETBALL



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Future Stars Basketball Training Clinic

Instructor: Future Stars Sports

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-7	13 Sessions	R05012-125	Snowden Farm ES	9/11	M,W	5-6 p.m.	\$175
8-12		R05012-126	Snowden Farm ES	9/11	M,W	6-7 p.m.	\$175

Future Stars Shooting, Passing and Dribbling Clinic

5-7	10 Sessions	R05012-127	Snowden Farm ES	11/6	M,W	5-6 p.m.	\$175
8-12	13 Sessions	R05012-128	Snowden Farm ES	11/6	M,W	6-7 p.m.	\$175

Train Like a Pro Juniors Basketball Skills and Drills

Instructor: Fit 2 Believe

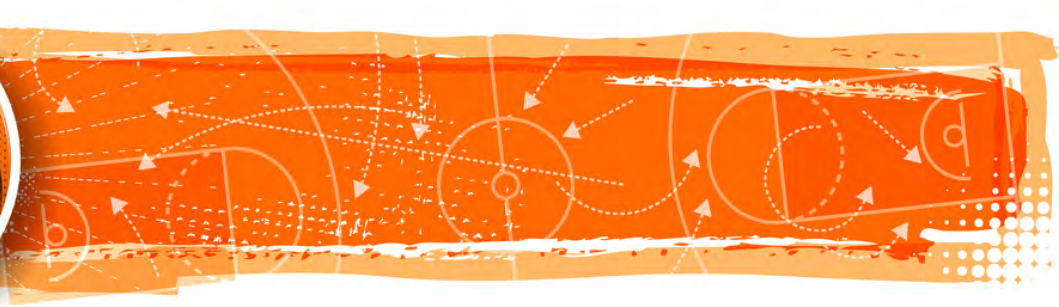
5-9	5 Sessions	R05012-112	Potomac CRC	11/5	Su	Noon-1 p.m.	\$77
	6 Sessions	R05012-102	Potomac CRC	9/10	Su	Noon-1 p.m.	\$90
		R05012-108	Pine Crest ES	9/13	W	6:15-7:15 p.m.	\$90
		R05012-104	N. Potomac CRC	9/16	Sa	Noon-1 p.m.	\$90
		R05012-114	N. Potomac CRC	10/28	Sa	Noon-1 p.m.	\$90

Train Like a Pro Basketball Skills and Drills

8-14	5 Sessions	R05012-111	Potomac CRC	11/5	Su	1-2:30 p.m.	\$100
	6 Sessions	R05012-101	Potomac CRC	9/10	Su	1-2:30 p.m.	\$118
R05012-106		Germantown CRC	9/11	M	6:30-8 p.m.	\$118	
R05012-107		Pine Crest ES	9/13	W	7:15-8:45 p.m.	\$118	
R05012-109		Tilden MS	9/13	W	6:30-8 p.m.	\$118	
R05012-105		Cabin John MS	9/14	Th	6:30-8 p.m.	\$118	
R05012-103		N. Potomac CRC	9/16	Sa	1-2:30 p.m.	\$118	
R05012-110		Wood MS	9/19	Tu	6:30-8 p.m.	\$118	
R05012-115		Cabin John MS	10/26	Th	6:30-8 p.m.	\$118	
R05012-113		N. Potomac CRC	10/28	Sa	1-2:30 p.m.	\$118	
R05012-117		Pine Crest ES	11/1	W	7:15-8:45 p.m.	\$118	
R05012-119		Tilden MS	11/1	W	6:30-8 p.m.	\$118	
R05012-116		Germantown CRC	11/6	M	6:30-8 p.m.	\$118	
R05012-120		Wood MS	11/7	Tu	6:30-8 p.m.	\$118	

Play Montgomery Youth Basketball Skills Clinic

5-8	13 Sessions	R05320-111	Germantown CRC	9/18	M	4-5 p.m.	\$75
9-12		R05320-110	Germantown CRC	9/18	M	5-6 p.m.	\$75





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MULTI-SPORTS

Coach Doug Pre Wee Wanna Be

Instructor: Coach Doug Academy



Click to view and register.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
1 1/2-3	10 Sessions	R05025-101	Germantown CRC	9/26	Tu	9:30-10:15 a.m.	\$145
		R05025-105	Bauer Drive CRC	9/27	W	9:30-10:15 a.m.	\$145
		R05025-107	Potomac CRC	9/28	Th	9:30-10:15 a.m.	\$145

Coach Doug Seasonal Sports

4-7	10 Sessions	R05025-115	Oakland Terrace ES	9/23	Sa	11-11:45 a.m.	\$145
		R05025-103	Germantown CRC	9/26	Tu	4:15-5 p.m.	\$145
		R05025-109	Potomac CRC	9/28	Th	4:15-5 p.m.	\$145

Coach Doug Wee Wanna Be

3-5	10 Sessions	R05025-113	Oakland Terrace ES	9/23	Sa	9:30-10:15 a.m.	\$145
		R05025-114	Oakland Terrace ES	9/23	Sa	10:15-11 a.m.	\$145
		R05025-111	Potomac CRC	9/24	Su	9:30-10:15 a.m.	\$145
		R05025-112	Potomac CRC	9/24	Su	10:30-11:15 a.m.	\$145
		R05025-102	Germantown CRC	9/26	Tu	10:30-11:15 a.m.	\$145
		R05025-106	Bauer Drive CRC	9/27	W	10:30-11:15 a.m.	\$145
		R05025-108	Potomac CRC	9/28	Th	10:30-11:15 a.m.	\$145

Girls on the Run of Montgomery County

11-13	10 Sessions	R05050-101	Germantown CRC	9/13	W	3:15-5:15 p.m.	\$120
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S.T.E.A.M.

Dungeons and Dragons

Instructor: Games Unbound

8-18	6 Sessions	R05308-103	Long Branch CRC	9/11	M	4:30-6:30 p.m.	\$165
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Gemology II Advance

Instructor: Timothy Morgan

18 and up	14 Sessions	R05049-101	Potomac CRC	9/13	W	10 a.m.-12:15 p.m.	\$117
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Therapeutic Recreation

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PICKLEBALL

Advanced Beginner Skill & Drill

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	1 Session	R05261-132	Ross Boddy CRC	11/7	Tu	6-8:30 p.m.	\$55
		R05261-118	N. Potomac CRC	11/13	M	1:30-3 p.m.	\$30
		R05261-127	Potomac CRC	11/14	Tu	Noon-2 p.m.	\$40
	2 Sessions	R05261-113	N. Potomac CRC	9/11	M	1:30-3 p.m.	\$60
		R05261-123	Potomac CRC	10/17	Tu	Noon-2 p.m.	\$40
		R05261-114	N. Potomac CRC	10/23	M	Noon-1:30 p.m.	\$60
		R05261-119	N. Potomac CRC	11/27	M	Noon-1:30 p.m.	\$60

Beginner 1.0

18 and up	1 Session	R05261-128	Ross Boddy CRC	10/3	Tu	6-8:30 p.m.	\$55
		R05261-129	Ross Boddy CRC	11/14	Tu	6-8:30 p.m.	\$55
		R05261-133	Longwood CRC	9/30	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-134	Longwood CRC	10/28	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-135	Longwood CRC	11/18	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-136	Longwood CRC	12/16	Sa	10 a.m.-12:30 p.m.	\$55
	3 Sessions	R05261-105	Lawton CRC	9/6	W	12:15-1:15 p.m.	\$69
		R05261-112	N. Potomac CRC	9/11	M	Noon-1:30 p.m.	\$60
		R05261-101	Coffield CRC	9/13	W	6:30-7:30 p.m.	\$69
		R05261-122	Potomac CRC	9/19	Tu	Noon-2 p.m.	\$40
		R05261-109	Praisner CRC	10/6	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-124	Potomac CRC	10/10	Tu	Noon-2 p.m.	\$40
		R05261-102	Coffield CRC	10/11	W	6:30-7:30 p.m.	\$69
		R05261-106	Lawton CRC	10/11	W	12:15-1:15 p.m.	\$69
		R05261-107	Lawton CRC	11/1	W	12:15-1:15 p.m.	\$69
		R05261-110	Praisner CRC	11/3	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-126	Potomac CRC	11/7	Tu	Noon-2 p.m.	\$40
		R05261-103	Coffield CRC	11/8	W	6:30-7:30 p.m.	\$69
		R05261-115	N. Potomac CRC	11/13	M	Noon-1:30 p.m.	\$30
		R05261-111	Praisner CRC	12/1	F	11:15 a.m.-12:15 p.m.	\$69
R05261-104	Coffield CRC	12/6	W	6:30-7:30 p.m.	\$69		
R05261-117	N. Potomac CRC	12/11	M	Noon-1:30 p.m.	\$60		
R05261-125	Potomac CRC	12/12	Tu	Noon-2 p.m.	\$40		
R05261-108	Lawton CRC	12/13	W	12:15-1:15 p.m.	\$69		

Therapeutic Recreation

Sports

Classes

Aquatics



[Click to view and register.](#)

