

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SUMMER 2024



MONTGOMERY COUNTY
Recreation

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NOTICE FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place. For more information, email: rec.inclusion@montgomerycountymd.gov



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

 [CLICK HERE TO REGISTER.](#)



**Summer 2024
registration begins
Monday, May 13**

Facility Addresses 75

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SUMMER CAMPS

Sign Up Now!

Visit mocrecrec.com/camps for more info.

SUMMER OUTDOOR POOLS 2024 SCHEDULE

PRE-SEASON		SUMMER SEASON		POST-SEASON	
<p>25 May</p>  <p>WEEKENDS ONLY</p>  <p>Sa - Su Noon - 6 P.M.</p> <p>↓</p> <p>14 June</p>		<p>15 June</p>  <p>↓</p> <p>11 Aug.</p>	<p>M-F 1 - 8 P.M.</p> <p><i>Bethesda OP</i>  Early Bird Lap Swim 8:30 - 10:30 a.m.</p> <p><i>Upper County OP</i> CLOSED FRIDAYS</p>  <p>Sa - Su Noon - 8 P.M.</p> <p>3 HR HOLIDAY SESSIONS May 27, June 19 July 4</p> <p>11 A.M. - 2 P.M. & 3 - 6 P.M.</p>	<p>12 Aug.</p>  <p>↓</p> <p>2 Sept.</p>	<p>M-F 1 - 7 P.M.</p> <p><i>Upper County OP</i> CLOSED FRIDAYS</p>  <p>Last day will be Aug. 18</p> <p>Sa - Su Noon - 6 P.M.</p> <p>3 HR HOLIDAY SESSIONS Sept. 2</p> <p>11 A.M. - 2 P.M. & 3 - 6 P.M.</p>



MONTGOMERY COUNTY
Recreation

For more information:
240-777-6860

[mcorec.com/
outdoorpools](http://mcorec.com/outdoorpools)



ALL POOLS
CLOSED
Aug. 26 - Aug. 30



INDEPENDENCE DAY CELEBRATIONS

FREE
9:15 P.M.*
FIREWORKS



Maryland SoccerPlex

Westfield
WHEATON

GERMANTOWN

★ GLORY ★

THURSDAY, JULY 4

LIVE MUSIC AT 7 P.M.

CENTRAL CITY
ORCHESTRA

SOUTH GERMANTOWN RECREATION PARK
18041 CENTRAL PARK CIRCLE, BOYDS



ON-SITE PARKING AVAILABLE.

MID-COUNTY

★ SPARKLES ★

SATURDAY, JULY 6

LIVE MUSIC AT 6 P.M.

JOE FALERO
DOWNTOWN SOUND

ALBERT EINSTEIN HIGH SCHOOL
11135 NEWPORT MILL ROAD, KENSINGTON

ONLY HANDICAP PARKING IS AVAILABLE AT EINSTEIN HIGH SCHOOL.

RIDE ON SHUTTLE SERVICE IS AVAILABLE FROM WESTFIELD WHEATON
STARTING AT 5:30 P.M.

NO ALCOHOL OR PETS ARE PERMITTED.

*TIME IS APPROXIMATE AND MAY CHANGE DUE TO WEATHER.

2024 Summer Closing Alert

Our centers and pools will close for cleaning throughout the summer.



CONTACT US

Customer Service Available
8:30 a.m. - 4:30 p.m.
240-777-6840



Visit www.mocorec.com to stay informed.



JULY 2024

**WHERE
YOU
BELONG**
NRPA'S PARK AND RECREATION MONTH

Park and Recreation Month





AQUATICS

Live a Little...Swim a Lot!

INDOOR POOLS

Indoor pools will be closed on Memorial Day, Juneteenth, Independence Day and Labor Day.

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

CLOSING June 28
Reopening 2025

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle
Boyd
Closed Aug. 1-16

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring
Closed Aug. 18-Sept. 2

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney
Closed Aug. 10-25

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6800
1319 Apple Avenue,
Silver Spring
Closed Aug. 31-Sept. 15

OUTDOOR POOLS

Bethesda Outdoor Pool (BOP)
301-652-1598
6300 Hillandale Road
Bethesda

Long Branch Outdoor Pool (LBOP)
301-431-5700
8700 Piney Branch Road
Silver Spring

Upper County Outdoor Pool (UCOP)
301-840-2446
8211 Emory Grove Road
Gaithersburg

Sgt. Hector I. Ayala Wheaton/ Glenmont Outdoor Pool (WGOP)
301-929-5460
12621 Dalewood Drive
Wheaton

Germantown Outdoor Pool (GOP)
240-777-8067
18905 Kingsview Road
Germantown

Martin Luther King, Jr. Outdoor Pool (MLKOP)
240-777-8066
1201 Jackson Road
Silver Spring, MD 20904

Sarah E. Auer Western County Outdoor Pool (WCOP)
301-349-2217
20151 Fisher Avenue
Poolesville

 **AQUATIC RULES AND REGULATIONS**
View the pool rules and regulations.
[CLICK HERE](#)

 **KENNEDY SHRIVER AQUATIC CENTER (KSAC)**
WILL CLOSE FOR RENOVATIONS ON **JUNE 28**
[CLICK HERE FOR MORE INFORMATION](#)

Water Fitness

[→ CLICK HERE TO REGISTER.](#)

Abs & Glutes & More

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01001-505	MLKOP	6/24	M	10:10-11 a.m.	\$56
	R01001-506	MLKOP	6/26	W	10:10-11 a.m.	\$56
	R01001-5399	WGOP	6/25	Tu	11:10am-Noon	\$56
9 Sessions	R01001-5500	Silver Spring RAC	6/27	Th	11-11:50 a.m.	\$63

Against the Current

Ages 12 and up

7 Sessions	R01002-509	MLKOP	6/27	Th	8:10-9 p.m.	\$70
8 Sessions	R01002-501	MLKOP	6/23	Su	10-10:50 a.m.	\$80
	R01002-502	MLKOP	6/24	M	9-9:50 a.m.	\$80
	R01002-503	MLKOP	6/24	M	8:10-9 p.m.	\$80
	R01002-504	MLKOP	6/25	Tu	9-9:50 a.m.	\$80
	R01002-505	MLKOP	6/25	Tu	8:10-9 p.m.	\$80
	R01002-506	MLKOP	6/26	W	9-9:50 a.m.	\$80
	R01002-507	MLKOP	6/26	W	8:10-9 p.m.	\$80
	R01002-508	MLKOP	6/27	Th	9-9:50 a.m.	\$80
	R01002-510	MLKOP	6/29	Sa	10-10:50 a.m.	\$80



NEW POOL ALERT!

SILVER SPRING RECREATION AND AQUATIC CENTER

View all aquatic classes and activities at SSRAC.

CLICK HERE TO REGISTER

55+
THERAPEUTIC RECREATION
SPORTS
CLASSES

AQUATICS



[CLICK HERE TO REGISTER.](#)

Aqua Cardio Challenge

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
7 Sessions	R01004-5399	WGOP	6/27	Th	11:10am-Noon	\$49
8 Sessions	R01004-503	MLK	6/26	W	7-7:50 p.m.	\$56
	R01004-504	MLKOP	6/28	F	9-9:50 a.m.	\$56

Aqua Cardio Dance

Ages 12 and up

7 Sessions	R01003-502	MLKOP	6/27	Th	10-10:50 a.m.	\$49
	R01003-503	OSC	6/23	Su	9:05-9:55 a.m.	\$49
8 Sessions	R01003-501	MLKOP	6/25	Tu	10-10:50 a.m.	\$56
10 Sessions	R01003-5501	Silver Spring RAC	6/26	W	10-10:50 a.m.	\$70
	R01003-5503	Silver Spring RAC	6/25	Tu	9-9:50 a.m.	\$70

Aqua Fit

Ages 12 and up

10 Sessions	R01085-5502	Silver Spring RAC	6/24	M	1-1:50 p.m.	\$70
	R01085-5500	Silver Spring RAC	6/25	Tu	6-6:50 p.m.	\$70
	R01085-5503	Silver Spring RAC	6/26	W	1-1:50 p.m.	\$70
	R01085-5501	Silver Spring RAC	6/28	F	11-11:50 a.m.	\$70

Aqua Lite

Ages 12 and up

8 Sessions	R01005-503	OSC	6/24	M	10-10:50 a.m.	\$56
	R01005-504	OSC	6/26	W	10-10:50 a.m.	\$56
	R01005-505	OSC	6/28	F	10-10:50 a.m.	\$56
9 Sessions	R01005-5502	Silver Spring RAC	6/27	Th	8-8:50 a.m.	\$63
10 Sessions	R01005-5501	Silver Spring RAC	6/24	M	11-11:50 a.m.	\$70
	R01005-5500	Silver Spring RAC	6/26	W	11-11:50 a.m.	\$70



PARENT-ASSISTED SWIM LESSONS

VIEW PARENT-ASSISTED SWIM LESSONS

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

[→ CLICK HERE TO REGISTER.](#)

Aqua Spin

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee	
6 Sessions	R01006-518	GISC	6/27	Th	8-8:50 a.m.	\$60	
7 Sessions	R01006-513	MLK	6/27	th	7-7:50 p.m.	\$70	
8 Sessions	R01006-517	GISC	6/25	Tu	8-8:50 a.m.	\$80	
	R01006-508	MLK	6/24	M	7-7:50 p.m.	\$80	
	R01006-509	MLK	6/25	Tu	7:30-8:20 a.m.	\$80	
	R01006-510	MLK	6/25	Tu	11:10 a.m.-Noon	\$80	
	R01006-511	MLK	6/26	W	9-9:50 a.m.	\$80	
	R01006-512	MLK	6/27	Th	11:10 a.m.-Noon	\$80	
	R01006-514	MLK	6/28	F	7:30-8:20 a.m.	\$80	
	R01006-515	MLK	6/28	F	7-7:50 p.m.	\$80	
	R01006-516	MLK	6/29	Sa	8-8:50 a.m.	\$80	
	9 Sessions	R01006-5503	Silver Spring RAC	6/27	Th	9-9:50 a.m.	\$90
		R01006-5504	Silver Spring RAC	6/27	Th	12:30-1:20 p.m.	\$90
	10 Sessions	R01006-5500	Silver Spring RAC	6/24	M	7:30-8:20 p.m.	\$100
R01006-5501		Silver Spring RAC	6/25	Tu	12:30-1:20 p.m.	\$100	
R01006-5502		Silver Spring RAC	6/26	W	7:30-8:20 p.m.	\$100	
R01006-5505		Silver Spring RAC	6/28	F	Noon-12:50 p.m.	\$100	
R01006-5506		Silver Spring RAC	6/29	Sa	9:30-10:20 a.m.	\$100	

Aqua YO-Lates

Ages 12 and up

8 Sessions	R01007-501	MLK	6/28	F	10-10:50 a.m.	\$56
10 Sessions	R01007-5500	Silver Spring RAC	6/25	Tu	11-11:50 a.m.	\$70





[CLICK HERE TO REGISTER.](#)

Deep Water Running

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01008-510	GISC	6/27	Th	10-10:50 a.m.	\$42
7 Sessions	R01008-526	OSC	6/27	Th	9-9:50 a.m.	\$49
	R01008-527	OSC	6/27	Th	11-11:50 a.m.	\$49
	R01008-531	OSC	6/29	Sa	9:05-9:55 a.m.	\$49
	R01008-5399	WGOP	6/27	Th	10:10-11 a.m.	\$77
8 Sessions	R01008-534	BOP	6/23	Su	8-8:50 a.m.	\$56
	R01008-532	BOP	6/24	M	8-8:50 p.m.	\$56
	R01008-533	BOP	6/26	W	8-8:50 p.m.	\$56
	R01008-506	GISC	6/24	M	10-10:50 a.m.	\$56
	R01008-507	GISC	6/24	M	7:10-8 p.m.	\$56
	R01008-508	GISC	6/25	Tu	10-10:50 a.m.	\$56
	R01008-509	GISC	6/26	W	10:30-11:20 a.m.	\$56
	R01008-511	GISC	6/29	Sa	10-10:50 a.m.	\$56
	R01008-512	MLK	6/24	M	Noon-12:50 p.m.	\$56
	R01008-513	MLK	6/25	Tu	9-9:50 a.m.	\$56
	R01008-514	MLK	6/25	Tu	7-7:50 p.m.	\$56
	R01008-515	MLK	6/26	W	Noon-12:50 p.m.	\$56
	R01008-516	MLK	6/27	Th	7:30-8:20 a.m.	\$56
	R01008-518	MLK	6/28	F	11:10am-Noon	\$56
	R01008-519	MLK	6/29	Sa	9-9:50 a.m.	\$56
	R01008-520	OSC	6/24	M	11-11:50 a.m.	\$56
	R01008-521	OSC	6/24	M	7:20-8:10 p.m.	\$56
	R01008-522	OSC	6/25	Tu	8:30-9:20 a.m.	\$56
	R01008-523	OSC	6/25	Tu	10:30-11:20 a.m.	\$56
	R01008-524	OSC	6/26	W	6:30-7:20 a.m.	\$56
R01008-525	OSC	6/26	W	7:20-8:10 p.m.	\$56	
R01008-529	OSC	6/28	F	6:30-7:20 a.m.	\$56	
R01008-535	OSC	6/28	F	6:20-7:10 p.m.	\$56	
R01008-5398	WGOP	6/25	Tu	10:10-11 a.m.	\$56	
9 Sessions	R01008-5503	Silver Spring RAC	6/27	Th	10-10:50 a.m.	\$63
	R01008-5502	Silver Spring RAC	6/27	Th	7:05-7:55 p.m.	\$63
10 Sessions	R01008-5506	Silver Spring RAC	6/23	Su	9:30-10:20 a.m.	\$70
	R01008-5508	Silver Spring RAC	6/24	M	10-10:50 a.m.	\$70
	R01008-5501	Silver Spring RAC	6/25	Tu	10-10:50 a.m.	\$70
	R01008-5500	Silver Spring RAC	6/25	Tu	7:05-7:55 p.m.	\$70
	R01008-5504	Silver Spring RAC	6/28	F	9-10:20 a.m.	\$70
	R01008-5505	Silver Spring RAC	6/29	Sa	10:30-11:20 a.m.	\$70

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

[→ CLICK HERE TO REGISTER.](#)

Hi/Lo Cardio Fusion

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
10 Sessions	R01009-5500	Silver Spring RAC	6/28	F	10-10:50 a.m.	\$70

Water Aerobics

Ages 12 and up

6 Sessions	R01010-503	GISC	6/27	Th	7:10-8 p.m.	\$42
7 Sessions	R01010-502	BOP	6/27	Th	11:30 a.m.-12:20 p.m.	\$49
	R01010-506	OSC	6/27	Th	10-10:50 a.m.	\$49
	R01010-507	OSC	6/27	Th	7:20-8:10 p.m.	\$49
8 Sessions	R01010-501	BOP	6/25	Tu	11:30 a.m.-12:20 p.m.	\$56
	R01010-504	OSC	6/25	Tu	9:30-10:20 a.m.	\$56
	R01010-505	OSC	6/25	Tu	7:20-8:10 p.m.	\$56
	R01010-508	GISC	6/26	W	9:30-10:20 a.m.	\$56

Water Exercise

Ages 12 and up

8 Sessions	R01011-504	MLK	6/24	M	9-9:50 a.m.	\$56
	R01011-502	OSC	6/26	W	9-9:50 a.m.	\$56
	R01011-508	OSC	6/28	F	9-9:50 a.m.	\$56
9 Sessions	R01011-5501	Silver Spring RAC	6/27	Th	6-6:50 p.m.	\$63



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Swim Lessons

Registration will begin

May 13 at 6:30 a.m.

for county residents.



