

# MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.

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70  
YEARS

SUMMER 2023



MONTGOMERY COUNTY  
*Recreation*

# In This Guide



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MONTGOMERY COUNTY

*Recreation*



**Summer 2023**  
registration begins  
**Monday, May 15**

Facility Addresses .....72



# SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



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MONTGOMERY COUNTY RECREATION



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**CAMPS** 

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MONTGOMERY COUNTY  
*Recreation*



# SUMMER 2023

**3 HR**  
SWIM SESSIONS

## Outdoor Pool Hours

### Locations

#### Pre-Season

May 27-June 16  
Weekends Only (Sa/Su)

#### Summer Season

June 17-August 13

#### Holidays

June 19 & July 4

#### Post-Season

August 14-27

#### Labor Day

September 2-4

 <b>Bethesda*</b> 301.652.1598	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>Germantown</b> 240.777.8067	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>MLK, Jr. Outdoor</b> 240.777.8066	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>Sarah E. Auer Western County</b> 301.349.2217	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>Sgt. Hector I. Ayala Wheaton/Glenmont</b> 301.929.5460	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>Long Branch</b> 240.777.6859	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m.	11 a.m.-2 p.m. & 3-6 p.m.
 <b>Upper County</b> 301.840.2446	11 a.m.-2 p.m. & 3-6 p.m.	<b>Weekdays:</b> 1-4 p.m. & 5-8 p.m. <b>Weekends:</b> Noon-3 p.m. & 4-7 p.m. <i>Closed on Fridays</i>	11 a.m.-2 p.m. & 3-6 p.m.	Noon-3 p.m. & 4-7 p.m. <i>Closed 8/21-9/4</i>	<b>CLOSED</b>

\*Early Bird Lap Swim at Bethesda held weekdays only from June 20-Aug. 18 from 8:30-10:30 a.m.

# ALL POOLS CLOSED

## August 28 - September 1



MONTGOMERYCOUNTYRECREATION



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FOR MORE INFORMATION, VISIT [WWW.MOCOREC.COM/POOLS](http://WWW.MOCOREC.COM/POOLS)  
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MONTGOMERY COUNTY  
**Recreation**





# Aquatics

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

## INDOOR POOLS

Indoor pools will close at 6 p.m. on May 29., June 19, July 4 and Sept. 4. Germantown Indoor Swim Center will close at 3:30 p.m. on July 4.

**Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)**  
240-777-8070  
5900 Executive Boulevard  
N. Bethesda  
**Closed Aug. 5-20**

**Germantown Indoor Swim Center (GISC)**  
240-777-6830  
18000 Central Park Circle  
Boyd's  
**Closed Aug. 12-27**  
**Closes at 3:30 p.m. on July 4**

**Martin Luther King, Jr. Swim Center (MLK)**  
240-777-8060  
1201 Jackson Road  
Silver Spring  
**Closed Aug. 20-Sept. 4**

**Olney Indoor Swim Center (OSC)**  
240-777-4995  
16605 Georgia Avenue,  
Olney  
**Closed July 29-Aug. 20**

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

## OUTDOOR POOLS

Outdoor pools will close at 6 p.m. on July 4.

**Bethesda Outdoor Pool**  
301-652-1598  
6300 Hillandale Road  
Bethesda, MD 20815

**Long Branch Outdoor Pool**  
301-431-5700  
8700 Piney Branch Road  
Silver Spring, MD 20912  
**Martin Luther King, Jr. Outdoor Pool**  
240-777-8066  
1201 Jackson Road  
Silver Spring, MD 20904

**Upper County Outdoor Pool**  
301-840-2446  
8211 Emory Grove Road  
Gaithersburg, MD 20877

**Sgt. Hector I. Ayala Wheaton/Glenmont Outdoor Pool**  
301-929-5460  
12621 Dalewood Drive  
Wheaton, MD 20906

**Germantown Outdoor Pool**  
240-777-8067  
18905 Kingsview Road  
Germantown, MD 20874

**Sarah E. Auer Western County Outdoor Pool**  
301-349-2217  
20151 Fisher Avenue  
Poolesville, MD 20837

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

**STAY UP-TO-DATE**  
 [MOCOREC.COM/POOLS](http://MOCOREC.COM/POOLS)  
Click here to stay up-to-date on pool information.



# Water Fitness

## Abs & Glutes & More

Ages 12 and up

6 Sessions	R01001-501	KSAC	6/20	Tu	9-9:50 a.m.	\$42
7 Sessions	R01001-502	KSAC	6/22	Th	9-9:50 a.m.	\$49
8 Sessions	R01001-506	MLKOP	6/21	W	10:10-11 a.m.	\$56
9 Sessions	R01001-505	MLKOP	6/19	M	10:10-11 a.m.	\$63

## Against the Current

Ages 12 and up

8 Sessions	R01002-504	MLKOP	6/20	Tu	9-9:50 a.m.	\$80
	R01002-505	MLKOP	6/20	Tu	8:10-9 p.m.	\$80
	R01002-506	MLKOP	6/21	W	9-9:50 a.m.	\$80
	R01002-507	MLKOP	6/21	W	8:10-9 p.m.	\$80
	R01002-508	MLKOP	6/22	Th	9-9:50 a.m.	\$80
	R01002-509	MLKOP	6/22	Th	8:10-9 p.m.	\$80
	R01002-503	MLKOP	6/26	M	8:10-9 p.m.	\$80
9 Sessions	R01002-501	MLKOP	6/8	Su	10-10:50 a.m.	\$90
	R01002-510	MLKOP	6/17	Sa	10-10:50 a.m.	\$90
	R01002-502	MLKOP	6/19	M	9-9:50 a.m.	\$90

## Aqua Cardio Dance

Ages 12 and up

6 Sessions	R01003-503	OSC	6/18	Su	9:05-9:55 a.m.	\$42
8 Sessions	R01003-501	MLKOP	6/20	Tu	10-10:50 a.m.	\$56
	R01003-502	MLKOP	6/22	Th	10-10:50 a.m.	\$56

## Aqua Cardio Challenge

Ages 12 and up

7 Sessions	R01004-502	KSAC	6/22	Th	11-11:50 a.m.	\$49
8 Sessions	R01004-503	MLK	6/21	W	7-7:50 p.m.	\$56
	R01004-504	MLKOP	6/23	F	9-9:50 a.m.	\$56







### Aqua Lite

Ages 12 and up

6 Sessions	R01005-503	OSC	6/19	M	10-10:50 a.m.	\$42
	R01005-504	OSC	6/21	W	10-10:50 a.m.	\$42
	R01005-505	OSC	6/23	F	10-10:50 a.m.	\$42
7 Sessions	R01005-501	KSAC	6/19	M	11-11:50 a.m.	\$49
	R01005-502	KSAC	6/21	W	11-11:50 a.m.	\$49

### Aqua Spin

Ages 12 and up

6 Sessions	R01006-507	KSAC	6/20	Tu	12:30-1:20 p.m.	\$60
	R01006-506	KSAC	6/26	M	7-7:50 p.m.	\$60
	R01006-519	KSAC	6/30	F	7-7:50 p.m.	\$60
7 Sessions	R01006-501	KSAC	6/21	W	1-1:50 p.m.	\$70
	R01006-502	KSAC	6/21	W	7-7:50 p.m.	\$70
	R01006-503	KSAC	6/22	Th	12:30-1:20 p.m.	\$70
	R01006-504	KSAC	6/23	F	9-9:50 a.m.	\$70
8 Sessions	R01006-517	GISC	6/20	Tu	8-8:50 a.m.	\$80
	R01006-518	GISC	6/22	Th	8-8:50 a.m.	\$80
	R01006-509	MLK	6/20	Tu	7:30-8:20 a.m.	\$80
	R01006-510	MLK	6/20	Tu	11:10am-Noon	\$80
	R01006-511	MLK	6/21	W	9-9:50 a.m.	\$80
	R01006-512	MLK	6/22	Th	11:10am-Noon	\$80
	R01006-513	MLK	6/22	Th	7-7:50 p.m.	\$80
	R01006-514	MLK	6/23	F	7:30-8:20 a.m.	\$80
	R01006-515	MLK	6/23	F	7-7:50 p.m.	\$80
9 Sessions	R01006-508	MLK	6/26	M	7-7:50 p.m.	\$80
9 Sessions	R01006-516	MLK	6/17	Sa	8-8:50 a.m.	\$90

### Aqua YO-Lates

Ages 12 and up

8 Sessions	R01007-501	MLKOP	6/23	F	10-10:50 a.m.	\$56
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## Deep Water Running

Ages 12 and up

5 Sessions	R01008-522	OSC	6/20	Tu	8:30-9:20 a.m.	\$35
	R01008-523	OSC	6/20	Tu	10:30-11:20 a.m.	\$35
	R01008-521	OSC	6/26	M	7:20-8:10 p.m.	\$35
6 Sessions	R01008-501	KSAC	6/20	Tu	10-10:50 a.m.	\$42
	R01008-502	KSAC	6/20	Tu	7:45-8:20 p.m.	\$42
	R01008-531	OSC	6/17	Sa	9:05-9:55 a.m.	\$42
	R01008-520	OSC	6/19	M	11-11:50 a.m.	\$42
	R01008-524	OSC	6/21	W	6:30-7:20 a.m.	\$42
	R01008-525	OSC	6/21	W	7:20-8:10 p.m.	\$42
	R01008-526	OSC	6/22	Th	9-9:50 a.m.	\$42
	R01008-527	OSC	6/22	Th	11-11:50 a.m.	\$42
	R01008-535	OSC	6/23	F	6:20-7:10 p.m.	\$42
	R01008-529	OSC	6/23	F	6:30-7:20 a.m.	\$42
	7 Sessions	R01008-507	GISC	6/26	M	7:10-8 p.m.
R01008-503		KSAC	6/22	Th	10-10:50 a.m.	\$49
R01008-504		KSAC	6/22	Th	7:45-8:35 p.m.	\$49
R01008-505		KSAC	6/23	F	10-10:50 a.m.	\$49
8 Sessions	R01008-533	BOP	6/21	W	8-8:50 p.m.	\$56
	R01008-532	BOP	6/26	M	8-8:50 p.m.	\$56
	R01008-511	GISC	6/17	Sa	10-10:50 a.m.	\$56
	R01008-506	GISC	6/19	M	10-10:50 a.m.	\$56
	R01008-508	GISC	6/20	Tu	10-10:50 a.m.	\$56
	R01008-509	GISC	6/21	W	10:30-11:20 a.m.	\$56
	R01008-510	GISC	6/22	Th	10-10:50 a.m.	\$56
	R01008-513	MLK	6/20	Tu	9-9:50 a.m.	\$56
	R01008-514	MLK	6/20	Tu	7-7:50 p.m.	\$56
	R01008-515	MLK	6/21	W	Noon-12:50 p.m.	\$56
	R01008-516	MLK	6/22	Th	7:30-8:20 a.m.	\$56
R01008-518	MLK	6/23	F	11:10am-Noon	\$56	
9 Sessions	R01008-534	BOP	6/18	Su	8-8:50 a.m.	\$63
	R01008-519	MLK	6/17	Sa	9-9:50 a.m.	\$63
	R01008-512	MLK	6/19	M	Noon-12:50 p.m.	\$63

## Hi/Lo Cardio Fusion

Ages 12 and up

8 Sessions	R01009-501	KSAC	6/23	F	11-11:50 a.m.	\$56
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### Water Aerobics

Ages 12 and up

5 Sessions	R01010-504	OSC	6/20	Tu	9:30-10:20 a.m.	\$35
	R01010-505	OSC	6/20	Tu	7:20-8:10 p.m.	\$35
6 Sessions	R01010-506	OSC	6/22	Th	10-10:50 a.m.	\$42
	R01010-507	OSC	6/22	Th	7:20-8:10 p.m.	\$42
8 Sessions	R01010-501	BOP	6/20	Tu	11:30am-12:20pm	\$56
	R01010-502	BOP	6/22	Th	11:30am-12:20pm	\$56
	R01010-508	GISC	6/21	W	9:30-10:20 a.m.	\$56
	R01010-503	GISC	6/22	Th	7:45-8:35 p.m.	\$56

### Water Exercise

Ages 12 and up

6 Sessions	R01011-505	KSAC	6/20	Tu	11-11:50 a.m.	\$42
	R01011-502	OSC	6/21	W	9-9:50 a.m.	\$42
	R01011-508	OSC	6/23	F	9-9:50 a.m.	\$42
	R01011-501	OSC	6/19	M	9-9:50 a.m.	\$42
7 Sessions	R01011-506	KSAC	6/19	M	10-10:50 a.m.	\$49
	R01011-507	KSAC	6/21	W	10-10:50 a.m.	\$49
9 Sessions	R01011-504	MLK	6/19	M	9-9:50 a.m.	\$63



# THE REC INSIDER



**SIGN UP**

**FOR OUR NEWSLETTER TODAY!**



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MONTGOMERY COUNTY RECREATION

**IS HIRING**

**WORK WITH US**

**AND RECEIVE**

**FREE LIFEGUARD**

**TRAINING**



MONTGOMERY COUNTY  
*Recreation*





# Swim Lessons

Registration will begin

**May 15 at 6:30 a.m.**

for residents.



## Please note the following:

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

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

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

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

Indoor courses meet for six 30-minute sessions.

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

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

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

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

## Aquatics Lesson Weather Policy



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



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



# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

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

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

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

## Level 1

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

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

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

## Level 2

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

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

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

## Level 3

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

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

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

## Level 4

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

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

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

## Level 5

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

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

Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.

## Level 6

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

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

Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kicks and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.

