

# MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



**SPRING 2022**



MONTGOMERY COUNTY  
*Recreation*

# KIDS DAY OUT

Kids Day Out is organized out of school time fun, with well-planned and supervised activities.

Full Day | \$50 | 8:30 a.m-4 p.m.  
 Half Day | \$25 | 1:30-6:30 p.m.

In partnership with:



Location	3/11 Half Day	3/24 Half Day	4/1 Full Day	5/2 Full Day	5/18 Half Day
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Damascus	R05113-301	R05113-309	R05113-317	R05113-325	R05113-333
East County	R05113-302	R05113-310	R05113-318	R05113-326	R05113-334
Germantown*	R05113-366	R05113-367	R05113-368	R05113-369	R05113-370
Good Hope*	R05113-341	R05113-346	R05113-351	R05113-356	R05113-361
Lawton*	R05113-342	R05113-347	R05113-352	R05113-357	R05113-362
Long Branch	R05113-345	R05113-350	R05113-355	R05113-360	R05113-365
Mid-County	R05113-303	R05113-311	R05113-319	R05113-327	R05113-335
N. Potomac	R05113-304	R05113-312	R05113-320	R05113-328	R05113-336
Potomac*	R05113-343	R05113-348	R05113-353	R05113-358	R05113-363
Plum Gar	R05113-305	R05113-313	R05113-321	R05113-329	R05113-337
Praisner	R05113-306	R05113-314	R05113-322	R05113-330	R05113-338
Wheaton*	R05113-344	R05113-349	R05113-373	R05113-359	R05113-364
White Oak	R05113-308	R05113-316	R05113-324	R05113-332	R05113-340
Ken Gar-TR			R05113-377	R05113-379	

**Middle School**

- Ken Gar-TR
- Mid-County
- Plum Gar
- Wheaton

- R05113-378
- R05113-371
- R05113-372
- R05113-373
- R05113-380
- R05113-374
- R05113-375
- R05113-376

  
 Registration will begin on February 14, 2022.

Scan QR code to register.



\* Sites will have sport specific activities only.

# In This Guide

-  **Aquatics**  
4-23
-  **Arts & Crafts**  
24-25
-  **CPR & First Aid**  
26
-  **Dance**  
26-28
-  **Fitness**  
28-31
-  **Health/Wellness**  
31
-  **Martial Arts**  
32-33
-  **Music**  
34
-  **Sports**  
36-43
-  **S.T.E.A.M.**  
35
-  **Senior Programs**  
46-52
-  **Therapeutic Recreation**  
44-45
-  **Trips & Tours**  
53
-  **Summer Camps 2022**  
60



MONTGOMERY COUNTY RECREATION

Welcome to the Spring & Camps 2022 GUIDE  
Inside you will find your guide to hundreds of activities and events to help you be healthier and happier.

Look through the Guide to find out what you will do this Spring.



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



## 2022 REGISTRATION BEGINS

**Spring**  
**Feb. 14**

**Summer Camps**  
**Feb. 22**

Programs by Location ..... 54-57  
 Facility Addresses ..... 58  
 ACTIVEMontgomery Registration Form.....Last Page



# Montgomery Parks

The Maryland-National Capital Park and Planning Commission

## Agricultural & Historical Programs

Agricultural History Farm Park.....10  
 Josiah Henson Museum & Park.....11  
 Oakley Cabin African American Museum & Park.....12  
 Woodlawn Manor Cultural Park.....13

## Nature & Horticultural Programs

Brookside Gardens.....16  
 Black Hill Visitor Center.....31  
 Brookside Nature Center.....43  
 Locust Grove Nature Center.....51  
 Maydale Nature Classroom.....59

## Meadowside Nature Center...*(closed for renovations)*

## Sports Programs

Ice Skating and Hockey @ Cabin John and Wheaton Ice.....66  
 Golf and Archery @ South Germantown Driving Range.....88  
 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis.....93

## More to Do in the Parks

Volunteer Opportunities.....7  
 Rainout Line.....8  
 Park Activity Buildings & Park Permits.....9  
 Boating & SplashPark.....14  
 Event Centers.....15  
 Greenfest.....30  
 Friends of Black Hill Nature Programs Native Plant Sale.....42  
 Spring Eye Spy Trains.....109

## Information & Registration

Letter from the Chair.....2  
 Montgomery Parks Facility Directory.....4  
 Registration Information for Parks & Recreation.....106  
 ActiveMontgomeryRegistration Form for Parks & Recreation.....108

## Registration Opens

...Monday, **FEBRUARY 14th** for **BROOKSIDE GARDENS, NATURE CENTERS, HISTORICAL, CULTURAL, GOLF, AND ARCHERY PROGRAMS**

...Wednesday, **FEBRUARY 23rd** for **ICE SKATING, HOCKEY, AND TENNIS PROGRAMS\***



## HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840.

Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs.

Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a

Therapeutic Recreation Specialist at 240-777-6870, or email

rec.inclusion@montgomerycountymd.gov.

If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email

ProgramAccess@MontgomeryParks.org;

or visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) for more information.

## SEASONAL HIGHLIGHTS



**Montgomery County Greenfest**  
pg. 30



**Native Plant Sale**  
pg. 42



**Josiah Henson Museum & Park**  
pg. 11



**Golf Programs**  
pg. 88



# Aquatics

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

## INDOOR POOLS

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

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

**Closed Feb. 26-27**

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

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

**Closed May 13-15**

### Olney Indoor Swim Center (OSC)

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

**Closed Mar. 5-6**

### Germantown Indoor Swim Center (GISC)

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

**Closed Feb. 9-12  
Closed Feb. 17-20  
Closed Mar. 26-27**

**HIRING**

**JOIN THE  
AQUATICS TEAM**

**APPLY NOW**

**STAY UP-TO-DATE**

**MOCOREC.COM/POOLS**

Get current  
pool information here.



## Abs & Glutes & More

<b>Ages 12 &amp; Up</b>		<b>13 Sessions</b>			
R01001-303	MLK	3/7	M	10-10:50 a.m.	\$91
R01001-304	MLK	3/9	W	10-10:50 a.m.	\$91
R01001-305	MLK	3/10	Th	8:30-9:20 p.m.	\$91
R01001-301	KSAC	3/8	Tu	9-9:50 a.m.	\$91
R01001-302	KSAC	3/10	Th	9-9:50 a.m.	\$91

## Aqua Cardio Challenge

<b>Ages 12 &amp; Up</b>		<b>13 Sessions</b>			
R01004-301	MLK	3/8	Tu	8:30-9:20 p.m.	\$91
		<b>12 Sessions</b>			
R01004-302	MLK	3/13	Su	5-5:50 p.m.	\$84

## Aqua Cardio Dance

<b>Ages 12 &amp; Up</b>		<b>11 Sessions</b>			
R01003-302	OSC	3/13	Su	9-9:50 a.m.	\$77
		<b>12 Sessions</b>			
R01003-301	KSAC	3/11	F	10-10:50 a.m.	\$84
		<b>13 Sessions</b>			
R01003-303	MLK	3/8	Tu	9:30-10:20 a.m.	\$91
R01003-304	MLK	3/10	Th	9:30-10:20 a.m.	\$91

## Aqua Lite

<b>Ages 12 &amp; Up</b>		<b>11 Sessions</b>			
R01003-302	OSC	3/13	Su	9-9:50 a.m.	\$77
		<b>12 Sessions</b>			
R01003-301	KSAC	3/11	F	10-10:50 a.m.	\$84
		<b>13 Sessions</b>			
R01003-303	MLK	3/8	Tu	9:30-10:20 a.m.	\$91
R01003-304	MLK	3/10	Th	9:30-10:20 a.m.	\$91

## Aqua Spin

<b>Ages 12 &amp; Up</b>		<b>12 Sessions</b>			
R01006-304	KSAC	3/7	M	8-8:50 a.m.	\$108
R01006-305	KSAC	3/11	F	8-8:50 p.m.	\$108
		<b>13 Sessions</b>			
R01006-301	KSAC	3/9	W	12:30-1:20 p.m.	\$117
R01006-302	KSAC	3/9	W	8:30-9:20 p.m.	\$117
R01006-303	KSAC	3/10	Th	1-1:50 p.m.	\$117
		<b>12 Sessions</b>			
R01006-308	MLK	3/12	Sa	7-7:50 p.m.	\$108
		<b>13 Sessions</b>			
R01006-311	MLK	3/8	Tu	10:30-11:20 a.m.	\$117
R01006-307	MLK	3/9	W	7:30-8:20 a.m.	\$117
R01006-306	MLK	3/10	Th	10:30-11:20 a.m.	\$117
R01006-312	MLK	3/10	Th	10:30-11:20 a.m.	\$117
R01006-309	MLK	3/11	F	9-9:50 a.m.	\$117
R01006-310	MLK	3/11	F	7:30-8:20 p.m.	\$117

## Aqua YO-Lates

<b>Ages 12 &amp; Up</b>		<b>13 Sessions</b>			
R01007-301	MLK	3/11	F	10-10:50 a.m.	\$91



55+

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SPORTS

CLASSES

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### Deep Water Running

Ages 12 & Up

12 Sessions

R01008-308	GISC	3/7	M	10:30-11:20 a.m.	\$84
R01008-311	GISC	3/7	M	7:50-8:40 p.m.	\$84
R01008-323	MLK	3/7	M	1-1:50 p.m.	\$84
R01008-330	MLK	3/12	Sa	9-9:50 a.m.	\$84
R01008-303	KSAC	3/11	F	9-9:50 a.m.	\$84
R01008-312	OSC	3/7	M	7:20-8:30 p.m.	\$84

13 Sessions

R01008-307	GISC	3/8	Tu	10-10:50 a.m.	\$91
R01008-309	GISC	3/9	W	10:30-11:20 a.m.	\$91
R01008-310	GISC	3/10	Th	9:30-10:20 a.m.	\$91

R01008-301	KSAC	3/8	Tu	10-10:50 a.m.	\$91
R01008-304	KSAC	3/8	Tu	7:45-8:35 p.m.	\$91
R01008-302	KSAC	3/10	Th	10-10:50 a.m.	\$91
R01008-305	KSAC	3/10	Th	7:30-8:20 p.m.	\$91
R01008-306	KSAC	3/10	Th	7:30-8:20 p.m.	\$91

R01008-324	MLK	3/8	Tu	7:30-8:20 a.m.	\$91
R01008-327	MLK	3/8	Tu	7:30-8:20 p.m.	\$91
R01008-329	MLK	3/9	W	1-1:50 p.m.	\$91
R01008-325	MLK	3/10	Th	7:30-8:20 a.m.	\$91
R01008-326	MLK	3/10	Th	7:30-8:20 p.m.	\$91
R01008-328	MLK	3/11	F	11-11:50 a.m.	\$91

R01008-313	OSC	3/8	Tu	8:30-9:20 a.m.	\$91
R01008-314	OSC	3/8	Tu	10:30-11:20 a.m.	\$91
R01008-315	OSC	3/8	Tu	8:15-9:05 p.m.	\$91
R01008-321	OSC	3/9	W	6:30-7:20 a.m.	\$91
R01008-316	OSC	3/9	W	7:20-8:30 p.m.	\$91
R01008-317	OSC	3/10	Th	9-9:50 a.m.	\$91
R01008-318	OSC	3/10	Th	11-11:50 a.m.	\$91
R01008-319	OSC	3/10	Th	8:15-9:05 p.m.	\$91
R01008-322	OSC	3/11	F	6:30-7:20 a.m.	\$91
R01008-320	OSC	3/11	F	6:20-7:10 p.m.	\$91

### Water Aerobics

Ages 12 & Up

13 Sessions

R01010-301	OSC	3/9	W	8:15-9:05 p.m.	\$91
R01010-302	OSC	3/8	Tu	9:30-10:20 a.m.	\$91
R01010-303	OSC	3/8	Tu	7:20-8:10 p.m.	\$91
R01010-304	OSC	3/10	Th	10-10:50 a.m.	\$91
R01010-305	OSC	3/10	Th	7:20-8:10 p.m.	\$91

### Water Exercise

Ages 12 & Up

12 Sessions

R01011-301	KSAC	3/7	M	8:30-9:20 p.m.	\$84
R01011-308	MLK	3/7	M	9-9:50 a.m.	\$84
R01011-310	MLK	3/13	Su	4-4:50 p.m.	\$84
R01011-305	OSC	3/7	M	9-9:50 a.m.	\$84

13 Sessions

R01011-304	GISC	3/9	W	9:30-10:20 a.m.	\$91
R01011-302	KSAC	3/8	Tu	11:30 a.m.-12:20 p.m.	\$91
R01011-303	KSAC	3/10	Th	11:30 a.m.-12:20 p.m.	\$91
R01011-309	MLK	3/9	W	9-9:50 a.m.	\$91
R01011-306	OSC	3/9	W	9-9:50 a.m.	\$91
R01011-307	OSC	3/11	F	9-9:50 a.m.	\$91



# LIFEGUARD TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions.

This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions and online component must be completed in order to be certified.

Students must be 15 years old by the last day of the course. Proof of age is required at the first class.

This course includes a pre-course check. The first date listed is the pre-course. You must pass the pre-course to continue.

### The pre-course consists of:

1. 300 meter swim (front crawl or breaststroke).
  2. Tread water for 2 minutes using only legs.
  3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost for the course is \$50.

## BE A HERO

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

### Lifeguarding Class: Blended Learning

<b>Ages 15 &amp; Up</b>		<b>7 Sessions</b>		
R01035-301	KSAC	2/19	M,Tu,Sa,Su	10 a.m.-1 p.m. \$50
R01035-302	KSAC	5/14	M,Tu,Sa,Su	9 a.m.-5 p.m. \$50

### Lifeguarding Class: In-Person

<b>Ages 15 &amp; Up</b>		<b>7 Sessions</b>		
R01034-352	OSC	4/2	M-Sa	9 a.m.-5 p.m. \$50



**LIFEGUARD TRAINING**

**INFORMATION**

Visit [mocorec.com](http://mocorec.com) for more information about Lifeguard Training opportunities.

[MORE INFO](#)

55+

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# Swim Lessons



**Swim Lesson  
registration  
will begin on**

**Feb. 14 at 8:30 a.m.**

**for residents.**

## Please note the following:

Parents: in order to assist us in offering a quality program for your child, you may not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the MLK pool.

Class fee covers lessons and no other use of the facility. Participants may enter the locker rooms ten minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in Swim Classes on the following page.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

## Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a pro-rated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatics lessons or any other Montgomery County Recreation program.



Please check each pool's listings for lesson schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.



# Guidelines for Placement in Swim Classes

<p><b>Parent-Assisted Lessons</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.</p>	<p><b>Waterbabies (Ages 6-18 months)</b></p>	<p><b>Aquatots (Ages 18 months-3)</b></p> <p><b>Class Objectives:</b> Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.</p>	<p><b>Pre-School (Ages 3-5)</b></p> 
<p><b>Level 1</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to function well in a group setting without parents.</p>	<p><b>Beginner (Ages 4-6)</b></p>	<p><b>Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.</p>	<p><b>Adult (Ages 14+)</b></p> 
<p><b>Level 2</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.</p>	<p><b>Beginner (Ages 4-6)</b></p>	<p><b>Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.</p>	<p><b>Adult (Ages 14+)</b></p> 
<p><b>Level 3</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.</p>	<p><b>Beginner (Ages 4-6)</b></p>	<p><b>Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.</p>	<p><b>Adult (Ages 14+)</b></p> 
<p><b>Level 4</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.</p>	<p><b>Beginner (Ages 4-6)</b></p>	<p><b>Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.</p>	<p><b>Adult (Ages 14+)</b></p> 
<p><b>Level 5</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and backstroke, and be comfortable in deep water.</p>		<p><b>Advanced Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.</p>	<p><b>Adult (Ages 14+)</b></p> 
<p><b>Level 6</b></p> <p><b>Class Requirements:</b> On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</p>		<p><b>Advanced Youth (Ages 7-13)</b></p> <p><b>Class Objectives:</b> Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.</p>	<p><b>Adult (Ages 14+)</b></p> 



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



# Parent-Assisted Swim Lessons

## Aquatots

Ages 18 mos.-3

6 Sessions

### Germantown Indoor Swim Center

R01038-326	3/12	Sa	12:25-12:55 p.m.	\$58
R01038-327	3/13	Su	10:35-11:05 a.m.	\$58
R01038-328	3/16	W	6:10-6:40 p.m.	\$58
R01038-329	5/4	W	6:10-6:40 p.m.	\$58

### Kennedy Shriver Aquatic Center

R01038-301	3/1	Tu	9:30-10 a.m.	\$58
R01038-302	3/5	Sa	9-9:30 a.m.	\$58
R01038-303	3/5	Sa	12:20-12:50 p.m.	\$58
R01038-304	3/6	Su	9-9:30 a.m.	\$58
R01038-305	3/6	Su	11-11:30 a.m.	\$58
R01038-306	4/19	Tu	9:30-10 a.m.	\$58
R01038-307	4/20	W	6:10-6:40 p.m.	\$58
R01038-308	4/21	Th	5:30-6 p.m.	\$58
R01038-309	4/23	Sa	9-9:30 a.m.	\$58
R01038-310	4/23	Sa	12:20-12:50 p.m.	\$58
R01038-311	4/24	Su	9-9:30 a.m.	\$58
R01038-312	4/24	Su	11-11:30 a.m.	\$58

