

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SPRING 2023



MONTGOMERY COUNTY
Recreation

In This Guide

 **After School Programs**
77

 **Aquatics**
4-27

 **Arts & Crafts**
28-29

 **CPR & First Aid**
30

 **Dance**
30-32

 **Fitness**
33-35

 **Health/Wellness**
36

 **Martial Arts**
37-39

 **Music**
40-41

 **Sports**
43-52

 **S.T.E.A.M.**
42

 **Senior Programs**
56-73

 **Therapeutic Recreation**
54-55

 **Trips & Tours**
74-75



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



**Spring Registration begins
Monday, Feb. 13**

Facility Addresses76

SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



COMING 2023

— FOR MORE INFO, VISIT —

[MOCOREC.COM/SILVERSPRING](https://mocorec.com/silverspring)

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



BUILD YOUR OWN GUIDE

- ✓ Choose Your Areas of Interest
- ✓ Save & Download Your GUIDE

*Build and save
your personal
Recreation GUIDE
to your phone, tablet,
laptop
or desktop.*

Visit to start:

WWW.MOCOREC.COM/GUIDE



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 13-14
Closed June 24-25

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle
Boyd's
Closed Feb. 8-12
Closed Feb. 16-19
Closed March 25-26

Martin Luther King Jr Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring
Closed Feb. 25-26

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney
Closed March 4-5

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

HIRING

JOIN THE AQUATICS TEAM

APPLY NOW

STAY UP-TO-DATE

MOCOREC.COM/POOLS

Get current pool information here.

Water Fitness

Abs & Glutes & More

Ages 12 and up		13 Sessions				
R01001-301	KSAC	3/7	Tu	9-9:50 a.m.	\$91	
R01001-302	KSAC	3/9	Th	9-9:50 a.m.	\$91	
R01001-303	MLK	3/6	M	10-10:50 a.m.	\$91	
R01001-304	MLK	3/8	W	10-10:50 a.m.	\$91	

Aqua Cardio Challenge

Ages 12 and up		13 Sessions				
R01004-304	KSAC	3/9	Th	11-11:50 a.m.	\$91	
R01004-301	MLK	3/7	Tu	8:30-9:20 p.m.	\$91	
R01004-303	MLK	3/10	F	9-9:50 a.m.	\$91	
R01004-302	MLK	3/12	Su	4-4:50 p.m.	\$84	

Aqua Cardio Dance

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

Aqua Lite

Ages 12 and up		13 Sessions				
R01005-301	KSAC	3/6	M	11-11:50 a.m.	\$91	
R01005-302	KSAC	3/8	W	11-11:50 a.m.	\$91	
R01005-303	OSC	3/6	M	10-10:50 a.m.	\$91	
R01005-304	OSC	3/8	W	10-10:50 a.m.	\$91	
R01005-305	OSC	3/10	F	10-10:50 a.m.	\$91	

Aqua Spin

Ages 12 and up		12 Sessions				
R01006-319	KSAC	3/10	F	Noon-12:50 p.m.	\$108	
R01006-305	KSAC	3/10	F	8-8:50 p.m.	\$108	
		13 Sessions				
R01006-313	GISC	3/7	Tu	8-8:50 a.m.	\$117	
R01006-314	GISC	3/9	Th	8-8:50 a.m.	\$117	
R01006-304	KSAC	3/6	M	8:30-9:20 p.m.	\$117	
R01006-317	KSAC	3/7	Tu	12:30-1:20 p.m.	\$117	
R01006-301	KSAC	3/8	W	1-1:50 p.m.	\$117	
R01006-302	KSAC	3/8	W	8:30-9:20 p.m.	\$117	
R01006-303	KSAC	3/9	Th	12:30-1:20 p.m.	\$117	
R01006-318	KSAC	3/10	F	9-9:50 a.m.	\$117	
R01006-315	MLK	3/7	Tu	7:30-8:20 a.m.	\$117	
R01006-311	MLK	3/7	Tu	11-11:50 a.m.	\$117	
R01006-307	MLK	3/8	W	9-9:50 a.m.	\$117	
R01006-306	MLK	3/9	Th	11-11:50 a.m.	\$117	
R01006-312	MLK	3/9	Th	8:30-9:20 p.m.	\$117	
R01006-309	MLK	3/10	F	7:30-8:20 a.m.	\$117	
R01006-310	MLK	3/10	F	7:30-8:20 p.m.	\$117	
R01006-316	MLK	3/11	Sa	8-8:50 a.m.	\$117	
R01006-308	MLK	3/11	Sa	6:10-7 p.m.	\$117	



55+
THERAPEUTIC RECREATION
SPORTS
CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Aqua YO-Lates

Ages 12 and up	13 Sessions				
R01007-301	MLK	3/10	F	10-10:50 a.m.	\$91

Deep Water Running

Ages 12 and up	12 Sessions				
R01008-312	OSC	3/6	M	7:20-8:10 p.m.	\$84
R01008-311	GISC	3/6	M	7:50-8:40 p.m.	\$84
R01008-333	GISC	3/11	Sa	10-10:50 a.m.	\$84

13 Sessions

R01008-331	OSC	3/6	M	11-11:50 a.m.	\$91
R01008-313	OSC	3/7	Tu	8:30-9:20 a.m.	\$91
R01008-314	OSC	3/7	Tu	10:30-11:20 a.m.	\$91
R01008-315	OSC	3/7	Tu	8:15-9:05 p.m.	\$91
R01008-321	OSC	3/8	W	6:30-7:20 a.m.	\$91
R01008-316	OSC	3/8	W	7:20-8:10 p.m.	\$91
R01008-317	OSC	3/9	Th	9-9:50 a.m.	\$91
R01008-318	OSC	3/9	Th	11-11:50 a.m.	\$91
R01008-319	OSC	3/9	Th	8:15-9:05 p.m.	\$91
R01008-322	OSC	3/10	F	6:30-7:20 a.m.	\$91
R01008-320	OSC	3/10	F	6:20-7:10 p.m.	\$91
R01008-332	OSC	3/11	Sa	9:05-9:55 a.m.	\$91

13 Sessions

R01008-308	GISC	3/6	M	10-10:50 a.m.	\$91
R01008-307	GISC	3/7	Tu	10-10:50 a.m.	\$91
R01008-309	GISC	3/8	W	10:30-11:20 a.m.	\$91
R01008-310	GISC	3/9	Th	10-10:50 a.m.	\$91
R01008-301	KSAC	3/7	Tu	10-10:50 a.m.	\$91
R01008-304	KSAC	3/7	Tu	7:45-8:35 p.m.	\$91
R01008-302	KSAC	3/9	Th	10-10:50 a.m.	\$91
R01008-305	KSAC	3/9	Th	7:45-8:35 p.m.	\$91
R01008-303	KSAC	3/10	F	10-10:50 a.m.	\$91
R01008-323	MLK	3/6	M	Noon-12:50 p.m.	\$91
R01008-324	MLK	3/7	Tu	9-9:50 a.m.	\$91
R01008-327	MLK	3/7	Tu	7:30-8:20 p.m.	\$91
R01008-329	MLK	3/8	W	Noon-12:50 p.m.	\$91
R01008-325	MLK	3/9	Th	7:30-8:20 a.m.	\$91
R01008-326	MLK	3/9	Th	7:30-8:20 p.m.	\$91
R01008-328	MLK	3/10	F	11-11:50 a.m.	\$91
R01008-330	MLK	3/11	Sa	9-9:50 a.m.	\$91

VISIT ACTIVEMONTGOMERY.ORG

TO REGISTER FOR CLASSES AND ACTIVITIES

Hi/Lo Cardio Fusion

Ages 12 and up		13 Sessions				
R01009-301	KSAC	3/10	F	11-11:50 a.m.	\$91	

Water Aerobics

Ages 12 and up		12 Sessions				
R01010-306	OSC	3/6	M	8:15-9:05 p.m.	\$91	
		13 Sessions				
R01010-300	GISC	3/8	W	9:30-10:20 a.m.	\$91	
R01010-308	GISC	3/9	Th	7:50-8:40 p.m.	\$91	
R01010-310	KSAC	3/6	M	10-10:50 a.m.	\$91	
R01010-311	KSAC	3/8	W	10-10:50 a.m.	\$91	
R01010-302	OSC	3/7	Tu	9:30-10:20 a.m.	\$91	
R01010-303	OSC	3/7	Tu	7:20-8:10 p.m.	\$91	
R01010-301	OSC	3/8	W	8:15-9:05 p.m.	\$91	
R01010-304	OSC	3/9	Th	10-10:50 a.m.	\$91	
R01010-305	OSC	3/9	Th	7:20-8:10 p.m.	\$91	

Water Exercise

Ages 12 and up		13 Sessions				
R01011-304	GISC	3/8	W	9:30-10:20 a.m.	\$91	
R01011-301	KSAC	3/7	Tu	11-11:50 a.m.	\$91	
R01011-308	MLK	3/6	M	9-9:50 a.m.	\$91	
R01011-305	OSC	3/6	M	9-9:50 a.m.	\$91	
R01011-306	OSC	3/8	W	9-9:50 a.m.	\$91	
R01011-307	OSC	3/10	F	9-9:50 a.m.	\$91	

Watershed Fitness

Ages 15 and up		14 Sessions				
R01075-310	KSAC	4/10	M,W	9-11 a.m.	\$270	

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



LIFEGUARD TRAINING

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

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

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

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

The pre-course consists of:

1. 300 meter swim (front crawl or breaststroke).
 2. Tread water for 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 Class: In-Person

Ages 15 & Up		7 Sessions			
R01035-301	KSAC	5/9	M,Tu,Th-Su	4-9 p.m.	\$50

LIFEGUARD TRAINING INFORMATION

Visit mocrecreation.com for more information about lifeguard training opportunities.

[MORE INFO](#)

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

MONTGOMERY COUNTY RECREATION

WE ARE HIRING!

Work with Montgomery County Recreation's Summer Camps

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



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



Gain experience Share your passion Make a difference



Swim Lessons



**Swim Lesson
registration
will begin on**

Feb. 13 at 6:30 a.m.

for residents.

Please note the following:

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

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

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



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Parent-Assisted Swim Lessons

Aquatots

Ages 18 mos.-3 years 6 Sessions
Germantown Indoor Swim Center

R01038-326	3/11	Sa	9:45-10:15 a.m.	\$60
R01038-327	3/11	Sa	11:45 a.m.-12:15 p.m.	\$60
R01038-328	3/11	Sa	1:05-1:35 p.m.	\$60
R01038-329	3/14	Tu,Th	5:40-6:10 p.m.	\$60
R01038-330	4/11	Tu,Th	5:40-6:10 p.m.	\$60
R01038-331	5/3	W	5:30-6 p.m.	\$60
R01038-332	5/9	Tu,Th	5:40-6:10 p.m.	\$60

Kennedy Shriver Aquatic Center

R01038-301	3/4	Sa	10:20-10:50 a.m.	\$60
R01038-302	3/5	Su	12:20-12:50 p.m.	\$60
R01038-303	4/29	Sa	10:40-11:25 a.m.	\$60

Martin Luther King Jr. Swim Center

R01038-378	3/4	Sa	10:20-10:50 a.m.	\$60
R01038-379	3/5	Su	10-10:30 a.m.	\$60
R01038-380	3/8	W	5:30-6 p.m.	\$60
R01038-381	4/22	Sa	10:20-10:50 a.m.	\$60
R01038-382	4/23	Su	10-10:30 a.m.	\$60
R01038-383	4/26	W	5:30-6 p.m.	\$60

Olney Swim Center

R01038-352	2/19	Su	9:40-10:10 a.m.	\$60
R01038-353	2/23	Th	5:20-5:50 p.m.	\$60
R01038-354	4/16	Su	9:40-10:10 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.