**FOR MORE INFORMATION, CLICK HERE.**





# Parent-Assisted Swim Lessons

## Aquatots

Ages 18 months-3 • 6 Sessions



### GERMANTOWN INDOOR SWIM CENTER

R01038-530	6/24	Sa	9-9:30 a.m.	\$60
R01038-531	6/25	Su	9:40-10:10 a.m.	\$60
R01038-532	6/25	Su	11-11:30 a.m.	\$60

### KENNEDY SHRIVER AQUATIC CENTER

R01038-502	6/24	Sa	9-9:30 a.m.	\$60
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### MARTIN LUTHER KING JR. OUTDOOR POOL

R01038-581	6/18	Su	9:40-10:10 a.m.	\$60
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### MARTIN LUTHER KING JR. SWIM CENTER

R01038-579	6/17	Sa	9-9:30 a.m.	\$60
R01038-578	6/20	Tu,Th	9-9:30 a.m.	\$60

55+

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## AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.

[CLICK HERE](#)



## 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.

## Pre-School

Ages 3-5 • 6 Sessions



### GERMANTOWN INDOOR SWIM CENTER

R01062-530	6/24	Sa	10:20-10:50 a.m.	\$60
R01062-531	6/24	Sa	11-11:30 a.m.	\$60
R01062-532	6/25	Su	9-9:30 a.m.	\$60

### KENNEDY SHRIVER AQUATIC CENTER

R01062-504	6/24	Sa	10:20-10:50 a.m.	\$60
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### MARTIN LUTHER KING JR. SWIM CENTER

R01062-580	6/17	Sa	11-11:30 a.m.	\$60
R01062-579	7/10	M,W	9:40-10:10 a.m.	\$60
R01062-578	7/11	Tu,Th	9-9:40 a.m.	\$60

### MARTIN LUTHER KING JR. OUTDOOR POOL

R01062-581	6/18	Su	11-11:30 a.m.	\$60
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## Waterbabies

Ages 6-18 months • 6 Sessions



### GERMANTOWN INDOOR SWIM CENTER

R01063-530	6/24	Sa	9:40-10:10 a.m.	\$60
R01063-531	6/25	Su	10:20-10:50 a.m.	\$60

### KENNEDY SHRIVER AQUATIC CENTER

R01063-502	6/24	Sa	9:40-10:10 a.m.	\$60
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### MARTIN LUTHER KING JR. SWIM CENTER

R01063-578	6/17	Sa	9:40-10:10 a.m.	\$60
R01063-579	6/19	M,W	10:20-10:50 a.m.	\$60

55+

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# Beginner Swim Lessons

## Beginner Level 1

Ages 4-6 • 6 Sessions



55+  
THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS

### BETHESDA OUTDOOR POOL

R01051-504	6/24	Sa-Su	9:40-10:10 a.m.	\$65
R01051-505	7/15	Sa-Su	9:40-10:10 a.m.	\$65

### GERMANTOWN INDOOR SWIM CENTER

R01051-530	6/24	Sa	9-9:30 a.m.	\$65
R01051-538	6/24	Sa	9:40-10:10 a.m.	\$65
R01051-531	6/24	Sa	10:20-10:50 a.m.	\$65
R01051-532	6/25	Su	9-9:30 a.m.	\$65

### GERMANTOWN OUTDOOR POOL

R01051-533	6/20	Tu-Th	9-9:30 a.m.	\$65
R01051-534	6/20	Tu-Th	10:20-10:50 a.m.	\$65
R01051-535	7/4	Tu-Th	9-9:30 a.m.	\$65
R01051-536	7/4	Tu-Th	9:40-10:10 a.m.	\$65
R01051-537	7/18	Tu-Th	9-9:30 a.m.	\$65

### KENNEDY SHRIVER AQUATIC CENTER

R01051-506	6/24	Sa	11-11:30 a.m.	\$65
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### LONG BRANCH OUTDOOR POOL

R01051-594	6/18	Su	9:40-10:10 a.m.	\$65
R01051-595	6/18	Su	10:20-10:50 a.m.	\$65
R01051-589	6/20	Tu-Th	9-9:30 a.m.	\$65
R01051-590	6/20	Tu-Th	10:20-10:50 a.m.	\$65
R01051-591	7/4	Tu-Th	9:40-10:10 a.m.	\$65
R01051-592	7/4	Tu-Th	9-9:30 a.m.	\$65
R01051-593	7/18	Tu-Th	10:20-10:50 a.m.	\$65

### MARTIN LUTHER KING JR. OUTDOOR POOL

R01051-596	6/18	Su	9-9:30 a.m.	\$65
R01051-597	6/18	Su	10:20-10:50 a.m.	\$65

## Beginner Level 1

Ages 4-6 • 6 Sessions



### MARTIN LUTHER KING JR. SWIM CENTER

R01051-584	6/17	Sa	9-9:30 a.m.	\$65
R01051-585	6/17	Sa	10:20-10:50 a.m.	\$65
R01051-586	6/17	Sa	11-11:30 a.m.	\$65
R01051-578	6/19	M,W	9-9:30 a.m.	\$65
R01051-579	6/19	M,W	9:40-10:10 a.m.	\$65
R01051-587	6/20	Tu,Th	9:40-10:10 a.m.	\$65
R01051-582	6/20	Tu	5:40-6:10 p.m.	\$65
R01051-583	6/22	Th	6:20-7:50 p.m.	\$65
R01051-581	7/10	M,W	9-9:30 a.m.	\$65
R01051-580	7/10	M,W	9:40-10:10 a.m.	\$65
R01051-588	7/11	Tu,Th	9:40-10:10 a.m.	\$65

### OLNEY SWIM CENTER

R01051-552	6/19	M,W	9-9:30 a.m.	\$65
R01051-553	6/19	M,W	5:40-6:10 p.m.	\$65
R01051-554	6/19	M,W	7-7:30 p.m.	\$65
R01051-557	6/20	Tu,Th	10:20-10:50 a.m.	\$65
R01051-555	7/10	M,W	9:40-10:10 a.m.	\$65
R01051-556	7/10	M,W	6:20-6:50 p.m.	\$65
R01051-565	7/11	Tu,Th	9:40-10:10 a.m.	\$65
R01051-566	7/11	Tu,Th	6:40-7:10 p.m.	\$65

### WESTERN COUNTY OUTDOOR POOL

R01051-526	6/20	Tu-Th	10-10:30 a.m.	\$65
R01051-527	7/4	Tu-Th	10-10:30 a.m.	\$65

### WHEATON-GLENMONT OUTDOOR POOL

R01051-516	6/20	Tu-Th	9-9:30 a.m.	\$65
R01051-523	7/4	Tu-Th	11-11:30 a.m.	\$65
R01051-524	7/18	Tu-Th	9-9:30 a.m.	\$65



55+

Therapeutic  
Recreation

Sports

Classes

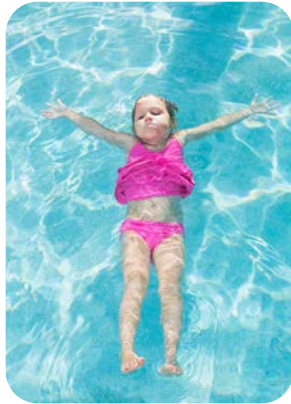
Aquatics





### Beginner Level 2

Ages 4-6 • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01052-530	6/24	Sa	9:40-10:10 a.m.	\$65
R01052-537	6/24	Sa	10:20-10:50 a.m.	\$65
R01052-531	6/24	Sa	11-11:30 a.m.	\$65
R01052-532	6/25	Su	9:40-10:10 a.m.	\$65
R01052-533	6/25	Su	11-11:30 a.m.	\$65

#### GERMANTOWN OUTDOOR POOL

R01052-534	6/20	Tu-Th	9:40-10:10 a.m.	\$65
R01052-535	7/4	Tu-Th	10:20-10:50 a.m.	\$65
R01052-536	7/18	Tu-Th	9:40-10:10 a.m.	\$65

#### KENNEDY SHRIVER AQUATIC CENTER

R01052-507	6/24	Sa	11:40 a.m.-12:10 p.m.	\$65
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#### LONG BRANCH OUTDOOR POOL

R01052-590	6/18	Su	9-9:30 a.m.	\$65
R01052-586	6/20	Tu-Th	9:40-10:10 a.m.	\$65
R01052-587	7/4	Tu-Th	10:20-10:50 a.m.	\$65
R01052-588	7/18	Tu-Th	9-9:30 a.m.	\$65
R01052-589	7/18	Tu-Th	9:40-10:10 a.m.	\$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01052-591	6/18	Su	9:40-10:10 a.m.	\$65
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VISIT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG)



TO REGISTER FOR CLASSES AND ACTIVITIES

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

## Beginner Level 2

Ages 4-6 • 6 Sessions



### MARTIN LUTHER KING JR. SWIM CENTER

R01052-584	6/17	Sa	9:40-10:10 a.m.	\$65
R01052-585	6/17	Sa	11-11:30 a.m.	\$65
R01052-578	6/19	M,W	9-9:30 a.m.	\$65
R01052-579	6/19	M,W	9:40-10:10 a.m.	\$65
R01052-580	6/20	Tu,Th	9-9:30 a.m.	\$65
R01052-582	6/20	Tu	5:40-6:10 p.m.	\$65
R01052-583	6/22	Th	5:40-6:10 p.m.	\$65
R01052-593	7/10	M,W	9-9:30 a.m.	\$65
R01052-581	7/11	Tu,Th	9:40-10:10 a.m.	\$65

### OLNEY SWIM CENTER

R01052-552	6/19	M,W	9:40-10:10 a.m.	\$65
R01052-553	6/19	M,W	6:20-6:50 p.m.	\$65
R01052-554	7/10	M,W	9-9:30 a.m.	\$65
R01052-555	7/10	M,W	10:20-10:50 a.m.	\$65
R01052-561	7/10	M,W	5:40-6:10 p.m.	\$65
R01052-562	7/10	M,W	7-7:30 p.m.	\$65
R01052-563	7/11	Tu,Th	6-6:30 p.m.	\$65

### WESTERN COUNTY OUTDOOR POOL

R01052-526	6/20	Tu-Th	10:45-11:15 a.m.	\$65
R01052-527	7/4	Tu-Th	10:45-11:15 a.m.	\$65

### WHEATON-GLENMONT OUTDOOR POOL

R01052-516	6/20	Tu-Th	9:40-10:10 a.m.	\$65
R01052-520	6/25	Su	9-9:30 a.m.	\$65
R01052-523	7/4	Tu-Th	10:20-10:50 a.m.	\$65

**STAY UP-TO-DATE**

**[MOCOREC.COM/POOLS](http://MOCOREC.COM/POOLS)**

Click here to stay up-to-date on pool information.

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THERAPEUTIC RECREATION  
SPORTS  
CLASSES

**AQUATICS**





### Beginner Level 3

Ages 4-6 • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01053-530      6/24      Sa      11-11:30 a.m.      \$65

#### GERMANTOWN OUTDOOR POOL

R01053-531      7/18      Tu-Th      10:20-10:50 a.m.      \$65

#### LONG BRANCH OUTDOOR POOL

R01053-584      6/18      Su      10:20-10:50 a.m.      \$65

R01053-582      6/20      Tu-Th      10:20-10:50 a.m.      \$65

R01053-583      7/4      Tu-Th      9-9:30 a.m.      \$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01053-585      6/18      Su      9-9:30 a.m.      \$65

#### MARTIN LUTHER KING JR. SWIM CENTER

R01053-581      6/17      Sa      10:20-10:50 a.m.      \$65

R01053-579      6/19      M,W      10:20-10:50 a.m.      \$65

R01053-580      6/22      Th      6:20-6:50 p.m.      \$65

R01053-578      7/10      M,W      10:20-10:50 a.m.      \$65

#### OLNEY SWIM CENTER

R01053-552      6/18      Su      9-9:30 a.m.      \$65

R01053-554      6/20      Tu,Th      9-9:30 a.m.      \$65

R01053-555      7/11      Tu,Th      9-9:30 a.m.      \$65

#### WHEATON-GLENMONT OUTDOOR POOL

R01053-524      6/25      Su      9:40-10:10 a.m.      \$65



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THERAPEUTIC RECREATION

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## Beginner Level 4

Ages 4-6 • 6 Sessions



### BETHESDA OUTDOOR POOL

R01054-501	6/24	Sa,Su	10:20-10:50 a.m.	\$65
R01054-502	7/15	Sa,Su	10:20-10:50 a.m.	\$65

### GERMANTOWN INDOOR SWIM CENTER

R01054-530	6/25	Su	11-11:30 a.m.	\$65
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### KENNEDY SHRIVER AQUATIC CENTER

R01054-504	6/24	Sa	9:40-10:10 a.m.	\$65
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### MARTIN LUTHER KING JR. OUTDOOR POOL

R01054-583	6/18	Su	11-11:30 a.m.	\$65
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### MARTIN LUTHER KING JR. SWIM CENTER

R01054-579	6/20	Tu	7-7:30 p.m.	\$65
R01054-580	6/22	Th	7-7:30 p.m.	\$65
R01054-578	7/10	M,W	10:20-10:50 a.m.	\$65

### OLNEY SWIM CENTER

R01054-552	6/18	Su	10:20-10:50 a.m.	\$65
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### WHEATON-GLENMONT OUTDOOR POOL

R01054-523	6/25	Su	11-11:30 a.m.	\$65
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## GUIDELINES FOR PLACEMENT IN SWIM CLASSES

[CLICK HERE TO LEARN MORE](#)

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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS





# Youth Swim Lessons

## Youth Level 1

Ages 7-13 • 6 Sessions



### BETHESDA OUTDOOR POOL

R01045-504	6/24	Sa,Su	10:20-10:50 a.m.	\$65
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### GERMANTOWN OUTDOOR POOL

R01045-532	6/20	Tu-Th	9-9:30 a.m.	\$65
R01045-533	6/20	Tu-Th	10:20-10:50 a.m.	\$65
R01045-534	7/4	Tu-Th	9-9:30 a.m.	\$65
R01045-535	7/18	Tu-Th	10:20-10:50 a.m.	\$65

### GERMANTOWN INDOOR SWIM CENTER

R01045-530	6/24	Sa	9-9:30 a.m.	\$65
R01045-536	6/24	Sa	11-11:30 a.m.	\$65
R01045-531	6/25	Su	10:20-10:50 a.m.	\$65

### KENNEDY SHRIVER AQUATIC CENTER

R01045-506	6/24	Sa	9-9:30 a.m.	\$65
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### LONG BRANCH OUTDOOR POOL

R01045-588	6/18	Su	9-9:30am	\$65
R01045-585	6/20	Tu-Th	9-9:30am	\$65
R01045-586	7/4	Tu-Th	9:40-10:10am	\$65
R01045-587	7/18	Tu-Th	9:40-10:10am	\$65

### MARTIN LUTHER KING JR. OUTDOOR POOL

R01045-589	6/18	Su	10:20-10:50 a.m.	\$65
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THERAPEUTIC RECREATION

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CLASSES

AQUATICS

## Youth Level 1

Ages 7-13 • 6 Sessions



### MARTIN LUTHER KING JR. SWIM CENTER

R01045-584	6/17	Sa	9-9:30 a.m.	\$65
R01045-578	6/19	M,W	10:20-10:50 a.m.	\$65
R01045-579	6/20	Tu, Th	10:20-10:50 a.m.	\$65
R01045-582	6/20	Tu	6:20-6:50 p.m.	\$65
R01045-583	6/22	Th	7:40-8:10 p.m.	\$65
R01045-580	7/10	M,W	10:20-10:50 a.m.	\$65
R01045-581	7/11	Tu,Th	9-9:30 a.m.	\$65

### OLNEY SWIM CENTER

R01045-552	6/19	M,W	10:20-10:50 a.m.	\$65
R01045-556	6/19	M,W	6:20-6:50 p.m.	\$65
R01045-561	6/20	Tu,Th	11-11:30 a.m.	\$65
R01045-557	7/10	M,W	9-9:30 a.m.	\$65
R01045-558	7/10	M,W	10:20-10:50 a.m.	\$65
R01045-559	7/10	M,W	5:40-6:10 p.m.	\$65
R01045-560	7/10	M,W	7-7:30 p.m.	\$65
R01045-562	7/11	Tu,Th	11-11:30 a.m.	\$65

### WHEATON-GLENMONT OUTDOOR POOL

R01045-517	6/20	Tu,Th	10:20-10:50 a.m.	\$65
R01045-522	7/4	Tu,Th	9:40-10:10 a.m.	\$65
R01045-525	7/18	Tu,Th	10:20-10:50 a.m.	\$65

**AQUATIC  
RULES AND REGULATIONS**

View the pool rules and regulations.

**CLICK HERE **

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THERAPEUTIC  
RECREATION

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CLASSES

AQUATICS





### Youth Level 2

Ages 7-13 • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01046-535	6/24	Sa	9-9:30 a.m.	\$65
R01046-530	6/25	Su	9-9:30 a.m.	\$65
R01046-531	6/25	Su	10:20-10:50 a.m.	\$65

#### GERMANTOWN OUTDOOR POOL

R01046-532	6/20	Tu-Th	9:40-10:10 a.m.	\$65
R01046-533	7/4	Tu-Th	9:40-10:10 a.m.	\$65
R01046-534	7/18	Tu-Th	9:40-10:10 a.m.	\$65

#### KENNEDY SHRIVER AQUATIC CENTER

R01046-506	6/24	Sa	11-11:30 a.m.	\$65
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#### LONG BRANCH OUTDOOR POOL

R01046-589	6/18	Su	9:40-10:10 a.m.	\$65
R01046-586	6/20	Tu-Th	9:40-10:10 a.m.	\$65
R01046-587	7/4	Tu-Th	10:20-10:50 a.m.	\$65
R01046-588	7/18	Tu-Th	10:20-10:50 a.m.	\$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01046-590	6/18	Su	9-9:30 a.m.	\$65
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THERAPEUTIC RECREATION

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## Youth Level 2

Ages 7-13 • 6 Sessions



### MARTIN LUTHER KING JR. SWIM CENTER

R01046-584	6/17	Sa	9-9:30 a.m.	\$65
R01046-585	6/17	Sa	10:20-10:50 a.m.	\$65
R01046-580	6/19	M,W	9:40-10:10 a.m.	\$65
R01046-581	6/20	Tu,Th	10:20-10:50 a.m.	\$65
R01046-582	6/20	Tu	7-7:30 p.m.	\$65
R01046-583	6/22	Th	5:40-6:10 p.m.	\$65
R01046-578	7/10	M,W	9:40-10:10 a.m.	\$65

### OLNEY SWIM CENTER

R01046-552	6/19	M,W	5:40-6:10 p.m.	\$65
R01046-553	6/19	M,W	7-7:30 p.m.	\$65
R01046-558	6/20	Tu,Th	9:40-10:10 a.m.	\$65
R01046-556	7/10	M,W	9:40-10:10 a.m.	\$65
R01046-560	7/10	M,W	11-11:30 a.m.	\$65
R01046-557	7/10	M,W	6:20-6:50 p.m.	\$65
R01046-561	7/11	Tu,Th	10:20-10:50 a.m.	\$65
R01046-559	7/11	Tu,Th	5:20-5:50 p.m.	\$65

### WHEATON-GLENMONT OUTDOOR POOL

R01046-517	6/20	Tu-Th	11-11:30 a.m.	\$65
R01046-521	6/25	Su	10:20-10:50 a.m.	\$65
R01046-525	7/18	Tu-Th	11-11:30 a.m.	\$65



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Therapeutic  
Recreation

Sports

Classes

Aquatics





### Youth Level 3

Ages 7-13 • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01047-530	6/24	Sa	9:40-10:10am	\$65
R01047-531	6/25	Su	9:40-10:10am	\$65

#### GERMANTOWN OUTDOOR POOL

R01047-532	7/4	Tu-Th	10:20-10:50 a.m.	\$65
R01047-533	7/18	Tu-Th	9-9:30 a.m.	\$65

#### KENNEDY SHRIVER AQUATIC CENTER

R01047-506	6/24	Sa	10:20-10:50 a.m.	\$65
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#### LONG BRANCH OUTDOOR POOL

R01047-584	6/18	Su	10:20-10:50 a.m.	\$65
R01047-583	7/18	Tu-Th	9-9:30 a.m.	\$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01047-585	6/18	Su	10:20-10:50 a.m.	\$65
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#### MARTIN LUTHER KING JR. SWIM CENTER

R01047-582	6/17	Sa	9:40-10:10 a.m.	\$65
R01047-578	6/19	M,W	9-9:30 a.m.	\$65
R01047-580	6/20	Tu	7:40-8:10 p.m.	\$65
R01047-581	6/22	Th	7-7:30 p.m.	\$65
R01047-579	7/10	M,W	9-9:30 a.m.	\$65

#### OLNEY SWIM CENTER

R01047-552	6/18	Su	9:40-10:10 a.m.	\$65
R01047-553	6/19	M,W	11-11:30 a.m.	\$65
R01047-554	7/10	M,W	11-11:30 a.m.	\$65

#### WHEATON-GLENMONT OUTDOOR POOL

R01047-523	7/4	Tu-Th	9-9:30 a.m.	\$65
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55+

THERAPEUTIC RECREATION

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## Youth Level 4

Ages 7-13 • 6 Sessions



### BETHESDA OUTDOOR POOL

R01048-504	6/24	Sa,Su	9-9:30 a.m.	\$65
R01048-505	7/15	Sa, Su	9-9:30 a.m.	\$65

### GERMANTOWN INDOOR SWIM CENTER

R01048-530	6/24	Sa	10:20-10:50 a.m.	\$65
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### KENNEDY SHRIVER AQUATIC CENTER

R01048-506	6/24	Sa	11:40 a.m.-12:10 p.m.	\$65
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### MARTIN LUTHER KING JR. OUTDOOR POOL

R01048-583	6/18	Su	9:40-10:10 a.m.	\$65
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### MARTIN LUTHER KING JR. SWIM CENTER

R01048-578	6/20	Tu,Th	9:40-10:10 a.m.	\$65
R01048-580	6/20	Tu	7:40-8:10 p.m.	\$65
R01048-581	6/22	Th	7:40-8:10 p.m.	\$65
R01048-579	7/11	Tu,Th	10:20-10:50 a.m.	\$65

### OLNEY SWIM CENTER

R01048-552	6/18	Su	11-11:40 a.m.	\$65
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### WHEATON-GLENMONT OUTDOOR POOL

R01048-525	7/18	Tu-Th	9:40-10:10 a.m.	\$65
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THERAPEUTIC  
RECREATION

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# Adult Swim Lessons

## Adult Level 1

Ages 14 and up • 6 Sessions



### GERMANTOWN INDOOR SWIM CENTER

R01039-530      6/24      Sa      9:40-10:10 a.m.      \$65

### LONG BRANCH OUTDOOR POOL

R01039-581      6/18      Su      9-9:30 a.m.      \$65

### MARTIN LUTHER KING JR. OUTDOOR POOL

R01039-582      6/18      Su      11-11:30 a.m.      \$65

### MARTIN LUTHER KING JR. SWIM CENTER

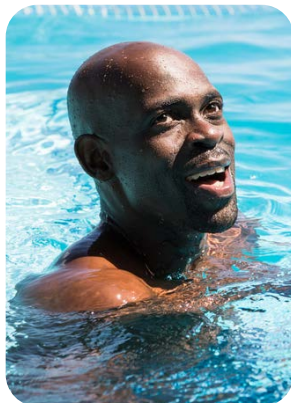
R01039-580      6/17      Sa      11-11:30 a.m.      \$65

R01039-579      6/20      Tu      6:20-6:50 p.m.      \$65

R01039-578      6/20      Tu      8:20-8:50 p.m.      \$65

## Adult Level 2

Ages 14 and up • 6 Sessions



### GERMANTOWN INDOOR SWIM CENTER

R01040-530      6/24      Sa      11-11:30 a.m.      \$65

### LONG BRANCH OUTDOOR POOL

R01040-580      6/18      Su      9:40-10:10 a.m.      \$65

### MARTIN LUTHER KING JR. OUTDOOR POOL

R01040-581      6/18      Su      9-9:30 a.m.      \$65

### MARTIN LUTHER KING JR. SWIM CENTER

R01040-579      6/17      Sa      9:40-10:10 a.m.      \$65

R01040-578      6/22      Th      8:20-8:50 p.m.      \$65

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



### Adult Level 3

Ages 14 and up • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01041-530      6/24      Sa      10:20-10:50 a.m.      \$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01041-580      6/18      Su      9:40-10:10 a.m.      \$65

#### MARTIN LUTHER KING JR. SWIM CENTER

R01041-579      6/17      Sa      10:20-10:50 a.m.      \$65

R01041-578      6/20      Tu      8:20-8:50 p.m.      \$60

### Adult Level 4

Ages 14 and up • 6 Sessions



#### GERMANTOWN INDOOR SWIM CENTER

R01042-530      6/24      Sa      9-9:30 a.m.      \$65

#### MARTIN LUTHER KING JR. OUTDOOR POOL

R01042-580      6/18      Su      10:20-10:50 a.m.      \$65

#### MARTIN LUTHER KING JR. SWIM CENTER

R01042-578      6/22      Th      8:20-8:50 p.m.      \$60

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# Diving

## Diving Clinic: MCDL Mini Warm-Up

Ages 8-18 • 5 Sessions

### KENNEDY SHRIVER AQUATIC CENTER

R01078-513	5/7	Su	12:15-1:15 p.m.	\$80
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## Diving Summer Week Long Clinic

Ages 8-18 • 4 Sessions

### KENNEDY SHRIVER AQUATIC CENTER



R01078-501	6/19	M-Th	8-10:30 a.m.	\$250
R01078-503	6/26	M-Th	8-10:30 a.m.	\$250
R01078-505	7/3	M-Th	8-10:30 a.m.	\$250
R01078-507	7/10	M-Th	8-10:30 a.m.	\$250

## Masters Diving

Ages 14 and up

### KENNEDY SHRIVER AQUATIC CENTER

4 Sessions	R01017-503	6/22	Th	7:30-9 p.m.	\$125
5 Sessions	R01017-501	6/26	M	7:30-9 p.m.	\$100



# Scuba

## Scuba

Ages 14 and up • 6 Sessions

### MARTIN LUTHER KING JR. SWIM CENTER

R01028-501	7/11	Tu,Th	6-8 p.m.	\$265
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# Montgomery County Swim League

## Bethesda Barracudas

Ages 5-18 • 38 Sessions

### BETHESDA OUTDOOR POOL

R01030-501 5/31 Days and times may vary. \$185

## Germantown Torpedoes

Ages 5-18 • 38 Sessions

### GERMANTOWN OUTDOOR POOL

R01030-502 5/31 Days and times may vary. \$185

## Glenmont Gators

Ages 5-18 • 38 Sessions

### WHEATON-GLENMONT OUTDOOR POOL

R01030-503 5/31 Days and times may vary. \$185

## Long Branch Water Wizards

Ages 5-18 • 38 Sessions

### LONG BRANCH OUTDOOR POOL

R01030-504 5/31 Days and times may vary. \$185

## Poolesville Piranhas

Ages 5-18 • 38 Sessions

### WESTERN COUNTY OUTDOOR POOL

R01030-505 5/31 Days and times may vary. \$185

## Upper County Dolphins

Ages 5-18 • 38 Sessions

### UPPER COUNTY OUTDOOR POOL

R01030-506 5/31 Days and times may vary. \$185

## MONTGOMERY COUNTY SWIM LEAGUE (MCSL)

### IMPORTANT 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 31 (no practice June 2) and run weekdays through Friday, July 21. Additional practice details will be available at the parent meeting.