### Martin Luther King Jr. Swim Center

R01038-378	2/19	Sa	1-1:30 p.m.	\$58
R01038-379	2/20	Su	11:20-11:50 a.m.	\$58
R01038-380	2/20	Su	10:40-11:10 a.m.	\$58
R01038-381	2/23	W	5:30-5:30 p.m.	\$58
R01038-386	4/9	Sa	11-11:30 a.m.	\$58
R01038-382	4/9	Sa	1-1:30 p.m.	\$58
R01038-383	4/10	Su	10-10:30 a.m.	\$58
R01038-384	4/10	Su	11:20-11:50 a.m.	\$58
R01038-385	4/18	M	6:10-6:10 p.m.	\$58

### Olney Swim Center

R01038-352	2/26	Sa	11:10-11:40 a.m.	\$58
R01038-353	2/27	Su	9:50-10:20 a.m.	\$58
R01038-354	3/1	Tu	6-6:30 p.m.	\$58
R01038-355	3/3	Th	6-6:30 p.m.	\$58
R01038-356	4/24	Su	8:30-9 a.m.	\$58
R01038-357	4/26	Tu	6-6:30 p.m.	\$58

## Pre-School

Ages 3-5

6 Sessions

### Germantown Indoor Swim Center

R01062-326	3/12	Sa	11:05-11:35 a.m.	\$58
R01062-327	3/12	Sa	1:05-1:35 p.m.	\$58
R01062-328	3/13	Su	9:55-10:25 a.m.	\$58
R01062-329	3/13	Su	11:15-11:45 a.m.	\$58
R01062-330	3/16	W	5:30-6 p.m.	\$58
R01062-331	5/4	W	5:30-6 p.m.	\$58



**Kennedy Shriver Aquatic Center**

R01062-301	3/1	Tu	10:30-11 a.m.	\$58
R01062-302	3/1	Tu	6:10-6:40 p.m.	\$58
R01062-303	3/3	Th	9:30-10 a.m.	\$58
R01062-304	3/5	Sa	1-1:30 p.m.	\$58
R01062-305	3/6	Su	1-1:30 p.m.	\$58
R01062-306	4/19	Tu	10:30-11 a.m.	\$58
R01062-307	4/19	Tu	6:10-6:40 p.m.	\$58
R01062-308	4/21	Th	9:30-10 a.m.	\$58
R01062-309	4/23	Sa	1-1:30 p.m.	\$58
R01062-310	4/24	Su	1-1:30 p.m.	\$58

**Martin Luther King Jr. Swim Center**

R01062-378	2/19	Sa	11:40 a.m.-12:10 p.m.	\$58
R01062-379	2/20	Su	Noon-12:30 p.m.	\$58
R01062-380	2/23	W	6:50-7:20 p.m.	\$58
R01062-383	4/9	Sa	9:40-10:10 a.m.	\$58
R01062-381	4/9	Sa	11:40 a.m.-12:10 p.m.	\$58
R01062-382	4/10	Su	Noon-12:30 p.m.	\$58
R01062-384	4/18	M	6:50-7:20 p.m.	\$58

**Olney Swim Center**

R01062-352	2/26	Sa	9:10-9:40 a.m.	\$58
R01062-353	2/27	Su	10:30-11 a.m.	\$58
R01062-354	3/1	Tu	6:40-7:10 p.m.	\$58
R01062-355	4/24	Su	9:50-10:20 a.m.	\$58
R01062-356	4/26	Tu	6:40-7:10 p.m.	\$58

**Waterbabies**

Ages 3-5 **6 Sessions**  
**Germantown Indoor Swim Center**

R01063-326	3/12	Sa	9:45-10:15 a.m.	\$58
R01063-327	3/13	Su	9:15-9:45 a.m.	\$58

**Kennedy Shriver Aquatic Center**

R01063-301	3/1	Tu	10-10:30 a.m.	\$58
R01063-302	3/5	Sa	10:20-10:50 a.m.	\$58
R01063-303	3/6	Su	11:40 a.m.-12:10 p.m.	\$58
R01063-304	4/19	Tu	10-10:30 a.m.	\$58
R01063-305	4/23	Sa	10:20-10:50 a.m.	\$58
R01063-306	4/24	Su	11:40 a.m.-12:10 p.m.	\$58

**Martin Luther King Jr. Swim Center**

R01063-378	2/19	Sa	10:20-10:50 a.m.	\$58
R01063-382	2/20	Su	10-10:30 a.m.	\$58
R01063-381	2/23	W	6:10-6:30 p.m.	\$58
R01063-379	4/9	Sa	10:20-10:50 a.m.	\$58
R01063-380	4/18	M	5:30-6 p.m.	\$58

**Olney Swim Center**

R01063-352	2/26	Sa	10:30-11 a.m.	\$58
R01063-353	2/27	Su	8:30-9 a.m.	\$58
R01063-354	2/27	Su	9:10-9:40 a.m.	\$58
R01063-355	4/24	Su	9:10-9:40 a.m.	\$58
R01063-356	4/26	Tu	5:20-5:50 p.m.	\$58



55 +  
 THERAPEUTIC  
 RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



# Beginner Swim Lessons

## Beginner 1

Ages 4-6

6 Sessions

### Germantown Indoor Swim Center

R01051-326	3/12	Sa	9:45-10:15 a.m.	\$67
R01051-327	3/12	Sa	11:05-11:35 a.m.	\$67
R01051-328	3/12	Sa	11:45 a.m.-12:15 p.m.	\$67
R01051-329	3/12	Sa	11:45 a.m.-12:15 p.m.	\$67
R01051-330	3/12	Sa	1:05-1:35 p.m.	\$67
R01051-332	3/13	Su	10:35-11:05 a.m.	\$67
R01051-333	3/14	M	5:30-6 p.m.	\$67
R01051-334	3/15	Tu & Th	5-5:30 p.m.	\$67
R01051-335	3/15	Tu & Th	6:20-6:50 p.m.	\$67
R01051-336	3/15	Tu & Th	5:40-6:20 p.m.	\$67
R01051-338	4/5	Tu & Th	5-5:30 p.m.	\$67
R01051-339	4/5	Tu & Th	5-5:30 p.m.	\$67
R01051-340	4/5	Tu & Th	6:20-6:50 p.m.	\$67
R01051-337	4/20	W	6:20-6:50 p.m.	\$67
R01051-341	5/4	W	5:30-6 p.m.	\$67
R01051-342	5/10	Tu & Th	5-5:30 p.m.	\$67
R01051-343	5/10	Tu & Th	5:40-6:10 p.m.	\$67
R01051-344	5/10	Tu & Th	6:20-6:50 p.m.	\$67

### Kennedy Shriver Aquatic Center

R01051-301	2/28	M	6:10-6:40 p.m.	\$67
R01051-302	3/1	Tu	4:50-5:20 p.m.	\$67
R01051-303	3/3	Th	10:30-11 a.m.	\$67
R01051-304	3/3	Th	4:10-4:40 p.m.	\$67
R01051-305	3/5	Sa	9:40-10:10 a.m.	\$67
R01051-306	3/5	Sa	1-1:30 p.m.	\$67
R01051-307	3/6	Su	9-9:30 a.m.	\$67
R01051-308	3/6	Su	10:20-10:50 a.m.	\$67
R01051-309	3/6	Su	12:20-12:50 p.m.	\$67
R01051-310	4/18	M	6:10-6:40 p.m.	\$67
R01051-311	4/19	Tu	4:50-5:20 p.m.	\$67
R01051-312	4/19	Tu	6:10-6:40 p.m.	\$67
R01051-313	4/21	Th	10:30-11 a.m.	\$67
R01051-314	4/21	Th	3:30-4 p.m.	\$67
R01051-315	4/21	Th	6:10-6:40 p.m.	\$67
R01051-316	4/23	Sa	9:40-10:10 a.m.	\$67
R01051-317	4/23	Sa	1-1:30 p.m.	\$67
R01051-318	4/24	Su	9-9:30 a.m.	\$67
R01051-319	4/24	Su	10:20-10:50 a.m.	\$67
R01051-320	4/24	Su	12:20-12:50 p.m.	\$67



**Martin Luther King Jr. Swim Center**

R01051-379	2/19	Sa	10:20-10:50 a.m.	\$67
R01051-380	2/19	Sa	11-11:30 a.m.	\$67
R01051-381	2/19	Sa	12:20-12:50 p.m.	\$67
R01051-382	2/20	Su	10-10:30 a.m.	\$67
R01051-383	2/20	Su	10:40-11:10 a.m.	\$67
R01051-384	2/20	Su	12-12 p.m.	\$67
R01051-385	2/21	M	5:30-6 p.m.	\$67
R01051-386	2/21	M	6:50-7:20 p.m.	\$67
R01051-351	2/22	Tu	5:30-6 p.m.	\$67
R01051-387	2/22	Tu	6:10-6:40 p.m.	\$67
R01051-388	2/23	W	6:10-6:40 p.m.	\$67
R01051-349	2/24	Th	6:10-6:40 p.m.	\$67
R01051-350	2/24	Th	5:30-6 p.m.	\$67
R01051-389	4/9	Sa	9:40-10:10 a.m.	\$67
R01051-390	4/9	Sa	10:20-10:50 a.m.	\$67
R01051-391	4/9	Sa	11:40 a.m.-12:10 p.m.	\$67
R01051-392	4/9	Sa	12:20-12:50 p.m.	\$67
R01051-393	4/9	Sa	1-1:30 p.m.	\$67
R01051-394	4/10	Su	10-10:30 a.m.	\$67
R01051-395	4/10	Su	10:40-11:10 a.m.	\$67
R01051-396	4/10	Su	11:20-11:50 a.m.	\$67
R01051-397	4/10	Su	Noon-12:30 p.m.	\$67
R01051-378	4/18	M	6:10-6:40 p.m.	\$67
R01051-348	4/19	Tu	5:30-6 p.m.	\$67
R01051-398	4/19	Tu	6:50-7:10 p.m.	\$67
R01051-399	4/20	W	5:30-6 p.m.	\$67
R01051-347	4/20	W	6:10-6:40 p.m.	\$67
R01051-324	4/21	Th	6:50-7:20 p.m.	\$67
R01051-325	4/21	Th	5:30-6 p.m.	\$67

**Olney Swim Center**

R01051-352	2/26	Sa	9:50-10:20 a.m.	\$67
R01051-353	2/26	Sa	12:30-1 p.m.	\$67
R01051-354	2/27	Su	9:10-9:40 a.m.	\$67
R01051-355	2/27	Su	9:50-10:20 a.m.	\$67
R01051-356	2/28	M	5:40-6:10 p.m.	\$67
R01051-357	2/28	M	7-7:30 p.m.	\$67
R01051-358	3/1	Tu	5:20-5:50 p.m.	\$67
R01051-359	3/2	W	5:40-6:10 p.m.	\$67
R01051-360	3/2	W	7-7:30 p.m.	\$67
R01051-361	3/3	Th	6-6:30 p.m.	\$67
R01051-362	3/3	Th	6:40-7:10 p.m.	\$67
R01051-363	4/23	Sa	9:50-10:20 a.m.	\$67
R01051-364	4/23	Sa	11:10-11:40 a.m.	\$67
R01051-365	4/23	Sa	12:30-1 p.m.	\$67
R01051-366	4/24	Su	8:30-9 a.m.	\$67
R01051-367	4/24	Su	10:30-11 a.m.	\$67
R01051-368	4/24	Su	11:10-11:40 a.m.	\$67
R01051-369	4/25	M	5:40-6:10 p.m.	\$67
R01051-370	4/25	M	7-7:30 p.m.	\$67
R01051-371	4/26	Tu	6-6:30 p.m.	\$67
R01051-372	4/27	W	5:40-6:10 p.m.	\$67
R01051-373	4/27	W	7-7:30 p.m.	\$67
R01051-374	4/28	Th	6-6:30 p.m.	\$67
R01051-375	4/28	Th	6:40-7:10 p.m.	\$67



55+

Therapeutic  
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Beginner 2

Ages 4-6

6 Sessions

#### Germantown Indoor Swim Center

R01052-326	3/12	Sa	10:25-10:55 a.m.	\$65
R01052-327	3/12	Sa	12:25-12:55 p.m.	\$65
R01052-328	3/12	Sa	1:05-1:35 p.m.	\$65
R01052-329	3/13	Su	9:15-9:45 a.m.	\$65
R01052-330	3/13	Su	9:55-10:25 a.m.	\$65
R01052-331	3/14	M	6:10-6:40 p.m.	\$65
R01052-332	3/15	Tu & Th	5-5:30 p.m.	\$65
R01052-333	3/15	Tu & Th	5:40-6:10 p.m.	\$65
R01052-334	3/15	Tu & Th	6:20-6:50 p.m.	\$65
R01052-335	3/16	W	6:10-6:40 p.m.	\$65
R01052-336	4/5	Tu & Th	5-5:30 p.m.	\$65
R01052-337	4/5	Tu & Th	5:40-6:10 p.m.	\$65
R01052-338	4/5	Tu & Th	6:20-6:50 p.m.	\$65
R01052-339	5/4	W	6:10-6:40 p.m.	\$65
R01052-340	5/10	Tu & Th	5-5:30 p.m.	\$65
R01052-341	5/10	Tu & Th	5:40-6:10 p.m.	\$65
R01052-342	5/10	Tu & Th	6:20-6:50 p.m.	\$65

#### Kennedy Shriver Aquatic Center

R01052-301	3/3	Th	5:30-6 p.m.	\$65
R01052-302	3/5	Sa	9-9:30 a.m.	\$65
R01052-303	3/5	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-304	3/6	Su	9:40-10:10 a.m.	\$65
R01052-305	3/6	Su	1-1:30 p.m.	\$65
R01052-306	4/18	M	5:30-6 p.m.	\$65
R01052-307	4/19	Tu	5:30-6 p.m.	\$65
R01052-308	4/20	W	5:30-6 p.m.	\$65
R01052-309	4/21	Th	4:10-4:40 p.m.	\$65
R01052-310	4/23	Sa	9-9:30 a.m.	\$65
R01052-311	4/23	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-312	4/24	Su	9:40-10:10 a.m.	\$65
R01052-313	4/24	Su	1-1:30 p.m.	\$65

# MORE CLASSES AVAILABLE

Check out **ACTIVEMontgomery** for more **Beginner Swim Lessons.**

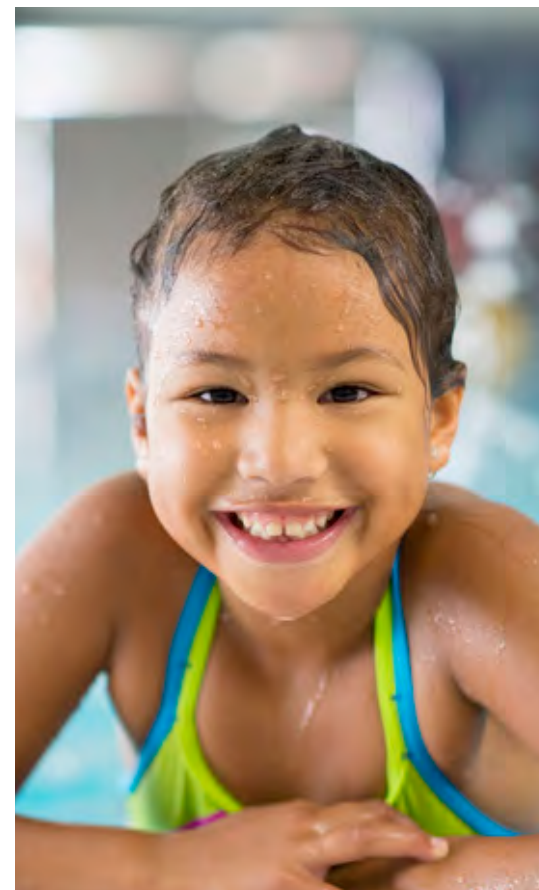


**Martin Luther King Jr. Swim Center**

R01052-378	2/19	Sa	11-11:30 a.m.	\$65
R01052-379	2/19	Sa	10:20-10:50 a.m.	\$65
R01052-380	2/19	Sa	12:20-12:50 p.m.	\$65
R01052-381	2/19	Sa	1-1:30 p.m.	\$65
R01052-382	2/20	Su	10-10:30 a.m.	\$65
R01052-383	2/20	Su	10:40-11:10 a.m.	\$65
R01052-384	2/20	Su	11:20-11:50 a.m.	\$65
R01052-385	2/21	M	5:30-6 p.m.	\$65
R01052-386	2/21	M	6:10-6:10 p.m.	\$65
R01052-387	2/22	Tu	5:30-6 p.m.	\$65
R01052-388	2/22	Tu	6:10-6:40 p.m.	\$65
R01052-389	2/23	W	6:50-7:20 p.m.	\$65
R01052-390	2/24	Th	6:10-6:40 p.m.	\$65
R01052-351	2/24	Th	6:50-7:20 p.m.	\$65
R01052-391	4/9	Sa	11-11:30 a.m.	\$65
R01052-392	4/9	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-393	4/9	Sa	12:20-12:50 p.m.	\$65
R01052-394	4/10	Su	10-10:30 a.m.	\$65
R01052-395	4/10	Su	Noon-12:30 p.m.	\$65
R01052-396	4/18	M	5:30-6 p.m.	\$65
R01052-397	4/18	M	6:50-7:20 p.m.	\$65
R01052-398	4/19	Tu	6:10-6:40 p.m.	\$65
R01052-399	4/19	Tu	6:50-7:20 p.m.	\$65
R01052-325	4/20	W	6:50-7 p.m.	\$65
R01052-350	4/20	W	5:30-6 p.m.	\$65
R01052-324	4/21	Th	6:10-6:40 p.m.	\$65