Pre-School

Ages 3-5

6 Sessions

Germantown Indoor Swim Center

R01062-326	3/11	Sa	10:25-10:55 a.m.	\$60
R01062-327	3/11	Sa	12:25-12:55 p.m.	\$60
R01062-328	3/12	Su	10:35-11:05 a.m.	\$60
R01062-329	4/11	Tu,Th	6:20-6:50 p.m.	\$60
R01062-330	5/9	Tu,Th	6:20-6:50 p.m.	\$60

Kennedy Shriver Aquatic Center

R01062-301	3/4	Sa	11-11:30 a.m.	\$60
R01062-302	3/5	Su	9-9:30 a.m.	\$60
R01062-303	4/29	Sa	11:30 a.m.-12:15 p.m.	\$60
R01062-304	4/30	Su	9-9:45 a.m.	\$60

Martin Luther King Jr. Swim Center

R01062-378	3/4	Sa	1-1:30 p.m.	\$60
R01062-379	3/5	Su	Noon-12:30 p.m.	\$60
R01062-380	3/8	W	6:50-7:20 p.m.	\$60
R01062-381	4/22	Sa	1-1:30 p.m.	\$60
R01062-382	4/23	Su	Noon-12:30 p.m.	\$60
R01062-383	4/26	W	6:50-7:20 p.m.	\$60

Olney Swim Center

R01062-352	2/19	Su	10:20-10:50 a.m.	\$60
R01062-353	2/21	Tu	6:40-7:10 p.m.	\$60
R01062-354	2/23	Th	6:40-7:10 p.m.	\$60
R01062-355	4/23	Su	10:20-10:50 a.m.	\$60

Waterbabies

Ages 6-18 mos.

6 Sessions

Germantown Indoor Swim Center

R01063-326	3/11	Sa	11:05-11:35 a.m.	\$60
R01063-327	3/14	Tu,Th	5-5:30 p.m.	\$60
R01063-328	4/11	Tu,Th	5-5:30 p.m.	\$60
R01063-329	5/9	Tu,Th	5-5:30 p.m.	\$60

Kennedy Shriver Aquatic Center

R01063-301	3/5	Su	11-11:30 a.m.	\$60
R01063-302	4/30	Su	11:30a.m.-12:15 p.m.	\$60

Martin Luther King Jr. Swim Center

R01063-378	3/4	Sa	11:40a.m.-12:10 p.m.	\$60
R01063-379	3/8	W	6:10-6:40 p.m.	\$60
R01063-380	4/22	Sa	11:40 a.m.-12:10 p.m.	\$60
R01063-381	4/26	W	6:10-6:40 p.m.	\$60

Olney Swim Center

R01063-352	2/19	Su	9-9:30 a.m.	\$60
R01063-353	2/21	Tu	5:20-5:50 p.m.	\$60
R01063-354	4/16	Su	9-9:30 a.m.	\$60



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Swim Lessons

Beginner 1

Ages 4-6

6 Sessions

Germantown Indoor Swim Center

R01051-335	3/6	M	5:30-6 p.m.	\$65
R01051-336	3/6	M	6:10-6:40 p.m.	\$65
R01051-326	3/11	Sa	9:45-10:15 a.m.	\$65
R01051-327	3/11	Sa	10:25-10:55 a.m.	\$65
R01051-330	3/11	Sa	11:05-11:35 a.m.	\$65
R01051-328	3/11	Sa	12:25-12:55 p.m.	\$65
R01051-329	3/11	Sa	1:05-1:35 p.m.	\$65
R01051-331	3/12	Su	9:15-9:45 a.m.	\$65
R01051-332	3/12	Su	9:55-10:25 a.m.	\$65
R01051-333	3/12	Su	10:35-11:05 a.m.	\$65
R01051-334	3/12	Su	11:15-11:45 a.m.	\$65
R01051-337	3/14	Tu,Th	5-5:30 p.m.	\$65
R01051-338	3/15	W	5:30-6 p.m.	\$65
R01051-339	3/15	W	6:10-6:40 p.m.	\$65
R01051-341	4/11	Tu,Th	5:40-6:10 p.m.	\$65
R01051-342	4/11	Tu,Th	6:20-6:50 p.m.	\$65
R01051-340	4/24	M	5:30-6 p.m.	\$65
R01051-344	5/3	W	5:30-6 p.m.	\$65
R01051-343	5/3	W	6:10-6:40 p.m.	\$65
R01051-345	5/9	Tu,Th	5-5:30 p.m.	\$65

Kennedy Shriver Aquatic Center

R01051-301	3/4	Sa	9-9:30 a.m.	\$65
R01051-302	3/4	Sa	11-11:30 a.m.	\$65
R01051-303	3/5	Su	9:40-10:10 a.m.	\$65
R01051-304	3/5	Su	11:40 a.m.-12:10 p.m.	\$65
R01051-305	4/29	Sa	9-9:45 a.m.	\$65
R01051-306	4/29	Sa	11:30 a.m.-12:15 p.m.	\$65
R01051-307	4/30	Su	9:50-10:35 a.m.	\$65



Please Play Safely.

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

Montgomery County Recreation will follow the safety guidelines set by

Montgomery County Government.

Martin Luther King Jr. Swim Center

R01051-378	3/4	Sa	9:40-10:10 a.m.	\$65
R01051-379	3/4	Sa	10:20-10:50 a.m.	\$65
R01051-380	3/4	Sa	11-11:30 a.m.	\$65
R01051-381	3/4	Sa	12:20-12:50 p.m.	\$65
R01051-382	3/4	Sa	1-1:30 p.m.	\$65
R01051-383	3/5	Su	10:40-11:10 a.m.	\$65
R01051-322	3/5	Su	11:20-11:50 a.m.	\$65
R01051-323	3/5	Su	Noon-12:30 p.m.	\$65
R01051-384	3/6	M	5:30-6 p.m.	\$65
R01051-385	3/6	M	6:50-7:20 p.m.	\$65
R01051-386	3/7	Tu	5:30-6 p.m.	\$65
R01051-387	3/7	Tu	6:10-6:40 p.m.	\$65
R01051-388	3/8	W	6:10-6:40 p.m.	\$65
R01051-389	3/9	Th	5:30-6 p.m.	\$65
R01051-390	3/9	Th	6:10-6:40 p.m.	\$65
R01051-391	4/22	Sa	9:40-10:10 a.m.	\$65
R01051-392	4/22	Sa	10:20-10:50 a.m.	\$65
R01051-393	4/22	Sa	11-11:30 a.m.	\$65
R01051-394	4/22	Sa	12:20-12:50 p.m.	\$65
R01051-395	4/22	Sa	1-1:30 p.m.	\$65
R01051-396	4/23	Su	10:40-11:10 a.m.	\$65
R01051-397	4/23	Su	Noon-12:30 p.m.	\$65
R01051-398	4/24	M	5:30-6 p.m.	\$65
R01051-399	4/24	M	6:50-7:20 p.m.	\$65
R01051-348	4/25	Tu	5:30-6 p.m.	\$65
R01051-347	4/26	W	6:10-6:40 p.m.	\$65
R01051-349	4/27	Th	5:30-6 p.m.	\$65
R01051-377	4/27	Th	6:10-6:40 p.m.	\$65
R01051-324	4/27	Th	6:50-7:20 p.m.	\$65

Olney Swim Center

R01051-353	2/19	Su	11-11:30 a.m.	\$65
R01051-352	2/20	M	6:20-6:50 p.m.	\$65
R01051-354	2/20	M	7-7:30 p.m.	\$65
R01051-355	4/16	Su	11:10-11:40 a.m.	\$65
R01051-356	4/17	M	6:20-6:50 p.m.	\$65
R01051-357	4/17	M	7-7:30 p.m.	\$65



VISIT ACTIVEMONTGOMERY.ORG

Active
MONTGOMERY

TO REGISTER FOR CLASSES AND ACTIVITIES

55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Beginner 2

Ages 4-6

6 Sessions

Germantown Indoor Swim Center

R01052-328	3/11	Sa	10:25-10:55 a.m.	\$65
R01052-326	3/11	Sa	11:05-11:35 a.m.	\$65
R01052-327	3/11	Sa	11:45 a.m.-12:15 p.m.	\$65
R01052-329	3/11	Sa	1:05-1:35 p.m.	\$65
R01052-330	3/12	Su	9:15-9:45 a.m.	\$65
R01052-331	3/12	Su	10:35-11:05 a.m.	\$65
R01052-332	3/12	Su	11:15-11:45 a.m.	\$65
R01052-334	3/14	Tu,Th	5:40-6:10 p.m.	\$65
R01052-335	3/15	W	5:30-6 p.m.	\$65
R01052-337	4/11	Tu,Th	5-5:30 p.m.	\$65
R01052-336	4/24	Mon	6:10-6:40 p.m.	\$65
R01052-339	5/3	W	5:30-6 p.m.	\$65
R01052-338	5/3	W	6:10-6:40 p.m.	\$65
R01052-340	5/9	Tu,Th	5-5:30 p.m.	\$65
R01052-341	5/9	Tu,Th	5:40-6:10 p.m.	\$65

Kennedy Shriver Aquatic Center

R01052-301	3/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-302	4/29	Sa	12:20-1:05 p.m.	\$65
R01052-303	4/30	Su	9:50-10:35 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.


AQUATICS
RULES AND REGULATIONS

View the pool rules and regulations.

[VIEW HERE](#) 🔍

Martin Luther King Jr. Swim Center

R01052-379	3/4	Sa	9:40-10:10 a.m.	\$65
R01052-378	3/4	Sa	11-11:30 a.m.	\$65
R01052-381	3/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-380	3/4	Sa	12:20-12:50 p.m.	\$65
R01052-323	3/5	Su	10-10:30 a.m.	\$65
R01052-382	3/5	Su	10:40-11:10 a.m.	\$65
R01052-383	3/5	Su	Noon-12:30 p.m.	\$65
R01052-384	3/6	M	5:30-6 p.m.	\$65
R01052-385	3/6	M	6:10-6:50 p.m.	\$65
R01052-386	3/7	Tu	5:30-6 p.m.	\$65
R01052-387	3/7	Tu	6:10-6:50 p.m.	\$65
R01052-388	3/8	W	6:50-7:20 p.m.	\$65
R01052-389	3/9	Th	6:10-6:50 p.m.	\$65
R01052-390	3/9	Th	6:50-7:20 p.m.	\$65
R01052-391	4/22	Sa	9:40-10:10 a.m.	\$65
R01052-392	4/22	Sa	11-11:30 a.m.	\$65
R01052-393	4/22	Sa	11:40 a.m.-12:10 p.m.	\$65
R01052-394	4/22	Sa	12:20-12:50 p.m.	\$65
R01052-347	4/23	Su	10-10:30 a.m.	\$65
R01052-395	4/23	Su	10:40-11:10 a.m.	\$65
R01052-396	4/23	Su	Noon-12:30 p.m.	\$65
R01052-397	4/24	M	5:30-6 p.m.	\$65
R01052-398	4/24	M	6:10-6:40 p.m.	\$65
R01052-399	4/25	Tu	5:30-6 p.m.	\$65
R01052-324	4/25	Tu	6:10-6:40 p.m.	\$65
R01052-325	4/26	W	6:50-7:20 p.m.	\$65
R01052-348	4/27	Th	6:10-6:40 p.m.	\$65
R01052-349	4/27	Th	6:50-7:20 p.m.	\$65

Olney Swim Center

R01052-352	2/20	M	5:40-6:10 p.m.	\$65
R01052-353	2/21	Tu	6-6:30 p.m.	\$65
R01052-354	2/23	Th	6-6:30 p.m.	\$65
R01052-355	4/17	M	5:40-6:20 p.m.	\$65
R01052-356	4/18	Tu	6-6:30 p.m.	\$65



Please Play Safely.