Please note the following:

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

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

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

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

Indoor courses meet for six 30-minute sessions.

Fees range from \$58 to \$67 depending on the level and number of participants.

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

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

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

Aquatics Lesson Weather Policy



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



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

Guidelines for Placement in Swim Classes

Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3 years)

Pre-School (Ages 3-5)

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

Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

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

Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.

Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.

Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.

Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

Advanced

Youth (Ages 6-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and back crawl and breast stroke and be comfortable in deep water.

This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breast stroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35 minute sessions. Group size is limited to 10 students per instructor.

FOR MORE INFORMATION, CLICK HERE.



Parent-Assisted Swim Lessons

[CLICK HERE TO REGISTER.](#)

55+

Therapeutic Recreation

Sports

Classes

Aquatics

Waterbabies

Ages 6-18 months

	Activity	Pool Location	Start Day	Day	Time	Fee
5 Sessions	R01063-577	UCOP	6/25	Tu-Th	10-10:30 a.m.	\$50
6 Sessions	R01063-530	GISC	6/23	Su	9-9:30 a.m.	\$60
	R01063-578	MLK	6/15	Sa	9:40-10:10 a.m.	\$60
	R01063-579	MLK	6/17	M,W	10:20-10:50 a.m.	\$60
	R01063-552	OSC	6/16	Su	9-9:30 a.m.	\$60
	R01063-5500	Silver Spring RAC	6/15	Sa	9:30-10 a.m.	\$60

Aquatots

Ages 18 months-3

5 Sessions	R01038-5310	UCOP	6/25	Tu-Th	10:45-11:15 a.m.	\$50
6 Sessions	R01038-530	GISC	6/23	Su	9:40-10:10 a.m.	\$60
	R01038-531	GISC	6/23	Su	11-11:30 a.m.	\$60
	R01038-581	MLKOP	6/16	Su	9:40-10:10 a.m.	\$60
	R01038-579	MLK	6/15	Sa	9-9:30 a.m.	\$60
	R01038-578	MLK	6/18	Tu,Th	9-9:30 a.m.	\$60
	R01038-552	OSC	6/16	Su	9:40-10:10 a.m.	\$60
	R01038-5500	Silver Spring RAC	6/15	Sa	10:10-10:40 a.m.	\$60
	R01038-5320	UCOP	7/9	Tu-Th	10-10:30 a.m.	\$50

Pre-School

Ages 3-5

6 Sessions	R01062-530	GISC	6/23	Su	10:20-10:50 a.m.	\$60
	R01062-581	MLKOP	6/16	Su	11-11:30 a.m.	\$60
	R01062-580	MLK	6/15	Sa	11-11:30 a.m.	\$60
	R01062-579	MLK	7/15	M,W	9:40-10:10 a.m.	\$60
	R01062-578	MLK	7/16	Tu,Th	9-9:40 a.m.	\$60
	R01062-552	OSC	6/16	Su	10:20-10:50 a.m.	\$60



PARENT-ASSISTED LESSONS

In parent-assisted classes, only one adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.



Beginner Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
5 Sessions	R01051-533	GOP	6/25	Tu-Th	9-9:30 a.m.	\$55
	R01051-534	GOP	6/25	Tu-Th	10:20-10:50 a.m.	\$55
	R01051-552	OSC	6/17	M,W	9-9:30 a.m.	\$55
	R01051-575	UCOP	6/25	Tu-Th	10-10:30 a.m.	\$55
	R01051-5302	UCOP	6/25	Tu-Th	10:45-11:15 a.m.	\$55
	R01051-5306	UCOP	6/25	Tu-Th	11:30 a.m.-Noon	\$55
	R01051-526	WCOP	6/25	Tu-Th	10-10:30 a.m.	\$55
6 Sessions	R01051-501	BOP	6/29	Sa	9-9:30 a.m.	\$65
	R01051-502	BOP	6/30	Su	9:40-10:10 a.m.	\$65
	R01051-530	GISC	6/22	Sa	9-9:30 a.m.	\$65
	R01051-531	GISC	6/23	Su	9:40-10:10 a.m.	\$65
	R01051-535	GOP	7/9	Tu-Th	9:40-10:10 a.m.	\$65
	R01051-536	GOP	7/23	Tu-Th	9-9:30 a.m.	\$65
	R01051-589	LBOP	6/25	Tu-Th	9-9:30 a.m.	\$65
	R01051-590	LBOP	6/25	Tu-Th	10:20-10:50 a.m.	\$65
	R01051-592	LBOP	7/9	Tu-Th	9-9:30 a.m.	\$65
	R01051-591	LBOP	7/9	Tu-Th	9:40-10:10 a.m.	\$65
	R01051-593	LBOP	7/23	Tu-Th	10:20-10:50 a.m.	\$65
	R01051-594	LBOP	6/23	Su	9:40-10:10 a.m.	\$65
	R01051-595	LBOP	6/23	Su	10:20-10:50 a.m.	\$65
	R01051-596	MLKOP	6/16	Su	9-9:30 a.m.	\$65
	R01051-597	MLKOP	6/16	Su	10:20-10:50 a.m.	\$65
	R01051-578	MLK	6/17	M,W	9-9:30 a.m.	\$65
	R01051-579	MLK	6/17	M,W	9:40-10:10 a.m.	\$65
	R01051-585	MLK	6/15	Sa	10:20-10:50 a.m.	\$65
	R01051-586	MLK	6/15	Sa	11-11:30 a.m.	\$65
	R01051-587	MLK	6/18	Tu,Th	9:40-10:10 a.m.	\$65
	R01051-582	MLK	6/18	Tu	5:40-6:10 p.m.	\$65
	R01051-583	MLK	6/20	Th	6:20-6:50 p.m.	\$65
	R01051-581	MLK	7/15	M,W	9-9:30 a.m.	\$65
	R01051-580	MLK	7/15	M,W	9:40-10:10 a.m.	\$65
	R01051-584	MLK	7/15	M,W	9:40-10:10 a.m.	\$65
	R01051-588	MLK	7/16	Tu,Th	9:40-10:10 a.m.	\$65
	R01051-567	OSC	6/16	Su	11-11:30 a.m.	\$65
	R01051-5500	Silver Spring RAC	6/15	Sa	9:30-10 a.m.	\$65
	R01051-5321	UCOP	7/9	Tu-Th	10:45-11:15 a.m.	\$65
	R01051-527	WCOP	7/9	Tu-Th	10-10:30 a.m.	\$65
R01051-528	WCOP	7/23	Tu-Th	10-10:30 a.m.	\$65	

LEVEL 1

55 +

Therapeutic Recreation

Sports

Classes

Aquatics



Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
5 Sessions	R01052-534	GOP	6/25	Tu-Th	9:40-10:10 a.m.	\$55
	R01052-552	OSC	6/17	M,W	9:40-10:10 a.m.	\$55
	R01052-5500	Silver Spring RAC	6/15	Sa	10:10-10:40 a.m.	\$55
	R01052-5304	UCOP	6/25	Tu-Th	11:30 a.m.-Noon	\$55
	R01052-526	WCOP	6/25	Tu-Th	10:45-11:15 a.m.	\$55
6 Sessions	R01052-507	BOP	6/29	Sa	9:40-10:10 a.m.	\$65
	R01052-530	GISC	6/22	Sa	9:40-10:10 a.m.	\$65
	R01052-535	GOP	7/9	Tu-Th	10:20-10:50 a.m.	\$65
	R01052-536	GOP	7/23	Tu-Th	9:40-10:10 a.m.	\$65
	R01052-590	LBOP	6/23	Su	9-9:30 a.m.	\$65
	R01052-586	LBOP	6/25	Tu-Th	9:40-10:10 a.m.	\$65
	R01052-587	LBOP	7/9	Tu-Th	10:20-10:50 a.m.	\$65
	R01052-588	LBOP	7/23	Tu-Th	9-9:30 a.m.	\$65
	R01052-589	LBOP	7/23	Tu-Th	9:40-10:10 a.m.	\$65
	R01052-591	MLKOP	6/16	Su	9:40-10:10 a.m.	\$65
	R01052-592	MLKOP	6/16	Su	11-11:30 a.m.	\$65
	R01052-584	MLK	6/15	Sa	9:40-10:10 a.m.	\$65
	R01052-585	MLK	6/15	Sa	11-11:30 a.m.	\$65
	R01052-578	MLK	6/17	M,W	9-9:30 a.m.	\$65
	R01052-579	MLK	6/17	M,W	9:40-10:10 a.m.	\$65
	R01052-580	MLK	6/18	Tu,Th	9-9:30 a.m.	\$65
	R01052-582	MLK	6/18	Tu	5:40-6:10 p.m.	\$65
	R01052-583	MLK	6/20	Th	5:40-6:10 p.m.	\$65
	R01052-593	MLK	7/15	M,W	9-9:30 a.m.	\$65
	R01052-581	MLK	7/16	Tu,Th	9:40-10:10 a.m.	\$65
	R01052-5325	UCOP	7/9	Tu-Th	10-10:30 a.m.	\$65
	R01052-5326	UCOP	7/9	Tu-Th	11:30 a.m.-Noon	\$65
	R01052-527	WCOP	7/9	Tu-Th	10:45-11:15 a.m.	\$65
R01052-528	WCOP	7/23	Tu-Th	10:45-11:15 a.m.	\$65	
7 Sessions	R01052-595	LBOP	6/23	Su	11-11:30 a.m.	\$65

LEVEL 2



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01053-506	BOP	6/29	Sa	10:20-10:50 a.m.	\$65
	R01053-507	BOP	6/30	Su	11-11:30 a.m.	\$65
	R01053-531	GOP	7/9	Tu-Th	9-9:30 a.m.	\$65
	R01053-532	GOP	7/23	Tu-Th	10:20-10:50 a.m.	\$65
	R01053-584	LBOP	6/23	Su	10:20-10:50 a.m.	\$65
	R01053-582	LBOP	6/25	Tu-Th	10:20-10:50 a.m.	\$65
	R01053-583	LBOP	7/9	Tu-Th	9-9:30 a.m.	\$65
	R01053-585	MLK OP	6/16	Su	9-9:30 a.m.	\$65
	R01053-581	MLK SC	6/15	Sa	10:20-10:50 a.m.	\$65
	R01053-579	MLK SC	6/17	M,W	10:20-10:50 a.m.	\$65
	R01053-580	MLK SC	6/20	Th	6:20-6:50 p.m.	\$65
	R01053-578	MLK SC	7/15	M,W	10:20-10:50 a.m.	\$65
	R01053-5500	Silver Spring RAC	6/15	Sa	10:50-11:20 a.m.	\$65
	R01053-5327	UCOP	7/9	Tu-Th	10:45-11:15 a.m.	\$65
	R01054-501	BOP	6/29	Sa	11-11:30 a.m.	\$65
	R01054-530	GISC	6/22	Sa	10:20-10:50 a.m.	\$65
	R01054-583	MLK OP	6/16	Su	11-11:30 a.m.	\$65
	R01054-579	MLK SC	6/18	Tu	7-7:30 p.m.	\$65
	R01054-580	MLK SC	6/20	Th	7-7:30 p.m.	\$65
	R01054-578	MLK SC	7/15	M,W	10:20-10:50 a.m.	\$65
	R01054-5500	Silver Spring RAC	6/15	Sa	11:30 a.m.-Noon	\$65

LEVEL 3

LEVEL 4



55 +

Therapeutic Recreation

Sports

Classes

Aquatics



[CLICK HERE TO REGISTER.](#)

Youth Swim Lessons

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
5 Sessions	R01045-532	GOP	6/25	Tu-Th	10:20-10:50 a.m.	\$55
	R01045-552	OSC	6/17	M,W	10:20-10:50 a.m.	\$55
	R01045-5301	UCOP	6/25	Tu-Th	10-10:30 a.m.	\$55
	R01045-5305	UCOP	6/25	Tu-Th	11:30 a.m.-Noon	\$55
6 Sessions	R01045-504	BOP	6/29	Sa	9-9:30 a.m.	\$65
	R01045-505	BOP	6/30	Su	9-9:30 a.m.	\$65
	R01045-529	GISC	6/22	Sa	11-11:30 a.m.	\$65
	R01045-530	GISC	6/23	Su	9-9:30 a.m.	\$65
	R01045-533	GOP	7/9	Tu-Th	9-9:30 a.m.	\$65
	R01045-534	GOP	7/23	Tu-Th	9:40-10:10 a.m.	\$65
	R01045-588	LBOP	6/23	Su	9-9:30 a.m.	\$65
	R01045-585	LBOP	6/25	Tu,W	9-9:30 a.m.	\$65
	R01045-586	LBOP	7/9	Tu-Th	9:40-10:10 a.m.	\$65
	R01045-587	LBOP	7/23	Tu-Th	9:40-10:10 a.m.	\$65
	R01045-589	MLKOP	6/16	Su	10:20-10:50 a.m.	\$65
	R01045-584	MLK	6/15	Sa	9-9:30 a.m.	\$65
	R01045-578	MLK	6/17	M,W	10:20-10:50 a.m.	\$65
	R01045-579	MLK	6/18	Tu,Th	10:20-10:50 a.m.	\$65
	R01045-582	MLK	6/18	Tu	6:20-6:50 p.m.	\$65
	R01045-583	MLK	6/20	Th	7:40-8:10 p.m.	\$65
	R01045-580	MLK	7/15	M,W	10:20-10:50 a.m.	\$65
	R01045-581	MLK	7/16	Tu,Th	9-9:30 a.m.	\$65
	R01045-557	OSC	7/8	M,W	9-9:30 a.m.	\$65
	R01045-558	OSC	7/8	M,W	10:20-10:50 a.m.	\$65
R01045-5500	Silver Spring RAC	6/15	Sa	10:50-11:20 a.m.	\$65	
R01045-5329	UCOP	7/9	Tu-Th	11:30 a.m.-Noon	\$65	