**Olney Swim Center**

R01052-352	2/26	Sa	11:10-11:40 a.m.	\$65
R01052-353	2/27	Su	9:10-9:40 a.m.	\$65
R01052-354	2/27	Su	10:30-11 a.m.	\$65
R01052-355	2/28	M	6:20-6:50 p.m.	\$65
R01052-356	3/1	Tu	5:20-5:50 p.m.	\$65
R01052-357	3/2	W	5:40-6:10 p.m.	\$65
R01052-358	3/3	Th	5:20-5:50 p.m.	\$65
R01052-359	4/23	Sa	9:50-10:20 a.m.	\$65
R01052-360	4/24	Su	9:10-9:40 a.m.	\$65
R01052-361	4/24	Su	11:10-11:40 a.m.	\$65
R01052-362	4/25	M	6:20-6:50 p.m.	\$65
R01052-363	4/26	Tu	5:20-5:50 p.m.	\$65
R01052-364	4/27	W	6:20-6:50 p.m.	\$65
R01052-365	4/28	Th	5:20-5:50 p.m.	\$65



55 +

Therapeutic  
Recreation

Sports

Classes

Aquatics





55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Youth Level 1

Ages 7-13

6 Sessions

#### Germtown Indoor Swim Center

R01045-326	3/12	Sa	9:45-10:15 a.m.	\$60
R01045-327	3/12	Sa	10:25-10:55 a.m.	\$60
R01045-328	3/13	Su	10:35-11:05 a.m.	\$60
R01045-329	3/14	M	6:10-6:40 p.m.	\$60
R01045-330	3/15	Tu & Th	5-5:30 p.m.	\$60
R01045-331	3/16	W	6:10-6:40 p.m.	\$60
R01045-332	4/5	Tu & Th	5-5:30 p.m.	\$60
R01045-333	5/10	Tu & Th	5:40-6:10 p.m.	\$60

#### Kennedy Shriver Aquatic Center

R01045-301	3/3	Th	10-10:30 a.m.	\$60
R01045-302	3/3	Th	3:30-4 p.m.	\$60
R01045-303	3/5	Sa	10:20-10:50 a.m.	\$60
R01045-304	3/6	Su	9:40-10:10 a.m.	\$60
R01045-305	4/18	M	6:10-6:40 p.m.	\$60
R01045-306	4/20	Th	10-10:30 a.m.	\$60
R01045-307	4/23	Sa	10:20-10:50 a.m.	\$60
R01045-308	4/24	Su	9:40-10:10 a.m.	\$60

#### Martin Luther King Jr. Swim Center

R01045-389	2/19	Sa	11-11:30 a.m.	\$60
R01045-387	2/19	Sa	11:40 a.m.-12:10 p.m.	\$60
R01045-378	2/19	Sa	12:20-12:50 p.m.	\$60
R01045-379	2/20	Su	10:40-11:10 a.m.	\$60
R01045-381	2/21	M	6:10-6:40 p.m.	\$60
R01045-380	2/22	Tu	6:50-7:20 p.m.	\$60
R01045-388	2/24	Th	5:30-6 p.m.	\$60
R01045-382	4/9	Sa	11-11:30 a.m.	\$60
R01045-390	4/9	Sa	12:20-12:20 p.m.	\$60
R01045-383	4/10	Su	10:40-11:10 a.m.	\$60
R01045-384	4/19	Tu & Su	5:30-6 p.m.	\$60
R01045-386	4/20	W	6:10-6:40 p.m.	\$60
R01045-385	4/21	Th	5:30-6 p.m.	\$60

#### Olney Swim Center

R01045-352	2/26	Sa	10:30-11 a.m.	\$60
R01045-353	2/27	Su	8:30-9 a.m.	\$60
R01045-354	2/27	Su	11:10-11:40 a.m.	\$60
R01045-355	2/28	M	5:40-6:10 p.m.	\$60
R01045-356	2/28	M	7-7:30 p.m.	\$60
R01045-357	3/1	Tu	6:40-7:10 p.m.	\$60
R01045-367	3/2	W	6:20-6:50 p.m.	\$60
R01045-358	3/2	W	6:20-6:50 p.m.	\$60
R01045-359	3/3	Th	6:40-7:10 p.m.	\$60
R01045-360	4/23	Sa	9:10-9:40 a.m.	\$60
R01045-361	4/23	Sa	12:30-1 p.m.	\$60
R01045-362	4/24	Su	10:30-11 a.m.	\$60
R01045-363	4/25	M	7-7:30 p.m.	\$60
R01045-364	4/26	Tu	6:40-7:10 p.m.	\$60
R01045-365	4/27	W	6:20-6:50 p.m.	\$60
R01045-366	4/28	Th	6-6:30 p.m.	\$60



## Youth Level 2

Ages 7-13

6 Sessions

### Germantown Indoor Swim Center

R01046-326	3/13	Su	9:15-9:45 a.m.	\$60
R01046-327	3/13	Su	11:15-11:45 a.m.	\$60
R01046-328	3/16	W	5:30-6 p.m.	\$60
R01046-329	5/4	W	6:10-6:40 p.m.	\$60

### Kennedy Shriver Aquatic Center

R01046-301	3/1	Tu	5:30-6 p.m.	\$60
R01046-302	3/5	Sa	12:20-12:50 p.m.	\$60
R01046-303	3/6	Su	11:40 a.m.-12:10 p.m.	\$60
R01046-304	3/6	Su	12:20-12:50 p.m.	\$60
R01046-305	4/19	Tu	5:30-6 p.m.	\$60
R01046-306	4/23	Sa	12:20-12:50 p.m.	\$60
R01046-307	4/24	Su	11:40 a.m.-12:10 p.m.	\$60
R01046-308	4/24	Su	12:20-12:50 p.m.	\$60

### Martin Luther King Jr. Swim Center

R01046-378	2/19	Sa	11-11:30 a.m.	\$60
R01046-379	2/19	Sa	1-1:30 p.m.	\$60
R01046-380	2/20	Su	Noon-12:30 p.m.	\$60
R01046-386	2/22	Tu	7:30-8 p.m.	\$60
R01046-381	2/23	W	5:30-6 p.m.	\$60
R01046-382	2/24	Th	6:50-7:20 p.m.	\$60
R01046-388	4/9	Sa	11-11:30 a.m.	\$60
R01046-383	4/9	Sa	11:40 a.m.-12:10 p.m.	\$60
R01046-387	4/10	Su	10-10:30 a.m.	\$60
R01046-389	4/10	Su	10:40-11:10 a.m.	\$60
R01046-384	4/19	Tu	8:10-8:50 p.m.	\$60
R01046-385	4/21	Th	6:50-7:20 p.m.	\$60

### Olney Swim Center

R01046-352	2/26	Sa	9:50-10:20 a.m.	\$60
R01046-353	2/27	Su	11:10-11:40 a.m.	\$60
R01046-354	2/28	M	6:20-6:50 p.m.	\$60
R01046-355	3/1	Tu	6-6:30 p.m.	\$60
R01046-356	3/2	W	7-7:30 p.m.	\$60
R01046-357	3/3	Th	5:20-5:50 p.m.	\$60
R01046-358	4/23	Sa	10:30-11 a.m.	\$60
R01046-359	4/24	Su	9:10-9:40 a.m.	\$60
R01046-360	4/25	M	5:40-6:10 p.m.	\$60
R01046-361	4/27	W	5:40-6:10 p.m.	\$60
R01046-362	4/28	Th	5:20-5:50 p.m.	\$60



55+

Therapeutic  
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Youth Level 3

Ages 7-13

6 Sessions

#### Germantown Indoor Swim Center

R01047-326	3/12	Sa	12:25-12:55 p.m.	\$58
R01047-327	3/13	Su	9:15-9:45 a.m.	\$58
R01047-328	5/4	W	6:10-6:40 p.m.	\$58

#### Kennedy Shriver Aquatic Center

R01047-301	3/5	Sa	9:40-10:10 a.m.	\$58
R01047-302	3/5	Sa	11-11:30 a.m.	\$58
R01047-303	3/6	Su	11-11:30 a.m.	\$58
R01047-304	4/23	Sa	9:40-10:10 a.m.	\$58
R01047-305	4/23	Sa	11-11:30 a.m.	\$58
R01047-306	4/24	Su	11-11:30 a.m.	\$58

#### Martin Luther King Jr. Swim Center

R01047-378	2/19	Sa	10:20-10:50 a.m.	\$58
R01047-379	2/19	Sa	11:40 a.m.-12:10 p.m.	\$58
R01047-380	2/20	Su	11:20-11:50 a.m.	\$58
R01047-388	2/21	M	6:50-7:20 p.m.	\$58
R01047-381	2/24	Th	8:10-8:40 p.m.	\$58
R01047-382	4/9	Sa	9:40-10:10 a.m.	\$58
R01047-383	4/9	Sa	11:40 a.m.-12:10 p.m.	\$58
R01047-384	4/10	Su	10:40-11:10 a.m.	\$58
R01047-385	4/10	Su	11:20 a.m.-12:10 p.m.	\$58
R01047-386	4/19	Tu	7:30-8 p.m.	\$58
R01047-387	4/21	Th	8:10-8:40 p.m.	\$58

#### Olney Swim Center

R01047-352	2/26	Sa	11:50 a.m.-12:20 p.m.	\$58
R01047-353	2/27	Su	11:10-11:40 a.m.	\$58
R01047-354	3/1	Tu	7:20-7:50 p.m.	\$58
R01047-355	4/23	Sa	10:30-11 a.m.	\$58
R01047-356	4/24	Su	9:50-10:20 a.m.	\$58

## 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.

## Youth Level 4

Ages 7-13

6 Sessions

### Germantown Indoor Swim Center

R01048-326	3/12	Sa	11:05-11:35 a.m.	\$58
R01048-327	3/13	Su	9:55-10:25 a.m.	\$58

### Kennedy Shriver Aquatic Center

R01048-301	3/2	W	5:30-6 p.m.	\$58
R01048-302	3/5	Sa	11:40 a.m.-12:10 p.m.	\$58
R01048-303	3/6	Su	11-11:30 a.m.	\$58
R01048-304	3/6	Su	12:20-12:50 p.m.	\$58
R01048-305	4/23	Sa	11:40 a.m.-12:10 p.m.	\$58
R01048-306	4/24	Su	11-11:30 a.m.	\$58
R01048-307	4/24	Su	12:20-12:50 p.m.	\$58

### Martin Luther King Jr. Swim Center

R01048-378	2/19	Sa	12:20-12:50 p.m.	\$58
R01048-379	2/20	Su	10-10:30 a.m.	\$58
R01048-380	2/20	Su	Noon-12:30 a.m.	\$58
R01048-381	2/22	Tu	8:10-8:40 p.m.	\$58
R01048-382	4/9	Sa	10:20-10:50 a.m.	\$58
R01048-387	4/9	Sa	12:20-12:50 a.m.	\$58
R01048-384	4/10	Su	10-10:30 a.m.	\$58
R01048-383	4/19	Tu	8:10-8:40 p.m.	\$58
R01048-386	4/21	Th	8:10-8:40 p.m.	\$58

### Olney Swim Center

R01048-352	2/26	Sa	11:50 a.m.-12:20 p.m.	\$58
R01048-353	2/27	Su	10:30-11 a.m.	\$58
R01048-354	4/23	Sa	11:10-11:40 a.m.	\$58
R01048-355	4/24	Su	11:10-11:40 a.m.	\$58
R01048-356	4/28	Th	7:20-7:50 p.m.	\$58



# MORE CLASSES AVAILABLE

Check out **ACTIVEMontgomery**  
for Advance Lessons.



55+  
THERAPEUTIC  
RECREATION

SPORTS  
CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Adult Level 1

Ages 14 & Up 6 Sessions  
Germantown Indoor Swim Center

R01039-326	3/12	Sa	10:25-10:55 a.m.	\$67
R01039-327	3/13	Su	9:55-10:25 a.m.	\$67

### Kennedy Shriver Aquatic Center

R01039-301	3/3	Th	8:30-9 p.m.	\$67
R01039-302	3/5	Sa	11-11:30 a.m.	\$67
R01039-303	3/6	Su	10:20-10:50 a.m.	\$67
R01039-304	4/21	Th	8:30-9 p.m.	\$67
R01039-305	4/23	Sa	11-11:30 a.m.	\$67
R01039-306	4/24	Su	10:20-10:50 a.m.	\$67

### Martin Luther King Jr. Swim Center

R01039-378	2/19	Sa	11:40 a.m.-12:10 p.m.	\$67
R01039-383	2/20	Su	11:20-11:50 a.m.	\$67
R01039-379	2/22	Tu	8:50-9:20 p.m.	\$67
R01039-384	4/9	Sa	1-1:30 p.m.	\$67
R01039-381	4/10	Su	Noon-12:30 p.m.	\$67
R01039-380	4/19	Tu	8:50-9:20 p.m.	\$67
R01039-382	4/21	Th	7:30-8 p.m.	\$67

### Olney Swim Center

R01039-352	3/1	Tu	8-8:30 p.m.	\$67
R01039-353	3/3	Th	7:20-7:50 p.m.	\$67
R01039-354	4/26	Tu	7:20-7:50 p.m.	\$67

### Adult Level 2

Ages 14 & Up 6 Sessions  
Germantown Indoor Swim Center

R01040-326	3/13	Su	9:15-9:45 a.m.	\$65
R01040-327	3/14	M	6:10-6:40 p.m.	\$65

### Kennedy Shriver Aquatic Center

R01040-301	3/5	Sa	10:20-10:50 a.m.	\$65
R01040-302	4/23	Sa	10:20-10:50 a.m.	\$65

### Martin Luther King Jr. Swim Center

R01040-378	2/20	Su	10-10:30 a.m.	\$65
R01040-383	2/22	Tu	8:10-8:10 p.m.	\$65
R01040-379	2/24	Th	8:50-9:20 p.m.	\$65
R01040-380	4/9	Sa	1-1:30 p.m.	\$65
R01040-381	4/10	Su	10:40-11:10 a.m.	\$65
R01040-384	4/21	Th	7:30-8 p.m.	\$65
R01040-382	4/21	Th	8:50-9:20 p.m.	\$65

### Olney Swim Center

R01040-352	3/1	Tu	8-8:30 p.m.	\$65
R01040-353	4/26	Tu	8-8:30 p.m.	\$65



### Adult Level 3

Ages 14 & Up 6 Sessions  
**Germantown Indoor Swim Center**

R01041-326	3/12	Sa	11:45am-12:15pm.	\$65
R01041-327	3/13	Su	10:35-11:05 a.m.	\$65

### Kennedy Shriver Aquatic Center

R01041-301	3/5	Sa	9:40-10:10 a.m.	\$65
R01041-302	4/23	Sa	9:40-10:10 a.m.	\$65

### Martin Luther King Jr. Swim Center

R01041-378	2/19	Sa	11-11:30 a.m.	\$65
R01041-383	2/20	Su	Noon-12:30 p.m.	\$65
R01041-379	2/22	Tu	8:50-9:20 p.m.	\$65
R01041-382	2/24	Th	8:10-8:50 p.m.	\$65
R01041-380	4/9	Sa	11-11:30 a.m.	\$65
R01041-381	4/19	Tu	8:50-9:20 p.m.	\$65

### Olney Swim Center

R01041-352	3/3	Th	7:20-7:50 p.m.	\$65
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### Adult Level 4

Ages 14 & Up 6 Sessions  
**Germantown Indoor Swim Center**

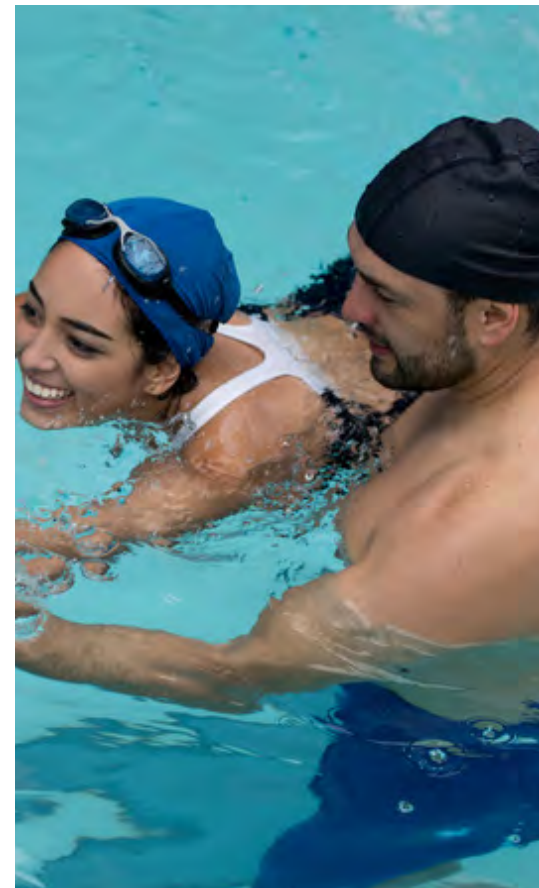
R01042-326	3/13	Su	11:15-11:45 a.m.	\$65
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### Kennedy Shriver Aquatic Center

R01042-301	3/1	Tu	8:30-9 p.m.	\$65
R01042-302	3/6	Su	11:40 a.m.-12:10 p.m.	\$65
R01042-303	4/19	Tu	8:30-9 p.m.	\$65
R01042-304	4/24	Su	11:40 a.m.-12:10 p.m.	\$65

### Martin Luther King Jr. Swim Center

R01042-378	2/19	Sa	1-1:30 p.m.	\$65
R01042-380	2/24	Th	8:50-9:20 p.m.	\$65
R01042-379	4/9	Sa	1-1:30 p.m.	\$65
R01042-381	4/21	Th	8:50-9:20 p.m.	\$65



55+  
 THERAPEUTIC  
 RECREATION

SPORTS

CLASSES

AQUATICS



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Adapted Swim Lessons

Ages 4-17		6 Sessions			
R01061-301	KSAC	3/5	Sa	9:45-10:15 a.m.	\$65
R01061-302	KSAC	3/5	Sa	10:35-11:05 a.m.	\$65
R01061-303	KSAC	4/23	Sa	9:45-10:15 a.m.	\$65
R01061-304	KSAC	4/23	Sa	10:35-11:05 a.m.	\$65

### Homeschool Swim Lessons

Ages 4 & Up		6 Sessions			
<b>Homeschool Beginner Lesson</b>					
R01060-302	KSAC	3/2	W	10-10:30 a.m.	\$40
R01060-306	KSAC	4/20	W	10-10:30 a.m.	\$40

### Homeschool Intermediate Lesson

R01060-303	KSAC	3/2	W	10:30-11 a.m.	\$40
R01060-307	KSAC	4/20	W	10:30-11 a.m.	\$40

### Homeschool Advanced Lesson

R01060-304	KSAC	3/2	W	11-11:30 a.m.	\$40
R01060-308	KSAC	4/20	W	11-11:30 a.m.	\$40

## Therapeutic Recreation Programs

### TR Adult Social Swim

Ages 18 & Up					
R06002-303	GISC	4/6	W	8:30-9:30 p.m.	\$40
R06002-301	OSC	4/1	F	7:15-8 p.m.	\$40
R06002-302	OSC	4/1	F	8:15-9 p.m.	\$40

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

For  
**Therapeutic Recreation**  
programs available

View more on  
**PAGES  
44-45**



## Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.