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



55 +
THERAPEUTIC RECREATION
SPORTS
CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Beginner 3

Ages 4-6

6 Sessions

Germantown Indoor Swim Center

R01053-326	3/11	Sa	9:45-10:15 a.m.	\$65
R01053-327	3/11	Sa	11:45 a.m.-12:15 p.m.	\$65
R01053-328	3/12	Su	9:55-10:25 a.m.	\$65
R01053-329	3/15	W	6:10-6:40 p.m.	\$65
R01053-331	4/11	Tu,Th	6:20-6:50 p.m.	\$65
R01053-330	4/24	M	5:30-6 p.m.	\$65
R01053-332	5/9	Tu,Th	6:20-6:50 p.m.	\$65

Kennedy Shriver Aquatic Center

R01053-301	3/4	Sa	9:40-10:10 a.m.	\$65
R01053-302	3/5	Su	11:40 a.m.-12:10 p.m.	\$65
R01053-303	4/29	Sa	9:50-10:35 a.m.	\$65
R01053-304	4/30	Su	12:20-1:05 p.m.	\$65

Martin Luther King Jr. Swim Center

R01053-378	3/4	Sa	12:20-12:50 p.m.	\$65
R01053-379	3/5	Su	11:20-11:50 a.m.	\$65
R01053-380	3/7	Tu	6:50-7:20 p.m.	\$65
R01053-381	3/9	Th	7:30-8 p.m.	\$65
R01053-382	4/22	Sa	12:20-12:50 p.m.	\$65
R01053-383	4/23	Su	11:20-11:50 a.m.	\$65
R01053-384	4/25	Tu	6:50-7:20 p.m.	\$65
R01053-385	4/27	Th	7:30-8 p.m.	\$65

Olney Swim Center

R01053-352	2/18	Sa	11:10-11:40 a.m.	\$65
R01053-353	4/15	Sa	11:10-11:40 a.m.	\$65

VISIT ACTIVEMONTGOMERY.ORG

TO REGISTER FOR CLASSES AND ACTIVITIES



Beginner 4

Ages 4-6

6 Sessions

Germantown Indoor Swim Center

R01054-327	3/6	M	5:30-6 p.m.	\$65
R01054-328	3/6	M	6:10-6:40 p.m.	\$65
R01054-326	3/11	Sa	12:25-12:55 p.m.	\$65
R01054-329	4/24	M	6:10-6:40 p.m.	\$65
R01054-330	5/9	Tu,Th	5:40-6:10 p.m.	\$65

Kennedy Shriver Aquatic Center

R01054-301	3/4	Sa	10:20-10:50 a.m.	\$65
R01054-302	3/4	Sa	1-1:30 p.m.	\$65
R01054-304	3/5	Su	9:40-10:10 a.m.	\$65
R01054-303	3/5	Su	1-1:30 p.m.	\$65
R01054-305	4/29	Sa	10:40-11:25 a.m.	\$65
R01054-306	4/30	Su	12:20-1:05 p.m.	\$65

Martin Luther King Jr. Swim Center

R01054-378	3/5	Su	11:20-11:50 a.m.	\$65
R01054-379	3/7	Tu	7:30-8 p.m.	\$65
R01054-380	3/9	Th	7:30-8 p.m.	\$65
R01054-381	4/23	Su	11:20-11:50 a.m.	\$65
R01054-382	4/25	Tu	7:30-8 p.m.	\$65
R01054-383	4/27	Th	7:30-8 p.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.



AQUATICS RULES AND REGULATIONS

View the pool rules and regulations.

[VIEW HERE](#)

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

Youth Level 1

Ages 7-13

6 Sessions

Germantown Indoor Swim Center

R01045-326	3/11	Sa	11:05-11:35 a.m.	\$65
R01045-327	3/11	Sa	12:25-12:55 p.m.	\$65
R01045-328	3/12	Su	9:15-9:45 a.m.	\$65
R01045-329	3/12	Su	9:55-10:25 a.m.	\$65
R01045-330	3/14	Tu,Th	5:40-6:10 p.m.	\$65
R01045-331	3/15	W	5:30-6 p.m.	\$65
R01045-332	3/15	W	6:10-6:40 p.m.	\$65
R01045-333	4/11	Tu,Th	5-5:30 p.m.	\$65
R01045-334	4/11	Tu,Th	5:40-6:10 p.m.	\$65
R01045-336	5/3	W	5:30-6 p.m.	\$65
R01045-335	5/3	W	6:10-6:40 p.m.	\$65
R01045-337	5/9	Tu,Th	5-5:30 p.m.	\$65

Kennedy Shriver Aquatic Center

R01045-301	3/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-302	3/4	Sa	12:20-12:50 p.m.	\$65
R01045-303	3/5	Su	10:20-10:50 a.m.	\$65
R01045-304	4/29	Sa	12:20-1:05 p.m.	\$65
R01045-305	4/30	Su	10:40-11:35 a.m.	\$65

7 Sessions

Martin Luther King Jr. Swim Center

R01045-378	3/4	Sa	10:20-10:50 a.m.	\$65
R01045-379	3/4	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-380	3/5	Su	10:40-11:10 a.m.	\$65
R01045-381	3/6	M	6:10-6:40 p.m.	\$65
R01045-382	3/7	Tu	6:50-7:20 p.m.	\$65
R01045-383	3/9	Th	5:30-6 p.m.	\$65
R01045-384	4/22	Sa	10:20-10:50 a.m.	\$65
R01045-389	4/22	Sa	11:40 a.m.-12:10 p.m.	\$65
R01045-385	4/23	Su	10:40-11:10 a.m.	\$65
R01045-386	4/24	M	6:10-6:40 p.m.	\$65
R01045-387	4/25	Tu	6:50-7:20 p.m.	\$65
R01045-388	4/27	Th	5:30-6 p.m.	\$65

6 Sessions

Olney Swim Center

R01045-352	2/18	Sa	9:10-9:40 a.m.	\$65
R01045-354	2/18	Sa	10:30-11 a.m.	\$65
R01045-355	4/15	Sa	9:10-9:40 a.m.	\$65
R01045-356	4/15	Sa	10:30-11 a.m.	\$65
R01045-357	4/18	Tu	5:20-5:50 p.m.	\$65

Youth Level 2

Ages 7-13

6 Sessions

Germantown Indoor Swim Center

R01046-326	3/11	Sa	9:15-9:45 a.m.	\$65
R01046-327	3/11	Sa	1:05-1:35 p.m.	\$65
R01046-328	3/12	Su	10:35-11:05 a.m.	\$65
R01046-329	3/14	Tu,Th	6:20-6:50 p.m.	\$65
R01046-330	5/3	W	6:10-6:40 p.m.	\$65

6 Sessions

Kennedy Shriver Aquatic Center

R01046-301	3/4	Sa	9:40-10:10 a.m.	\$65
R01046-302	3/4	Sa	1-1:30 p.m.	\$65
R01046-303	4/29	Sa	9:50-10:35 a.m.	\$65
R01046-304	4/30	Su	9-9:45 a.m.	\$65

7 Sessions

Martin Luther King Jr. Swim Center

R01046-378	3/4	Sa	11-11:30 a.m.	\$65
R01046-379	3/4	Sa	1-1:30 p.m.	\$65
R01046-380	3/5	Su	11:20-11:50 a.m.	\$65
R01046-381	3/7	Tu	7:30-8 p.m.	\$65
R01046-382	3/8	W	5:30-6 p.m.	\$65
R01046-383	3/9	Th	6:50-7:20 p.m.	\$65
R01046-384	4/22	Sa	11-11:30 a.m.	\$65
R01046-386	4/22	Sa	1-1:30 p.m.	\$65
R01046-385	4/23	Su	11:20-11:50 a.m.	\$65
R01046-387	4/25	Tu	7:30-8 p.m.	\$65
R01046-388	4/26	W	5:30-6 p.m.	\$65
R01046-389	4/27	Th	6:50-7:20 p.m.	\$65

6 Sessions

Olney Swim Center

R01046-352	2/18	Sa	9:50-10:20 a.m.	\$65
R01046-354	2/21	Tu	6-6:30 p.m.	\$65
R01046-353	2/21	Tu	6:40-7:10 p.m.	\$65
R01046-355	4/15	Sa	9:50-10:20 a.m.	\$65
R01046-356	4/18	Tu	6:40-7:10 p.m.	\$65




QUESTIONS?
CONTACT CUSTOMER SERVICE
 Call customer service or send an email.
240-777-6840
RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

55 +
 THERAPEUTIC RECREATION
 SPORTS
 CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 3

Ages 7-13

6 Sessions

Germantown Indoor Swim Center

R01047-326	3/11	Sa	11:45 a.m.-12:15 p.m.	\$65
R01047-327	3/12	Su	9:55-10:25 a.m.	\$65
R01047-328	3/14	Tu,Th	5-5:30 p.m.	\$65

Kennedy Shriver Aquatic Center

R01047-301	3/4	Sa	9-9:30 a.m.	\$65
R01047-302	3/5	Su	10:20-10:50 a.m.	\$65
R01047-303	4/29	Sa	9-9:45 a.m.	\$65
R01047-304	4/30	Su	10:40-11:35 a.m.	\$65

Martin Luther King Jr. Swim Center

R01047-378	3/4	Sa	1-1:30 p.m.	\$65
R01047-379	3/5	Su	10:40-11:10 a.m.	\$65
R01047-380	3/6	M	6:50-7:20 p.m.	\$65
R01047-381	3/7	Tu	8:50-9:20 p.m.	\$65
R01047-382	3/9	Th	8:10-8:40 p.m.	\$65
R01047-383	4/22	Sa	1-1:30 p.m.	\$65
R01047-384	4/23	Su	10:40-11:10 a.m.	\$65
R01047-385	4/24	M	6:50-7:20 p.m.	\$65
R01047-386	4/25	Tu	8:50-9:20 p.m.	\$65
R01047-387	4/27	Th	8:10-8:50 p.m.	\$65

Olney Swim Center

R01047-354	2/18	Sa	11:10-11:50 a.m.	\$65
R01047-352	2/18	Sa	11:50 a.m.-12:20 p.m.	\$65
R01047-355	2/19	Su	9-9:30 a.m.	\$65
R01047-356	4/15	Sa	11:10 a.m.-12:20 p.m.	\$65
R01047-353	4/15	Sa	11:50 a.m.-12:20 p.m.	\$65
R01047-357	4/16	Su	9-9:30 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.

Youth Level 4

Ages 7-13

6 Sessions

Germantown Indoor Swim Center

R01048-326	3/11	Sa	10:25-10:55 a.m.	\$65
R01048-328	3/12	Su	9:15-9:45 a.m.	\$65
R01048-327	3/12	Su	11:15-11:45 a.m.	\$65

Kennedy Shriver Aquatic Center

R01048-301	3/4	Sa	9-9:30 a.m.	\$65
R01048-302	3/4	Sa	10:20-10:50 a.m.	\$65
R01048-304	3/5	Su	9-9:30 a.m.	\$65
R01048-303	3/5	Su	12:20-12:50 p.m.	\$65
R01048-305	4/29	Sa	9-9:45 a.m.	\$65
R01048-306	4/29	Sa	10:40-11:25 a.m.	\$65
R01048-307	4/30	Su	11:30 a.m.-12:15 p.m.	\$65

Martin Luther King Jr. Swim Center

R01048-378	3/4	Sa	12:20-12:50 p.m.	\$65
R01048-379	3/5	Su	10-10:30 a.m.	\$65
R01048-380	3/7	Tu	8:10-8:40 p.m.	\$65
R01048-381	4/22	Sa	12:20-12:50 p.m.	\$65
R01048-382	4/23	Su	10-10:30 a.m.	\$65
R01048-383	4/25	Tu	8:10-8:40 p.m.	\$65

Olney Swim Center

R01048-352	2/18	Sa	12:30-1 p.m.	\$65
R01048-353	4/15	Sa	12:30-1 p.m.	\$65

Youth Advanced Lessons

Ages 7-13

6 Sessions

Kennedy Shriver Aquatic Center

R01057-306	3/4	Sa	10:20-10:55 a.m.	\$90
R01057-307	3/4	Sa	11-11:35 a.m.	\$90
R01057-308	3/4	Sa	11:40 a.m.-12:15 p.m.	\$90
R01057-317	4/29	Sa	10:20-11:10 a.m.	\$90
R01057-318	4/29	Sa	11:15 a.m.-12:05 p.m.	\$90
R01057-319	4/22	Sa	12:10-1 p.m.	\$90

Olney Swim Center

R01057-301	2/19	Su	11-11:35 a.m.	\$90
R01057-302	2/21	Tu	7:20-8 p.m.	\$90
R01057-320	4/16	Su	11-11:35 a.m.	\$90
R01057-322	4/18	Tu	7:20-8 p.m.	\$90





AQUATICS

RULES AND REGULATIONS

View the pool rules and regulations.