**New Swimmer Evaluations** - any swimmer who did not participate on the team during the summer of 2022 must attend new swimmer evaluations and meet the minimum qualifications before they can register.

Evaluations will be held for each team on Tuesday, May 30 and Friday, June 2 at 5:00 PM. 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 swimmers:** 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 Year Old swimmers:** 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 swimmers:** 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.





# Arts and Crafts



## ARTS AND CRAFTS

### Adventures in Art

Instructor: Tatiana Martin

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-10	4 Sessions	R05004-501	Bauer Drive CRC	7/1	Sa	10:30-11:30 a.m.	\$55

### Art Studio

Instructor: Tatiana Martin

10-16	4 Sessions	R05006-501	Bauer Drive CRC	7/1	Sa	Noon-1 p.m.	\$55
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## DRAWING

### Beginner Right Brained Drawing

Instructor: Yolanda Prinsloo

13 and up	5 Sessions	R05038-501	Potomac CRC	6/26	M	5:45-7:15 p.m.	\$100
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### Draw and Clay

Instructor: Yolanda Prinsloo

4-9	5 Sessions	R05037-501	Germantown CRC	6/27	Tu	5:30-6:30 p.m.	\$92
		R05037-502	Bauer Drive CRC	6/28	W	5:45-6:45 p.m.	\$92

### Drawing with Young Rembrandts

Instructor: Art Box

5-12	7 Sessions	R05129-501	Germantown CRC	6/28	W	6-7pm	\$133
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## PAINTING

### Learning Art fom the Masters

Instructor: Yolanda Prinsloo

6-14	5 Sessions	R05087-501	Germantown CRC	6/27	Tu	6:30-7:30 p.m.	\$92
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# POTTERY - CERAMICS

## Ceramics Basic Wheel

Instructor: Catherine Joanny

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
17 and up	6 Sessions	R05093-501	Ross Boddy CRC	6/27	Tu	5:30-8:30 p.m.	\$215
		R05093-502	Ross Boddy CRC	7/8	Sa	10 a.m.-1 p.m.	\$215

## Handcrafted Pottery

Instructor: Meg Dickerson

17 and up	5 Sessions	R05093-509	Wheaton CRC	6/27	Tu	6-9 p.m.	\$180
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## Handcrafted Pottery Open Studio

Instructor: Susan Mapp

17 and up	5 Sessions	R05093-503	Ross Boddy CRC	6/28	W	10:30 a.m.-1:30 p.m.	\$245
		R05093-504	Ross Boddy CRC	6/29	Th	5:30-8:30 p.m.	\$245

Instructor: Meg Dickerson

17 and up	6 Sessions	R05093-510	Wheaton CRC	6/28	W	9:30 a.m.-12:30 p.m.	\$210
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Instructor: Ann Deml

17 and up	5 Sessions	R05093-507	N. Potomac CRC	7/10	M	6-8:45 p.m.	\$165
		R05093-508	N. Potomac CRC	7/12	W	6-8:45 p.m.	\$165

## Pottery at Sligo

Instructor: Catherine Grubman

17 and up	7 Sessions	R05093-505	Sligo Creek ES	6/13	Tu	9:30 a.m.-12:30 p.m.	\$265
		R05093-506	Sligo Creek ES	6/28	W	6:30-9:30 p.m.	\$265





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# Dance



## BALLET

### Pre-Ballet

Instructor: Judy Schonberger

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-4	5 Sessions	R05010-501	N. Potomac CRC	6/26	M	4:30-5:15 p.m.	\$75
		R05010-503	N. Potomac CRC	6/28	W	4:30-5:15 p.m.	\$75

### Ballet I

5-7	5 Sessions	R05010-502	N. Potomac CRC	6/26	M	5:20-6:05 p.m.	\$75
		R05010-504	N. Potomac CRC	6/28	W	5:20-6:05 p.m.	\$75

### Ballet I-II

8-10	5 Sessions	R05010-505	N. Potomac CRC	6/28	W	6:15-7:05 p.m.	\$85
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## BALLROOM

### Ballroom I Couples

Instructor: Ann Basso

18 and up	6 Sessions	R05011-501	Wheaton CRC	6/29	Th	7-8 p.m.	\$66
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### Ballroom II Couples

18 and up	6 Sessions	R05011-502	Wheaton CRC	6/29	Th	8-9 p.m.	\$66
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## HIP-HOP

### Afrofusion Dance for Kids

Instructor: Anastasia Akuffo-Afful

5-13	6 Sessions	R05055-502	White Oak CRC	7/1	Sa	11:30 a.m.-12:30 p.m.	\$90
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### Afrofusion Dance Intermediate

17 and up	6 Sessions	R05055-505	White Oak CRC	7/1	Sa	12:30 p.m.-1:30 p.m.	\$90
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### Hip Hop Kids

5-8	7 Sessions	R05055-503	Germantown CRC	6/24	Sa	10-10:45 a.m.	\$120
9-14		R05055-504	Germantown CRC	6/24	Sa	11-11:45 a.m.	\$120

### Mom's Babies & Afrobeats

0-5	7 Sessions	R05055-501	White Oak CRC	7/1	Sa	10 a.m.-11 a.m.	\$105
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# HULA

**Intro to Hula Dance**  
**Instructor: Dawn Felsen**

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	7 Sessions	R05057-501	Wheaton CRC	6/21	W	6-7 p.m.	\$70

# LINE DANCING

**Urban Line Dance**  
**Instructor: Peytrienne McCormick**

18 and up	6 Sessions	R05121-501	Wheaton CRC	6/27	Tu	6-7 p.m.	\$54
	7 Sessions	R05121-502	Good Hope NRC	6/28	W	6-7 p.m.	\$63

# TAP DANCING

**Intro to Tap Dance**  
**Instructor: Andrea Cali**

18 and up	6 Sessions	R05336-501	Lawton CRC	6/29	Th	6-7 p.m.	\$66
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# Fitness



## AEROBIC FITNESS

### Dance and Fitness

Instructor: Virginia Azuree

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	12 Sessions	R05035-503	Rock View ES	6/27	Tu,Th	6:30-7:30 p.m.	\$96

### Dance and Fitness Outdoors

Instructor: Virginia Azuree

18 and up	12 Sessions	R05035-501	Holiday Park SC	6/26	M,W	6:30-7:30 p.m.	\$96
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## PILATES

### Pilates for Fitness

Instructor: Fit 2 Believe

16 and up	7 Sessions	R05091-501	Bauer Drive CRC	6/26	M	7-8 p.m.	\$70
		R05091-502	Bauer Drive CRC	6/29	Th	7-8 p.m.	\$70
		R05091-503	Lawton CRC	7/1	Sa	10-11 a.m.	\$70

## TOTAL BODY CONDITIONING

### Barre Introduction

Instructor: Patricia Anderson

18 and up	5 Sessions	R05327-502	Wheaton CRC	6/28	W	7:15-8:15 p.m.	\$60
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### Boxing and Kickboxing

Instructor: Fit 2 Believe

7-15	6 Sessions	R05342-501	Lawton CRC	6/27	Tu	6:30-7:30 p.m.	\$60
16 and up		R05342-502	Lawton CRC	6/27	Tu	7:30-8:30 p.m.	\$60

### Fitness Kickboxing

Instructor: Julien Elie

18 and up	7 Sessions	R05042-501	Good Hope CRC	6/29	Th	7-8 p.m.	\$70
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### Total Body Conditioning

Instructor: Fit 2 Believe

16 and up	7 Sessions	R05018-501	Bauer Drive CRC	6/28	W	7-8 p.m.	\$70
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# ZUMBA

## Zumba

Instructor: Ingrid Higgins

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	5 Sessions	R05132-511	Wheaton CRC	6/24	Sa	11 a.m.-Noon	\$43

Instructor: Michelle Lancaster

18 and up	7 Sessions	R05132-512	Mid-County CRC	6/26	M	6:15-7:15 p.m.	\$60
		R05132-513	Mid-County CRC	6/28	W	6:15-7:15 p.m.	\$60
		R05132-514	Bauer Drive CRC	7/1	Sa	9:15-10:15 a.m.	\$60

Instructor: Andria O'Brien

18 and up	7 Sessions	R05132-522	Damascus CRC	6/26	M	7-8 p.m.	\$60
		R05132-521	Germantown CRC	6/29	Th	7-8 p.m.	\$60

**JULY 2023**

NRPA'S PARK AND RECREATION MONTH

**Where Community Grows**

**Park and Recreation Month**

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# ACT <sup>The</sup> WORKOUT

## Three Month Pass

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

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

Passes are available for 12, 18 and 24 classes.

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

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

Location	Days	Dates	Times
Bauer Drive CRC	M, W	6/26-8/9	5-6 p.m.
Praisner CRC	M, W	6/26-8/9	7-8 p.m.
Potomac CRC	Tu, Th	6/27-8/10	7-8 p.m.
Wheaton CRC	Tu, Th	6/27-8/10	6-7 p.m.
Wheaton CRC	Sa	7/1-8/12	9-10 a.m.

**ACT Passes**

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

## AEROBIC CONDITIONING AND TONING



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# Health and Wellness

## YOGA

### Hatha Yoga and Stress Management

Instructor: Suzana Cooper

50 and up    5 Sessions    R05128-513    Lawton CRC    6/23    F    9:45-11 a.m.    \$63

### Restore and Recharge Yoga w/Hannah

Instructor: Hannah Davis

18 and up    7 Sessions    R05128-521    Wheaton CRC    6/26    M    7-8 p.m.    \$77

### Yoga for Vitality

Instructor: Warrior One Yoga

18 and up    6 Sessions    R05128-511    N. Potomac CRC    6/27    Tu    9:30-10:30 a.m.    \$72

### Yogalates

Instructor: Anne K. Harrison

18 and up    6 Sessions    R05128-501    Wheaton CRC    6/27    Tu    7:15-8:15 p.m.    \$66

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# Martial Arts



## AIKIDO

### Aikido

Instructor: Christopher Rowe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
11 and up	7 Sessions	R05005-501	Ross Boddy NRC	6/26	M	7-8:30 p.m.	\$63

### Suenaka-ha Aikido

14 and up	6 Sessions	R05005-502	Lawton CRC	6/28	W	6-8 p.m.	\$100
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## KARATE-JUJITSU

### Karate Do / Iaido

Instructor: Salvador Cortes

7 and up	7 Sessions	R05068-501	Potomac CRC	6/29	Th	6-7 p.m.	\$70
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### Okinawan Karate

18 and up	7 Sessions	R05357-501	North Chevy Chase ES	6/29	Th	7-8:30 p.m.	\$70
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### TKA Adult Karate

Instructor: TKA

13 and up	7 Sessions	R05070-504	Mid-County CRC	6/20	Tu	7:30-9 p.m.	\$70
		R05070-503	Germantown CRC	6/20	Tu	8-9:30 p.m.	\$70
		R05070-502	Wheaton CRC	6/26	M	7:30-9 p.m.	\$70
		R05070-501	Upper County CRC	6/26	M	8-9:30 p.m.	\$70
8 Sessions	R05070-505	Damascus CRC	6/21	W	8-9:30 p.m.	\$80	
	R05070-506	Bauer Drive CRC	6/21	W	8-9:30 p.m.	\$80	
	R05070-508	Praisner CRC	6/22	Th	7:30-9 p.m.	\$80	
	R05070-509	Bethesda ES	6/22	Th	8-9:30 p.m.	\$80	

### TKA Karate Jujitsu Club

Instructor: TKA

13 and up	8 Sessions	R05070-510	White Oak CRC	6/23	F	7:30-8:30 p.m.	\$30
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### TKA Karate Jujitsu Club 2

Instructor: TKA

13 and up	8 Sessions	R05070-511	White Oak CRC	6/23	F	8:30-9:30 p.m.	\$38
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Therapeutic Recreation

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**TKA Youth Karate All Levels**

Instructor: TKA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	7 Sessions	R05066-506	Mid-County CRC	6/20	Tu	6:30-7:30 p.m.	\$63
		R05066-503	Wheaton CRC	6/26	M	6:30-7:30 p.m.	\$63
	8 Sessions	R05066-509	Clara Barton NRC	6/21	W	6:30-7:30 p.m.	\$72
		R05066-513	Praisner CRC	6/22	Th	6:30-7:30 p.m.	\$72
		R05066-514	Bethesda ES	6/22	Th	7-8 p.m.	\$72

**TKA Youth Karate Beginner through Orange Belts**

Instructor: TKA

6-12	7 Sessions	R05066-504	Germantown CRC	6/20	Tu	6-7 p.m.	\$63
	8 Sessions	R05066-507	Damascus CRC	6/21	W	6-7 p.m.	\$72
		R05066-512	Potomac CRC	6/21	W	6-7 p.m.	\$72