## Diving

### Advanced and Tier Diving

Ages 9-17

#### 3 Days

R01016-303 KSAC 3/14 M-F & Su 3:30-5:30 p.m. \$297

#### 4 Days

R01016-302 KSAC 3/14 M-F & Su 3:30-5:30 p.m. \$418

#### 5 Days

R01016-301 KSAC 3/14 M-F & Su 3:30-5:30 p.m. \$640

### Intermediate Diving

Ages 10-17

R01015-301 KSAC 3/14 M,W,F 7:30-8:30 p.m. \$140

R01015-302 KSAC 3/14 M,W,F 8:30-9:30 p.m. \$140

### Recreational Diving Level 1

Ages 5-12

4 Sessions

R01012-301 KSAC 3/20 Su 12-12:45 p.m. \$60

R01012-302 KSAC 3/20 Su 1-1:45 p.m. \$60

R01012-303 KSAC 4/24 Su 12-12:45 p.m. \$60

R01012-304 KSAC 4/24 Su 1-1:45 p.m. \$60

### Masters Diving

Ages 14 & Up

R01017-301 GISC 3/15 Tu & Th 8-10 p.m. \$200

## MASTER'S SWIMMING

SPRING SCHEDULE

2022



### Germantown Indoor Swim Center

M: 6:30-7:30 a.m.

W: 6:30-7:30 a.m.

F: 6:30-7:30 a.m.

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

### Kennedy Swim Aquatic Center

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

Fri: 7:45-9 p.m.

Su: 8-10 a.m.

### MLK Indoor Swim Center

M: 8:30-10 p.m.

W: 8:30-10 p.m.

### Olney Swim Center

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

Sa: 7:30-9 a.m.

Register on  
[ActiveMontgomery.org](http://ActiveMontgomery.org)



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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS





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# Arts & Crafts

## Arts Studio

**Ages 10-16**      **8 Sessions**  
**Instructor: Tatiana Martin**  
R05006-301      Bauer Drive CRC      4/2 Sa      12-1 p.m.      \$90

## Adventures in Art

**Ages 5-10**      **8 Sessions**  
**Instructor: Tatiana Martin**  
R05004-301      Bauer Drive CRC      4/2 Sa      10:30-11:30 a.m.      \$90

## Elementary Drawing with Young Rembrandts

**Ages 5-12**      **8 Sessions**  
**Instructor: Art Box DBA Young Rembrandts**  
R05129-301      Glenallan ES      4/4 M      6-7 p.m.      \$120  
R05129-302      Germantown CRC      4/6 W      6-7 p.m.      \$120

## Abrakadoodle Drawing Upon the Imagination

**Ages 6-12**      **8 Sessions**  
**Instructor: Stephanie Burke**  
R05001-302      Virtual Class      4/9 Sa      10-10:45 a.m.      \$104

## Abrakadoodle Space Art Adventure

**Ages 6-12**      **8 Sessions**  
**Instructor: Stephanie Burke**  
R05001-301      Wheaton CRC      4/9 Sa      Noon-12:45 p.m.      \$130

## Abrakadoodle One Sweet World

**Ages 3-5**      **8 Sessions**  
**Instructor: Stephanie Burke**  
R05001-303      Wheaton CRC      4/9 Sa      11:15 a.m.-Noon      \$144

## Drawing

### Draw and Clay

**Ages 4-9**      **8 Sessions**  
**Instructor: Yolanda Prinsloo**  
R05037-301      Germantown CRC      4/5 Tu      5:30-6:30 p.m.      \$140  
R05037-302      Bauer Drive CRC      4/6 W      5:45-6:45 p.m.      \$140

### Beginner Right Brained Drawing

**Ages 13 & Up**      **8 Sessions**  
**Instructor: Yolanda Prinsloo**  
R05038-301      Potomac CRC      4/4 M      5:45-7:15 p.m.      \$145



## Painting

### Learning Art from the Masters

Ages 6-14 8 Sessions

Instructor: Yolanda Prinsloo

R05087-301 Germantown CRC 4/5 Tu 6:45-7:45 p.m. \$140

## Acrylic Painting Techniques

### Oil or Acrylic Painting Open Studio

Ages 18 & Up 8 Sessions

Instructor: Karen Helfert

R05002-301 Lawton CRC 4/4 M 1-4 p.m. \$96

9 Sessions

R05002-302 Lawton CRC 4/5 Tu 1-4 p.m. \$108

## Pottery/Ceramics

### Ceramics Introductory Wheel

Ages 18 & Up 8 Sessions

Instructor: Catherine Joanny

R05093-306 Ross Boddy NRC 4/9 Sa 10 a.m.-1 p.m. \$270

9 Sessions

Instructor: Joan Vanderwalde

R05093-305 Wheaton CRC 4/5 Tu 9:30 a.m.-12:30 p.m. \$300

Instructor: Valerie Haber

R05093-313 N. Potomac CRC 4/7 Th 6-9 p.m. \$300

### Handcrafted Pottery Open Studio

Ages 17 & Up 8 Sessions

Instructor: Susan Mapp

R05093-307 Ross Boddy NRC 4/20 W 10:30 a.m.-1:30 p.m. \$270

R05093-308 Ross Boddy NRC 4/21 Th 6-9 p.m. \$270

Instructor: Kiyoung Nam

R05093-301 White Oak CRC 4/5 Tu 10 a.m.-1 p.m. \$270

R05093-302 White Oak CRC 4/6 W 6-9 p.m. \$270

9 Sessions

Instructor: Valerie Haber

R05093-312 N. Potomac CRC 4/5 Tu 6-9 p.m. \$300

Instructor: Meg Dickerson

R05093-310 Wheaton CRC 4/5 Tu 6-9 p.m. \$300

R05093-311 Wheaton CRC 4/6 W 9:30 a.m.-12:30 p.m. \$300

### Pottery at Sligo

Ages 17 & Up 8 Sessions

Instructor: Meg Dickerson

R05093-309 Sligo Creek ES 4/4 M 7-10 p.m. \$270

9 Sessions

Instructor: Roger Kirk

R05093-303 Sligo Creek ES 4/7 Th 6:30-9:30 p.m. \$300

10 Sessions

Instructor: Cathy Grubman

R05093-304 Sligo Creek ES 4/5 Tu 9:30 a.m.-12:30 p.m. \$330



55 +

THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS



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# CPR & First Aid Workshop or Speaker Series

## CPR, First Aid and AED

Ages 16 & Up 1 Session

Instructor: Life Rescue Training

R05032-301	N. Potomac CRC	4/9 Sa	10:30 a.m.-2:30 p.m.	\$89
R05032-302	White Oak CRC	4/21 Th	5-9 p.m.	\$89
R05032-303	Mid-County CRC	5/7 Sa	10:30 a.m.-2:30 p.m.	\$89
R05032-304	Damascus CRC	5/17 Tu	5-9 p.m.	\$89
R05032-305	Ross Boddy CRC	6/4 Sa	10:30 a.m.-2:30 p.m.	\$89

# Dance

## Dance Creation

### Creative Combo Dance I

Ages 8-12 8 Sessions

Instructor: Valarie Davis

R05036-301	Wheaton CRC	4/7 Th	4:30-5:30 p.m.	\$80
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## Aerobic Dance

### Intro to Hula Dance

Ages 14 & Up 8 Sessions

Instructor: Dawn Felson

R05057-301	Wheaton CRC	4/20 W	8-9 p.m.	\$80
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## Ballet

### Jazzmatazz Preschool Dance

Ages 3-5 10 Sessions

Instructor: Betsy Saunders

R05010-302	Rolling Terrace ES	4/2 Sa	10:15-11 a.m.	\$120
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### Jazzmatazz Pre Ballet

Age 5-8 10 Sessions

Instructor: Betsy Saunders

R05010-303	Rolling Terrace ES	4/2 Sa	11:15 a.m.-12 p.m.	\$100
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### Ballet I

Ages 5-8 8 Sessions

Instructor: Judy Schonberger

R05010-301	N. Potomac CRC	4/20 W	4:45-5:30 p.m.	\$96
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## Ballroom

### Ballroom I Couples

Ages 18 & Up 8 Sessions

Instructor: Ann Basso

R05011-301 Wheaton CRC 4/7 Th 7-8 p.m. \$88

Instructor: Rebecca McKinney

R05011-303 Lawton CRC 4/18 M 7-8 p.m. \$88

### Ballroom II Couples

Ages 18 & Up 8 Sessions

Instructor: Ann Basso

R05011-302 Wheaton CRC 4/7 Th 8-9 p.m. \$88

Instructor: Rebecca McKinney

R05011-304 Lawton CRC 4/18 M 8-9 p.m. \$88

## Bollywood

### Bollywood Kids

Ages 8-13 7 Sessions

Instructor: Kumud Mathur

R05017-301 Potomac CRC 4/19 Tu 6:15-7 p.m. \$95

### Bollywood Dance Fitness

Ages 14 & Up 7 Sessions

Instructor: Kumud Mathur

R05017-302 Potomac CRC 4/19 Tu 7:15-8 p.m. \$95

### Bollywood Dance for Toddlers

Ages 2-4 7 Sessions

Instructor: Kumud Mathur

R05017-303 Potomac CRC 4/19 Tu 5:15-6 p.m. \$105

## Hip-Hop

### Hip Hop Kids

Ages 5-7 8 Sessions

Instructor: Craig Perry

R05055-303 Germantown CRC 4/9 Sa 10-10:45 a.m. \$96

Ages 8-12

R05055-304 Germantown CRC 4/9 Sa 11-11:45 a.m. \$96

### Afrofusion Dance

Ages 6-12 8 Sessions

Instructor: Anastasia Akuffo-Afful

R05055-301 Wheaton CRC 4/9 Sa 1-2 p.m. \$120

### Mom's Babies & Afrobeats

Age 1 mos.- 5 yrs. 8 Sessions

Instructor: Anastasia Akuffo-Afful

R05055-302 Wheaton CRC 4/9 Sa Noon-1 p.m. \$120



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## Line Dancing

### Urban Line Dance

Ages 18 & Up 8 Sessions

Instructor: **Peytrienne McCormick**

R05121-301	Wheaton CRC	4/19 Tu	6-7 p.m.	\$72
R05121-302	Good Hope NRC	4/20 W	6-7 p.m.	\$72

## Educational Workshop or Speakers Series

### Safe Sitter

Ages 10-13 1 Session

Instructor: **Life Rescue Training**

R05099-301	Bauer Drive CRC	4/2 Sa	10 a.m.-2:30 p.m.	\$98
R05099-302	Bauer Drive CRC	4/30 Sa	10 a.m.-2:30 p.m.	\$98
R05099-303	N. Potomac CRC	5/21 Sa	10 a.m.-2:30 p.m.	\$98

## Fitness

### Dance & Fitness

#### Dance and Fitness

Ages 18 & Up 8 Sessions

Instructor: **Katie Weimer**

R05035-304	Wheaton CRC	4/9 Sa	9-10 a.m.	\$64
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16 Sessions

Instructor: **Elaine Walstricher**

R05035-301	Mid-County CRC	4/4 M/W	7-8 p.m.	\$128
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18 Sessions

Instructor: **Louis Antos**

R05035-302	Veirs Mill LP	4/5 Tu/Th	9:30-10:30 a.m.	\$144
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Instructor: **Katie Weimer**

R05035-303	Rock View ES	4/5 Tu/Th	7-8 p.m.	\$144
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### Jacki Sorensen's Aerobic Dance

Ages 18 & Up 9 Sessions

Instructor: **Karin Baker**

R05059-301	Potomac CRC	4/5 Tu	9-10 a.m.	\$72
R05059-302	Potomac CRC	4/7 Th	9-10 a.m.	\$72

## Body Sculpting

### Definition Body Sculpting

Ages 18 & Up 18 Sessions

Instructor: **Juliet Rodman**

R05016-301	Clara Barton NRC	4/5 Tu/Th	9:15-10:15 a.m.	\$180
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## Pilates

### Pilates for Fitness

**Ages 18 & Up** 7 Sessions  
**Instructor: Fit 2 Believe**  
 R05091-301 Bauer Drive CRC 4/4 M 7-8 p.m. \$70

### Pilates for Fitness Virtual/In Person

**Ages 18 & Up** 8 Sessions  
**Instructor: Fit 2 Believe**  
 R05091-303 Lawton CRC\* 4/9 Sa 10-11 a.m. \$80  
**9 Sessions**  
 R05091-302 Bauer Drive CRC\* 4/7 Th 7-8 p.m. \$90

### Jazzmatazz Aerobics W/Pilates Mat

**Ages 18 & Up** 9 Sessions  
**Instructor: Betsy Saunders**  
 R05061-301 Wheaton CRC 4/5 Tu 7:15-8:15 p.m. \$72  
 R05061-302 Wheaton CRC 4/7 Th 7:15-8:15 p.m. \$72

## Playtime and Music

### Funfit Tots Family Class

**Ages 2-4** 6 Sessions  
**Instructor: Funfit Foundation**  
 R05046-303 Germantown CRC 4/25 M 10-10:45 a.m. \$102  
**7 Sessions**  
 R05046-302 Tilden Woods LP 4/23 Sa 10:30-11:15 a.m. \$119

### Funfit Tots

**Ages 11 mos. to 2** 7 Sessions  
**Instructor: Funfit Foundation**  
 R05046-301 Tilden Woods LP 4/23 Sa 9:30-10:15 a.m. \$119

## Total Body Conditioning

### Boot Camp

**Ages 18 & Up** 7 Sessions  
**Instructor: Julien Elie**  
 R05018-303 Acorn UP 4/4 M Noon-1 p.m. \$70  
 R05018-301 Dewey LP 4/4 M 6:30-7:30 p.m. \$70  
**8 Sessions**  
 R05018-302 Dewey LP 4/9 Sa 9-10 a.m. \$80  
**9 Sessions**  
 R05018-304 Acorn UP 4/6 W Noon-1 p.m. \$90

## Family Fit

### Community & Family Fitness

**Ages 5 & Up** 6 Sessions  
**Instructor: American Ultimate Academy**  
 R05040-301 Acorn UP 4/13 W 5:15-6:15 p.m. \$65

*\*Virtual Class is included in addition to in-person classes.*



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# ACT The Workout-Fitness

## ACT The Workout

<b>Ages 18 &amp; Up</b>		<b>6 Sessions</b>		<b>Instructor: Marie Castellucci</b>	
R05003-303	Praisner CRC	4/4 M	7-8 p.m.	\$48	
		<b>7 Sessions</b>			
R05003-302	Bauer Drive CRC	4/4 M	5-6 p.m.	\$56	
R05003-307	Praisner CRC	4/6 W	7-8 p.m.	\$56	
		<b>9 Sessions</b>			
R05003-305	Potomac CRC	4/5 Tu	7-8 p.m.	\$72	
R05003-306	Bauer Drive CRC	4/6 W	5-6 p.m.	\$72	
R05003-309	Potomac CRC	4/7 Th	7-8 p.m.	\$72	
R05003-301	Wheaton CRC	4/2 Sa	9-10 a.m.	\$72	
R05003-304	Wheaton CRC	4/5 Tu	6-7 p.m.	\$72	
R05003-308	Wheaton CRC	4/7 Th	6-7 p.m.	\$72	

## Jazzmatazz Low-Impact Aerobics

<b>Ages 18 &amp; Up</b>		<b>9 Sessions</b>		<b>Instructor: Betsy Saunders</b>	
R05062-301	Bauer Drive CRC	4/5 Tu	9:30-10:30 a.m.	\$72	
R05062-302	Bauer Drive CRC	4/7 Th	9:30-10:30 a.m.	\$72	

## Kelley's Complete Fitness

<b>Ages 18 &amp; Up</b>		<b>8 Sessions</b>		<b>Instructor: Pamela Kelly</b>	
R05072-301	Virtual Class	4/4 M	7:15-8:30 p.m.	\$74	
		<b>9 Sessions</b>			
R05072-303	Bauer Drive CRC	4/6 W	9:15-10:30 a.m.	\$84	
		<b>10 Sessions</b>			
R05072-302	Virtual Class	4/6 W	7:15-8:30 p.m.	\$93	