[VIEW HERE](#) 

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Adult Swim Lessons

Adult Level 1

Ages 14 and up 6 Sessions

Germantown Indoor Swim Center

R01039-329	3/6	M	5:30-6 p.m.	\$65
R01039-326	3/11	Sa	10:25-10:55 a.m.	\$65
R01039-327	3/11	Sa	12:25-12:55 p.m.	\$65
R01039-328	3/12	Su	9:15-9:45 a.m.	\$65
R01039-330	3/15	W	5:30-6 p.m.	\$65
R01039-331	4/24	M	5:30-6 p.m.	\$65

Kennedy Shriver Aquatic Center

R01039-302	3/4	Sa	9-9:30 a.m.	\$65
R01039-303	3/5	Su	1-1:30 p.m.	\$65
R01039-301	3/6	M	8:30-9 p.m.	\$65

Martin Luther King Jr. Swim Center

R01039-378	3/4	Sa	11-11:30 a.m.	\$65
R01039-379	3/5	Su	10-10:30 a.m.	\$65
R01039-380	3/7	Tu	8:50-9:20 p.m.	\$65
R01039-381	4/22	Sa	11-11:30 a.m.	\$65
R01039-382	4/23	Su	10-10:30 a.m.	\$65
R01039-383	4/25	Tu	8:50-9:20 p.m.	\$65

Olney Swim Center

R01039-352	2/18	Sa	1:10-1:40 p.m.	\$65
R01039-353	4/15	Sa	1:10-1:40 p.m.	\$65

Adult Level 2

Ages 14 and up 6 Sessions

Germantown Indoor Swim Center

R01040-328	3/6	M	6:10-6:40 p.m.	\$65
R01040-326	3/11	Sa	11:45 a.m.-12:15 p.m.	\$65
R01040-327	3/12	Su	9:55-10:25 a.m.	\$65
R01040-329	3/15	W	6:10-6:40 p.m.	\$65
R01040-330	4/24	M	6:10-6:40 p.m.	\$65

Kennedy Shriver Aquatic Center

R01040-301	3/8	W	9-9:30 p.m.	\$65
R01040-302	3/4	Sa	12:20-12:50 p.m.	\$65
R01040-303	3/5	Su	11-11:30 a.m.	\$65
R01040-304	5/3	W	9-9:30 p.m.	\$65

7 Sessions

Martin Luther King Jr. Swim Center

R01040-378	3/4	Sa	10:20-10:50 a.m.	\$60
R01040-379	3/7	Tu	8:10-8:50 p.m.	\$60
R01040-380	3/9	Th	8:50-9:20 p.m.	\$60
R01040-381	4/22	Sa	10:20-10:50 a.m.	\$60
R01040-382	4/25	Tu	8:10-8:50 p.m.	\$60
R01040-383	4/27	Th	8:50-9:20 p.m.	\$60

Adult Level 3

Ages 14 and up

6 Sessions

Germantown Indoor Swim Center

R01041-326	3/11	Sa	11:05-11:35 a.m.	\$65
R01041-327	3/11	Sa	1:05-1:35 p.m.	\$65
R01041-328	3/12	Su	10:35-11:05 a.m.	\$65

Kennedy Shriver Aquatic Center

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

Martin Luther King Jr. Swim Center

7 Sessions

R01041-378	3/4	Sa	11:40 a.m.-12:10 p.m.	\$60
R01041-379	3/9	Th	8:10-8:50 p.m.	\$60
R01041-380	4/22	Sa	11:40 a.m.-12:10 p.m.	\$60
R01041-382	4/27	Th	8:10-8:50 p.m.	\$60

Adult Level 4

Ages 14 and up

6 Sessions

Germantown Indoor Swim Center

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

Kennedy Shriver Aquatic Center

R01042-303	3/4	Sa	12:20-12:50 p.m.	\$65
R01042-301	3/6	M	9-9:30 p.m.	\$65
R01042-302	3/8	W	8:30-9 p.m.	\$65
R01042-304	5/3	W	8:30-9 p.m.	\$65
R01042-305	4/29	Sa	9-9:45 a.m.	\$65

Martin Luther King Jr. Swim Center

R01042-378	3/5	Su	Noon-12:30 p.m.	\$65
R01042-379	3/9	Th	8:50-9:20 p.m.	\$65
R01042-380	4/23	Su	Noon-12:30 p.m.	\$65
R01042-381	4/27	Th	8:50-9:20 p.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



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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

For
**Therapeutic Recreation
programs available**



View more on
**PAGE
54**

Developmental Swim Adapted Swim Lessons

Ages 4-17		6 Sessions			
R01061-301	KSAC	3/4	Sa	9:45-10:15 a.m.	\$65
R01061-302	KSAC	3/4	Sa	10:35-11:05 a.m.	\$65
R01061-303	KSAC	4/29	Sa	10-10:45 a.m.	\$65
R01061-304	KSAC	4/29	Sa	10:50-11:35 a.m.	\$65

Homeschool Swim Lessons

Ages 4 -14		6 Sessions			
Beginner					
R01060-302	KSAC	3/8	W	10-10:30 a.m.	\$40
R01060-306	KSAC	5/3	W	10-10:30 a.m.	\$40
Intermediate					
R01060-303	KSAC	3/8	W	10:30-11 a.m.	\$40
R01060-307	KSAC	5/3	W	10:30-11 a.m.	\$40
Advanced					
R01060-304	KSAC	3/8	W	11-11:30 a.m.	\$40
R01060-308	KSAC	5/3	W	11-11:30 a.m.	\$40

Montgomery Stroke and Turn Clinic: Spring Tune-up

Ages 5-18		5 Sessions			
R01033-303	MLK	4/22	Sa	4-5 p.m.	\$110
R01033-304	OSC	4/22	Sa	4-5 p.m.	\$110

SwiMontgomery

Ages 5-13		18 Sessions			
R01032-303	OSC	3/6	M,W	7:15-8 p.m.	\$325
R01032-304	MLK	3/6	M,W	7:30-8:15 p.m.	\$325
R01032-302	GISC	3/21	Tu,Th	7:45-8:30 p.m.	\$325
R01032-301	KSAC	3/21	Tu,Th	7:45-8:30 p.m.	\$325



Diving

High School Diving

Ages 13-18

7 Sessions

R01076-302	GISC	4/10	M	6:30-8 p.m.	\$231
R01076-303	GISC	4/12	W	6:30-8 p.m.	\$231
R01076-301	KSAC	4/10	M	8-9:30 p.m.	\$231
R01076-304	KSAC	4/13	Th	8:05-9:35 p.m.	\$231

Level 1: Learn to Dive

Ages 5-10

6 Sessions

R01012-301	GISC	4/10	M	4:30-5:15 p.m.	\$96
R01012-302	GISC	4/12	W	4:30-5:15 p.m.	\$96
R01012-303	GISC	4/14	F	4:30-5:15 p.m.	\$96
R01012-304	KSAC	4/10	M	4:15-5 p.m.	\$96
R01012-305	KSAC	4/10	M	5-5:45 p.m.	\$96
R01012-306	KSAC	4/11	Tu	4:15-5 p.m.	\$96
R01012-307	KSAC	4/12	W	4:15-5 p.m.	\$96
R01012-308	KSAC	4/12	W	5-5:45 p.m.	\$96
R01012-309	KSAC	4/14	F	4:15-5 p.m.	\$96
R01012-310	OSC	4/12	W	5-5:45 p.m.	\$96

Level 2: Intermediate Diving

Ages 7-18

7 Sessions

R01013-301	GISC	4/10	M	5:15-6:45 p.m.	\$210
R01013-302	GISC	4/12	W	5:15-6:45 p.m.	\$210
R01013-303	GISC	4/14	F	5:15-6:45 p.m.	\$210

6 Sessions

R01013-304	KSAC	4/14	F	5-6:30 p.m.	\$180
R01013-305	KSAC	4/15	S	8:30-10 a.m.	\$180
R01013-306	OSC	4/12	W	5:45-7:15 p.m.	\$210

Level 3: Advanced Diving

Ages 7-18

7 Sessions

R01014-302	KSAC	4/10	M	6:30-8 p.m.	\$231
R01014-303	KSAC	4/12	W	6:30-8 p.m.	\$231
R01014-304	KSAC	4/13	Th	6-7:30 p.m.	\$231

6 Sessions

R01014-305	KSAC	4/14	F	6:30-8 p.m.	\$198
------------	------	------	---	-------------	-------

Masters Diving

Ages 14 and up

14 Sessions

R01017-301	GISC	4/11	Tu,Th	8-10 p.m.	\$200
R01017-302	KSAC	4/10	M, Thu	8-10 p.m.	\$200

Scuba

Scuba

Ages 14 and up

7 Sessions

R01028-302	OSC	4/24	M	7:15-10:15 p.m.	\$265
------------	-----	------	---	-----------------	-------

8 Sessions

R01028-301	MLK	4/5	W	7-10 p.m.	\$265
R01028-303	GISC	4/25	Tu	7-10 p.m.	\$265

MASTER'S SWIMMING



SPRING SCHEDULE

2023

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



55+

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Arts & Crafts

Art Studio

Ages 10-16 8 Sessions
Instructor: Tatiana Martin
R05006-301 Bauer Drive CRC 4/15 Sa Noon-1 p.m. \$102

Adventures in Art

Ages 5-10 8 Sessions
Instructor: Tatiana Martin
R05004-301 Bauer Drive CRC 4/15 Sa 10:30-11:30am. \$102

Cartoon Drawing with Young Rembrandts

Ages 5-12 9 Sessions
Instructor: Art Box
R05129-302 Germantown CRC 4/12 W 6-7 p.m. \$158
7 Sessions
R05129-301 Glenallan ES 4/17 M 6-7 p.m. \$123

AbraKadoodle Master Artist Cartoons

Ages 6-12 8 Sessions
Instructor: Stephanie Burke
R05001-301 Wheaton CRC 4/15 Sa 1:15-2 p.m. \$162

AbraKadoodle Messy, Splashy, and Fun!

