

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



FALL 2020



MONTGOMERY COUNTY
Recreation



LONG TIME

NO SEE

LOOKING FOR AQUATIC PROGRAMS?

SAFETY IS OUR NUMBER ONE PRIORITY.
WE WILL BEGIN OFFERING AQUATIC PROGRAMS
AT OUR INDOOR AQUATIC CENTERS BASED ON
GUIDANCE FROM OUR PUBLIC HEALTH OFFICIALS.
BE ON THE LOOK OUT FOR UPDATES. 🕶️



WE'VE
MISSED
YOU



MONTGOMERY COUNTY
Recreation

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

MONTGOMERY COUNTY RECREATION

POOLS ARE

OPEN



Montgomery County Recreation pools are open. The outdoor pool swim season has been extended through October 4, weather permitting. Effective September 8, all indoor aquatic centers will offer lap swimming and water fitness. For more information visit www.mocorec.com.

240-777-6840 | Hablamos Español



MONTGOMERY COUNTY
Recreation

In This Guide



 **Arts & Crafts**
9

 **Cooking**
9

 **Dance**
10

 **Fitness**
11-12

 **Health/Wellness**
13

 **Martial Arts**
14

 **Music**
15

 **Sports**
16-19

 **S.T.E.A.M.**
20

 **Therapeutic Recreation**
20

WELCOME TO FALL 2020



As we head into fall, our battle to stop COVID 19 continues. There is no doubt that this is one of the most challenging periods of our nation's history. Regardless of how much this crisis has altered our way of life, it is more important than ever that we exercise for mental, social and physical health.

That is why Montgomery County Recreation has developed a fall program that will be safe and enjoyable. The fall program will include activities that are outdoors or virtual, so participants feel comfortable and safe. In addition, the County's aquatic centers will be open with appropriate health and safety measures in place.

In this year's fall guide, you will find activities that are much like the ones you have always enjoyed. There are experiences people of all ages can use to stay active throughout the fall.

We are in a different time and we have to find new and different ways to spend our recreational free time. This fall, Montgomery County Recreation will make it easy for you to keep busy, have fun and do it while staying safe.

Marc Elrich
Montgomery County Executive



Registration For
Fall Classes Begins
August 24 

Facility Addresses 22

Programs by Location 21

Registration FormInside Back Cover

Don't delay! Your next adventure is just five steps away.

1

STEP 1 SET UP



Go to ActiveMontgomery.org and click "Create an Account"

2

STEP 2 ADD YOUR INFO



Add your contact info and all the people you plan to sign-up to your account

3

STEP 3 CREATE A PASSWORD



And click "Create Account"

4

STEP 4 ACTIVATE YOUR ACCOUNT



Check your email and confirm your account

5

STEP 5 SHOP



Add items to your cart and check out!

MONTGOMERY COUNTY RECREATION

WE MISS YOU

Montgomery County Recreation is now offering a variety of great outdoor and virtual programs designed with you mind. We miss the laughter, joy and fun our 55+ seniors bring and we can't wait to see you again.

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



MONTGOMERY COUNTY
Recreation

MONTGOMERY COUNTY RECREATION IS MOVING TO

2425 REEDIE DRIVE WHEATON

FALL 2020

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



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

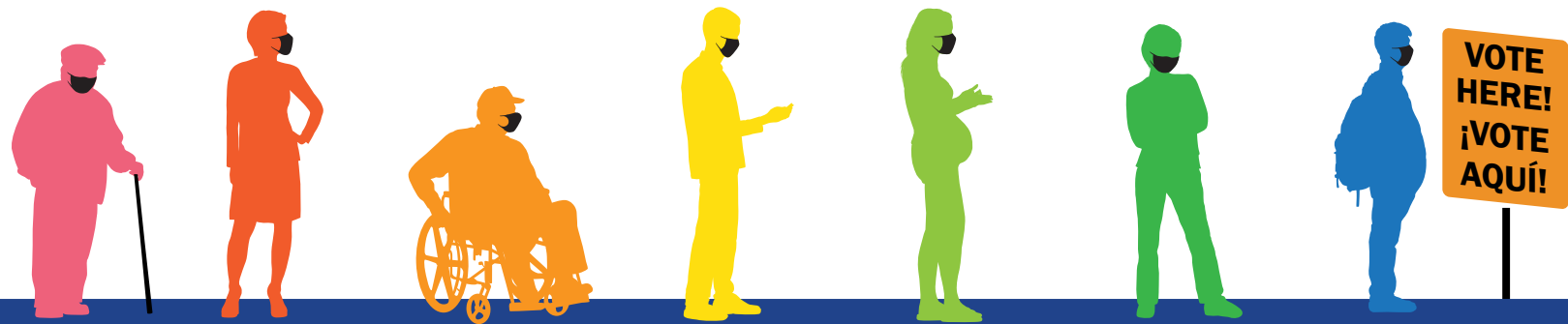


MONTGOMERY COUNTY BOARD OF ELECTIONS
PRESIDENTIAL GENERAL ELECTION IS **NOVEMBER 3**

AVOID LONG LINES!