Beginner 1.5-2.0

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee	
18 and up	3 Sessions	R05262-101	Coffield CRC	9/13	W	7:30-8:30 p.m.	\$69	
		R05262-102	Coffield CRC	10/11	W	7:30-8:30 p.m.	\$69	
		R05262-103	Coffield CRC	11/8	W	7:30-8:30 p.m.	\$69	
			R05262-104	Coffield CRC	12/6	W	7:30-8:30 p.m.	\$69
			R05262-105	Lawton CRC	9/6	W	1:15-2:15 p.m.	\$69
			R05262-106	Lawton CRC	10/11	W	1:15-2:15 p.m.	\$69
			R05262-107	Lawton CRC	11/1	W	1:15-2:15 p.m.	\$69
			R05262-108	Lawton CRC	12/13	W	1:15-2:15 p.m.	\$69
			R05262-109	Praisner CRC	10/6	F	12:15-1:15 p.m.	\$69
			R05262-110	Praisner CRC	11/3	F	12:15-1:15 p.m.	\$69
			R05262-111	Praisner CRC	12/1	F	12:15-1:15 p.m.	\$69

Beginner 2

18 and up	1 Session	R05261-130	Ross Boddy CRC	10/17	Tu	6-8:30 p.m.	\$55
		R05261-131	Ross Boddy CRC	12/5	Tu	6-8:30 p.m.	\$55
	2 Sessions	R05261-120	N. Potomac CRC	10/2	M	Noon-1:30 p.m.	\$60
		R05261-121	N. Potomac CRC	12/11	M	1:30-3 p.m.	\$60

Intermediate

18 and up	1 Session	R05262-115	Potomac CRC	10/3	Tu	Noon-2 p.m.	\$40
		R05262-116	Potomac CRC	10/31	Tu	Noon-2 p.m.	\$40
		R05262-117	Potomac CRC	11/28	Tu	Noon-2 p.m.	\$40
	2 Sessions	R05262-112	N. Potomac CRC	10/2	M	1:30-3 p.m.	\$60
		R05262-113	N. Potomac CRC	10/23	M	1:30-3 p.m.	\$60
		R05262-114	N. Potomac CRC	11/27	M	1:30-3 p.m.	\$60

Middle School Pickleball

11-14	1 Session	R05261-137	Longwood CRC	10/6	F	6:30-9 p.m.	\$40
		R05261-138	Longwood CRC	12/8	F	6:30-9 p.m.	\$40





SOCCER

Coach Doug Soccer

Instructor: Coach Doug Academy

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
2-6	10 Sessions	R05025-104	Germantown CRC	9/26	Tu	5-5:45 p.m.	\$116
		R05025-110	Potomac CRC	9/28	Th	5-5:45 p.m.	\$116
		R05025-116	Oakland Terrace ES	9/23	Sa	11:45 a.m.-12:30 p.m.	\$116

CORE Grassroots Soccer Clinic

Instructor: CORE FC

3-5	6 Sessions	R05103-131	Fernwood LP	9/16	Sa	2-2:45 p.m.	\$104
		R05103-135	Damascus CRC	9/16	Sa	2-2:45 p.m.	\$104
		R05103-137	Bauer Drive CRC	9/16	Sa	10-10:45 a.m.	\$104
		R05103-133	Germantown CRC	9/17	Su	10-10:45 a.m.	\$104
6-8		R05103-132	Fernwood LP	9/16	Sa	3-4 p.m.	\$104
		R05103-136	Damascus CRC	9/16	Sa	3-4 p.m.	\$104
		R05103-138	Bauer Drive CRC	9/16	Sa	11 a.m.-Noon	\$104
		R05103-134	Germantown CRC	9/17	Su	11 a.m.-Noon	\$104

Jump Start Hummingbirds Soccer

Instructor: Jump Start Sports

3-4	6 Sessions	R05103-111	Ayrlawn LP	9/16	Sa	10-10:55 a.m.	\$124
		R05103-113	Q.O.Valley NP	9/16	Sa	10-10:55 a.m.	\$124
		R05103-115	Layhill Village LP	9/16	Sa	1:30-2:25 p.m.	\$124
5-6		R05103-112	Ayrlawn LP	9/16	Sa	11 a.m.-Noon	\$124
		R05103-114	Q.O.Valley NP	9/16	Sa	11 a.m.-Noon	\$124
		R05103-116	Layhill Village LP	9/16	Sa	2:30-3:30 p.m.	\$124

Soccer Skills & Games

Instructor: International Futbol Club

6-9	20 Sessions	R05361-103	Germantown CRC	9/12	Tu & Th	3:30-4:30 p.m.	\$225
10-14	20 Sessions	R05361-104	Germantown CRC	9/12	Tu & Th	4:30-5:30 p.m.	\$225
		R05361-102	East County CRC	9/11	M & W	4:30-5:30 p.m.	\$225

Train Like a Pro Juniors Soccer Skills and Drills

Instructor: Train Like a Pro

5-9	8 Sessions	R05103-103	Potomac CRC Field	9/16	Sa	11 a.m.-Noon	\$138
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Train Like a Pro Soccer Skills and Drills

Instructor: Train Like a Pro

8-14	8 Sessions	R05103-101	Bauer Drive CRC	9/12	Tu	6:30-8 p.m.	\$174
		R05103-102	Potomac CRC Field	9/16	Sa	Noon-1:30 p.m.	\$174

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

VOLLEYBALL

Youth Volleyball Skills Development Clinic

Instructor: Ofer Levy



[Click to view and register.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-11	6 Sessions	R05124-109	Mid-County CRC	9/11	M	6-7 p.m.	\$99
		R05124-117	Damascus CRC	9/12	Tu	6-7 p.m.	\$99
		R05124-101	Germantown CRC	9/13	W	5:45-6:45 p.m.	\$99
		R05124-133	Wheaton CRC	9/14	Th	6-7 p.m.	\$99
		R05124-125	Bauer Drive CRC	9/15	F	6-7 p.m.	\$99
		R05124-129	Bauer Drive CRC	10/27	F	6-7 p.m.	\$99
		R05124-113	Mid-County CRC	10/30	M	6-7 p.m.	\$99
		R05124-121	Damascus CRC	10/31	Tu	6-7 p.m.	\$99
		R05124-105	Germantown CRC	11/1	W	5:45-6:45 p.m.	\$99
		R05124-137	Wheaton CRC	11/2	Th	6-7 p.m.	\$99
12-13		R05124-110	Mid-County CRC	9/11	M	7-8 p.m.	\$99
		R05124-118	Damascus CRC	9/12	Tu	7-8 p.m.	\$99
		R05124-102	Germantown CRC	9/13	W	6:45-7:45 p.m.	\$99
		R05124-134	Wheaton CRC	9/14	Th	7-8 p.m.	\$99
		R05124-126	Bauer Drive CRC	9/15	F	7-8 p.m.	\$99
		R05124-130	Bauer Drive CRC	10/27	F	7-8 p.m.	\$99
		R05124-114	Mid-County CRC	10/30	M	7-8 p.m.	\$99
		R05124-122	Damascus CRC	10/31	Tu	7-8 p.m.	\$99
		R05124-106	Germantown CRC	11/1	W	6:45-7:45 p.m.	\$99
		R05124-138	Wheaton CRC	11/2	Th	7-8 p.m.	\$99

Youth Volleyball Level 1 Skills Development Clinic

14-17	6 Sessions	R05124-111	Mid-County CRC	9/11	M	8-9 p.m.	\$99
		R05124-119	Damascus CRC	9/12	Tu	8-9 p.m.	\$99
		R05124-103	Germantown CRC	9/13	W	7:45-8:45 p.m.	\$99
		R05124-135	Wheaton CRC	9/14	Th	8-9 p.m.	\$99
		R05124-127	Bauer Drive CRC	9/15	F	8-9 p.m.	\$99
		R05124-131	Bauer Drive CRC	10/27	F	8-9 p.m.	\$99
		R05124-115	Mid-County CRC	10/30	M	8-9 p.m.	\$99
		R05124-123	Damascus CRC	10/31	Tu	8-9 p.m.	\$99
		R05124-107	Germantown CRC	11/1	W	7:45-8:45 p.m.	\$99
		R05124-139	Wheaton CRC	11/2	Th	8-9 p.m.	\$99

Youth Volleyball Level 2 Skills Development Clinic

14-17	6 Sessions	R05124-112	Mid-County CRC	9/11	M	8-9 p.m.	\$119
		R05124-120	Damascus CRC	9/12	Tu	8-9 p.m.	\$119
		R05124-104	Germantown CRC	9/13	W	7:45-8:45 p.m.	\$119
		R05124-136	Wheaton CRC	9/14	Th	8-9 p.m.	\$119
		R05124-128	Bauer Drive CRC	9/15	F	8-9 p.m.	\$119
		R05124-132	Bauer Drive CRC	10/27	F	8-9 p.m.	\$119
		R05124-116	Mid-County CRC	10/30	M	8-9 p.m.	\$119
		R05124-124	Damascus CRC	10/31	Tu	8-9 p.m.	\$119
		R05124-108	Germantown CRC	11/1	W	7:45-8:45 p.m.	\$119
		R05124-140	Wheaton CRC	11/2	Th	8-9 p.m.	\$119



ADULT BASKETBALL LEAGUES

- Ages 18 and up • 6 games • Locations and times are to be determined.
- Registration from Aug.14- Sept. 6

Men's

Activity	Division/Level	Start Date	Day	Fee
R05232-101	Fall League	9/17	Su	\$685

Women's Drop In

Activity	Division/Level	Start Date	Day	Fee
R05013-104	Women's Drop In	9/17	Su	\$82
R05013-105	Women's Drop In	9/17	Su	\$41
R05013-106	Women's Drop In	10/22	Su	\$41



WE'RE LOOKING FOR YOU

COACHES

We need adult volunteers to coach winter basketball. General knowledge of sports preferred. Volunteers should demonstrate good character, patience and a desire to help children and youth learn.