## Kelley's 50+ Complete Fitness

<b>Ages 50 &amp; Up</b>		<b>7 Sessions</b>		<b>Instructor: Pamela Kelly</b>	
R05072-304	Wheaton CRC	4/7 Th	9:15-10:30 a.m.	\$65	
		<b>9 Sessions</b>			
R05072-305	Wheaton CRC	4/4 M	9:15-10:30 a.m.	\$93	

# Zumba

## Zumba Virtual/In Person

<b>Ages 18 &amp; Up</b>		<b>9 Sessions</b>		<b>Instructor: Michelle Johnson-Lancaster</b>	
R05132-303	Bauer Drive CRC*	4/2 Sa	9:15-10:15 a.m.	\$74	
		<b>Instructor: Ingrid Higgins</b>			
R05132-304	Wheaton CRC*	4/2 Sa	10:15-11:15 a.m.	\$74	

## Zumba- Outdoors

<b>Ages 18 &amp; Up</b>		<b>8 Sessions</b>		<b>Instructor: Future Resource Learning</b>	
R05132-306	Dewey LP	4/9 Sa	10-11 a.m.	\$66	

*\*Virtual Class is included in addition to in-person classes.*

## Zumba

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Michelle Johnson-Lancaster</b>					
R05132-301	Good Hope NRC	4/5 Tu	6-7 p.m.		\$74
R05132-302	Mid-County CRC	4/6 W	6-7 p.m.		\$74
<b>Instructor: Carol Nelson</b>					
R05132-305	N. Potomac CRC	4/6 W	6-7 p.m.		\$74

## Zumba Toning Virtual/In Person

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Ingrid Higgins</b>					
R05133-301	Good Hope NRC*	4/6 W	6:45-7:45 p.m.		\$74

# Health and Wellness

## Yoga

### Essential Yoga Virtual/In Person

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Tamara Lewis-Johnson</b>					
R05128-310	White Oak CRC*	4/7 Th	6-7 p.m.		\$95

### Gentle Yoga Virtual/In Person

<b>Ages 18 &amp; Up</b>	<b>8 Sessions</b>				
<b>Instructor: Irene Bopp</b>					
R05128-303	Bauer Drive CRC*	4/19 Tu	6:15-7:15 p.m.		\$84

### Yoga Basic Virtual/In Person

<b>Ages 18 &amp; Up</b>	<b>8 Sessions</b>				
<b>Instructor: Irene Bopp</b>					
R05128-304	Bauer Drive CRC*	4/19 Tu	7:30-8:30 p.m.		\$84
R05128-305	Mid-County CRC*	4/20 W	7:30-8:30 p.m.		\$84
R05128-307	Good Hope NRC*	4/21 Th	7-8 p.m.		\$84
R05128-306	Praisner CRC*	4/21 Th	11 a.m.-Noon		\$84

### Hatha Yoga and Stress Management

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Suzanna Cooper</b>					
R05128-309	Wisconsin Place CRC	4/2 Sa	9:45-11 a.m.		\$135
R05128-308	Lawton CRC	4/8 F	9:45-11 a.m.		\$135

### Restore and Recharge Yoga

<b>Ages 18 &amp; Up</b>	<b>7 Sessions</b>				
<b>Instructor: Hannah Davis</b>					
R05128-311	Wheaton CRC	4/4 M	7-8 p.m.		\$74

## Yoga

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Nancy Neves</b>					
R05128-301	Mid-County CRC	4/6 W	10:45 a.m.-Noon		\$135

## Yoga Fundamentals

<b>Ages 18 &amp; Up</b>	<b>9 Sessions</b>				
<b>Instructor: Nancy Neves</b>					
R05128-302	Bauer Drive CRC	4/5 Tu	10:45 a.m.-Noon		\$135

*\*Virtual Class is included in addition to in-person classes.*



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# Martial Arts

## Aikido

Ages 11 & Up 8 Sessions

Instructor: Christopher Rowe

R05005-301 Ross Boddy NRC 4/4 M 7-8:30 p.m. \$72

## Karate Do / Iaido

Ages 7 & Up 10 Sessions

Instructor: Salvador Cortes

R05068-301 Potomac CRC 3/31 Th 6-7 p.m. \$90

## Karate-Jujitsu

### Karate -TKA Adult

Ages 13 & Up 8 Sessions

Instructor: TKA

R05070-302 Wheaton CRC 4/4 M 7:30-9 p.m. \$80

#### 9 Sessions

R05070-301 Upper County CRC 4/4 M 8-9:30 p.m. \$90

R05070-303 Germantown CRC 4/5 Tu 8-9:30 p.m. \$90

R05070-304 Mid-County CRC 4/5 Tu 7:30-9 p.m. \$90

R05070-306 Bauer Drive CRC 4/6 W 8-9:30 p.m. \$90

R05070-309 Praisner CRC 4/7 Th 7:30-9 p.m. \$90

#### 10 Sessions

R05070-307 Potomac CRC 4/6 W 7:30-9 p.m. \$100

R05070-305 Damascus CRC 4/6 W 8-9:30 p.m. \$100

R05070-308 Bethesda ES 4/7 Th 8-9:30 p.m. \$100

### TKA Karate Jujitsu Club

Ages 13 & Up 9 Sessions

Instructor: TKA

R05070-310 White Oak CRC 4/8 F 7:30-8:30 p.m. \$36

### TKA Karate Jujitsu Club 2

Ages 13 & Up 9 Sessions

Instructor: TKA

R05070-311 White Oak CRC 4/8 F 8:30-9:30 p.m. \$48

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## TKA Youth Karate Beginner Through White Belts

<b>Ages 6-12</b>	<b>9 Sessions</b>			
<b>Instructor: TKA</b>				
R05066-301	Upper County CRC	4/4 M	6-7 p.m.	\$81
	<b>10 Sessions</b>			
R05066-310	Bauer Drive CRC	4/6 W	6-7 p.m.	\$90

## TKA Youth Karate All Levels

<b>Ages 6-12</b>	<b>9 Sessions</b>			
<b>Instructor: TKA</b>				
R05066-303	Wheaton CRC	4/4 M	6:30-7:30 p.m.	\$81
R05066-306	Mid-County CRC	4/5 Tu	6:30-7:30 p.m.	\$81
R05066-313	Praisner CRC	4/7 Th	6:30-7:30 p.m.	\$81
	<b>10 Sessions</b>			
R05066-309	Clara Barton NRC	4/6 W	6:30-7:30 p.m.	\$90
R05066-312	Potomac CRC	4/6 W	6:30-7:30 p.m.	\$90
R05066-314	Bethesda ES	4/7 Th	7-8 p.m.	\$90

## TKA Youth Karate Beginner Through Orange Belts

<b>Ages 6-12</b>	<b>9 Sessions</b>			
<b>Instructor: TKA</b>				
R05066-304	Germantown CRC	4/5 Tu	6-7 p.m.	\$81
	<b>10 Sessions</b>			
R05066-307	Damascus CRC	4/6 W	6-7 p.m.	\$90

## TKA Youth Karate Intermediate

<b>Ages 6-12</b>	<b>9 Sessions</b>			
<b>Instructor: TKA</b>				
R05066-302	Upper County CRC	4/4 M	7-8 p.m.	\$81
R05066-305	Germantown CRC	4/5 Tu	7-8 p.m.	\$81
	<b>10 Sessions</b>			
R05066-311	Bauer Drive CRC	4/6 W	7-8 p.m.	\$90
R05066-308	Damascus CRC	4/6 W	7-8 p.m.	\$90

## Self-Defense

### Practical Self-Defense

<b>Ages 14 &amp; Up</b>	<b>17 Sessions</b>			
<b>Instructor: Ivan Black</b>				
R05095-301	Wisconsin Place CRC	4/4 M/Th	7-8 p.m.	\$75

## Tai Chi

### Tai Chi Beginning

<b>Ages 18 &amp; Up</b>	<b>8 Sessions</b>			
<b>Instructor: Elizabeth Leek</b>				
R05112-301	Bauer Drive CRC	4/4 M	7-8 p.m.	\$80

### Tai Chi Continuing

<b>Ages 18 &amp; Up</b>	<b>8 Sessions</b>			
<b>Instructor: Elizabeth Leek</b>				
R05112-302	Bauer Drive CRC	4/4 M	8-9 p.m.	\$80



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# Music

## Ultimate Music Experience Camp

Ages 5-12 Spring Break Camp | 4/11-4/15

Instructor: Learn Now Music

R05079-301	Wheaton CRC	4/11	M-F	9 a.m.-1 p.m.	\$225
R05079-302	Wheaton CRC	4/11	M-F	1-5 p.m.	\$225

## Guitar

### Learn Now Music Groovy Guitar

Ages 5-12 8 Sessions

Instructor: Learn Now Music

R05053-303	Bauer Drive CRC	4/20	W	7-8 p.m.	\$195
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### Beginner Kids Guitar

Ages 8-12 8 Sessions

Instructor: Kevin Mittleman

R05053-302	School of Music	4/8	F	5:30-6:20 p.m.	\$120
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Ages 13 & Up

R05053-301	School of Music	4/4	M	8-8:50 p.m.	\$120
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## Piano

### Learn Now Music Poppin Piano

Ages 5-12 8 Sessions

Instructor: Learn Now Music

R05089-301	Bauer Drive CRC	4/20	W	7-8 p.m.	\$195
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## Play Time and Music

### Mini Musicians, Movers & Shakers

Ages 2-5 7 Sessions

Instructor: Music In Me Foundation International

R05082-301	Acom UP	4/29	F	10-10:45 a.m.	\$107
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### Music Together

Ages Infants-5 10 Sessions

Instructor: Nancy Nuttle

R05085-301	Mid-County CRC	4/2	Sa	10-10:30 a.m.	\$250
R05085-302	Mid-County CRC	4/2	Sa	10:45-11:15 a.m.	\$250
R05085-303	Wheaton CRC	4/7	Th	10:45-11:15 a.m.	\$250
R05085-304	Wheaton CRC	4/7	Th	10-10:30 a.m.	\$250

### Discovering Music for Toddlers

Ages 1-3 7 Sessions

Instructor: Geiza Dourado Carvalho

R05288-301	Wheaton CRC	4/25	M	10:15-11 a.m.	\$140
R05288-302	Potomac CRC	4/29	F	10:15-11 a.m.	\$140



# S.T.E.A.M.

## Gemology

### Gemology I Introduction

Ages 18 & Up 9 Sessions  
Instructor: Timothy Morgan  
R05049-301 Potomac CRC 4/7 Th 10am-12:15pm. \$81

### Gemology II Advanced

Ages 18 & Up 9 Sessions  
Instructor: Timothy Morgan  
R05049-302 Potomac CRC 4/6 W 10am-12:15pm. \$81

### Bulls & Bears

Ages 9-13 8 Sessions  
Instructor: Spark Business Academy  
R05308-301 Potomac CRC 4/4 M 4-5 p.m. \$175



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# Sports

## Badminton

### Badminton Beginner

Ages 9 & Up 10 Sessions  
Instructor: Yen-Ping Chao  
R05008-301 Bauer Drive CRC 3/26 Sa 9:30-10:30 a.m. \$110

### Badminton Intermediate

Ages 9 & Up 10 Sessions  
Instructor: Yen-Ping Chao  
R05008-302 Bauer Drive CRC 3/26 Sa 10:30am-12:30pm. \$160

### Badminton Advanced

Ages 9 & Up 10 Sessions  
Instructor: Yen-Ping Chao  
R05008-303 Bauer Drive CRC 3/26 Sa 12:45-1:45 p.m. \$160

## Basketball

### Basketball- Womens Drop-in

Ages 18 & Up 8 Sessions  
R05013-301 Bauer Drive CRC 4/3 Su 10 a.m.-Noon \$60

### Train Like a Pro Basketball Skills and Drills

Ages 9-17 9 Sessions  
Instructor: Fit 2 Believe  
R05012-305 Chevy Chase ES 4/2 Sa 10-11:30 a.m. \$187  
R05012-302 N. Potomac CRC 4/2 Sa 1-2:30 p.m. \$187  
R05012-301 Potomac CRC 4/3 Su 1-2:30 p.m. \$187  
R05012-303 Cabin John MS 4/7 Th 6:30-8 p.m. \$187  
R05012-304 White Oak CRC 4/8 F 6:30-8 p.m. \$187

### Coach Parker Basketball Academy Spring Break

Ages 6-14 5 Sessions  
Instructor: Coach Parker  
R05012-306 Good Hope NRC 4/11 M-F 9 a.m.-4 p.m. \$199



## Multi-Sports

### Coach Doug Pee Wee Wanna Be

Ages 1 1/2 to 3 8 Sessions

Instructor: Coach Doug Academy

R05025-301	Germantown CRC	4/19 Tu	9:30-10:15 a.m.	\$116
R05025-305	Bauer Drive CRC	4/20 W	9:30-10:15 a.m.	\$116
R05025-307	Potomac CRC	4/21 Th	9:30-10:15 a.m.	\$116

### Coach Doug Wee Wanna Be

Ages 2 to 5 8 Sessions

Instructor: Coach Doug Academy

R05025-302	Germantown CRC	4/19 Tu	10:30-11:15 a.m.	\$116
R05025-306	Bauer Drive CRC	4/20 W	10:30-11:15 a.m.	\$116
R05025-308	Potomac CRC	4/21 Th	10:30-11:15 a.m.	\$116
R05025-313	Oakland Terrace ES	4/23 Sa	9:30-10:15 a.m.	\$116
R05025-314	Oakland Terrace ES	4/23 Sa	10:15-11 a.m.	\$116
R05025-311	Potomac CRC	4/24 Su	9:30-10:15 a.m.	\$116
R05025-312	Potomac CRC	4/24 Su	10:30-11:15 a.m.	\$116

### Coach Doug Seasonal Sports

Ages 4 to 6 8 Sessions

Instructor: Coach Doug Academy

R05025-303	Germantown CRC	4/19 Tu	4-4:45 p.m.	\$116
R05025-315	Oakland Terrace ES	4/23 Sa	11-11:45 a.m.	\$116
R05025-309	Potomac CRC	4/21 Th	4-4:45 p.m.	\$116

### Coach Doug Soccer

Ages 3 to 6 8 Sessions

Instructor: Coach Doug Academy

R05025-304	Germantown CRC	4/19 Tu	5-5:45 p.m.	\$116
R05025-310	Potomac CRC	4/21 Th	5-5:45 p.m.	\$116
R05025-316	Oakland Terrace ES	4/23 Sa	11:45am-12:30pm	\$116

### Coach Doug Club Holiday Half Day AM

Ages 4-12 8 Sessions

Instructor: Coach Doug Academy

R05025-318	Potomac CRC	4/11 M-F	9 a.m.-Noon	\$128
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### Coach Doug Club Holiday Full Day

Instructor: Coach Doug Academy

Ages 5-12 8 Sessions

R05025-317	Potomac CRC	4/11 M-F	9 a.m.-3:30 p.m.	\$265
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### Coach Doug Club Holiday Half Day P.M.

Ages 5-12 8 Sessions

Instructor: Coach Doug Academy

R05025-319	Potomac CRC	4/11 M-F	12:30-3:30 p.m.	\$128
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### Coach Doug Club Holiday P.M. Extended Care

Ages 5-12 8 Sessions

Instructor: Coach Doug Academy

R05025-320	Potomac CRC	4/11 M-F	3:30-6 p.m.	\$39
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## Rugby

### Rugby 101

Ages 6-12

8 Sessions

Instructor: Bethesda Roosters Rugby Club

R05097-303 Bauer Drive CRC 4/4 M 4:30-5:30 p.m. \$135

### Rugby Training and Conditioning

Ages 10-17

9 Sessions

Instructor: Bethesda Roosters Rugby Club

R05097-301 Stratton LP 4/9 Sa 12:30-2 p.m. \$100

21 Sessions

R05097-302 Stratton LP 4/12 Tu/Th 6:30-8 p.m. \$165

## Soccer

### Train Like a Pro Soccer Skills and Drills

Ages 9-17

8 Sessions

Instructor: Fit 2 Believe

R05103-302 Potomac CRC 4/9 Sa Noon-1:30 p.m. \$167

9 Sessions

R05103-301 Bauer Drive CRC 4/5 Tu 6:30-8 p.m. \$187

### CORE Grassroots Soccer Clinic

Ages 3-5

5 Sessions

Instructor: Core FC

R05103-303 Fernwood LP 4/23 Sa 2-2:45 p.m. \$85

R05103-307 Damascus CRC 4/23 Sa 2-2:45 p.m. \$85

R05103-309 Bauer Drive LP 4/23 Sa 10-10:45 a.m. \$85

R05103-305 Germantown CRC 4/24 Su 10-10:45 a.m. \$85

Ages 6-8

5 Sessions

R05103-304 Fernwood LP 4/23 Sa 3-4 p.m. \$85

R05103-308 Damascus CRC 4/23 Sa 3-4 p.m. \$85

R05103-310 Bauer Drive LP 4/23 Sa 11 a.m.-Noon \$85

R05103-306 Germantown CRC 4/24 Su 11 a.m.-Noon \$85



## SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts to stay up-to-date on newly available classes and other updates.