Request a Vote-by-Mail Ballot **TODAY!**

Text **VBM To 77788** Deadline: October 20



777VOTE.ORG



240-777-8550



@777VOTE



JUNTA ELECTORAL DEL CONDADO DE MONTGOMERY
ELECCIÓN GENERAL PRESIDENCIAL ES **3 de noviembre**

¡EVITE HACER LARGAS FILAS!

¡Solicite votar por correo **HOY!**

Envíe por texto las letras **VPC AL 77788**

Fecha Límite: 20 de octubre

FREE COVID-19 TESTING

- Testing is free and no insurance is required
- No doctor's order needed
- Appointments encouraged, but walk-ins allowed
- Make an appointment online or call 240-777-1755
- Do not eat, drink, smoke, chew gum, or brush teeth 30 minutes before taking COVID-19 test



For upcoming dates & locations:

[MoCoCOVIDTesting.org](https://www.mocoCOVIDTesting.org)

240-777-1755



ARTS & CRAFTS

Abrakadoodle: Anime Art

Ages 5-12 6 Sessions \$78
Instructor: Stephanie Burke

89894 Virtual Class 9/16 W 4-4:45 p.m.

Abrakadoodle: Draw Rah Rah Art

Ages 5-12 6 Sessions \$78
Instructor: Stephanie Burke

89895 Virtual Class 11/4 W 4-4:45 p.m.

Abrakadoodle: Doodle Drawing

Ages 3-5 6 Sessions \$78
Instructor: Stephanie Burke

89914 Virtual Class 9/16 W 11-11:45 a.m.

Drawing with Young Rembrandts

Ages 5-12 8 Sessions \$82
Instructor: Young Rembrandts

90053 Virtual Class 10/5 M 6-7 p.m.



COOKING

Future Chefs

Ages 7-14 4 Sessions \$125
Instructor: Future Resource Learning

90050 Virtual Class 9/15 Tu 4-5:30 p.m.

90052 Virtual Class 10/20 Tu 4-5:30 p.m.



ARTS & CRAFTS · COOKING



Virtual Classes

Now Available

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



DANCE

Ballet

Ballet for Adults

Ages 16 & Up 6 Sessions \$70
Instructor: Robyn Lindsey

89886 Virtual Class 9/17 Th 7:15-8:15 p.m.
89887 Virtual Class 11/5 Th 7:15-8:15 p.m.

Hip-Hop

Hip-Hop Dance

Ages 10-15 6 Sessions \$60
Instructor: Strathmore Hall Foundation

92271 Virtual Class 9/14 M 7-8 p.m.

Hippo Hoppo

Ages 3-5 5 Sessions \$35
Instructor: Robyn Lindsey

89653 Virtual Class 9/16 W 5-5:30 p.m.
89654 Virtual Class 9/19 Sa 10-10:30 a.m.
89902 Virtual Class 10/28 W 5-5:30 p.m.
89903 Virtual Class 10/31 Sa 10-10:30 a.m.

Step Dance for Kids

Ages 7-15 5 Sessions \$70
Instructor: Craig Perry

89948 Holiday Park SC 9/14 M 6-7 p.m.

Commotion Hip-Hop Dance

Ages 10-15 6 Sessions \$75
Instructor: Bonnie Slawson

92459 Virtual Class 9/17 Th 5-6 p.m.
92460 Virtual Class 11/5 Th 5-6 p.m.

Line Dancing

Urban Line Dance

Ages 17 & Up 5 Sessions \$45
Instructor: Peytrienne McCormick

89897 Good Hope NRC 9/16 W 6-7 p.m.

Performing Arts

Bollywood Dance Fitness

Ages 14 & Up 5 Sessions \$65
Instructor: Kumud Mathur

92232 Potomac CRC 9/17 Th 6-6:45 p.m.



SIGN-UP FOR REC ALERTS

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



DANCE



FITNESS

Aerobic Dance

Dance and Fitness

Ages 18 & Up 7 Sessions \$42
Instructor: Virginia Azuree
90792 Holiday Park SC 9/16W 6-7 p.m.

Pilates

Pilates for Fitness

Ages 16 & Up 7 Sessions \$70
Instructor: Fit 2 Believe
89425 White Oak CRC 9/15 Tu 6-7 p.m.
89422 Bauer Drive CRC 9/17 Th 6-7 p.m.

Boot Camp and Strength Training

Ages 16 & Up 7 Sessions \$70
Instructor: Fit 2 Believe
89423 Bauer Drive CRC 9/15 Tu 6-7 p.m.
89424 White Oak CRC 9/17 Th 6-7 p.m.

Total Body Conditioning

Kelley's 50+ Complete Workout

Ages 50 & Up 11 Sessions \$66
Instructor: Pamela Kelley
89415 Virtual Class 9/17 Th 9:15-10:15 a.m.