**TKA Youth Karate Beginner through White Belts**

Instructor: TKA

6-12	7 Sessions	R05066-501	Upper County CRC	6/26	M	6-7 p.m.	\$63
	8 Sessions	R05066-510	Bauer Drive CRC	6/21	W	6-7 p.m.	\$72

**TKA Youth Karate Intermediate**

Instructor: TKA

6-12	7 Sessions	R05066-505	Germantown CRC	6/20	Tu	7-8 p.m.	\$63
		R05066-502	Upper County CRC	6/26	M	7-8 p.m.	\$63
	8 Sessions	R05066-508	Damascus CRC	6/21	W	7-8 p.m.	\$72
		R05066-511	Bauer Drive CRC	6/21	W	7-8 p.m.	\$72
		R05066-515	Potomac CRC	6/21	W	7-8 p.m.	\$72

**SELF DEFENSE****Practical Self Defense**

Instructor: Ivan Black

14 and up	14 Sessions	R05095-501	Wisconsin Place CRC	6/26	M,Th	7-8 p.m.	\$70
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**VOVINAM****Vovinam Martial Arts For Adults**

Instructor: Yanni Nguyen

6-13	7 Sessions	R05126-501	Long Branch CRC	6/28	W	6-7 p.m.	FREE
		R05126-503	Long Branch CRC	7/1	Sa	10-11 a.m.	FREE
13 and up		R05126-502	Long Branch CRC	6/28	W	7-8:30 p.m.	FREE
		R05126-504	Long Branch CRC	7/1	Sa	11 a.m.-Noon	FREE

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# Music



## GUITAR

### Beginner Guitar

Instructor: Kevin Mittleman

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-12	6 Sessions	R05053-503	School of Music	6/30	F	5:30-6:20 p.m.	\$100
13 and up		R05053-502	School of Music	6/26	M	8-8:50 p.m.	\$100

### Intermediate Guitar

8-12	6 Sessions	R05053-505	School of Music	6/26	M	5-5:50 p.m.	\$100
13 and up		R05053-504	School of Music	6/29	Th	8-8:50 p.m.	\$100

### Learn Now Music Groovy Guitar

Instructor: Learn Now Music

5-12	6 Sessions	R05053-501	Bauer Drive CRC	7/5	W	7-8 p.m.	\$154
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## PIANO

### Learn Now Music Poppin Piano

Instructor: Learn Now Music

5-12	6 Sessions	R05089-501	Bauer Drive CRC	7/5	W	7-8 p.m.	\$154
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### Little Fingers Piano

Instructor: Learn Now Music

2-5	6 Sessions	R05089-502	N. Potomac CRC	7/5	W	10-10:30 a.m.	\$140
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## PLAYTIME AND MUSIC

### Music Together

Instructor: Nancy Nuttle

0-5	6 Sessions	R05085-501	Wheaton CRC	6/22	Th	10-10:45 a.m.	\$190
		R05085-502	Wheaton CRC	6/22	Th	11-11:45 a.m.	\$190
		R05085-503	Mid-County CRC	6/24	Sa	10-10:45 a.m.	\$190
		R05085-504	Mid-County CRC	6/24	Sa	11-11:45 a.m.	\$190

### My First Music Class

Instructor: Learn Now Music

2-5	6 Sessions	R05321-501	N. Potomac CRC	7/5	W	10:30-11 a.m.	\$140
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# MONTGOMERY COUNTY RECREATION

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# Sports

## BADMINTON

**Badminton Beginner/Adv. Beginner**  
Instructor: Yen-Ping Chao



Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
9 and up	7 Sessions	R05008-501	Bauer Drive CRC	6/24	Sa	9:30-10:30 a.m.	\$87
11 and up		R05008-503	Bauer Drive CRC	6/24	Sa	1-2 p.m.	\$87

## Badminton Intermediate

10 and up	7 Sessions	R05008-502	Bauer Drive CRC	6/24	Sa	10:45 a.m.-12:45 p.m.	\$127
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## BASEBALL / SOFTBALL

### Baseball & Softball Batting Clinic

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
7-11	6 Sessions	R05323-501	East County CRC	6/20	Tu	7-8 p.m.	\$30
		R05323-503	East County CRC	6/23	F	7-8 p.m.	\$30
12-15		R05323-502	East County CRC	6/20	Tu	8-9 p.m.	\$30
		R05323-504	East County CRC	6/23	F	8-9 p.m.	\$30

## BASKETBALL

**Future Stars Basketball Training Clinic**  
Instructor: Future Stars Sports

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-8	5 Sessions	R05012-511	Snowden Farm ES	6/26	M,Tu,W,Th,F	5-6 p.m.	\$125
9-12		R05012-512	Snowden Farm ES	6/26	M,Tu,W,Th,F	6-7 p.m.	\$125

### Future Stars Shooting, Passing and Dribbling Clinic

5-8	5 Sessions	R05012-513	Snowden Farm ES	7/10	M,Tu,W,Th,F	5-6 p.m.	\$125
9-12		R05012-514	Snowden Farm ES	7/10	M,Tu,W,Th,F	6-7 p.m.	\$125

### Train Like a Pro Juniors Basketball Skills and Drills

Instructor: Fit 2 Believe

5-9	7 Sessions	R05012-506	Tilden MS	6/24	Sa	11 a.m.-Noon	\$103
		R05012-504	Pine Crest ES	6/28	W	6:15-7:15 p.m.	\$103
		R05012-501	N. Potomac CRC	7/1	Sa	Noon-1 p.m.	\$103
		R05012-508	Potomac CRC	7/2	Su	11 a.m.-Noon	\$103

55 +  
THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS

## Train Like a Pro Basketball Skills and Drills

Instructor: Fit 2 Believe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-14	7 Sessions	R05012-507	Tilden MS	6/24	Sa	Noon-1:30 p.m.	\$153
		R05012-510	Germantown CRC	6/26	M	6-7:30 p.m.	\$153
		R05012-505	Pine Crest ES	6/28	W	7:15-8:45 p.m.	\$153
		R05012-502	N. Potomac CRC	7/1	Sa	1-2:30 p.m.	\$153
		R05012-509	Potomac CRC	7/2	Su	Noon-1:30 p.m.	\$153

## LACROSSE

### Train Like a Pro Lacrosse Skills and Drills – Play Montgomery

Instructor: Fit 2 Believe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-14	5 Sessions	R05341-501	Coffield CRC	7/8	Sa	Noon-1:30 p.m.	\$25

## MULTI-SPORTS

### Coach Doug Seasonal Sports

Instructor: Coach Doug Academy

2-5	8 Sessions	R05025-508	Flora M. Singer ES	6/24	Sa	11-11:45 a.m.	\$116
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### Coach Doug Wee Wanna Be

2-5	8 Sessions	R05025-506	Flora M. Singer ES	6/24	Sa	10:15-11 a.m.	\$116
		R05025-501	Potomac CRC	6/25	Su	10:30-11:15 a.m.	\$116
		R05025-502	Potomac CRC	6/25	Su	9:30-10:15 a.m.	\$116
		R05025-504	Tilden Woods LP	6/29	Th	10-10:45 a.m.	\$116

## PICKLEBALL

### Beginners 1.0

18 and up	3 Sessions	R05261-501	Coffield CRC	5/24	W	6:30-7:30 p.m.	\$69
		R05261-502	Coffield CRC	6/14	W	6:30-7:30 p.m.	\$69
		R05261-503	Coffield CRC	7/12	W	6:30-7:30 p.m.	\$69

### Beginners 1.5-2.0

18 and up	3 Sessions	R05262-501	Coffield CRC	5/24	W	7:30-8:30 p.m.	\$69
		R05262-502	Coffield CRC	6/14	W	7:30-8:30 p.m.	\$69
		R05262-503	Coffield CRC	7/12	W	7:30-8:30 p.m.	\$69

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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

# SOCCER

## Jump Start Hummingbirds Soccer Program

Instructor: Jump Start Sports

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-4	6 Sessions	R05103-511	Rosemary Hills-Lyttonsville LP	6/25	Su	Noon-1 p.m.	\$120
5-6		R05103-512	Rosemary Hills-Lyttonsville LP	6/25	Su	1-2 p.m.	\$120

## GIRLS CORE Elite Soccer Clinic

Instructor: CORE FC

6-8	8 Sessions	R05103-501	Bauer Drive CRC	7/17	M-Th	5-6 p.m.	\$225
9-15		R05103-503	Bauer Drive CRC	7/17	M-Th	6-7:20 p.m.	\$279

## Coach Doug Soccer

Instructor: Coach Doug Academy

2-5	8 Sessions	R05025-507	Flora M. Singer ES	6/24	Sa	11:45 a.m.-12:30 p.m.	\$116
		R05025-503	Tilden Woods LP	6/29	Th	5-5:45 p.m.	\$116

## Train Like a Pro Soccer Skills and Drills

Instructor: Train Like a Pro

8-14	7 Sessions	R05103-504	Potomac CRC Field	7/1	Sa	Noon-1:30 p.m.	\$153
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**YOUTH VOLLEYBALL LEAGUES**

Click here to view Youth Volleyball leagues.




Therapeutic Recreation

Sports

Classes

Aquatics



# ADULT SOFTBALL LEAGUES

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

## CoRec

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05245-101	DH	Cabin John/Olney Manor	9/11	M	6-10:30 p.m.	\$734
R05246-101	DH	Cabin John	9/13	W	6-10:30 p.m.	\$734
R05248-101	DH	Ridge Rd	9/14	Th	6-10:30 p.m.	\$734
R05326-101	DH	Wheaton Reg	9/14	Th	6-10:30 p.m.	\$734

## Men's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05303-101	D, DH	Cabin John	9/12	Tu	6-10:30 p.m.	\$734
R05325-101	C/D, D	Cabin John	9/12	Tu	6-10:30 p.m.	\$734
R05237-101	C/D, D	Olney Manor	9/13	W	6-10:30 p.m.	\$734
R05242-101	C/D, D	Cabin John	9/14	Th	6-10:30 p.m.	\$734
R05240-101	D	Olney Manor	9/14	Th	6-10:30 p.m.	\$734

## Seniors

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05254-101	Women's 40+ DH	Olney Manor/Wheaton	9/11	M	6-10:30 p.m.	\$734
R05252-101	Senior Men's 50+	Olney Manor	9/12	Tu	6-10:30 p.m.	\$734
R05253-101	Senior Men's 60+	Wheaton	9/13	W	6-10:30 p.m.	\$734
R05251-101	Senior Men's 55+	Cabin John/Olney Manor	9/14	Th	6-10:30 p.m.	\$734

# FREE AGENTS

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



**LEAGUES**

**INFOMATION**

Click here for more information about leagues.

[LEARN MORE](#)



# ADULT SOCCER LEAGUES

- Ages 18 and up • 8 games • Locations and times are to be determined.
- Registration starts July 10 • Registration ends Aug. 11
- Prices vary due to field, lighting cost, and number of officials.

## Men's 18+

Activity	Division/Level	Start Date	Day	Fee
R05282-501	Division 1	9/10	Su	\$1,125
R05282-503	Division 2	9/10	Su	\$1,125

## Men's 40+

Activity	Division/Level	Start Date	Day	Fee
R05276-501	Men's 40+	9/10	Su	\$1,125

## Men's 50+

Activity	Division/Level	Start Date	Day	Fee
R05279-501	Men's 50+	9/10	Su	\$962

## Men's 55+

Activity	Division/Level	Start Date	Day	Fee
R05349-501	Division 1	9/9	Sa	\$962
R05349-503	Division 2	9/9	Sa	\$962

## Men's 65+

Activity	Division/Level	Start Date	Day	Fee
R05281-501	Men's 65+ League	9/10	Su	\$600

## Women's 25+

Activity	Division/Level	Start Date	Day	Fee
R05285-501	Women's 25+	9/9	Sa	\$950

## Women's 40+

Activity	Division/Level	Start Date	Day	Fee
R05286-501	Women's 40+	9/6	W	\$1299



55+

THERAPEUTIC RECREATION

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# ADULT SOCCER LEAGUES

## FREE AGENTS

### Men's

Activity	Division/Level	Dates	Days	Fee
R05282-502	Men's 18+ Sign-Up	9/10	Su	FREE
R05276-502	Men's 40+ Pool	9/10	Su	FREE
R05279-502	Men's 50+ Sign-Up	9/10	Su	FREE
R05349-502	Men's 55+ Pool	9/9	Sa	FREE
R05281-502	Men's 65+ Sign-Up	9/10	Su	FREE

### Women's

Activity	Division/Level	Dates	Days	Fee
R05286-502	Women's 40+ Sign-Up	9/6	W	FREE
R05285-502	Women's 25+ Sign-Up	9/9	Sa	FREE

# YOUTH VOLLEYBALL LEAGUES

- Games start July 1 • 7 Sessions
- One week of evaluations and six weeks of games
- \$60

Activity	Ages	Division/Level	Location	Start Date	Day	Time
R05319-501	10-11	HERtime2shine	East County CRC	7/1	Sa	4:30-8:30 p.m.
R05319-502	12-13	HERtime2shine	Plum Gar CRC	7/1	Sa	9 a.m.-3 p.m.
R05319-506	13-17	Boys	Ross Boddy CRC	7/1	Sa	3:30-7:30 p.m.
R05319-503	14-17	HERtime2shine	White Oak CRC	7/1	Sa	3-9 p.m.