LEVEL 1



55+

Therapeutic Recreation

Sports

Classes

Aquatics

Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
5 Sessions	R01046-532	GOP	6/25	Tu-Th	9-9:30 a.m.	\$65
	R01046-5303	UCOP	6/25	Tu-Th	10:45-11:15 a.m.	\$55
6 Sessions	R01046-501	BOP	6/29	Sa	9:40-10:10 a.m.	\$65
	R01046-530	GISC	6/23	Su	11-11:30 a.m.	\$65
	R01046-533	GOP	7/9	Tu-Th	9:40-10:10 a.m.	\$65
	R01046-534	GOP	7/23	Tu-Th	10:20-10:50 a.m.	\$65
	R01046-589	LBOP	6/23	Su	9:40-10:10 a.m.	\$65
	R01046-592	LBOP	6/23	Su	11-11:30 a.m.	\$65
	R01046-586	LBOP	6/25	Tu-Th	9:40-10:10 a.m.	\$65
	R01046-587	LBOP	7/9	Tu-Th	10:20-10:50 a.m.	\$65
	R01046-588	LBOP	7/23	Tu-Th	10:20-10:50 a.m.	\$65
	R01046-590	MLKOP	6/16	Su	9-9:30 a.m.	\$65
	R01046-584	MLK	6/15	Sa	9-9:30 a.m.	\$65
	R01046-585	MLK	6/15	Sa	10:20-10:50 a.m.	\$65
	R01046-580	MLK	6/17	M,W	9:40-10:10 a.m.	\$65
	R01046-581	MLK	6/18	Tu,Th	10:20-10:50 a.m.	\$65
	R01046-582	MLK	6/18	Tu	7-7:30 p.m.	\$65
	R01046-583	MLK	6/20	Th	5:40-6:10 p.m.	\$65
	R01046-578	MLK	7/15	M,W	9:40-10:10 a.m.	\$65
	R01046-556	OSC	7/8	M,W	9:40-10:10 a.m.	\$65
	R01046-5500	Silver Spring RAC	6/15	Sa	11:30 a.m.-Noon	\$65
R01046-5310	UCOP	7/9	Tu-Th	10-10:30 a.m.	\$65	
R01046-5311	UCOP	7/9	Tu-Th	11:30 a.m.-Noon	\$65	
5 Sessions	R01047-532	GOP	6/25	Tu-Th	9:40-10:10 a.m.	\$65
	R01047-553	OSC	6/17	M,W	11-11:30 a.m.	\$55
6 Sessions	R01047-506	BOP	6/29	Sa	10:20-10:50 a.m.	\$65
	R01047-507	BOP	6/30	Su	10:20-10:50 a.m.	\$65
	R01047-533	GOP	7/9	Tu-Th	10:20-10:50 a.m.	\$65
	R01047-534	GOP	7/23	Tu-Th	9-9:40 a.m.	\$65
	R01047-584	LBOP	6/23	Su	10:20-10:50 a.m.	\$65
	R01047-583	LBOP	7/23	Tu-Th	9-9:30 a.m.	\$65
	R01047-585	MLKOP	6/16	Su	10:20-10:50 a.m.	\$65
	R01047-582	MLK	6/15	Sa	9:40-10:10 a.m.	\$65
	R01047-578	MLK	6/17	M,W	9-9:30 a.m.	\$65
	R01047-580	MLK	6/18	Tu	7:40-8:10 p.m.	\$66
	R01047-581	MLK	6/20	Th	7-7:30 p.m.	\$65
	R01047-579	MLK	7/15	M,W	9-9:30 a.m.	\$65
	R01047-554	OSC	7/8	M,W	11-11:30 a.m.	\$65
R01047-5330	UCOP	7/9	Tu-Th	10:45-11:15 a.m.	\$65	

LEVEL 2

LEVEL 3

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01048-501	BOP	6/29	Sa	11-11:30 a.m.	\$65
	R01048-530	GISC	6/23	Su	10:20-10:50 a.m.	\$65
	R01048-585	LBOP	6/23	Su	11-11:30 a.m.	\$65
	R01048-583	MLKOP	6/16	Su	9:40-10:10 a.m.	\$65
	R01048-578	MLK	6/18	Tu,Th	9:40-10:10 a.m.	\$65
	R01048-580	MLK	6/18	Tu	7:40-8:10 p.m.	\$65
	R01048-581	MLK	6/20	Th	7:40-8:10 p.m.	\$65
	R01048-579	MLK	7/16	Tu,Th	10:20-10:50 a.m.	\$65

LEVEL 4

Youth Advanced Lessons

Ages 7-13

6 Sessions	R01057-521	MLK	6/16	Su	9-9:35 a.m.	\$90
	R01057-522	MLK	6/16	Su	9:40-10:15 a.m.	\$90

ADVANCED

GUIDELINES FOR PLACEMENT IN SWIM CLASSES



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Adult Swim Lessons

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Ages 14 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01039-530	GISC	6/22	Sa	9-9:30 a.m.	\$65
	R01039-581	LBOP	6/23	Su	9-9:30 a.m.	\$65
	R01039-582	MLKOP	6/16	Su	11-11:30 a.m.	\$65
	R01039-579	MLKOP	6/18	Tu	6:20-6:50 p.m.	\$65
	R01039-580	MLK	6/15	Sa	11-11:30 a.m.	\$65
	R01039-578	MLK	6/18	Tu	8:20-8:50 p.m.	\$65
6 Sessions	R01040-530	GISC	6/22	Sa	9:40-10:10 a.m.	\$65
	R01040-580	LBOP	6/23	Su	9:40-10:10 a.m.	\$65
	R01040-581	MLKOP	6/16	Su	9-9:30 a.m.	\$65
	R01040-579	MLK	6/15	Sa	9:40-10:10 a.m.	\$65
	R01040-578	MLK	6/20	Th	8:20-8:50 p.m.	\$65
6 Sessions	R01041-530	GISC	6/22	Sa	10:20-10:50 a.m.	\$65
	R01041-581	LBOP	6/25	Tu	6:10-6:40 p.m.	\$65
	R01041-579	MLK	6/15	Sa	10:20-10:50 a.m.	\$65
	R01041-578	MLK	6/18	Tu	8:20-8:50 p.m.	\$65
6 Sessions	R01042-530	GISC	6/22	Sa	11-11:30 a.m.	\$65
	R01042-581	LBOP	6/27	Th	6:10-6:40 p.m.	\$65
	R01042-578	MLK	6/20	Th	8:20-8:50 p.m.	\$65

LEVEL 1

LEVEL 2

LEVEL 3

LEVEL 4



55 +

55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Diving

[CLICK HERE TO REGISTER.](#)

Diving Summer Week Long Clinic

Ages 8-18

	Activity	Pool Location	Start Day	Days	Time	Fee
3 Sessions	R01078-505	MLK	7/1	M	8:30-11 a.m.	\$200
4 Sessions	R01078-501	MLK	6/24	M,W-F	8:30-11 a.m.	\$250
	R01078-507	MLK	7/8	M,W-F	8:30-11 a.m.	\$250
	R01078-503	MLK	7/15	M,W-F	8:30-11 a.m.	\$250

Swim Team

Montgomery County Swim League • MCSL

Ages 5-18

Team Name	Activity	Location	Start Day	Days	Time	Fee
Bethesda Barracudas	R01030-501	BOP	5/29	M-F	7:30-7:45 a.m.	\$200
Germantown Torpedoes	R01030-502	GOP	5/29	M-F	7:30-7:45 a.m.	\$200
Glenmont Gators	R01030-503	WGOP	5/29	M-F	7:30-7:45 a.m.	\$200
Long Branch Water Wizards	R01030-504	LBOP	5/29	M-F	7:30-7:45 a.m.	\$200
Poolesville Piranhas	R01030-505	WCOP	5/29	M-F	7:30-7:45 a.m.	\$200
MCSL - Upper County Dolphins	R01030-506	UCOP	5/29	M-F	7:30-7:45 a.m.	\$200

Triathlon

Youth Splash, Dash and Tri (Triathlon Training Prep)

Ages 7-11

	Activity	Pool Location	Start Day	Days	Time	Fee
7 Sessions	R01086-598	MLK	6/25	Tu	3-4 p.m.	\$70

Tri Game Sports (Middle/High School Triathlon Training)

Ages 11-18

7 Sessions	R01086-599	MLK	6/25	Tu	4:15-5:30 p.m.	\$75
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MONTGOMERY COUNTY SWIM LEAGUE (MCSL) INFORMATION

The summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). The competitive program is for swimmers 5-18 years old, age as of **June 1**. While MCPS is still in session practices are held weekday afternoon/evenings. Once MCPS is out for summer break, practices are held weekday mornings and some weekday late evenings and are dependent on participant's age. Swim meets are held on Saturday mornings or Wednesday evenings during the summer and participation is dependent on the participant's skill level.

Practices begin on **Wednesday, May 29 (no practice May 31)** and run weekdays through **Friday, July 19**.

Additional practice details will be available at the parent meeting. Parent meeting is held at the outdoor pool on **Tuesday, May 28 at 7 p.m.**, rain or shine.

New Swimmer Evaluations - any swimmer who did not participate on the team during the summer of 2023 must attend new swimmer evaluations and meet the minimum qualifications before they can register. Evaluations will be held for each team on **Tuesday, May 28 and Friday, May 31 at 5 p.m.** If swimmers meet the minimum qualifications they can register at the pool on the same day.

The minimum qualifications are (**age as of June 1**):

8 & under: must be able to swim one continuous length (25 meters) of the pool using a coordinated stroke and rhythmic breathing and be able to float on their back.

9-12 years: must be able to swim one legal length (25 meters) of freestyle with good rhythmic breathing and one length (25 meters) of backstroke.

13 & over: must be able to swim two continuous legal lengths (50 meters) of freestyle with good rhythmic breathing and two continuous legal lengths (50 meters) of backstroke.

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US

AND RECEIVE

FREE LIFEGUARD

TRAINING



MONTGOMERY COUNTY
Recreation



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 Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the 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 two 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
BLENDED LEARNING**



VIEW/REGISTER HERE

**LIFEGUARDING CLASS
IN-PERSON**



VIEW/REGISTER HERE

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Masters

[→ CLICK HERE TO REGISTER.](#)



MASTERS SWIMMING



Until June 16

Olney Swim Center
Su: 8:30-10 p.m.
Tu,Th: 8:30-10 p.m.

MLK Swim Center
M: 8:30-10 p.m.
W:8:30-10 p.m.

Kennedy Shriver Aquatic Center
Su: 8-10 a.m.
Tu,Th: 8:30-10 p.m.
F: 7:45-9 p.m.

Starting June 26

Bethesda Outdoor Pool
Su: 8-10 a.m.

MLK Outdoor Pool
M: 8:15-9:45 p.m.
W:8:15-9:45 p.m.

Olney Swim Center
Tu: 7:30-9 a.m.

Silver Spring RAC
W: 7-8:30 p.m.

SUMMER 2024 SCHEDULE

Register on ActiveMontgomery.org



Scuba

Ages 14 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
6 Sessions	R01028-501	MLK	7/17	M,W	6-8 p.m.	\$265

Youth Water Polo

Youth Water Polo Free Trial

1 Session

BUDS 5-8	R01079-501	BOP	6/8	Sa	12:30-1:30 p.m.	FREE
	R01079-526	LBOP	6/15	Sa	12:30-1:30 p.m.	FREE
	R01079-528	GOP	6/23	Su	12:30-1:30 p.m.	FREE
	R01079-552	UCOP	6/29	Sa	12:30-1:30 p.m.	FREE
SPROUTS 9-12	R01079-502	BOP	6/8	Sa	1:30-2:30 p.m.	FREE
	R01079-527	LBOP	6/8	Sa	1:30-2:30 p.m.	FREE
	R01079-529	GOP	6/23	Su	2:30-3:30 p.m.	FREE
	R01079-553	UCOP	6/29	Sa	10:30-11:30 a.m.	FREE

Youth Water Polo Splashball: Academy (BUDS)

Ages 5-8

5 Sessions	R01079-555	UCOP	7/8	M-F	1:15-2:15 p.m.	\$225
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Youth Water Polo Splashball: Learn to Play (Sprouts)

Ages 9-12

5 Sessions	R01079-556	LBOP	7/8	M-F	2:15-3:15 p.m.	\$225
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Arts and Crafts



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ARTS AND CRAFTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Abrakadoodle America the Beautiful								
6-12	6 Sessions	R05001-504	Silver Spring RAC	6/29	Sa	12:15-1 p.m.	Stephanie Burke	\$159
Abrakadoodle Anime								
6-12	6 Sessions	R05001-502	Wheaton CRC	6/29	Sa	12:15-1 p.m.	Stephanie Burke	\$159
Abrakadoodle One Sweet World								
3-5	6 Sessions	R05001-501	Wheaton CRC	6/29	Sa	11:15am-Noon	Stephanie Burke	\$159
Abrakadoodle Space Art Adventure								
3-5	6 Sessions	R05001-503	Silver Spring RAC	6/29	Sa	11:15am-Noon	Stephanie Burke	\$159
Adventures in Art								
5-10	4 Sessions	R05004-501	Bauer Drive CRC	6/29	Sa	10:30-11:30 a.m.	Tatiana Martin	\$60

DRAWING

Art of Drawing								
18 and up	15 Sessions	R05006-502	Bauer Drive CRC	6/24	M	6-8 p.m.	Tatiana Martin	\$165
Art Studio								
10-17	4 Sessions	R05006-501	Bauer Drive CRC	6/29	Sa	Noon-1 p.m.	Tatiana Martin	\$60
Cartooning with Young Rembrandts								
5-12	7 Sessions	R05129-501	Germantown CRC	6/26	W	6-7 p.m.	Art Box	\$150
Draw and Clay								
4-9	6 Sessions	R05037-501	Germantown CRC	6/25	Tu	5:15-6:15 p.m.	Yolanda Prinsloo	\$123
		R05037-502	Bauer Drive CRC	6/26	W	5:45-6:45 p.m.	Yolanda Prinsloo	\$123



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Elementary Drawing with Young Rembrandts

5-12	7 Sessions	R05129-502	N. Potomac CRC	6/24	M	6-7p.m.	Young Rembrandts	\$150
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Elementary Summer Drawing with Young Rembrandts

5-12	7 Sessions	R05129-504	Silver Spring RAC	6/26	W	5-6 p.m.	Young Rembrandts	\$140
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Preschool Summer Drawing with Young Rembrandts

3-5	7 Sessions	R05129-503	Silver Spring RAC	6/25	Tu	5-5:45p.m.	Young Rembrandts	\$140
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Right Brained Drawing All Levels

18 and up	7 Sessions	R05038-501	Potomac CRC	6/24	M	5:45-7:15p.m.	Yolanda Prinsloo	\$162
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PAINTING

Learning Art from the Masters

6-14	6 Sessions	R05087-501	Germantown CRC	6/25	Tu	6:30-7:30p.m.	Yolanda Prinsloo	\$123
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Oil or Acrylic Painting Open Studio

18 and up	7 Sessions	R05002-501	Lawton CRC	6/24	M	1-4p.m.	Kathrine Roznowski	\$63
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PHOTOGRAPHY

Camera Basics Workshop

16 and up	1 Session	R05088-502	N. Potomac CRC	6/25	Tu	6-9p.m.	Catherine Simmons	\$55
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Intro to Digital Photography Workshop

16 and up	1 Session	R05088-501	N. Potomac CRC	6/26	W	6-9p.m.	Catherine Simmons	\$55
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Mastering Exposure