Kelley's Complete Fitness Workout

Ages 18 & Up 12 Sessions \$72
Instructor: Pamela Kelley
89416 Virtual Class 9/14 M 7-8 p.m.

ACT The Workout-Fitness

Ages 18 & Up 7 Sessions \$42
Instructor: Marie Castellucci
89570 Potomac CRC 9/19 Sa 9-10 a.m.
Ages 18 & Up 14 Sessions \$84
89571 Bauer Drive CRC 9/14 M,W 5-6 p.m.
90049 Potomac CRC 9/15 Tu 6-7 p.m.



FITNESS



Virtual Classes

Now Available

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



Zumba

Zumba

Ages 16 & Up **4 Sessions** **\$30**
 89414 Virtual Class 11/14 Sa 10-11a.m.

Ages 16 & Up **7 Sessions** **\$42**
 Instructor: Ingrid Higgins

89694 Wheaton CRC 9/19 Sa 10-11 a.m.

Instructor: Lauren Farr

91502 Damascus CRC 9/14 M 7:30-8:30 a.m.

91501 Damascus CRC 9/17 Th 6-7 p.m.

Zumba Fitness

Ages 16 & Up **7 Sessions** **\$42**
 Instructor: Michelle Johnson-Lancaster

92273 Good Hope NRC 9/14 M 5:30-6:30 p.m.

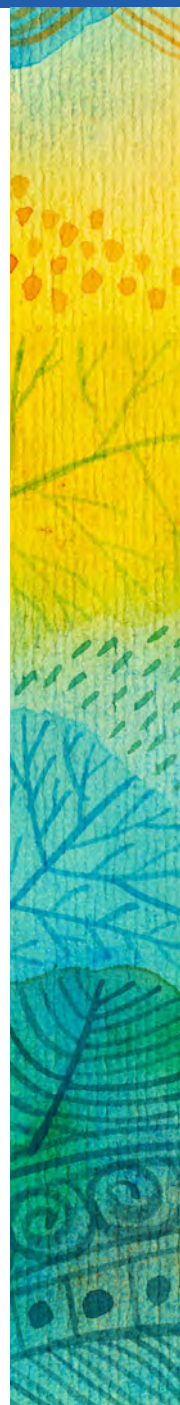
89421 Bauer Drive CRC 9/19Sa 9-10 a.m.

Ages 16 & Up **11 Sessions** **\$66**
 89420 Virtual Class 9/17 Th 5:30-6:30 p.m.

Zumba Toning

Ages 16 & Up **12 Sessions** **\$72**
 Instructor: Ingrid Higgins

89413 Virtual Class 9/16 W 5:30-6:30 p.m.



STAY TUNED

MORE FALL 2020 ACTIVITIES COMING

We will be adding more activities to our Fall 2020 Guide.



REMINDER

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

FITNESS



HEALTH/ WELLNESS

Yoga

Chair Yoga

Ages 18 & Up 12 Sessions \$120

Instructor: Suzana Cooper

92237 Virtual Class 9/14 M 10-11 a.m.

Gentle Yoga

Ages 18 & Up 11 Sessions \$110

Instructor: Irene Bopp

89426 Virtual Class 9/16 W 6:15-7:15 p.m.

Hatha Yoga and Stress Management Beg/Cont

Ages 18 & Up 11 Sessions \$110

Instructor: Suzana Cooper

89412 Virtual Class 9/18 F 10-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up 12 Sessions \$120

Instructor: Hannah Davis

89691 Virtual Class 9/14 M 7-8 p.m.

Yoga Basics

Ages 18 & Up 11 Sessions \$110

Instructor: Irene Bopp

89427 Virtual Class 9/16 W 7:30-8:30 p.m.

89428 Virtual Class 9/17 Th 10:30-11:30 a.m.

Yoga for Beginners and Continuing

Ages 18 & Up 7 Sessions \$70

Instructor: Om Shanti DC

89689 Potomac CRC 9/17 Th 10-11 a.m.

Ages 18 & Up 12 Sessions \$120

89688 Virtual Class 9/14 M 6-7 p.m.

Yoga Fundamentals

Ages 18 & Up 11 Sessions \$110

Instructor: Nancy Neves

89417 Virtual Class 9/15 Tu 10:30-11:30 a.m.

Yoga/Stretching for Your Relaxation

Ages 18 & Up 11 Sessions \$110

Instructor: Nancy Neves

89418 Virtual Class 9/16 W 11 a.m.-Noon



HEALTH \ WELLNESS



Virtual Classes Now Available

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



MARTIAL ARTS

Karate Do/Iaido

Karate Do / Iaido Outdoor - Beginners

Ages 7-14 6 Sessions \$60
Instructor: Salvador Cortes

89733 Lawton CRC 9/17 Th 5-5:50 p.m.

Karate Do / Iaido Outdoor - Intermediate

Ages 10 & Up 6 Sessions \$60
Instructor: Salvador Cortes

89734 Lawton CRC 9/17 Th 6:15-7:15 p.m.

Judo

Ages 7-15 6 Sessions \$180
Instructor: Frederic Hocde

89693 Virtual Class 9/15 Tu 6:30-7:30 p.m.

Karate/Jujitsu

Karate/Jujitsu Outdoor

Ages 6-12 6 Sessions \$45
Instructor: TKA Inc.