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# Therapeutic Recreation



## SPORTS

### TR Sports Skills: Soccer with Coach Doug

Instructor: Coach Doug Academy

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-14	8 Sessions	R06019-401	Flora M. Singer ES	6/24	Sa	12:45-1:30 p.m.	\$40
15-25		R06019-402	Potomac CRC	6/25	Su	11:30 a.m.-12:15 p.m.	\$40

## SPECIAL EVENTS

**TR SWIM**



**SUNDAY FUNDAY FAMILY SWIM**

**ACTIVITY R06010-401**

**Upper County Outdoor Pool**

**Ages 2 and up**  
**Sunday, July 16**  
**1-4 p.m. • \$5**

**TR SATURDAY NIGHT SOCIAL**



**Surf's Up DANCE**

**ACTIVITY R06014-40**

**Holiday Park SC**

**Ages 15 and up**  
**Saturday, July 29**  
**6:30-9:30 p.m. • \$10**



**JOIN OUR MAILING LIST**

Join our Therapeutic Recreation Mailing List

**JOIN**






**IMPORTANT CLOSURE NOTICE**

Classes will not meet on the following dates:

**June 19**

**July 4**



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

# 2023 Summer Closing Alert

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

Visit [mocreco.com](http://mocreco.com) to stay informed.

## CONTACT US

Customer Service Available

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

240-777-6840

[www.mocreco.com](http://www.mocreco.com)



## 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](mailto:rec.inclusion@montgomerycountymd.gov).



FOR DETAILS VISIT [WWW.MOCOREC.COM](http://WWW.MOCOREC.COM)  
240-777-6840 • Hablamos Español







# 55+ Senior Programs



## Art

### ART INSTRUCTION

#### Cardmaking with Cindy Boccucci

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07095-514	Schweinhaut SC	6/3	Sa	11:30 a.m.-2:30 p.m.	FREE

#### Ceramic Class

26 Sessions	R07098-501	Schweinhaut SC	6/6	Tu,Th	9:30 a.m.-1 p.m.	FREE
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#### Fun with Art

13 Sessions	R07052-502	Schweinhaut SC	6/7	W	10 a.m.-Noon	FREE
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#### Intergenerational Easy Art with Kamel

3 Sessions	R07095-515	N. Potomac CRC	6/27	Tu	10-11:30 a.m.	FREE
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#### Origami Class

10 Sessions	R07096-501	Schweinhaut SC	6/5	M	1-3 p.m.	FREE
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#### Paint and Socialize

14 Sessions	R07095-513	N. Potomac CRC	6/1	Th	12:15-2:15 p.m.	FREE
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#### Plein Art Painting

12 Sessions	R07095-517	Wheaton CRC	6/6	Tu	12:30-1:30 p.m.	FREE
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#### Watercolor Painting

14 Sessions	R07095-518	Wheaton CRC	6/1	Th	10-11 a.m.	FREE
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#### Watercolor Painting with Dereje

3 Sessions	R07052-503	Long Branch CRC	6/6	Tu	10-11 a.m.	FREE
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### ART DROP-IN

#### 55+ Fifty Fit Standby-Arts

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07095-516	Wheaton CRC	6/1	M-F	9 a.m.-4 p.m.	FREE



## KNITTING AND CROCHET

### Anne's Knitting Corner

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-507	Schweinhaut SC	6/1	W	1-3 p.m.	FREE

### Knit and Crochet Group

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

13 Sessions	R07003-501	Holiday Park SC	6/21	W	10-11:30 a.m.	FREE
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### Needlecraft

14 Sessions	R07053-502	Damascus SC	6/1	Th	9 a.m.-2 p.m.	FREE
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### Needles & Yarn

24 Sessions	R07003-502	Wheaton CRC	6/5	M,Tu	1-3 p.m.	FREE
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## PHOTOGRAPHY

### Photography Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07001-501	Holiday Park SC	6/14	W	10 a.m.-Noon	FREE

## PERFORMING ARTS

### Seasoned Players

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07056-502	Schweinhaut SC	6/7	W	1:30-3:30 p.m.	FREE

## WOOD CARVING-WOODWORKING

### Woodcarving

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07002-501	Holiday Park SC	6/23	F	1-3 p.m.	FREE





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# Cooking

## ADULT COOKING

### Simple Cooking with Rhonda



Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-501	N. Potomac CRC	6/9	F	10:30-11:30 a.m.	\$3
	R07049-502	N. Potomac CRC	7/14	F	10:30-11:30 a.m.	\$3

# Dance

## BALLROOM

### Ballroom Dancing

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07050-504	Schweinhaut SC	6/7	W	12-1 p.m.	FREE

### International Ballroom Dancing with Ed and Helen

13 Sessions	R07057-501	N. Potomac CRC	6/7	W	1-3 p.m.	FREE
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### Let's Dance (Ballroom Dance)

13 Sessions	R07050-505	Schweinhaut SC	6/7	W	1-1:30 p.m.	FREE
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## FOLK DANCING

### Chinese Folk Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07009-507	White Oak CRC	6/2	F	1:30-3:30 p.m.	FREE
12 Sessions	R07012-507	Wheaton CRC	6/5	M	1-2 p.m.	FREE

### Chinese Folk Dancing

3 Sessions	R07009-508	Long Branch CRC	6/5	M	10 a.m.-Noon	FREE
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### Chinese Folk Dancing (Beginner)

13 Sessions	R07009-502	Holiday Park SC	6/23	F	11-11:50 a.m.	FREE
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### Chinese Folk Dance with Ming

13 Sessions	R07009-509	N. Potomac CRC	6/7	W	10:30-11:30 a.m.	FREE
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### Dance for Posture and Elegance (Mandarin)

14 Sessions	R07009-512	N. Potomac CRC	6/1	Th	1-3 p.m.	FREE
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Therapeutic Recreation

Sports

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Aquatics

### International Folk Dance Instruction Class

13 Sessions	R07009-510	N. Potomac CRC	6/2	F	12:30-2 p.m.	FREE
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### Liuying's Classical Chinese Folk Dance

12 Sessions	R07009-511	N. Potomac CRC	6/6	Tu	2-3:30 p.m.	FREE
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## LINE DANCING

### Line Dancing

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07011-508	Schweinhaut SC	6/3	Sa	10:30 a.m.-Noon	FREE

### Social Line Dance

8 Sessions	R07011-503	Wheaton CRC	6/5	M	10:05-10:55 a.m.	FREE
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### Soul Line Dance Party

1 Session	R07005-503	White Oak CRC	6/9	F	6-9 p.m.	FREE
	R07005-504	White Oak CRC	7/14	F	6-9 p.m.	FREE
	R07005-505	White Oak CRC	8/11	F	6-9 p.m.	FREE

### Soul Line Dance with Peytrienne

14 Sessions	R07005-501	White Oak CRC	6/1	Th	10-11 a.m.	FREE
13 Sessions	R07005-502	Virtual Class	6/2	F	2-3 p.m.	FREE

## SPECIALTY PROGRAM

### Tea Dancing

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07129-501	Damascus SC	6/1	Th	1-2:30 p.m.	FREE

 **CLOSED**

**IMPORTANT CLOSURE NOTICE**

Classes will not meet on the following dates:

**June 19**

**July 4**

# THE REC INSIDER



**SIGN UP**

**FOR OUR NEWSLETTER TODAY!**







# Educational DISCUSSIONS



## Active Living in Spanish- Cafecito y Amistad

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07087-501	Holiday Park SC	6/19	M	10-10:50 a.m.	FREE

## Behind The Headlines - Discussion Group

13 Sessions	R07063-501	Holiday Park SC	6/19	M	10-11:25 a.m.	FREE
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## Bring Your Lunch Discussion Group with Jai Ho

12 Sessions	R07078-501	N. Potomac CRC	6/5	M	11:30 a.m.-1 p.m.	FREE
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## CASSA

14 Sessions	R07117-502	White Oak CRC	6/1	W	9 a.m.-1 p.m.	FREE
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## Coffee & Conversation with Staff

3 Sessions	R07092-505	Schweinhaut SC	6/15	Th	9-9:45 a.m.	FREE
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## Coffee Social

64 Sessions	R07092-503	Damascus SC	6/1	M-F	9-11 a.m.	FREE
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## Coffee with a Cop

11 Sessions	R07092-502	Holiday Park SC	7/5	W	9:30-11 a.m.	FREE
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## Coping with Change

14 Sessions	R07076-503	Damascus SC	6/1	Th	11 a.m.-Noon	FREE
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13 Sessions	R07076-501	Holiday Park SC	6/22	Th	10:30-11:30 a.m.	FREE
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## Coping with Change in Spanish

13 Sessions	R07076-502	Holiday Park SC	6/20	Tu	11 a.m.-Noon	FREE
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## Current Events Discussion with Lyle

14 Sessions	R07023-519	N. Potomac CRC	6/1	Th	10:30-11:30 a.m.	FREE
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## Kensington Club

13 Sessions	R07117-501	White Oak CRC	6/7	W	9:30 a.m.-1:30 p.m.	
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## Max You

14 Sessions	R07023-519	N. Potomac CRC	6/1	Th	10:30-11:30 a.m.	FREE
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## Morning Chat & Chew

13 Sessions	R07063-502	White Oak CRC	6/7	W	9:30-10:30 a.m.	FREE
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Partnership Programs are run in collaboration with nonprofits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



# LANGUAGE

## Basic Japanese with Prof. Em. Oh and Hiroko

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07021-505	N. Potomac CRC	6/6	Tu	10-11 a.m.	FREE

## Everyday English (Basic)

25 Sessions	R07061-501	Holiday Park SC	6/20	Tu,Th	10-10:55 a.m.	FREE
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## SPANISH...But It's So Easy!

13 Sessions	R07015-505	N. Potomac CRC	6/7	W	10:30-11:30 a.m.	FREE
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## Spanish Class

14 Sessions	R07015-504	Schweinhaut SC	6/1	Th	10-11 a.m.	FREE
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# WORKSHOP OR SPEAKERS SERIES

## Brain Support with Essential Oils

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07028-516	White Oak CRC	8/1	Tu	10-11 a.m.	FREE

## Happy Life Senior Group for Vietnamese Speakers

14 Sessions	R07028-510	Holiday Park SC	6/15	Th	9 a.m.-2 p.m.	FREE
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## Introduction to Essential Oils with Adriane Houseman

1 Session	R07028-515	White Oak CRC	7/18	Tu	10-11 a.m.	FREE
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## Montgomery History Speakers Bureau

1 Session	R07022-503	N. Potomac CRC	6/2	F	10:30-11:30 a.m.	FREE
	R07022-502	N. Potomac CRC	8/4	F	10:30-11:30 a.m.	FREE

## Nutrition 101

14 Sessions	R07024-504	Schweinhaut SC	6/1	Th	1:30-2:30 p.m.	FREE
	R07024-503	Schweinhaut SC	6/6	Tu	1:30-2:30 p.m.	FREE

## Why Juneteenth? History of an American Holiday

1 Session	R07022-501	White Oak CRC	6/13	Tu	11 a.m.-Noon	FREE
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# WRITING

## Journaling

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07058-504	Holiday Park SC	6/12	Tu	2:15-3:45 p.m.	FREE

## Memoir Writing for Beginners

13 Sessions	R07058-503	Wheaton CRC	6/7	W	10-11:30 a.m.	FREE
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## Writers Group

6 Sessions	R07058-505	Schweinhaut SC	6/6	Tu	10 a.m.-Noon	FREE
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## Writing Group

14 Sessions	R07058-501	Holiday Park SC	6/12	F	10-11:30 a.m.	FREE
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# 2023 | INFORMATION & REGISTRATION GUIDE

# Maryland Senior Olympics

## WELCOME TO THE 2023 SEASON!

**"TO PARTICIPATE IS TO WIN!"**



AQUATICS

CLASSES

SPORTS

THERAPEUTIC RECREATION





# Fitness

## AEROBIC DANCE

### Ballet

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-505	Wheaton CRC	6/7	W	2:15-3:15 p.m.	FREE
12 Sessions	R07012-506	Wheaton CRC	6/6	Tu	1:30-2:30 p.m.	FREE

### Ballet Basics

12 Sessions	R07055-503	White Oak CRC	6/6	Tu	10:30-11:30 a.m.	FREE
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### Cardio Dance Workout

13 Sessions	R07012-524	N. Potomac CRC	6/6	Tu	2:30-3:15 p.m.	FREE
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### Chinese Dance & Fitness

13 Sessions	R07012-508	Wheaton CRC	6/7	W	10-11 a.m.	FREE
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### Chinese Fit & Fun

12 Sessions	R07012-516	Wheaton CRC	6/5	M	10-11 a.m.	FREE
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### Dance for Fun & Fitness

12 Sessions	R07012-522	Wheaton CRC	6/6	Tu	10-11 a.m.	FREE
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### Easy Dance Fitness

12 Sessions	R07012-525	N. Potomac CRC	6/5	M	10:30-11:30 a.m.	FREE
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### Superpower Dance Circle

13 Sessions	R07012-502	Wheaton CRC	6/5	M	11 a.m.-Noon	FREE
	R07012-503	Wheaton CRC	6/7	W	11 a.m.-Noon	FREE
	R07012-504	Wheaton CRC	6/2	F	1:30-2:30 p.m.	FREE
	R07012-523	Long Branch CRC	6/1	Th	10:30-11:30 a.m.	FREE

### Superpower Dance with Jane

14 Sessions	R07012-519	White Oak CRC	6/1	Th	12:45-1:45 p.m.	FREE
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Therapeutic  
Recreation

Sports

Classes

Aquatics

  
**QUESTIONS?**  
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

# FITNESS DROP-IN

## 55+ Fifty Fit Standby-Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07012-520	Wheaton CRC	6/1	M-F	9 a.m.-4 p.m.	FREE

## 55+ Fifty Fit Standby-Fitness

64 Sessions	R07012-521	Wheaton CRC	6/1	M-F	9 a.m.-4 p.m.	FREE
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## Exercise Room Drop-In