STAFF

Individuals, at least 16 years of age, are needed on Saturdays and/or Sundays. Roles include gym supervisors, score keepers, gym staff and officials. Officiating training is provided for those staff interested.

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

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

ADULT PICKLEBALL LEAGUES



[Click to view and register.](#)

- Ages 18 and up
- Registration starts Aug. 14

Beginners 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05310-103	Bauer Drive CRC	9/11	M	6-10 p.m.	\$63
R05314-103	Longwood CRC	9/14	Th	6-9:30 p.m.	\$55
R05314-103	Longwood CRC	11/2	Th	6-9:30 p.m.	\$55
R05310-105	Bauer Drive CRC	11/5	Su	Noon-3:15 p.m.	\$55
R05310-104	Bauer Drive CRC	11/6	M	6-9:30 p.m.	\$63

Intermediate 2.5-3.0

Activity	Location	Start Date	Day	Time	Fee
R05311-103	Bauer Drive CRC	9/11	M	6-10 p.m.	\$63
R05315-103	Longwood CRC	9/14	Th	6-9:30 p.m.	\$55
R05315-104	Longwood CRC	11/2	Th	6-9:30 p.m.	\$55
R05311-105	Bauer Drive CRC	11/5	Su	Noon-3 p.m.	\$55
R05311-104	Bauer Drive CRC	11/6	M	6-9:30 p.m.	\$63

Expert 3.0-3.5

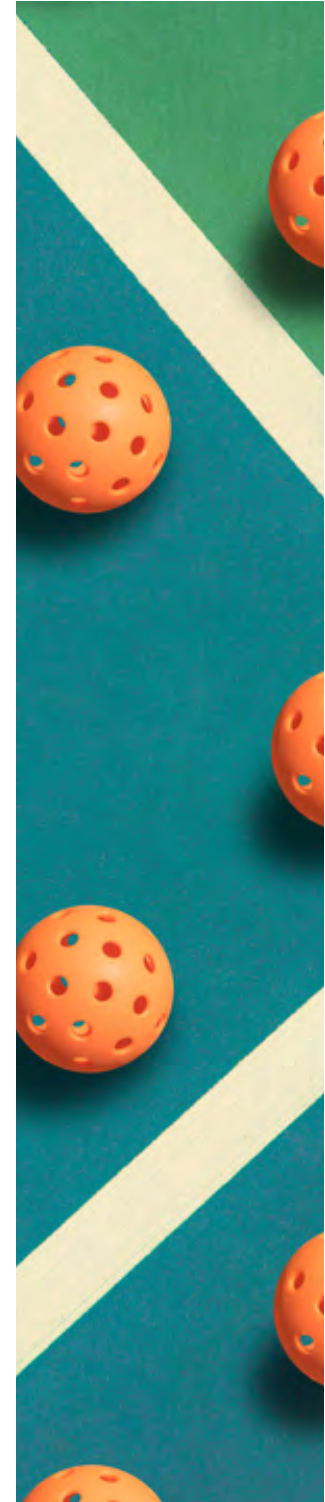
Activity	Location	Start Date	Day	Time	Fee
R05312-103	Bauer Drive CRC	9/11	M	6-10 p.m.	\$63
R05316-103	Longwood CRC	9/14	Th	6-9:30 p.m.	\$55
R05316-104	Longwood CRC	11/2	Th	6-9:30 p.m.	\$55
R05312-105	Bauer Drive CRC	11/5	Su	12:15-3:15 p.m.	\$55
R05312-104	Bauer Drive CRC	11/6	M	6-10 p.m.	\$63

Sub List

Activity	Location	Start Date	Day
R05337-103	Bauer Drive/Longwood CRC	9/11	M

Doubles Social League 2.5-3.0

Activity	Location	Start Date	Day	Time	Fee
R05351-101	Damascus CRC	9/14	Th	6-8:30 p.m.	\$65



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



ADULT SOCCER LEAGUES

- Ages 18 and up • 8 games • Locations and times are to be determined.
- Registration from July 10-Aug. 20
- Prices vary due to field, lighting cost, and number of officials.

Men's 18+

Activity	Division/Level	Start Date	Day	Time	Fee
R05282-101	Competitive D1 and D2	9/9	Sa	10 a.m.-5 p.m.	\$1,125
R05282-103	Casual D3	9/9	Sa	10 a.m.-5 p.m.	\$1,125

Men's 40+

R05276-101	Men's 40+	9/9	Sa	9 a.m.-5 p.m.	\$1,125
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Men's 50+

R05279-101	Men's 50+	9/10	Su	9 a.m.-5 p.m.	\$962
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Men's 55+

R05349-101	Division 1	9/9	Sa	9 a.m.-5 p.m.	\$962
R05349-103	Division 2	9/9	Sa	9 a.m.-5 p.m.	\$962

Men's 65+

R05281-101	Men's 65+	9/10	Su	9 a.m.-1 p.m.	\$962
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Women's 25+

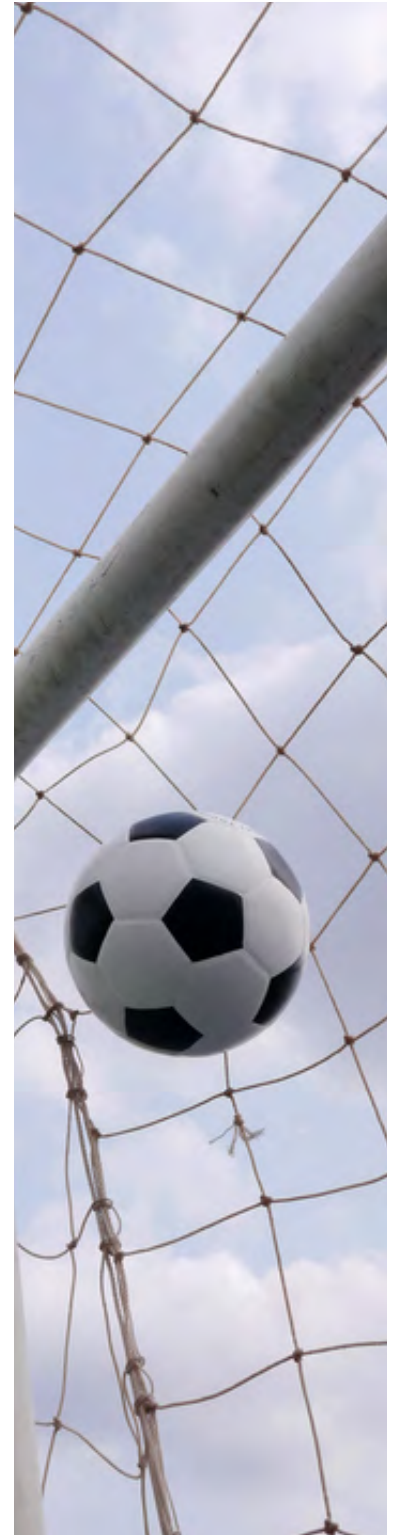
R05285-101	Women's 25+	9/10	Su	9 a.m.-5 p.m.	\$962
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Women's 40+

R05286-101	Women's 40+	9/6	W	7-10:30 p.m.	\$1299
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FREE AGENTS

Activity	Division/Level	Start Date	Day	Time	Fee
R05282-102	Men's 18+	9/10	Su	10 a.m.-5 p.m.	FREE
R05285-102	Women's 25+	9/9	Sa	9 a.m.-5:30 p.m.	FREE
R05286-102	Women's 40+	9/6	W	7-10:30 p.m.	FREE



55+
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

ADULT SOFTBALL LEAGUES



[Click to view and register.](#)

- Ages 18 and up • 12 games
- Registration starts July 10-Aug. 20
- Prices vary due to field and lighting cost

CoRec

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05326-101	DH	Wheaton Regional	8/31	Th	6-10:30 p.m.	\$885
R05246-101	DH	Cabin John LP	9/6	W	6-10:30 p.m.	\$885
R05248-101	DH	Ridge Rd RP	9/7	Th	6-10:30 p.m.	\$885
R05245-101	DH	Cabin John/Olney Manor	9/11	M	6-10:30 p.m.	\$885

Men's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05242-101	C/D, D	Cabin John LP	8/31	Th	6-10:30 p.m.	\$885
R05240-101	D	Olney Manor RP	8/31	Th	6-10:30 p.m.	\$885
R05303-101	D, DH	Cabin John LP	9/5	Tu	6-10:30 p.m.	\$885
R05237-101	C/D, D	Olney Manor RP	9/6	W	6-10:30 p.m.	\$885
R05325-101	C/D, D	Cabin John LP	9/10	Su	7-10:30 p.m.	\$885

Seniors

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05252-101	Senior Men's 50+	Olney Manor RP	9/5	Tu	6-10:30 p.m.	\$885
R05251-101	Senior Men's 55+	Cabin John/Olney Manor	8/31	Th	7-10:30 p.m.	\$885

Women's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05254-101	Women's 40+ DH	Wheaton Regional	9/11	Tu	6-10:30 p.m.	\$734

FREE AGENTS

Activity	Division/Level	Start Date	Days	Time	Fee
R05236-101	Men's Sign-Up	Sept.-Nov.	M-F	6-10:30 p.m.	FREE
R05309-101	Women's Sign-Up	Sept.-Nov.	M-F	6-10:30 p.m.	FREE



LEAGUES INFOMATION

Click here for more information about leagues.