89658 Upper County CRC 9/14 M 5:30-6:15 p.m.
90819 Wheaton CRC 9/14 M 5:30-6:15 p.m.
89735 Upper County CRC 9/14 M 6:30-7:15 p.m.
90820 Wheaton CRC 9/14 M 6:30-7:15 p.m.
89659 Germantown CRC 9/15 Tu 5:30-6:15 p.m.
89737 Germantown CRC 9/15 Tu 6:30-7:15 p.m.
89661 Damascus CRC 9/16 W 5:30-6:15 p.m.
89663 Bauer Drive CRC 9/16 W 5:30-6:15 p.m.
89736 Bauer Drive CRC 9/16 W 6:30-7:15 p.m.
89738 Damascus CRC 9/16 W 6:30-7:15 p.m.

Ages 6-12 6 Sessions \$60

89670 Potomac CRC 9/16 W 6-7 p.m.
89662 Clara Barton NRC 9/16 W 6:30-7:30 p.m.

Ages 13 & Up 6 Sessions \$60

91454 Damascus CRC 9/14 M 6-7 p.m.
91010 Bauer Drive CRC 9/16 W 7:30-8:30 p.m.
91675 Wheaton CRC 9/17 Th 6-7 p.m.

Karate - Adult Brown Belts

Ages 13 & Up 6 Sessions \$60
Instructor: TKA Inc.

89622 Virtual Class 9/17 Th 7:45-8:45 p.m.

Karate - Adult Green Through Blue Belts

Ages 13 & Up 6 Sessions \$60
Instructor: TKA Inc.

89623 Virtual Class 9/14 M 7:45-8:45 p.m.

Karate - Adult White Through Red Belts

Ages 13 & Up 6 Sessions \$60
Instructor: TKA Inc.

89624 Virtual Class 9/15 Tu 7:45-8:45 p.m.

Karate - Youth Adv. White and Orange Belts

Ages 6-12 6 Sessions \$60
Instructor: TKA Inc.

89625 Virtual Class 9/15 Tu 6:30-7:30 p.m.

Karate - Youth Green Belts and Higher

Ages least 6-12 6 Sessions \$60
Instructor: TKA Inc.

89626 Virtual Class 9/17 Th 6:30-7:30 p.m.

Karate - Youth Yellow and Red Belts

Ages 6-12 6 Sessions \$60
Instructor: TKA Inc.

89627 Virtual Class 9/14 M 6:30-7:30 p.m.

Kung Fu / Wushu

Ages 5-17 6 Sessions \$60
Instructor: Ching-Yin Lee

89710 Virtual Class 9/14 M 5:30-6:30 p.m.



MARTIAL ARTS



Specialty Programs

Bagua Outdoor

Ages 13 & Up 6 Sessions \$30
Instructor: Finding Your Breath
89696 Wheaton CRC 9/16 W 6-7 p.m.

Tai Chi

Tai Chi / Vovinam Chikung

Ages 18 & Up 6 Sessions \$60
Instructor: Yanni Nguyen
89725 Wheaton CRC 9/15 Tu 6-7 p.m.
89915 Virtual Class 9/17 Th 7:30-8:30 p.m.

Vovinam

Vovinam Martial Arts - Beginner

Ages 6 & Up 6 Sessions \$60
Instructor: Yanni Nguyen
89727 Virtual Class 9/17 Th 5-6 p.m.

Vovinam Martial Arts - Advanced

Ages 6 & Up 6 Sessions \$60
Instructor: Yanni Nguyen
89726 Virtual Class 9/17 Th 6:15-7:15 p.m.



MUSIC

Learn Now Music: My First Music Class

Ages 2-5 6 Sessions \$120
Instructor: Learn Now Music
89632 North Potomac CRC 9/15 Tu 10:30-11 a.m.

Mini Musicians, Movers & Shakers

Ages 2-5 6 Sessions \$85
Instructor: Music In Me Foundation International
89633 Bauer Drive CRC 9/24 Th 9:30-10:15 a.m.

Beginner Ukulele

Ages 10 & Up 6 Sessions \$60
Instructor: Strathmore Hall Foundation
92238 Virtual Class 9/14 M 6-7 p.m.

Learn Now Music: Groovy Guitar

Ages 5-12 6 Sessions \$169
Instructor: Learn Now Music
89888 Virtual Class 9/16 W 4-5 p.m.
89889 Virtual Class 10/28 W 4-5 p.m.

Learn Now Music: Poppin Piano

Ages 5-12 6 Sessions \$169
Instructor: Learn Now Music
89890 Virtual Class 9/14 M 3:30-4:30 p.m.
89891 Virtual Class 10/26 M 3:30-4:30 p.m.