64 Sessions	R07039-504	Damascus SC	6/1	M-F	9 a.m.-4 p.m.	FREE
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# LOW IMPACT

## Chairobics

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
52 Sessions	R07066-502	Damascus SC	6/1	Tu-F	10-10:45 a.m.	FREE	

## Gentle Spin Class with Julien

13 Sessions	R07039-508	White Oak CRC	5/29	M	10-11 a.m.	FREE
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## Full Body Workout

12 Sessions	R07041-504	Wheaton CRC	6/6	Tu	9:05-9:55 a.m.	FREE
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## Walking Club

12 Sessions	R07035-508	Damascus SC	6/5	M	10-11 a.m.	FREE
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# STRENGTH TRAINING

## Basic Functional Balance Exercise

Sessions	Activity	Location	Start Date	Day	Time	Fee
6 Sessions	R07060-511	Schweinhaut SC	6/5	M	8:30-9:30 a.m.	FREE

## Fall Prevention & Balance Exercise

24 Sessions	R07060-510	Long Branch CRC	6/7	W & F	9:30-10:30 a.m.	FREE
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## Fitness Center Awareness with Julien

12 Sessions	R07060-509	White Oak CRC	6/6	Tu	10:30-11:30 a.m.	FREE
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## Kickboxing with Julien

14 Sessions	R07060-513	Schweinhaut SC	6/19	M	8:30-9:30 a.m.	FREE
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# ZUMBA

## Chair Zumba

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-527	Schweinhaut SC	6/7	W	9:30-10:30 a.m.	FREE

## Morning Zumba with Carol

12 Sessions	R07070-510	N. Potomac CRC	6/5	M	9:30-10:30 a.m.	FREE
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## Zumba

10 Sessions	R07070-503	Wheaton CRC	6/1	Th	2-3 p.m.	FREE
12 Sessions	R07070-502	Wheaton CRC	6/6	Tu	11 a.m.-Noon	FREE
13 Sessions	R07070-507	Wheaton CRC	6/2	F	9:45-10:45 a.m.	FREE
	R07070-506	Damascus SC	6/7	W	11 a.m.-Noon	FREE

## Zumba Gold

12 Sessions	R07012-526	Schweinhaut SC	6/2	M,F	9:30-10:30 a.m.	FREE
24 Sessions	R07070-508	Wheaton CRC	6/5	M	1:30-2:30 p.m.	FREE

## Zumba Gold with Amy

27 Sessions	R07071-503	White Oak CRC	5/30	Tu,Th	9-10 a.m.	FREE
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## Zumba Video at North Potomac

47 Sessions	R07070-509	N. Potomac CRC	6/5	Tu-F	9:30-10:30 a.m.	FREE
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**LOOKING FOR BONE BUILDERS?**

For more information, visit

**PAGE 70**

[Click here to jump to Bone Builders.](#)







# Games



## Board Games and Coloring

Sessions	Activity	Location	Start Date	Day	Time	Fee
60 Sessions	R07112-506	Long Branch CRC	6/1	M-F	9 a.m.-12:30 p.m.	FREE
<b>Canasta</b>						
14 Sessions	R07112-501	Damascus SC	6/1	Th	1-3 p.m.	FREE
<b>Game Day</b>						
13 Sessions	R07112-505	Schweinhaut SC	6/2	F	10:30 a.m.-Noon	FREE

## BINGO

### Bingo

Sessions	Activity	Location	Start Date	Day	Time	Fee
27 Sessions	R07085-507	Schweinhaut SC	6/2	M,Th	10:30-11:30 a.m.	FREE
12 Sessions	R07085-505	White Oak CRC	6/6	Tu	1-2 p.m.	FREE
	R07085-508	Long Branch CRC	6/7	W	11 a.m.-Noon	FREE
13 Sessions	R07085-506	White Oak CRC	6/7	W	1-2 p.m.	FREE

## BOARD GAMES

### Rummikub Club with Elsa

Sessions	Activity	Location	Start Date	Day	Time	Fee
60 Sessions	R07086-502	Holiday Park SC	6/19	M-F	1-4 p.m.	FREE

### Rummikub Club with Evelyn

13 Sessions	R07086-501	Holiday Park SC	6/20	Tu	11 a.m.-2 p.m.	FREE
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### Scrabble

12 Sessions	R07073-501	Holiday Park SC	6/21	W	1-4 p.m.	FREE
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### Scrabble Tips & Tricks

13 Sessions	R07099-502	Schweinhaut SC	6/5	M	11 a.m.-Noon	FREE
14 Sessions	R07023-519	N. Potomac CRC	6/1	Th	10:30-11:30 a.m.	FREE

# CARD GAMES

## American Mahjong at NPSC

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07047-505	N. Potomac CRC	6/7	W	10 a.m.-Noon	FREE

## American Mahjong with Marsha

14 Sessions	R07047-504	N. Potomac CRC	6/1	Th	1-4 p.m.	FREE
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## Asian Mahjong

25 Sessions	R07047-506	N. Potomac CRC	6/6	Tu,W	11 a.m.-1 p.m.	FREE
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## Drop-In Bridge

13 Sessions	R07075-502	Holiday Park SC	6/19	Tu	10 a.m.-Noon	FREE
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## Duplicate Bridge

12 Sessions	R07074-502	Holiday Park SC	6/21	W	12:45-4 p.m.	FREE
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## Mah Jong

13 Sessions	R07047-503	Damascus SC	6/7	W	Noon-3 p.m.	FREE
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## Mah Jongg Club

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

12 Sessions	R07075-501	Holiday Park SC	6/23	F	12:45-3:30 p.m.	FREE
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## Pinochle Card Game

13 Sessions	R07099-501	Schweinhaut SC	6/7	W	1-3 p.m.	FREE
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## Wheaton Mahjongg

25 Sessions	R07047-502	Wheaton CRC	6/5	M & W	1-4 p.m.	FREE
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# Health and Wellness



THERAPEUTIC RECREATION

## HEALTH SCREENINGS

### Blood Pressure Screening

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07108-505	Schweinhaut SC	6/2	F	1-2 p.m.	FREE

## MEDITATION

### Exercises for the Mind

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07077-502	N. Potomac CRC	6/6	Tu	1-2 p.m.	FREE

### Healthy Body, Peaceful Mind with Tammy

12 Sessions	R07077-503	N. Potomac CRC	6/5	M	2-3:30 p.m.	FREE
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SPORTS

# THE REC INSIDER



CLASSES

AQUATICS

**SIGN UP**

**FOR OUR NEWSLETTER TODAY!**





# YOGA

## Chair Yoga with Joy Bart

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07032-511	Schweinhaut SC	6/6	Tu	10-11 a.m.	FREE

## Yoga

14 Sessions	R07032-502	Wheaton CRC	6/1	Th	3-4 p.m.	FREE
13 Sessions	R07029-504	Damascus SC	6/2	F	11 a.m.-Noon	FREE
8 Sessions	R07032-501	Wheaton CRC	6/5	M	9:05-9:55 a.m.	FREE
12 Sessions	R07032-505	Wheaton CRC	6/6	Tu	3-4 p.m.	FREE

## Easy Yoga with Vicki

12 Sessions	R07029-507	N. Potomac CRC	6/5	M	2:15-3 p.m.	FREE
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## Seated Yoga with Regine

13 Sessions	R07029-506	White Oak CRC	5/29	M	1-2 p.m.	FREE
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## Yoga For All with Edgar

13 Sessions	R07029-505	White Oak CRC	6/2	F	9:15-10:15 a.m.	FREE
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## Yogalates

13 Sessions	R07032-503	Wheaton CRC	6/7	W	9:30-10:30 a.m.	FREE
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## Wisdom Yoga

Instructor: Ann K. Harrison

6 Sessions	R05128-516	Clara Barton NRC	6/27	Tu	10:30-11:30 a.m.	\$66
7 Sessions	R05128-517	Wisconsin Place CRC	6/28	W	9:30-10:30 a.m.	\$77

## Yoga Para Todos

24 Sessions	R07032-512	Long Branch CRC	6/1	Tu,Th	9-10 a.m.	FREE
13 Sessions	R07032-508	Wheaton CRC	6/2	F	3-4 p.m.	FREE





# Martial Arts



## TAI CHI

### Beginners Tai Chi

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07025-502	Holiday Park SC	6/20	Tu	9:30-10:20 a.m.	FREE

### CASSA Tai Chi

3 Sessions	R07025-513	Long Branch CRC	6/5	M	10-11 a.m.	FREE
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### Tai Chi

12 Sessions	R07025-512	Damascus SC	6/6	Tu	11 a.m.-Noon	FREE
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### Tai Chi (In Person - Beginner's Welcome)

27 Sessions	R07025-508	White Oak CRC	5/30	Tu & Th	2-3 p.m.	FREE
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37 Sessions	R07025-507	White Oak CRC	6/5	M,W,F	9-10 a.m.	FREE
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### Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-510	Schweinhaut SC	6/6	Tu	1:30-2:30 p.m.	FREE
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### Tai Chi Chuan with Kirk Talbott

13 Sessions	R07025-509	Schweinhaut SC	6/5	M	1:30-2:30 p.m.	FREE
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### Tai Chi Exercise

13 Sessions	R07025-511	N. Potomac CRC	6/2	F	2:15-3 p.m.	FREE
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	R07025-502	Holiday Park SC	6/20	Tu	9:30-10:20 a.m.	FREE
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### Tai Chi Sword

13 Sessions	R07027-501	Holiday Park SC	6/19	M	2:30-3:25 p.m.	FREE
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## QIGONG

### Let's Practice Qigong

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07059-501	Wheaton CRC	6/2	F	1-2 p.m.	FREE

### Qi Gong

13 Sessions	R07059-503	Schweinhaut SC	6/3	Sa	12-1 p.m.	FREE
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# Music

## ART INSTRUCTION

### Angklung Music Lessons



Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07109-503	Schweinhaut SC	6/3	Sa	12-2 p.m.	FREE

## SINGING

### Patriotic Music with Hong

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07080-515	White Oak CRC	7/5	W	11 a.m.-Noon	FREE

### Pianist and Singer Hongbich Tran

R07080-519	Schweinhaut SC	6/27	Tu	1-2 p.m.	FREE
R07080-520	Schweinhaut SC	7/6	Th	1-2 p.m.	FREE
R07080-521	Schweinhaut SC	7/13	Th	1-2 p.m.	FREE
R07080-522	Schweinhaut SC	7/25	Tu	1-2 p.m.	FREE
R07080-523	Schweinhaut SC	8/10	Th	1-2 p.m.	FREE
R07080-524	Schweinhaut SC	8/29	Tu	1-2 p.m.	FREE

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THERAPEUTIC  
RECREATION

SPORTS

CLASSES

AQUATICS

**CLOSED**

**IMPORTANT CLOSURE NOTICE**

Classes will not meet on the following dates:

**June 19**

**July 4**

**SOAR DAYTRIPPERS**

**PAGE → 68**

Click here to jump to Summer 2023 SOAR and Daytrippers.





# Special Events



## CHESS

### Chess Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07110-502	Schweinhaut SC	6/6	Tu	10:30 a.m.-1 p.m.	FREE
	R07110-501	Holiday Park SC	6/21	W	12:30-3:30 p.m.	FREE

## SPECIAL EVENTS

### 1 p.m. Program

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07107-512	Damascus SC	6/1	M-F	1-2 p.m.	FREE

### 55+ BBQ Bonanza

1 Session	R07107-515	Smokey Glen Farm	6/23	F	10 a.m.-2 p.m.	\$5
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### Fire Safety Presentation with Jim Resnick

1 Session	R07094-510	N. Potomac CRC	7/12	W	10-11:15 a.m.	FREE
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### Jazzy Father's Day Brunch

1 Session	R07089-505	White Oak CRC	6/16	F	11 a.m.-1 p.m.	FREE
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### July 4 Lunch

1 Session	R07089-508	Long Branch CRC	7/5	W	11:30 a.m.-1:30 p.m.	FREE
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### Men's Game Night

1 Session	R07089-507	N. Potomac CRC	6/16	F	6-8 p.m.	FREE
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### Mother's Day Hat Extravaganza

1 Session	R07089-504	White Oak CRC	5/11	Th	11 a.m.-1 p.m.	FREE
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### Music with Julie

1 Session	R07089-506	White Oak CRC	5/23	Tu	10-11 a.m.	FREE
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### TV Show: Scandal (Season 1)

5 Sessions	R07106-504	Schweinhaut SC	6/2	F	1-2 p.m.	FREE
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# Sports

## BILLIARDS

### Billiards

Sessions	Activity	Location	Start Date	Day	Time	Fee
64 Sessions	R07103-501	Damascus SC	6/1	M-F	9 a.m.-4 p.m.	FREE

### Billiards All Day

13 Sessions	R07103-504	Schweinhaut SC	6/3	Sa	9 a.m.-3 p.m.	FREE
	R07103-503	Schweinhaut SC	6/3	M-F	8 a.m.-4 p.m.	FREE

## PICKLEBALL

### Beginner Level Pickleball

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07091-510	Schweinhaut SC	6/1	Th	1-2:30 p.m.	FREE

### Intermediate Level Pickleball

11 Sessions	R07091-511	Schweinhaut SC	6/1	Th	2:30-4 p.m.	FREE
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### Outdoor Drop-In Pickleball (weather permitting)

3 Sessions	R07091-509	N. Potomac CRC	6/2	F	6-8 p.m.	FREE
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Therapeutic  
Recreation

Sports

Classes

Aquatics

55+

SOFTBALL  
LEAGUES



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55+

SOCCER  
LEAGUES



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# MONTGOMERY COUNTY RECREATION

## SUMMER TRIPS AND TOURS ARE HERE!



**MONTGOMERY COUNTY RECREATION**  
**SOAR**  
SENIOR OUTDOOR ADVENTURES IN RECREATION

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

**R07082 - 501 American Visionary Art Museum and Baltimore Inner Harbor - Baltimore, MD ----- W, June 28 • Leave: 9 a.m., Return: 4 p.m. • Fee: \$69**  
Experience a guided tour of the AVAM and enjoy visionary, unexpected, unusual and fascinating art by artists who use ordinary media to express their intensely personal ideas about life. Bold, innovative and inspirational. Enjoy lunch on your own at the Inner Harbor nearby. Fee includes transportation, admission and guided tour.