16 and up	6 Sessions	R05088-503	N. Potomac CRC	7/8	M,W	6-8:30p.m.	Catherine Simmons	\$180
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POTTERY - CERAMICS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Beginner Pottery Teapot Workshop								
17 and up	5 Sessions	R05093-511	N. Potomac CRC	6/25	Tu,Th	6-8:30 p.m.	Joan Suchoski	\$175
Handcrafted Pottery								
17 and up	7 Sessions	R05093-503	Wheaton CRC	6/18	Tu	6-9 p.m.	Roger Kirk	\$280
Handcrafted Pottery Open Studio								
17 and up	6 Sessions	R05093-509	Ross Boddy NRC	6/27	Th	5:30-8:30 p.m.	Susan Mapp	\$215
	7 Sessions	R05093-510	N. Potomac CRC	6/17	M	6-8:45 p.m.	Ann Deml	\$225
		R05093-512	Ross Boddy NRC	6/25	Tu	5:30-8:30 p.m.	Catherine Joanny	\$250
		R05093-508	Ross Boddy NRC	6/26	W	10:30am-1:30pm.	Susan Mapp	\$245
		R05093-513	Ross Boddy NRC	6/29	Sa	10 a.m.-1 p.m.	Catherine Joanny	\$250
Pottery at Sligo								
17 and up	7 Sessions	R05093-502	Sligo Creek ES	6/12	W	6:30-9:30 p.m.	Roger Kirk	\$265
		R05093-501	Sligo Creek ES	6/17	M	6:30-9:30 p.m.	Roger Kirk	\$265
	8 Sessions	R05093-506	Sligo Creek ES	6/11	Tu	10 a.m.-1 p.m.	Cathy Grubman	\$300
		R05093-507	Sligo Creek ES	6/13	Th	10 a.m.-1 p.m.	Cathy Grubman	\$300



CPR and First Aid

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
CPR, AED and First Aid								
16 and up	1 Session	R05032-502	Life Rescue Training	7/13	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-503	Life Rescue Training	8/3	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
Safe Sitter								
10-14	1 Session	R05099-501	N. Potomac CRC	6/22	Sa	10am-230p.m.	Life Rescue Training	\$123



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Dance



BALLET

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Jazzmatazz Pre Ballet								
5-8	6 Sessions	R05010-507	Long Branch CRC	7/13	Sa	11:15am-Noon	Betsy Saunders	\$90
Jazzmatazz Preschool Dance								
3-4	6 Sessions	R05010-506	Long Branch CRC	7/13	Sa	10:15-11 a.m.	Betsy Saunders	\$90

BALLROOM

Ballroom I

16 and up	6 Sessions	R05011-501	Wheaton CRC	6/27	Th	7-8 p.m.	Ann Basso	\$66
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Ballroom II

16 and up	6 Sessions	R05011-502	Wheaton CRC	6/27	Th	8-9 p.m.	Ann Basso	\$66
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Ballroom III

16 and up	6 Sessions	R05011-503	Coffield CRC	6/25	Tu	7:30-8:30 p.m.	Ann Basso	\$66
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HIP HOP

PeerPositivePOWER Popular Dance

12-16	8 Sessions	R05055-507	Silver Spring RAC	6/18	Tu	5-5:45 p.m.	Jane Pinczuk	\$90
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LINE DANCING

Urban Line Dance

18 and up	7 Sessions	R05121-501	Wheaton CRC	6/24	M	6-7 p.m.	PeytrienneMcCormick	\$63
		R05121-502	Good Hope NRC	6/26	W	6-7 p.m.	PeytrienneMcCormick	\$63



PLAYTIME AND MOVEMENT

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Pop Stars

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
6-10	8 Sessions	R05338-507	BCC Center	6/22	Sa	11:30am-12:15pm	Tippi Toes	\$220
		R05338-504	N. Potomac CRC	6/22	Sa	11:30am-12:15pm	Tippi Toes	\$220

Toddler and Me

18 mos.-3yrs	8 Sessions	R05338-502	N. Potomac CRC	6/22	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-505	BCC Center	6/22	Sa	9:30-10:15 a.m.	Tippi Toes	\$220

TAP DANCING

Ballet Tap Jazz

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
3-5	8 Sessions	R05338-503	N. Potomac CRC	6/22	Sa	10:30-11:15 a.m.	Tippi Toes	\$220
		R05338-506	BCC Center	6/22	Sa	10:30-11:15 a.m.	Tippi Toes	\$220

Educational

Hairstyling Basics

13-18	1 Session	R05372-502	Praisner CRC	7/13	Sa	11 am-2pm.	Special K Academy	\$145
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Introduction to Barbering

13-18	1 Session	R05372-501	Bauer Drive CRC	6/29	Sa	11 am-2pm.	Special K Academy	\$145
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Introduction to Nails

13-18	1 Session	R05372-503	East County CRC	7/20	Sa	11 am-2pm.	Special K Academy	\$160
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Skin Care Basics

13-18	1 Session	R05372-504	Wheaton CRC	8/4	Su	11 am-2pm.	Special K Academy	\$140
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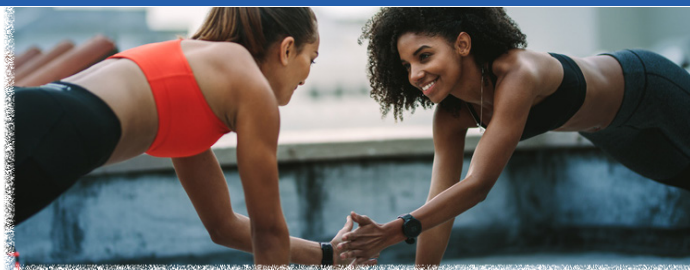
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Fitness



AEROBIC DANCE

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
18 and up	11 Sessions	R05035-503	Rock View ES	6/25	Tu,Th	6:30-7:30 p.m.	Virginia Azuree	\$88
	12 Sessions	R05035-505	Bauer Drive CRC	6/24	M,W	5-6 p.m.	Virginia Azuree	\$96

PILATES

Jazzmatazz Aerobics with Pilates Mat

18 and up	7 Sessions	R05061-502	Wheaton CRC	6/27	Th	7:15-8:30 p.m.	Betsy Saunders	\$84
	8 Sessions	R05061-501	Wheaton CRC	6/25	Tu	7:15-8:30 p.m.	Betsy Saunders	\$96
	15 Sessions	R05061-503	Wheaton CRC	6/25	Tu,Th	7:15-8:30 p.m.	Betsy Saunders	\$165

TOTAL BODY CONDITIONING

Boot Camp

18 and up	8 Sessions	R05018-503	White Oak CRC	6/29	Sa	11 a.m.-Noon	Everest Wellness	\$100
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Fit Family Boxing and Kickboxing

7 and up	6 Sessions	R05342-503	Bauer Drive CRC	6/27	Th	7-8 p.m.	Fit 2 Believe	\$60
		R05342-502	Lawton CRC	6/29	Sa	10-11 a.m.	Fit 2 Believe	\$60
	7 Sessions	R05342-501	Lawton CRC	6/25	Tu	7-8 p.m.	Fit 2 Believe	\$70

Total Body Conditioning

16 and up	5 Sessions	R05018-502	Potomac CRC	6/29	Sa	11 a.m.-Noon	Fit 2 Believe	\$50
	7 Sessions	R05018-501	Bauer Drive CRC	6/26	W	7-8 p.m.	Fit 2 Believe	\$70



ZUMBA

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
13 and up	7 Sessions	R05132-514	Bauer Drive CRC	6/29	Sa	9:15-10:15 a.m.	Michelle Johnson-Lancaster	\$63
	8 Sessions	R05132-512	Mid-County CRC	6/24	M	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$72
		R05132-513	Mid-County CRC	6/26	W	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$72
14 and up	6 Sessions	R05132-511	Wheaton CRC	6/29	Sa	11:15am-12:15pm	Ingrid Higgins	\$52
16 and up		R05132-521	Germantown CRC	6/27	Th	7-8 p.m.	Andria O'Brien	\$52

Health and Wellness

YOGA

Hatha Yoga and Stress Management

50 and up	5 Sessions	R05128-513	Norwood LP PAB	6/28	F	9:45-11 a.m.	Suzana Cooper	\$70
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Slow Flow Yoga

16 and up	8 Sessions	R05128-517	Silver Spring RAC	6/26	W	7-8 p.m.	Anne K Harrison	\$88
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Subtle Yoga

16 and up	7 Sessions	R05128-518	Silver Spring RAC	6/27	Th	7-8 p.m.	Anne K Harrison	\$88
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Yoga I: Restore & Recharge

18 and up	7 Sessions	R05128-521	Wheaton CRC	6/24	M	7-8 p.m.	Hannah Davis	\$84
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Yoga I/II

18 and up	6 Sessions	R05128-520	Wheaton CRC	6/26	W	7-8 p.m.	Hannah Davis	\$72
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Yoga for Vitality

18 and up	7 Sessions	R05128-511	N. Potomac CRC	6/25	Tu	9:30-10:30 a.m.	Warrior One Yoga	\$90
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Yogalates (Yoga & Pilates)

16 and up	8 Sessions	R05128-501	Wheaton CRC	7/2	Tu	6-7 p.m.	Anne Harrison	\$77
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Martial Arts



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AIKIDO

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Suenaka-ha Aikido								
14 and up	6 Sessions	R05005-502	Lawton CRC	6/26	W	6-8 p.m.	James Huss	\$90

KARATE-JUJITSU

Okinawan Karate

18 and up	13 Sessions	R05357-501	North Chevy Chase ES	6/24	M,Th	7-8:30 p.m.	Kokyuhco LLC	\$140
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TKA Adult Karate

13 and up	7 Sessions	R05070-508	Praisner CRC	6/20	Th	7:30-9 p.m.	TKA	\$70
		R05070-505	Damascus CRC	6/26	W	8-9:30 p.m.	TKA	\$70
		R05070-506	Bauer Drive CRC	6/26	W	8-9:30 p.m.	TKA	\$70
8 Sessions	R05070-509	Bethesda ES	6/20	Th	8-9:30 p.m.	TKA	\$80	
	R05070-502	Wheaton CRC	6/24	M	7:30-9 p.m.	TKA	\$80	
	R05070-503	Germantown CRC	6/25	Tu	8-9:30 p.m.	TKA	\$80	
9 Sessions	R05070-501	Upper County CRC	6/17	M	8-9:30 p.m.	TKA	\$90	
	R05070-504	Mid-County CRC	6/18	Tu	7:30-9 p.m.	TKA	\$90	

TKA Karate Jujitsu Club

18 and up	13 Sessions	R05070-510	White Oak CRC	6/21	F	7:30-8:30 p.m.	TKA	\$35
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TKA Karate Jujitsu Club 2

18 and up	13 Sessions	R05070-511	White Oak CRC	6/21	F	8:30-9:30 p.m.	TKA	\$45
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TKA Youth Karate All Levels

6-12	7 Sessions	R05066-509	Clara Barton NRC	6/26	W	6:30-7:30 p.m.	TKA	\$63
		R05066-513	Praisner CRC	6/20	Th	6:30-7:30 p.m.	TKA	\$63
	8 Sessions	R05066-514	Bethesda ES	6/20	Th	7-8 p.m.	TKA	\$72

TKA Youth Karate Beginner and Advanced White Belts

6-12	8 Sessions	R05066-509	Clara Barton NRC	6/26	W	6:30-7:30 p.m.	TKA	\$63
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TKA Youth Karate Beginner through Orange Belts

6-12	7 Sessions	R05066-507	Damascus CRC	6/26	W	6-7 p.m.	TKA	\$63
	8 Sessions	R05066-504	Germantown CRC	6/25	Tu	6-7 p.m.	TKA	\$72



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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TKA Youth Karate Beginner through White Belts

6-12	9 Sessions	R05066-501	Upper County CRC	6/17	M	6-7 p.m.	TKA	\$81
	7 Sessions	R05066-510	Bauer Drive CRC	6/26	W	6-7 p.m.	TKA	\$63

TKA Youth Karate Beginner to Advanced White Belts

6-12	9 Sessions	R05066-506	Mid-County CRC	6/18	Tu	6:30-7:30 p.m.	TKA	\$81
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TKA Youth Karate Beginners and Higher

6-12	8 Sessions	R05066-516	Wheaton CRC	6/24	M	6:30-7:30 p.m.	TKA	\$72
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TKA Youth Karate Intermediate

6-12	7 Sessions	R05066-508	Damascus CRC	6/26	W	7-8 p.m.	TKA	\$63
		R05066-511	Bauer Drive CRC	6/26	W	7-8 p.m.	TKA	\$63
	8 Sessions	R05066-505	Germantown CRC	6/25	Tu	7-8 p.m.	TKA	\$72
	9 Sessions	R05066-502	Upper County CRC	6/17	M	7-8 p.m.	TKA	\$81

TKA Youth Karate New Beginners

6-12	8 Sessions	R05066-503	Wheaton CRC	6/24	M	6:30-7:30 p.m.	TKA	\$72
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TKA Youth Karate Orange Belt and Higher

6-12	8 Sessions	R05066-515	Potomac CRC	6/26	W	7-8 p.m.	TKA	\$72
	9 Sessions	R05066-517	Mid-County CRC	6/18	Tu	6:30-7:30 p.m.	TKA	\$81

SELF DEFENSE

Practical Self Defense

14 and up	11 Sessions	R05095-501	Wisconsin Place CRC	6/24	M,Th	7-8 p.m.	Ivan Black	\$55
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TAI CHI

Tai Chi with Everest Wellness

16 and up	7 Sessions	R05112-501	Praisner CRC	6/26	W	7-8 p.m.	Everest Wellness	\$88
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VOVINAM

Vovinam Martial Arts

6-13	6 Sessions	R05126-503	Long Branch CRC	6/29	Sa	10-11 a.m.	Yanni Nguyen	FREE
		R05126-501	Long Branch CRC	6/26	W	6-7 p.m.	Yanni Nguyen	FREE
		R05126-505	Plum Gar CRC	6/24	M	6-7 p.m.	Yanni Nguyen	FREE
13 and up		R05126-504	Long Branch CRC	6/29	Sa	11 a.m.-Noon	Yanni Nguyen	FREE
		R05126-502	Long Branch CRC	6/26	W	7-8:30 p.m.	Yanni Nguyen	FREE
		R05126-506	Plum Gar CRC	6/24	M	7-8:30 p.m.	Yanni Nguyen	FREE



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Music



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GUITAR

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Beginner Guitar								
8-12	6 Sessions	R05053-503	School of Music	7/5	F	5:30-6:20 p.m.	Kevin Mittleman	\$100
13 and up		R05053-502	School of Music	7/1	M	8-8:50 p.m.	Kevin Mittleman	\$100

Intermediate Guitar

13 and up	6 Sessions	R05053-504	School of Music	6/27	Th	8-8:50 p.m.	Kevin Mittleman	\$100
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Groovy Guitar

5-12	7 Sessions	R05053-501	Bauer Drive CRC	6/26	W	7-8 p.m.	Learn Now Music	\$176
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PIANO

Poppin Piano

5-12	7 Sessions	R05089-501	Bauer Drive CRC	6/26	W	7-8 p.m.	Learn Now Music	\$176
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Little Fingers Piano

2-5	6 Sessions	R05089-502	BCC Center	6/19	W	10-10:30 a.m.	Learn Now Music	\$160
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PLAYTIME AND MUSIC

Music Together

0-5	6 Sessions	R05085-505	Silver Spring RAC	6/22	Sa	9:15-10 a.m.	Nancy Nuttle	\$245
		R05085-503	Mid-County CRC	6/22	Sa	10-10:45 a.m.	Nancy Nuttle	\$245
		R05085-506	Silver Spring RAC	6/22	Sa	10:15-11 a.m.	Nancy Nuttle	\$245
		R05085-504	Mid-County CRC	6/22	Sa	11-11:45 a.m.	Nancy Nuttle	\$245
		R05085-507	Silver Spring RAC	6/22	Sa	11:15 a.m.-Noon	Nancy Nuttle	\$245

My First Music Class

2-5	6 Sessions	R05321-501	BCC Center	6/19	W	10:30-11 a.m.	Learn Now Music	\$160
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VIOLIN

Viva Violin

5-12	6 Sessions	R05359-501	Longwood CRC	6/29	Sa	10-11 a.m.	Learn Now Music	\$154
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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Art of Money								
6-10	12 Sessions	R05308-503	Wheaton CRC	7/1	M,W	4:30-5:20 p.m.	Diapers 2 Deposits	\$200
D.R.I.P. (Dividend Reinvestment Plan)								
13-18	4 Sessions	R05308-502	Mid-County CRC	7/6	Sa	12:30-1:30 p.m.	Diapers 2 Deposits	\$100
Mentoring Millionaires								
12-18	12 Sessions	R05308-504	Wheaton CRC	7/1	M,W	5:40-6:30 p.m.	Diapers 2 Deposits	\$250
Teen Entrepreneur								
13-18	4 Sessions	R05308-501	Mid-County CRC	7/6	Sa	11 a.m.-Noon	Diapers 2 Deposits	\$100



- View flyers and register for activities
- Stay up-to-date with Rec
- Access online 24/7

Visit mocrecreation.com/bulletin

Wheaton Fitness Room Orientation
Ages 55 and up
FREE
Wednesdays
Noon-1:30 p.m.
March 6, 13, 20, 27
Activity R03003-302
April 3, 10, 17, 24
May 1, 8, 15, 22
Activity R03003-304

REGISTER NOW >

2024
NextGen Gaming Program
ACTIVITY R03003-621
FRIDAYS • 5:30-8:30 P.M.
MARCH 22
APRIL 12
MAY 10
JUNE 7

REGISTER NOW >

FREE FUTSAL
5 VS 5
THURSDAYS: 3/28, 4/4, 4/11, 4/18
3-5 P.M.
ACTIVITY R03030-301
LIVE BRIDGE DEC

REGISTER NOW >



WE ARE HIRING!