Learn Now Music: Viva Violin

Ages 5-12 6 Sessions \$169
Instructor: Learn Now Music
89892 Virtual Class 9/17 Th 4-5 p.m.
89893 Virtual Class 10/29 Th 4-5 p.m.



SPORTS

Baseball

Rookie League Baseball

Ages 5-7 6 Sessions \$95
 Instructor: Jump Start Sports

89582 QO Valley NP 9/12 Sa 12:30-1:30 p.m.
 89584 Ayr lawn LP 9/12 Sa 12:30-1:30 p.m.
 89585 Layhill Village LP 9/13 Su 2:15-3:15 p.m.

T-Birds T-Ball

Ages 3-5 6 Sessions \$95
 Instructor: Jump Start Sports

89594 Ayr lawn LP 9/12 Sa 10 a.m.-Noon*
 89593 QO Valley NP 9/12 Sa 10 a.m.-Noon*
 89595 Layhill Village LP 9/13 Sa 1-2 p.m.

* Sessions are 1-hour within the listed timeframe.

Basketball

Basketball Skills and Conditioning

Ages 5-7 6 Sessions \$85
 Instructor: Coach Parker Basketball Academy

93151 Plum Gar CRC 9/19 Sa 11 a.m.-Noon

Ages 8-10 6 Sessions \$85

93148 Good Hope NRC 9/14 M 3:45-4:45 p.m.
 93149 Plum Gar CRC 9/17 Th 3:45-4:45 p.m.

Ages 11-13 6 Sessions \$85

91455 Good Hope NRC 9/14 M 5-6 p.m.
 91457 Plum Gar CRC 9/17 Th 5-6 p.m.

Ages 14-18 6 Sessions \$85

91456 Good Hope NRC 9/14 M 6:15-7:15 p.m.
 91458 Plum Gar CRC 9/17 Th 6:15-7:15 p.m.

Basketball Player Development

Ages 10-15 4 Sessions \$160
 Instructor: FMR Player Development

90995 White Oak CRC 9/22 Tu 5:30-6:30 p.m.

Hoops Academy- Skills and Drills

Ages 7-10 8 Sessions \$115
 Instructor: Overtime Athletics

89560 Germantown CRC 9/12 Sa 11:30am-12:30p.m.

Ages 11-13 8 Sessions \$115

89561 Germantown CRC 9/12 Sa 12:45-1:45 p.m.



Please Remember Your Mask

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





Train Like a Pro Basketball Skills and Drills

Ages 10-17 6 Sessions \$125
Instructor: Fit 2 Believe

89446 Potomac CRC 9/16 W 5:30-7 p.m.
89445 White Oak CRC 9/17 Th 5:30-7 p.m.

Fencing

Fencing Outdoor - Beginner I / II

Ages 8 & Up 6 Sessions \$102
Instructor: Gitty Mohebban

89728 North Potomac CRC 9/14 M 5-6 p.m.

Fencing Outdoor - Intermediate

Ages 8 & Up 6 Sessions \$102
Instructor: Gitty Mohebban

89729 North Potomac CRC 9/14 M 6:15-7:15 p.m.

Football/Flag Football

Flag Football Skills and Drills Clinic

Ages 5-7 6 Sessions \$95
Instructor: Jump Start Sports

89586 Germantown CRC 9/13 Su 11 a.m-Noon

Multi-Sports

Cheer and Poms

Ages 10-14 6 Sessions \$90
Instructor: Bonnie Slawson

92455 Virtual Class 9/15 Tu 5-6 p.m.
92456 Virtual Class 11/10 Tu 5-6 p.m.

Coach Doug Seasonal Sports Class

Ages 2-6 5 Sessions \$40
Instructor: Coach Doug Academy

92268 Virtual Class 11/12 Th 9:30-10:05 a.m.

Ages 2-5 6 Sessions \$85
Instructor: Coach Doug Academy

89904 Bauer Drive CRC 9/17 Th 5:15-6 p.m.

Ages 4-7 6 Sessions \$85
Instructor: Coach Doug Academy

89908 Oakland Terrace ES 9/19 Sa 11-11:45 a.m.

Coach Doug Wee Wanna Be

Ages 2-5 6 Sessions \$85
Instructor: Coach Doug Academy

89912 Germantown CRC 9/15 Tu 10:30-11:15 a.m.

89907 Oakland Terrace ES 9/19 Sa 10:15-11 a.m.

89906 Potomac CRC 9/20 Su 11:30a.m.-12:15p.m.

Sports Spectacular Skills & Drills

Ages 5-11 8 Sessions \$115
Instructor: Overtime Athletics

89567 North Potomac CRC 9/17 Th 4:30-5:30 p.m.



Please Remember Your Mask

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



Rugby

Introductory Rugby Skills and Drills

Ages 6-14 8 Sessions \$120

Instructor: Bethesda Roosters Rugby Club