Ages 18mos-2years 8 Sessions
Instructor: Stephanie Burke
R05001-303 Wheaton CRC 4/15 Sa 11-11:45 a.m. \$162

AbraKadoodle One Sweet World

Ages 3-5 8 Sessions
Instructor: Stephanie Burke
R05001-305 Wheaton CRC 4/15 Sa 11:45am-12:30pm \$162

Drawing

Beginner Right Brained Drawing

Ages 13 and up 7 Sessions
Instructor: Yolanda Prinsloo
R05038-301 Potomac CRC 4/17 M 5:45-7:15 p.m. \$152

Draw and Clay

Ages 4-9 8 Sessions
Instructor: Yolanda Prinsloo
R05037-302 Bauer Drive CRC 4/12 W 5:45-6:45 p.m. \$139
R05037-301 Germantown CRC 4/18 Tu 5:30-6:30 p.m. \$139

Painting

Learning Art from the Masters

Ages 6-14 8 Sessions
Instructor: Yolanda Prinsloo
R05087-301 Germantown CRC 4/18 Tu 6:30-7:30 p.m. \$139

Oil or Acrylic Painting Open Studio

Ages 18 and up 8 Sessions

Instructor: Karen Helfert

R05002-301 Lawton CRC 4/17 M 1-4 p.m. \$72

Pottery/Ceramics

Ceramics Introductory Wheel

Ages 17 and up 6 Sessions

Instructor: Ann Deml

R05093-308 N. Potomac CRC 4/17 M 6-8:45 p.m. \$210

5 Sessions

Instructor: Catherine Joanny

R05093-315 Ross Boddy NRC 5/6 Sa 10 a.m.-1 p.m. \$185

R05093-314 Ross Boddy NRC 5/9 Tu 5:30-8:30 p.m. \$185

Pottery Intermediate Wheel

Ages 17 and up 7 Sessions

Instructor: Ann Deml

R05093-309 N. Potomac CRC 4/12 W 6-8:45 p.m. \$245

Handcrafted Pottery

Ages 17 and up 10 Sessions

Instructor: Meg Dickerson

R05093-312 Wheaton CRC 4/11 Tu 6-9 p.m. \$330

7 Sessions

Instructor: Kiyoung Nam

R05093-302 White Oak CRC 4/17 M 6-9 p.m. \$245

Handcrafted Pottery Open Studio

Ages 17 and up 8 Sessions

Instructor: Valerie Haber

R05093-310 N. Potomac CRC 4/11 Tu 6-9 p.m. \$275

10 Sessions

Instructor: Meg Dickerson

R05093-313 Wheaton CRC 4/12 W 9:30 a.m.-12:30 p.m. \$330

Instructor: Susan Mapp

R05093-306 Ross Boddy NRC 4/12 W 10:30 a.m.-1:30 p.m. \$335

R05093-307 Ross Boddy NRC 4/13 Th 5:30-8:30 p.m. \$335

8 Sessions

Instructor: Kiyoung Nam

R05093-301 White Oak CRC 4/18 Tu 10 a.m.-1 p.m. \$275

Pottery at Sligo

Ages 17 and up 9 Sessions

Instructor: Cathy Grubman

R05093-304 Sligo Creek ES 4/11 Tu 9:30 a.m.-12:30 p.m. \$335

R05093-305 Sligo Creek ES 4/13 Th 9:30 a.m.-12:30 p.m. \$335

Instructor: Meg Dickerson

R05093-311 Sligo Creek ES 4/17 M 6:30-9:30 p.m. \$300

8 Sessions

Instructor: Roger Kirk

R05093-303 Sligo Creek ES 4/18 Tu 6:30-9:30 p.m. \$300



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



CPR & First Aid Workshop or Speaker Series

CPR, First Aid and AED

Ages 13 and up 1 Session

Instructor: Life Rescue Training

R05032-307	Life Rescue Training	4/15	Sa	10 a.m.-2:30 p.m.	\$89
R05032-308	Life Rescue Training	5/13	Sa	10 a.m.-2:30 p.m.	\$89
R05032-309	Life Rescue Training	6/17	Sa	10 a.m.-2:30 p.m.	\$89

Dance Aerobic Dance

Intro to Hula Dance

Ages 14 and up 8 Sessions

Instructor: Dawn Felsen

R05057-301	Wheaton CRC	4/26	W	6-7 p.m.	\$80
------------	-------------	------	---	----------	------

Ballet

Jazzmatazz Preschool Dance

Ages 3-5 8 Sessions

Instructor: Betsy Saunders

R05010-302	Long Branch CRC	4/15	Sa	10:15-11 a.m.	\$96
------------	-----------------	------	----	---------------	------

Jazzmatazz Pre Ballet

Ages 5-8 8 Sessions

Instructor: Betsy Saunders

R05010-303	Long Branch CRC	4/15	Sa	11:15a.m.-Noon	\$112
------------	-----------------	------	----	----------------	-------

Ballet I

Ages 5-8 9 Sessions

Instructor: Judy Schonberger

R05010-301	N. Potomac CRC	4/12	W	4:50-5:35 p.m.	\$135
------------	----------------	------	---	----------------	-------

7 Sessions

R05010-304	N. Potomac CRC	4/17	M	4:50-5:35 p.m.	\$105
------------	----------------	------	---	----------------	-------

Pre-Ballet

Ages 3-4 9 Sessions

Instructor: Judy Schonberger

R05010-306	N. Potomac CRC	4/12	W	4-4:45 p.m.	\$135
------------	----------------	------	---	-------------	-------

7 Sessions

R05010-305	N. Potomac CRC	4/17	M	4-4:45 p.m.	\$105
------------	----------------	------	---	-------------	-------



Ballroom

Ballroom I Couples

Ages 18 and up 8 Sessions

Instructor: Ann Basso

R05011-301 Wheaton CRC 4/13 Th 7-8 p.m. \$88

Instructor: Rebecca McKinney

R05011-303 Lawton CRC 4/17 M 7-8 p.m. \$88

Ballroom II Couples

Ages 18 and up 8 Sessions

Instructor: Ann Basso

R05011-302 Wheaton CRC 4/13 Th 8-9 p.m. \$88

Instructor: Rebecca McKinney

R05011-304 Lawton CRC 4/17 M 8-9 p.m. \$88

Bollywood

Ages 2-5 7 Sessions

Instructor: Kumud Mathur

Bollywood Dance for Toddlers

R05017-303 Potomac CRC 4/18 Tu 5:15-6 p.m. \$105

Ages 5-8

Bollywood Kids

R05017-301 Potomac CRC 4/18 Tu 6:15-7 p.m. \$95

Ages 14 and up

Bollywood Dance Fitness

R05017-302 Potomac CRC 4/18 Tu 7:15-8 p.m. \$95

Hip-Hop

Hip Hop Kids

Ages 5-8 7 Sessions

Instructor: Craig Perry

R05055-303 Germantown CRC 4/15 Sa 10-10:45 a.m. \$120

Ages 9-14

R05055-304 Germantown CRC 4/15 Sa 11-11:45 a.m. \$120

Afrofusion Dance

Ages 6-12 8 Sessions

Instructor: Anastasia Akuffo-Afful

R05055-301 Wheaton CRC 4/15 Sa 12:30-1:30 p.m. \$120

Mom's Babies & Afrobeats

Ages 1 mo.-5 years 8 Sessions

Instructor: Anastasia Akuffo-Afful

R05055-302 Wheaton CRC 4/15 Sa 11:30am-12:30pm. \$120



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Tippi Toes Dance

Toddler & Me

Ages 18 mos.-3 years 7 Sessions

Instructor: Tippi Toes Dance

R05338-301 N. Potomac CRC 4/22 Sa 9:30-10:15 a.m. \$140

Ballet Tap Jazz

Ages 3-5 7 Sessions

Instructor: Tippi Toes Dance

R05338-302 N. Potomac CRC 4/22 Sa 10:30-11:15am. \$140

Pop Stars

Ages 5-9 7 Sessions

Instructor: Tippi Toes Dance

R05338-303 N. Potomac CRC 4/22 Sa 11:30am-12:15pm. \$180

Line Dancing

Urban Line Dance

Ages 18 and up 9 Sessions

Instructor: Peytrienne McCormick

R05121-301 Wheaton CRC 4/11 Tu 6-7 p.m. \$81

R05121-302 Good Hope NRC 4/12 W 6-7 p.m. \$81

Tap Dance

Intro to Tap Dance

Ages 18 and up 9 Sessions

Instructor: Andrea Cali

R05336-301 Lawton CRC 4/13 Th 6-7 p.m. \$99

Educational Workshop or Speakers Series

Safe Sitter

Ages 10-13 1 Session

Instructor: Life Rescue Training

R05099-303 N. Potomac CRC 4/15 Sa 10am-2:30pm. \$120.50

R05099-304 N. Potomac CRC 5/13 Sa 10am-2:30pm. \$120.50

R05099-305 N. Potomac CRC 6/17 Sa 10am-2:30pm. \$120.50



**QUESTIONS?
CONTACT CUSTOMER SERVICE**

Call customer service or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

Fitness

Aerobic Dance

Dance and Fitness

Ages 18 and up 18 Sessions

Instructor: Virginia Azuree

R05035-303	Rock View ES	4/11	Tu,Th	6:30-7:30 p.m.	\$144
R05035-302	Veirs Mill LP	4/11	Tu,Th	9:30-10:30 a.m.	\$144

16 Sessions

R05035-301	Mid-County CRC	4/12	M,W	6:30-7:30 p.m.	\$128
------------	----------------	------	-----	----------------	-------

9 Sessions

R05035-304	Wheaton CRC	4/15	Sa	9-10 a.m.	\$72
------------	-------------	------	----	-----------	------

Jacki Sorensen's Aerobic Dance

Ages 18 and up 9 Sessions

Instructor: Karin Baker

R05059-301	Potomac CRC	4/11	Tu	9-10 a.m.	\$99
R05059-302	Potomac CRC	4/13	Th	9-10 a.m.	\$99

Body Sculpting

Definition Body Sculpting

Ages 18 and up 18 Sessions

Instructor: Juliet Rodman

R05016-301	Clara Barton NRC	4/11	Tu,Th	9:15-10 a.m.	\$180
------------	------------------	------	-------	--------------	-------

9 Sessions

R05016-302	Clara Barton NRC	4/11	Tu	9:15-10 a.m.	\$90
R05016-303	Clara Barton NRC	4/13	Th	9:15-10 a.m.	\$90

Boot Camp

Total Body Conditioning

Ages 18 and up 9 Sessions

Instructor: Fit 2 Believe

R05018-305	Bauer Drive CRC	4/12	W	7-8 p.m.	\$90
------------	-----------------	------	---	----------	------

Pilates

Pilates for Fitness Virtual and In Person

Ages 18 and up 9 Sessions

Instructor: Fit 2 Believe

R05091-302	Bauer Drive CRC	4/13	Th	7-8 p.m.	\$90
------------	-----------------	------	----	----------	------

8 Sessions

R05091-303	Lawton CRC	4/15	Sa	10-11 a.m.	\$80
------------	------------	------	----	------------	------

7 Sessions

R05091-301	Bauer Drive CRC	4/17	M	7-8 p.m.	\$70
------------	-----------------	------	---	----------	------

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 and up 20 sessions

Instructor: Betsy Saunders

R05061-302	Wheaton CRC	4/11	Tu,Th	7:15-8:30 p.m.	\$220
------------	-------------	------	-------	----------------	-------

10 sessions

R05061-301	Wheaton CRC	4/11	Tu	7:15-8:30 p.m.	\$120
------------	-------------	------	----	----------------	-------

R05061-303	Wheaton CRC	4/13	Th	7:15-8:30 p.m.	\$120
------------	-------------	------	----	----------------	-------



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Total Body Conditioning

Barre Introduction

Ages 18 and up 9 Sessions

Instructor: Patricia Anderson

R05327-302	Wheaton CRC	4/11 Tu	7-8 p.m.	\$108
R05327-301	Wheaton CRC	4/15 Sa	9:15-10:15 a.m.	\$108

Fitness Kickboxing

Ages 18 and up 9 Sessions

Instructor: Julien Elie

R05042-301	Good Hope NRC	4/13 Th	7-8 p.m.	\$90
------------	---------------	---------	----------	------

Kelley's Complete Fitness

Ages 18 and up 9 Sessions

Instructor: Pamela Kelley

R05072-303	Bauer Drive CRC	4/12 W	9:15-10:30 a.m.	\$90
7 Sessions				
R05072-301	Virtual Class	4/17 M	7:15-8:30 p.m.	\$70

Kelley's 50+ Complete Fitness

Ages 50 and up 9 Sessions

Instructor: Pamela Kelley

R05072-304	Wheaton CRC	4/13 Th	9:15-10:30 a.m.	\$90
R05072-305	Wheaton CRC	4/17 M	9:15-10:30 a.m.	\$70

Zumba

Zumba with Andria

Ages 18 and up 9 Sessions

Instructor: Andria O'Brien

R05132-310	Ross Boddy NRC Virtual Class*	4/12 W	7-8 p.m.	\$77
R05132-311	Germantown CRC	4/13 Th	7-8 p.m.	\$77

*This class is offered virtually and on-site.