Work with Montgomery County Recreation's Summer Camps

Seasonal part-time positions available! Great opportunities for teachers, paraeducators and college grads. Call 240-777-6870 for more information.



We also have openings for lifeguards and swim instructors at our pools. Call our aquatics office at 240-777-6860 for more information about pool positions.



- Gain experience
- Share your passion
- Make a difference



Sports



55+
THERAPEUTIC
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SPORTS

CLASSES

AQUATICS

BASEBALL

[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Rookie League Baseball								
5-6	6 Sessions	R05323-507	Layhill Village LP	6/29	Su	1:15-2:15 p.m.	Jump Start Sports	\$135
T-Birds T-Ball								
3-4	6 Sessions	R05323-506	Layhill Village LP	6/29	Su	12:15-1:10 p.m.	Jump Start Sports	\$135

BADMINTON

Badminton Beginner/Advanced Beginner

9 and up	7 Sessions	R05008-501	Bauer Drive CRC	6/15	Sa	9:30-10:30 a.m.	Yen-Ping Chao	\$94
11 and up		R05008-503	Bauer Drive CRC	6/15	Sa	12:45-1:45 p.m.	Yen-Ping Chao	\$87

Badminton Intermediate

10 and up	7 Sessions	R05008-502	Bauer Drive CRC	6/15	Sa	10:30am-12:30pm	Yen-Ping Chao	\$137
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BASKETBALL

Train Like a Pro Juniors Basketball Skills and Drills

5-9	6 Sessions	R05012-501	N. Potomac CRC	6/29	Sa	Noon-1 p.m.	Fit 2 Believe	\$88
		R05012-508	Potomac CRC	6/30	Su	11 a.m.-Noon	Fit 2 Believe	\$88
		R05012-515	Argyle MS	6/25	Tu	6:15-7:15 p.m.	Fit 2 Believe	\$88
	7 Sessions	R05012-504	Pine Crest ES	6/26	W	6:15-7:15 p.m.	Fit 2 Believe	\$101

Train Like a Pro Basketball Skills and Drills

10-14	6 Sessions	R05012-502	N. Potomac CRC	6/29	Sa	1-2:30 p.m.	Fit 2 Believe	\$133
		R05012-509	Potomac CRC	6/30	Su	Noon-1:30 p.m.	Fit 2 Believe	\$133
		R05012-516	Argyle MS	6/25	Tu	7:15-8:45 p.m.	Fit 2 Believe	\$133
	7 Sessions	R05012-510	Germantown CRC	6/24	M	6:30-8 p.m.	Fit 2 Believe	\$154
		R05012-505	Pine Crest ES	6/26	W	7:15-8:45 p.m.	Fit 2 Believe	\$154



MULTI-SPORTS

[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Coach Doug Seasonal Sports								
2-7	8 Sessions	R05025-508	Flora M. Singer ES	6/22	Sa	11-11:45 a.m.	CoachDougAcademy	\$116

Coach Doug Wee Wanna Be

3-5	8 Sessions	R05025-505	Flora M. Singer ES	6/22	Sa	9:30-10:15 a.m.	CoachDougAcademy	\$116
		R05025-506	Flora M. Singer ES	6/22	Sa	10:15-11 a.m.	CoachDougAcademy	\$116
		R05025-502	Potomac CRC	6/23	Su	9:30-10:15 a.m.	CoachDougAcademy	\$116
		R05025-501	Potomac CRC	6/23	Su	10:15-11 a.m.	CoachDougAcademy	\$116
		R05025-504	Tilden Woods LP	6/27	Th	10-10:45 a.m.	CoachDougAcademy	\$116

PICKLEBALL

Beginner 1.0

18 and up	3 Sessions	R05261-502	Coffield CRC	6/5	W	6:30-7:30 p.m.		\$69
		R05261-504	Silver Spring RAC	6/10	M	5-6 p.m.		\$69
		R05261-505	Silver Spring RAC	7/15	M	5-6 p.m.		\$69
		R05261-503	Coffield CRC	7/17	W	6:30-7:30 p.m.		\$69

Advanced Beginner 1.5-2.0

18 and up	3 Sessions	R05262-502	Coffield CRC	6/5	W	7:30-8:30 p.m.		\$69
		R05262-504	Silver Spring RAC	6/10	M	6-7 p.m.		\$69
		R05262-505	Silver Spring RAC	7/15	M	6-7 p.m.		\$69
		R05262-503	Coffield CRC	7/17	W	7:30-8:30 p.m.		\$69

SOCCER

Chickadee Soccer (Parent/Toddler)

18-36 Mos.	6 Sessions	R05103-513	Lawton CRC	6/23	Sa	10-10:30 a.m.	Jump Start Sports	\$105
		R05103-514	Lawton CRC	6/23	Sa	10:45-11:15 a.m.	Jump Start Sports	\$105

Coach Doug Soccer

2-6	8 Sessions	R05025-507	Flora M. Singer ES	6/22	Sa	11:45 a.m.-12:30 p.m.	CoachDougAcademy	\$116
		R05025-503	Tilden Woods LP	6/27	Th	5-5:45 p.m.	CoachDougAcademy	\$116

Jump Start Hummingbirds Soccer Program

3-4	6 Sessions	R05103-511	Layhill Village LP	6/29	Sa	10-10:55 a.m.	Jump Start Sports	\$135
5-6		R05103-512	Layhill Village LP	6/29	Sa	11 a.m.-Noon	Jump Start Sports	\$135

Train Like a Pro Juniors Soccer Skills and Drills

5-9	6 Sessions	R05103-505	Potomac CRC	6/29	Sa	11 a.m.-Noon	Fit 2 Believe	\$85
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Train Like a Pro Soccer Skills and Drills

8-14	7 Sessions	R05103-506	Bauer Drive CRC	6/25	Tu	6:30-8 p.m.	Fit 2 Believe	\$154
10-14	6 Sessions	R05103-504	Potomac CRC	6/29	Sa	Noon-1:30 p.m.	Fit 2 Believe	\$133

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ADULT BASKETBALL LEAGUES

[CLICK HERE TO REGISTER.](#)

• Ages 18 and up

Men's Fall League

Activity	Location	Start Date	Day	# of Games	Fee
R05232-101	Bauer Drive CRC	9/15	Su	6	\$695

Women's Fall Drop In League

Activity	Location	Start Date	Day	# of Weeks	Fee
R05013-104	Bauer Drive CRC	9/15	Su	10	\$66
R05013-105	Bauer Drive CRC	9/15	Su	5	\$33
R05013-106	Bauer Drive CRC	10/27	Su	5	\$33



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ADULT SOCCER LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- Ages 18 and up • 8 games • Locations and times to be determined.
- Prices vary due to field, lighting cost and number of officials.

Men's 18+

Activity	Division/Level	Start Date	Day	Fee
R05282-101	18+	9/8	Su	\$1299

Men's 40+

Activity	Division/Level	Start Date	Day	Fee
R05276-101	Men's 40+	9/7	Sa	\$1299
R05276-102	Free Agent	9/7	Sa	FREE

Men's 50+

Activity	Division/Level	Start Date	Day	Fee
R05279-101	Men's 50+	9/8	Su	\$962
R05279-102	Free Agent	9/8	Su	FREE

Men's 55+

Activity	Division/Level	Start Date	Day	Fee
R05349-101	Men's 55+	9/7	Sa	\$1099

Men's 65+

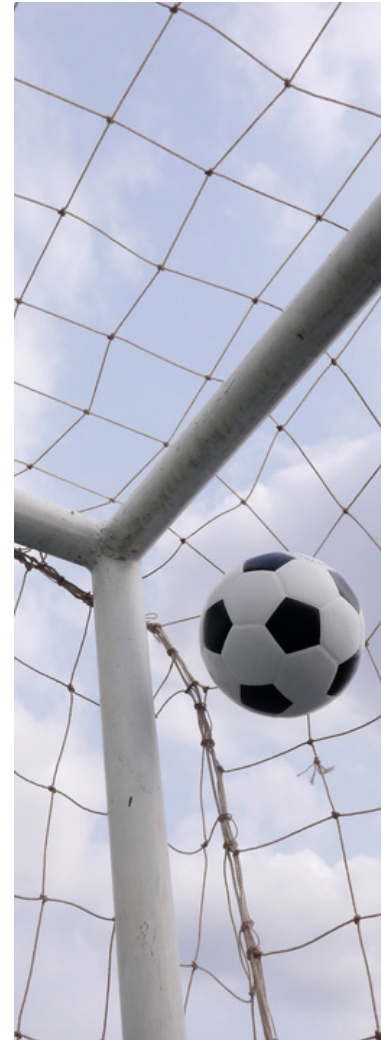
Activity	Division/Level	Start Date	Day	Fee
R05281-101	Men's 65+	9/8	Su	\$962
R05281-102	Free Agent	9/8	Su	FREE

Women's 25+

Activity	Division/Level	Start Date	Day	Fee
R05285-101	Women's 25+	9/7	Sa	\$962
R05285-102	Free Agent	9/7	Sa	FREE

Women's 40+

Activity	Division/Level	Start Date	Day	Fee
R05286-101	Women's 40+	9/4	W	\$1299
R05286-102	Free Agent	9/4	W	FREE



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FALL SOFTBALL LEAGUES

[CLICK HERE TO REGISTER.](#)

- Ages 18 and up
- Prices vary due to field and lighting cost

CoRec

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05245-101	DH	Cabin John RP	9/9	M	6-10:30 p.m.	\$885
R05246-101	DH	Cabin John RP	9/4	W	6-10:30 p.m.	\$885
R05248-101	DH	Ridge Rd RP	9/5	Th	6-10:30 p.m.	\$885
R05326-301	DH	Wheaton Regional	8/29	Th	6-10:30 p.m.	\$885

Men's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05242-101	C/D & D	Olney Manor	8/29	Th	6-10:30 p.m.	\$885
R05240-101	D	Cabin John RP	8/29	Th	6-10:30 p.m.	\$885
R05244-101	D/DH	Ridge Road RP	9/3	Tu	6-10:30 p.m.	\$885
R05237-101	C/D & D	Olney Manor RP	9/4	W	6-10:30 p.m.	\$885
R05325-101	C/D & D	Cabin John RP	9/8	Su	6-10:30 p.m.	\$885
R05236-101	Free Agent		9/9	M-F		FREE

Seniors'

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05252-101	Men's 50+	Olney Manor RP	9/3	Tu	6-10:30 p.m.	\$885
R05251-101	Men's 55+	Olney Manor/Cabin John RP	9/5	Th	6-10:30 p.m.	\$885

Women's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05309-101	Women's 18+ Free Agent		9/9	M-F	6-10:30 p.m.	FREE
R05254-101	Women's 40+ DH	Wheaton Regional	9/9	M	6-10:30 p.m.	\$734



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YOUTH VOLLEYBALL LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- 8 weeks
- One week evaluation; One week of practice and six weeks of games/practices

Activity	Ages	Division/Level	Location	Time	Fee
R05319-502	10/11	HERtime2shine Co-ed	Plum Gar CRC	8:30 a.m.- 4:30 p.m.	\$80
R05319-501	12/13	HERtime2shine Co-ed	East County CRC	4:30 pm- 8:30 pm	\$80
R05319-509	13/17	HERtime2shine Co-ed	Mid-County CRC	10 a.m.- 6 p.m.	\$80
R05319-503	14/17	HERtime2shine Girls League	White Oak CRC	1-9 p.m.	\$80

ADULT VOLLEYBALL CLINIC

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	6 Sessions	R05124-501	Good Hope NRC	6/4	Tu	6:30-8:30 p.m.	\$198



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PROGRAMS FOR INDIVIDUALS WITH DISABILITIES.



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Adult Splashtastic Swim								
18 and up	6 Sessions	R06002-501	GISC	6/18	Tu	7:30-8:30 p.m.		\$30
		R06002-502	OSC	6/21	F	7:30-8:30 p.m.		\$30
Create with Clay								
17 and up	6 Sessions	R05093-514	Ross Boddy NRC	6/24	M	11 a.m.-Noon	Catherine Joanny	\$80
Kaleidoscope Art								
7-14	4 Sessions	R06009-501	Bauer Drive CRC	6/10	M	5-6 p.m.		\$20
15 and up		R06009-502	Bauer Drive CRC	6/10	M	6:15-7:15 p.m.		\$20
Sports Skills: Soccer								
6-14	7 Sessions	R06019-501	Flora M. Singer ES	6/22	Sa	12:30-1:15 p.m.	Coach Doug Academy	\$35
15-25		R06019-502	Potomac CRC	6/23	Su	11-11:45 a.m.	Coach Doug Academy	\$35
ZamDance								
11 and up	6 Sessions	R06030-501	Bauer Drive CRC	6/25	Tu	6:15-7:15 p.m.	Jackie Zamora	\$30
		R06030-502	N. Potomac CRC	6/27	Th	6:15-7:15 p.m.	Jackie Zamora	\$30

SPORTS RECREATION

SPORTS

CLASSES

AQUATICS



WE SUPPORT ACCESSIBILITY

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

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

TR SPECIAL EVENTS

TR SOCIAL

Backyard BBQ

ACTIVITY R06006-303

Saturday, June 15 • 1-4 p.m.
Ages 18 and up • \$10
Holiday Park SC

TR SATURDAY NIGHT SOCIAL

Beach Ball Dance

ACTIVITY R06014-302

Saturday, June 29 • 6:30-9:30 p.m.
Ages 15 and up • \$10
Holiday Park SC

TR FAMILY

SUNDAY FUNDAY FAMILY SWIM

R06010-501 UCOP 7/14 Sunday Noon-3 p.m.	R06010-502 MLKOP 8/11 Sunday 11 a.m.-1:30 p.m.
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Ages 2 and up • 1 Session • \$5

TR SATURDAY SOCIAL

2024 SUMMER OLYMPICS DANCE

Activity	Day	Date	Time
R06014-501	Sa	7/27	6:30-9:30 p.m.