89829 Bauer Drive CRC 9/14 M 6-7 p.m.

Soccer

Coach Doug Soccer Class

Ages 3-6 6 Sessions \$85

Instructor: Coach Doug Academy

89913 Germantown CRC 9/15 Tu 5-5:45 p.m.

89909 Oakland Terrace ES 9/19 Sa 11:45am-12:30p.m.

Hummingbirds Soccer Skills and Drills

Ages 3-4 6 Sessions \$95

Instructor: Jump Start Sports

89576 Bauer Drive CRC 9/12 Sa 10-11 a.m.

89579 Cabin John RP 9/12 Sa 2-3 p.m.

89580 Germantown CRC 9/13 Su 1-2 p.m.

Ages 5-7 6 Sessions \$95

Instructor: Jump Start Sports

89572 Bauer Drive CRC 9/12 Sa 11:15am-12:15pm.

89573 Cabin John RP 9/12 Sa 3:15-4:15 p.m.

89574 Germantown CRC 9/13 Su 2:15-3:15 p.m.

Route 29 Soccer Skills and Drills

Ages 3-4 5 Sessions \$75

Instructor: Jump Start Sports

89581 Jackson Road ES 9/12 Sa 10-11 a.m.

Ages 5-7 5 Sessions \$75

Instructor: Jump Start Sports

89575 Jackson Road ES 9/12 Sa 11:15am-12:15pm.



FALL 2020 OUTDOORS

All in-person activities
will be held outdoors.



SPORTS



Shooting Stars Soccer Skills and Drills

Ages 7-10 8 Sessions \$115

Instructor: Overtime Athletics

89565 Germantown CRC 9/12 Sa 9-10 a.m.

Ages 11-13 8 Sessions \$115

Instructor: Overtime Athletics

89566 Germantown CRC 9/12 Sa 10:15-11:15 a.m.

Soccer Skills and Drills Clinic

Ages 5-9 8 Sessions \$110

Instructor: CORE FC

89730 Damascus CRC 9/12 Sa 10-11 a.m.

89732 Potomac CRC 9/16 W 6-7 p.m.

Ages 6-9 8 Sessions \$110

Instructor: CORE FC

89731 Damascus CRC 9/15 Tu 6-7 p.m.

Train Like a Pro Soccer Skills and Drills

Ages 10-17 6 Sessions \$125

Instructor: Fit 2 Believe

89447 Bauer Drive CRC 9/15 Tu 5:30-7 p.m.

89448 North Potomac CRC 9/17 Th 5:45-7:15 p.m.

Ultra Soccer Academy Skills and Drills

Ages 5-8 8 Sessions \$110

Instructor: Ultra Soccer Academy

89683 Plumgar LP 9/19 Sa 9-10 a.m.

Ages 9-12 8 Sessions \$110

Instructor: Ultra Soccer Academy

89684 Plumgar LP 9/19 Sa 10:15-11:15 a.m.

Ultimate Frisbee

Frisbee Golf League - Elementary School

Ages 6-10 6 Sessions \$49

Instructor: American Ultimate Academy

89629 North Four Corners LP 9/20 Su 11-11:45 a.m.

Frisbee Golf League - Middle School

Ages 11-14 6 Sessions \$49

Instructor: American Ultimate Academy

89630 North Four Corners LP 9/20 Su Noon-12:45 p.m.

Frisbee Golf League - High School

Ages 15-18 6 Sessions \$59

Instructor: American Ultimate Academy

89631 North Four Corners LP 9/20 Su 1-2:30 p.m.

Ultimate Frisbee Workout

Ages 13 & Up 4 Sessions \$40

Instructor: American Ultimate Academy

89628 Virtual Class 9/25 F 6-7 p.m.



S.T.E.A.M.

Playtime & Language

Spanish for Toddlers

Ages 1^{1/2}-4 6 Sessions \$100

Instructor: Maria Rhoe

89690 Bauer Drive CRC 9/15 Tu 4:30-5:15 p.m.

89681 Lawton CRC 9/19 Sa 10-10:45 a.m.

Preschool Spanish

Ages 4-7 6 Sessions \$100

Instructor: Maria Rhoe

89692 Bauer Drive CRC 9/15 Tu 5:30-6:15 p.m.

89685 Lawton CRC 9/19 Sa 11-11:45 a.m.

Spanish for Youth

Ages 5-8 6 Sessions \$80

Instructor: Maria Rhoe

92269 Virtual Class 11/9 M,W 4:30-5:30 p.m.

Ages 5-8 12 Sessions \$120

89901 Virtual Class 9/21 M,W 4:30-5:30 p.m.

THERAPEUTIC RECREATION

Moving with Mike

Ages 18 & Up 9 Sessions \$50

Instructor:

84413 Virtual Class 9/27 Su 1-2 p.m.

Karate/Jujitsu

Karate Clinic for Individuals with Disabilities

Ages 6 & Up 10 Sessions \$75

Instructor: TKA Inc.