7 Sessions				
R05132-312	Damascus CRC	4/17 M	7-8 p.m.	\$60

Zumba with Carol

Ages 14 and up 6 Sessions

Instructor: Carol Nelson

R05132-305	N. Potomac CRC	5/3 W	6-7 p.m.	\$52
------------	----------------	-------	----------	------

Zumba with Ingrid

Ages 14 and up 8 Sessions

Instructor: Ingrid Higgins

R05132-304	Wheaton CRC Virtual Class*	4/15 Sa	10:15-11:15 a.m.	\$67
------------	-------------------------------	---------	------------------	------

*This class is offered virtually and on-site.

4 Sessions				
R05132-309	Good Hope NRC	5/17 W	6:45-7:45 p.m.	\$35



Zumba with Michelle

Ages 18 and up 8 Sessions

Instructor: Michelle Johnson-Lancaster

R05132-303 Bauer Drive CRC 4/15 Sa 9:15-10:15 a.m. \$69
Virtual Class*

R05132-301 Mid-County CRC 4/17 M 6:15-7:15 p.m. \$69

R05132-302 Mid-County CRC 4/19 W 6:15-7:15 p.m. \$69

*This class is offered virtually and on-site.

Zumba Toning

Ages 14 and up 5 Sessions

Instructor: Ingrid Higgins

R05133-301 Good Hope NRC 4/12 W 6:45-7:45 p.m. \$43



Virtual Classes

Available

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

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

ACT ^{The} WORKOUT

Three Month Pass

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

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

Passes are available for 12, 18 and 24 classes.

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

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

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

ACT Passes

12 Passes - \$96

18 Passes - \$140

24 Passes - \$180

AEROBIC CONDITIONING AND TONING



REGISTER HERE



Health and Wellness

Yoga

Gentle Yoga

Ages 18 and up 8 Sessions

Instructor: Nancy Neves

R05128-309 Mid-County CRC 4/12 W 10:45 a.m.-Noon \$120

7 Sessions

Instructor: Irene Bopp

R05128-303 Bauer Drive CRC 4/18 Tu 6:15-7:15 p.m. \$74

Restore and Recharge Yoga

Ages 18 and up 7 Sessions

Instructor: Hannah Davis

R05128-301 Wheaton CRC 4/17 M 7-8 p.m. \$77

Yoga Basic

Ages 18 and up 8 Sessions

Instructor: Irene Bopp

R05128-304 Bauer Drive CRC 4/18 Tu 7:30-8:30 p.m. \$84

R05128-305 Mid-County CRC 4/19 W 7:30-8:30 p.m. \$84

R05128-306 Good Hope NRC 4/20 Th 11 a.m.-Noon \$84

R05128-307 Good Hope NRC 4/20 Th 7-8 p.m. \$84

Yoga for Vitality

Ages 18 and up 9 Sessions

Instructor: Warrior One Yoga

R05128-311 N. Potomac CRC 4/11 Tu 9:30-10:30 a.m. \$84

Yogalates (Yoga & Pilates)

Ages 18 and up 7 Sessions

Instructor: Anne Harrison

R05128-315 Wheaton CRC 4/11 Tu 7:15-8:15 p.m. \$99

Essential Yoga for Beginners*

Ages 18 and up 9 Sessions

Instructor: Tamara Lewis Johnson

R05128-310 Coffield CRC 4/13 Th 6-7 p.m. \$99

Virtual Class*

*This class is offered virtually and on-site.



Virtual Classes

Available

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



Martial Arts

Aikido

Aikido

Ages 11 and up 7 Sessions

Instructor: Christopher Rowe

R05005-301 Ross Boddy NRC 4/17 M 7-8:30 p.m. \$63

Suenaka-ha Aikido

Ages 14 and up 8 Sessions

Instructor: James Hess

R05005-302 Lawton CRC 4/19 W 6-8 p.m. \$120

Karate

Beginners Youth Karate

Ages 4-6 6 Sessions

Instructor: CORE FC

R05352-301 White Oak CRC 4/17 M 6:30-7:15 p.m. \$109

TKA Adult Karate

Ages 13 and up 10 Sessions

Instructor: TKA

R05070-304 Mid-County CRC 4/11 Tu 7:30-9 p.m. \$100

R05070-303 Germantown CRC 4/11 Tu 8-9:30 p.m. \$100

R05070-306 Bauer Drive CRC 4/12 W 8-9:30 p.m. \$100

R05070-305 Damascus CRC 4/12 W 8-9:30 p.m. \$100

R05070-309 Praisner CRC 4/13 Th 7:30-9 p.m. \$100

R05070-308 Bethesda ES 4/13 Th 8-9:30 p.m. \$100

8 Sessions

R05070-302 Wheaton CRC 4/17 M 7:30-9 p.m. \$80

R05070-301 Upper County CRC 4/17 M 8-9:30 p.m. \$80

TKA Youth Karate All Levels

Ages 6-12 10 Sessions

Instructor: TKA

R05066-306 Mid-County CRC 4/11 Tu 6:30-7:30 p.m. \$90

R05066-309 Clara Barton NRC 4/12 W 6:30-7:30 p.m. \$90

R05066-313 Praisner CRC 4/13 Th 6:30-7:30 p.m. \$90

R05066-314 Bethesda ES 4/13 Th 7-8 p.m. \$90

8 Sessions

R05066-303 Wheaton CRC 4/17 M 6:30-7:30 p.m. \$72

TKA Youth Karate Beginner through Orange Belts

Ages 6-12 10 Sessions

Instructor: TKA

R05066-304 Germantown CRC 4/11 Tu 6-7 p.m. \$90

R05066-307 Damascus CRC 4/12 W 6-7 p.m. \$90

R05066-312 Potomac CRC 4/12 W 6-7 p.m. \$90



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



TKA Youth Karate Beginner through White Belts

Ages 6-12 10 Sessions

Instructor: TKA

R05066-310 Bauer Drive CRC 4/12 W 6-7 p.m. \$90

8 Sessions

R05066-301 Upper County CRC 4/17 M 6-7 p.m. \$72

TKA Youth Karate Intermediate

Ages 6-12 10 Sessions

Instructor: TKA

R05066-305 Germantown CRC 4/11 Tu 7-8 p.m. \$90

R05066-311 Bauer Drive CRC 4/12 W 7-8 p.m. \$90

R05066-308 Damascus CRC 4/12 W 7-8 p.m. \$90

R05066-315 Potomac CRC 4/12 W 7-8 p.m. \$90

8 Sessions

R05066-302 Upper County CRC 4/17 M 7-8 p.m. \$72

Karate-Jujitsu

TKA Karate Jujitsu Club

Ages 13 and up 10 Sessions

Instructor: TKA

R05070-310 White Oak CRC 4/14 F 7:30-8:30 p.m. \$37

TKA Karate Jujitsu Club 2

Ages 13 and up 10 Sessions

Instructor: TKA

R05070-311 White Oak CRC 4/14 F 8:30-9:30 p.m. \$48



Please Play Safely.

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

Montgomery County Recreation will follow the safety guidelines set by

Montgomery County Government.



Self-Defense

Practical Self-Defense

Ages 14 and up 16 Sessions

Instructor: Ivan Black

R05095-301 Wisconsin Place CRC 4/13 M,Th 7-8 p.m. \$80

Tai Chi

Tai Chi Beginning

Ages 18 and up 7 Sessions

Instructor: Elizabeth Leek

R05112-301 Bauer Drive CRC 4/17 M 7-8 p.m. \$70

Tai Chi Continuing

Ages 18 and up 7 Sessions

Instructor: Elizabeth Leek

R05112-302 Bauer Drive CRC 4/17 M 8-9 p.m. \$70

Vovinam

Vovinam Martial Arts For Kids

Ages 6-13 9 Sessions

Instructor: Yanni Nguyen

R05126-301 Long Branch CRC 4/12 W 6-7 p.m. FREE

8 Sessions

R05126-303 Long Branch CRC 4/15 Sa 10-11 a.m. FREE

Vovinam Martial Arts For Adults

Ages 13 and up 9 Sessions

Instructor: Yanni Nguyen

R05126-302 Long Branch CRC 4/12 W 7-8 p.m. FREE

8 Sessions

R05126-304 Long Branch CRC 4/15 Sa 11 a.m.-Noon FREE

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



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Music Guitar

Beginner Guitar

Ages 8-12 7 Sessions

Instructor: Kevin Mittleman

R05053-302 School of Music 4/14 F 5:30-6:20 p.m. \$115

Ages 13 and up

R05053-301 School of Music

4/17 M 8-8:50 p.m. \$115

Intermediate Guitar

Ages 13 and up 7 Sessions

Instructor: Kevin Mittleman

R05053-305 School of Music 4/13 Th 8-8:50 p.m. \$115

Ages 8-12

R05053-304 School of Music

4/17 M 5-5:50 p.m. \$115

Learn Now Music Groovy Guitar

Ages 5-12 8 Sessions

Instructor: Learn Now Music

R05053-303 Bauer Drive CRC 4/12 W 7-8 p.m. \$195

Piano

Learn Now Music Poppin Piano

Ages 5-12 8 Sessions

Instructor: Learn Now Music

R05089-301 Bauer Drive CRC 4/12 W 7-8 p.m. \$195

Little Fingers Piano

Ages 2-5 8 Sessions

Instructor: Learn Now Music

R05089-302 N. Potomac CRC 4/12 W 10-10:30 a.m. \$175

7 Sessions

R05089-304 Mid-County CRC 4/17 M 10-10:30 a.m. \$156



Play Time and Music

Discovering Music for Toddlers

Ages 1-3 7 Sessions

Instructor: Rachel Reis

R05288-301	Wheaton CRC	4/24 M	10:15-11 a.m.	\$140
R05288-302	Potomac CRC	4/28 F	10:15-11 a.m.	\$140

My First Music Class

Ages 2-5 8 Sessions

Instructor: Learn Now Music

R05321-301	N. Potomac CRC	4/12 W	10:30-11 a.m.	\$175
R05321-303	Mid-County CRC	4/17 M	10:30-11 a.m.	\$156

Music Together

Ages 0-5 10 Sessions

R05085-301	Wheaton CRC	4/13 Th	10:30-11:15 a.m.	\$285
R05085-302	Wheaton CRC	4/13 Th	11:30am-12:15pm.	\$285

7 Sessions

R05085-304	Mid-County CRC	4/15 Sa	10-10:45 a.m.	\$238
R05085-303	Wheaton CRC	4/15 Sa	10:45-11:30 a.m.	\$238
R05085-305	Mid-County CRC	4/15 Sa	11-11:45 a.m.	\$238

8 Sessions

Instructor: Nancy Nuttle



Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by [Montgomery County Government](http://www.montgomerycountymd.gov).



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



S.T.E.A.M.