## CORE U8 Soccer League

Ages 7-8 9 Sessions

Instructor: Core FC

### BOYS

R05290-306	Mid-County CRC	4/2 Sa	9 a.m.-5 p.m.	\$99
R05290-302	Potomac CRC	4/3 Su	9 a.m.-5 p.m.	\$99

### GIRLS

R05290-305	Mid-County CRC	4/2 Sa	9 a.m.-5 p.m.	\$99
R05290-301	Potomac CRC	4/3 Su	9 a.m.-5 p.m.	\$99

## CORE U10 Soccer League

Ages 9-10 9 Sessions

Instructor: Core FC

### BOYS

R05290-308	Mid-County CRC	4/2 Sa	9 a.m.-5 p.m.	\$99
R05290-304	Potomac CRC	4/3 Su	9 a.m.-5 p.m.	\$99

### GIRLS

R05290-307	Mid-County CRC	4/2 Sa	9 a.m.-5 p.m.	\$99
R05290-303	Potomac CRC	4/3 Su	9 a.m.-5 p.m.	\$99

## Ultimate Frisbee

### Ultimate Frisbee League

#### Elementary

Ages 6-10 6 Sessions

Instructor: American Ultimate Academy

R05119-301	North Four Corners LP	4/24 Su	10-11 a.m.	\$65
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#### Middle School

Ages 10-14

Instructor: American Ultimate Academy

R05119-302	North Four Corners LP	4/24 Su	11 a.m.-12:30 p.m.	\$65
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#### High School

Ages 15-18

Instructor: American Ultimate Academy

R05119-303	North Four Corners LP	4/24 Su	12:30-5:30 p.m.	\$65
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# Volleyball

## Youth Volleyball Skills Development Clinic

**Ages 8-12**      **4 Sessions**  
**Instructor: Ofer Levy**  
 R05124-307      Bauer Drive CRC      3/11 F      5-6:30 p.m.      \$99

**Ages 13-17**  
 R05124-308      Bauer Drive CRC      3/11 F      6:30-8 p.m.      \$99

**Ages 8-11**      **6 Sessions**  
 R05124-316      Mid-County CRC      4/18 M      6-7 p.m.      \$99  
 R05124-319      Good Hope NRC      4/19 Tu      5:30-6:30 p.m.      \$99  
 R05124-304      Damascus CRC      4/21 Th      5-6 p.m.      \$99  
 R05124-310      Bauer Drive CRC      4/22 F      5-6 p.m.      \$99

**Ages 8-12**      **6 Sessions**  
 R05124-314      Wheaton CRC      3/1 Tu      6-7 p.m.      \$99

**Ages 12-13**      **6 Sessions**  
 R05124-317      Mid-County CRC      4/18 M      7-8 p.m.      \$99  
 R05124-320      Good Hope NRC      4/19 Tu      6:30-7:30 p.m.      \$99  
 R05124-305      Damascus CRC      4/21 Th      6-7 p.m.      \$99  
 R05124-311      Bauer Drive CRC      4/22 F      6-7 p.m.      \$99

**Ages 13-17**      **6 Sessions**  
 R05124-315      Wheaton CRC      3/1 Tu      7-8 p.m.      \$99

**Ages 14-17**      **6 Sessions**  
 R05124-318      Mid-County CRC      4/18 M      8-9 p.m.      \$99  
 R05124-321      Good Hope NRC      4/19 Tu      7:30-8:30 p.m.      \$99  
 R05124-306      Damascus CRC      4/21 Th      7-8 p.m.      \$99  
 R05124-312      Bauer Drive CRC      4/22 F      7-8 p.m.      \$99

## Volleyball Training

**Ages 13-17**      **6 Sessions**  
 R05124-313      Mid-County CRC      2/28 M      6-8 p.m.      \$189



## Adult Softball Leagues | Spring & Summer 2022

Registration starts Feb. 14, 2022 | Registration Ends March 31, 2022 | No games on Mon. May 30 or Mon. July 4.

### Men's Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05237	MEN'S C/D & D	Olney Manor	20	April 20	W	6-10:30pm	\$1199
R05239	MEN'S C/D & D	Ridge RD	20	April 20	W	6-10:30pm	\$1199
R05240	MEN'S D	Olney Manor	20	April 21	Th	6-10:30pm	\$1199
R05242	MEN'S C/D & D	Cabin John	20	April 21	Th	6-10:30pm	\$1199
R05244	MEN'S C/D & D	Cabin John	16	April 22	Fr	6-10:30pm	\$960
R05303	COREC 8 Men/2 Women <b>Team fee*</b>	Cabin John	16	April 26	Tu	6-10:30pm	\$960*
R05303-301	Individual Men for CoRec 8 Men/2 Women	Cabin John	16	April 26	Tu	6-10:30pm	\$85
R05303-302	Individual Women for CoRec 8 Men/2 Women	Cabin John	16	April 26	Tu	6-10:30pm	\$85

### Senior Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05252	MEN'S 50+	Olney Manor	20	April 19	Tu	6-10:30pm	\$1199
R05251	MEN'S 55+	OM/CJ	20	April 21	Th	6-10:30pm	\$1199
R05253	MEN'S 60+	Wheaton	20	April 20	W	6-8:30pm	\$1199
R05254	WOMEN'S 40+	Olney Manor	20	April 18	M	6-10:30pm	\$1199

### CoRec Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05245	COREC REG DH	Cabin John	20	April 18	M	6-10:30pm	\$1199
R05246	COREC REG DH	Cabin John	20	April 20	W	6-10:30pm	\$1199
R05248	COREC REG DH	Ridge RD	16	April 28	Th	6-10:30pm	\$960
R05250	CoRec Social Down County	Local Park Fields	10	May 5	Th	6-8:15pm	\$540

### Free Agents

Activity	Division/Level	Dates	Days	Time	Fees
R05236-301	MEN'S FREE AGENTS	April – July	M-F	6-10:30pm	FREE
R05309-301	WOMEN'S FREE AGENTS	April - July	M-Th	6-10:30pm	FREE

\*Prices vary due to referees, field and lighting cost.



# Youth Basketball Leagues | Spring & Summer 2022

No games on Mon. May 30 or Mon. July 4.

April 20- May 20 | Fridays | 6-10 p.m.

Activity	Division/Level	Ages	# of Games
R05293-301	U10 Boys	9-10	6
R05294-301	U10 Girls	9-10	6
R05295-301	U12 Boys	11-12	6
R05296-301	U12 Girls	11-12	6
R05297-301	U14 Boys	13-14	6
R05298-301	U14 Girls	13-14	6
R05299-301	U16 Boys	15-16	6
R05300-301	U16 Girls	15-16	6

Boys
  Girls

# Men's Basketball Leagues | Spring & Summer 2022

No games on Mon. May 30 or Mon. July 4.

Starts May 1 | Sundays | 2-9:30 p.m.

Activity	Division/Level	Ages	# of Games	Fees
R05232-301	Mens 18+	Bauer Drive CRC	11	\$645
R05304-301	Free Agents	Bauer Drive CRC	n/a	FREE



55 +

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## Adult Soccer Leagues | Spring 2022

No games on Mon. May 30 or Mon. July 4. Prices vary due to referees, field and lighting cost.

Ages 18 & Up

Activity	Division/Level	Start Date	Day	# of Games	Fees
R050282	Men's Adult Soccer 18 +	April 10	Su	6	\$1125
R05282-301	Men's Adult Soccer 18 + Free Agent Sign Up	Placement is not guarantee, but interested teams will reach out directly.			
R05273	CoRec Adult Soccer 18 +	April 20	Su	6	\$800
R05273-301	CoRec Adult Soccer 18 + Free Agent Sign Up	Placement is not guarantee, but interested teams will reach out directly.			
R05276	Men's Soccer 40 +	April 10	Su	6	\$950
R05279	Men's Adult Soccer 52 + Division 1	April 9	Sa	6	\$950
R05280	Men's Adult Soccer 55 + Division 2	April 9	Sa	6	\$950
R05281	Men's Adult Soccer 65 +	April 10	Su	6	\$725
R05276-301	Men's Adult Soccer 40+ Free Agent Sign Up	Placement is not guarantee, but interested teams will reach out directly.			
R05285	Women's Adult Soccer 21 +	April 9	Sa	6	\$725
R05285-301	Women's Adult Soccer 21 + Free Agent Sign Up	Placement is not guarantee, but interested teams will reach out directly.			
R05286	Women's 40 + Adult Soccer Wed Night League	April 13	W	6	\$1100
R05286-301	Women's Adult Soccer 40 + Free Agent Sign Up	Placement is not guarantee, but interested teams will reach out directly.			

Men's
  CoRec
  Women's

## Adult Pickleball Leagues | Spring 2022

No games on Mon. May 30 or Mon. July 4.

Ages 18 & Up

Activity	Division/Level	Location	# of Weeks	Start Date	Day	Time	Fees
R05310-301	Ladder 2.0-2.5	Bauer Drive CRC Individual fee	5	April 25- May 23	M	6-9:45 p.m.	\$55
R05311-301	Ladder 2.5-3.0	Bauer Drive CRC Individual fee	5	April 25- May 23	M	6-9:45 p.m.	\$55
R05312-301	Ladder 3.0-3.5+	Bauer Drive CRC Individual fee	5	April 25- May 23	M	6-9:45 p.m.	\$55

55 +

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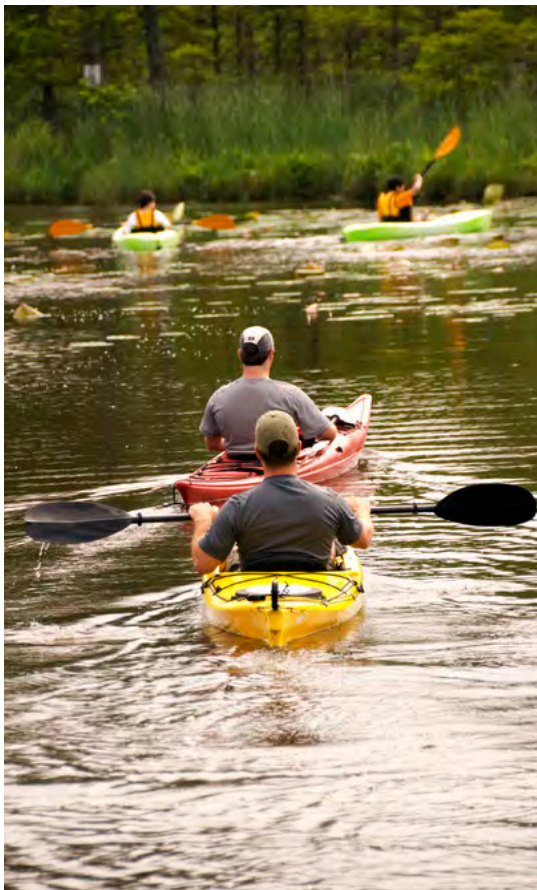
55 +

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# Therapeutic Recreation

## TR Sports Skills: Soccer with Coach Doug

**Ages 6-14**      **8 Sessions**  
**Instructor: Coach Doug Academy**  
 R06019-301      Oakland Terrace ES    4/23 Sa    12:45-1:30 p.m.    \$40

## TR Sports Skills: Soccer with Coach Doug - Teens

**Ages 15-25**      **8 Sessions**  
**Instructor: Coach Doug Academy**  
 R06019-302      Potomac CRC    4/24 Su    11:30am-12:15pm. \$40

## TR Stretch 'n Tone

**Ages 15 & Up**      **8 Sessions**

R06015-301	Wheaton CRC	4/4 M	7-8 p.m.	\$40
R06015-302	Potomac CRC	4/12 Tu	7-8 p.m.	\$40
R06015-303	East County CRC	4/13 W	7-8 p.m.	\$40
R06015-304	Damascus CRC	4/14 Th	7-8 p.m.	\$40

## TR ZamDance

**Ages 15 & Up**      **8 Sessions**  
**Instructor: Zam Dance**  
 R06030-301      Holiday Park SC    4/9 Sa    11 a.m.-Noon    \$40

## TGIF- Totally Great Inclusive Fun Fridays

**Ages 15 & Up**      **1 Session**

R06005-301	Bauer Drive CRC	3/4 F	6:30-8:30 p.m.	\$10
R06005-302	Bauer Drive CRC	4/1 F	6:30-8:30 p.m.	\$10
R06005-303	Bauer Drive CRC	5/6 F	6:30-8:30 p.m.	\$10
R06005-304	Bauer Drive CRC	6/3 F	6:30-8:30 p.m.	\$10

## Inclusion Kayaking

**Ages 14 & Up**      **1 Session**  
 R05071-301      Seneca Landing    5/21 Sa    8:30a.m.-2:30p.m.    \$45

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

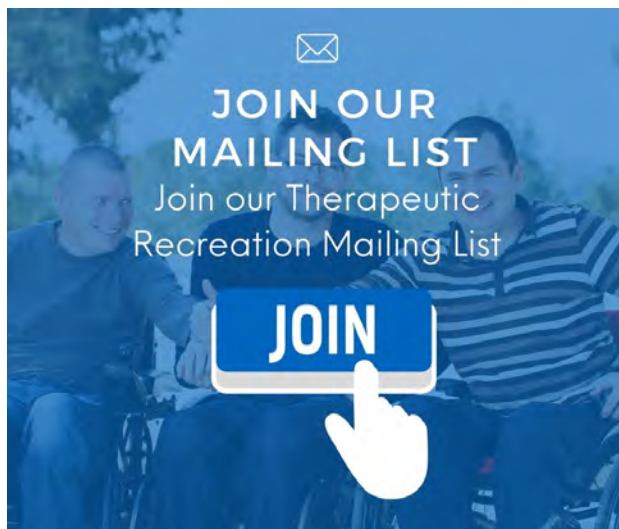
For

Adapted Aquatics

programs

View more on

# PAGE 22



# Socials & Events

**THERAPEUTIC RECREATION**

## BE Good TO YOUR Heart

AGES 18 & UP | 1 SESSION  
HOLIDAY PARK SC  
SATURDAY, APRIL 9, 2022  
1-4 P.M. | \$10

**ACTIVITY R06006-301**

*Get active & healthy for Spring.*

**THERAPEUTIC RECREATION**

## SPRING FIESTA

AGES 18 & UP | 1 SESSION  
HOLIDAY PARK SC  
SATURDAY, MAY 14, 2022  
5-8 p.m. | \$10

**ACTIVITY R06006-302**

**THERAPEUTIC RECREATION**

## SATURDAY NIGHT SOCIAL

AGES 15 & UP | 1 SESSION  
HOLIDAY PARK SC | \$10

**SPRING CARNIVAL DANCE**  
Saturday, April 30, 2022  
ACTIVITY R06014-301

**SUMMER NIGHTS DANCE**  
Saturday, June 25, 2022  
ACTIVITY R06014-302

**THERAPEUTIC RECREATION**

## Teens & Adults! BIG GAMES FREE

Saturday, May 21, 2022

**FAMILY • ALL AGES**  
Activity R06004-301  
Holiday Park SC | 2-4 p.m.

**TEENS & ADULTS • AGES 15 & UP**  
Activity R06004-302  
Holiday Park SC | 4:30-6:30 p.m.

**THERAPEUTIC RECREATION**

## SUNDAY FUNDAY FAMILY SWIM

AGES 2 & UP | 1 SESSION  
Sunday, May 8, 2022  
2-4 p.m. | \$5

**OLNEY SWIM CENTER | ACTIVITY R06010-301**

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# 55+ Adults

## Arts & Crafts

### Knit & Crochet Workshop

<b>Ages 55 &amp; Up</b>	<b>11 Sessions</b>				
R07003-301	Holiday Park SC	4/6	W	10-11:30 a.m.	FREE
	<b>14 Sessions</b>				
R07003-302	N. Potomac CRC	3/1	Tu	1-2:30 p.m.	FREE

### Needlecrafting

#### Artes Manuales

<b>Ages 55 &amp; Up</b>	<b>22 Sessions</b>				
R07053-301	Holiday Park SC	4/5	Tu/Th	10:30 a.m.-Noon	FREE

### Photography

#### Photography Club

<b>Ages 55 &amp; Up</b>	<b>6 Sessions</b>				
R07001-301	Holiday Park SC	4/6	W	10 a.m.-Noon	FREE

### Wood Carving - Woodworking

#### Woodcarving

<b>Ages 55 &amp; Up</b>	<b>11 Sessions</b>				
R07002-301	Holiday Park SC	4/8	F	1-3 p.m.	FREE

### Cooking

#### Simple Healthy Cooking with Rhonda

<b>Ages 55 &amp; Up</b>	<b>3 Sessions</b>				
R07049-301	N. Potomac CRC	3/8	Tu	10:30-11:30 a.m.	\$5

### Healthy Hobbies Club

#### Beginners Acrylic Paint Class with Fereshteh

<b>Ages 55 &amp; Up</b>	<b>5 Sessions</b>				
R07023-301	N. Potomac CRC	3/3	Th	12:15-2:15 p.m.	\$25
R07023-302	N. Potomac CRC	4/7	Th	12:15-2:15 p.m.	\$20
R07023-303	N. Potomac CRC	5/5	Th	12:15-2:15 p.m.	\$20