84410 Holiday Park SC 9/12 Sa 9-10:30 a.m.

Virtual Socials

Express Yourself

Ages 6-12 4 Sessions FREE

93154 Virtual Social 9/14 M 3-3:30 p.m.

Ages 13-21 4 Sessions FREE

93155 Virtual Social 9/14 M 4-4:30 p.m.

TGIF- Totally Virtual

Ages 3 & Up 4 Sessions FREE

89993 Virtual Social 9/11 F 6-6:50 p.m.

89994 Virtual Social 10/2 F 6-6:50 p.m.

89995 Virtual Social 11/6 F 6-6:50 p.m.

89996 Virtual Social 12/4 F 6-6:50 p.m.

Outdoor Socials

TR Club - Sip 'n Paint

Ages 13-16 1 Session FREE

92799 Holiday Park SC 9/12 Sa 1-2:15 p.m.

Ages 18 & Up 1 Session FREE

92891 Holiday Park SC 9/12 Sa 3-4:15 p.m.

Ages 21 & Up 1 Session FREE

92478 Bauer Drive CRC 9/14 M 1-3 p.m.

Walk This Way

All Ages 1 Session FREE

84452 Brookside Gardens 10/3 Sa 10:30 a.m.-Noon



Virtual Classes

Now Available

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

S.T.E.A.M. • THERAPEUTIC RECREATION



PROGRAM LOCATIONS

Ayrlawn Local Park

Rookie League Baseball.....	16
T-Birds T-Ball.....	16

Bauer Drive Community Recreation Center

ACT The Workout Fitness.....	11
Boot Camp and Strength Training.....	11
Coach Doug Seasonal Sports.....	17
Hummingbirds Soccer.....	18
Karate/Jujitsu Outdoor.....	14
Mini Musicians, Movers & Shakers.....	15
Pilates for Fitness.....	11
Preschool Spanish.....	20
Rugby (Introductory).....	18
Spanish for Toddlers.....	20
Train Like a Pro Soccer.....	19
TR- Sip 'n Paint.....	20
Zumba Fitness.....	12

Brookside Gardens

TR- Walk This Way	20
-------------------------	----

Cabin John Regional Park

Hummingbirds Soccer.....	18
--------------------------	----

Clara Barton Neighborhood Recreation Center

Karate/Jujitsu Outdoor.....	14
-----------------------------	----

Damascus Community Recreation Center

Karate/Jujitsu Outdoor.....	14
Shooting Stars Soccer.....	19
Soccer Clinic.....	19
Zumba.....	12

Germantown Community Recreation Center

Coach Doug Soccer.....	18
Coach Doug Wee Wanna Be.....	17
Flag Football Clinic.....	17
Hoops Academy.....	16
Hummingbirds Soccer.....	18
Karate/Jujitsu Outdoor.....	14
Shooting Stars Soccer.....	19

Good Hope Neighborhood Recreation Center

Basketball Skills and Conditioning.....	16
Urban Line Dance.....	10
Zumba Fitness.....	12

Holiday Park Senior Center

Dance and Fitness.....	11
Karate for Individuals with Disabilities.....	20
Step Dance for Kids.....	10
TR- Sip 'n Paint.....	20

Jackson Road Elementary School

Route 29 Soccer	18
-----------------------	----

Jane E. Lawton Community Recreation Center

Karate Do /Iaido Outdoor -Beginners.....	14
Karate Do /Iaido Outdoor -Intermediate.....	14
Preschool Spanish.....	20
Spanish for Toddlers.....	20

Layhill Village Local Park

Rookie League Baseball.....	16
T-Birds T-Ball.....	16

Nancy H. Dacek North Potomac Community Recreation Center

Fencing Outdoor -Beginner I/II.....	17
Fencing Outdoor -Intermediate.....	17
Learn Now/Music: My First Music Class.....	15
Sports Spectacular.....	17
Train Like a Soccer Pro.....	17

North Four Corners Local Park

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

Plum Gar Community Recreation Center

Basketball Skills and Conditioning.....	16
---	----

Plumgar Local Park

Ultra Soccer Academy.....	9
---------------------------	---

Potomac Community Recreation Center

ACT The Workout-Fitness.....	11
Bollywood Dance Fitness.....	10
Coach Doug Wee Wanna Be.....	17
Karate/Jujitsu Outdoor.....	14
Soccer Clinic.....	19
Train Like A Pro Basketball.....	17
Yoga for Beginners and Continuing.....	13

Quince Orchard Valley Neighborhood Park

Rookie League Baseball	16
T-Birds T-Ball.....	16

Upper County Community Recreation Center

Karate/Jujitsu Outdoor.....	14
-----------------------------	----

Wheaton Community Recreation Center

Bagua Outdoor.....	15
Karate/Jujitsu Outdoor.....	14
Tai Chi / Vovinam Chikung.....	15
Zumba.....	12
Youth Level 4	32

White Oak Community Recreation Center

Boot Camp Strength and Training.....	11
Basketball Player Development.....	16
Pilates for Fitness.....	11
Train Like a Pro Basketball.....	17