Aspiring Fashionistas

Ages 9-12 9 Sessions

Instructor: SPARK Business Academy

R05343-302 Potomac CRC 4/12 W 5-6 p.m. \$225

Debate Club

Ages 6-8 9 Sessions

Instructor: SPARK Business Academy

R05343-301 Potomac CRC 4/12 W 4-5 p.m. \$225

Dungeons & Dragons with Games Unbound

Ages 8-13 9 Sessions

Instructor: Games Unbound

R05308-302 Lawton CRC 4/13 Th 4:30-6:30 p.m. \$247.50

7 Sessions

R05308-301 Long Branch CRC 4/17 M 4:30-6:30 p.m. \$192.50

Gemology I Introduction

Ages 18 and up 9 Sessions

Instructor: Timothy Morgan

R05049-301 Potomac CRC 4/13 Th 10 a.m.-12:15 p.m. \$108

Gemology II Advanced

Ages 18 and up 9 Sessions

Instructor: Timothy Morgan

R05049-302 Potomac CRC 4/12 W 10 a.m.-12:15 p.m. \$108

Young Entrepreneurs Shoe Design, Branding and Marketing Workshop

Ages 8-14 4 Sessions

Instructor: Soles of Creativity

R05355-301 Bauer Drive CRC 4/11 Tu 6-7 p.m. \$55

R05355-302 Bauer Drive CRC 5/16 Tu 6-7 p.m. \$55

STEM Clubhouse

Ages 8-12 3 Sessions

Instructor: Boolean Girl

R05344-301 Walter Johnson HS 5/6 Sa 9 a.m.-Noon \$90

**QUESTIONS?
CONTACT CUSTOMER SERVICE**

Call customer service or send an email.
240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

Sports

Badminton

Ages 9 and up 11 Sessions
Instructor: Yen-Ping Chao

Beginner

R05008-301 Bauer Drive CRC 3/25 Sa 9:30-10:30 a.m. \$120

Ages 10 and up

Intermediate

R05008-302 Bauer Drive CRC 3/25 Sa 10:30am-12:30pm. \$185

Ages 11 and up

Advanced

R05008-303 Bauer Drive CRC 3/25 Sa 12:45-1:45 p.m. \$185

Baseball, Softball, T-ball

Rookie League Baseball

Ages 5-6 6 Sessions
Instructor: Jump Start Sports

R05323-302 Ayr lawn LP 4/15 Sa 11 a.m.-Noon \$120

R05323-306 OO Valley NP 4/15 Sa 11 a.m.-Noon \$120

R05323-304 Layhill Village LP 4/15 Sa 2:30-3:30 p.m. \$120

T-Birds T-Ball

Ages 3-4 6 Sessions
Instructor: Jump Start Sports

R05323-301 Ayr lawn LP 4/15 Sa 10-10:55 a.m. \$120

R05323-305 OO Valley NP 4/15 Sa 10-10:55 a.m. \$120

R05323-303 Layhill Village LP 4/15 Sa 1:30-2:25 p.m. \$120



**REC
ALERT**

SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts to receive Montgomery County weather notices.

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Basketball

OTA Basketball Academy

Ages 6-9	6 Sessions			
Instructor: Overtime Athletics				
R05317-315	Bannockburn ES	4/23 Su	1:15-2:15 p.m.	\$105
Ages 9-12	6 Sessions			
R05317-317	Bannockburn ES	4/23 Su	2:30-3:30 p.m.	\$105

OTA Lil Hoopers

Ages 3-6	6 Sessions			
Instructor: Overtime Athletics				
R05317-313	Bannockburn ES	4/23 Su	Noon-1 p.m.	\$105

Train Like a Pro Basketball Skills and Drills

Ages 8-15	9 Sessions			
Instructor: Fit 2 Believe				
R05012-311	Tilden MS	4/12 W	6:30-8 p.m.	\$195
R05012-303	Cabin John MS	4/13 Th	6:30-8 p.m.	\$195
	8 Sessions			
R05012-305	Chevy Chase ES	4/15 Sa	10-11:30 a.m.	\$173
	7 Sessions			
R05012-301	Potomac CRC	4/16 Su	1-2:30 p.m.	\$153
R05012-310	Pine Crest ES	4/19 W	7:15-8:45 p.m.	\$153

Train Like a Pro Juniors Basketball Skills and Drills

Ages 5-9	8 Sessions			
Instructor: Fit 2 Believe				
R05012-302	N. Potomac CRC	4/15 Sa	1-2 p.m.	\$115
	7 Sessions			
R05012-309	Pine Crest ES	4/19 W	6:15-7:15 p.m.	\$99



Please Play Safely.

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

Multi-Sports

Coach Doug Pre Wee Wanna Be

Instructor: Coach Doug Academy

Ages 1^{1/2}-3 8 Sessions

R05025-301	Germantown CRC	4/25	Tu	9:30-10:15 a.m.	\$116
R05025-305	Bauer Drive CRC	4/26	W	9:30-10:15 a.m.	\$116
R05025-307	Potomac CRC	4/27	Th	9:30-10:15 a.m.	\$116

Coach Doug Wee Wanna Be

Instructor: Coach Doug Academy

Ages 2-5 8 Sessions

R05025-313	Oakland Terrace ES	4/22	Sa	9:30-10:15 a.m.	\$116
R05025-314	Oakland Terrace ES	4/22	Sa	10:15-11 a.m.	\$116
R05025-311	Potomac CRC	4/23	Su	9:30-10:15 a.m.	\$116
R05025-312	Potomac CRC	4/23	Su	10:30-11:15 a.m.	\$116
R05025-302	Germantown CRC	4/25	Tu	10:30-11:15 a.m.	\$116
R05025-306	Bauer Drive CRC	4/26	W	10:30-11:15 a.m.	\$116
R05025-308	Potomac CRC	4/27	Th	10:30-11:15 a.m.	\$116

Coach Doug Seasonal Sports

Instructor: Coach Doug Academy

Ages 3-6 8 Sessions

R05025-315	Oakland Terrace ES	4/22	Sa	11-11:45 a.m.	\$116
R05025-303	Germantown CRC	4/25	Tu	4:15-5 p.m.	\$116
R05025-309	Potomac CRC	4/27	Th	4:15-5 p.m.	\$116

Pickleball

Pickleball Class-Beginners 1.0

Ages 18 and up 3 Sessions

R05261-305	Lawton CRC	3/22	W	12:15-1:15 p.m.	\$69
R05261-306	Lawton CRC	4/12	W	12:15-1:15 p.m.	\$69
R05261-307	Lawton CRC	5/3	W	12:15-1:15 p.m.	\$69
R05261-302	Praisner CRC	3/24	F	11:15 a.m.-12:15 p.m.	\$69
R05261-303	Praisner CRC	4/14	F	11:15 a.m.-12:15 p.m.	\$69
R05261-304	Praisner CRC	4/14	F	11:15 a.m.-12:15 p.m.	\$69

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



55 +

Therapeutic Recreation

Sports

Classes

Aquatics



Soccer

Coach Doug Soccer

Ages 3-6 8 Sessions

Instructor: Coach Doug Academy

R05025-310	Potomac CRC	4/27 Th	5-5:45 p.m.	\$116
R05025-304	Germantown CRC	4/25 Tu	5-5:45 p.m.	\$116
R05025-316	Oakland Terrace ES	4/22 Sa	11:45am-12:30pm.	\$116

CORE Grassroots Soccer Clinic

Ages 3-5 5 sessions

Instructor: Core FC

R05103-309	Bauer Drive CRC	4/22 Sa	10-10:45 a.m.	\$89
R05103-307	Damascus CRC	4/22 Sa	2-2:45 p.m.	\$89
R05103-303	Fernwood LP	4/22 Sa	2-2:45 p.m.	\$89
R05103-305	Germantown CRC	4/23 Su	10-10:45 a.m.	\$89

Ages 6-8

R05103-310	Bauer Drive CRC	4/22 Sa	11 a.m.-Noon	\$89
R05103-308	Damascus CRC	4/22 Sa	3-4 p.m.	\$89
R05103-304	Fernwood LP	4/22 Sa	3-4 p.m.	\$89
R05103-306	Germantown CRC	4/23 Su	11 a.m.-Noon	\$89

OTA Lil' Kicks Soccer

Ages 3-6 6 Sessions

Instructor: Overtime Athletics

R05317-307	Ridgeview MS	4/23 Su	1-2 p.m.	\$105
------------	--------------	---------	----------	-------

OTA Soccer Academy

Ages 6-9 6 Sessions

Instructor: Overtime Athletics

R05317-308	Ridgeview MS	4/23 Su	2:15-3:15 p.m.	\$115
------------	--------------	---------	----------------	-------

Ages 9-12 6 Sessions

R05317-309	Ridgeview MS	4/23 Su	3:30-4:30 p.m.	\$105
------------	--------------	---------	----------------	-------

Train Like a Pro Soccer Skills and Drills

Age 8-15 7 Sessions

Instructors: Fit 2 Believe

R05103-302	Potomac CRC	4/15 Sa	Noon-1:30 p.m.	\$153
------------	-------------	---------	----------------	-------

9 sessions

R05103-301	Bauer Drive CRC	4/18 Tu	6:30-8 p.m.	\$195
------------	-----------------	---------	-------------	-------

Track and Field

Track & Field- Play Montgomery

Ages 6-12 20 Sessions

R05350-301	Location TBD	4/11 Tu,Th	4:15-5:15 p.m.	\$25
------------	--------------	------------	----------------	------

Volleyball

Youth Volleyball Skills Development Clinic

Ages 8-11 **6 Sessions**

Instructor: Ofer Levy

R05124-313	Mid-County CRC	3/20 M	6-7 p.m.	\$99
R05124-309	Damascus CRC	3/21 Tu	6-7 p.m.	\$99
R05124-301	Wheaton CRC	3/23 Th	6-7 p.m.	\$99
R05124-305	Bauer Drive CRC	3/24 F	6-7 p.m.	\$99

Ages 12-13

R05124-314	Mid-County CRC	3/20 M	7-8 p.m.	\$99
R05124-310	Damascus CRC	3/21 Tu	7-8 p.m.	\$99
R05124-302	Wheaton CRC	3/23 Th	7-8 p.m.	\$99
R05124-306	Bauer Drive CRC	3/24 F	7-8 p.m.	\$99

Youth Volleyball Level 1 Skills Development Clinic

Ages 14-17 **6 Sessions**

Instructor: Ofer Levy

R05124-315	Mid-County CRC	3/20 M	8-9 p.m.	\$99
R05124-311	Damascus CRC	3/21 Tu	8-9 p.m.	\$99
R05124-303	Wheaton CRC	3/23 Th	8-9 p.m.	\$99
R05124-307	Bauer Drive CRC	3/24 F	8-9 p.m.	\$99

Youth Volleyball Level 2 Skills Development Clinic

Ages 14-17 **6 Sessions**

Instructor: Ofer Levy

R05124-316	Mid-County CRC	3/20 M	8-9 p.m.	\$119
R05124-312	Damascus CRC	3/21 Tu	8-9 p.m.	\$119
R05124-304	Wheaton CRC	3/23 Th	8-9 p.m.	\$119
R05124-308	Bauer Drive CRC	3/24 F	8-9 p.m.	\$119



**REC
ALERT**

SIGN-UP FOR REC ALERTS
Sign-up for Rec Alerts to receive Montgomery County weather notices.

55 +

SPORTS
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Adult Pickleball Leagues | Spring 2023

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4.

Ages 18 and up • Indoor

Activity	Division/Level	Location	# of Weeks	Start Date	Day	Time	Fees
R05310-301	Ladder 2.0-2.5	Bauer Drive CRC	6	5/1-6/12	M	6:30-9:45 p.m.	\$55
R05311-301	Ladder 2.5-3.0	Bauer Drive CRC	6	5/1-6/12	M	6:30-9:45 p.m.	\$55
R05312-301	Ladder 3.0-3.5+	Bauer Drive CRC	6	5/1-6/12	M	6:30-9:45 p.m.	\$55
R05314-301	Ladder 2.0-2.5	Longwood CRC	6	5/4-6/15	TH	6:30-9:30 p.m.	\$55
R05315-301	Ladder 2.5-3.0	Longwood CRC	6	5/4-6/15	TH	6:30-9:30 p.m.	\$55
R05316-301	Ladder 3.0-3.5	Longwood CRC	6	5/4-6/15	TH	6:30-9:30 p.m.	\$55
R05314-302	Ladder 2.0-2.5	Longwood CRC	6	6/22-7/27	TH	6:30-9:30 p.m.	\$55
R05315-302	Ladder 2.5-3.0	Longwood CRC	6	6/22-7/27	TH	6:30-9:30 p.m.	\$55
R05316-302	Ladder 3.0-3.5	Longwood CRC	6	6/22-7/27	TH	6:30-9:30 p.m.	\$55
R05310-302	Ladder 2.0-2.5	Bauer Drive CRC	5	6/26-7/31	M	6:30-9:45 p.m.	\$46
R05311-302	Ladder 2.5-3.0	Bauer Drive CRC	5	6/26-7/31	M	6:30-9:45 p.m.	\$46
R05312-302	Ladder 3.0-3.5+	Bauer Drive CRC	5	6/26-7/31	M	6:30-9:45 p.m.	\$46

Sublist

R05337-301	Ladder League	Bauer Drive Sub list		Jan. to April	M	Times vary	\$0
R05337-302	Ladder League	Longwood Sub list		Jan. to April	TH	Times vary	\$0

Adult Doubles Pickleball Leagues | Spring 2023

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4.