# Dance

## Ballet

### 55+ Ballet Dance

**Ages 55 & Up**    **13 Sessions**  
 R07012-306    Wheaton CRC    3/2 W    2:15-3:15 p.m.    FREE

## Bollywood

### Persian Belly Dance

**Ages 55 & Up**    **13 Sessions**  
 R07051-301    N. Potomac CRC    3/2 W    1:30-2:15 p.m.    FREE

## Folk Dancing

### Chinese Folk Dancing

**Ages 55 & Up**    **11 Sessions**  
 R07009-302    Holiday Park SC    4/7 Th    11 a.m.-Noon    FREE

### Chinese Folk Dance with Ming

**Ages 55 & Up**    **13 Sessions**  
 R07009-301    N. Potomac CRC    3/2 W    10:30-11:30 a.m.    FREE

### Chinese Classical Folk Dance with Linying

**Ages 55 & Up**    **14 Sessions**  
 R07009-303    N. Potomac CRC    3/1 Tu    2-3:30 p.m.    FREE

### Dance for Posture and Elegance (Mandarin)

**Ages 55 & Up**    **13 Sessions**  
 R07009-304    N. Potomac CRC    3/3 Th    1-3 p.m.    FREE

### International Dance Instruction

**Ages 55 & Up**    **13 Sessions**  
 R07009-305    N. Potomac CRC    3/4 F    1-2:30 p.m.    FREE

## Ballroom Dancing

### International Ballroom Dance (Mandarin)

**Ages 55 & Up**    **13 Sessions**  
 R07057-301    N. Potomac CRC    3/2 W    1-3 p.m.    FREE

## Line Dancing

### Ballroom/Line Dance

**Ages 55 & Up**    **13 Sessions**  
 R07011-301    Wheaton CRC    3/3 Th    1-2 p.m.    FREE

### Social Line Dance

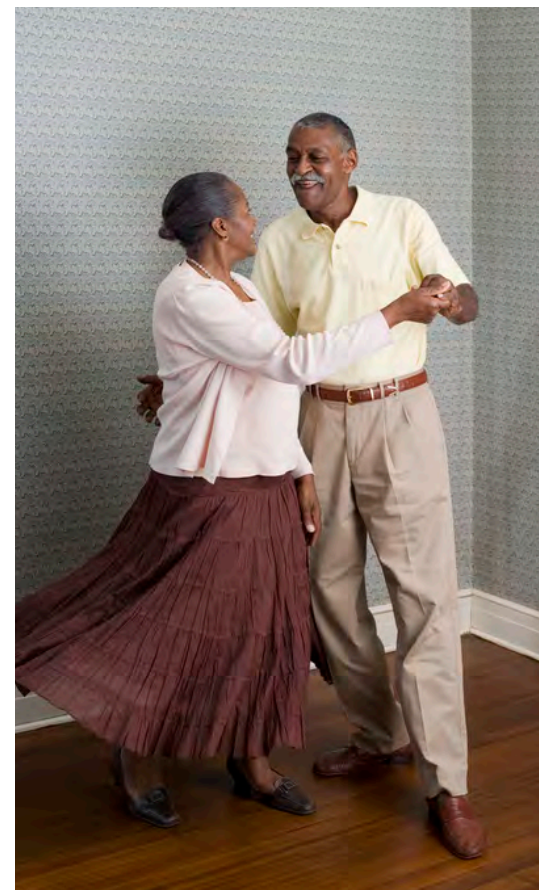
**Ages 55 & Up**    **12 Sessions**  
 R07011-302    Wheaton CRC    3/7 M    10-11 a.m.    FREE

## Tap

### 55+ Tap Dance

**Ages 55 & Up**    **10 Sessions**  
 R07007-301    Holiday Park SC    4/6 W    1-1:50 p.m.    \$40

**12 Sessions**  
 R07007-302    Damascus SC    4/4 M    11 a.m.-Noon    \$50



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# Educational Discussions

## Behind The Headlines - Discussion Group

Ages 55 & Up 10 Sessions  
R07063-301 Holiday Park SC 4/4 M 10-11:25 a.m. FREE

## Evening Book Club

Ages 55 & Up 11 Sessions  
R07065-301 Holiday Park SC 4/6 W 4:30-5:30 p.m. FREE

## PP Coping with Change

Ages 55 & Up 11 Sessions  
R07076-301 Holiday Park SC 4/7 Th 10:30-11:30am. FREE

## PP Coping with Change in Spanish

Ages 55 & Up 11 Sessions  
R07076-302 Holiday Park SC 4/5 Tu 11 a.m.-Noon FREE

## Max You

Ages 55 & Up 11 Sessions  
R07043-301 Holiday Park SC 4/5 Tu 10:30-11:30am. FREE

## Women's Discussion Group

### Bring Your Lunch Discussion Group with Jai Ho

Ages 55 & Up 12 Sessions  
R07078-301 N. Potomac CRC 3/7 M 11:30 a.m.-1 p.m. FREE

## Language

### Everyday English

Ages 55 & Up 22 Sessions  
R07061-301 Holiday Park SC 4/5 Tu/Th 10-10:55 a.m. FREE

## Language Learning Institute

### Basic Japanese with Prof. Em. Oh

Ages 55 & Up 14 Sessions  
R07021-301 N. Potomac CRC 3/1 Tu 10:30-11:30am. FREE

## Writing

### Writing Group

Ages 55 & Up 12 Sessions  
R07058-301 Holiday Park SC 4/1 F 10-11:30 a.m. FREE



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



# Fitness

## Dance Fitness

### Belly Core Workout

**Ages 55 & Up**    **13 Sessions**  
 R07012-304    N. Potomac CRC    3/1 Tu    9:30-10:15 a.m.    FREE

### Dance for Joy and Fitness

**Ages 55 & Up**    **13 Sessions**  
 R07012-302    N. Potomac CRC    3/4 F    10:15-11:15 a.m.    FREE

### Latin Dance Workout

**Ages 55 & Up**    **13 Sessions**  
 R07012-303    N. Potomac CRC    3/1 Tu    1:30-2:15 p.m.    FREE  
 R07012-305    N. Potomac CRC    3/3 Th    9:30-10:15 a.m.    FREE

### Superpower Dance Circle

**Ages 55 & Up**    **26 Sessions**  
 R07012-301    Wheaton CRC    3/2 M/W 11 a.m.-Noon    FREE

### Bone Builders Virtual

**Ages 55 & Up**  
 R03010-301    Virtual Class    4/11 M/W 11:15am-12:15pm    FREE

## Low Impact

### 55+ Chairobics

**Ages 55 & Up**    **46 Sessions**  
 R07066-301    Damascus SC    4/5 M-Th 10-11 a.m.    FREE

### Exercise with Milan

**Ages 55 & Up**    **11 Sessions**  
 R07039-301    Holiday Park SC    4/6 W    9:30-10 a.m.    FREE

### Shape and Tone

**Ages 55 & Up**    **13 Sessions**  
 R07041-301    Wheaton CRC    3/4 F    9:30-11 a.m.    FREE

## Strength Training

### Fitness Equipment Orientation

**Ages 55 & Up**    **1 Session**  
 R07060-301    Holiday Park SC    3/30 W    1-2:30 p.m.    \$10  
 R07060-302    Holiday Park SC    5/10 Tu    1-2:30 p.m.    \$10  
 R07060-303    Holiday Park SC    6/16 Th    1-2:30 p.m.    \$10

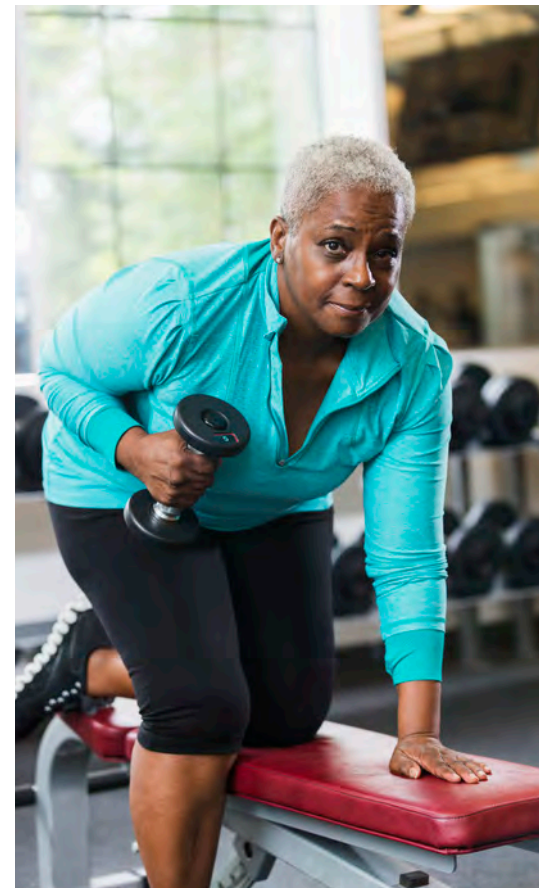
## Tai Chi

### 55+ Tai Chi

**Ages 55 & Up**    **13 Sessions**  
 R07025-302    Damascus SC    4/5 Tu    1-2 p.m.    FREE

### Tai Chi Exercises

**Ages 55 & Up**    **11 Sessions**  
 R07025-301    Holiday Park SC    4/5 Tu    9:30-10:20 a.m.    FREE



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### Tai Chi Sword

Ages 55 & Up 11 Sessions  
R07027-301 Holiday Park SC 4/4 M 2:30-3:30 p.m. FREE

### Yoga

55+ Yoga 12 Sessions  
Ages 55 & Up R07029-301 Damascus SC 4/8 F 11 a.m.-Noon FREE

### Zumba

Zumba 13 Sessions  
Ages 55 & Up R07070-304 Damascus SC 4/6 W 11 a.m.-Noon FREE  
14 Sessions  
R07070-301 Wheaton CRC 3/1 Tu 11 a.m.-Noon FREE  
R07070-302 Wheaton CRC 3/3 Th 2-3 p.m. FREE

### Zumba Fitness Video

Ages 55 & Up 65 Sessions  
R07070-303 N. Potomac CRC 3/1 M-Th 10:30-11 a.m. FREE

## Games

### Bingo

Ages 55 & Up 3 Sessions  
R07085-301 Holiday Park SC 4/12 Tu 1-2 p.m. FREE

### Board Games

#### Rummikub Club

Ages 55 & Up 55 Sessions  
R07086-301 Holiday Park SC 4/1 M-F 1-4 p.m. FREE

#### Scrabble 55+

Ages 55 & Up 11 Sessions  
R07073-301 Holiday Park SC 4/6 W 1-4 p.m. FREE

### Card Games

#### Bridge for Beginners III

Ages 55 & Up 10 Sessions  
R07074-301 Holiday Park SC 4/5 Tu 1-3 p.m. \$40

#### Maj Jongg Club

Ages 55 & Up 10 Sessions  
R07047-301 Holiday Park SC 4/4 M 1-4 p.m. FREE

#### Open Party Bridge

Ages 55 & Up 11 Sessions  
R07075-301 Holiday Park SC 4/8 F 12:45-3:30 p.m. FREE



# Health and Wellness

## Meditation and Mindfulness

**Ages 55 & Up**    **13 Sessions**  
 R07077-301    N. Potomac CRC    3/2 W    11-11:45 a.m.    FREE

## Exercises for the Mind

**Ages 55 & Up**    **13 Sessions**  
 R07077-302    N. Potomac CRC    3/1 Tu    12:15-1 p.m.    FREE

## Wellness Workshops

### Diabetes Self-Management Workshop

**Ages 55 & Up**    **7 Sessions**  
 R07028-301    N. Potomac CRC    2/28 M    10 a.m.-12:30 p.m.    FREE

## Yoga

### Yoga for Vitality

**Ages 55 & Up**    **4 Sessions**  
**Instructor: Warrior One Yoga LLC**

R07069-304	N. Potomac CRC	4/5 Tu	10-11 a.m.	\$48
R07069-305	N. Potomac CRC	4/7 Th	10-11 a.m.	\$48
R07069-307	N. Potomac CRC	5/5 Th	10-11 a.m.	\$48

**5 Sessions**

R07069-302	N. Potomac CRC	3/1 Tu	10-11 a.m.	\$60
R07069-303	N. Potomac CRC	3/3 Th	10-11 a.m.	\$60
R07069-306	N. Potomac CRC	5/3 Tu	10-11 a.m.	\$60



# Music

## Singing

### Karaoke

**Ages 55 & Up**    **13 Sessions**  
 R07080-301    N. Potomac CRC    2/28 M    1:30-2:30 p.m.    FREE

### Chinese Karaoke

**Ages 55 & Up**    **13 Sessions**  
 R07080-302    N. Potomac CRC    2/28 M    2:30-3:30 p.m.    FREE



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# Special Events

## The Sapphires Go Mambo: Music with a Latin Flare

**Ages 55 & Up**    **1 Session**  
R07013-301    N. Potomac CRC    4/22 F    6-7 p.m.    FREE

## Poetic Jazz w/Speakeasy

**Ages 55 & Up**    **1 Session**  
R07081-302    White Oak CRC    4/29 F    6-8 p.m.    FREE

## Celebrate National Older Americans Month

**Ages 55 & Up**    **1 Session**  
R07013-304    White Oak CRC    5/19 Th    10 a.m.-2 p.m.    FREE

## Classic Car Show

**Ages 55 & Up**    **1 Session**  
R07022-301    White Oak CRC    6/17 F    10 a.m.-2 p.m.    FREE



## Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.

# Trips and Tours

## SOAR

Ages 55+; Fees vary per trip

R07082-301	Tour of Hillwood Museum & Gardens, DC	4/13	W	8:30 a.m.-4 p.m.	\$78
R07082-302	Guided Tour of York, Pa	4/20	W	7 a.m.-6 p.m.	\$84
R07082-303	Law Enforcement Museum	4/27	W	8:30 a.m.-3:30 p.m.	\$62
R07082-304	Walking Tour of Historic St. Mary's City, MD	5/11	W	7:15 a.m.-5:30 p.m.	\$78
R07082-305	Go Wild and Take a Safari, Halifax, PA	5/18	W	7:15 a.m.-6:30 p.m.	\$69
R07082-306	Museum of The AM Revolution & Constitution Center	5/25	W	7 a.m.-6 p.m.	\$94
R07082-307	Annual Sailing Trip	6/1	W	7:45 a.m.-1:30 p.m.	\$94
R07082-308	Annual Sailing Trip	6/1	W	11:45 a.m.-5:30 p.m.	\$94
R07082-309	White Water Rafting On The Shenandoah River	6/9	Th	8 a.m.-4:30 p.m.	\$94
R07082-310	Marine Corps Museum, VA	6/15	W	8:30 a.m.-3:30 p.m.	\$62

## Day Trippers

Ages 18+, each trip with age-appropriate settings; Fees vary per trip

R07083-301	Celtic Women at The American Music Theatre, PA	3/25	F	1:45-11:45 p.m.	\$153
R07083-302	High Tea at The Tea Affair, PA	4/22	F	9 a.m.-5 p.m.	\$89
R07083-303	David at Sight and Sound Theatre, PA	4/29	F	9:30 a.m.-7:30 p.m.	\$149
R07083-304	Garden House Tea - Elkridge Furnace Inn, MD	5/6	F	9:30 a.m.-4:30 p.m.	\$92
R07083-305	National Cathedral Flower Mart	5/7	Sa	9 a.m.-3 p.m.	\$49
R07083-306	Maymont Estate and Gardens and Lewis Ginter Gardens, VA	5/13	F	7:30 a.m.-6:30 p.m.	\$98
R07083-307	Shear Madness at the Kennedy Center, DC	6/5	Su	1-6 p.m.	\$82
R07083-308	Maryland Lavender Festival, Springfield Manor, MD	6/11	Sa	9:30 a.m.-4:30 p.m.	\$78
R07083-309	Medieval Times, Dinner & Tournament, Baltimore Castle	6/18	Sa	2:45-7:45 p.m.	\$82

### SOAR/Day Trippers 2022

For more information, visit  
[mcorec.com/tripstours](http://mcorec.com/tripstours)



### IMPORTANT TRIP INFORMATION

All trips will meet at  
Olney Manor  
for departure.