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

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55+ Senior Programs



Arts

[CLICK HERE TO REGISTER.](#)

ARTS AND CRAFTS

Sessions	Activity	Location	Start Date	Day	Time
Canvas Painting Workshop					
1 Session	R07095-528	Silver Spring RAC	6/3	M	2:30-4:30 p.m.
Card Making with Cindy Boccucci					
3 Sessions	R07095-525	Schweinhaut SC	6/8	Sa	11:30 a.m.-2:30 p.m.
Ceramic Class					
25 Sessions	R07098-502	Schweinhaut SC	6/4	Tu,Th	9:30 a.m.-1 p.m.
Coloring					
13 Sessions	R07095-530	Silver Spring RAC	6/7	F	9-10 a.m.
Crafting for Thoughtful Treasures NIH Mailboxes					
11 Sessions	R07095-527	N. Potomac CRC	6/5	W	12:45-2 p.m.
Evening Crafters					
2 Sessions	R07095-522	N. Potomac CRC	6/26	W	6-7:30 p.m.
Fun with Art					
12 Sessions	R07052-504	Schweinhaut SC	6/5	W	10 a.m.-Noon
Juneteenth History and Craft					
1 Session	R07095-505	N. Potomac CRC	6/10	M	2:30-4 p.m.
Let's Get Crafting					
12 Sessions	R07095-526	Silver Spring RAC	6/10	M	1-2 p.m.
Origami Class					
3 Sessions	R07096-503	Schweinhaut SC	6/3	M	1-3 p.m.
Origami Fun					
3 Sessions	R07096-502	N. Potomac CRC	7/11	Th	1-2 p.m.

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Painting for Beginners						
10 Sessions	R07095-529	Silver Spring RAC	6/1	Sa	1-3 p.m.	
Summer Paint and Socialize						
3 Sessions	R07095-504	N. Potomac CRC	6/5	W	Noon-2 p.m.	
Watercolors with Gillian						
4 Sessions	R07095-524	N. Potomac CRC	7/2	Tu	10 a.m.-Noon	\$5

KNITTING AND CROCHET

Knit and Crochet Group

12 Sessions	R07003-506	N. Potomac CRC	6/4	Tu	1-3 p.m.	
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Knit and Crochet Workshop

10 Sessions	R07003-501	Holiday Park SC	6/26	W	10-11:30 a.m.	
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Knitting Corner

22 Sessions	R07003-504	Schweinhaut SC	6/5	W,F	1-3 p.m.	
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Needlecraft

13 Sessions	R07053-502	Damascus SC	6/6	Th	9 a.m.-Noon	
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Needlecraft, Crochet and Sewing Club

13 Sessions	R07053-503	Silver Spring RAC	6/7	F	2-4 p.m.	
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Needles & Yarn

24 Sessions	R07003-502	Wheaton CRC	6/3	M,Tu	1-3 p.m.	
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PERFORMING ARTS

Seasoned Players

5 Sessions	R07056-503	Schweinhaut SC	6/5	W	1:30-3:30 p.m.	
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PHOTOGRAPHY

Photography Club

4 Sessions	R07001-501	Holiday Park SC	7/3	W	10 a.m.-Noon	
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Sports

Classes

Aquatics



Dance



Sessions	Activity	Location	Start Date	Day	Time
Ballet					
10 Sessions	R07012-536	Silver Spring RAC	6/5	W	10-11 a.m.
11 Sessions	R07012-505	Wheaton CRC	6/5	W	2:15-3:15 p.m.
12 Sessions	R07012-506	Wheaton CRC	6/4	Tu	1:30-2:30 p.m.
Ballet Basics					
12 Sessions	R07055-500	White Oak CRC	6/4	Tu	10:30-11:30 a.m.
Ballroom Dance					
12 Sessions	R07050-504	Schweinhaut SC	6/5	W	Noon-1 p.m.
Ballroom/Line Dance					
22 Sessions	R07011-504	Wheaton CRC	6/5	W,Th	1-2 p.m.
Chinese Dance & Fitness					
11 Sessions	R07012-508	Wheaton CRC	6/5	W	9:30-11 a.m.
Chinese Folk Dancing					
2 Sessions	R07009-514	Long Branch CRC	6/3	M	10 a.m.-Noon
12 Sessions	R07012-507	Wheaton CRC	6/3	M	1-2 p.m.
Chinese Folk Dancing (Beginner)					
11 Sessions	R07009-502	Holiday Park SC	6/21	F	11-11:50 a.m.
Dance Club Friday					
11 Sessions	R07081-501	Holiday Park SC	6/21	F	1-3 p.m.
Dance for Posture & Elegance (Mandarin)					
11 Sessions	R07009-506	N. Potomac CRC	6/6	Th	1-3 p.m.
Dance with Danny					
13 Sessions	R07012-535	Long Branch CRC	6/4	Tu	10-11 a.m.
Dancing with Ming					
12 Sessions	R07009-500	White Oak CRC	6/4	Tu	10:30 a.m.-Noon
International Folk Dance Instruction					
12 Sessions	R07009-505	N. Potomac CRC	6/7	F	12:30-2 p.m.

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Sessions	Activity	Location	Start Date	Day	Time	
Line Dancing						
14 Sessions	R07011-511	Schweinhaut SC	6/1	Sa	10:30 a.m.-Noon	
Ming's Chinese Folk Dance						
11 Sessions	R07009-503	N. Potomac CRC	6/5	W	10:30-11:30 a.m.	
Social Line Dance						
12 Sessions	R07011-503	Wheaton CRC	6/3	M	10-11 a.m.	
Soul Line Dance						
13 Sessions	R07005-507	Silver Spring RAC	6/4	Tu	3-4 p.m.	
Soul Line Dance with Peytrienne						
12 Sessions	R07005-500	White Oak CRC	6/6	Th	10-11:15 a.m.	
Stretching Exercises to Music with Linda						
34 Sessions	R07009-513	N. Potomac CRC	6/3	M,W,F	9:30-10:45 a.m.	
Superpower Dance Circle						
10 Sessions	R07012-503	Wheaton CRC	6/5	W	11 a.m.-Noon	
13 Sessions	R07012-532	Silver Spring RAC	6/1	Sa	11 a.m.-Noon	
	R07012-534	Long Branch CRC	6/6	Th	10-11 a.m.	
Tap Dance						
34 Sessions	R07007-502	Damascus SC	6/3	M	11 a.m.-12:30 p.m.	\$50
Tea Dancing						
13 Sessions	R07129-501	Damascus SC	6/6	Th	1-2:30 p.m.	

CLOSED

IMPORTANT CLOSURE NOTICE

Montgomery County Recreation will be closed on:

May 27
June 19
July 4

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Recreation

Sports

Classes

Aquatics



Educational COMPUTER



Sessions	Activity	Location	Start Date	Day	Time
Senior Planet Technology Class					
16 Sessions	R07084-512	Holiday Park SC	7/8	M,W	10-11:15 a.m.
TechConnect - Learn How to Register for Montgomery County Programs					
10 Sessions	R07084-511	N. Potomac CRC	7/8	M,W	10 a.m.-4 p.m.
TechConnect - Learn How to use Google					
4 Sessions	R07084-505	N. Potomac CRC	7/19	F	10-11:30 a.m.
DISCUSSIONS					
Active Living in Spanish-Vida Activa					
11 Sessions	R07087-501	Holiday Park SC	6/17	M	10-10:50 a.m.
Behind the Headlines					
11 Sessions	R07063-501	Holiday Park SC	6/17	M	10-11:25 a.m.
Book Discussion					
3 Sessions	R07065-504	Schweinhaut SC	6/11	Tu	1-2:30 p.m.
Charla con Arte (Español)					
11 Sessions	R07087-502	Holiday Park SC	6/17	M	11 a.m.-Noon
Coffee & Conversation with Staff					
3 Sessions	R07092-507	Schweinhaut SC	6/20	Th	9-9:45 a.m.
Coffee Social					
65 Sessions	R07092-503	Damascus SC	6/3	M-F	9-11 a.m.
Coffee with a Cop					
2 Sessions	R07092-502	Holiday Park SC	7/3	W	10:30-11:30 a.m.
Coping with Change					
13 Sessions	R07076-503	Damascus SC	6/6	Th	11 a.m.-Noon
Current Events Discussion with Lyle					
11 Sessions	R07023-501	N. Potomac CRC	6/6	Th	10:30-11:30 a.m.
Evening Book Club, A Book & A Movie					
3 Sessions	R07065-501	Holiday Park SC	6/26	W	4:30-7:30 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Jai Ho Discussion Group					
12 Sessions	R07078-501	N. Potomac CRC	6/3	M	11:30 a.m.-1 p.m.
Scale Modeling Group					
3 Sessions	R07023-502	N. Potomac CRC	6/18	Tu	6:30-8:30 p.m.
Veterans Discussion					
3 Sessions	R07312-500	Schweinhaut SC	6/5	W	1-2 p.m.
LANGUAGE					
Beginner Plus Spanish Class					
12 Sessions	R07015-509	Schweinhaut SC	6/6	Th	10:30-11:30 a.m.
Beginner Spanish Class					
12 Sessions	R07015-508	Schweinhaut SC	6/6	Th	9:30-10:30 a.m.
Everyday English (Basic) with Greg					
21 Sessions	R07061-501	Holiday Park SC	6/18	Tu,Th	10-10:55 a.m.
Everyday English with Deb					
11 Sessions	R07061-505	Holiday Park SC	6/18	Tu	9-9:50 a.m.
Intermediate Japanese Language and Culture					
10 Sessions	R07021-501	N. Potomac CRC	6/11	Tu	10:30-11:30 a.m.
Italian Class					
12 Sessions	R07021-506	Schweinhaut SC	6/5	W	1-2:30 p.m.
Spanish Conversation Group					
12 Sessions	R07015-500	White Oak CRC	6/5	W	1-2 p.m.



55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

WORKSHOP OR SPEAKER SERIES

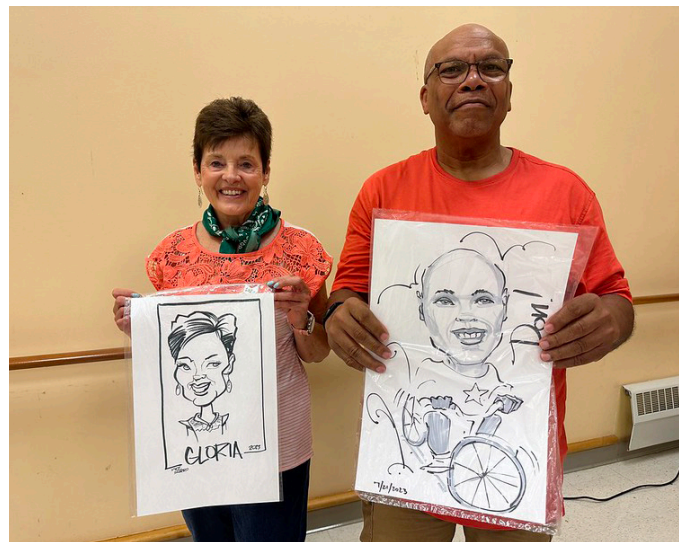
Sessions	Activity	Location	Start Date	Day	Time
Basic Functional Balance Exercise					
6 Sessions	R07030-500	Schweinhaut SC	6/7	F	9:30-10:30 a.m.
Keeping Your Identity Safe with the Office of Consumer Protection					
1 Session	R07028-500	White Oak CRC	7/15	M	11 a.m.-Noon
Maryland Insurance Administration Information Table					
1 Session	R07105-521	N. Potomac CRC	6/10	M	10 a.m.-1 p.m.
Senior Planet Lecture Series					
9 Sessions	R07105-520	N. Potomac CRC	6/5	W	2:15-3:15 p.m.
Spelling Bee					
1 Session	R07028-501	White Oak CRC	8/16	F	10:30-11:30 a.m.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



WRITING

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Journaling					
2 Sessions	R07058-504	Holiday Park SC	6/18	Tu	2:15-3:45 p.m.
Memoir Writing for Beginners					
11 Sessions	R07058-506	Silver Spring RAC	6/6	Th	2-3:30 p.m.
Tell Us Your Story					
8 Sessions	R07058-507	Holiday Park SC	6/18	Tu	2-3:30 p.m.
Writing Group					
8 Sessions	R07058-508	Schweinhaut SC	6/4	Tu	10 a.m.-Noon
11 Sessions	R07058-501	Holiday Park SC	6/21	F	10-11:30 a.m.

55+ PROGRAMS

BONE BUILDERS

[VIEW BONE BUILDERS CLASSES](#)

55+ PROGRAMS

SPORTS LEAGUES

[VIEW 55 AND UP SPORTS LEAGUES](#)



MARYLAND SENIOR OLYMPICS

2024 REGISTRATION IS OPEN!

SEASON RUNS MAY 1 TO OCT. 13

32 sports including pickleball, track & field, swimming, bowling, basketball, volleyball and more!





NEW IN 2024

Disc golf, platform diving, powerlifting, soccer 8x8 and triathlon.

For ages 50-plus, MSO is open to out-of-state participants.
www.mdseniorolympics.org



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Fitness

AEROBIC DANCE



Sessions	Activity	Location	Start Date	Day	Time
Dance Fitness with Georgia					
13 Sessions	R07012-533	Schweinhaut SC	6/3	M	9:30-10:30 a.m.
Easy Dance Fitness					
10 Sessions	R07012-525	N. Potomac CRC	6/17	M	10:30-11:30 a.m.
Hula Hoops for Fitness					
10 Sessions	R07012-515	N. Potomac CRC	6/4	Tu	9:30-9:45 a.m.
Move and Groove Dance Fitness					
11 Sessions	R07012-529	Holiday Park SC	6/17	M	2:30-3:15 p.m.
10 Sessions	R07012-530	Holiday Park SC	6/19	W	2:30-3:30 p.m.