[LEARN MORE](#)



NFL FLAG FOOTBALL LEAGUES



Click to view and register.

- Ages 6-15 • 8 games • Locations and times are to be determined.
- Registration from Aug. 14-Sept. 17

HERtime2shine

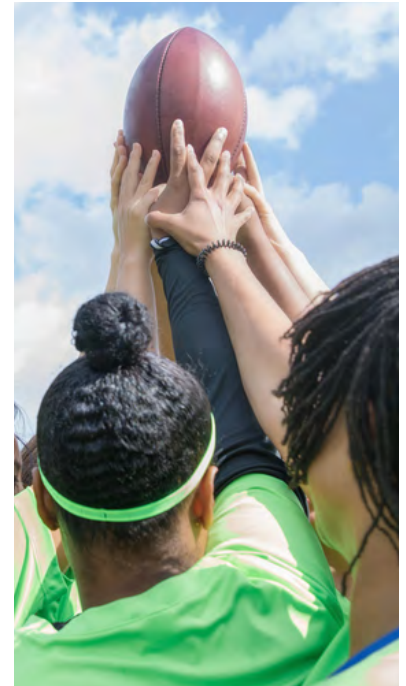
Activity	Location	Start Date	Day	Time	Fee
R05287-103	Wheaton HS	9/24	Su	8 a.m.-6 p.m.	\$60

Youth

Activity	Location	Start Date	Day	Time	Fee
R05287-102	Damascus CRC	9/24	Su	8 a.m.-6 p.m.	\$60
R05287-101	Wheaton HS	9/24	Su	8 a.m.-6 p.m.	\$60

Pre-Season Clinic

Activity	Location	Start Date	Day	Time	Fee
R05044-101	Damascus CRC	9/10	Su	10am-Noon	\$25



YOUTH VOLLEYBALL LEAGUES

- Games start Saturday, Sept. 16 • 7 Sessions
- One week of evaluations and six weeks of games
- \$80

Activity	Ages	Division/Level	Location	Time
R05319-101	10-11	HERtime2shine	East County CRC	5-9 p.m.
R05319-103	12-13	HERtime2shine	Plum Gar CRC	8:30 a.m.-4:30 p.m.
R05319-102	13-17	Boys	Ross Boddy CRC	9 a.m.-1 p.m.
R05319-104	14-17	HERtime2shine Girls	White Oak CRC	9:30 a.m.-5:30 p.m.



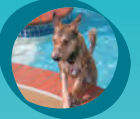
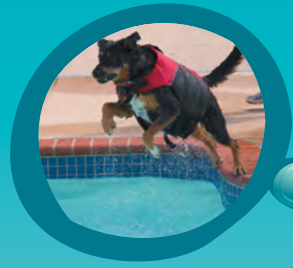
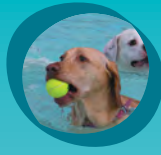
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Pooch Pool Party



Saturday, Aug. 26 - Activity R05092-501

Sunday, Aug. 27 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Upper County outdoor Pool
8211 Emory Grove Road
Gaithersburg



Pre-registration is required.

Written proof of current
rabies vaccination
required for admission!



MONTGOMERY COUNTY
Recreation



55 +

Therapeutic Recreation

Programs for individuals with disabilities.



TR Dance Creation: Create your own dance moves

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-13	6 Sessions	R06020-200	Germantown CRC	10/8	Su	2-2:30 p.m.	FREE

TR Drama: Facial Expressions

6-12	6 Sessions	R06020-100	Germantown CRC	10/8	Su	1-1:45 p.m.	\$10
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TR Paint & Punch

6-12	4 Sessions	R06009-100	Germantown CRC	9/30	Sa	12:30-1:15 p.m.	\$20
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TR Adult Splashtastic Swim

18 and up	10 Sessions	R06002-101	GISC	10/3	Tu	7:30-8:30 p.m.	\$50
	8 Sessions	R06002-102	OSC	10/6	F	7:30-8:30 p.m.	\$40

TR Soccer League

18 and up	8 Sessions	R06011-102	Potomac CRC	9/24	Su	12:30-2:30 p.m.	\$45
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TR Sports Skills: Soccer with Coach Doug

Instructor: Coach Doug Academy

6-14	8 Sessions	R06019-101	Oakland Terrace ES	9/23	Sa	12:45-1:30 p.m.	\$40
15-21		R06019-102	Potomac CRC	9/24	Su	11:30 a.m.-12:15 p.m.	\$40

TR ZamDance

Instructor: ZamDance

15 and up	8 Sessions	R06030-101	Bauer Drive CRC	10/10	Tu	5-6 p.m.	\$40
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

TR SPECIAL EVENTS



Click to view and register.

TR FAMILY

SUNDAY FUNDAY FAMILY SWIM

Activity	Location	Day	Date	Time
R06010-101	GISC	Su	10/8	Noon-2 p.m.

Ages 2 and up • 1 Session • \$5

TR SOCIAL

KARAOKE Night

Activity	Day	Date	Time
R06006-101	Sa	9/23	6:30-9:30 p.m.

Ages 18 and up • 1 Session • Holiday Park SC • \$10

TR FAMILY

SPOOKTACULAR SATURDAY

Activity	Day	Date	Time
R06008-101	Sa	10/28	1-3 p.m.

Ages 2 and up • 1 Session • Holiday Park SC • FREE

TR SOCIAL

Thanksgiving SOCIAL

Activity	Day	Date	Time
R06006-102	Sa	11/18	4-7 p.m.

Ages 18 and up • 1 Session • Holiday Park SC • \$10

TR FAMILY

Santa's Workshop

Activity	Day	Date	Time
R06029-101	Sa	12/9	1-3 p.m.

Ages 2 and up • 1 Session • Holiday Park SC • FREE

TR SOCIAL

Holiday CELEBRATION

Activity	Day	Date	Time
R06006-103	Sa	12/9	3:30-6:30 p.m.

Ages 18 and up • 1 Session • Holiday Park SC • \$10

55 +

Therapeutic RECREATION

SPORTS

CLASSES

AQUATICS

TR SATURDAY SOCIALS

TR SATURDAY SOCIAL

DISCO INFERNO DANCE

Activity	Day	Date	Time
R06014-101	Sa	9/30	6:30-9:30 p.m.

Ages 15 and up • 1 Session • Holiday Park SC • \$10

TR SATURDAY SOCIAL

ENCHANTED Evening Dance

Activity	Day	Date	Time
R06014-102	Sa	10/28	6:30-9:30 p.m.

Ages 15 and up • 1 Session • Holiday Park SC • \$10

TR SATURDAY SOCIAL

New Year's Celebration Dance

Activity	Day	Date	Time
R06014-103	Sa	12/30	6:30-9:30 p.m.

Ages 15 and up
1 Session
Holiday Park SC
\$10



WE SUPPORT ACCESSIBILITY

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

For more information, email rec.inclusion@montgomerycountymd.gov.



Bookmark the Rec Bulletin to stay up-to-date.



View flyers and register for activities



Stay up-to-date with Rec



Access online 24/7



VISIT WWW.MOCOREC.COM/BULLETIN



55+ Senior Programs



Art

ART INSTRUCTION

Candle Making and Medicare Info with Chris

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07095-121	N. Potomac CRC	9/26	Tu	12:30-2:30 p.m.	FREE

Cardmaking with Cindy Boccucci

3 Sessions	R07095-118	Schweinhaut SC	9/9	Sa	11:30 a.m.-2:30 p.m.	FREE
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Ceramic Class

25 Sessions	R07098-104	Schweinhaut SC	9/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
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Evening Crafters

3 Sessions	R07095-120	N. Potomac CRC	9/13	W	6-7:30 p.m.	FREE
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Fun with Art

13 Sessions	R07052-102	Schweinhaut SC	9/6	W	10 a.m.-Noon	FREE
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Intergenerational Easy Art with Kamel

3 Sessions	R07095-122	N. Potomac CRC	9/12	Tue	9:45-11 a.m.	FREE
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Origami Class

2 Sessions	R07096-102	Schweinhaut SC	10/2	M	1-3 p.m.	FREE
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Paint and Socialize

10 Sessions	R07095-119	N. Potomac CRC	9/14	Th	12:30-2:30 p.m.	FREE
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Watercolors

10 Sessions	R07095-112	Damascus SC	10/23	M	10 a.m.-Noon	FREE
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KNITTING AND CROCHET



Click to view and register.