FACILITY ADDRESSES



Registration For
Fall Classes

August 24

Elementary Schools

Jackson Road ES..... 900 Jackson Rd, Silver Spring, MD 20904

Parks

Ayrlawn Local Park..... 5652 Oakmont Ave, Bethesda, MD 20817
 Brookside Gardens..... 1800 Glenallan Ave, Wheaton, MD 20902
 Layhill Village Local Park.....1920 Queensguard Rd, Aspen Hill, MD 20906
 North Four Corners Local Park.....315 University Blvd W, Silver Spring, MD 20901
 Plumgar Local Park.....19561 Scenery Drive, Germantown, MD 20876
 Quince Orchard Valley Neighborhood Park.....12015 Suffolk Terrace,
 Gaithersburg, MD 20878

Recreation Facilities

Bauer Drive CRC 14625 Bauer Drive, Rockville, 20853
 Clara Barton NRC 7425 MacArthur Blvd., Cabin John, 20818
 Damascus CRC 25520 Oak Drive, Damascus, 20872
 East County CRC 3310 Gateshead Manor Way, Silver Spring, 20904
 Germantown CRC 18905 Kingsview Drive, Germantown, 20874
 Germantown ISC 18000 Central Park Circle, Boyds, 20841
 Good Hope NRC..... 14715 Good Hope Road, Silver Spring, 20905
 Gwendolyn Coffield CRC..... 2450 Lyttonsville Road, Silver Spring, 20910
 Holiday Park SC 3950 Ferrara Drive, Wheaton, 20906
 Jane E. Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
 Kennedy Shriver AC 5900 Executive Blvd., N.Bethesda, 20814
 Leonard D. Jackson Ken Gar 4111 Plyers Mill Road, Kensington, 20895
 Long Branch CRC 8700 Piney Branch Road, Silver Spring, 20901
 Longwood CRC 19300 Georgia Ave., Brookeville, 20833
 Marilyn J. Praisner CRC 14906 Old Columbia Parkway, Burtonsville, 20866
 Martin Luther King SC..... 1201 Jackson Road, Silver Spring, 20904
 Mid-County CRC 2004 Queensguard Road, Silver Spring, 20906
 Nancy H. Dacek North Potomac CRC..... 3850 Travilah Road, Rockville, 20850
 Olney Swim Center 16601 Georgia Ave., Olney, 20832
 Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
 Potomac CRC 11315 Falls Road, Potomac, 20854
 Recreation Administrative Office..... 4010 Randolph Road, Silver Spring 20902
 Ross Boddy NRC..... 18529 Brooke Road, Sandy Spring, 20860
 Scotland NRC..... 7000 Scotland Drive, Potomac, 20854
 Upper County CRC..... 8201 Emory Grove Road, Gaithersburg, 20877
 Wheaton CRC 11701 Georgia Ave., Wheaton, 20902
 White Oak CRC..... 1700 April Lane, Silver Spring, 20904
 Wisconsin Place CRC 5311 Friendship Blvd., Chevy Chase, 20815

REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation



3 WAYS TO REGISTER

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

2. BY MAIL- Check payment only
Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd.
• Silver Spring, MD 20902

3. IN PERSON*- Cash, check and credit card
Stop by Montgomery County Recreation Administrative Office
4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.) or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.
***Due to COVID-19 restrictions, please visit our websites for the most up-to-date information before heading out.**

CREATE YOUR NEW Account TODAY!

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities.; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation. Visit the website for more information.

WITHDRAWALS & REFUNDS

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

QUESTIONS?
Call 240-777-6840 (8:30am-4:30pm) or 301-495-2580 (10am-4pm) or email Info@ActiveMONTGOMERY.org

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents and City of Gaithersburg and City of Rockville residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone number.
 - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper and a returned check fee of \$35.
 - Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, Mastercard, American Express and Discover are accepted.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

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



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

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

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

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

EMERGENCY CONTACT EMERGENCIA CONTACTO		
Name Nombre	Relationship Relación	Phone Telf.

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

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

To which ethnicity do you identify most? <input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino or Spanish Origin of Any Race <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Two or More Races <input type="checkbox"/> Other _____ <input type="checkbox"/> Prefer not to answer	PAYMENT OPTIONS*	* Required Info Información requerida
	Total Program Fees \$ _____ CASH \$ _____	
	Non-Resident/Other Fees \$ _____ Check # _____ \$ _____	
	Total Fees Due \$ _____	
Make checks and money orders payable to: ActiveMONTGOMERY.	Mail checks to: 4010 Randolph Road, Silver Spring, MD 20902	

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

Yes No

If YES, please see below:

ADA Requests for Montgomery Parks To request an accommodation for M-NCPPC, Montgomery Parks programs you must contact the Program Access Office at 301-495-2477 or email ProgramAccess@montgomeryparks.org.	ADA Requests for Montgomery Country Recreation To request an accommodation for Montgomery County Recreation, you must contact the Therapeutic Recreation and Inclusion Services Office at 240-777-6870 or email rec.mainstream@montgomerycountymd.gov.
---	--

IMPORTANT: Request should be made before the program begins.

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

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

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