LOW IMPACT

Balance Boom

13 Sessions	R07039-515	Silver Spring RAC	6/3	M	10-11 a.m.
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Chairobics

52 Sessions	R07066-502	Damascus SC	6/4	Tu-F	10-10:45 a.m.
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Chair Aerobics with Fereshteh

23 Sessions	R07066-504	N. Potomac CRC	6/4	Tu,W	9:30-10:15 a.m.
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Fitness Boot Camp

13 Sessions	R07039-513	Silver Spring RAC	6/1	Sa	9:30-10:30 a.m.
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Full Body Workout

11 Sessions	R07041-504	Wheaton CRC	6/4	Tu	9:05-9:55 a.m.
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Gentle Spin with Julien

12 Sessions	R07039-500	White Oak CRC	6/3	M	10-11 a.m.
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Heart Plus Exercise with Elizabeth

20 Sessions	R07041-505	N. Potomac CRC	6/4	Tu,Th	3:15-4 p.m.
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[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Kickboxing					
13 Sessions	R07039-516	Silver Spring RAC	6/4	Tu	10:30-11:30 a.m.
Morning Walk					
12 Sessions	R07035-504	N. Potomac CRC	6/4	Tu,Th,F	9:10-11:20 a.m.
Muscle Up!					
12 Sessions	R07039-514	Silver Spring RAC	6/2	Su	1-2 p.m.
Silver Spring Striders					
12 Sessions	R07035-511	Silver Spring RAC	6/5	W	8-9 a.m.
Sit and Be Fit					
13 Sessions	R07039-517	Silver Spring RAC	6/7	F	1:30-2:30 p.m.
Small Group Strength and Balance					
26 Sessions	R07039-512	Damascus SC	6/4	Tu,Th	10:30-11:45 a.m.
Walking Club					
13 Sessions	R07035-508	Damascus SC	6/3	M	10-11 a.m.
Wheaton Walks					
12 Sessions	R07035-510	Wheaton CRC	6/5	W	9:30-10:30 a.m.

STRENGTH TRAINING

Fall Prevention and Balance Exercise

25 Sessions	R07060-518	Long Branch CRC	6/5	W,F	9:30-10:30 a.m.
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Kickboxing with Julien

3 Sessions	R07060-515	Schweinhaut SC	6/21	F	9:30-10:30 a.m.
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Low Impact Exercise Video

24 Sessions	R07060-520	White Oak CRC	6/6	Th,F	10:30 a.m.-Noon
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Low Impact Exercise with Julien

3 Sessions	R07060-516	Schweinhaut SC	6/14	F	9:30-10:30 a.m.
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Strength Training with Sylvia

4 Sessions	R07060-521	N. Potomac CRC	7/10	W	5-6 p.m.
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55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

ZUMBA

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Active Golden- Zumba Senior

11 Sessions	R07117-507	Holiday Park SC	6/18	Tu	10:30-11:25 a.m.
	R07117-506	Holiday Park SC	6/18	Tu	11:30 a.m.-12:30 p.m.

Morning Zumba with Carol

11 Sessions	R07070-511	N. Potomac CRC	6/5	W	9:30-10:30 a.m.
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Zumba

11 Sessions	R07070-502	Wheaton CRC	6/4	Tu	11 a.m.-Noon
	R07070-507	Wheaton CRC	6/7	F	9:45-10:45 a.m.
13 Sessions	R07070-506	Damascus SC	6/5	W	11 a.m.-Noon
9 Sessions	R07070-503	Wheaton CRC	6/6	Th	2-3 p.m.
12 Sessions	R07070-512	Silver Spring RAC	6/6	Th	7-8 p.m.

Zumba Gold

10 Sessions	R07070-508	Wheaton CRC	6/3	M	1:30-2:30 p.m.
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Zumba Gold w/Amy

24 Sessions	R07071-500	White Oak CRC	6/4	Tu,Th	9-10 a.m.
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THE REC INSIDER



SIGN UP

FOR OUR NEWSLETTER TODAY!



BONE BUILDERS

Summer 2024

JUNE 17-AUG. 22

Clara Barton CRC

R03010-502 M,W 1:30-2:30 p.m.

Coffield CRC

R03010-503 Tu,Th 9:15-10:15 a.m.

Germantown CRC

R03010-504 M,Th 1-2 p.m.

N. Potomac CRC

R03010-506 M,Th 10:45-11:45 a.m.

R03010-507 Tu,Th 10:40-11:40 a.m.

Schweinhaut SC

R03010-505 Tu,Th 10:30-11:30 a.m.

Silver Spring RAC

R03010-509 Tu,Th 10-11 a.m.

Virtual Class

R03010-501 M,W 11 a.m.-Noon

Wheaton CRC

R03010-508 Tu,Th 9:15-10:15 a.m.

Wisconsin Place CRC

R03010-511 Tu,Th 1-2 p.m.

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

FREE
AGES 55+



Sandy Spring

COMMUNITY DAY

FREE

Saturday, June 22
Noon-5 p.m.

ALL AGES

Join us for food trucks, vendors, DJ, a moon bounce, face painting and more.

Ross Boddy NRC • 18529 Brooke Road, Sandy Spring



OUTDOOR



FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center



Potomac Community Recreation Center



SENIOR ADVENTURES

3-DAY CAMP

\$25 PER PARTICIPANT

This is a three-day camp for seniors to make connections with fun activities while also exploring places in the community. Sessions take place 9 a.m. - 2 p.m. and include lunch, themed entertainment, guest lectures and trips.

DAMASCUS SC

9701 MAIN ST., DAMASCUS

July 16, 17, 18

Activity: R07104-406

SILVER SPRING RAC

1319 APPLE AVE., SILVER SPRING

Aug. 27, 28, 29

Activity: R07104-405

MARGARET SCHWEINHAUT SC

1000 FOREST GLEN ROAD, SILVER SPRING

July 30, 31, Aug. 1

Activity: R07104-407

NORTH POTOMAC SC

13850 TRAVILAH ROAD, ROCKVILLE

Sept. 10, 11, 12

Activity: R07104-404

ROSS BODDY NRC

18529 BROOKE ROAD, SANDY SPRING

Aug. 14, 15, 16

Activity: R03027-408



Fee includes transportation, lunches, and all supplies associated with the camp. For more information, or any questions contact rec.seniors@montgomerycountymd.gov or 240-777-4925.

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.





Games



Sessions	Activity	Location	Start Date	Day	Time
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American Mahjong

11 Sessions	R07047-505	N. Potomac CRC	6/6	Th	1-4 p.m.
12 Sessions	R07047-500	White Oak CRC	6/7	F	12:30-3:30 p.m.

Asian Mahjong

12 Sessions	R07047-506	N. Potomac CRC	6/4	Tu	1:30-4 p.m.
11 Sessions	R07047-507	N. Potomac CRC	6/5	W	10:30 a.m.-12:30 p.m.
12 Sessions	R07047-508	N. Potomac CRC	6/7	F	Noon-2:15 p.m.

Beginners American Mahjong Lessons and Practice Skills with Nancy

4 Sessions	R07047-510	N. Potomac CRC	6/3	M	10-11:30 a.m.
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Bid Whist

12 Sessions	R07112-500	White Oak CRC	6/6	Th	Noon-5 p.m.
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Bingo

25 Sessions	R07085-502	Schweinhaut SC	6/3	M,Th	10:30-11:30 a.m.
12 Sessions	R07085-500	White Oak CRC	6/4	Tu	1-2 p.m.
	R07085-510	Silver Spring RAC	6/5	W	2:30-3:30 p.m.

Brain Games

12 Sessions	R07090-502	White Oak CRC	6/3	M	10-11 a.m.
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Bridge

13 Sessions	R07074-504	Damascus SC	6/4	Tu	11 a.m.-3 p.m.
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Canasta

13 Sessions	R07112-501	Damascus SC	6/6	Th	1-3 p.m.
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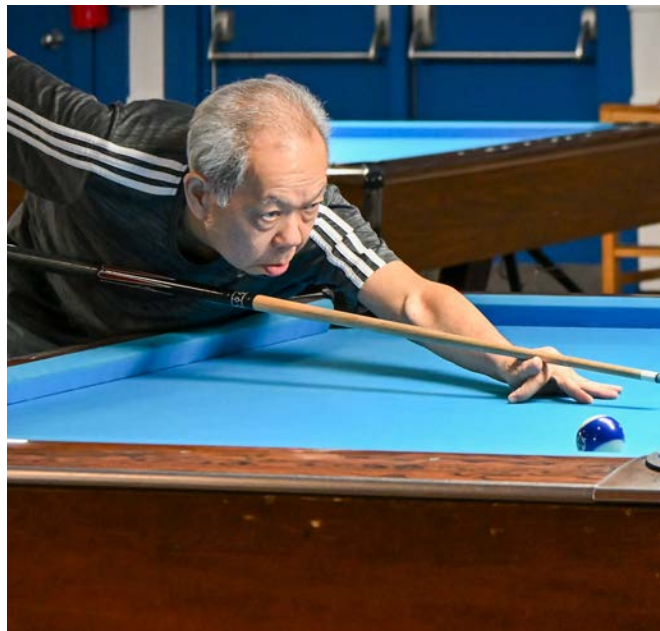
Chess Club

13 Sessions	R07110-503	Schweinhaut SC	6/3	M	10:30 a.m.-1 p.m.
12 Sessions	R07110-504	Silver Spring RAC	6/6	Th	1-2 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Duplicate Bridge					
10 Sessions	R07074-502	Holiday Park SC	6/26	W	12:45-4 p.m.
Mahjong					
13 Sessions	R07047-503	Damascus SC	6/5	W	12-3 p.m.
Open Party Bridge					
11 Sessions	R07075-501	Holiday Park SC	6/21	Fri	12:45-3:30 p.m.
Pinochle Card Game					
12 Sessions	R07099-503	Schweinhaut SC	6/5	W	1-3 p.m.
Pinochle with Mr. Kelly					
12 Sessions	R07099-500	White Oak CRC	6/4	Tu	11:30 a.m.-1:30 p.m.
Rummikub Club					
453 Sessions	R07086-502	Holiday Park SC	6/17	M-F	1-4 p.m.
	R07086-501	Holiday Park SC	6/18	Tu	11 a.m.-2 p.m.
Scrabble					
10 Sessions	R07073-501	Holiday Park SC	6/19	W	1-4 p.m.
Scrabble Tips & Tricks					
13 Sessions	R07073-503	Schweinhaut SC	6/3	M	11 a.m.-Noon
Social Bridge					
12 Sessions	R07074-500	White Oak CRC	6/3	M	12:30-3:30 p.m.



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Health and Wellness



[CLICK HERE TO REGISTER.](#)

Therapeutic Recreation

Sessions	Activity	Location	Start Date	Day	Time
Blood Pressure Screening					
13 Sessions	R07108-512	Schweinhaut SC	6/7	F	1-2 p.m.
Healthy Body, Peaceful Mind with Tammy					
11 Sessions	R07077-503	N. Potomac CRC	6/3	M	2-3:30 p.m.
Meditation to Mindfulness Meditation					
11 Sessions	R07077-504	Holiday Park SC	6/21	F	11 a.m.-Noon

YOGA

Gentle Yoga for Beginners

13 Sessions	R07029-510	Silver Spring RAC	6/3	M	3-4 p.m.
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Slow Flow Yoga - All Levels

10 Sessions	R07029-507	N. Potomac CRC	6/17	M	2:30-3:30 p.m.
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Yin Yoga with Adina Crawford

14 Sessions	R07032-517	Schweinhaut SC	6/1	Sa	9:15-10:15 a.m.
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Yoga

11 Sessions	R07032-505	Wheaton CRC	6/4	Tu	3-4 p.m.
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13 Sessions	R07029-504	Damascus SC	6/7	F	11 a.m.-Noon
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Yoga for All with Edgar

12 Sessions	R07029-500	White Oak CRC	6/7	F	9:15-10:15 a.m.
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Yogalates

13 Sessions	R07032-516	Silver Spring RAC	6/4	Tu	6:30-7:30 p.m.
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Sports

Classes

Aquatics



2024 Summer Closing Alert

Our centers and pools will close for cleaning throughout the summer.

Visit moco-rec.com to stay informed.

CONTACT US

Customer Service Available

8:30 a.m. - 4:30 p.m.

240-777-6840

www.moco-rec.com



**SAVE
THE
DATE**

55+

**BBQ
Bonanza**

Friday, Sept. 6

Montgomery County Agricultural Fairgrounds
501 Perry Parkway, Gaithersburg, MD 20877

MORE INFORMATION COMING SOON



55 +

Martial Arts



[CLICK HERE TO REGISTER.](#)

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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Sessions	Activity	Location	Start Date	Day	Time
Integral Tai Chi with JJ					
12 Sessions	R07025-525	White Oak CRC	6/7	F	1-2 p.m.
Introduction to Qigong					
13 Sessions	R07059-506	N. Potomac CRC	6/6	Th	9:30-10:15 a.m.
Martial Arts Health Dance with Josephine					
3 Sessions	R07010-502	N. Potomac CRC	6/8	Sa	9:30-11 a.m.
Qi Gong with Mike Kornely					
14 Sessions	R07059-505	Schweinhaut SC	6/1	Sa	Noon-1 p.m.
Tai Chi					
13 Sessions	R07025-512	Damascus SC	6/4	Tu	11 a.m.-Noon
Tai Chi (In Person - Beginner's Welcome)					
36 Sessions	R07025-500	White Oak CRC	6/3	M,W,F	9-10 a.m.
24 Sessions	R07025-520	White Oak CRC	6/4	Tu,Th	2-3 p.m.
Tai Chi Chuan with Glenn Moy					
13 Sessions	R07025-504	Schweinhaut SC	6/4	Tu	2-3 p.m.
Tai Chi for Beginners					
13 Sessions	R07025-516	Silver Spring RAC	6/7	F	9-10 a.m.



Music



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Angklung Music Lessons					
14 Sessions	R07109-504	Schweinhaut SC	6/1	Sa	Noon-2 p.m.
Piano Club					
2 Sessions	R07115-503	Holiday Park SC	7/8	M	2-3 p.m.
Sing Along with Hong					
13 Sessions	R07080-529	Long Branch CRC	6/3	M	11 a.m.-Noon
Song Circle					
3 Sessions	R07080-528	Schweinhaut SC	6/14	F	1:30-3:30 p.m.
Ukulele for Beginners					
12 Sessions	R07115-504	Silver Spring RAC	6/6	Th	10-11 a.m.



55+ @ SSRAC

SILVER SPRING RECREATION AND AQUATIC CENTER



View senior activities and classes at Silver Spring Senior Center.

CLICK HERE TO REGISTER



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Professional Development and Adult Studies



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Corner for Asian/Pacific Meet and Greet					
11 Sessions	R07117-505	Holiday Park SC	6/18	Tu	9:30-10:30 a.m.
CASSA Community Group					
12 Sessions	R07111-505	White Oak CRC	6/6	Th	9 a.m.-1 p.m.
Spiritual Support					
12 Sessions	R07111-500	White Oak CRC	6/4	Tu	10 a.m.-Noon
Wheaton Jewelry Club (Non-Instructional)					
9 Sessions	R07117-503	Wheaton CRC	6/6	Th	1-2:30 p.m.



Special Events

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Afternoon Cinema					
13 Sessions	R07088-502	Silver Spring RAC	6/4	Tu	1-3 p.m.
First Day of Summer Ice Cream Social					
1 Session	R07107-518	N. Potomac CRC	6/20	Th	1-2 p.m.
Island Summer Fun					
1 Session	R07081-502	N. Potomac CRC	8/8	Th	12:30-1:30 p.m.
Line Dance vs Hand Dance Party					
1 Session	R07013-510	White Oak CRC	7/26	F	1-3 p.m.
Men's Gathering					
1 Session	R07107-520	N. Potomac CRC	6/17	M	Noon-1:30 p.m.
New Movie Monday					
12 Sessions	R07088-500	White Oak CRC	6/3	M	12:30-2 p.m.
Outdoor Fitness Equipment Orientation					
1 Session	R07060-517	Holiday Park SC	7/17	W	5-6 p.m.
Outside Iced Tea Social with Denise and Fereshteh					
1 Session	R07107-523	N.Potomac CRC	6/4	Tu	12:30-1:30 p.m.
WEAAD Skit Watch Party and Info					
1 Session	R07107-519	N.Potomac CRC	6/11	Tu	10-11:30 a.m.