Anne's Knitting Corner

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-104	Schweinhaut SC	9/6	W	1-3 p.m.	FREE

Knit and Crochet Group

12 Sessions	R07003-106	N. Potomac CRC	9/5	Tu	1-3 p.m.	FREE
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Knit and Crochet Workshop

13 Sessions	R07003-103	Holiday Park SC	9/20	W	10-11:30 a.m.	FREE
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Needlecraft

13 Sessions	R07053-102	Damascus SC	9/7	Th	9 a.m.-2 p.m.	FREE
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Needles & Yarn

25 Sessions	R07003-102	Wheaton CRC	9/4	M,Tu	1-3 p.m.	FREE
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PERFORMING ARTS

Seasoned Players

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07056-101	Schweinhaut SC	9/6	W	1:30-3:30 p.m.	FREE

PHOTOGRAPHY

Photography Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
7 Sessions	R07001-101	Holiday Park SC	9/20	W	10 a.m.-Noon	FREE

WOOD CARVING-WOODWORKING

Woodcarving

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07002-101	Holiday Park SC	9/22	F	1-3 p.m.	FREE



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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SPORTS

CLASSES

AQUATICS

Cooking

ADULT COOKING

Simple Cooking with Rhonda



Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-103	N. Potomac CRC	10/13	F	10:30-11:30 a.m.	\$3
	R07049-104	N. Potomac CRC	9/8	F	10:30-11:30 a.m.	\$3
	R07049-105	N. Potomac CRC	11/3	F	10:30-11:30 a.m.	\$3

Dance BALLROOM

International Ballroom Dancing with Ed and Helen

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07057-102	N. Potomac CRC	9/6	W	1-3 p.m.	FREE

FOLK DANCING

Chinese Folk Dance with Ming

13 Sessions	R07009-110	N. Potomac CRC	9/6	W	10:30-11:30 a.m.	FREE
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Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-111	N. Potomac CRC	9/7	Th	1-3 p.m.	FREE
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International Folk Dance Instruction Class

12 Sessions	R07009-113	N. Potomac CRC	9/1	F	12:30-2 p.m.	FREE
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Liuying's Classical Chinese Folk Dance

13 Sessions	R07009-112	N. Potomac CRC	9/5	Tu	2-3:30 p.m.	FREE
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Stretching Exercises to Music of Taiwan with Linda

37 Sessions	R07009-109	N. Potomac CRC	9/6	M,W,F	9:30-10:45 a.m.	FREE
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55+ PROGRAMS

BONE BUILDERS

JUMP TO PAGE 79

LINE DANCING



Click to view and register.

Soul Line Dance with Peytrienne

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R03009-104	Praisner CRC	9/13	Tu, F	11:30 a.m.-12:30 p.m.	FREE

SPECIALTY PROGRAM

Tea Dancing

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07129-101	Damascus SC	9/7	Th	1-2:30 p.m.	FREE

TAP DANCING

Tap Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07007-103	Damascus SC	9/11	M	11 a.m.-12:30 p.m.	\$50

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CLASSES

AQUATICS

THE REC INSIDER

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FOR OUR NEWSLETTER TODAY!



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Educational DISCUSSIONS



Active Living in Spanish- Cafecito y Amistad

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07087-101	Holiday Park SC	9/18	M	10-10:50 a.m.	FREE

Book Club with Anna

2 Sessions	R07065-104	N. Potomac CRC	9/25	M	12:30-1:30 p.m.	FREE
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Bring Your Lunch Discussion Group with Jai Ho

12 Sessions	R07078-101	N. Potomac CRC	9/11	M	11:30 a.m.-1 p.m.	FREE
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Coffee & Conversation with Staff

1 Session	R07092-106	N. Potomac CRC	9/5	Tu	10:30-11:30 a.m.	FREE
3 Sessions	R07092-105	Schweinhaut SC	9/21	Th	9-9:45 a.m.	FREE

Coffee Social

63 Sessions	R07092-103	Damascus SC	9/5	M-F	9-11 a.m.	FREE
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Coffee with a Cop

3 Sessions	R07092-102	Holiday Park SC	10/4	W	9:30-11 a.m.	FREE
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Coping with Change

13 Sessions	R07076-104	Damascus SC	9/7	Th	11 a.m.-Noon	FREE
	R07076-102	Holiday Park SC	9/21	Th	10:30-11:30 a.m.	FREE

Coping with Change in Spanish

14 Sessions	R07076-103	Holiday Park SC	9/19	Tu	11 a.m.-Noon	FREE
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Fire Safety, One Cup Coffee or Chocolate at a time

3 Sessions	R07092-104	Holiday Park SC	9/21	Th	9:30-11 a.m.	FREE
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Max You

14 Sessions	R07043-101	Holiday Park SC	9/19	Tu	10:30-11:30 a.m.	FREE
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Scale Modeling Group

3 Sessions	R07023-102	N. Potomac CRC	9/19	Tu	6:30-8:30 p.m.	FREE
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Schweinhaut Book Club

3 Sessions	R07065-103	Schweinhaut SC	9/12	Tu	1-2:30 p.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

LANGUAGE

Everyday English (Basic)



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
25 Sessions	R07061-103	Holiday Park SC	9/19	Tu,Th	10-10:55 a.m.	FREE

Italian Class

13 Sessions	R07021-104	Schweinhaut SC	9/6	W	1-2:30 p.m.	FREE
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Japanese Language and Culture

13 Sessions	R07021-105	N. Potomac CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Spanish Class

12 Sessions	R07015-106	Schweinhaut SC	9/7	Th	10-11 a.m.	FREE
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WORKSHOP OR SPEAKERS SERIES

Nutrition 101

13 Sessions	R07024-104	Schweinhaut SC	9/5	Tu	1:30-2:30 p.m.	FREE
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12 Sessions	R07024-105	Schweinhaut SC	9/7	Th	1:00-2:00 p.m.	FREE
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Wellness Wednesdays with UMD Nursing Students

8 Sessions	R07028-102	N. Potomac CRC	9/20	W	9:30 a.m.-2 p.m.	FREE
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**QUESTIONS?
CONTACT CUSTOMER SERVICE**

Call customer service or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



55 +
THERAPEUTIC RECREATION
SPORTS
CLASSES
AQUATICS



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SPORTS

CLASSES

AQUATICS

WRITING

Writer's Group



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07058-106	Schweinhaut SC	9/5	Tu	10 a.m.-Noon	FREE
Writing Group						
12 Sessions	R07058-102	Holiday Park SC	9/22	F	10-11:30 a.m.	FREE



Maryland Senior Olympics



“TO PARTICIPATE IS TO WIN!”

Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events are taking place now through mid-October. Visit www.mdseniorolympics.org, email info@mdseniorolympics.org or call **240-777-4930** for 2023 event details and registration information.

Fitness

AEROBIC DANCE

Ballet

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-103	Wheaton CRC	9/5	Tu	1:30-2:30 p.m.	FREE
	R07012-102	Wheaton CRC	9/6	W	2:15-3:15 p.m.	FREE

Easy Dance Fitness

11 Sessions	R07012-121	N. Potomac CRC	9/11	M	10:30-11:30 a.m.	FREE
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Superpower Dance Circle

12 Sessions	R07012-105	Wheaton CRC	9/1	F	1:30-2:30 p.m.	FREE
	R07012-104	Wheaton CRC	9/4	M	11:05-11:55 a.m.	FREE
13 Sessions	R07012-122	Wheaton CRC	9/6	W	11:05-11:55 a.m.	FREE

Superpower Dance with Jane

13 Sessions	R07012-123	White Oak CRC	9/7	Th	12:45-1:45 p.m.	FREE
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LOW IMPACT

Ballet Basics

13 Sessions	R07055-110	White Oak CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Chair Aerobics

34 Sessions	R07066-103	N. Potomac CRC	9/12	Tu-Th	9:30-10:15 a.m.	FREE
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YouTube Walking with Alison

24 Sessions	R07035-106	N. Potomac CRC	9/8	F	9:30-10:15 a.m.	FREE
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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

STRENGTH TRAINING



Click to view and register.

Basic Functional Balance Exercise

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07030-102	Schweinhaut SC	9/18	M	8:30-9:30 a.m.	FREE

Fitness Center Awareness with Julien

13 Sessions	R07060-109	White Oak CRC	9/5	Tu	10:30-11:30 a.m.	FREE
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Kickboxing with Julien

3 Sessions	R07060-108	Schweinhaut SC	9/18	M	8:30-9:30 a.m.	FREE
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Low Impact Exercise with Julien

2 Sessions	R07060-107	Schweinhaut SC	9/11	M	8:30-9:30 a.m.	FREE
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ZUMBA

Chair Zumba

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-119	Schweinhaut SC	9/6	W	9:30-10:30 a.m.	FREE

Morning Zumba with Carol

12 Sessions	R07070-111	N. Potomac CRC	9/11	M	9:30-10:30 a.m.	FREE
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Zumba

13 Sessions	R07070-102	Wheaton CRC	9/5	Tu	11 a.m.-Noon	FREE
	R07070-106	Damascus SC	9/6	W	11 a.m.-Noon	FREE
12 Sessions	R07070-103	Wheaton CRC	9/7	Th	2-3 p.m.	FREE

Zumba for Active Aging Week

1 Session	R07070-107	Damascus SC	10/4	W	11 a.m.-Noon	FREE
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Zumba Gold

24 Sessions	R07012-118	Schweinhaut SC	9/1	M,F	9:30-10:30 a.m.	FREE
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Zumba Gold with Amy

26 Sessions	R07071-105	White Oak CRC	9/5	Tu,Th	9-10 a.m.	FREE
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Zumba Video at North Potomac

26 Sessions	R07070-112	N. Potomac CRC	9/5	Tu,Th	9:30-10:30 a.m.	FREE
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BONE BUILDERS

Fall 2023

R03010-103

Bauer Drive CRC 9/5 Tu,Th 1:30-2:30 p.m.
9/6 M,W 11:30 a.m.-12:30 p.m.

R03010-105

Coffield CRC 9/5 Tu,Th 9:15-10:15 a.m.

R03010-107

Lawton CRC 9/5 Tu,Th 9:15-10:15 a.m.

R03010-108

Longwood CRC 9/6 M,W 11:15 a.m.-12:15 p.m.

R03010-104

Clara Barton NRC 9/6 M,W 1:30-2:30 p.m.

R03010-106

Germantown CRC 9/7 M,Th 1-2 p.m.

R03010-101

Virtual Class 9/11 M,W 11 a.m.-Noon



AGES 55+

FREE

ONE HOUR CLASSES HELD TWICE PER WEEK ARE DESIGNED TO INCREASE BONE DENSITY.



Games



Canasta

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07112-103	Damascus SC	9/7	Th	1-3 p.m.	FREE

BINGO

Bingo

13 Sessions	R07085-107	White Oak CRC	9/5	Tu	1-2 p.m.	FREE
	R07085-108	White Oak CRC	9/6	W	1-2 p.m.	FREE
24 Sessions	R07085-104	Schweinhaut SC	9/7	M,Th	10:30-11:30 a.m.	FREE

BOARD GAMES

Rummikub Club

67 Sessions	R07086-101	Holiday Park SC	9/18	M-F	1-4 p.m.	FREE
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Rummikub Club with Evelyn

13 Sessions	R07086-102	Holiday Park SC	9/19	Tu	11 a.m.-2 p.m.	FREE
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Scrabble

14 Sessions	R07073-104	Holiday Park SC	9/20	W	1-4 p.m.	FREE
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Scrabble Tips & Tricks

11 Sessions	R07073-106	Schweinhaut SC	9/4	M	11 a.m.-Noon	FREE
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CARD GAMES

[Click to view and register.](#)

American Mahjong

Sessions	Activity	Location	Start Date	Day	Time	Fee
24 Sessions	R07047-108	N. Potomac CRC	9/7	M,Th	10 a.m.-4 p.m.	FREE

Asian Mahjong

33 Sessions	R07047-107	N. Potomac CRC	9/5	Tu,W,F	10:30 a.m.-12:30 p.m.	FREE
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Beginners American Mahjong Lessons and Practice Skills with Nancy

7 Sessions	R07047-106	N. Potomac CRC	10/2	M	10-11 a.m.	FREE
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Bridge

13 Sessions	R07074-105	Damascus SC	9/5	Tu	11 a.m.-3 p.m.	FREE
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Drop-In Bridge

14 Sessions	R07075-102	Holiday Park SC	9/12	Tu	10 a.m.-Noon	FREE
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Duplicate Bridge

13 Sessions	R07074-102	Holiday Park SC	9/20	W	12:45-4 p.m.	FREE
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Mahjong

13 Sessions	R07047-104	Damascus SC	9/6	W	12:30-3 p.m.	FREE
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Mahjong Club

13 Sessions	R07047-501	Holiday Park SC	6/19	M	1-4 p.m.	FREE
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Open Party Bridge

11 Sessions	R07075-101	Holiday Park SC	9/22	F	12:45-3:30 p.m.	FREE
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Pinochle Card Game

13 Sessions	R07099-103	Schweinhaut SC	9/6	W	1-3 p.m.	FREE
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Wheaton Mahjong

25 Sessions	R07047-101	Wheaton CRC	9/4	M,W	1-4 p.m.	FREE
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MULTI-SPORTS

Wii Bowling

12 Sessions	R07130-101	Schweinhaut SC	9/6	W	9-10:30 a.m.	FREE
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Health and Wellness



HEALTH SCREENINGS

Blood Pressure Screening

13 Sessions	R07108-110	Schweinhaut SC	9/1	F	1-2 p.m.	FREE
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Vaccine Clinic by Giant Food Pharmacy

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07108-107	Schweinhaut SC	9/19	Tu	10 a.m.-2 p.m.	FREE
	R07108-108	Schweinhaut SC	10/26	Tu,Th	10 a.m.-2 p.m.	FREE
	R07108-109	Schweinhaut SC	11/15	W	10 a.m.-2 p.m.	FREE

MEDITATION

Exercises for the Mind

13 Sessions	R07077-103	N. Potomac CRC	9/5	Tu	1-2 p.m.	FREE
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Healthy Body, Peaceful Mind with Tammy

12 Sessions	R07077-104	N. Potomac CRC	9/11	M	2-3:30 p.m.	FREE
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Meditation with Fereshteh

24 Sessions	R07077-105	N. Potomac CRC	9/12	Tu,W	10:30-11:15 a.m.	FREE
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IMPORTANT CLOSURE NOTICE

Classes will not meet on the following dates:

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Sept. 4
Nov. 10
Nov. 23

SOAR DAYTRIPPERS

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YOGA



Click to view and register.

Easy Yoga with Vicki

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07029-107	N. Potomac CRC	9/11	M	2:15-3 p.m.	FREE

Gentle Stretching and Yogic Breathing Techniques

8 Sessions	R07029-108	N. Potomac CRC	9/16	Sa	11 a.m.-Noon	FREE
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Wisdom Yoga

Instructor: Anne Harrison

9 Sessions	R05128-108	Clara Barton NRC	9/19	Tu	10:30-11:30 a.m.	\$99
	R05128-118	Long Branch CRC	9/26	Tu	11 a.m.-Noon	\$115

Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-111	Schweinhaut SC	9/2	Sa	Noon-1 p.m.	FREE
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Yoga

12 Sessions	R07029-104	Damascus SC	9/1	F	11 a.m.-Noon	FREE
	R07032-102	Wheaton CRC	9/4	M	9:05-9:55 a.m.	FREE
	R07032-103	Wheaton CRC	9/7	Th	3-4 p.m.	FREE
13 Sessions	R07032-105	Wheaton CRC	9/5	Tu	3-4 p.m.	FREE

Yoga for Active Aging Week

1 Session	R07029-103	Damascus SC	10/6	F	11 a.m.-Noon	FREE
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Yoga For All with Edgar

12 Sessions	R07029-110	White Oak CRC	9/8	F	9:15-10:15 a.m.	FREE
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Yogalates

13 Sessions	R07032-104	Wheaton CRC	9/6	W	9:30-10:30 a.m.	FREE
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Yoga Para Todos

12 Sessions	R07032-106	Wheaton CRC	9/1	F	3-4 p.m.	FREE
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Martial Arts



TAI CHI



Click to view and register.

Beginners Tai Chi

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07025-102	Holiday Park SC	9/20	W	9:30-10:20 a.m.	FREE

Tai Chi

13 Sessions	R07025-105	Damascus SC	9/5	Tu	1-2 p.m.	FREE
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Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-106	Schweinhaut SC	9/5	Tu	1:30-2:30 p.m.	FREE
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Tai Chi (In Person - Beginner's Welcome)

26 Sessions	R07025-111	White Oak CRC	9/5	Tu,Th	2-3 p.m.	FREE
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37 Sessions	R07025-110	White Oak CRC	9/6	M,W,F	9-10 a.m.	FREE
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Tai Chi CMC 37 Yang Style and Chi Gong Exercises

14 Sessions	R07025-107	N. Potomac CRC	9/15	F	10-11:30 a.m.	FREE
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Tai Chi Exercises

13 Sessions	R07025-103	Holiday Park SC	9/19	Tu	9:30-10:20 a.m.	FREE
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Tai Chi Intermediate

12 Sessions	R07027-102	N. Potomac CRC	9/1	F	2:15-3 p.m.	FREE
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Tai Chi Sword

13 Sessions	R07027-101	Holiday Park SC	9/18	M	2:30-3:25 p.m.	FREE
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QIGONG

Let's Practice Qigong

12 Sessions	R07059-101	Wheaton CRC	9/1	F	1-2 p.m.	FREE
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Qi Gong

Instructor: Mike Kornely

12 Sessions	R07059-102	Schweinhaut SC	9/2	Sa	Noon-1 p.m.	FREE
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Mini Trips



55 +

Dollar Tree/Aldi Shopping Trip

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07101-100	White Oak CRC	9/8	F	9:30-11:30 a.m.	FREE
	R07101-115	White Oak CRC	10/13	F	9:30-11:30 a.m.	FREE

JCA Outing to Local Orchard

1 Session	R07101-114	N. Potomac CRC	10/20	F	9:30 a.m.-12:30 p.m.	FREE
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Mini Trip to Amish Market

1 Session	R07101-113	Long Branch CRC	9/8	F	9:30 a.m.-Noon	FREE
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Music SINGING

Karaoke

Sessions	Activity	Location	Start Date	Day	Time	Fee
7 Sessions	R07080-118	N. Potomac CRC	10/4	W	1:30-2:30 p.m.	FREE

Music and Dance with Walter Ware

3 Sessions	R07106-104	Schweinhaut SC	9/12	Tu	1-2:30 p.m.	FREE
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Music in Motion: Songs of the Beatles

8 Sessions	R07080-116	Damascus SC	9/7	Th	11 a.m.-Noon	FREE
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Therapeutic
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Special Events



CHESS

Chess Club



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07110-103	Schweinhaut SC	9/11	M	10:30 a.m.-1 p.m.	FREE
13 Sessions	R07110-102	Holiday Park SC	9/20	W	1:30-3:30 p.m.	FREE

SPECIAL EVENTS

1 p.m. Program

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07107-103	Damascus SC	9/1	M-F	1-2 p.m.	FREE

Celebrate Active Aging Week: Integral Tai Chi with JJ

1 Session	R07089-106	White Oak CRC	10/6	F	1-2 p.m.	FREE
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Diwali: Festival of Lights Celebration

1 Session	R07107-114	N. Potomac CRC	11/17	F	11 a.m.-1 p.m.	FREE
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Friday Afternoon Cinema

1 Session	R07088-101	Schweinhaut SC	9/1	F	12:30-2 p.m.	FREE
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Great Pumpkin Carving and Monster Bash

1 Session	R07107-115	N. Potomac CRC	10/31	Tu	12:30-2 p.m.	FREE
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Hispanic Heritage Celebration

1 Session	R07089-100	White Oak CRC	9/29	F	11 a.m.-1 p.m.	FREE
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Movie, Tea and Discussion with Anna

3 Sessions	R07088-102	N. Potomac CRC	10/6	F	3-5:45 p.m.	FREE
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UMD Nursing Program

12 Sessions	R07094-101	Wheaton CRC	9/7	Th	9 a.m.-4 p.m.	FREE
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Virtual Halloween Pet Costume Contest

15 Sessions	R07107-116	N. Potomac CRC	10/9	M-Su	12:30-2 p.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Sports



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

BILLIARDS

Billiards

Sessions	Activity	Location	Start Date	Day	Time	Fee
65 Sessions	R07103-102	Damascus SC	9/1	M-F	9 a.m.-4 p.m.	FREE

Billiards All Day

65 Sessions	R07103-104	Schweinhaut SC	9/1	M-F	8 a.m.-4 p.m.	FREE
12 Sessions	R07103-103	Schweinhaut SC	9/2	Sa	9 a.m.-3 p.m.	FREE

PICKLEBALL

Open Pickleball

12 Sessions	R07091-103	Schweinhaut SC	9/1	F	10:30 a.m.-Noon	FREE
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Outdoor Drop-In Pickleball (weather permitting)

6 Sessions	R07091-104	N. Potomac CRC	9/7	Th	4-6:30 p.m.	FREE
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TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-106	Schweinhaut SC	9/1	F	10:30 a.m.-Noon	FREE
	R07097-105	Schweinhaut SC	9/11	M	Noon-2 p.m.	FREE

Open Shuffleboard

26 Sessions	R07121-101	Holiday Park SC	9/18	M & W	2:30-3:30 p.m.	FREE
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55+ SPORTS LEAGUES

**Looking for
Seniors sports
leagues?**

Click here to view leagues

MONTGOMERY COUNTY RECREATION

FALL TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active, vigorous senior adults, age 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082 - 101 Tour the Museum of the Shenandoah Valley, Glen Burnie House and Gardens - Winchester, VA Th, Sept. 14 • Leave: 8 a.m., Return: 4 p.m. • Fee: \$89

Guided tour of the Galleries and self-guided tours of the Glen Burnie Gardens and House. Box lunch included.

R07082 - 102 Cobblestones to Civil War - Walking Tour with Rick Snider - Alexandria, VA ---- W, Sept. 27 • Leave: 8:45 a.m., Return: 3:45 p.m. • Fee: \$79

R07082 - 103 Cobblestones to Civil War - Walking Tour with Rick Snider - Alexandria, VA ---- Th, Sept. 28 • Leave: 8:45 a.m., Return: 3:45 p.m. • Fee: \$79

Old Town Alexandria is an oasis of colonial and Civil War living amid modern life. Walk the streets and see many sites as well as Captain's Row and Torpedo Factory followed by local restaurants and shopping on your own for lunch.

R07802 - 104 Take a Hike! In Shenandoah National Park, VA W, Oct. 11 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$95

Guided hike on Stony Man Mountain trail, moderately challenging, that brings you to outstanding views at the Summit. Lunch at Skyland and scenic drive included.

R07082 - 105 Northern Central Railway Excursion - New Freedom, PA Th, Oct. 19 • Leave: 8 a.m., Return: 4 p.m. • Fee: \$114

Enjoy a vintage train excursion with Steam Engine #17 at foliage time through the Pennsylvania countryside. Box lunch included.

R07082 - 106 Tour Luray Caverns - Luray, VA W, Oct. 25 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$79

Tour the splendor of the caverns as well as the Car and Carriage Museum and visit the gift shop. Lunch on your own at the restaurant stop.

R07082 - 107 Guided Walking Tour of the Naval Academy - Annapolis, MD Th, Nov. 16 • Leave: 8:30 a.m., Return: 4:30 p.m. • Fee: \$69

Guided walking tour of the Naval Academy. Time on your own in downtown Annapolis and city dock. Lunch on your own.

R07082 - 108 America's Attic - National Museum of American History Guided Tour with Rick Snider - Washington, D.C. W, Nov. 29 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$62

Guided tour of the New Entertainment Collection and First Ladies dress, China collections and much more. After the tour you will have time to explore and lunch on your own.

R07082 - 109 Lewis Ginter GardenFest Lights, Richmond, VA and National Harbor, MD W, Dec. 6 • Leave: 11:30 a.m., Return: 9:30 p.m. • Fee: \$89

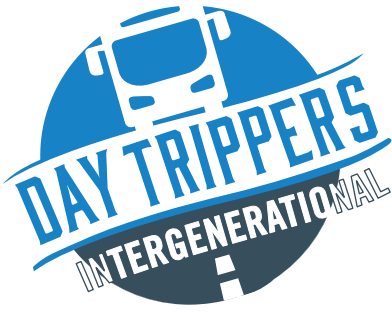
Shop and dine at National Harbor before heading to a pre-dusk guided tour of the Lewis Ginter GardenFest then enjoy the lights on your own.

R07082 - 110 Authentic German Christmas Village in Baltimore, MD and Lights on the Bay Sandy Point State Park - Annapolis, MD W, Dec. 13 • Leave: 2 p.m., Return: 9 p.m. • Fee: \$69

Time on your own at the Christmas Village to shop and eat. Then we will make our way to Lights on the Bay drive thru lights display at Sandy Point State Park.



MONTGOMERY COUNTY RECREATION



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave. Olney, MD.

R07083 - 101 Occoquan Fall Arts and Crafts Show - Occoquan, VA Sa, Sept 23 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$54
More than 200 artisans, makers, crafters, bakers, demos and more. Enjoy the all you can taste experience with many food and drink vendors as well as concerts. Fee is for transportation.

R07083 - 102 Cirque du Soleil® ECHO - U.S. Premiere - Tysons, VA Su, Oct 1 • Leave: 2:45 p.m., Return: 8 p.m. • Fee: \$119
A spectacular performance combining poetry, stagecraft, daring acrobatics and technology. Concessions on your own before the show.

R07083 - 103 Tea Time at the Tea Trolley - Delta, PA F, Oct 13 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$92
Step back in history and enjoy a Full High Tea service surrounded by Victorian elegance.

R07083 - 104 National Apple Festival - Biglerville, PA Su, Oct 15 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69
Everything apple related can be found here from food and wines to quality crafted creations and memories. All purchases on your own. Admission covered by fee.

R07083 - 105 Oysterfest Chesapeake Bay Maritime Museum - St. Michaels, MD Sa, Oct 28 • Leave: 8 a.m., Return: 4:30 p.m. • Fee: \$79
Featuring live music, oysters, cooking demos and many varieties of food for you to purchase on your own.

R07083 - 106 The Candlelight Dinner Theatre - Into the Woods - Wilmington, DE Su, Oct 29 • Leave: 10:45 a.m., Return: 7:45 p.m. • Fee: \$110
This show brings everyone's favorite storybook characters to life. Pre-show plated lunch included.

R07083 - 107 Kitchen Shoppe Gourmet Lunch Demo and Shopping - Carlisle, PA F, Nov 3 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$92
We will enjoy a full gourmet four course lunch demo served to us from all four courses and shopping at the retail store on-site.

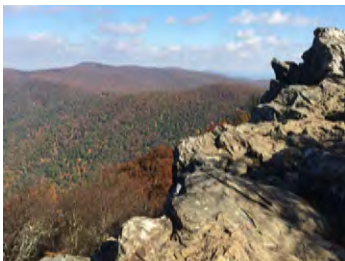
R07083 - 108 Peddlers Village Apple Festival - Lahaska, PA Su, Nov 5 • Leave: 8 a.m., Return: 6 p.m. • Fee: \$64
Celebrate apple season in Peddler's Village with vendors, shops, entertainment, food and beverages.

R07083 - 109 Front Porch Tea Room - Hallam, PA F, Dec 1 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$92
Enjoy a Full High Tea at this charming Tea Room where one can take a step back to an era where manners and civility were common.

R07083 - 110 Dutch Apple Dinner Theatre - A Christmas Carol - Lancaster, PA Su, Dec 3 • Leave: 9:30 a.m., Return: 5:30 p.m. • Fee: \$114
A Christmas classic where Scrooge discovers the true spirit of the holidays. Enjoy an included pre-show lunch buffet.

R07083 - 111 The Playhouse at Allenberry - White Christmas - Boiling Springs, PA Sa, Dec 9 • Leave: 9 a.m., Return: 7 p.m. • Fee: \$84
Before heading to Allenberry we will travel to downtown Gettysburg, decorated for the holidays, to dine and shop on your own. Show at 2 p.m.

R07083 - 112 Sight & Sound Theatres - Miracle of Christmas - Lancaster, PA F, Dec 15 • Leave: 9 a.m., Return: 8 p.m. • Fee: \$149
Travel back in time to Bethlehem as the original Christmas story unfolds all around you. Enjoy an included pre-show lunch buffet at a restaurant nearby.



REGISTRATION BEGINS MONDAY, AUG. 14 AT 9 A.M.

FOR MORE INFO, VISIT WWW.MOCOREC.COM or call 240-777-4933.

FACILITY ADDRESSES

Fall 2023 registration begins **Monday, Aug. 14**



Looking for Senior Centers?

Click here to view senior center locations.



Looking for pool locations?

Click here to view Aquatics facilities.



ELEMENTARY SCHOOLS

- Bethesda ES.....7600 Arlington Rd, Bethesda, 20814
- Garrett Park ES.....4810 Oxford St, Garrett Park, 20896
- Oakland Terrace ES.....2720 Plyers Mill Rd, Silver Spring, 20902
- Pine Crest ES.....201 Woodmoor Dr, Silver Spring, 20901
- Sligo Creek ES.....500 Schuyler Rd, Silver Spring, 20910
- Snowden Farm ES.....22500 Sweetspire Dr, Clarksburg, 20871
- North Chevy Chase ES.....3700 Jones Bridge Rd, Chevy Chase 20815
- Rock View ES.....3901 Denfeld Ave, Kensington 20895
- Snowden Farm ES.....22500 Sweetspire Dr, Clarksburg 20871

MIDDLE SCHOOLS

- Earle B. Wood MS.....14615 Bauer Dr, Rockville, 20853
- Tilden MS.....6300 Tilden Ln, Rockville, 20852

RECREATION FACILITIES

- Recreation Administrative Office.....2425 Reedie Drive, 10th Floor, Wheaton, 20902
- Bauer Drive CRC14625 Bauer Drive, Rockville, 20853
- Clara Barton NRC7425 MacArthur Blvd., Cabin John, 20818
- Damascus CRC25520 Oak Drive, Damascus, 20872
- East County CRC.....3310 Gateshead Manor Way, Silver Spring, 20904
- Germantown CRC.....18905 Kingsview Drive, Germantown, 20874
- Good Hope NRC.....14715 Good Hope Road, Silver Spring, 20905
- Gwendolyn Coffield CRC.....2450 Lyttonsville Road, Silver Spring, 20910
- Lawton CRC.....4301 Willow Lane, Chevy Chase, 20815
- Long Branch CRC8700 Piney Branch Road, Silver Spring, 20901
- Longwood CRC19300 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
- 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

OTHER FACILITIES

- Life Rescue Training.....12105 Nebel St, Rockville, 20852
- School of Music.....1331 Rockville Pike Ste. Q, Rockville, 20852

PARKS

- Ayrlawn Local Park.....5652 Oakmont Ave, Bethesda 20817
- Cabin John Local Park.....7401 Macarthur Blvd, Cabin John, 20818
- Capital View-Homewood Local Park.....2929 Edgewood Rd, Kensington, 20895
- Fernwood Local Park.....6708 Michaels Dr, Bethesda, 20817
- Layhill Local Park14901 Layhill Rd, Aspen Hill, 20906
- Layhill Village Local Park.....1920 Queensguard Rd, Aspen Hill, 20906
- Olney Manor Recreational Park.....16601 Georgia Ave, Olney, 20832
- Q.O. Valley Neighborhood Park.....12015 Suffolk Terrace, Gaithersburg, 20878
- Ridge Road RP.....21155 Frederick Rd, Germantown, 20876
- Tilden Woods LP.....6800 Tilden Ln, Rockville, 20852
- Viers Mills LP.....4425 Garrett Park Rd, Silver Spring, 20906
- Wheaton Regional Park.....2000 Shorefield Rd, Silver Spring 20902

CLUB ★ Fall 2023 ★ ADVENTURE

After School Programs

Ages 5-11

Register Today.

Join us this Fall
for Club Adventure
at the following locations:

Damascus CRC
N. Potomac CRC
Praisner CRC
East County CRC
Long Branch CRC
Coffield
Mid-County
Plum Gar CRC
Upper County CRC
White Oak CRC

Scan QR
to register



Join Us!

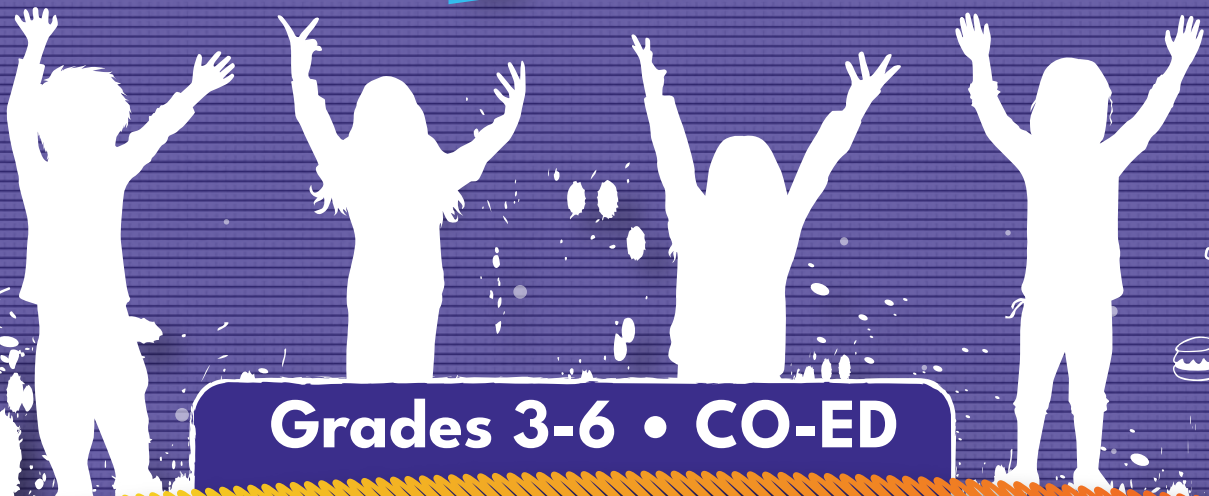
For Grades K-5
Enjoy sports, crafts, dance and more.
Multiple locations available.



MONTGOMERY COUNTY
Recreation

CLUB FRIDAY

GAMES • CRAFTS • MOVIES • SPORTS • DJ/DANCING
SPECIAL EVENTS • PRIZES • SNACKS • RAFFLES



Grades 3-6 • CO-ED

FALL-SPRING ACTIVITIES

October - May

Club Friday is a Friday night hang out for youth in grades 3-6. Youth enjoy a variety of activities including a DJ lead dance party, sports, games, crafts, snacks, bingo, special events and raffles for prizes.

SIGN UP TODAY
Membership Varies



MONTGOMERY COUNTY
Recreation