# PROGRAM LOCATIONS

## Acorn Urban Park

- Boot Camp.....29
- Community & Family Fitness.....29
- Mini Musicians, Movers & Shakers.....34

## Bauer Drive Community Recreation Center

- ACT The Workout-Fitness.....30
- Adventures in Art.....24
- Art Studio.....24
- Badminton- All Levels.....36
- Basketball- Womens Drop-in.....36
- Coach Doug Pee Wee Wanna Be.....37
- Coach Doug Wee Wanna Be.....37
- Draw and Clay.....24
- Gentle Yoga Virtual/In-Person.....31
- Jazzmatazz Low-Impact Aerobics.....30
- Karate- TKA Youth Beginner through White Belts.....33
- Karate- TKA Youth Intermediate.....33
- Karate- TKA Adult.....32
- Kelley's Complete Fitness.....30
- Learn Now Music Groovy Guitar.....34
- Learn Now Music Poppin Piano.....34
- Men's Basketball League.....
- Pickleball Leagues- All Levels.....43
- Pilates for Fitness/Virtual/ In-Person.....29
- Rugby 101.....38
- Safe Sitter.....28
- Tai Chi Beginning.....33
- Tai Chi Continuing.....33
- Train Like A Pro Soccer Skills and Drills.....38
- TR TGIF-Totally Great Inclusive Fun First Fridays.....44
- Volleyball Development Clinic Skills.....40
- Yoga Basic Virtual/In-Person.....31
- Yoga Fundamentals.....31
- Zumba Virtual/In-Person.....30

## Bauer Drive Local Park

- CORE Grassroots Soccer Clinic.....38

## Bethesda Elementary School

- Karate- TKA Youth All Levels.....33
- Karate- TKA Adult.....32

## Cabin John Middle School

- Train Like a Pro Basketball Skills and Drills...36

## Chevy Chase Elementary School

- Softball Leagues- Adult.....41

## Clara Barton Neighborhood Recreation Center

- Club Friday.....35
- Body Sculpting.....28
- Karate- TKA Youth All Levels.....32

## Damascus Community Recreation Center

- CPR, First Aid and AED.....26
- CORE Grassroots Soccer Clinic.....38
- Karate- TKA Youth Beginner through Orange Belts.....33
- Karate- TKA Adult.....32
- Karate- TKA Youth Intermediate.....33
- Kids Day Out.....2
- Volleyball Development Clinic Skills.....40
- TR Stretch 'n Tone.....44

## Damascus Senior Center

- 55+ Chairobics.....49
- 55+ Tap Dance.....47
- 55+ Tai Chi.....49
- 55+ Yoga.....50
- Zumba.....50

## Dewey Local Park

- Boot Camp.....29
- Zumba Outdoors.....30

## East County Community Recreation Center

- Kids Day Out.....2
- TR Stretch 'n Tone.....44

## Fernwood Local Park

- CORE Grassroots Soccer Clinic.....38

## Germantown Community Recreation Center

- Coach Doug Pee Wee Wanna Be.....37
- Coach Doug Wee Wanna Be.....37
- Coach Doug Seasonal Sports.....37
- Coach Doug Soccer.....37
- CORE Grassroots Soccer Clinic.....38
- Draw and Clay.....24
- Elementary Drawing w/Young Rembrandts.....24
- Funfit Tots Family Class.....29
- Hip Hop Kids Dance.....27
- Karate- TKA Youth Beginner through Orange Belts.....33
- Karate -TKA Adult.....
- Karate- TKA Youth Intermediate.....33
- Kids Day Out.....2
- Learning Art from the Masters.....25

## Germantown Indoor Swim Center

- Aquatots.....10
- Adult Level 1 Swim Lessons.....20
- Adult Level 2 Swim Lessons.....20
- Adult Level 3 Swim Lessons.....21
- Adult Level 4 Swim Lessons.....21
- Beginner Level 1 Swim Lessons.....12
- Beginner Level 2 Swim Lessons.....14
- Deep Water Running.....6
- Masters Diving.....23
- Pre-School Swim Lessons.....10
- TR Adult Social Swim.....22
- Youth Level 1 Swim Lessons.....16
- Youth Level 2 Swim Lessons.....17
- Youth Level 3 Swim Lessons.....18
- Youth Level 4 Swim Lessons.....19
- Waterbabies.....11
- Water Exercise.....6

## Glenallan Elementary School

- Elementary Drawing w/Young Rembrandts.....24

## Good Hope Neighborhood Recreation Center

- Coach Parker Basketball Academy Spring Break.....36
- Kids Day Out.....2
- Urban Line Dance.....28
- Volleyball Development Clinic Skills.....40
- Yoga Basic Virtual/In-Person.....31
- Zumba.....28
- Zumba Toning Virtual/In-Person.....31

**REGISTER**  
 Online registration  
 is available at  
**ActiveMONTGOMERY,**  
 24 hours a day, seven  
 days a week.



# PROGRAM LOCATIONS

## Holiday Park Senior Center

55+ Bridge for Beginners III.....	50
55+ Knitting & Crochet Workshop.....	46
55+ Maj Jongg Club.....	50
55+ Photography Club.....	46
55+ Scrabble.....	50
55+ Tap Dance.....	47
55+ Woodcarving.....	46
Behind the Headlines Discussion.....	48
Bingo.....	50
Chinese Folk Dancing.....	47
Coping with Change.....	48
Coping with Change- Spanish.....	48
Evening Book Club.....	48
Everyday English.....	48
Exercise with Milan.....	49
Fitness Equipment Orientation.....	49
Max You Discussion.....	48
Needlecrafting: Artes Manuales.....	46
Open Party Bridge.....	50
Rummikub Club.....	50
TR Be Good to Your Heart- Social.....	45
TR BIG Games. Family/Teens.....	45
TR Saturday Night Socials.....	45
TR Spring Fiesta.....	45
TR Sunday Funday Family Swim.....	45
TR ZamDance.....	44
Tai Chi for Exercises.....	49
Tai Chi Sword.....	50
Writing Group.....	48

## Jane E. Lawton Community Recreation Center

Club Friday.....	35
Ballroom I Couples.....	27
Ballroom II Couples.....	27
Hatha Yoga & Stress Mgmt.....	31
Kids Day Out.....	2
Pilates for Fitness Virtual/In-Person.....	29
Oil or Acrylic Painting Open Studio.....	25

## Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	5
Adapted Swim Lessons.....	22
Advanced and Tier Diving.....	23
Adult Level 1 Swim Lessons.....	20
Adult Level 2 Swim Lessons.....	20
Adult Level 3 Swim Lessons.....	21
Adult Level 4 Swim Lessons.....	21
Aqua Cardio Dance.....	5
Aqua Lite.....	5
Aqua Spin.....	5
Aquatots.....	10
Beginner Level 1 Swim Lessons.....	12
Beginner Level 2 Swim Lessons.....	14
Deep Water Running.....	6
Intermediate Diving.....	23
Lifeguarding Class: Blended Learning.....	7
Lifeguarding Class: In-Person.....	7
Pre-School Swim Lessons.....	10
Recreational Diving Level 1.....	23
Youth Level 1 Swim Lessons.....	16
Youth Level 2 Swim Lessons.....	17
Youth Level 3 Swim Lessons.....	18
Youth Level 4 Swim Lessons.....	19
Waterbabies.....	11
Water Exercise.....	6

## Leonard D. Jackson Ken Gar Center

Kids Day Out.....	2
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## Long Branch Community Rec- reation Center

Kids Day Out.....	2
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## Marilyn J. Praisner Community Recreation Center

ACT The Workout-Fitness.....	30
Karate - TKA Youth.....	
Karate- TKA Adult.....	32
Karate- TKA Youth All Levels.....	33
Kids Day Out.....	2
Yoga Basic Virtual/In-Person.....	31

## Martin Luther King Jr Swim Center

Abs & Glutes & More.....	5
Aqua Cardio Dance.....	5
Aqua Cardio Challenge.....	5
Aqua Spin.....	5
Aquatots.....	10
Aqua Yo-Lates.....	5
Beginner Level 1 Swim Lessons.....	12
Beginner Level 2 Swim Lessons.....	14
Deep Water Running.....	6
Lifeguarding Class: Blended Learning...7	
Lifeguarding Class: In-Person.....	7
Adult Level 1 Swim Lessons.....	20
Adult Level 2 Swim Lessons.....	20
Adult Level 3 Swim Lessons.....	21
Adult Level 4 Swim Lessons.....	21
Pre-School Swim Lessons.....	10
TR Family Swim Party.....	45
Youth Level 1 Swim Lessons.....	16
Youth Level 2 Swim Lessons.....	17
Youth Level 3 Swim Lessons.....	18
Youth Level 4 Swim Lessons.....	19
Waterbabies.....	11
Water Exercise.....	6

## Mid-County Community Recreation Center

CORE U8 Soccer League.....	39
CORE U10 Soccer League.....	39
CPR, First Aid and AED.....	26
Dance & Fitness.....	28
Karate - TKA Youth All Levels.....	33
Karate -TKA Adult.....	32
Music Together.....	34
Kids Day Out.....	2
Volleyball Development Clinic Skills.....	40
Yoga Basic Virtual/In-Person.....	31
Zumba.....	31



## Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.





# PROGRAM LOCATIONS

## Nancy H. Dacek North Potomac Community Recreation Center

- 55+ Knitting & Crochet Workshop.....46
- Ballet I.....26
- Basic Japanese with Prof. Em. Oh.....48
- Beginners Acrylic Paint Class with Fereshteh.....46
- Belly Core Workout.....49
- Bring Your Lunch Discussion Group with Jai Ho.....48
- Ceramics Introductory Wheel.....25
- Chinese Classical Folk Dance with Linying...47
- Chinese Folk Dance with Ming.....47
- Chinese Karaoke.....51
- Club Friday.....35
- CPR, First Aid and AED.....26
- Dance for Joy and Fitness.....49
- Dance for Posture and Elegance (Mandarin).....47
- Diabetes Self-Management Workshop.....51
- Exercise For The Mind.....51
- International Ballroom Dance.....47
- International Dance Instruction.....47
- Karaoke.....51
- Kids Day Out.....2
- Latin Dance Workout.....49
- Mediation and Mindfulness.....51
- Music with a Latin Flare.....52
- Persian Belly Dance.....47
- Safe Sitter.....28
- Simple Healthy Cooking w/Rhonda.....46
- The Sapphires Go Mambo: Train Like a Pro Basketball Skills and Drills.....36
- Yoga for Vitality.....51
- Zumba.....31
- Zumba Fitness Video.....50

## North Four Corners Local Park

- Ultimate Frisbee League.....39

## Oakland Terrace Elementary School

- Coach Doug Seasonal Sports.....37
- TR Skills Clinic: Soccer.....44

## Olney Manor Recreational Park

- SOAR/Day Trippers.....53

## Olney Swim Center

- Adult Level 1 Swim Lessons.....20
- Adult Level 2 Swim Lessons.....20
- Adult Level 3 Swim Lessons.....21
- Adult Level 4 Swim Lessons.....21
- Aqua Cardio Dance.....5
- Aqua Lite.....5
- Aquatots.....10
- Beginner Level 1 Swim Lessons.....12
- Beginner Level 2 Swim Lessons.....14
- Deep Water Running.....6
- Intermediate Diving.....23
- Lifeguarding Class: Blended Learning.....7
- Pre-School Swim Lessons.....10
- TR Adult Social Swim.....22
- Youth Level 1 Swim Lessons.....16
- Youth Level 2 Swim Lessons.....17
- Youth Level 3 Swim Lessons.....18
- Youth Level 4 Swim Lessons.....19
- Water Aerobics.....6
- Waterbabies.....11
- Water Exercise.....6

## Plum Gar Community Recreation Center

- Kids Day Out.....2

## Potomac Community Recreation Center Field

- CORE Grassroots Soccer Clinic.....38
- CORE U8 Soccer League.....39
- CORE U10 Soccer League.....39

## Potomac Community Recreation Center

- ACT The Workout-Fitness.....30
- Beginner Right Brained Drawing.....24
- Bollywood Dance Fitness.....27
- Bollywood Dance For Toddlers.....27
- Bollywood Kids.....27
- Club Friday.....35
- Coach Doug Club Holiday.....37
- Coach Doug Pee Wee Wanna Be.....37
- Coach Doug Wee Wanna Be.....37
- Coach Doug Seasonal Sports.....37
- Coach Doug Soccer.....37
- Gemology I Introduction.....35
- Gemology II Advanced.....35
- Bulls & Bears.....35
- Jacki Sorensen's Aerobic Dance.....28
- Karate- TKA Youth All Levels.....33
- Karate Do / Iaido.....32
- Karate -TKA Adult.....32
- Kids Day Out.....2
- Discovering Music for Toddlers.....34
- Train Like a Pro Basketball Skills and Drills...36
- Train Like a Pro Soccer Skills and Drills.....38
- TR Sports Skills: Soccer with Coach Doug - Teens.....44
- TR Stretch 'n Tone.....44

## Rock View Elementary School

- Dance & Fitness.....28

## Rolling Terrace Elementary School

- Jazzmatazz Pre Ballet.....26
- Jazzmatazz Preschool Dance.....26

- Ross Boddy Neighborhood Recreation Center Aikido.....32
- CPR, First Aid and AED.....26
- Ceramics Introductory Wheel.....25
- Handcrafted Pottery Open Studio.....25

## School of Music

- Beginner Kids Guitar.....34

## Seneca Landing Boat Ramp

- TR Inclusion Kayaking.....44

## Sligo Creek Elementary School

- Pottery at Sligo.....25

**REMINDER**

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



# PROGRAM LOCATIONS

**Stratton Local Park**  
Rugby Training and Conditioning.....38

**Tilden Woods Local Park**  
Funfit Tots Family Class

**Upper County Community Recreation Center**  
Karate- TKA Youth Beginner through White Belts.....33  
Karate -TKA Adult.....32  
Kids Day Out.....2

**Veirs Mill Local Park**  
Dance & Fitness.....28

**Virtual Class**  
Bone Builders.....49  
Abrakadoodle Drawing Upon the Imagination.....24  
Kelley's Complete Fitness.....30

**Wheaton Community Recreation Center**  
55+ Ballet.....47  
55+ Ballroom/Line Dance.....47  
55+ Shape and Tone.....49  
55+ Superpower Dance Circle.....49  
Abrakadoodle One Sweet World.....24  
Abrakadoodle Space Art Adventure.....24  
ACT The Workout-Fitness.....30  
Afrofusion Dance .....27  
Ballroom I Couples.....27  
Ballroom II Couples.....27  
Ceramics Introductory Wheel.....25  
Creative Combo Dance 1.....26  
Discovering Music for Toddlers.....34  
Into to Hula Dance.....26  
Jazzmatazz Aerobics W/Pilates Mat.....29  
Karate- TKA Youth All Levels.....33  
Karate -TKA Adult.....32  
Kelley's 50+ Complete Fitness.....30  
Kids Day Out.....2  
Mom's Babies & Afrobeats.....27  
Music Together.....34  
Restore and Recharge Yoga.....31  
TR Stretch 'n Tone.....44  
Ultimate Music Experience Camp.....34  
Urban Line Dance.....28  
Volleyball Development Clinic Skills.....40  
Zumba Virtual/In-Person.....30  
Zumba.....50

**White Oak Community Recreation Center**  
55+ Celebrate National Older Americans Month.....52  
55+ Classic Car Show.....52  
55+ Poetic Jazz w/Speakeasy.....52  
CPR, First Aid and AED.....26  
Essential Yoga Virtual/In Person.....31  
Handcrafted Pottery Open Studio.....25  
Kids Day Out.....2  
TKA Karate Jujitsu Club.....32  
TKA Karate Jujitsu Club 2.....32  
Train Like a Pro Basketball Skills and Drills...36

**Wisconsin Place Community Recreation Center**  
Practical Self-Defense.....33  
Hatha Yoga and Stress Management.....31



**SIGN-UP FOR REC ALERTS**

Sign-up for Rec Alerts for inclement weather information.

**REMINDER**

Membership passes offer fun for the whole family, and you can purchase full access passes or those that cover your entrance only to the facilities that you use, saving you money.



VISIT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG)

TO REGISTER FOR ACTIVITIES



# FACILITY ADDRESSES

**2022 REGISTRATION BEGINS**  
**Spring**                      **Summer Camps**  
**Feb. 14**                      **Feb. 22**



**Looking for Sports Leagues?**  
Visit page 41 for more information.



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

## Middle Schools

Cabin John MS.....10701 Gainsborough Rd, Potomac, MD 20854

## Elementary Schools

Bethesda ES..... 7600 Arlington Rd, Bethesda, MD 20814  
Chevy Chase ES...4015 Rosemary St, Chevy Chase, MD 20815  
Glenallan ES..... 12520 Heurich Rd, Silver Spring, MD 20902  
Oakland Terrace ES... 2720 Plyers Mill Rd, Silver Spring, MD 20902  
Rockview ES..... 3901 Denfeld Ave, Kensington, MD 20895  
Rolling Terrace ES..... 705 Bayfield St, Silver Spring, MD 20903  
Sligo Creek ES..... 500 Schuyler Rd, Silver Spring, MD 20910

## Parks

Acorn Urban Park.....8075 Newell St, Silver Spring, MD 20910  
Bauer Drive Local Park.....14625 Bauer Dr., Aspen Hill, MD 20853  
Dewey Local Park.....11720 Dewey Rd, Silver Spring, MD 20906  
Fernwood Local Park.....6708 Michaels Dr, Bethesda, MD 20817  
Olney Manor Recreational Park...16601 Georgia Ave, Olney, MD 20832  
Tilden Woods Local Park..... 6800 Tilden Ln, Rockville, MD 20852  
Stratton Local Park.....9925 Harrogate Rd, Bethesda, MD 20817  
Veirs Mill Local Park.....4425 Garrett Park Rd, Silver Spring, MD 20906

## Recreation Facilities

Recreation Administrative Office..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902  
Bauer Drive CRC ..... 14625 Bauer Drive, Rockville, 20853  
Clara Barton NRC .....7425 MacArthur Blvd., Cabin John, 20818  
Damascus CRC ..... 25520 Oak Drive, Damascus, 20872  
East County CRC ..... 3310 Gateshead Manor Way, Silver Spring, 20904  
Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874  
Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905  
Gwendolyn Coffield CRC (currently closed)..... 2450 Lyttonsville Road, Silver Spring, 20910  
Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815  
Leonard D. Jackson Ken Gar .....4111 Plyers Mill Road, Kensington, 20895  
Long Branch CRC .....8700 Piney Branch Road, Silver Spring, 20901  
Longwood CRC (currently closed) .....19300 Georgia Ave., Brookeville, 20833  
Marilyn J. Praisner CRC..... 14906 Old Columbia Parkway, Burtonsville, 20866  
Mid-County CRC ..... 2004 Queensguard Road, Silver Spring, 20906  
Nancy H. Dacek North Potomac CRC.....13850 Travilah Road, Rockville, 20850  
Plum Gar CRC.....19561 Scenery Drive, Germantown, 20874  
Potomac CRC ..... 11315 Falls Road, Potomac, 20854  
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

Looking for Senior Center locations, [click here.](#)



# Play Safely.

The health and safety of the community and our staff remain our top priorities.

Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.



## IMPORTANT CLOSURE INFORMATION

Montgomery County Recreation will be closed on the following days:

**February 21**

**June 20**

**July 4**



# REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

## 3 WAYS TO REGISTER

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



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

## ACTIVITY WITHDRAWALS & REFUNDS

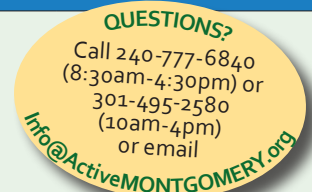
Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason,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

## PAYMENT INFORMATION

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

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

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



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



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

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

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

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

EMERGENCY CONTACT   EMERGENCIA CONTACTO		
Name   Nombre	Relationship   Relación	Phone   Telf.

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

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

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

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

Yes     No

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

**IMPORTANT: Request should be made before the program begins.**

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

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

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