**R07082 - 502 MGM Casino and National Harbor - Oxon Hill, MD ----- Tu, July 11 • Leave: 9 a.m., Return: 4 p.m. • Fee: \$54**  
Enjoy a luxury gaming experience just minutes from Washington D.C. offering stunning panoramic views of the Potomac River. Test your luck at any of the 3,600 slot machines and 140 gaming tables. Gamble, eat and shop with the option to be shuttled to the National Harbor Waterfront district on our bus.

**R07082 - 503 Tours of Montpelier House - Laurel, MD ----- Th, July 13 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$79**  
**and Marietta House Museums and Grounds - Glenn Dale, MD**

We will have guided tours of both Montpelier House and Marietta House museums and grounds. In between the tours we will have lunch at a local restaurant (included). After each guided tour you will have time on your own to experience the historic properties. Fee includes transportation, guided tours and lunch.

**R07082 - 504 Skipjack Sailing Tour and St. Michaels, MD ----- W, July 19 • Leave: 7:30 a.m., Return: 5 p.m. • Fee: \$82**  
Take a two-hour sail on a sloop-rigged skipjack, which is used as an oyster dredger during the oyster season, aboard a Coast Guard Certified wooden sailing ship whose type has been designated as the official Maryland State boat. Lunch and touring on your own at St. Michaels when not sailing. Fee includes transportation and sail.

**R07082 - 505 Chesapeake Bay Lighthouses, Annapolis, MD ----- Tu, July 25 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$110**  
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 to three and a half hour cruise. A historically attired "wikkie" (lighthouse keeper) will entertain you throughout the trip with humor, anecdotes, tales of famous wikkies and historic stories. Boxed lunch included. Fee includes transportation, cruise and boxed lunch.

**R07082 - 506 Tour Gettysburg Heritage Center and "First Friday" - Gettysburg, PA ----- F, Aug. 4 • Leave: 1:30 p.m., Return: 9:30 p.m. • Fee: \$69**  
The Gettysburg Heritage Center offers a new and unique look at the Battle of Gettysburg. After we tour the museum we will head downtown to stroll, shop and dine during "First Friday" with the downtown Gettysburg merchants. Fee includes transportation and museum admission.

**R07082 - 507 Crab Feast Paddlewheel Riverboat Cruise - Choptank River, MD ----- Th, Aug. 10 • Leave: 9:45 a.m., Return: 6:45 p.m. • Fee: \$112**  
Cruise on one of the most exciting attractions offered on Maryland's Eastern Shore. Enjoy a scrumptious Crab Feast aboard a paddlewheel riverboat as we take a three-hour cruise around the historic sights of the Maryland eastern shore. Fee is for transportation, cruise and Crab Feast.

**R07082 - 508 National Air and Space Museum's Udvar - Hazy Center Tour - Chantilly, VA ----- W, Aug. 16 • Leave: 9:15 a.m., Return: 4 p.m. • Fee: \$52**  
The Center displays thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71 and a Concorde, in two large hangars. We will have a timed tour and additional time on your own to view the museum. Lunch on your own at on-site food cafés. Fee includes transportation.

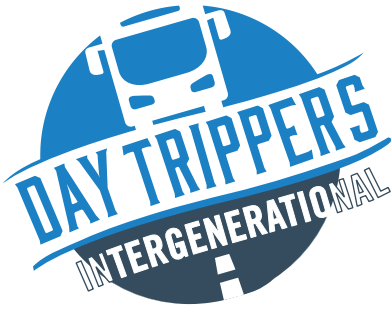
**R07082 - 509 Maritime Legends and Sights of Baltimore, MD ----- Th, Aug. 24 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$110**  
Experience what makes Baltimore our "Charm City!" Learn about the harbor, port and the city. Your storyteller will point out interesting sights as we cruise. Enjoy a delightful boxed lunch along the way. Fee includes transportation, cruise and boxed lunch.





# MONTGOMERY COUNTY RECREATION

## SUMMER TRIPS AND TOURS ARE HERE!



### MAKE EVERY DAY UNFORGETTABLE!

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

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

**R07083 - 501 The Jersey Tenors - Star Center - Havre de Grace, MD ..... Sa, July 15 • Leave: 2 p.m., Return: 11:45 p.m. • Fee: \$94**

The Jersey Tenors are the newest Opera/Rock mash-up sensation, creating an explosive blend of iconic opera classics alongside rock 'n roll greats like Queen, Elton John, Bon Jovi and more. Before the show you will have time on your own at the promenade at Havre de Grace and downtown for shopping and food! Fee includes transportation and show.

**R07083 - 502 Royal Tea - Kate Pearl Tea Room at Gypsy's - Westminster, MD ..... F, July 21 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$89**

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

**R07083 - 503 The Lion King at The Kennedy Center for Performing Arts, ..... Su, July 23 • Leave: 11:45 a.m., Return: 4:45 p.m. • Fee: \$159  
Washington, D.C.**

Washington, D.C.'s best-loved musical returns to the Kennedy Center! There is simply nothing like The Lion King. Enjoy lunch or snacks before the show at the KC Café or concessions. Meals or snacks are on your own before the show. Fee includes transportation and show ticket.

**R07083 - 504 Royal Tea - Sweet Simplici-Tea Tearoom - Sykesville, MD ..... Th, July 27 • Leave: 10 a.m., Return: 4 p.m. • Fee: \$89**

Sweet Simplici-Tea prides itself on being a place where our guests may come and relax in a lovely Victorian setting, enjoy delectable foods and tea steeped to perfection. Join us for a Full Royal High Tea. Fee includes transportation and Full Royal Tea.

**R07083 - 505 Million Dollar Quartet - Totem Pole Playhouse - Fayetteville, PA ..... Sa, July 29 • Leave: 9:30 a.m., Return: 6:30 p.m. • Fee: \$114**

The Tony® Award-nominated musical Million Dollar Quartet is set on Dec. 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Relive the era with the smash-hit sensation featuring an incredible score of rock 'n' roll and gospel. Before the show enjoy lunch at Hickory Bridge Farm Country style dining. Fee includes transportation, lunch and show.

**R07083 - 506 Hershey Theatre - "Come From Away" - Chocolate World Visit ..... Su, Aug 6 • Leave: 11 a.m., Return: 11:30 p.m. • Fee: \$169  
and Fenicci's of Hershey - Hershey, PA**

Tour Hershey's Chocolate World and shop on your own before we head downtown for a fabulous family style meal at Fenicci's of Hershey. We will then go next door to the Hershey Theatre for Broadway's "Come From Away." On 9/11, the world stopped. On 9/12, their stories moved us all. Fee includes transportation, dinner and show ticket.

**R07083 - 507 Jimmy Buffett's Escape to Margaritaville - Toby's Sunday Brunch - Columbia, MD ..... Su, Aug. 13 • Leave: 9:45 a.m., Return: 4 p.m. • Fee: \$99**

This summertime musical is the party you've been waiting for! Enjoy a Sunday Brunch Buffet before the show. Fee includes transportation, Sunday brunch and show.

**R07083 - 508 Pride of the Susquehanna - Murder Mystery Dinner Cruise ..... F, Aug. 18 • Leave: 2:30 p.m., Return: 11:30 p.m. • Fee: \$159  
Harrisburg, PA**

We will travel to Harrisburg to the Pride of the Susquehanna Riverboat which is an authentic stern-driven paddle wheel riverboat built in 1988 as a community service project by the Harrisburg Area Riverboat Society. We will dine before the mystery, which will include a full service dinner. A cash bar will be available (not included). Fee includes transportation, cruise, murder mystery and dinner.



**REGISTRATION BEGINS MONDAY, MAY 15 AT 9 A.M.**

FOR MORE INFO, VISIT [WWW.MOCOREC.COM](http://WWW.MOCOREC.COM) or call 240-777-4933.

# BONE BUILDERS

## Summer 2023

### R03010-502

Clara Barton NRC 6/5 M,W 1:30-2:30 p.m.

### R03010-504

Germantown CRC 6/5 M,Th 1-2 p.m.

### R03010-501

Virtual Class 6/5 M,W 11 a.m.-Noon

### R03010-503

Coffield CRC 6/6 Tu,Th 9:15-10:15 a.m.

### R03010-507

N. Potomac CRC 6/6 Tu,Th 10:45-11:45 a.m.

### R03010-508

Wheaton CRC 6/6 Tu,Th 9:15-10:15 a.m.

### R03010-506

N. Potomac CRC 6/7 M,W 10:45-11:45 a.m.



# AGES 55+

# FREE

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



**Ages  
55 & Up**

Join your friends from across the county for a fun-filled day of great food and activities!

Games,  
crafts,  
line dancing  
and more!

**55+**

# BBQ Bonanza

**June 23 • 10 a.m.-2 p.m.**

Activity **R07107-515**

**\$5**

Lunch is included, vegetarian options available.  
This location is fully accessible.  
This event will happen rain or shine.  
Space is limited.

Transportation provided



Transportation will be provided from your respective senior center to the event.

**Smokey Glen Farm**  
**16407 Riffle Ford Road, Gaithersburg**



**MONTGOMERYCOUNTYRECREATION**



**MOCOREC**



**MOCORECREATION**

**To register, visit [ActiveMontgomery.org](http://ActiveMontgomery.org)**  
**240-777-6840 • Hablamos Español • [www.mocorec.com](http://www.mocorec.com)**



**MONTGOMERY COUNTY  
Recreation**

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



# FACILITY ADDRESSES

Summer 2023 registration begins **Monday, May 15**



**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
- Pine Crest ES.....201 Woodmoor Dr, Silver Spring, 20901
- Sligo Creek ES.....500 Schuyler Rd, Silver Spring, 20910
- Flora M. Singer ES.....2600 Hayden Dr, Silver Spring, MD 20902
- North Chevy Chase ES.... 3700 Jones Bridge Rd, Chevy Chase, MD 20815
- Rock View ES.....3901 Denfeld Ave, Kensington, MD 20895
- Snowden Farm ES.....22500 Sweetspire Dr, Clarksburg, MD 20871

## MIDDLE SCHOOLS

- Tilden MS.....6300 Tilden Ln, Rockville, 20852

## OTHER FACILITIES

- School of Music.....1331 Rockville Pike Ste. Q, Rockville, 20852
- Smokey Glen Farm.....16407 Riffle Ford Rd, Gaithersburg, MD 20878

## PARKS

- Cabin John Local Park.....7401 Macarthur Blvd, Cabin John, MD 20818
- Olney Manor Recreational Park.....16601 Georgia Ave, Olney, 20832
- Ridge Road RP.....21155 Frederick Rd, Germantown, 20876
- Rosemary Hills-Lyttonsville LP.....2450 Lyttonsville Rd, Chevy Chase, MD 20910
- Tilden Woods LP.....6800 Tilden Ln, Rockville, MD 20852

## 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
- 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
- Mid-County CRC.....2004 Queensguard Road, Silver Spring, 20906
- Nancy H. Dacek North Potomac CRC.....13850 Travilah Road, Rockville, 20850
- Plum Gar CRC.....19561 Scenery Drive, Germantown, 20874
- Potomac CRC .....11315 Falls Road, Potomac, 20854
- Ross Boddy NRC.....18529 Brooke Road, Sandy Spring, 20860
- Scotland NRC.....7000 Scotland Drive, Potomac, 20854
- Upper County CRC.....8201 Emory Grove Road, Gaithersburg, 20877
- Wheaton CRC .....11701 Georgia Ave., Wheaton, 20902
- White Oak CRC.....1700 April Lane, Silver Spring, 20904
- Wisconsin Place CRC.....5311 Friendship Blvd., Chevy Chase, 20815





MONTGOMERY COUNTY  
*Recreation*

# Rec Assist

Financial Assistance Program

# 2023

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

# INDEPENDENCE DAY CELEBRATIONS

**FREE**  
9:15 P.M.\*  
FIREWORKS



Maryland SoccerPlex

## MID-COUNTY

★ SPARKLES ★

SATURDAY, JULY 1

**LIVE MUSIC AT 6 P.M.**

OCHO DE BASTOS  
EARTH WIND & FIRE TRIBUTE

ALBERT EINSTEIN HIGH SCHOOL  
11135 NEWPORT MILL ROAD, KENSINGTON

ONLY HANDICAP PARKING IS AVAILABLE AT EINSTEIN HIGH SCHOOL.

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

## GERMANTOWN

★ GLORY ★

TUESDAY, JULY 4

**LIVE MUSIC AT 7 P.M.**

FOREVER TINA

SOUTH GERMANTOWN RECREATION PARK  
18041 CENTRAL PARK CIRCLE, BOYDS



**ON-SITE PARKING AVAILABLE.**

**NO ALCOHOL OR PETS ARE PERMITTED.**

\*TIME IS APPROXIMATE AND MAY CHANGE DUE TO WEATHER.