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Sports



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Basketball with Matt

1 Session	R07122-501	Wheaton SC	6/21	F	9-11 a.m.
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Bocce Ball Fun!

2 Sessions	R07124-501	Schweinhaut SC	8/14	W	10 a.m.-Noon
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Cornhole

11 Sessions	R07123-501	Silver Spring RAC	7/11	Th	9:30-11 a.m.
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Chair Volleyball

Sessions	R07093-501	Silver Spring RAC	6/6	Th	10-11 a.m.
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Drop-in Bocce Ball

11 Sessions	R07124-502	Holiday Park SC	6/12	W	5-7 p.m.
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PICKLEBALL

Advanced Beginners Pickleball

11 Sessions	R07091-514	Schweinhaut SC	6/6	Th	2-3 p.m.
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Intermediate Pickleball

11 Sessions	R07091-515	Schweinhaut SC	6/6	Th	3-4 p.m.
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Newbies and Beginners Pickleball

11 Sessions	R07091-513	Schweinhaut SC	6/6	Th	1-2 p.m.
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Outdoor Pickleball (weather permitting)

11 Sessions	R07091-512	N. Potomac CRC	6/6	Th	4-7:30 p.m.
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Pickleball

12 Sessions	R07091-500	White Oak CRC	6/6	Th	10 a.m.-Noon
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Mini Trips

55 +

THERAPEUTIC
RECREATION



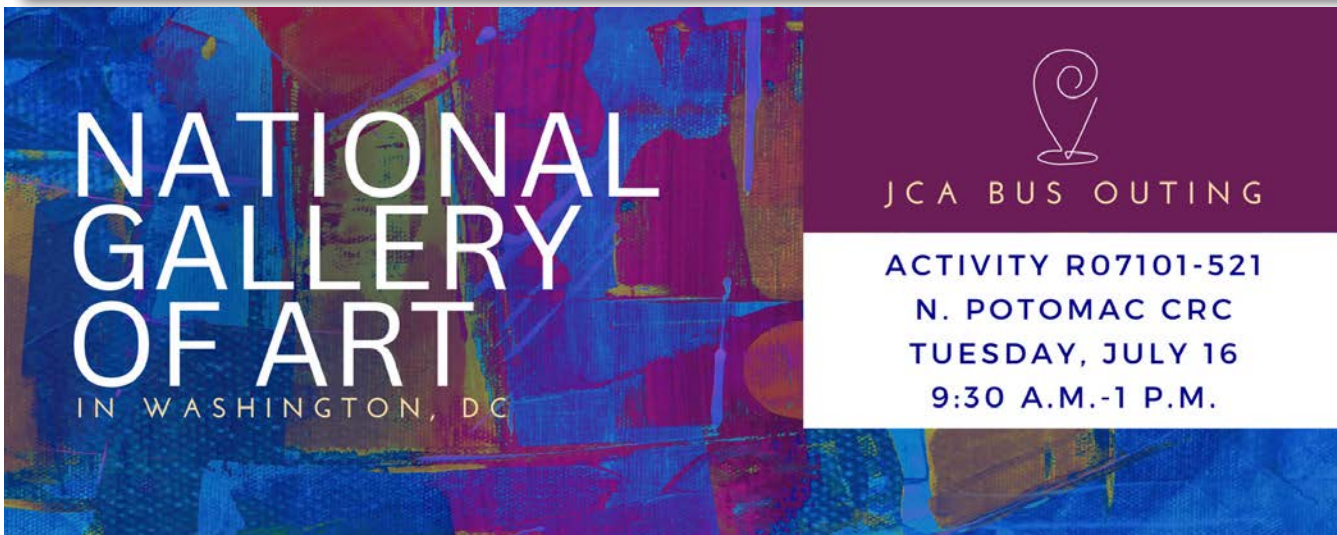


JCA BUS OUTING

Butler's Orchard


Tuesday, June 4 • 9:30 a.m.-12:30 p.m.

ACTIVITY R07101-516
N. POTOMAC CRC



NATIONAL GALLERY OF ART

IN WASHINGTON, DC



JCA BUS OUTING

ACTIVITY R07101-521
N. POTOMAC CRC
TUESDAY, JULY 16
9:30 A.M.-1 P.M.

SPORTS

CLASSES





JCA BUS OUTING

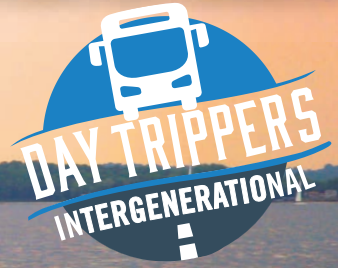
BLACK HILL PARK

ACTIVITY R07101-515
N. POTOMAC CRC
THURSDAY, AUG. 29
9:30 A.M.-12:30 P.M.

AQUATICS



MONTGOMERY COUNTY RECREATION
SOAR
 SENIOR OUTDOOR ADVENTURES IN RECREATION



SUMMER 2024



MONTGOMERY COUNTY
Recreation



MONTGOMERY COUNTY RECREATION
SOAR
 SENIOR OUTDOOR ADVENTURES IN RECREATION

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

R07082 - 501 National Museum of the Marine Corps, Triangle, VA W, July 17 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$62

A lasting tribute to the commitment, accomplishments and sacrifices of U.S. Marines. World-class interpretive exhibits with innovative technology and unique artifacts surround visitors and immerse them in the sights and sounds of Marines in action. Enjoy a self-guided tour and lunch on your own at the café onsite. Fee includes transportation and “We the Marines” at the Medal of Honor theatre.

R07082 - 502 Chesapeake Bay Lighthouse Cruise, Annapolis, MD W, July 24 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$118

Pass under the twin spans of the Bay Bridge and three Chesapeake lighthouses: Sandy Point Shoal, Baltimore Harbor and Thomas Point on this award-winning three-hour cruise. A historically attired “wikkie” (lighthouse keeper) will entertain you throughout the trip with humor, anecdotes and stories. Fee includes transportation, cruise and boxed lunch.

R07082 - 503 Ladew Topiary Gardens and Manor House, Monkton, MD F, July 26 • Leave: 9:15 a.m., Return: 4 p.m. • Fee: \$72

Visit Ladew Gardens on “Come Inside Friday Open House Day.” Enjoy the Manor House at your own pace with docents stationed inside for an interactive experience. You will also experience the incredible topiary gardens. Enjoy lunch at the Ladew Café on your own. Fee includes transportation and admission.

R07082 - 504 Crab Feast Paddlewheel Riverboat Cruise, Choptank River, MD Th, Aug 8 • Leave: 9:30 a.m., Return: 6:30 p.m. • Fee: \$120

Enjoy a crab feast aboard a paddlewheel river boat as we take a three-hour cruise around the historic sights of the Maryland Eastern Shore. Fee includes transportation, cruise and crab feast.

R07082 - 505 Skipjack Sailing Tour, St. Michaels, MD W, Aug 14 • Leave: 7:30 a.m., Return: 5 p.m. • Fee: \$92

Take a two-hour sail on the sloop-rigged skipjack H.M. Krentz, whose type has been designated as the official Maryland State boat. This boat is used as an oyster dredger, and we will have an oystering demonstration onboard. Enjoy lunch and touring on your own in St. Michael’s after the sail. Fee includes transportation and sail.

R07082 - 506 The National Aquarium, Baltimore, MD Th, Aug. 15 • Leave: 8:45 a.m., Return: 3:45 p.m. • Fee: \$86

Enjoy one of the world’s finest aquariums, featuring a living collection of more than 17,000 fish, birds, amphibians, reptiles and marine mammals. Experience a self-guided tour at your own pace. Lunch is on your own at the café. Fee includes transportation and admission.

R07082 - 507 Goddard Space Flight Center, Greenbelt, MD W, Aug. 21 • Leave: 9 a.m., Return: 4 p.m. • Fee: \$82

Get a glimpse into this amazing facility, the premiere space flight complex, with a guided tour of the visitor’s center and various operations and test buildings. Fee includes transportation and lunch at nearby restaurant.

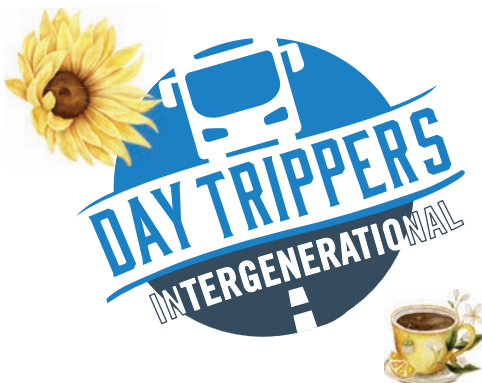
R07082 - 508 The National Museum of African American History and Culture F, Aug. 23 • Leave: 9 a.m., Return: 4 p.m. • Fee: \$56

Experience a self-guided tour of the National Museum of African American History and Culture. The museum is a public institution open to all, where you are welcome to participate, collaborate and learn. Lunch is on your own at the Sweet Home Cafe. Fee is for transportation.



MONTGOMERY COUNTY RECREATION

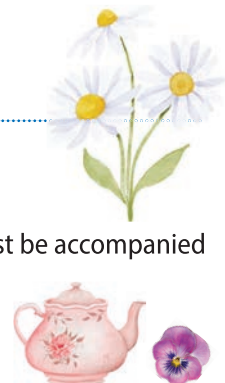
REGISTRATION BEGINS MONDAY, MAY 13 AT 9 A.M.
 FOR MORE INFORMATION, VISIT WWW.MOCOREC.COM or call 240-777-4933.



MAKE EVERY DAY UNFORGETTABLE!

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

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



- R07083 - 501 The Kate Pearl Tea Room on Main, Sykesville, MD Th, July 11 • Leave: 10 a.m., Return: 4 p.m. • Fee: \$94**
- R07083 - 502 The Kate Pearl Tea Room on Main, Sykesville, MD F, July 12 • Leave: 10 a.m., Return: 4 p.m. • Fee: \$94**

The tearoom is an English-style tearoom designed to provide customers with periods of respite while dining on freshly prepared foods of the highest quality accompanied by a wide variety of fine teas. Fee includes transportation and Royal Tea.

- R07083 - 503 Summer Concert Series, The Sagamore Band, Baker Park Bandshell, Frederick, MD Su, July 28 • Leave: 5 p.m., Return: 10 p.m. • Fee: \$54**

Enjoy an evening with Sagamore at the Baker Park Bandshell with outdoor seating. The Sagamore Band is a classic rock and roll ensemble. Each member of the band has more than 30 years of experience playing in bands up and down the Mid-Atlantic and the East Coast. The band rocks to the music of Springsteen, Steely Dan, Eric Clapton, Jackson Browne, The Beatles, Chicago and more! Fee is for transportation.

- R07083 - 504 Grounds for Sculpture, Hamilton, NJ W, July 31 • Leave: 7:30 a.m., Return: 6:30 p.m. • Fee: \$84**

This museum, sculpture garden and arboretum is framed by 42 magnificently landscaped acres in which to stroll and rotating exhibits in six indoor galleries. Join us for a self-guided experience and discover the beauty, charm and inspiration. Lunch is on your own in the onsite cafes. Fee includes transportation and admission.

- R07083 - 505 Havre De Grace First Friday, MD F, Aug. 2 • Leave: 2 p.m., Return: 9 p.m. • Fee: \$56**

Stroll through the streets and discover a diverse array of handmade crafts, jewelry, pottery, paintings and over 100 vendors. Enjoy live performances by local musicians and entertainers on every block. Savor mouthwatering dishes from local restaurants and food trucks. Fee is for transportation.

- R07083 - 506 Artscape, Baltimore, MD Su, Aug. 4 • Leave: 10 a.m., Return: 4 p.m. • Fee: \$52**

Join us for this cherished Baltimore arts festival, a gathering that unites art enthusiasts, families and tourists in a celebration of creativity, culture and performance. Artscape features more than 200 performers and 100 visual artists and artisans. Fee is for transportation.

- R07083 - 507 Do or Die - Murder Mystery Dinner Show, Odenton, MD M, Aug. 12 • Leave: 5 p.m., Return: 10:30 p.m. • Fee: \$114**

In its ongoing quest to bring murder, mayhem, and merriment to the stage, Do or Die invites you to try to solve a mystery with more twists and turns than a labyrinth... if you can stop laughing long enough to put the clues together. Dinner served before the show. Fee is for transportation, dinner and show.

- R07083 - 508 JERSEY BOYS Toby's Sunday Brunch, Columbia, MD Su, Aug. 25 • Leave: 9:30 a.m., Return: 4 p.m. • Fee: \$116**

The fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history! JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons. Filled with chart-topping hits including: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," and "My Eyes Adored You." Enjoy a Sunday brunch before the show. Contains mature language and themes. Fee includes transportation, Sunday brunch and show.



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RECREATION AND AQUATIC CENTER

1319 APPLE AVE. | SILVER SPRING

55+



ART



SUMMER
CAMPS



FITNESS



AQUATICS



FACILITY ADDRESSES

Summer 2024 registration begins Monday, May 13



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view Aquatics facilities.](#)

ELEMENTARY SCHOOLS

Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Flora M. Singer ES.....	2600 Hayden Dr, Silver Spring 20902
North Chevy Chase ES.....	3700 Jones Bridge Road, Chevy Chase 20815
Pine Crest ES.....	201 Woodmoor Dr, Silver Spring, 20901
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910

MIDDLE SCHOOLS

Agryle MS.....	2400 Bel Pre Rd, Silver Spring 20906
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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.....	2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway, Burtonsville, 20866
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
Silver Spring RAC.....	1319 Apple Ave., Silver Spring, 20910
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

PARKS

Cabin John RP.....	7400 Tuckerman Lane, Bethesda, 20817
Layhill Village LP.....	1920 Queensguard Road, Wheaton, 20906
Olney Manor RP.....	16601 Georgia Ave., Olney, 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Tilden Woods LP.....	6800 Tilden Ln, Rockville 20852
Wheaton RP.....	2000 Shorefield Road, Wheaton, 20902

OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852
BCC Center: Bethesda-Chevy Chase Regional Services Center- Regional Services Center-B-CC.....	4805 Edgemoor Lane, Bethesda, 20814

PAYMENT AND REFUND INFORMATION

New Refund Policy
Effective Monday, May 13

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.
Fill out and sign the registration form and mail it to:
ActiveMONTGOMERY
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:
Montgomery County Recreation
Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902
Monday - Friday
9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, noncounty residents must pay an additional \$15 per activity per participant.

CHECKS and 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 County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com
When make up sessions are offered			
Memberships			



Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov
In Person with signature:
Recreation Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

CONTACT CUSTOMER SERVICE

Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation

WHERE THE FUN BEGINS

SUMMER 2024

Registration begins
Monday, May 13

Have questions?

The customer service and outreach teams are here to help!



HOURS OF OPERATION

Monday - Friday
8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available
8:30 a.m.-4:30 p.m.
[240-777-6840](tel:240-777-6840)



VISIT US

8:30 a.m.-4:30 p.m.
Administrative Office
2425 Reddie Drive
10th Floor
Wheaton, MD 20902
[See Map](#)



Montgomery County Recreation
2425 Reddie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation