

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SPRING 2024



MONTGOMERY COUNTY
Recreation

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



Click to view and register.



Spring 2024 registration begins Monday, Feb. 12

Facility Addresses 99



Are You a Montgomery County

High School Student Looking to:

- ✓ Build Your Resume
- ✓ Earn SSL Hours
- ✓ Be a Role Model
- ✓ Try Something New
- ✓ Join the Workforce



Join our TeenWorks team!
We offer both employment and
volunteer opportunities.



Employment



TEEN WORKS
MONTGOMERY COUNTY RECREATION

TeenWorks@MontgomeryCountyMD.gov



Volunteer

MONTGOMERY COUNTY RECREATION



SUMMER CAMPS

Sign Up Now!

Visit mocrecrec.com/camps for more info.

2425 Reddie Drive, 10th Floor, Wheaton • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation



FREE

RECFIT PASS

VALID NOW THROUGH

2024

FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY

Recreation



AQUATICS

Live a Little...Swim a Lot!

INDOOR POOLS

Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)
240-777-8070
5900 Executive Boulevard
N. Bethesda
Closed May 10-12

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle
Boyd's
Closed March 22-24

Martin Luther King Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney
Closed March 9-10

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



AQUATIC RULES AND REGULATIONS


View the pool rules and regulations.

CLICK HERE

STAY UP-TO-DATE

[MOCOREC.COM/POOLS](https://mocrecreation.com/pools)

Get the most current pool information here.



Water Fitness



Click to view and register.

Abs & Glutes & More

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
11 Sessions	R01001-301	KSAC	3/5	Tu	9-9:50 a.m.	\$77
	R01001-302	KSAC	3/7	Th	9-9:50 a.m.	\$77
13 Sessions	R01001-303	MLK	3/4	M	10-10:50 a.m.	\$91
14 Sessions	R01001-304	MLK	3/6	W	10-10:50 a.m.	\$98

Aqua Cardio Challenge

Ages 12 and up

11 Sessions	R01004-304	KSAC	3/7	Th	11-11:50 a.m.	\$77
13 Sessions	R01004-302	MLK	3/3	Su	4-4:50 p.m.	\$91
14 Sessions	R01004-301	MLK	3/5	Tu	8:30-9:20 p.m.	\$98
	R01004-303	MLK	3/8	F	9-9:50 a.m.	\$98

Aqua Cardio Dance

Ages 12 and up

12 Sessions	R01003-302	OSC	3/3	Su	9:05-9:55 a.m.	\$84
13 Sessions	R01003-303	MLK	3/5	Tu	10-10:50 a.m.	\$91
14 Sessions	R01003-304	MLK	3/7	Th	10-10:50 a.m.	\$98

Aqua Lite

Ages 12 and up

11 Sessions	R01005-301	KSAC	3/4	M	11-11:50 a.m.	\$77
	R01005-302	KSAC	3/6	W	11-11:50 a.m.	\$77
13 Sessions	R01005-303	OSC	3/4	M	10-10:50 a.m.	\$91
14 Sessions	R01005-304	OSC	3/6	W	10-10:50 a.m.	\$98
	R01005-305	OSC	3/8	F	10-10:50 a.m.	\$98



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Aqua Spin

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
10 Sessions	R01006-305	KSAC	3/8	F	8-8:50 p.m.	\$100
11 Sessions	R01006-304	KSAC	3/4	M	8:30-9:20 p.m.	\$110
	R01006-317	KSAC	3/5	Tu	12:30-1:20 p.m.	\$110
	R01006-301	KSAC	3/6	W	1-1:50 p.m.	\$110
	R01006-302	KSAC	3/6	W	8:30-9:20 p.m.	\$110
	R01006-303	KSAC	3/7	Th	12:30-1:20 p.m.	\$110
	R01006-318	KSAC	3/8	F	9-9:50 a.m.	\$110
	R01006-319	KSAC	3/8	F	12-12:50 p.m.	\$110
13 Sessions	R01006-308	MLK	3/9	Sa	6:10-7 p.m.	\$130
	R01006-316	MLK	3/9	Sa	8:10-9 a.m.	\$130
14 Sessions	R01006-313	GISC	3/5	Tu	8-8:50 a.m.	\$140
	R01006-314	GISC	3/7	Th	8-8:50 a.m.	\$140
	R01006-311	MLK	3/5	Tu	11-11:50 a.m.	\$140
	R01006-315	MLK	3/5	Tu	7:30-8:20 a.m.	\$140
	R01006-307	MLK	3/6	W	9-9:50 a.m.	\$140
	R01006-306	MLK	3/7	Th	11-11:50 a.m.	\$140
	R01006-312	MLK	3/7	Th	8:30-9:20 p.m.	\$140
	R01006-309	MLK	3/8	F	7:30-8:20 a.m.	\$140
	R01006-310	MLK	3/8	F	7:30-8:20 p.m.	\$140

Aqua Yo-Lates

Ages 12 and up • 14 Sessions

R01007-301	MLK	3/8	F	10-10:50 a.m.	\$98
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PARENT-ASSISTED SWIM LESSONS

VIEW PARENT-ASSISTED SWIM LESSONS





Click to view and register.

Deep Water Running

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
11 Sessions	R01008-301	KSAC	3/5	Tu	10-10:50 a.m.	\$77
	R01008-304	KSAC	3/5	Tu	7:45-8:35 p.m.	\$77
	R01008-302	KSAC	3/7	Th	10-10:50 a.m.	\$77
	R01008-305	KSAC	3/7	Th	7:35-8:25 p.m.	\$77
	R01008-303	KSAC	3/8	F	10-10:50 a.m.	\$77
12 Sessions	R01008-333	GISC	3/9	Sa	10-10:50 a.m.	\$84
	R01008-332	OSC	3/9	Sa	9:05-9:55 a.m.	\$84
13 Sessions	R01008-308	GISC	3/4	M	10-10:50 a.m.	\$91
	R01008-311	GISC	3/4	M	7:50-8:40 p.m.	\$91
	R01008-323	MLK	3/4	M	Noon-12:50 p.m.	\$91
	R01008-330	MLK	3/9	Sa	9-9:50 a.m.	\$91
	R01008-312	OSC	3/4	M	7:20-8:10 p.m.	\$91
	R01008-331	OSC	3/4	M	11-11:50 a.m.	\$91
	R01008-321	OSC	3/6	W	6:30-7:20 a.m.	\$98
	R01008-317	OSC	3/7	Th	9-9:50 a.m.	\$91
14 Sessions	R01008-307	GISC	3/5	Tu	10-10:50 a.m.	\$98
	R01008-309	GISC	3/6	W	10:30-11:20 a.m.	\$98
	R01008-310	GISC	3/7	Th	10-10:50 a.m.	\$98
	R01008-324	MLK	3/5	Tu	9-9:50 a.m.	\$98
	R01008-327	MLK	3/5	Tu	7:30-8:20 p.m.	\$98
	R01008-329	MLK	3/6	W	12-12:50 p.m.	\$98
	R01008-325	MLK	3/7	Th	7:30-8:20 a.m.	\$98
	R01008-326	MLK	3/7	Th	7:30-8:20 p.m.	\$98
	R01008-328	MLK	3/8	F	11-11:50 a.m.	\$98
	R01008-313	OSC	3/5	Tu	8:30-9:20 a.m.	\$98
	R01008-314	OSC	3/5	Tu	10:30-11:20 a.m.	\$98
	R01008-321	OSC	3/6	W	6:30-7:20 a.m.	\$98
	R01008-316	OSC	3/6	W	7:20-8:10 p.m.	\$98
	R01008-318	OSC	3/7	Th	11-11:50 a.m.	\$98
	R01008-319	OSC	3/7	Th	8:15-9:05 p.m.	\$98
R01008-320	OSC	3/8	F	6:20-7:10 p.m.	\$98	
R01008-322	OSC	3/8	F	6:30-7:20 a.m.	\$98	





Click to view and register.

55 +

Hi/Lo Cardio Fusion

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
10 Sessions	R01009-301	KSAC	3/8	F	11-11:50 a.m.	\$70

Water Aerobics

Ages 12 and up

13 Sessions	R01010-306	OSC	3/4	M	8:15-9:05 p.m.	\$91
14 Sessions	R01010-300	GISC	3/6	W	9:30-10:20 a.m.	\$98
	R01010-308	GISC	3/7	Th	7:50-8:40 p.m.	\$98
	R01010-302	OSC	3/5	Tu	9:30-10:20 a.m.	\$98
	R01010-303	OSC	3/5	Tu	7:20-8:10 p.m.	\$98
	R01010-304	OSC	3/7	Th	10-10:50 a.m.	\$98
	R01010-305	OSC	3/7	Th	7:20-8:10 p.m.	\$98

Water Exercise

Ages 12 and up

11 Sessions	R01011-304	KSAC	3/4	M	10-10:50 a.m.	\$77
	R01011-301	KSAC	3/5	Tu	11-11:50 a.m.	\$77
	R01011-302	KSAC	3/6	W	10-10:50 a.m.	\$77
13 Sessions	R01011-308	MLK	3/4	M	9-9:50 a.m.	\$91
	R01011-305	OSC	3/4	M	9-9:50 a.m.	\$91
14 Sessions	R01011-306	OSC	3/6	W	9-9:50 a.m.	\$98
	R01011-307	OSC	3/8	F	9-9:50 a.m.	\$98

THERAPEUTIC RECREATION

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ADULT SWIM LESSONS

[VIEW ADULT SWIM LESSONS](#)

YOUTH SWIM LESSONS

[VIEW YOUTH SWIM LESSONS](#)

MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US

AND RECEIVE

FREE LIFEGUARD

TRAINING



MONTGOMERY COUNTY
Recreation



Swim Lessons

Registration will begin

Feb. 12 at 6:30 a.m.

for county residents.



Please note the following:

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

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

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

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

Indoor courses meet for six 30-minute sessions.

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

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

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

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

Aquatics Lesson Weather Policy



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



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

Guidelines for Placement in Swim Classes

Don't know where to start?

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

Parent-Assisted Lessons

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

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

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

Level 1

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

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

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

Level 2

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

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

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

Level 3

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

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

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

Level 4

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

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

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

FOR MORE INFORMATION, CLICK HERE.



Parent-Assisted Swim Lessons

Waterbabies

Ages 6-18 months • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01063-328	3/12	Tu,Th	5-5:30 p.m.	\$60
R01063-326	4/7	Su	8:35-9:05 a.m.	\$60
R01063-329	5/14	Tu,Th	5-5:30 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01063-302	4/28	Su	11-11:30 a.m.	\$60
R01063-303	3/3	Su	11-11:30 a.m.	\$60

MARTIN LUTHER KING JR. SWIM CENTER

R01063-378	3/2	Sa	11:40 a.m.-12:10 p.m.	\$60
R01063-379	3/6	W	6:10-6:40 p.m.	\$60
R01063-380	4/20	Sa	11:40 a.m.-12:10 p.m.	\$60
R01063-381	4/24	W	6:10-6:40 p.m.	\$60

OLNEY SWIM CENTER

R01063-352	2/18	Su	9-9:30 a.m.	\$60
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Aquatots

Ages 18 months-3 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01038-328	3/12	Tu,Th	5:40-6:10 p.m.	\$60
R01038-326	4/6	Sa	9:15-9:45 a.m.	\$60
R01038-327	4/6	Sa	10:35-11:05 a.m.	\$60
R01038-329	5/14	Tu,Th	5:40-6:10 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01038-301	3/2	Sa	10:20-10:50 a.m.	\$60
R01038-303	4/27	Sa	10:20-10:50 a.m.	\$60

MARTIN LUTHER KING JR. SWIM CENTER

R01038-378	3/2	Sa	10:20-10:50 a.m.	\$60
R01038-379	3/3	Su	10-10:30 a.m.	\$60
R01038-380	3/6	W	5:30-6 p.m.	\$60
R01038-381	4/20	Sa	10:20-10:50 a.m.	\$60
R01038-382	4/21	Su	10-10:30 a.m.	\$60
R01038-383	4/24	W	5:30-6 p.m.	\$60

OLNEY SWIM CENTER

R01038-352	2/18	Su	9:40-10:10 a.m.	\$60
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THERAPEUTIC RECREATION

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Click to view and register.

Pre-School

Ages 3-5 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01062-326	4/6	Sa	9:55-10:25 a.m.	\$60
R01062-327	4/6	Sa	11:15-11:45 a.m.	\$60
R01062-328	3/12	Tu,Th	6:20-6:50 p.m.	\$60
R01062-329	5/14	Tu,Th	6:20-6:50 p.m.	\$60

KENNEDY SHRIVER AQUATIC CENTER

R01062-301	3/2	Sa	11-11:30 a.m.	\$60
R01062-302	3/3	Su	9-9:30 a.m.	\$60
R01062-303	4/27	Sa	11-11:30 a.m.	\$60
R01062-304	4/28	Su	9-9:30 a.m.	\$60

MARTIN LUTHER KING JR. SWIM CENTER

R01062-378	3/2	Sa	1-1:30 p.m.	\$60
R01062-379	3/3	Su	12-12:30 p.m.	\$60
R01062-380	3/6	W	6:50-7:20 p.m.	\$60
R01062-381	4/20	Sa	1-1:30 p.m.	\$60
R01062-382	4/21	Su	12-12:30 p.m.	\$60
R01062-383	4/24	W	6:50-7:20 p.m.	\$60

OLNEY SWIM CENTER

R01062-352	2/18	Su	10:20-10:50 a.m.	\$60
R01062-354	2/18	Su	11-11:30 a.m.	\$60



PARENT-ASSISTED LESSONS

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

55+

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Beginner Swim Lessons

Beginner Level 1

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01051-330	3/4	M	5:40-6:10 p.m.	\$65
R01051-331	3/4	M	6:20-6:50 p.m.	\$65
R01051-337	3/6	W	5:40-6:10 p.m.	\$65
R01051-334	3/12	Tu,Th	5-5:30 p.m.	\$65
R01051-326	4/6	Sa	8:35-9:05 a.m.	\$65
R01051-327	4/6	Sa	10:35-11:05 a.m.	\$65
R01051-328	4/7	Su	9:15-9:45 a.m.	\$65
R01051-329	4/7	Su	10:35-11:05 a.m.	\$65
R01051-335	4/16	Tu,Th	5-5:30 p.m.	\$65
R01051-336	4/16	Tu,Th	6:10-6:40 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01051-301	3/2	Sa	9-9:30 a.m.	\$65
R01051-302	3/2	Sa	11-11:30 a.m.	\$65
R01051-303	3/2	Sa	12:20-12:50 p.m.	\$65
R01051-304	3/3	Su	9:40 a.m.-10:10 a.m.	\$65
R01051-305	4/27	Sa	9-9:30 a.m.	\$65
R01051-306	4/27	Sa	11-11:30 a.m.	\$65
R01051-307	4/28	Su	9:40-10:10 a.m.	\$65
R01051-309	4/27	Sa	12:20-12:50 p.m.	\$65





QUESTIONS?

CONTACT
CUSTOMER SERVICE

Call customer service
or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

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THERAPEUTIC
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Beginner Level 1

Ages 4-6 • 6 Sessions



Click to view and register.

MARTIN LUTHER KING JR. SWIM CENTER

R01051-378	3/2	Sa	9:40-10:10 a.m.	\$65
R01051-379	3/2	Sa	10:20-10:50 a.m.	\$65
R01051-380	3/2	Sa	11-11:30 a.m.	\$65
R01051-381	3/2	Sa	12:20-12:50 p.m.	\$65
R01051-382	3/2	Sa	1-1:30 p.m.	\$65
R01051-322	3/3	Su	11:20-11:50 a.m.	\$65
R01051-323	3/3	Su	Noon-12:30 p.m.	\$65
R01051-383	3/3	Su	10:40-11:10 a.m.	\$65
R01051-384	3/4	M	5:30-6 p.m.	\$65
R01051-385	3/4	M	6:50-7:20 p.m.	\$65
R01051-386	3/5	Tu	5:30-6 p.m.	\$65
R01051-387	3/5	Tu	6:10-6:40 p.m.	\$65
R01051-388	3/6	W	6:10-6:40 p.m.	\$65
R01051-389	3/7	Th	5:30-6 p.m.	\$65
R01051-390	3/7	Th	6:10-6:40 p.m.	\$65
R01051-391	4/20	Sa	9:40-10:10 a.m.	\$65
R01051-392	4/20	Sa	10:20-10:50 a.m.	\$65
R01051-393	4/20	Sa	11-11:30 a.m.	\$65
R01051-394	4/20	Sa	12:20-12:50 p.m.	\$65
R01051-395	4/20	Sa	1-1:30 p.m.	\$65
R01051-374	4/21	Su	11:20-11:50 a.m.	\$65
R01051-396	4/21	Su	10:40-11:10 a.m.	\$65
R01051-397	4/21	Su	Noon-12:30 p.m.	\$65
R01051-398	4/22	M	5:30-6 p.m.	\$65
R01051-399	4/22	M	6:50-7:20 p.m.	\$65
R01051-348	4/23	Tu	5:30-6 p.m.	\$65
R01051-373	4/23	Tu	6:10-6:40 p.m.	\$65
R01051-347	4/24	W	6:10-6:40 p.m.	\$65
R01051-324	4/25	Th	6:50-7:20 p.m.	\$65
R01051-325	4/25	Th	5:30-6 p.m.	\$65
R01051-349	4/25	Th	5:30-6:10 p.m.	\$65



OLNEY SWIM CENTER

R01051-352	2/19	M	6:20-6:50 p.m.	\$65
R01051-354	2/19	M	7-7:30 p.m.	\$65
R01051-359	2/22	Th	5:40-6:10 p.m.	\$65
R01051-356	4/15	M	6:20-6:50 p.m.	\$65
R01051-357	4/15	M	7-7:30 p.m.	\$65
R01051-361	4/17	W	5:40-6:10 p.m.	\$65
R01051-360	4/17	W	6:20-6:50 p.m.	\$65
R01051-358	4/17	W	7-7:30 p.m.	\$65

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Level 2

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01052-329	3/12	Tu,Th	6:20-6:50 p.m.	\$65
R01052-326	4/6	Sa	9:15-9:45 a.m.	\$65
R01052-327	4/7	Su	9:55-10:25 a.m.	\$65
R01052-328	4/7	Su	11:15-11:45 a.m.	\$65
R01052-331	4/16	Tu,Th	5:40-6:10 p.m.	\$65
R01052-332	5/1	W	5:40-6:10 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01052-301	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-305	3/3	Su	9-9:30 a.m.	\$65
R01052-302	4/27	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-306	4/28	Su	9-9:30 a.m.	\$65

GUIDELINES FOR PLACEMENT IN SWIM CLASSES



[CLICK HERE TO LEARN MORE](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





Click to view and register.

Beginner Level 2

Ages 4-6 • 6 Sessions



MARTIN LUTHER KING JR. SWIM CENTER

R01052-378	3/2	Sa	11-11:30 a.m.	\$65
R01052-379	3/2	Sa	9:40-10:10 a.m.	\$65
R01052-380	3/2	Sa	12:20-12:50 p.m.	\$65
R01052-381	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-323	3/3	Su	10-10:30 a.m.	\$65
R01052-382	3/3	Su	10:40-11:10 a.m.	\$65
R01052-383	3/3	Su	Noon-12:30 p.m.	\$65
R01052-384	3/4	M	5:30-6 p.m.	\$65
R01052-385	3/4	M	6:10-6:50 p.m.	\$65
R01052-386	3/5	Tu	5:30-6 p.m.	\$65
R01052-387	3/5	Tu	6:10-6:50 p.m.	\$65
R01052-388	3/6	W	6:50-7:20 p.m.	\$65
R01052-389	3/7	Th	6:10-6:50 p.m.	\$65
R01052-390	3/7	Th	6:50-7:20 p.m.	\$65
R01052-391	4/20	Sa	9:40-10:10 a.m.	\$65
R01052-392	4/20	Sa	11-11:30 a.m.	\$65
R01052-393	4/20	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-394	4/20	Sa	12:20-12:50 p.m.	\$65
R01052-347	4/21	Su	10-10:30 a.m.	\$65
R01052-395	4/21	Su	10:40-11:10 a.m.	\$65
R01052-396	4/21	Su	Noon-12:30 p.m.	\$65
R01052-397	4/22	M	5:30-6 p.m.	\$65
R01052-398	4/22	M	6:10-6:40 p.m.	\$65
R01052-324	4/23	Tu	6:10-6:40 p.m.	\$65
R01052-399	4/23	Tu	5:30-6 p.m.	\$65
R01052-325	4/24	W	6:50-7:20 p.m.	\$65
R01052-348	4/25	Th	6:10-6:40 p.m.	\$65
R01052-349	4/25	Th	6:50-7:20 p.m.	\$65

6:20-6:50 p.m.



OLNEY SWIM CENTER

R01052-352	2/19	M	5:40-6:10 p.m.	\$65
R01052-354	2/20	Tu	6-6:30 p.m.	\$65
R01052-357	2/21	W	5:40-6:10 p.m.	\$65
R01052-362	2/21	W	7-7:30 p.m.	\$65
R01052-360	2/21	W	6:20-6:50 p.m.	\$65
R01052-358	2/22	Th	6:40-7:10 p.m.	\$65
R01052-355	4/15	M	5:40-6:10 p.m.	\$65
R01052-356	4/16	Tu	6-6:30 p.m.	\$65
R01052-361	4/17	W	5:40-6:10 p.m.	\$65
R01052-363	4/17	W	7-7:30 p.m.	\$65
R01052-359	4/17	W	6:20-6:50 p.m.	\$65

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Level 3

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01053-327	3/6	W	6:20-6:50 p.m.	\$65
R01053-326	4/6	Sa	11:15-11:45 a.m.	\$65
R01053-328	5/1	W	6:20-6:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01053-301	3/2	Sa	10:20-10:50 a.m.	\$65
R01053-302	3/3	Su	11:40 a.m.-12:10 p.m.	\$65
R01053-303	4/28	Su	11:40 a.m.-12:10 p.m.	\$65
R01053-304	4/27	Sa	10:20-10:50 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01053-378	3/2	Sa	12:20-12:50 p.m.	\$65
R01053-379	3/3	Su	11:20-11:50 a.m.	\$65
R01053-380	3/5	Tu	6:50-7:20 p.m.	\$65
R01053-381	3/7	Th	7:30-8 p.m.	\$65
R01053-382	4/20	Sa	12:20-12:50 p.m.	\$65
R01053-383	4/21	Su	11:20-11:50 a.m.	\$65
R01053-384	4/23	Tu	6:50-7:20 p.m.	\$65
R01053-385	4/25	Th	7:30-8 p.m.	\$65

OLNEY SWIM CENTER

R01053-354	2/17	Sa	9:10-9:40 a.m.	\$65
R01053-356	2/19	M	7-7:30 p.m.	\$65
R01053-359	4/15	M	7-7:30 p.m.	\$65
R01053-357	4/20	Sa	9:10-9:40 a.m.	\$65



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





Click to view and register.

Beginner Level 4

Ages 4-6 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01054-326	4/6	Sa	9:55-10:25 a.m.	\$65
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KENNEDY SHRIVER AQUATIC CENTER

R01054-301	3/2	Sa	9:40-10:10 a.m.	\$65
R01054-302	3/2	Sa	1-1:30 p.m.	\$65
R01054-303	3/3	Su	1-1:30 p.m.	\$65
R01054-304	3/3	Su	10:20-10:50 a.m.	\$65
R01054-305	4/27	Sa	9:40-10:10 a.m.	\$65
R01054-308	4/27	Sa	1-1:30 p.m.	\$65
R01054-306	4/28	Su	10:20-10:50 a.m.	\$65
R01054-307	4/28	Su	1-1:30 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01054-378	3/3	Su	11:20-11:50 a.m.	\$65
R01054-379	3/5	Tu	7:30-8 p.m.	\$65
R01054-380	3/7	Th	7:30-8 p.m.	\$65
R01054-381	4/21	Su	11:20-11:50 a.m.	\$65
R01054-382	4/23	Tu	7:30-8 p.m.	\$65
R01054-383	4/25	Th	7:30-8 p.m.	\$65

OLNEY SWIM CENTER

R01054-352	2/17	Sa	11:50 a.m.-12:20 p.m.	\$65
R01054-354	4/20	Sa	11:50 a.m.-12:20 p.m.	\$65



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Youth Swim Lessons

Youth Level 1

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01045-326	3/12	Tu,Th	5:40-6:10 p.m.	\$65
R01045-327	4/16	Tu,Th	5:40-6:10 p.m.	\$65
R01045-328	5/14	Tu,Th	5:40-6:10 p.m.	\$65
R01045-329	5/14	Tu,Th	6:20-6:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01045-301	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-302	3/2	Sa	12:20-12:50 p.m.	\$65
R01045-303	3/3	Su	10:20-10:50 a.m.	\$65
R01045-304	4/27	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-306	4/27	Sa	12:20-12:50 p.m.	\$65
R01045-305	4/28	Su	10:20-10:50 a.m.	\$65



REMINDER

All prices, dates, times and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 1

Ages 7-13 • 6 Sessions



Click to view and register.

MARTIN LUTHER KING JR. SWIM CENTER

R01045-378	3/2	Sa	10:20-10:50 a.m.	\$65
R01045-379	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-380	3/3	Su	10:40-11:10 a.m.	\$65
R01045-381	3/4	M	6:10-6:40 p.m.	\$65
R01045-382	3/5	Tu	6:50-7:20 p.m.	\$65
R01045-383	3/7	Th	5:30-6 p.m.	\$65
R01045-384	4/20	Sa	10:20-10:50 a.m.	\$65
R01045-389	4/20	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-385	4/21	Su	10:40-11:10 a.m.	\$65
R01045-386	4/22	M	6:10-6:40 p.m.	\$65
R01045-387	4/23	Tu	6:50-7:20 p.m.	\$65
R01045-388	4/25	Th	5:30-6 p.m.	\$65

OLNEY SWIM CENTER

R01045-358	2/19	M	5:40-6:10 p.m.	\$65
R01045-354	2/20	Tu	5:20-5:50 p.m.	\$65
R01045-352	2/21	W	5:40-6:10 p.m.	\$65
R01045-353	2/21	W	7-7:30 p.m.	\$65
R01045-359	2/22	Th	6-6:30 p.m.	\$65
R01045-361	4/15	M	5:40-6:10 p.m.	\$65
R01045-357	4/16	Tu	5:20-5:50 p.m.	\$65
R01045-355	4/17	W	5:40-6:10 p.m.	\$65
R01045-356	4/17	W	7-7:30 p.m.	\$65
R01045-362	4/18	Th	6-6:30 p.m.	\$65
R01045-364	4/18	Th	6:40-7:10 p.m.	\$65



WATER POLO



VIEW WATER POLO CLASSES

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Youth Level 2

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01046-326	4/16	Tu,Th	5-5:30 p.m.	\$65
R01046-327	4/16	Tu,Th	6:20-6:50 p.m.	\$65
R01046-328	5/14	Tu,Th	5-5:30 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01046-301	3/2	Sa	9:40-10:10 a.m.	\$65
R01046-302	3/2	Sa	1-1:30 p.m.	\$65
R01046-303	3/3	Su	11-11:30 a.m.	\$65
R01046-304	4/28	Su	11-11:30 a.m.	\$65
R01046-305	4/27	Sa	9:40-10:10 a.m.	\$65
R01046-306	4/27	Sa	1-1:30 p.m.	\$65

STAY UP-TO-DATE



MOCOREC.COM/POOLS

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on pool information.



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 2

Ages 7-13 • 6 Sessions



Click to view and register.



MARTIN LUTHER KING JR. SWIM CENTER

R01046-378	3/2	Sa	11-11:30 a.m.	\$65
R01046-379	3/2	Sa	1-1:30 p.m.	\$65
R01046-380	3/3	Su	11:20-11:50 a.m.	\$65
R01046-381	3/5	Tu	7:30-8 p.m.	\$65
R01046-382	3/6	W	5:30-6 p.m.	\$65
R01046-383	3/7	Th	6:50-7:20 p.m.	\$65
R01046-384	4/20	Sa	11-11:30 a.m.	\$65
R01046-386	4/20	Sa	1-1:30 p.m.	\$65
R01046-385	4/21	Su	11:20-11:50 a.m.	\$65
R01046-387	4/23	Tu	7:30-8 p.m.	\$65
R01046-388	4/24	W	5:30-6 p.m.	\$65
R01046-389	4/25	Th	6:50-7:20 p.m.	\$65

OLNEY SWIM CENTER

R01046-357	2/19	M	6:20-6:50 p.m.	\$65
R01046-354	2/20	Tu	6:40-7:10 p.m.	\$65
R01046-352	2/21	W	6:20-6:50 p.m.	\$65
R01046-359	4/15	M	6:20-6:50 p.m.	\$65
R01046-360	4/16	Tu	6:40-7:10 p.m.	\$65
R01046-355	4/17	W	6:20-6:50 p.m.	\$65
R01046-364	4/18	Th	5:20-5:50 p.m.	\$65



ADVANCED SWIM LESSONS

[VIEW ADVANCED LESSONS](#)

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Therapeutic Recreation

Sports

Classes

Aquatics



Youth Level 3

Ages 7-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01047-326	4/7	Su	9:15-9:45 a.m.	\$65
R01047-327	4/7	Su	10:35-11:05 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01047-301	3/2	Sa	9-9:30 a.m.	\$65
R01047-302	3/3	Su	9:40-10:10 a.m.	\$65
R01047-303	4/27	Sa	9-9:30 a.m.	\$65
R01047-304	4/28	Su	9:40-10:10 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01047-378	3/2	Sa	1-1:30 p.m.	\$65
R01047-379	3/3	Su	10:40-11:10 a.m.	\$65
R01047-380	3/4	M	6:50-7:20 p.m.	\$65
R01047-381	3/5	Tu	8:50-9:20 p.m.	\$65
R01047-382	3/7	Th	8:10-8:40 p.m.	\$65
R01047-383	4/20	Sa	1-1:30 p.m.	\$65
R01047-384	4/21	Su	10:40-11:10 a.m.	\$65
R01047-385	4/22	M	6:50-7:20 p.m.	\$65
R01047-386	4/23	Tu	8:50-9:20 p.m.	\$65
R01047-387	4/25	Th	8:10-8:40 p.m.	\$65

OLNEY SWIM CENTER

R01047-352	2/17	Sa	9:50-10:20 a.m.	\$65
R01047-354	2/17	Sa	11:10-11:50 a.m.	\$65
R01047-353	4/20	Sa	10:30-11 a.m.	\$65
R01047-356	4/20	Sa	9:50-10:20 a.m.	\$65

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

DIVING

[VIEW DIVING ACTIVITIES](#)

Youth Level 4

Ages 7-13 • 6 Sessions



Click to view and register.



GERMANTOWN INDOOR SWIM CENTER

R01048-326	4/7	Su	9:55-10:25 a.m.	\$65
R01048-327	4/7	Su	11:15-11:45 a.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER


R01048-301	3/2	Sa	9-9:30 a.m.	\$65
R01048-302	3/2	Sa	10:20-10:50 a.m.	\$65
R01048-303	3/3	Su	12:20-12:50 p.m.	\$65
R01048-305	4/27	Sa	9-9:30 a.m.	\$65
R01048-306	4/27	Sa	10:20-10:50 a.m.	\$65
R01048-307	4/28	Su	12:20-12:50 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01048-378	3/2	Sa	12:20-12:50 p.m.	\$65
R01048-379	3/3	Su	10-10:30 a.m.	\$65
R01048-380	3/5	Tu	8:10-8:40 p.m.	\$65
R01048-381	4/20	Sa	12:20-12:50 p.m.	\$65
R01048-382	4/21	Su	10-10:30 a.m.	\$65
R01048-383	4/23	Tu	8:10-8:40 p.m.	\$65

OLNEY SWIM CENTER

R01048-352	2/17	Sa	12:30-1 p.m.	\$65
R01048-356	2/17	Sa	10:30-11 a.m.	\$65
R01048-353	4/20	Sa	12:30-1 p.m.	\$65
R01048-357	4/20	Sa	11:10-11:40 a.m.	\$65



SCUBA

VIEW SCUBA CLASSES

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



Click to view and register.

Advanced Swim Lessons

Ages 6-13 • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01057-309	4/6	Sa	9:15-9:50 a.m.	\$90
R01057-310	4/6	Sa	9:55-10:30 a.m.	\$90
R01057-311	4/6	Sa	10:35-11:10 a.m.	\$90

KENNEDY SHRIVER AQUATIC CENTER

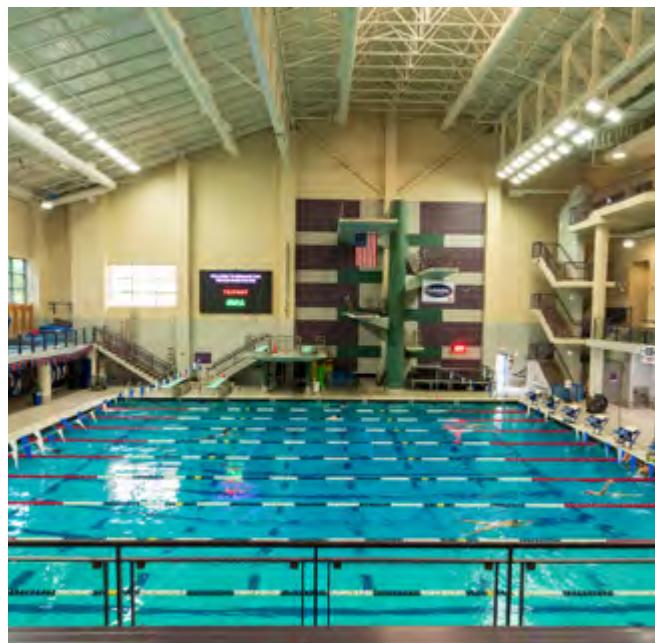
R01057-306	3/2	Sa	10:20-10:55 a.m.	\$90
R01057-307	3/2	Sa	11-11:35 a.m.	\$90
R01057-308	3/2	Sa	11:40 a.m.-12:15 p.m.	\$90
R01057-317	4/27	Sa	10:20-10:55 a.m.	\$90
R01057-318	4/27	Sa	11-11:35 a.m.	\$90
R01057-319	4/27	Sa	11:40 a.m.-12:15 p.m.	\$90

MARTIN LUTHER KING JR. SWIM CENTER

R01057-303	3/3	Su	11-11:35 a.m.	\$90
R01057-305	3/7	Th	7:20-7:55 p.m.	\$90
R01057-315	4/21	Su	11-11:35 a.m.	\$90
R01057-321	4/25	Th	7:20-7:55 p.m.	\$90

OLNEY SWIM CENTER

R01057-301	2/18	Su	11:20-11:55 a.m.	\$90
R01057-302	2/20	Tu	7:20-7:55 p.m.	\$90
R01057-320	4/14	Su	11:20-11:55 a.m.	\$90
R01057-322	4/16	Tu	7:20-7:55 p.m.	\$90



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



THE REC INSIDER



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MONTGOMERY COUNTY
Recreation



Adult Swim Lessons

Adult Level 1

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01039-327	3/4	M	5:40-6:10 p.m.	\$65
R01039-329	3/6	W	5:40-6:10 p.m.	\$65
R01039-326	4/6	Sa	9:15-9:45 a.m.	\$65
R01039-328	4/22	M	5:40-6:10 p.m.	\$65
R01039-330	5/1	W	5:40-6:10 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01039-302	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01039-304	4/27	Sa	11:40 a.m.-12:10 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01039-378	3/2	Sa	11-11:30 a.m.	\$65
R01039-379	3/3	Su	10-10:30 a.m.	\$65
R01039-380	3/5	Tu	8:50-9:20 p.m.	\$65
R01039-381	4/20	Sa	11-11:30 a.m.	\$65
R01039-382	4/21	Su	10-10:30 a.m.	\$65
R01039-383	4/23	Tu	8:50-9:20 p.m.	\$65

Adult Level 2

Ages 14 and up • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01040-327	3/4	M	6:20-6:50 p.m.	\$65
R01040-328	3/6	W	6:20-6:50 p.m.	\$65
R01040-326	4/6	Sa	9:55-10:25 a.m.	\$65
R01040-329	4/22	M	6:20-6:50 p.m.	\$65
R01040-330	5/1	W	6:20-6:50 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01040-302	3/2	Sa	12:20-12:50 p.m.	\$65
R01040-303	4/27	Sa	12:20-12:50 p.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01040-378	3/2	Sa	10:20-10:50 a.m.	\$65
R01040-379	3/5	Tu	8:10-8:40 p.m.	\$65
R01040-380	3/7	Th	8:50-9:20 p.m.	\$65
R01040-381	4/20	Sa	10:20-10:50 a.m.	\$65
R01040-382	4/23	Tu	8:10-8:50 p.m.	\$65
R01040-383	4/25	Th	8:50-9:20 p.m.	\$65

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Adult Level 3

Ages 14 and up • 6 Sessions



[Click to view and register.](#)

GERMANTOWN INDOOR SWIM CENTER

R01041-326	3/16	Sa	10:25-10:55 a.m.	\$65
R01041-327	3/16	Sa	12:25-12:55 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01041-301	3/2	Sa	9:40-10:10 a.m.	\$65
R01041-302	4/27	Sa	9:40-10:10 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01041-378	3/2	Sa	11:40 a.m.-12:10 p.m.	\$65
R01041-379	3/7	Th	8:10-8:50 p.m.	\$65
R01041-380	4/20	Sa	11:40 a.m.-12:10 p.m.	\$65
R01041-382	4/25	Th	8:10-8:50 p.m.	\$65

Adult Level 4

Ages 14 and up • 6 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01042-326	3/16	Sa	9:45-10:15 a.m.	\$65
R01042-327	3/16	Sa	11:45 a.m.-12:15 p.m.	\$65

KENNEDY SHRIVER AQUATIC CENTER

R01042-303	3/2	Sa	11-11:30 a.m.	\$65
R01042-305	4/27	Sa	11-11:30 a.m.	\$65

MARTIN LUTHER KING JR. SWIM CENTER

R01042-378	3/3	Su	Noon-12:30 p.m.	\$65
R01042-379	3/7	Th	8:50-9:20 p.m.	\$65
R01042-380	4/21	Su	Noon-12:30 p.m.	\$65
R01042-381	4/25	Th	8:50-9:20 p.m.	\$65



MASTERS

[VIEW MASTERS SWIMMING SCHEDULE](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Developmental Swim



Click to view and register.

Adapted Swim Lessons

Ages 4-17 • 6 Sessions



KENNEDY SHRIVER AQUATIC CENTER

R01061-301	3/2	Sa	9:45-10:15 a.m.	\$65
R01061-302	3/2	Sa	10:35-11:05 a.m.	\$65
R01061-303	4/27	Sa	9:45-10:15 a.m.	\$65
R01061-304	4/27	Sa	10:35-11:05 a.m.	\$65

Montgomery Stroke and Turn Clinic: Spring Tune-Up

Ages 5-18 • 5 Sessions



MARTIN LUTHER KING JR. SWIM CENTER

R01033-303	4/20	Sa	4-5 p.m.	\$115
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OLNEY SWIM CENTER

R01033-304	4/20	Sa	4-5 p.m.	\$115
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SwiMontgomery

Ages 6-13 • 18 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01032-302	3/19	Tu,Th	7:45-8:30 p.m.	\$340
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KENNEDY SHRIVER AQUATIC CENTER

R01032-301	3/19	Tu,Th	7:45-8:30 p.m.	\$340
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MARTIN LUTHER KING JR. SWIM CENTER

R01032-304	3/4	M,W	7:30-8:15 p.m.	\$340
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OLNEY SWIM CENTER

R01032-303	3/4	M,W	7:15-8 p.m.	\$340
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55+
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



VIEW LIFEGUARDING SECTION



VIEW THERAPEUTIC RECREATION SECTION



Diving



Click to view and register.

High School Diving

Ages 13-18 • 12 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01076-302	3/4	M	6:30-8 p.m.	\$396
R01076-303	3/6	W	6:30-8 p.m.	\$396

KENNEDY SHRIVER AQUATIC CENTER

R01076-301	3/4	M	8:05-9:35 p.m.	\$396
R01076-304	3/7	Th	8:05-9:35 p.m.	\$396

Level 1: Learn to Dive

Ages 5-10 • 6 Sessions

GERMANTOWN INDOOR SWIM CENTER

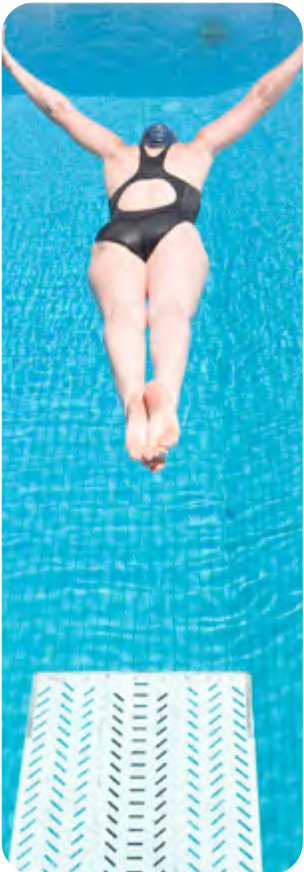
R01012-311	2/26	M	4:30-5:15 p.m.	\$96
R01012-312	2/28	W	4:30-5:15 p.m.	\$96
R01012-313	3/1	F	4:30-5:15 p.m.	\$80
R01012-301	4/15	M	4:30-5:15 p.m.	\$96
R01012-302	4/17	W	4:30-5:15 p.m.	\$96
R01012-303	4/19	F	4:30-5:15 p.m.	\$96

KENNEDY SHRIVER AQUATIC CENTER

R01012-314	2/26	M	4:15-5 p.m.	\$96
R01012-315	2/26	M	5-5:45 p.m.	\$96
R01012-316	2/27	Tu	4:15-5 p.m.	\$96
R01012-317	2/28	W	4:15-5 p.m.	\$96
R01012-318	2/28	W	5-5:45 p.m.	\$96
R01012-319	3/1	F	4:15-5 p.m.	\$96
R01012-304	4/15	M	4:15-5 p.m.	\$96
R01012-305	4/15	M	5-5:45 p.m.	\$96
R01012-306	4/16	Tu	4:15-5 p.m.	\$96
R01012-307	4/17	W	4:15-5 p.m.	\$96
R01012-308	4/17	W	5-5:45 p.m.	\$96
R01012-309	4/19	F	4:15-5 p.m.	\$96

OLNEY SWIM CENTER

R01012-320	2/28	W	5-5:45 p.m.	\$96
R01012-310	4/17	W	5-5:45 p.m.	\$96



5 Sessions

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

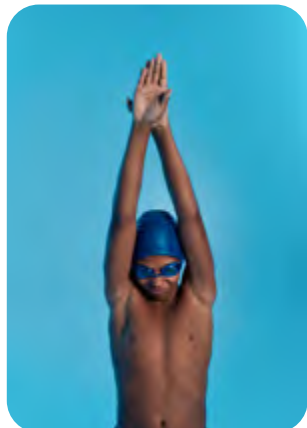
AQUATICS



Click to view and register.

Level 2: Learn to Dive

Ages 7-18 • 12 Sessions



GERMANTOWN INDOOR SWIM CENTER

R01013-303	3/1	F	5:15-6:45 p.m.	\$360
R01013-301	3/4	M	5:15-6:45 p.m.	\$360
R01013-302	3/6	W	5:15-6:45 p.m.	\$360

KENNEDY SHRIVER AQUATIC CENTER

R01013-304	3/1	F	5-6:30 p.m.	\$360
R01013-305	3/2	Sa	8:30-10 a.m.	\$360

OLNEY SWIM CENTER

R01013-306	3/6	W	5:45-7:15 p.m.	\$360
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Level 3: Learn to Dive

Ages 7-18 • 12 Sessions

KENNEDY SHRIVER AQUATIC CENTER

R01014-305	3/1	F	6:30-8 p.m.	\$396
R01014-301	3/4	M	6:30-8 p.m.	\$396
R01014-302	3/5	Tu	6:30-8 p.m.	\$396
R01014-303	3/6	W	6:30-8 p.m.	\$396

Youth Water Polo: Sprouts

Ages 9-11 • 6 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01079-382	3/8	F	3-4 p.m.	\$150
R01079-383	5/3	F	3-4 p.m.	\$150

Youth Water Polo: Buds

Ages 12-14 • 6 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01079-380	3/6	W	3-4 p.m.	\$150
R01079-381	5/1	W	3-4 p.m.	\$150

Youth Water Polo: Blossoms

Ages 15-17 • 6 Sessions

MARTIN LUTHER KING JR. SWIM CENTER

R01079-378	3/4	M	3-4 p.m.	\$150
R01079-379	4/29	M	3-4 p.m.	\$150

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





Click to view and register.

JO National Dive Team

JO Blue- 3 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-302 3/11 4:30-7:30 p.m. \$1464

KENNEDY SHRIVER AQUATIC CENTER

R01015-301 3/11 3:30-8:30 p.m. \$1464

JO Red- 4 Days

Ages 6-18

GERMANTOWN INDOOR SWIM CENTER

R01015-304 3/11 4:30-7:30 p.m. \$1950

KENNEDY SHRIVER AQUATIC CENTER

R01015-303 3/11 3:30-8:30 p.m. \$1950

JO Silver- 5 Days

Ages 6-18

KENNEDY SHRIVER AQUATIC CENTER

R01015-305 3/11 3:30-8:30 p.m. \$2439

Masters Diving

Ages 14 and up • 12 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01017-301 3/6 W 6:30-8 p.m. \$396

KENNEDY SHRIVER AQUATIC CENTER

R01017-302 3/4 M 8-9:30 p.m. \$396

R01017-303 3/7 Th 8:05-9:35 p.m. \$396

National Development Program

Ages 6-18

KENNEDY SHRIVER AQUATIC CENTER

12 Sessions

R01016-304 3/11 M 6-7:30 p.m. \$432

R01016-308 3/15 F 6-7:30 p.m. \$432

13 Sessions

R01016-305 3/12 Tu 6-7:30 p.m. \$468

R01016-306 3/13 W 6-7:30 p.m. \$468

R01016-307 3/14 Th 6-7:30 p.m. \$468



Lifeguard Training

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

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

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

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


The pre-course consists of:

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

BE A HERO


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

LIFEGUARDING
BLENDED LEARNING



VIEW/REGISTER HERE

LIFEGUARDING CLASS
IN-PERSON



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55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Masters



Click to view and register.

MASTERS SWIMMING SCHEDULE



SPRING 2024



Germantown Indoor Swim Center

M: 6:30-7:30 a.m.
W: 6:30-7:30 a.m.
F: 6:30-7:30 a.m.
Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.

Kennedy Swim Aquatic Center

Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.
Fri: 7:45-9 p.m.
Su: 8-10 a.m.

MLK Indoor Swim Center

M: 8:30-10 p.m.
W: 8:30-10 p.m.

Olney Swim Center

Tu: 8:30-10 p.m.
Th: 8:30-10 p.m.
Sa: 7:30-9 a.m.

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

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THERAPEUTIC
RECREATION

SPORTS

Scuba

Scuba

Ages 14 and up • 8 Sessions

GERMANTOWN INDOOR SWIM CENTER

R01028-303	4/23	Tu	7-10 p.m.	\$265
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MARTIN LUTHER KING JR. SWIM CENTER

R01028-301	4/3	W	7-10 p.m.	\$265
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OLNEY SWIM CENTER

R01028-302	4/22	M	7:15-10:15 p.m.	\$265
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CLASSES



AQUATICS



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Arts and Crafts

ARTS AND CRAFTS



Abrakadoodle Doodle and Design

Instructor: Stephanie Burke

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	8 Sessions	R05001-301	Wheaton CRC	4/20	Sa	1:15-2 p.m.	\$180

Abrakadoodle Let's Go Camping

Instructor: Stephanie Burke

3-5	8 Sessions	R05001-303	Wheaton CRC	4/20	Sa	12:15-1 p.m.	\$180
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Abrakadoodle Tell Me a Story

Instructor: Stephanie Burke

1-2	8 Sessions	R05001-302	Wheaton CRC	4/20	Sa	11:15 a.m.-Noon	\$180
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Adventures in Art

Instructor: Tatiana Martin

5-10	7 Sessions	R05004-301	Bauer Drive CRC	4/13	Sa	10:30-11:30 a.m.	\$100
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Art Studio

Instructor: Tatiana Martin

10-16	7 Sessions	R05006-301	Bauer Drive CRC	4/13	Sa	12-1 p.m.	\$100
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Art Studio II Pencil Drawing

Instructor: Tatiana Martin

15-20	7 Sessions	R05006-303	Bauer Drive CRC	4/13	Sa	1:15-2:15 p.m.	\$100
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DRAWING



Click to view and register.

Beginner Right Brained Drawing

Instructor: Yolanda Prinsloo

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
16 and up	9 Sessions	R05038-301	Potomac CRC	4/8	M	5:45-7:15 p.m.	\$168

Cartooning with Young Rembrandts

Instructor: Art Box

5-12	8 Sessions	R05129-302	N. Potomac CRC	4/8	M	6-7 p.m.	\$160
	9 Sessions	R05129-301	Germantown CRC	4/10	W	6-7 p.m.	\$180

Elementary Drawing with Young Rembrandts

Instructor: Art Box

5-12	9 Sessions	R05129-303	Mid-County CRC	4/10	W	6:30-7:30 p.m.	\$190
	7 Sessions	R05129-305	Silver Spring RAC	4/13	Sa	10:30-11:30 a.m.	\$152

Draw and Clay

Instructor: Yolanda Prinsloo

4-9	8 Sessions	R05037-301	Germantown CRC	4/9	Tu	5:30-6:30 p.m.	\$158
		R05037-302	Bauer Drive CRC	4/10	W	5:45-6:45 p.m.	\$158

Pre-School Drawing with Young Rembrandts

Instructor: Art Box

3-5	7 Sessions	R05129-304	Silver Spring RAC	4/13	Sa	9:30-10:15 a.m.	\$152
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PAINTING

Botanical Eco-Printing on Watercolor Paper Workshop

Instructor: Susan Mapp

18 and up	1 Session	R05006-302	Ross Boddy NRC	6/8	Sa	10:30 a.m.-2:30 p.m.	\$75
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Learning Art from the Masters

Instructor: Yolanda Prinsloo

6-14	8 Sessions	R05087-301	Germantown CRC	4/9	Tu	6:30-7:30 p.m.	\$158
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POTTERY - CERAMICS

Ceramics Introductory Wheel

Instructor: Robin Ziek

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
17 and up	8 Sessions	R05093-315	Ross Boddy NRC	4/8	M	5:30-8:30 p.m.	\$275
		R05093-314	Ross Boddy NRC	4/13	Sa	10:30 a.m.-1:30 p.m.	\$275

Instructor: Catherine Joanny

17 and up	7 Sessions	R05093-312	Ross Boddy NRC	4/9	Tu	5:30-8:30 p.m.	\$245
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Handcrafted Pottery

Instructor: Ki Young Nam

17 and up	5 Sessions	R05093-304	White Oak CRC	4/8	M	6-9 p.m.	\$185
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Instructor: Meg Dickerson

17 and up	7 Sessions	R05093-309	Wheaton CRC	4/16	Tu	6-9 p.m.	\$280
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Handcrafted Pottery Open Studio

Instructor: Ki Young Nam

17 and up	6 Sessions	R05093-303	White Oak CRC	4/2	Tu	10 a.m.-1 p.m.	\$215
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Instructor: Joan Suchoski

17 and up	8 Sessions	R05093-317	N. Potomac CRC	4/9	Tu	10 a.m.-1 p.m.	\$275
	9 Sessions	R05093-316	N. Potomac CRC	4/11	Th	10 a.m.-1 p.m.	\$305

Instructor: Susan Mapp

17 and up	10 Sessions	R05093-301	Ross Boddy NRC	4/10	W	10:30 a.m.-1:30 p.m.	\$335
		R05093-302	Ross Boddy NRC	4/11	Th	5:30-8:30 p.m.	\$335

Instructor: Catherine Joanny

17 and up	8 Sessions	R05093-311	Ross Boddy NRC	4/13	Sa	10:30 a.m.-1:30 p.m.	\$275
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Instructor: Meg Dickerson

17 and up	7 Sessions	R05093-310	Wheaton CRC	4/17	Wed	9:30 a.m.-12:30 p.m.	\$280
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Pottery at Sligo

Instructor: Cathy Grubman

17 and up	8 Sessions	R05093-305	Sligo Creek ES	4/9	Tu	10 a.m.-1 p.m.	\$300
	9 Sessions	R05093-306	Sligo Creek ES	4/11	Th	10 a.m.-1 p.m.	\$335

Instructor: Roger Kirk

17 and up	8 Sessions	R05093-307	Sligo Creek ES	4/9	Tu	6:30-9:30 p.m.	\$300
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Instructor: Meg Dickerson

17 and up	6 Sessions	R05093-308	Sligo Creek ES	4/15	Mon	6:30-9:30 p.m.	\$230
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CPR and First Aid

CPR, AED and First Aid

Instructor: Life Rescue Training



Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
13 and up	1 Session	R05032-309	Life Rescue Training	4/6	Sa	10 a.m.-2 p.m.	\$89
		R05032-308	Life Rescue Training	5/4	Sa	10 a.m.-2 p.m.	\$89
		R05032-310	Life Rescue Training	6/1	Sa	10 a.m.-2 p.m.	\$89



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Dance

BALLET



Pre-Ballet

Instructor: Judy Schonberger

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-4	7 Sessions	R05010-301	N. Potomac CRC	4/23	Tu	10-10:45 a.m.	\$105
	8 Sessions	R05010-303	N. Potomac CRC	4/24	W	4:30-5:15 p.m.	\$120
4-5	7 Sessions	R05010-302	N. Potomac CRC	4/23	Tu	10:50-11:35 a.m.	\$105

Ballet I

Instructor: Judy Schonberger

5-7	8 Sessions	R05010-304	N. Potomac CRC	4/24	W	5:20-6:05 p.m.	\$120
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Ballet I-II

Instructor: Judy Schonberger

8-10	8 Sessions	R05010-307	N. Potomac CRC	4/24	W	6:15-7:05 p.m.	\$136
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Jazzmatazz Pre Ballet

Instructor: Betsy Saunders

5-7	10 Sessions	R05010-309	Long Branch CRC	4/6	Sa	11:15 a.m.-Noon	\$144
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Jazzmatazz Preschool Dance

Instructor: Betsy Saunders

3-4	10 Sessions	R05010-308	Long Branch CRC	4/6	Sa	10:15-11 a.m.	\$144
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BALLROOM



Click to view and register.

Ballroom I

Instructor: Ann Basso

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	8 Sessions	R05011-301	Wheaton CRC	4/18	Th	7-8 p.m.	\$88

Ballroom II

Instructor: Ann Basso

18 and up	8 Sessions	R05011-302	Wheaton CRC	4/18	Th	8-9 p.m.	\$88
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Ballroom III

Instructor: Ann Basso

18 and up	7 Sessions	R05011-303	Coffield CRC	4/16	Tu	7-8 p.m.	\$77
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BOLLYWOOD

Bollywood Dance Fitness

Instructor: Kumud Mathur

14 and up	7 Sessions	R05017-302	Potomac CRC	4/16	Tu	7:15-8 p.m.	\$95
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Bollywood Kids

Instructor: Kumud Mathur

2-5	7 Sessions	R05017-303	Potomac CRC	4/16	Tu	5:15-6 p.m.	\$105
6-13	7 Sessions	R05017-301	Potomac CRC	4/16	Tu	6:15-7 p.m.	\$95

HIP-HOP

Hip Hop Kids

Instructor: Craig Perry

5-7	9 Sessions	R05055-303	Germantown CRC	4/6	Sa	10-10:45 a.m.	\$160
8-12		R05055-304	Germantown CRC	4/6	Sa	11-11:45 a.m.	\$160

Hip Hop Adults

Instructor: Craig Perry

16 and up	9 Sessions	R05055-305	Germantown CRC	4/6	Sa	Noon-12:45 p.m.	\$160
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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THERAPEUTIC RECREATION

HULA

Intro to Hula Dance

Instructor: Dawn Felsen

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	8 Sessions	R05057-301	Wheaton CRC	4/10	W	5:30-6:30 p.m.	\$80

LINE DANCING

Urban Line Dance

Instructor: Peytrienne McCormick

18 and up	8 Sessions	R05121-301	Wheaton CRC	4/9	Tu	6-7 p.m.	\$81
		R05121-302	Good Hope NRC	4/10	W	6-7 p.m.	\$81

PLAYTIME AND MOVEMENT

Pop Stars

Instructor: Tippi Toes Dance

6-9	7 Sessions	R05338-303	N. Potomac CRC	4/20	Sa	11:30 a.m.-12:15 p.m.	\$220
		R05338-306	White Oak CRC	4/20	Sa	11:30 a.m.-12:15 p.m.	\$220
		R05338-308	Regional Services Center-B-CC	4/20	Sa	11:30 a.m.-12:15 p.m.	\$220

Toddler and Me

Instructor: Tippi Toes Dance

18 mos.-3yrs	7 Sessions	R05338-301	N. Potomac CRC	4/20	Sa	9:30-10:15 a.m.	\$220
		R05338-304	White Oak CRC	4/20	Sa	9:30-10:15 a.m.	\$220
		R05338-307	Regional Services Center-B-CC	4/20	Sa	9:30-10:15 a.m.	\$220

TAP DANCING

Ballet Tap Jazz

Instructor: Tippi Toes Dance

3-5	7 Sessions	R05338-302	N. Potomac CRC	4/20	Sa	10:30-11:15 a.m.	\$220
		R05338-305	White Oak CRC	4/20	Sa	10:30-11:15 a.m.	\$220
		R05338-309	Regional Services Center-B-CC	4/20	Sa	10:30-11:15 a.m.	\$220

Tap Dance I

Instructor: Andrea Cali

18 and up	7 Sessions	R05336-301	Lawton CRC	4/18	Th	4:50-5:50 p.m.	\$77
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Tap Dance II

Instructor: Andrea Cali

18 and up	8 Sessions	R05336-302	Lawton CRC	4/18	Th	6-7 p.m.	\$88
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SPORTS

CLASSES

AQUATICS



Educational



Etiquette & Job Readiness
 Instructor: Etiquette Etiquette

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
13-15	4 Sessions	R05372-301	N. Potomac CRC	4/9	Tu	6-7 p.m.	\$123
16-19		R05372-302	Good Hope NRC	5/7	Tu	6-7 p.m.	\$123

WORKSHOP OR SPEAKER SERIES

Safe Sitter
 Instructor: Life Rescue Training

10-14	1 Session	R05099-303	N. Potomac CRC	5/11	Sa	10 a.m.-2:30 p.m.	\$123
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MARCH 25-29

SPRING BREAK CAMPS

View 2024 Spring Break Camps

55+

55+
 THERAPEUTIC
 RECREATION

SPORTS

CLASSES

AQUATICS



55+

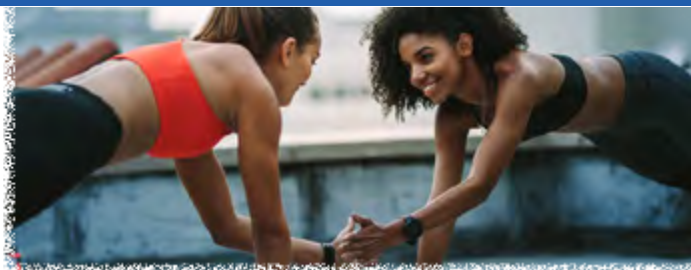
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Fitness



ACFT

Instructor: Anthony Chisley

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	10 Sessions	R03034-301	Silver Spring RAC	3/11	M	8-10:15 a.m.	FREE

Homeschool P.E.

Provider: Montgomery County Recreation

6-10	5 Sessions	R03036-301	Silver Spring RAC	3/5	Tu	1:15-2 p.m.	\$10
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AEROBIC DANCE

Dance and Fitness

Instructor: Virginia Azuree

18 and up	16 Sessions	R05035-307	Bauer Drive CRC	4/8	M,W	5-6 p.m.	\$128
	17 Sessions	R05035-306	Rock View ES	4/8	M,W	6:30-7:30 p.m.	\$136
	19 Sessions	R05035-308	White Oak CRC	4/8	M,W	7-8 p.m.	\$152
	18 Sessions	R05035-302	Veirs Mill LP	4/9	Tu,Th	9:30-10:30 a.m.	\$144
		R05035-303	Rock View ES	4/9	Tu,Th	6:30-7:30 p.m.	\$144
		R05035-309	Potomac CRC	4/9	Tu,Th	7-8 p.m.	\$144
	7 Sessions	R05035-304	Wheaton CRC	4/13	Sa	9-10 a.m.	\$56

Dance and Fitness Outdoors

Instructor: Virginia Azuree

18 and up	17 Sessions	R05035-301	Holiday Park SC	4/8	M,W	6:30-7:30 p.m.	\$136
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Trap Fitness

Instructor: Everest Wellness

18 and up	9 Sessions	R05370-301	Praisner CRC	4/8	M	7-8 p.m.	\$113
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AEROBIC FITNESS

Jacki Sorensen's Aerobic Dance

Instructor: Karin Baker

18 and up	9 Sessions	R05059-301	Potomac CRC	4/9	Tu	9-10 a.m.	\$99
		R05059-302	Potomac CRC	4/11	Th	9-10 a.m.	\$99



BODY SCULPTING

[Click to view and register.](#)

Definition Body Sculpting Virtual and In-Person

Instructor: Juliet Rodman

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
35 and up	18 Sessions	R05016-301	Clara Barton CRC	4/9	Tu,Th	9:15-10 a.m.	\$180
	9 Sessions	R05016-302	Clara Barton NRC	4/9	Tu	9:15-10 a.m.	\$90
		R05016-303	Clara Barton NRC	4/11	Th	9:15-10 a.m.	\$90

PILATES

Jazzmatazz Aerobics with Pilates Mat

Instructor: Betsy Saunders

16 and up	10 Sessions	R05061-301	Wheaton CRC	4/9	Tu	7:15-8:30 p.m.	\$120
	20 Sessions	R05061-302	Wheaton CRC	4/9	Tu,Th	7:15-8:30 p.m.	\$240
	10 Sessions	R05061-303	Wheaton CRC	4/11	Th	7:15-8:30 p.m.	\$120

Pilates for Fitness

Instructor: Fit 2 Believe

16 and up	6 Sessions	R05091-301	Bauer Drive CRC	4/8	M	7-8 p.m.	\$60
	7 Sessions	R05091-302	Bauer Drive CRC	4/11	Th	7-8 p.m.	\$70
	8 Sessions	R05091-303	Lawton CRC	4/13	Sa	10-11 a.m.	\$80

TOTAL BODY CONDITIONING

Basic Barre

Instructor: Patricia Anderson

18 and up	9 Sessions	R05327-302	Wheaton CRC	4/9	Tu	7:15-8:15 p.m.	\$108
	7 Sessions	R05327-301	Wheaton CRC	4/13	Sa	9:15-10:15 a.m.	\$84

Fit Family Boxing and Kickboxing

Instructor: Fit 2 Believe

13 and up	9 Sessions	R05342-301	Lawton CRC	4/9	Tu	6:30-7:30 p.m.	\$90
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Kelley's Complete Fitness

Instructor: Pamela Kelley

18 and up	8 Sessions	R05072-304	Wheaton CRC	4/11	Th	9:15-10:30 a.m.	\$80
	9 Sessions	R05072-303	Bauer Drive CRC	4/17	W	9:15-10:30 a.m.	\$90

Kelley's Complete Fitness Virtual

Instructor: Pamela Kelley

18 and up	9 Sessions	R05072-301	Virtual Class	4/8	M	7:15-8:30 p.m.	\$90
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Kelley's 50+ Complete Fitness

Instructor: Pamela Kelley

50 and up	7 Sessions	R05072-305	Wheaton CRC	4/8	M	9:15-10:30 a.m.	\$70
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Total Body Conditioning

Instructor: Fit 2 Believe

16 and up	7 Sessions	R05018-305	Bauer Drive CRC	4/10	W	7-8 p.m.	\$70
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55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55+

THERAPEUTIC RECREATION

ZUMBA

Zumba Toning with Ingrid

Instructor: Ingrid Higgins

16 and up	4 Sessions	R05133-301	Good Hope NRC	4/10	W	6:45-7:45 p.m.	\$32
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Zumba with Andria

Instructor: Andria O'Brien

16 and up	8 Sessions	R05132-312	Damascus CRC	4/10	W	7-8 p.m.	\$69
		R05132-311	Germantown CRC	4/11	Th	7-8 p.m.	\$69

Zumba with Carol

Instructor: Carol Nelson

15 and up	8 Sessions	R05132-305	N. Potomac CRC	4/10	W	6-7 p.m.	\$76
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Zumba with Everest Wellness

Instructor: Everest Wellness

18 and up	9 Sessions	R05132-313	Potomac CRC	4/9	Tu	7-8 p.m.	\$124
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Zumba with Ingrid

Instructor: Ingrid Higgins

14 and up	6 Sessions	R05132-304	Wheaton CRC	4/13	Sa	10:15-11:15 a.m.	\$48
	5 Sessions	R05132-309	Good Hope NRC	5/8	W	6:45-7:45 p.m.	\$40

Zumba with Michelle

Instructor: Michelle Johnson-Lancaster

16 and up	8 Sessions	R05132-301	Mid-County CRC	4/8	M	6:15-7:15 p.m.	\$72
	9 Sessions	R05132-302	Mid-County CRC	4/10	W	6:15-7:15 p.m.	\$81
	8 Sessions	R05132-303	Bauer Drive CRC	4/13	Sa	9:15-10:15 a.m.	\$72

SPORTS

CLASSES

AQUATICS



Health and Wellness



Click to view and register.

YOGA

Dynamic Movement

Instructor: Anne Harrison

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	10 Sessions	R05128-319	Silver Spring RAC	4/10	W	6-7 p.m.	\$110

Gentle Yoga

Instructor: Irene Bopp

18 and up	8 Sessions	R05128-303	Bauer Drive CRC	4/9	Tu	6:15-7:15 p.m.	\$88
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Instructor: Nancy Neves

18 and up	8 Sessions	R05128-309	Mid-County CRC	4/10	W	10:45 a.m.- Noon	\$120
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Hatha Yoga and Stress Management with Suzana

Instructor: Suzana Cooper

9 Sessions		R05128-308	Lawton CRC	4/12	F	9:45-11 a.m..	\$135
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Wisdom Yoga

Instructor: Ann Harrison

8 Sessions		R05128-316	Clara Barton NRC	4/9	Tu	11 a.m.-Noon	\$88
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Yoga I/II with Hannah

Instructor: Hannah Davis

18 and up	9 Sessions	R05128-318	Wheaton CRC	4/10	W	7:15-8:15 p.m.	\$108
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Yoga I: Restore and Recharge Yoga with Hannah

Instructor: Hannah Davis

18 and up	8 Sessions	R05128-301	Wheaton CRC	4/8	M	7-8 p.m.	\$96
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Yoga Basics with Irene

Instructor: Irene Bopp

18 and up	8 Sessions	R05128-304	Bauer Drive CRC	4/9	Tu	7:30-8:30 p.m.	\$88
	7 Sessions	R05128-306	Good Hope NRC	4/11	Th	11 a.m.-Noon	\$77
		R05128-307	Good Hope NRC	4/11	Th	7-8 p.m.	\$77

Yoga for Vitality

Instructor: Warrior One Yoga

18 and up	8 Sessions	R05128-311	N. Potomac CRC	4/9	Tu	9:30-10:30 a.m.	\$120
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Yogalates (Yoga & Pilates)

Instructor: Anne Harrison

18 and up	7 Sessions	R05128-315	Wheaton CRC	4/9	Tu	6-7 p.m.	\$77
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55+

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RECREATION

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AQUATICS



55+

THERAPEUTIC RECREATION

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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	R05005-301	Ross Boddy NRC	4/8	M	7-8:30 p.m.	\$63

Suenaka-ha Aikido

Instructor: James Huss

14 and up	9 Sessions	R05005-302	Lawton CRC	4/10	W	6-8 p.m.	\$100
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KARATE-JUJITSU

Karate Do / Iaido

Instructor: Salvador Cortes

7-15	9 Sessions	R05068-301	Potomac CRC	4/11	Th	6-7 p.m.	\$81
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Okinawan Karate

Instructor: Kokyuh LLC

18 and up	17 Sessions	R05357-301	North Chevy Chase ES	4/8	M,Th	7-8:30 p.m.	\$140
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Zen Budo Karate

Instructor: Christopher Bowers

5-11	9 Sessions	R05352-310	Silver Spring RAC	4/11	Th	7-8 p.m.	\$98
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TKA Adult Karate

Instructor: TKA

13 and up	9 Sessions	R05070-301	Upper County CRC	4/8	M	8-9:30 p.m.	\$90
		R05070-302	Wheaton CRC	4/8	M	7:30-9 p.m.	\$90
		R05070-303	Germantown CRC	4/9	Tu	8-9:30 p.m.	\$80
		R05070-304	Mid-County CRC	4/9	Tu	7:30-9 p.m.	\$90
8 Sessions	R05070-305	Damascus CRC	4/10	W	8-9:30 p.m.	\$80	
10 Sessions	R05070-306	Bauer Drive CRC	4/10	W	8-9:30 p.m.	\$100	
	R05070-308	Bethesda ES	4/11	Th	8-9:30 p.m.	\$100	
	R05070-309	Praisner CRC	4/11	Th	7:30-9 p.m.	\$100	

TKA Karate Jujitsu Club

Instructor: TKA

13 and up	10 Sessions	R05070-310	White Oak CRC	4/12	F	7:30-8:30 p.m.	\$40
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TKA Karate Jujitsu Club 2

Instructor: TKA

13 and up	10 Sessions	R05070-311	White Oak CRC	4/12	F	8:30-9:30 p.m.	\$50
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Click to view and register.

TKA Youth Karate All Levels

Instructor: TKA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-12	10 Sessions	R05066-309	Clara Barton NRC	4/10	W	6:30-7:30 p.m.	\$90
		R05066-313	Praisner CRC	4/11	Th	6:30-7:30 p.m.	\$90
		R05066-314	Bethesda ES	4/11	Th	7-8 p.m.	\$90

TKA Youth Karate Beginners through Advanced White Belts

Instructor: TKA

6-12	9 Sessions	R05066-306	Mid-County CRC	4/9	Tu	6:30-7:30 p.m.	\$81
	10 Sessions	R05066-312	Potomac CRC	4/10	W	6-7 p.m.	\$90

TKA Youth Karate Beginner through Orange Belts

Instructor: TKA

6-12	8 Sessions	R05066-304	Germantown CRC	4/9	Tu	6-7 p.m.	\$72
		R05066-307	Damascus CRC	4/10	W	6-7 p.m.	\$72

TKA Youth Karate Beginner through White Belts

Instructor: TKA

6-12	9 Sessions	R05066-301	Upper County CRC	4/8	M	6-7 p.m.	\$81
	10 Sessions	R05066-310	Bauer Drive CRC	4/10	W	6-7 p.m.	\$90

TKA Youth Karate Experienced Beginners and Higher

Instructor: TKA

6-12	9 Sessions	R05066-317	Wheaton CRC	4/8	M	6:30-7:30 p.m.	\$81
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TKA Youth Karate Intermediate

Instructor: TKA

6-12	9 Sessions	R05066-302	Upper County CRC	4/8	M	7-8 p.m.	\$81
	8 Sessions	R05066-305	Germantown CRC	4/9	Tu	7-8 p.m.	\$72
		R05066-308	Damascus CRC	4/10	W	7-8 p.m.	\$72
	10 Sessions	R05066-311	Bauer Drive CRC	4/10	W	7-8 p.m.	\$90

TKA Youth Karate New Beginners

Instructor: TKA

6-12	9 Sessions	R05066-303	Wheaton CRC	4/8	M	6:30-7:30 p.m.	\$81
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TKA Youth Karate Orange Belt and Higher

Instructor: TKA

6-12	9 Sessions	R05066-316	Mid-County CRC	4/9	Tu	6:30-7:30 p.m.	\$81
	10 Sessions	R05066-315	Potomac CRC	4/10	W	7-8 p.m.	\$90



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SELF DEFENSE

Practical Self Defense

Instructor: Ivan Black

14 and up 17 Sessions R05095-301 Wisconsin Place CRC 4/8 M,Th 7-8 p.m. \$85

VOVINAM

Vovinam Martial Arts

Instructor: Yanni Nguyen

6-13	8 Sessions	R05126-305	Plum Gar CRC	4/8	M	6-7 p.m.	FREE
		R05126-301	Long Branch CRC	4/10	W	6-7 p.m.	FREE
	7 Sessions	R05126-303	Long Branch CRC	4/13	Sa	10-11 a.m.	FREE
13 and up	8 Sessions	R05126-306	Plum Gar CRC	4/8	M	7-8:30 p.m.	FREE
		R05126-302	Long Branch CRC	4/10	W	7-8:30 p.m.	FREE
		7 Sessions	R05126-304	Long Branch CRC	4/13	Sa	11 a.m.-12:30 p.m.



SPORTS LEAGUES

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Music



GUITAR

Beginner Guitar

Instructor: Kevin Mittleman

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-12	7 Sessions	R05053-302	School of Music	4/19	F	5:30-6:20 p.m.	\$105
13 and up		R05053-301	School of Music	4/15	M	8-8:50 p.m.	\$105

Intermediate Guitar

13 and up	7 Sessions	R05053-305	School of Music	4/18	Th	8-8:50 p.m.	\$105
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Groovy Guitar

Instructor: Learn Now Music

5-12	8 Sessions	R05053-303	Bauer Drive CRC	4/17	W	7-8 p.m.	\$198
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PIANO

Poppin Piano

Instructor: Learn Now Music

5-12	8 Sessions	R05089-301	Bauer Drive CRC	4/17	W	7-8 p.m.	\$198
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Little Fingers Piano

Instructor: Learn Now Music

2-5	8 Sessions	R05089-304	Mid-County CRC	4/8	M	10-10:30 a.m.	\$180
		R05089-302	N. Potomac CRC	4/17	W	10-10:30 a.m.	\$180

CLOSED

IMPORTANT CLOSURE NOTICE

Montgomery County Recreation will be closed on:

Feb. 19
May 27

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PLAYTIME AND MUSIC



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Music Together

Instructor: Nancy Nuttle

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
0-5	10 Sessions	R05085-301	Wheaton CRC	4/4	Th	10:30-11:15 a.m.	\$295
		R05085-302	Wheaton CRC	4/4	Th	11:30 a.m.-12:15 p.m.	\$295
	8 Sessions	R05085-304	Mid-County CRC	4/6	Sa	10-10:45 a.m.	\$250
		R05085-305	Mid-County CRC	4/6	Sa	11 a.m.-12:45 p.m.	\$250
	10 Sessions	R05085-306	Silver Spring RAC	4/6	Sa	10:30-11:15 a.m.	\$295
		R05085-307	Silver Spring RAC	4/6	Sa	9:30-10:15 a.m.	\$295
		R05085-308	Silver Spring RAC	4/6	Sa	11:30 a.m.-12:15 p.m.	\$295

My First Music Class

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
2-5	8 Sessions	R05321-303	Mid-County CRC	4/15	M	10:30-11 a.m.	\$180
		R05321-301	N. Potomac CRC	4/17	W	10:30-11 a.m.	\$180

VIOLIN

Viva Violin

Instructor: Learn Now Music

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	8 Sessions	R05359-301	Longwood CRC	4/13	Sa	10-11 a.m.	\$176

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RECREATION

S.T.E.A.M.



Coding Classic Games using Scratch

Instructor: Boolean Girls

8-12	3 Sessions	R05344-301	Tilden MS	4/13	Sa	9 a.m.-12 p.m.	\$99
		R05344-302	Luxmanor ES	5/4	Sa	9 a.m.-12 p.m.	\$99

Gemology I Introduction

Instructor: Timothy Morgan

18 and up	9 Sessions	R05049-303	Potomac CRC	4/11	Th	10 a.m.-12:15 p.m.	\$108
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Gemology II Advanced

Instructor: Timothy Morgan

18 and up	9 Sessions	R05049-304	Potomac CRC	4/10	W	10 a.m.-12:15 p.m.	\$108
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Snapology Mining and Building

Instructor: Snapology

7-12	7 Sessions	R05344-304	Silver Spring RAC	4/13	Sa	10:30-11:30 a.m.	\$203
	8 Sessions	R05344-303	Wheaton CRC	4/17	W	6:30-7:30 p.m.	\$232

SPORTS

CLASSES

AQUATICS



2024

SPRING BREAK CAMPS



Coach Doug Spring Break

Instructor: Coach Doug Academy

FULL DAY

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-12	5 Sessions	R05025-320	Potomac CRC	3/25	M-F	9 a.m.-3:30 p.m.	\$274

HALF DAY A.M.

4-12	5 Sessions	R05025-318	Potomac CRC	3/25	M-F	8:30 a.m.-Noon	\$150
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HALF DAY P.M.

5-12	5 Sessions	R05025-319	Potomac CRC	3/25	M-F	Noon-3:30 p.m.	\$150
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P.M. EXTENDED CARE

5-12	5 Sessions	R05025-320	Potomac CRC	3/25	M-F	3:30-6 p.m.	\$54
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CP Basketball Academy

Instructor: Carl Parker

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
7-14	5 Sessions	R05340-301	Wheaton CRC	3/25	M-F	9 a.m.-4 p.m.	\$169



Goats on Wheels Skateboarding

Instructor: Goats on Wheels

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-11	5 Sessions	R05363-303	Damascus CRC	3/25	M-F	8:30 a.m.-12:30 p.m.	\$25



Magic Spring Break Camp

Instructor: Chris Bowers

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
6-10	5 Sessions	R05371-301	East County CRC	3/25	M-F	9 a.m.-3 p.m.	\$275



Train Like a Pro Multi Sports Camp

Instructor: Fit 2 Believe

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
7-12	5 Sessions	R05084-301	Plum Gar CRC	3/25	M-F	9 a.m.-4 p.m.	\$160



Sports



BASEBALL

Rookie League Baseball
Instructor: Jump Start Sports

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
5-6	6 Sessions	R05323-304	Layhill Village LP	4/14	Su	2:30-3:30 p.m.	\$120

T-Birds T-Ball
Instructor: Jump Start Sports

3-4	6 Sessions	R05323-303	Layhill Village LP	4/14	Su	1:30-2:25 p.m.	\$120
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BADMINTON

Badminton Beginner
Instructor: Yen-Ping Chao

9 and up	9 Sessions	R05008-301	Bauer Drive CRC	4/6	Sa	9:30-10:30 a.m.	\$110
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Badminton Intermediate
Instructor: Yen-Ping Chao

10 and up	9 Sessions	R05008-302	Bauer Drive CRC	4/6	Sa	10:30 a.m.-12:30 p.m.	\$170
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Badminton Advanced
Instructor: Yen-Ping Chao

12 and up	9 Sessions	R05008-303	Bauer Drive CRC	4/6	Sa	12:45-1:45 p.m.	\$170
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BASKETBALL

Jump Start Little Hoop Stars
Instructor: Jump Start Sports

4-6	6 Sessions	R05012-351	Silver Spring RAC	4/13	Sa	10:30-11:30 a.m.	\$125
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Train Like a Pro Juniors Basketball Skills and Drills
Instructor: Fit 2 Believe

5-9	9 Sessions	R05012-309	Pine Crest ES	4/10	W	6:15-7:15 p.m.	\$125
	8 Sessions	R05012-302	N. Potomac CRC	4/13	Sa	1-2 p.m.	\$112

Train Like a Pro Basketball Skills and Drills
Instructor: Fit 2 Believe

10-14	9 Sessions	R05012-310	Pine Crest ES	4/10	W	7:15-8:45 p.m.	\$195
		R05012-311	Tilden MS	4/10	W	6:30-8 p.m.	\$195
		R05012-303	Cabin John MS	4/11	Thu	6:30-8 p.m.	\$195
8 Sessions	R05012-305	Chevy Chase ES	4/13	Sa	10-11:30 a.m.	\$174	
5 Sessions	R05012-301	Potomac CRC	4/14	Su	1-2:30 p.m.	\$111	

DISC GOLF



Click to view and register.

Disc Golf Clinic MS Demo

11-14	1 Session	R03014-301	Silver Spring RAC	3/29	F	5:15-6 p.m.	FREE
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Disc Golf Clinic HS Demo

15-18	1 Session	R03014-302	Silver Spring RAC	3/29	F	6:15-7 p.m.	FREE
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MULTI-SPORTS

Coach Doug Pre Wee Wanna Be

Instructor: Coach Doug Academy

1 ^{1/2} -3	8 Sessions	R05025-301	Germantown CRC	4/23	Tu	9:30-10:15 a.m.	\$116
		R05025-305	Bauer Drive CRC	4/24	W	9:30-10:15 a.m.	\$116
		R05025-307	Potomac CRC	4/25	Th	9:30-10:15 a.m.	\$116

Coach Doug Seasonal Sports

Instructor: Coach Doug Academy

2-5	8 Sessions	R05025-315	Oakland Terrace ES	4/20	Sa	11-11:45 a.m.	\$116
		R05025-303	Germantown CRC	4/23	Tu	4:15-5 p.m.	\$116
		R05025-309	Potomac CRC	4/25	Th	4:15-5 p.m.	\$116

Coach Doug Wee Wanna Be

Instructor: Coach Doug Academy

2-5	8 Sessions	R05025-313	Oakland Terrace ES	4/20	Sa	9:30-10:15 a.m.	\$116
		R05025-314	Oakland Terrace ES	4/20	Sa	10:15-11 a.m.	\$116
		R05025-311	Potomac CRC	4/21	Su	9:30-10:15 a.m.	\$116
		R05025-312	Potomac CRC	4/21	Su	10:30-11:15 a.m.	\$116
		R05025-302	Germantown CRC	4/23	Tu	10:30-11:15 a.m.	\$116
		R05025-306	Bauer Drive CRC	4/24	W	10:30-11:15 a.m.	\$116
		R05025-308	Potomac CRC	4/25	Th	10:30-11:15 a.m.	\$116

OTA: Lil' Hoopers

Instructor: Overtime Athletics

3-5	6 Sessions	R05317-304	Arcola ES	4/13	Sa	9-9:45 a.m.	\$110
6-8		R05317-305	Arcola ES	4/13	Sa	10-11 a.m.	\$110

OTA: Basketball Academy

Instructor: Overtime Athletics

9-11	6 Sessions	R05317-306	Arcola ES	4/13	Sa	11 a.m.-Noon	\$110
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OTA: Sports Spectacular

Instructor: Overtime Athletics

3-5	7 Sessions	R05317-301	Bradley Hills ES	4/6	Sa	12:30-1:30 p.m.	\$110
6-8		R05317-302	Bradley Hills ES	4/6	Sa	1:30-2:30 p.m.	\$110
9-11		R05317-303	Bradley Hills ES	4/6	Sa	2:30-3:30 p.m.	\$110



PICKLEBALL



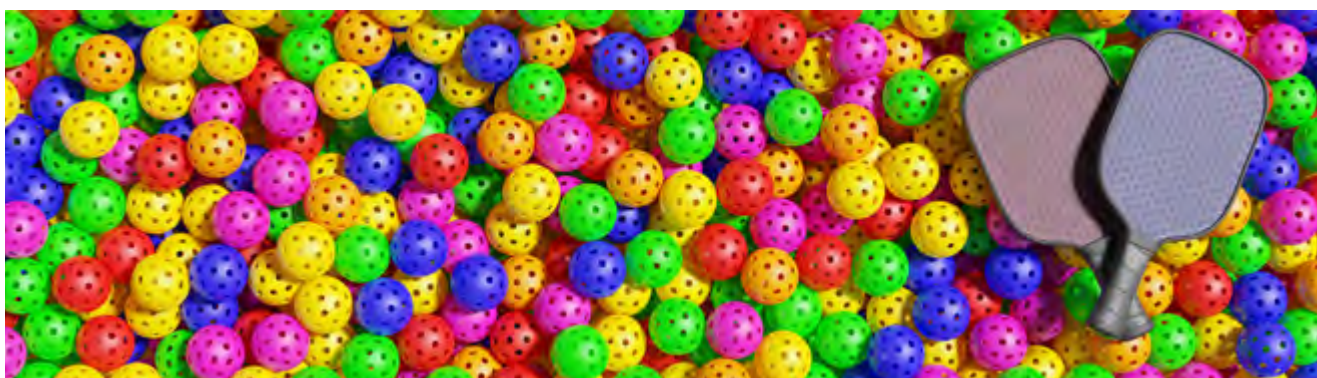
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Beginner 1.0

18 and up	3 Sessions	R05261-311	Silver Spring RAC	4/8	M	1:15-2:15 p.m.	\$69
		R05261-313	Silver Spring RAC	4/8	M	5:15-6:15 p.m.	\$69
		R05261-305	Lawton CRC	4/10	W	12:15-1:15 p.m.	\$69
		R05261-309	Coffield CRC	4/10	W	6:30-7:30 p.m.	\$69
		R05261-312	Silver Spring RAC	5/6	M	1:15-2:15 p.m.	\$69
		R05261-314	Silver Spring RAC	5/6	M	5:15-6:15 p.m.	\$69
		R05261-310	Coffield CRC	5/8	W	6:30-7:30 p.m.	\$69
		R05261-307	Lawton CRC	5/15	W	12:15-1:15 p.m.	\$69

Advanced Beginner 1.5-2.0

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	3 Sessions	R05262-310	Silver Spring RAC	4/8	M	2:15-3:15 p.m.	\$69
		R05262-312	Silver Spring RAC	4/8	M	6:15-7:15 p.m.	\$69
		R05262-305	Coffield CRC	4/10	W	7:30-8:30 p.m.	\$69
		R05262-308	Lawton CRC	4/10	W	1:15-2:15 p.m.	\$69
		R05262-311	Silver Spring RAC	5/6	M	2:15-3:15 p.m.	\$69
		R05262-313	Silver Spring RAC	5/6	M	6:15-7:15 p.m.	\$69
		R05262-306	Coffield CRC	5/8	W	7:30-8:30 p.m.	\$69
		R05262-309	Lawton CRC	5/15	W	1:15-2:15 p.m.	\$69



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

SKATEBOARDING

Beginner Skateboarding

Instructor: Goats on Wheels

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
8-11	6 Sessions	R05363-304	Damascus CRC	4/10	W	4:30-5:30 p.m.	\$25
		R05363-301	Damascus CRC	4/12	F	4:30-5:30 p.m.	\$25

Intermediate Skateboarding

Instructor: Goats on Wheels

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
12-14	6 Sessions	R05363-305	Damascus CRC	4/10	W	5:30-6:30 p.m.	\$25
		R05363-302	Damascus CRC	4/12	F	5:30-6:30 p.m.	\$25



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

YOUTH CRICKETBALL Academy

Ages	Activity
6-8	R05364-301
9-12	R05364-302
13-16	R05364-303



Starts April 6 • Saturdays
9 a.m.-Noon • Calverton Galway LP

FREE



SOCCER



Click to view and register.

Chickadee Soccer (Parent/Child)

Instructor: Jump Start Sports

18-36 mos.	6 Sessions	R05103-355	Lawton CRC	4/13	Sa	10-10:45 a.m.	\$120
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Coach Doug Soccer

Instructor: Coach Doug Academy

3-7	8 Sessions	R05025-316	Oakland Terrace ES	4/20	Sa	11:45 a.m.-12:30 p.m.	\$116
		R05025-304	Germantown CRC	4/23	Tu	5-5:45 p.m.	\$116
		R05025-310	Potomac CRC	4/25	Th	5-5:45 p.m.	\$116

CORE Grassroots Soccer Clinic

Instructor: CORE FC

3-5	5 Sessions	R05103-303	Potomac CRC	4/20	Sa	2-2:45 p.m.	\$89
		R05103-307	Damascus CRC	4/20	Sa	2-2:45 p.m.	\$89
		R05103-309	Bauer Drive CRC	4/20	Sa	10-10:45 a.m.	\$89
		R05103-305	Germantown CRC	4/21	Su	10-10:45 a.m.	\$89
6-8		R05103-304	Potomac CRC	4/20	Sa	3-4 p.m.	\$89
		R05103-308	Damascus CRC	4/20	Sa	3-4 p.m.	\$89
		R05103-310	Bauer Drive CRC	4/20	Sa	11 a.m.-Noon	\$89
		R05103-306	Germantown CRC	4/21	Su	11 a.m.-Noon	\$89

Core Multi Sports Clinic

Instructor: CORE FC

5-10	8 Sessions	R05103-316	Watkins Mill ES	4/15	M	3:30-4:30 p.m.	\$120
		R05103-317	Highland ES	4/17	W	3:30-4:30 p.m.	\$120

Jump Start Hummingbirds Soccer

Instructor: Jump Start Sports

3-4	6 Sessions	R05103-351	Ayrlawn LP	4/13	Sa	10-10:55 a.m.	\$120
		R05103-353	Layhill LP	4/13	Sa	1:30-1:30 p.m.	\$120
5-6		R05103-352	Ayrlawn LP	4/13	Sa	11 a.m.-Noon	\$120
		R05103-354	Layhill LP	4/13	Sa	2:30-3:30 p.m.	\$120

Train Like a Pro Soccer Skills and Drills

Instructor: Fit 2 Believe

10-14	9 Sessions	R05103-301	Bauer Drive CRC	4/9	Tu	6:30-8 p.m.	\$195
	8 Sessions	R05103-302	Potomac CRC	4/13	Sa	12-1:30 p.m.	\$173



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

VOLLEYBALL

Adult Volleyball Clinic

Instructor: Ofer Levy

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	6 Sessions	R05124-321	Good Hope NRC	4/2	Tu	6:30-8:30 p.m.	\$198

Youth Volleyball Skills Development Clinic

Instructor: Ofer Levy

8-11	6 Sessions	R05124-313	Mid-County CRC	4/8	M	6-7 p.m.	\$99
		R05124-301	Wheaton CRC	4/11	Th	6-7 p.m.	\$99
		R05124-305	Bauer Drive CRC	4/12	F	6-7 p.m.	\$99
5 Sessions	R05124-341	Germantown CRC	5/15	W	5:45-6:45 p.m.	\$82.50	
	R05124-309	Damascus CRC	5/21	Tu	6:30-7:30 p.m.	\$82.50	
12-13	6 Sessions	R05124-314	Mid-County CRC	4/8	M	7-8 p.m.	\$99
		R05124-302	Wheaton CRC	4/11	Th	7-8 p.m.	\$99
		R05124-306	Bauer Drive CRC	4/12	F	7-8 p.m.	\$99
5 Sessions	R05124-342	Germantown CRC	5/15	W	6:45-7:45 p.m.	\$82.50	
	R05124-310	Damascus CRC	5/21	Tu	6:30-7:30 p.m.	\$82.50	
	R05124-311	Damascus CRC	5/21	Tu	7:30-8:30 p.m.	\$82.50	
14-17	5 Sessions	R05124-343	Germantown CRC	5/15	W	7:45-8:45 p.m.	\$82.50
		R05124-312	Damascus CRC	5/21	Tu	7:30-8:30 p.m.	\$82.50

Youth Volleyball Level 1 Skills Development Clinic

Instructor: Ofer Levy

14-17	6 Sessions	R05124-315	Mid-County CRC	4/8	M	8-9 p.m.	\$99
		R05124-303	Wheaton CRC	4/11	Th	8-9 p.m.	\$99
		R05124-307	Bauer Drive CRC	4/12	F	8-9 p.m.	\$99

Youth Volleyball Level 2 Skills Development Clinic

Instructor: Ofer Levy

14-17	6 Sessions	R05124-316	Mid-County CRC	4/8	M	8-9 p.m.	\$119
		R05124-304	Wheaton CRC	4/11	Th	8-9 p.m.	\$119
		R05124-308	Bauer Drive CRC	4/12	F	8-9 p.m.	\$119





ADULT BASKETBALL LEAGUES

- Ages 18 and up

Men's Spring/Summer League

Activity	Location	Start Date	Day	# of Games	Fee
R05232-301	Bauer Drive CRC	5/19	Su	6	\$695

Women's Drop In

Activity	Location	Start Date	Day	# of Weeks	Fee
R05013-301	Bauer Drive CRC	4/21	Su	10	\$60
R05013-302	Bauer Drive CRC	4/21	Su	5	\$30
R05013-303	Bauer Drive CRC	6/2	M	5	\$30



3V3 YOUTH BASKETBALL LEAGUE

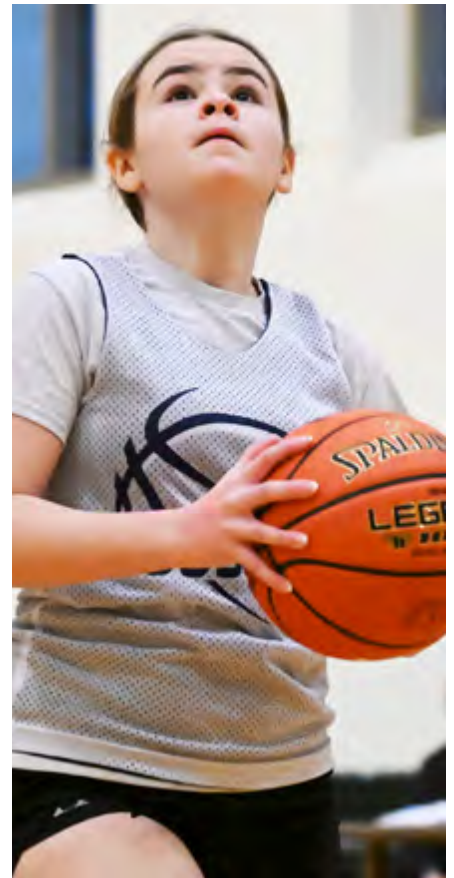
- 3 games per night
- Various countywide locations
- Games begin April 5
- Individual registration

Boys

Activity	Ages	Division/Level	Fee
R05293-301	8-10	10U	\$45
R05295-301	10-12	12U	\$45
R05297-301	12-14	14U	\$45
R05299-301	14-16	16U	\$45

Girls

Activity	Ages	Division/Level	Fee
R05294-301	8-10	10U	\$45
R05296-301	10-12	12U	\$45
R05298-301	12-14	14U	\$45
R05300-301	14-16	16U	\$45



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

ADULT PICKLEBALL LEAGUES



Click to view and register.

• Ages 18 and up

Beginners 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05314-301	Longwood CRC	4/25	Th	6-9:30 p.m.	\$59
R05310-301	Bauer Drive CRC	5/6	M	6-10 p.m.	\$59
R05314-302	Longwood CRC	6/6	Th	6-9:30 p.m.	\$59
R05310-302	Bauer Drive CRC	6/24	M	6-10 p.m.	\$59

Intermediate 2.5-3.0

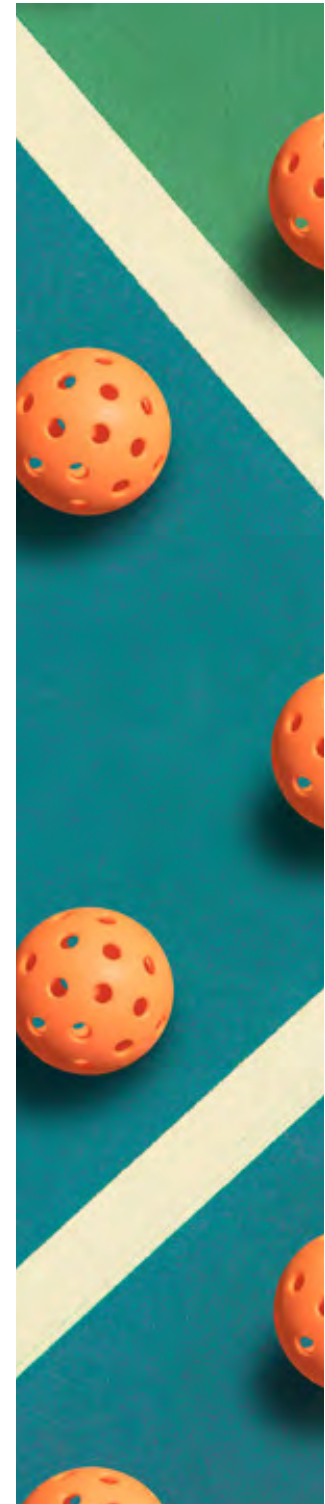
Activity	Location	Start Date	Day	Time	Fee
R05315-301	Longwood CRC	4/25	Th	6-9:30 p.m.	\$59
R05311-301	Bauer Drive CRC	5/6	M	6-10 p.m.	\$59
R05315-302	Longwood CRC	6/6	Th	6-9:30 p.m.	\$59
R05311-302	Bauer Drive CRC	6/24	M	6-10 p.m.	\$59

Expert 3.0-3.5

Activity	Location	Start Date	Day	Time	Fee
R05316-301	Longwood CRC	4/25	Th	6-9:30 p.m.	\$59
R05312-301	Bauer Drive CRC	5/6	M	6-10 p.m.	\$59
R05316-302	Longwood CRC	6/6	Th	6-9:30 p.m.	\$59
R05312-302	Bauer Drive CRC	6/24	M	6-10 p.m.	\$59

Doubles Social League-Indoor 2.5-3.0

Activity	Location	Start Date	Day	Time	Fee
R05351-301	Damascus CRC	3/21	Th	6-9 p.m.	\$65
R05351-310	Damascus CRC	5/9	Th	6-9 p.m.	\$65



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



ADULT SOCCER LEAGUES

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

Men's 18+

Activity	Start Date	Day	Fee
R05282-301	4/7	Su	\$1,299

Men's 40+

Activity	Start Date	Day	Fee
R05276-301	4/7	Su	\$1,299

Men's 50+

Activity	Start Date	Day	Fee
R05279-301	4/7	Su	\$1,099

Men's 55+

Activity	Division/Level	Start Date	Day	Fee
R05349-301	Division 1	4/6	Sa	\$1,099
R05349-303	Division 2	4/6	Sa	\$1,099

Women's 25+

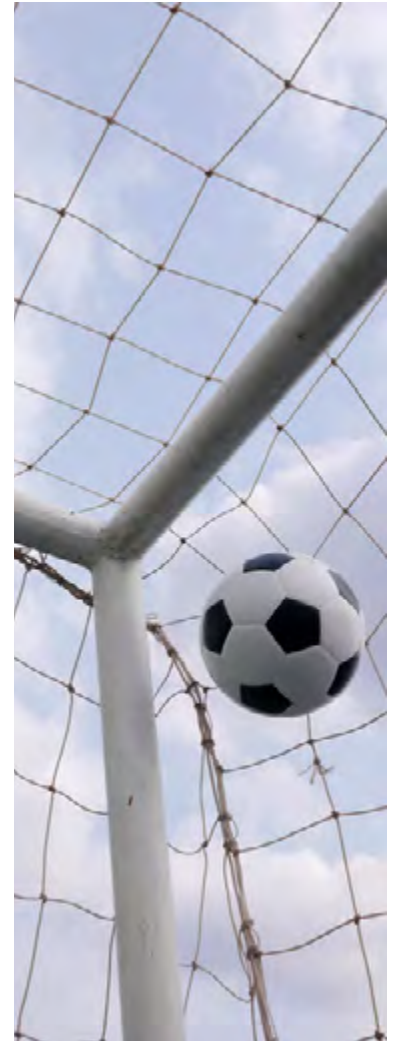
Activity	Start Date	Day	Fee
R05285-301	4/6	Sa	\$999

Women's 40+

Activity	Start Date	Day	Fee
R05286-302	4/3	W	\$1299

FREE AGENTS

Activity	Division/Level	Start Date	Day	Fee
R05282-302	Men's 18+	4/7	Su	\$80
R05276-302	Men's 40+	4/7	Su	\$80
R05279-302	Men's 50+	4/7	Su	\$70
R05349-302	Men's 55+	4/6	Sa	\$70
R05265-301	Women's 25+	4/6	Sa	\$70
R05286-301	Women's 40+	4/3	W	FREE



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

ADULT SOFTBALL LEAGUES



[Click to view and register.](#)

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

CoRec

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05245-301	DH	Cabin John	4/15	M	6-10:30 p.m.	\$1,100
R05246-301	DH	Cabin John	4/24	W	6-10:30 p.m.	\$1,100
R05248-301	DH	Ridge Rd	4/25	Th	6-10:30 p.m.	\$1,100
R05326-301	DH	Wheaton Regional	4/18	Th	6-10:30 p.m.	\$1,100
R05249-301	Social League	Local Park Fields	5/2	Th	6-10:30 p.m.	\$500

Men's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05325-301	C/D & D	Cabin John	4/14	Su	6-10:30 p.m.	\$1,100
R05240-301	D	Olney Manor	4/17	Th	6-10:30 p.m.	\$1,100
R05244-301	C/D	Cabin John	4/19	F	6-10:30 p.m.	\$1,100
R05239-301	C/D & D	Ridge Road	4/19	W	6-10:30 p.m.	\$1,100
R05303-301	D/DH	Cabin John	4/23	Tu	6-10:30 p.m.	\$1,100
R05237-301	C/D & D	Olney Manor	4/24	W	6-10:30 p.m.	\$1,100
R05242-301	C/D	Cabin John	4/25	Th	6-10:30 p.m.	\$1,100

Seniors

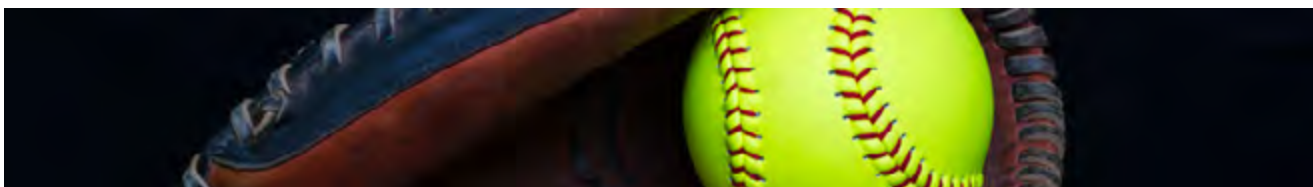
Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05252-301	Men's 50+	Olney Manor	4/16	Tu	6-10:30 p.m.	\$1,100
R05253-301	Men's 60+	Wheaton	4/17	W	6-10:30 p.m.	\$1,100
R05251-301	Men's 55+	Olney Manor/Cabin John	4/18	Th	6-10:30 p.m.	\$1,100

Women's

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05254-301	Women's 40+ DH	Wheaton	4/8	M	6-10:30 p.m.	\$964

FREE AGENTS

Activity	Division/Level	Start Date	Days	Time	Fee
R05236-301	Men's Sign-Up	April-July	M-F	6-10:30 p.m.	Free
R05309-301	Women's Sign-Up	April-July	M-F	6-10:30 p.m.	Free





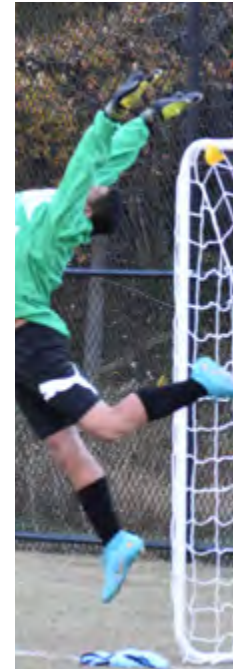
YOUTH CORE SOCCER LEAGUES

Boys

Ages	Division/League	Activity	Location	Date	Days	Time	Fee
7-9	Grades 2-3	R05290-356	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 2-3	R05290-359	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115
9-11	Grades 4-5	R05290-357	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 4-5	R05290-360	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115
11-13	Grades 6-7	R05290-358	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 6-7	R05290-361	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115

Girls

Ages	Division/League	Activity	Location	Date	Days	Time	Fee
7-9	Grades 2-3	R05290-350	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 2-3	R05290-353	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115
9-11	Grades 4-5	R05290-351	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 4-5	R05290-354	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115
11-13	Grades 6-7	R05290-352	Mid-County CRC	4/3	W,Su	5-7:30 p.m.	\$115
	Grades 6-7	R05290-355	Potomac CRC	4/4	Th,Su	5-7:30 p.m.	\$115



YOUTH NFL FLAG FOOTBALL LEAGUES

- Ages 6-15
- 6 games
- Registration from Feb. 12-April 5

Girls

Activity	Location	Start Date	Day	Time	Fee
R05287-303	Wheaton HS	5/5	Su	8 a.m.-5 p.m.	\$60

CoRec

Activity	Location	Start Date	Day	Time	Fee
R05287-301	Wheaton HS	5/5	Su	8 a.m.-5 p.m.	\$60
R05287-302	Damascus CRC	5/5	Su	8 a.m.-5 p.m.	\$60
R05287-304	Montgomery Village MS	5/5	Su	8 a.m.-5 p.m.	\$60
R05287-305	White Oak CRC	5/5	Su	8 a.m.-5 p.m.	\$60
R05287-306	North Potomac CRC	5/5	Su	8 a.m.-5 p.m.	\$60



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

YOUTH VOLLEYBALL LEAGUES



Click to view and register.

- 8 weeks
- One week of evaluations, six weeks of games and end of season tournament.

Girls

Activity	Ages	Division/Level	Location	Time	Fee
R05319-308	10-11	HERtime2shine	Ross Boddy NRC	2-6 p.m.	\$80
R05319-307	12-13	HERtime2shine	East County CRC	4:30-8:30 p.m.	\$80
R05319-305	12-13	HERtime2shine	Ross Boddy NRC	10 a.m.-2 p.m.	\$80
R05319-306	14-17	HERtime2shine	Plum Gar CRC	8:30 a.m.-4:40 p.m.	\$80

ADULT VOLLEYBALL LEAGUES

- Ages 18 and up
- 8 weeks

CoRec

Activity	Division/Level	Location	Time	Fee
R05255-303	League A/AA/BB	Silver Spring RAC	Noon-4 p.m.	\$500
R05255-304	A/AA/BB Free Agent Sign Up	Silver Spring RAC	Noon-4 p.m.	\$50

Women's

Activity	Division/Level	Location	Time	Fee
R05255-301	League A/BB	Silver Spring RAC	Noon-4 p.m.	\$500
R05255-302	A/BB Free Agent Sign Up	Silver Spring RAC	Noon-4 p.m.	\$50



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.



55 +

Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES.



Adult Splashtastic Swim

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
18 and up	8 Sessions	R06002-301	GISC	4/16	Tu	7:30-8:30 p.m.	\$40
		R06002-302	OSC	4/19	F	7:30-8:30 p.m.	\$40

Create with Clay

Instructor: Catherine Joanny

17 and up	6 Sessions	R05093-313	Ross Boddy NRC	4/15	M	11 a.m.-Noon	\$70
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Dance Creation: Create Your Own Dance Moves

6-14	6 Sessions	R06020-300	Germantown CRC	4/7	Su	1:30-2 p.m.	FREE
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Laughter Fitness

Instructor: Kumud Mathur

14 and up	7 Sessions	R05017-304	Potomac CRC	4/19	F	11-11:45 a.m.	\$105
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Paint & Punch

6-14	6 Sessions	R06009-300	Germantown CRC	4/7	Su	12:30-1:15 p.m.	\$20
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Qijong

Instructor: Ann K. Harrison

18 and up	8 Sessions	R06032-301	Wheaton CRC	4/10	W	6:30-7:30 p.m.	\$40
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Sports Skills: Soccer and Seasonal Sports with Coach Doug

Instructor: Coach Doug Academy

6-14	8 Sessions	R06019-301	Oakland Terrace ES	4/20	Sa	12:30-1:15 p.m.	\$40
15 and up		R06019-302	Potomac CRC	4/21	Su	11:15 a.m.-Noon	\$40

Virtual Stretch 'n Tone

15 and up	8 Sessions	R06015-301	Virtual Class	4/3	Wd	7-7:45 p.m.	FREE
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Volleyball

12-21	6 Sessions	R06033-301	Mid-County CRC	4/8	Mon	6-7pm	\$30
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Yoga

6-14	6 Sessions	R06024-303	N. Potomac CRC	4/6	Sa	2-2:45 p.m.	\$20
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ZamDance

Instructor: ZamDance

15 and up	6 Sessions	R06030-301	Bauer Drive CRC	4/16	Tu	5-6 p.m.	\$30
10 and up		R06030-302	N. Potomac CRC	4/18	Th	5-6 p.m.	\$30

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

TR SPECIAL EVENTS



Click to view and register.

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THERAPEUTIC RECREATION

THERAPEUTIC RECREATION

ADAPTED AQUATICS

VIEW ADAPTED SWIM LESSONS

TR FAMILY **Activity R06008-301**

Egg-sessible
SATURDAY

March 23 • 1-3 p.m.
FREE

Ages 2 and up • 1 Session • Holiday Park SC

TR SOCIAL

SPRING FIESTA!

ACTIVITY R06006-301

Saturday, April 13 • 1-4 p.m.
Ages 18 and up • \$10

TR SWIM

SUNDAY FUNDAY FAMILY SWIM

ACTIVITY R06010-301

Silver Spring RAC

Ages 2 and up
Sunday, April 21
2-5 p.m. • \$5

TR SATURDAY NIGHT SOCIAL

SUPERHERO DANCE

SATURDAY APRIL 27
6:30-9:30 P.M.

\$10
Ages 15 and up
Holiday Park SC

ACTIVITY R06006-303

TR SOCIAL

KARAOKE NIGHT

ACTIVITY R06006-302

Saturday, May 18 **Ages 18 and up**
6:30-9:30 p.m. • \$10 **Holiday Park SC**

TR SOCIAL

Backyard BBQ

ACTIVITY R06006-301

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

TR SATURDAY NIGHT SOCIAL

Beach Ball Dance

ACTIVITY R06014-302

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

SPORTS

CLASSES

AQUATICS



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55+ Senior Programs



Art

ART INSTRUCTION

Cardmaking with Cindy Boccucci

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07095-310	Schweinhaut SC	3/9	Sa	11:30 a.m.-2:30 p.m.	FREE

Ceramic Class

26 Sessions	R07098-306	Schweinhaut SC	3/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
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Drawing and Illustration

11 Sessions	R07095-305	Wheaton CRC	3/5	Tu	12:30-1:30 p.m.	FREE
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Easy Abstract Painting

3 Sessions	R07095-338	N. Potomac CRC	3/8	F	10:30-11:30 a.m.	FREE
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Evening Crafters

3 Sessions	R07095-336	N. Potomac CRC	3/6	W	5:30-7 p.m.	FREE
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Intro to Mixed Media Sculpture - Build a Tiny House

4 Sessions	R07095-333	Silver Spring RAC	5/7	Tu	10-11:30 a.m.	FREE
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Intro to Watercolor Painting

5 Sessions	R07095-334	Silver Spring RAC	4/2	Tu	10-11:30 a.m.	FREE
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Let's Get Crafting

4 Sessions	R07095-337	Silver Spring RAC	4/29	M	1-2 p.m.	FREE
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Mason Jar Pot of Gold Craft with Chris

1 Session	R07095-335	N. Potomac CRC	3/12	Tu	12:30-2:30 p.m.	FREE
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Origami Class

3 Sessions	R07096-302	Schweinhaut SC	3/4	M	1-3 p.m.	FREE
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Paint and Socialize

6 Sessions	R07095-340	N. Potomac CRC	3/5	Tu	9:30-11 a.m.	FREE
	R07095-341	N. Potomac CRC	3/14	Th	12:30-2 p.m.	FREE

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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KNITTING AND CROCHET

Knit and Crochet Group

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-307	N. Potomac CRC	3/5	Tu	1-3 p.m.	FREE

Knit and Crochet Workshop

11 Sessions	R07003-301	Holiday Park SC	4/3	W	10-11:30 a.m.	FREE
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Knitting Corner

13 Sessions	R07003-305	Schweinhaut SC	3/6	W	1-3 p.m.	FREE
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Needlecraft

13 Sessions	R07053-303	Damascus SC	3/7	Th	9 a.m.-2 p.m.	FREE
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Needlecraft Club

12 Sessions	R07053-302	Silver Spring RAC	3/15	F	2-4 p.m.	FREE
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Needles and Yarn

24 Sessions	R07003-304	Wheaton CRC	3/4	M,Tu	1-3 p.m.	FREE
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PERFORMING ARTS

Seasoned Players

6 Sessions	R07056-302	Schweinhaut SC	3/6	W	1:30-3:30 p.m.	FREE
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PHOTOGRAPHY

Photography Club

5 Sessions	R07001-301	Holiday Park SC	4/3	W	10 a.m.-Noon	FREE
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RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Cooking

ADULT COOKING



Simple Cooking with Rhonda

Instructor: Rhonda Brandes

Irish Recipe

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-308	N. Potomac CRC	3/15	F	10:30-11:30 a.m.	FREE

Passover Recipe

1 Session	R07049-307	N. Potomac CRC	4/19	F	10:30-11:30 a.m.	FREE
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American Recipe

1 Session	R07049-306	N. Potomac CRC	5/17	F	10:30-11:30 a.m.	FREE
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55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

Dance

BALLROOM

Ballroom Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07050-301	Schweinhaut SC	3/6	W	Noon-1 p.m.	FREE

International Ballroom Dancing with Ed and Helen

13 Sessions	R07057-302	N. Potomac CRC	3/6	W	1-3 p.m.	FREE
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SPECIALTY PROGRAM

Tea Dancing

13 Sessions	R07129-301	Damascus SC	3/7	Th	1-2:30 p.m.	FREE
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FOLK DANCING

Chinese Folk Dancing

13 Sessions	R07009-316	Long Branch CRC	3/4	M	10 a.m.-Noon	FREE
11 Sessions	R07009-302	Holiday Park SC	4/5	F	11 a.m.-Noon	FREE

Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-314	N. Potomac CRC	3/7	Th	1-3 p.m.	FREE
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Dancing with Ming

13 Sessions	R07009-301	White Oak CRC	3/5	Tu	10:30 a.m.-Noon	FREE
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International Folk Dance Class

14 Sessions	R07009-315	N. Potomac CRC	3/1	F	12:30-2 p.m.	FREE
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Liuying's Classical Chinese Folk Dance

10 Sessions	R07009-312	N. Potomac CRC	3/5	Tu	2-3:30 p.m.	FREE
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QUESTIONS?
CONTACT CUSTOMER SERVICE
Call customer service or send an email.
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RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



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LINE DANCING



Click to view and register.

Ballroom/Line Dance

13 Sessions	R07011-303	Wheaton CRC	3/6	W	1-2 p.m.	FREE
12 Sessions	R07011-305	Wheaton CRC	3/7	Th	1-2 p.m.	FREE

Line Dancing

13 Sessions	R07011-308	Schweinhaut SC	3/2	Sa	10:30 a.m.-Noon	FREE
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Line Dancing with Danny

13 Sessions	R07011-316	Long Branch CRC	3/5	Tu	10-11 a.m.	FREE
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Social Line Dance

10 Sessions	R07011-302	Wheaton CRC	3/11	M	10-11 a.m.	FREE
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Soul Line Dance with Peytrienne

13 Sessions	R07005-310	White Oak CRC	3/7	Th	10-11:15 a.m.	FREE
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TAP DANCING

Tap Dance

12 Sessions	R07007-302	Damascus SC	3/4	M	11 a.m.-Noon	\$50
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SENIOR ADVENTURES

3° DAY CAMP

\$25 PER PARTICIPANT

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

DAMASCUS SC
9701 MAIN ST., DAMASCUS
July 16, 17, 18
Activity: R07104-406

SILVER SPRING RAC
1319 APPLE AVE., SILVER SPRING
Aug. 27, 28, 29
Activity: R07104-405

MARGARET SCHWEINHAUT SC
1000 FOREST GLEN ROAD, SILVER SPRING
July 30, 31, Aug. 1
Activity: R07104-407

NORTH POTOMAC SC
13850 TRAVILAH ROAD, ROCKVILLE
Sept. 10, 11, 12
Activity: R07104-404



ROSS BODDY NRC
18529 BROOKE ROAD, SANDY SPRING
Aug. 14, 15, 16
Activity: R03027-408



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

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





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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Educational DISCUSSIONS



Active Living in Spanish- Cafecito y Amistad en Español

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07087-301	Holiday Park SC	4/1	M	10-11 a.m.	FREE

Book Discussion

3 Sessions	R07065-305	Schweinhaut SC	3/12	Tu	1-2:30 p.m.	FREE
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Charla con Arte (In Spanish/en Español)

10 Sessions	R07087-302	Holiday Park SC	4/1	M	11 a.m.-Noon	FREE
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Coffee & Catch-Up

11 Sessions	R07092-309	Silver Spring RAC	3/11	M	9-10 a.m.	FREE
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Coffee & Conversation with Staff

1 Session	R07092-310	Schweinhaut SC	3/21	Th	9-9:45 a.m.	FREE
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Coping with Change

13 Sessions	R07076-308	Damascus SC	3/7	Th	11 a.m.-Noon	FREE
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11 Sessions	R07076-301	Holiday Park SC	4/4	Th	10:30-11:30 a.m.	FREE
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Coping with Change in Spanish/en Español

11 Sessions	R07076-302	Holiday Park SC	4/2	Tu	11 a.m.-Noon	FREE
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Current Events Discussion with Lyle

13 Sessions	R07063-303	N. Potomac CRC	3/7	Th	10:30-11:30 a.m.	FREE
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Max You

11 Sessions	R07043-301	Holiday Park SC	4/2	Tu	10:30-11:30 a.m.	FREE
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Scale Modeling Group

3 Sessions	R07023-307	N. Potomac CRC	3/19	Tu	6:30-8:30 p.m.	FREE
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LANGUAGE



Click to view and register.

Beginner Plus Spanish Class

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07015-306	Schweinhaut SC	3/7	Th	10:30-11:30 a.m.	FREE

Beginner Spanish Class

13 Sessions	R07015-305	Schweinhaut SC	3/7	Th	9:30-10:30 a.m.	FREE
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Everyday English

22 Sessions	R07061-301	Holiday Park SC	4/2	Tu & Th	10-10:55 a.m.	FREE
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Italian Class

12 Sessions	R07021-302	Schweinhaut SC	3/6	W	1-2:30 p.m.	FREE
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Japanese Language and Culture 2

13 Sessions	R07021-303	N. Potomac CRC	3/5	Tu	10:30 a.m.-Noon	FREE
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Spanish 101 Basic

9 Sessions	R07015-303	Holiday Park SC	4/1	M	11 a.m.-Noon	FREE
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Spanish 102 Advanced

9 Sessions	R07015-304	Holiday Park SC	4/1	M	10-11 a.m.	FREE
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Spanish Conversation Group

13 Sessions	R07015-302	White Oak CRC	3/7	Th	1-2 p.m.	FREE
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SPECIALTY PROGRAMS

Brain Games

12 Sessions	R07090-301	White Oak CRC	3/4	M	10-11 a.m.	FREE
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Stretching Exercises with Linda

32 Sessions	R07040-302	N. Potomac CRC	3/4	M,W,F	9:30-11:30 a.m.	FREE
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6 Sessions	R07040-303	N. Potomac CRC	4/26	M,W,F	9:15-10:15 a.m.	FREE
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SPORTS

CLASSES

AQUATICS

SUPPORT GROUP

Active Golden Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07117-304	Holiday Park SC	4/2	Tu	10 a.m.-4 p.m.	FREE

Active Golden Club Fitness

11 Sessions	R07117-306	Holiday Park SC	4/2	Tu	11 a.m.-Noon	FREE
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Active Golden Club Technology

11 Sessions	R07117-305	Holiday Park SC	4/2	Tu	10:30 a.m.-Noon	FREE
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Jai Ho Discussion and Social Group

12 Sessions	R07117-303	N. Potomac CRC	3/4	M	11:30 a.m.-1 p.m.	FREE
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Kensington Club

14 Sessions	R07117-300	White Oak CRC	3/1	W	9:30 a.m.-1:30 p.m.	FREE
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Wheaton Jewelry Club (Non-Instructional)

11 Sessions	R07117-302	Wheaton CRC	3/7	Th	1-2:30 p.m.	FREE
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WORKSHOP OR SPEAKERS SERIES

1 P.M. Educational Lectures

17 Sessions	R07105-301	Holiday Park SC	4/1	M-Th	1-2 p.m.	FREE
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Basic Functional Balance Exercise

8 Sessions	R07030-300	Schweinhaut SC	3/1	F	8:15-9:15 a.m.	FREE
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Happy Life Vietnamese Seniors Group

11 Sessions	R07028-316	Holiday Park SC	4/4	Th	9 a.m.-2 p.m.	FREE
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Nutrition 101

13 Sessions	R07024-308	Schweinhaut SC	3/5	Tu	1:30-2:30 p.m.	FREE
	R07024-309	Schweinhaut SC	3/7	Th	1-2 p.m.	FREE

Wellness Matters

9 Sessions	R07028-311	Silver Spring RAC	4/2	Tu	9-10:30 a.m.	FREE
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Wellness Wednesdays with UMD Nursing Students

10 Sessions	R07028-327	N. Potomac CRC	2/21	W	9:30 a.m.-1:30 p.m.	FREE
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Wellness Workshop: Health in Action

6 Sessions	R07028-326	Silver Spring RAC	4/17	W	1-2 p.m.	FREE
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WRITING

Journaling



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
2 Sessions	R07058-308	Holiday Park SC	4/16	Tu	2:15-3:45 p.m.	FREE

Memoir Writing for Beginners

13 Sessions	R07058-307	Wheaton CRC	3/6	W	10-11:30 a.m.	FREE
8 Sessions	R07058-311	Silver Spring RAC	4/4	Th	2-3:30 p.m.	FREE

Tell Us Your Story

8 Sessions	R07058-310	Holiday Park SC	4/3	W	2-3:30 p.m.	FREE
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Writing Group

6 Sessions	R07058-312	Schweinhaut SC	3/5	Tu	10 a.m.-Noon	FREE
11 Sessions	R07058-301	Holiday Park SC	4/5	F	10-11:30 a.m.	FREE



View flyers and register for activities



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Fitness

AEROBIC DANCE

Ballet



Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-307	Wheaton CRC	3/5	Tu	1:30-2:30 p.m.	FREE
	R07012-306	Wheaton CRC	3/6	W	2:15-3:15 p.m.	FREE
9 Sessions	R07012-333	Silver Spring RAC	4/3	W	10-11 a.m.	FREE

Ballet Basics

13 Sessions	R07055-310	White Oak CRC	3/5	Tu	10:30-11:30 a.m.	FREE
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Chinese Dance & Fitness

13 Sessions	R07012-311	Wheaton CRC	3/6	W	9:30-11 a.m.	FREE
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Chinese Folk Dance

11 Sessions	R07012-308	Wheaton CRC	3/4	M	1-2 p.m.	FREE
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Dance Fitness with Georgia

12 Sessions	R07012-322	Schweinhaut SC	3/4	M	9:30-10:30 a.m.	FREE
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Intro to Salsa Dance

3 Sessions	R07012-330	Silver Spring RAC	4/5	F	10-11 a.m.	FREE
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Intro to Bhangra and Indian Folk Dances

3 Sessions	R07012-332	Silver Spring RAC	5/17	F	10-11 a.m.	FREE
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Intro to Contra, Square and Circle Dances

3 Sessions	R07012-331	Silver Spring RAC	4/26	F	10-11 a.m.	FREE
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Move and Groove Dance Fitness

9 Sessions	R07012-335	Holiday Park SC	4/1	M	2:30-3:30 p.m.	FREE
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10 Sessions	R07012-336	Holiday Park SC	4/3	W	2:30-3:30 p.m.	FREE
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Superpower Dance Circle

9 Sessions	R07012-312	Wheaton CRC	3/1	F	1:30-2:30 p.m.	FREE
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13 Sessions	R07012-334	Long Branch CRC	3/7	Th	10-11 a.m.	FREE
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Yuan Chi Dance

11 Sessions	R07012-318	Wheaton CRC	3/4	M	2:30-4 p.m..	FREE
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LOW IMPACT

Balance Boom

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07039-325	Silver Spring RAC	3/11	M	10-11 a.m.	FREE

Chairobics (Chair Aerobics)

53 Sessions	R07066-303	Damascus SC	3/1	Tu-F	10-10:45 a.m.	FREE
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Fitness Boot Camp

11 Sessions	R07039-324	Silver Spring RAC	3/16	Sa	9:30-10:30 a.m.	FREE
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Full Body Workout

11 Sessions	R07041-303	Wheaton CRC	3/5	Tu	9:05-9:55 a.m.	FREE
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Gentle Spin with Julien

12 Sessions	R07039-301	White Oak CRC	3/4	M	10-11 a.m.	FREE
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Seated Exercise with Fereshteh

13 Sessions	R07066-305	N. Potomac CRC	3/5	Tu	12:30-1:15 p.m.	FREE
	R07066-306	N. Potomac CRC	3/7	Th	9:30-10:15 a.m.	FREE

Silver Spring Striders

12 Sessions	R07035-310	Silver Spring RAC	3/13	W	8-9:30 a.m.	FREE
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Sit and Be Fit

11 Sessions	R07039-326	Silver Spring RAC	3/15	F	1-2 p.m.	FREE
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Small Group Strength & Balance

26 Sessions	R07039-315	Damascus SC	3/5	Tu,Th	10:30 a.m.-Noon	\$5
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Walk For Health

18 Sessions	R07035-315	Long Branch CRC	4/2	Tu,Th	1-2:30 p.m.	FREE
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Walking Club

13 Sessions	R07035-311	Damascus SC	3/4	M	9:30-10:30 a.m.	FREE
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Wheaton Walks

13 Sessions	R07035-301	Wheaton CRC	3/6	W	9:30-10:30 a.m.	FREE
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RECREATION

SPORTS

CLASSES

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CLASSES

AQUATICS

STRENGTH TRAINING

Fall Prevention and Balance Exercise

Sessions	Activity	Location	Start Date	Day	Time	Fee
27 Sessions	R07060-316	Long Branch CRC	2/28	W & F	9:30-10:30 a.m.	FREE

Fitness Equipment Orientation

13 Sessions	R07039-308	Holiday Park SC	5/9	Th	11 a.m.-Noon	FREE
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Fitness Room Orientation

13 Sessions	R07119-301	Silver Spring RAC	4/2	Tu	1-1:30 p.m.	FREE
	R07119-302	Silver Spring RAC	4/2	Tu	1:30-2 p.m.	FREE
	R07119-303	Silver Spring RAC	4/9	Tu	1-1:30 p.m.	FREE
	R07119-304	Silver Spring RAC	4/9	Tu	1:30-2 p.m.	FREE
	R07119-305	Silver Spring RAC	4/16	Tu	1-1:30 p.m.	FREE
	R07119-306	Silver Spring RAC	4/16	Tu	1:30-2 p.m.	FREE
	R07119-307	Silver Spring RAC	4/23	Tu	1-1:30 p.m.	FREE
	R07119-308	Silver Spring RAC	4/23	Tu	1:30-2 p.m.	FREE
	R07119-309	Silver Spring RAC	5/4	Sa	11-11:30 a.m.	FREE
	R07119-310	Silver Spring RAC	5/4	Sa	11:30 a.m.-Noon	FREE
	R07119-311	Silver Spring RAC	5/11	Sa	11-11:30 a.m.	FREE
	R07119-312	Silver Spring RAC	5/11	Sa	11:30 a.m.-Noon	FREE
	R07119-313	Silver Spring RAC	5/18	Sa	11-11:30 a.m.	FREE
	R07119-314	Silver Spring RAC	5/18	Sa	11:30 a.m.-Noon	FREE
	R07119-315	Silver Spring RAC	5/25	Sa	11-11:30 a.m.	FREE
	R07119-316	Silver Spring RAC	5/25	Sa	11:30 a.m.-Noon	FREE

Kickboxing with Julien

3 Sessions	R07060-308	Schweinhaut SC	3/15	F	8:15-9:15 a.m.	FREE
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Low Impact Exercise Video

26 Sessions	R07060-305	White Oak CRC	3/7	Th & F	10:30 a.m.-Noon	FREE
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Low Impact Exercise with Julien

3 Sessions	R07060-310	Schweinhaut SC	3/8	F	8:15-9:15 a.m.	FREE
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Click to view and register.

ZUMBA

Morning Zumba with Carol

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07070-312	N. Potomac CRC	3/4	M	9:15-10:30 a.m.	FREE

Zumba

10 Sessions	R07070-306	Wheaton CRC	3/1	F	9:45-10:45 a.m.	FREE
11 Sessions	R07070-301	Wheaton CRC	3/5	Tu	11 a.m.-Noon	FREE
13 Sessions	R07070-308	Damascus SC	3/6	W	11 a.m.-Noon	FREE
11 Sessions	R07070-302	Wheaton CRC	3/7	Th	2-3 p.m.	FREE
12 Sessions	R07070-313	Silver Spring RAC	3/13	W	7-8 p.m.	FREE

Zumba Gold

9 Sessions	R07070-309	Wheaton CRC	3/4	M	1:30-2:30 p.m.	FREE
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Zumba Gold with Amy

26 Sessions	R07071-301	White Oak CRC	3/5	Tu,Th	9-10 a.m.	FREE
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Zumba with Everest Wellness

8 Sessions	R05132-314	Clara Barton NRC	4/8	M	9:15-10:15 a.m.	\$110
9 Sessions	R05132-315	Clara Barton NRC	4/12	F	9:15-10:15 a.m.	\$124

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

THE REC INSIDER



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FOR OUR NEWSLETTER TODAY!



BONE BUILDERS

Spring 2024

MARCH 11 - JUNE 13



**FREE
AGES 55+**

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

Bauer Drive CRC

R03010-302 M,W 11:30 a.m.-12:30 p.m.
R03010-303 Tu,Th 1:30-2:30 p.m.

Clara Barton NRC

R03010-304 M,W 1:30-2:30 p.m.

Coffield CRC

R03010-305 Tu,Th 9:15-10:15 a.m.

Germantown CRC

R03010-306 M,Th 1-2 p.m.

Lawton CRC

R03010-307 Tu,Th 9:15-10:15 a.m.

Longwood CRC

R03010-308 M,W 11:15 a.m.-12:15 p.m.
R03010-309 M,W 2-3 p.m.

Mid-County CRC

R03010-310 Tu,Th 1-2 p.m.

N. Potomac CRC

R03010-311 M,W 10:45-11:45 a.m.
R03010-312 Tu,Th 10:45-11:45 a.m.
R03010-313 Tu,Th 11:50 a.m.-12:50 p.m.

Potomac CRC

R03010-314 M,W 9-10 a.m.
R03010-317 M,W Noon-1 p.m.

Praisner CRC

R03010-315 M,W 11 a.m.-Noon

Schweinhaut SC

R03010-319 Tu,Th 10:30-11:30 a.m.

Silver Spring RAC

R03010-321 Tu,Th 10-11 a.m.

Wheaton CRC

R03010-316 Tu,Th 9:15-10:15 a.m.
R03010-320 M,W 11:30-12:30 p.m.

Wisconsin Place CRC

R03010-318 Tu,Th 1-2 p.m.

Virtual

R03010-301 M,W 11 a.m.-Noon



OUTDOOR



FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center



Games



Board Games

Sessions	Activity	Location	Start Date	Day	Time	Fee
8 Sessions	R07112-307	Silver Spring RAC	4/1	M	6-8 p.m.	FREE

Canasta

13 Sessions	R07112-303	Damascus SC	3/7	Th	1-3:30 p.m.	FREE
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BINGO

Bingo

25 Sessions	R07085-302	Schweinhaut SC	3/4	M & Th	10:30-11:30 a.m.	FREE
13 Sessions	R07085-315	White Oak CRC	3/5	Tu	Noon	FREE
4 Sessions	R07085-307	Silver Spring RAC	4/11	Th	Noon	FREE

Bingo en Español

13 Sessions	R07085-316	White Oak CRC	3/6	W	Noon	FREE
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BOARD GAMES

Rummikub Club with Elsa

54 Sessions	R07086-301	Holiday Park SC	4/1	M-F	1-4 p.m.	FREE
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Rummikub Club with Evelyn

11 Sessions	R07086-302	Holiday Park SC	4/2	Tu	11 a.m.-2 p.m.	FREE
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Scrabble

11 Sessions	R07073-301	Holiday Park SC	4/3	W	1-4 p.m.	FREE
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Scrabble Tips & Tricks

12 Sessions	R07073-302	Schweinhaut SC	3/4	M	11 a.m.-Noon	FREE
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CARD GAMES


[Click to view and register.](#)

American Mahjong

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07047-312	N. Potomac CRC	3/4	M	10 a.m.-Noon	FREE
13 Sessions	R07047-315	N. Potomac CRC	3/6	W	10 a.m.-Noon	FREE
	R07047-313	N. Potomac CRC	3/7	Th	10 a.m.-Noon	FREE

Asian Mahjong

14 Sessions	R07047-311	N. Potomac CRC	3/1	F	1-3 p.m.	FREE
13 Sessions	R07047-314	N. Potomac CRC	3/5	Tu	10 a.m.-Noon	FREE
	R07047-316	N. Potomac CRC	3/6	W	10:30 a.m.-12:30 p.m.	FREE

Beginner Bridge III

9 Sessions	R07074-307	Holiday Park SC	4/2	Tu	1-3 p.m.	FREE
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Beginners American Mahjong Lessons and Practice Skills with Nancy

5 Sessions	R07047-310	N. Potomac CRC	4/1	M	10-11:30 a.m.	FREE
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Bridge

13 Sessions	R07074-305	Damascus SC	3/5	Tu	11 a.m.-3 p.m.	FREE
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Bridge (Drop-in)

9 Sessions	R07074-306	Silver Spring RAC	4/3	W	1-3 p.m.	FREE
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Duplicate Bridge

11 Sessions	R07074-303	Holiday Park SC	4/3	W	12:45-4 p.m.	FREE
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Intermediate Bridge III

11 Sessions	R07074-308	Holiday Park SC	4/4	Th	1-3 p.m.	FREE
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Mahjong

13 Sessions	R07047-326	Long Branch CRC	3/4	M	9:30 a.m.-Noon	FREE
19 Sessions	R07047-306	Wheaton CRC	3/4	M,W	1-4 p.m.	FREE
13 Sessions	R07047-308	Damascus SC	3/6	W	12:30-3:30 p.m.	FREE

Mahjong Club

10 Sessions	R07047-301	Holiday Park SC	4/1	M	1-4 p.m.	FREE
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Open Party Bridge

11 Sessions	R07075-301	Holiday Park SC	4/5	F	12:45-3:30 p.m.	FREE
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Pinochle Card Game

13 Sessions	R07099-305	Schweinhaut SC	3/6	W	1-3 p.m.	FREE
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Pinochle with Mr. Kelly

13 Sessions	R07099-301	White Oak CRC	3/5	Tu	11:30 a.m.-1:30 p.m.	FREE
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Social Bridge

64 Sessions	R07074-301	White Oak CRC	3/6	M	12:30-3:30 p.m.	FREE
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55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Health and Wellness



55 +
THERAPEUTIC
RECREATION

HEALTH SCREENINGS

Blood Pressure Screening

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07108-319	Schweinhaut SC	3/1	F	Noon	FREE

MEDITATION

Healthy Body, Peaceful Mind with Tammy

8 Sessions	R07077-305	N. Potomac CRC	3/4	M	2-3:30 p.m.	FREE
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SPECIAL EVENTS

UMD Nursing Program for Wheaton 55+

24 Sessions	R07094-301	Wheaton CRC	2/7	W & Th	9 a.m.-4 p.m.	FREE
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SPORTS



CLASSES



AQUATICS

REMINDER

All prices, dates, times and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.




YOGA

Every Body's Yoga



[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07029-303	Holiday Park SC	4/3	W	3-4 p.m.	FREE

Gentle Yoga for Beginners

6 Sessions	R07029-311	Silver Spring RAC	3/11	M	1-2 p.m.	FREE
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Hatha Yoga

10 Sessions	R07033-301	Holiday Park SC	4/5	F	9-9:50 a.m.	FREE
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Hatha Yoga (Virtual)

10 Sessions	R07034-301	Holiday Park SC	4/2	Tu	9-9:50 a.m.	FREE
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Martial Arts Health Dance with Josephine

12 Sessions	R07010-302	N. Potomac CRC	3/2	Sa	9:15-10:45 a.m.	FREE
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Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-307	Schweinhaut SC	3/2	Sa	9-9:55 a.m.	FREE
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Yoga

14 Sessions	R07029-307	Damascus SC	3/1	F	11 a.m.-Noon	FREE
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9 Sessions	R07032-304	Wheaton CRC	3/4	M	9:30-10:30 a.m.	FREE
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Yoga (Chair)

10 Sessions	R07029-306	Holiday Park SC	4/2	Tu	11:15 a.m.-12:05 p.m.	FREE
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Yoga For Balance

10 Sessions	R07032-309	Holiday Park SC	4/2	Tu	10-10:50 a.m.	FREE
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Yoga para Todos

26 Sessions	R07032-314	Long Branch CRC	3/5	Tu,Th	9-10 a.m.	FREE
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Yoga with Susan

9 Sessions	R07029-312	N. Potomac CRC	4/1	M	2:30-3:30 p.m.	FREE
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Yogalates

13 Sessions	R07032-303	Wheaton CRC	3/6	W	9:30-10:30 a.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Martial Arts



SELF-DEFENSE

Self-Defense Tae Kwon Do



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07026-301	Holiday Park SC	4/5	F	2-3 p.m.	FREE

TAI CHI

Beginners Tai Chi

10 Sessions	R07025-310	Holiday Park SC	4/3	W	9:30-10:20 a.m.	FREE
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CASSA Tai Chi

13 Sessions	R07025-321	Long Branch CRC	3/4	M	10-11 a.m.	FREE
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Tai Chi

13 Sessions	R07025-302	Damascus SC	3/5	Tu	1-2 p.m.	FREE
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Tai Chi (In Person - Beginner's Welcome)

39 Sessions	R07025-300	White Oak CRC	3/4	M,W,F	9-10 a.m.	FREE
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26 Sessions	R07025-305	White Oak CRC	3/5	Tu,Th	2-3 p.m.	FREE
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Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-301	Schweinhaut SC	3/5	Tu	2-3 p.m.	FREE
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Tai Chi CMC 37 Yang Style and Chi Gong Exercises with Kristen

12 Sessions	R07025-320	N. Potomac CRC	4/12	F	10-11:30 a.m.	FREE
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Tai Chi Exercises

11 Sessions	R07025-315	Holiday Park SC	4/2	Tu	9:30-10:20 a.m..	FREE
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Tai Chi for Beginners

12 Sessions	R07025-319	Silver Spring RAC	3/14	Th	9-10 a.m..	FREE
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Tai Chi Sword

10 Sessions	R07027-301	Holiday Park SC	4/1	M	2:30-3:30 p.m..	FREE
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Tai Chi with Master Guo

14 Sessions	R07027-302	N. Potomac CRC	3/1	F	2:15-3 p.m..	FREE
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QIGONG

Let's Practice Qigong

12 Sessions	R07059-303	Wheaton CRC	3/1	F	1-2 p.m.	FREE
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Qigong with Mike Kornely

Instructor: Mike Kornely

13 Sessions	R07059-305	Schweinhaut SC	3/2	Sa	Noon-1 p.m.	FREE
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Music



55 +

ART INSTRUCTION

Angklung Music Lessons

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07109-304	Schweinhaut SC	3/2	Sa	Noon-2 p.m.	FREE

Djembe Drum Circle

5 Sessions	R07115-306	Silver Spring RAC	5/2	Thu	10-11 a.m.	FREE
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Intro to Ukulele

4 Sessions	R07115-305	Silver Spring RAC	4/4	Thu	10-11 a.m.	FREE
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Let's Practice Ukulele!

13 Sessions	R07115-302	Wheaton CRC	3/7	Thu	1:05-2 p.m.	FREE
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Ukulele for Beginners

13 Sessions	R07115-301	Wheaton CRC	3/7	Thu	Noon-1 p.m.	FREE
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SINGING

Holiday Park Singers

10 Sessions	R07080-321	Holiday Park SC	4/3	W	11 a.m.-Noon	FREE
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Music in Motion: Songs of Childhood

8 Sessions	R07080-316	Damascus SC	4/4	Th	11 a.m.-Noon	FREE
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Song Circle

3 Sessions	R07080-307	Schweinhaut SC	3/8	F	1:30-3:30 p.m.	FREE
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

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55 +

Special Events



Click to view and register.

CHESS

Chess Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07110-303	Schweinhaut SC	3/4	M	10:30 a.m.-1 p.m.	FREE

SPECIAL EVENTS

Afternoon Cinema

12 Sessions	R07088-301	White Oak CRC	3/4	M	12:30-2 p.m.	FREE
	R07088-302	Silver Spring RAC	3/12	Tu	1-3 p.m.	FREE

Ballet: Sleeping Beauty- Theater of Maryland

1 Session	R07107-302	Holiday Park SC	4/18	Th	1-3 p.m.	FREE
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Bethesda Dance Center Performance

1 Session	R07107-336	N. Potomac CRC	4/13	Sa	1-2 p.m.	FREE
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Cinco de Mayo

1 Session	R07107-307	Holiday Park SC	5/7	Tu	1-2 p.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Dance Club Friday

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07081-304	Holiday Park SC	4/5	F	1-3 p.m.	FREE

Fashion Show

1 Session	R07089-320	Long Branch CRC	4/24	W	10:30 a.m.-12:30 p.m.	FREE
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Mother's Day Brunch

1 Session	R07089-306	Wheaton CRC	5/10	F	11:30 a.m.-1 p.m.	FREE
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Mother's Day Social

1 Session	R07107-303	Holiday Park SC	5/14	Tu	1-2 p.m.	FREE
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Volunteer Recognition

1 Session	R07107-308	Holiday Park SC	5/16	Th	11 a.m.-3 p.m.	FREE
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Sports

BASKETBALL



Basketball Skills Competition

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07122-302	White Oak CRC	4/17	W	10-11:30 a.m.	FREE

BOCCE

Bocce Tournament

1 Session	R07124-303	Schweinhaut SC	5/11	Sa	10 a.m.-Noon	FREE
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55+ SPORTS LEAGUES

[VIEW SPORTS LEAGUES](#)





Click to view and register.

PICKLEBALL

Advanced Beginners Pickleball

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07091-312	Schweinhaut SC	3/7	Th	2-3 p.m.	FREE

Intermediate Pickleball

13 Sessions	R07091-313	Schweinhaut SC	3/7	Th	3-4 p.m.	FREE
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Newbies and Beginners Pickleball

13 Sessions	R07091-310	Schweinhaut SC	3/7	Th	1-2 p.m.	FREE
1 Session	R07091-311	Long Branch CRC	4/9	Tu	6:30-8:30 p.m.	FREE

Outdoor Pickleball (weather permitting)

10 Sessions	R07091-314	N. Potomac CRC	3/14	Th	4-7 p.m.	FREE
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Pickleball

13 Sessions	R07091-315	White Oak CRC	3/7	Th	10 a.m.-Noon	FREE
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TABLE TENNIS

Table Tennis (Ping Pong)

13 Sessions	R07097-309	Schweinhaut SC	3/2	Sa	10:30 a.m.-Noon	FREE
12 Sessions	R07097-308	Schweinhaut SC	3/4	M	Noon-2 p.m.	FREE

Table Tennis Tournament

1 Session	R07097-307	N. Potomac CRC	4/23	Tu	10-11:30 a.m.	FREE
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55 +

Therapeutic
Recreation

Sports

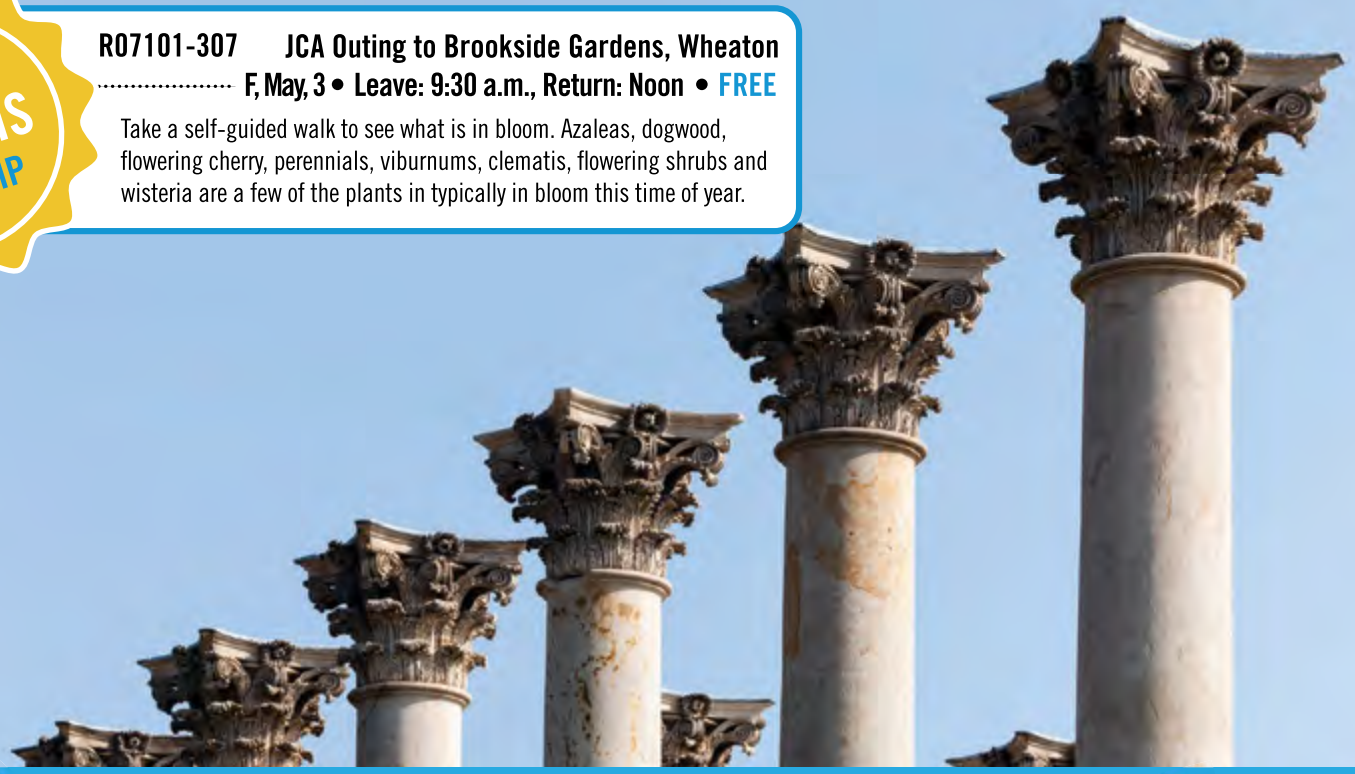
Classes

Aquatics



R07101-307 JCA Outing to Brookside Gardens, Wheaton
..... **F, May, 3 • Leave: 9:30 a.m., Return: Noon • FREE**

Take a self-guided walk to see what is in bloom. Azaleas, dogwood, flowering cherry, perennials, viburnums, clematis, flowering shrubs and wisteria are a few of the plants in typically in bloom this time of year.



SPRING TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

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

R07082 - 301 Cherry Blossom Cruise and Lunch on board Spirit Cruise Line,..... Th, April 4 • Leave: 9:30 a.m., Return: 4 p.m. • Fee: \$120
Washington, D.C.

We will cruise along the Potomac River and enjoy a buffet on the Spirit Cruise Line. Enjoy the sights of Washington, D.C. The captain will narrate historic sites and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip is on as scheduled regardless of bloom status.

R07082 - 302 A Guided Tour of the Library of Congress, Washington, D.C.Th, April 11 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69

We will have a 90-minute guided tour of "The Library of Congress: Its Collections, Art and Architecture." We will have lunch at the Madison Building Café, on your own, after our tour. Fee includes transportation and tour.

R07082 - 303 Walking Tour - Secrets and Scandals on Embassy RowW, May 15 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$69
with Guide Rick Snider, Washington, D.C.

Welcome to DuPont Circle, the heart of Embassy Row. We'll see homes of former presidents along with the Cosmos Club, Spanish Steps, a political assassination site and more, while passing many of the city's embassies. Lunch on your own at a restaurant nearby. Fee includes transportation and tour.

R07082 - 304 Hillwood Museum and Gardens, Washington, D.C.W, May 22 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$74

Experience a self-guided tour at your leisure. Allow time to view special exhibitions, tour the greenhouse and find collections-related gifts in the museum shop. Purchase lunch on your own from the Merriweather Café To Go to enjoy at the tent tables. Fee includes transportation and entrance to the museum and gardens.

R07082 - 305 Annual Sailing Trip On the Liberte, Annapolis, MD W, May 29 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$118

Our ever-popular sailing trip out of Annapolis. Enjoy three hours under sail on a 76-foot-long sailboat with a professional captain and crew. Fee includes transportation, bagged lunch and sail.

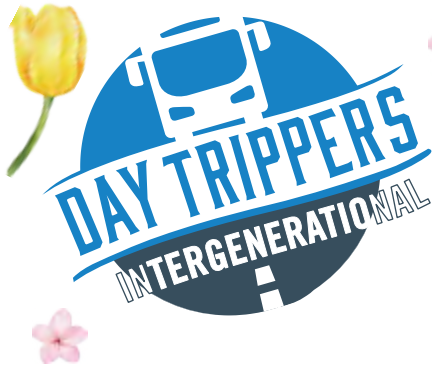
R07082 - 306 Go Wild and Take a Safari, Halifax, PA W, June 5 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$79

Experience exotic encounters, wildlife that you can touch and adventure you can feel on interactive Safaris at Lake Tobias Wildlife Park. Lunch is on your own at the Park food stand or you can bring your own. Fee includes admission and transportation.

R07082 - 307 Planes, Trains and Trolleys - Moving America, Hagerstown, MD W, June 12 • Leave: 7:15 a.m., Return: 5:15 p.m. • Fee: \$79

The heart of America's transportation system began in Maryland. We will have guided tours of various museums including the Hagerstown Aviation Museum, Hagerstown Railroad Museum and Boonesboro Trolley Station Museum. Lunch will be on your own at a local restaurant. Fee includes transportation and tours.

MONTGOMERY COUNTY RECREATION



MAKE EVERY DAY UNFORGETTABLE!



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

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



R07083 - 301 MAMMA MIA! - The Hippodrome Theatre, Baltimore, MD Su, April 21 • Leave: 11 a.m., Return: 6 p.m. • Fee: \$149

For nearly 25 years, people all around the world have fallen in love with the characters, the story and the music that make MAMMA MIA! the ultimate feel-good show. Set on a Greek island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. Fee includes transportation and show ticket.

R07083 - 302 Weinberg Center for the Arts - The FSO presents "The Best of Broadway," Frederick, MD Su, April 28 • Leave: 11:45 a.m., Return: 6 p.m. • Fee: \$84

Experience the magic of Broadway as the Frederick Symphony Orchestra presents the timeless melodies and unforgettable stories that have captivated audiences for generations. Lunch on your own in downtown Frederick before the show. Fee is for transportation and show.

R07083 - 303 National Cathedral - Flower Mart, Washington, D.C. F, May 3 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$54

Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at over more than 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduations and something special just for you! Explore the international floral displays inside the Great Hall of the Cathedral. Meals are on your own.

R07083 - 304 91st Annual Dover Days Festival - First State History, Dover, DE Sa, May 4 • Leave: 8 a.m., Return: 5 p.m. • Fee: \$64

Each year's Dover Days activities showcase Delaware's state history and heritage, as well as highlights from contemporary times such as traditional Maypole Dancing, games, tethered hot air balloon rides, a moon bounce village, more than 100 craft and food vendors, music, colonial artisans' village and historic re-enactments. Fee is for transportation.

R07083 - 305 Kate Pearl Tea Room at Gypsy's, Westminster, MD Th, May 9 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$94

The tearoom is a place to unwind, to slow down, celebrate, connect and be pampered. We like to think of it as a spa for the soul. We will enjoy a Full Royal Tea. Fee includes transportation and full High Tea.

R07083 - 306 Occoquan Riverfest and Craft Show, Occoquan, VA Su, June 2 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$64

RiverFest and Craft Show 2024 will feature activities for all ages, including hundreds of arts and crafts booths, games, musical entertainment, great food, a beer and wine garden, a whole host of river activities and more! Fee is for transportation.

R07083 - 307 Frederick Festival of the Arts, Frederick, MD Su, June 9 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$64

Our outdoor art festival brings together some of the most talented regional artists for an unforgettable showcase of creativity and artistic expression. Located in the heart of historic Downtown Frederick, Carroll Creek Park offers a picturesque setting for a day trip. Explore the park's urban charm and natural beauty, with specialty shops, outdoor dining and local distilleries and breweries adding to the festive atmosphere. Fee is for transportation.

R07083 - 308 Tour the National Arboretum, Washington, D.C. Th, June 13 • Leave: 8:30 a.m., Return: 3 p.m. • Fee: \$54

Discover a stunning collection of plants and sites as the Arboretum aims to increase the aesthetic, environmental and economic importance of landscape and ornamental plants. The attraction does so through gardens and exhibits. Experience your self-guided tour at your own pace, followed by a visit to the popular Eastern Market for eating and shopping. Fee is for transportation.



REGISTRATION BEGINS MONDAY, FEB. 12 AT 9 A.M.

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



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FACILITY ADDRESSES

Spring 2024 registration begins Monday, Feb. 12



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave., Wheaton-Glenmont, 20902
Bethesda ES.....	7600 Arlington Road, Bethesda, 20814
Bradley Hills ES.....	8701 Hartsdale Ave, Bethesda, 20817
Chevy Chase ES.....	4015 Rosemary St, Chevy Chase, 20815
Highland ES.....	3100 Medway St, Wheaton-Glenmont 20902
Kemp Mill ES.....	411 Sisson St., Silver Spring, 20902
Luxmanor ES.....	6201 Tilden Ln, Rockville, 20852
Oakland Terrace ES.....	2720 Plyers Mill Road, Silver Spring, 20902
North Chevy Chase ES.....	3700 Jones Bridge Road, Chevy Chase 20815
Pine Crest ES.....	201 Woodmoor Dr, Silver Spring, 20901
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Travilah ES.....	13801 Dufief Mill Road, North Potomac, 20878
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910
Watkins Mill ES.....	19001 Watkins Mill Rd, Montgomery Village, 20886

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac, 20854
Earle B. Wood MS.....	14615 Bauer Drive, Rockville, 20853
Montgomery Village MS.....	19300 Watkins Mill Rd, Montgomery Village, 20886
Tilden MS.....	6300 Tilden Ln, Rockville, 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
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway, Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Silver Spring RAC.....	1319 Apple Ave., Silver Spring, 20910
Upper County CRC.....	8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC.....	11701 Georgia Ave., Wheaton, 20902
White Oak CRC.....	1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815

HIGH SCHOOLS

Wheaton HS.....	12401 Dalewood Dr, Silver Spring, 20906
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PARKS

Ayrlawn LP.....	5652 Oakmont Ave, Bethesda, 20817
Cabin John LP.....	7401 Macarthur Blvd, Cabin John, 20818
Cabin John RP.....	7400 Tuckerman Lane, Bethesda, 20817
Calverton Galway LP.....	3039 Fairland Rd, Silver Spring, 20904
Veirs Mills LP.....	4425 Garrett Park Road, Silver Spring, 20906
Layhill Village LP.....	1920 Queensguard Road, Wheaton, 20906
Wheaton RP.....	2000 Shorefield Road, Wheaton, 20902
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Olney Manor RP.....	16601 Georgia Ave., Olney, 20832

OTHER FACILITIES

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

WHERE THE FUN BEGINS

SPRING 2024

Registration begins
Monday, Feb. 12

Have questions?

The customer service and outreach teams are here to help!



HOURS OF OPERATION

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



CALL US

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



VISIT US

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



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



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