Ages 18 and up • Indoor • 6 Sessions

Activity	Division/Level	Location	Start Date	Day	Time	Fees
R05351-301	Doubles Social League 2.5-3.0	Damascus CRC	3/23-4/27	Th	6:30-9 p.m.	\$50
R05351-304	Doubles Social League 2.5-3.0	N. Potomac CRC	4/14-5/19	F	9:30 a.m.-1 p.m.	\$50
R05351-307	Doubles Social League 2.5-3.0	East County CRC	4/12-5/17	W	10:30 a.m.-1:30 p.m.	\$50

Sublist

R05351-302	Doubles Social League 2.5-3.0 Sublist	Damascus CRC	3/23-4/27	Th	6:30-9 p.m.	FREE
R05351-305	Doubles Social League 2.5-3.0 Sublist	N. Potomac CRC	4/14-5/19	F	9:30 a.m.-1 p.m.	FREE
R05351-308	Doubles Social League 2.5-3.0 Sublist	East County CRC	4/12-5/17	W	10:30 a.m.-1:30 p.m.	FREE



Adult Soccer Leagues | Spring 2023

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4.
Prices vary due to referees, field and lighting cost.

Activity	Division/Level	# of Games	Start Date	Day	Fees
R05282-301	Men's 18+	7	3/26	Su	\$1,150
R05349-301	Men's 55+ Division 1	7	4/1	Sa	\$962
R05349-303	Men's 55+ Division 2	7	4/1	Sa	\$962
R05276-301	Men's 40+	7	4/2	Su	\$1,125
R05279-301	Men's 50+	7	4/2	Su	\$962
R05285-301	Women's 25+	8	3/25	Sa	\$950
R05286-302	Women's 40 +	8	4/5	W	\$1,299
R05282-302	Men's 18+ Free Agent Sign Up	6	3/26	Su	FREE
R05349-302	Men's 55+ Free Agent Sign Up	6	4/1	Sa	FREE
R05276-302	Men's 40+ Free Agent Sign Up	6	4/2	Su	FREE
R05279-302	Men's 50+ Free Agent Sign Up	6	4/2	Su	FREE
R05265-301	Women's 25+ Free Agent Sign Up	6	4/1	Sa	FREE
R05286-301	Women's 40+ Free Agent Sign Up	6	4/5	W	FREE



Men's



Women's

Men's Basketball Leagues | Spring and Summer 2023

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4.
Ages 18 and up • Starts May 7 • Sundays • 2:15-10:30 p.m.

Activity	Division	Location	# of Games	Fees
R05232-301	Adult Spring/Summer League	Bauer Drive CRC	6	\$685

Women's Basketball Leagues | Spring and Summer 2023

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4.
Ages 18 and up • Starts April 16 • Sundays • 10 a.m.-Noon

Activity	Division	Location	# of Games	Fees
R05013-302	Women's Drop In Basketball	Bauer Drive CRC	5	\$30
R05013-301	Women's Drop In Basketball	Bauer Drive CRC	10	\$60

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Adult Softball Leagues | Spring and Summer 2023

Registration ends March 26.

No games on Monday, May 29, Monday, June 18 and Tuesday, July 4. Prices vary due to referees, field and lighting cost.

Men's Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05325-301	Men's C/D & D	Cabin John	18	4/16	Su	6-10:30 p.m.	\$1100
R05237-301	Men's C/D & D	Olney Manor	18	4/19	W	6-10:30 p.m.	\$1100
R05239-301	Men's C/D & D	Ridge Road	18	4/19	W	6-10:30 p.m.	\$1100
R05242-301	Men's C/D	Cabin John	18	4/20	Th	6-10:30 p.m.	\$1100
R05240-301	Men's D League	Olney Manor	18	4/20	Th	6-10:30 p.m.	\$1100
R05244-301	Men's C/D	Cabin John	18	4/21	F	6-10:30 p.m.	\$1100

Senior Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05254-301	Women's 40+ DH	Olney Manor/Wheaton	16	4/10	M	6-10:30 p.m.	\$964
R05252-301	Men's 50+	Olney Manor	18	4/18	Tu	6-10:30 p.m.	\$1100
R05253-301	Men's 60+	Wheaton	18	4/19	W	6-10:30 p.m.	\$1100
R05251-301	Men's 55+	Olney Manor/Cabin John	18	4/20	Th	6-10:30 p.m.	\$1100

CoRec Softball League

Activity	Division/Level	Field	# of Games	Start Date	Day	Time	Fees
R05245-301	CoRec DH (8 men/2 women)	Cabin John	18	4/10	M	6-10:30 p.m.	\$1100
R05303-301	CoRec DH (8 men/2 women)	Cabin John	18	4/18	Tu	6-10:30 p.m.	\$1100
R05246-301	CoRec DH (8 men/2 women)	Cabin John	18	4/19	W	6-10:30 p.m.	\$1100
R05248-301	CoRec DH (8 men/2 women)	Ridge Rd	18	4/20	Th	6-10:30 p.m.	\$1100
R05326-301	CoRec DH (8 men/2 women)	Wheaton Reg.	18	4/20	Th	6-10:30 p.m.	\$1100
R05249-301	CoRec Social league @ Local Park	Local Park Fields	10	5/4	Th	6-10:30 p.m.	\$500

Free Agents

Activity	Division/Level	Dates	Days	Time	Fees
R05236-301	Men's Free Agent sign up	April-July	M-F	6-10:30 p.m.	FREE
R05309-301	Women's Free Agent sign up	April-July	M-F	6-10:30 p.m.	FREE

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Basketball Leagues | Spring and Summer 2023

April 21- May 19 • Fridays • 6-10 p.m.

Activity	Division/Level	Ages	# of Games	Fees
R05293-301	10U Boys	9-10	6	\$520
R05294-301	10U: Girls	9-10	6	\$520
R05295-301	12U: Boys	11-12	6	\$520
R05296-301	12U: Girls	11-12	6	\$520
R05297-301	14U: Boys	13-14	6	\$520
R05298-301	14U: Girls	13-14	6	\$520
R05299-301	16U: Boys	15-16	6	\$520
R05300-301	16U: Girls	15-16	6	\$520

 Boys

 Girls

Youth Flag Football | Spring 2023

Starts May 7 • Sundays • 8:30 a.m.-5 p.m. • 6 games • \$60

Registration ends April 16. No games on Sunday, May 28.

Activity	Division	Ages	Location
R05287-302	NFL Flag Football League	8-14	Damascus CRC Field
R05287-301	NFL Flag Football League	8-14	Wheaton HS Turf Field

Youth Soccer Leagues | Spring 2023

Starts April 13 • 9 games • \$99

Location is reflective of weekday practice location. All games are located at Potomac CRC on Sundays from 3-7 p.m.

No games on Sunday, May 28.

Activity	Division/Level	Field	# of Games
R05290-311	2nd-3rd Grade Girls Core Soccer League - U8	Potomac CRC Field	Th, Su
R05290-312	2nd-3rd Grade Boys Core Soccer League - U8	Potomac CRC Field	Th, Su
R05290-313	4th-5th Grade Girls Core Soccer League - U10	Potomac CRC Field	Th, Su
R05290-314	4th-5th Grade Boys Core Soccer League - U10	Potomac CRC Field	Th, Su
R05290-315	2nd-3rd Grade Girls Core Soccer League - U8	Mid-County CRC Field	W, Su
R05290-316	2nd-3rd Grade Boys Core Soccer League - U8	Mid-County CRC Field	W, Su
R05290-317	4th-5th Grade Girls Core Soccer League - U10	Mid-County CRC Field	W, Su
R05290-318	4th-5th Grade Boys Core Soccer League - U10	Mid-County CRC Field	W, Su

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Ultimate Frisbee | Spring 2023

Starts April 23 • Sundays • 7 games • \$75
Registration ends April 16. No games on Sunday, May 28.

Activity	Division/Level	Location	Time
R05119-301	Elementary: Ages 6-10	North Four Corners LP	10-11 a.m.
R05119-302	Middle School: Ages 10-14	North Four Corners LP	11 a.m.-12:30 p.m.
R05119-303	High School (Preestablished Teams): Ages 15-18	Timberlawn LP	12:30-5:30 p.m.

Youth Volleyball Leagues | Spring 2023

Starts April 15 • Saturdays • 7 games • \$60

Activity	Division/Level	Ages	Field	Time
R05319-305	HERtime2shine	10-11	East County CRC	4:30-8:30 p.m.
R05319-306	HERtime2shine	12-13	Plum Gar CRC	9 a.m.-3 p.m.
R05319-307	HERtime2shine	14-17	White Oak CRC	3-9 p.m.
R05319-308	Boys	13-17	Ross Body NRC	9 a.m.-1 p.m.





KIDS DAY OUT

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

Drop-In • \$25
8:30 a.m-4 p.m.

In partnership with:



Spring 2023

Locations

Damascus
Mid County
N. Potomac
Plum Gar
Praisner
Upper County
White Oak

East County
Long Branch
Coffield
Clara Barton
Potomac

Dates

March 31
April 21

Register Today

SCAN FOR DATES & REGISTRATION



Families from MCPS can apply coupon code **MCPSkid2022** to receive a full scholarship. Discounts are limited while funds last

Search this code on ActiveMontgomery.org

Activity R05113 🔍



Don't forget to bring lunch.



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS




 JOIN OUR MAILING LIST
Join our Therapeutic Recreation Mailing List

JOIN



BUT WAIT... THERE'S MORE!

For **Adapted Aquatics** programs



View more on **PAGE 26**

Therapeutic Recreation

TR Dance Creation

Ages 6-12 **6 Sessions**
R06020-107 Germantown CRC 4/16 Su 2-2:30 p.m. FREE

TR Paint & Punch

Ages 6-12 **4 Sessions**
R06009-106 Germantown CRC 4/15 Sa 12:30-1:15 p.m. \$20

Ages 13-21
R06009-105 Germantown CRC 4/15 Sa 11-11:50 a.m. \$20

TR Qigong

Ages 15 and up **8 sessions**
Instructor: Anne Harrison
R06032-301 Wheaton CRC 4/19 W 2-3 p.m. \$40

TR Sports Skills: Soccer with Coach Doug

Ages 6-14 **8 Sessions**
Instructor: Coach Doug Academy
R06019-301 Oakland Terrace ES 4/22 Sa 12:45-1:30 p.m. \$40

Ages 15-25
R06019-302 Potomac CRC 4/23 Su 11:30am-12:15pm. \$40

TR ZamDance

Ages 15 and up **8 Sessions**
Instructor: Zam Dance
R06030-301 Bauer Drive CRC 4/18 Tu 5-6 p.m. \$40

TR Kids Zone

TR Drama: Facial Expressions

Ages 6-13 **6 Sessions**
R06020-106 Germantown CRC 4/16 Su 1-1:45 p.m. \$10

TR Moving with Mike: Seated Exercise

Ages 18 and up **8 Sessions**
R06027-103 Virtual Class 4/2 Su 1-2 p.m. \$60

TR SOCIAL

EGG-SESSIBLE
SATURDAY

Ages 2 and up • 1 Session
Saturday, April 1
1-3 p.m. • FREE



Holiday Park SC • ACTIVITY R06008-301

Therapeutic Recreation Socials & Events

TR SOCIAL

SPRING FIESTA

Ages 18 and up • 1 Session
Saturday, April 15
1-4 p.m. • \$10

Holiday Park SC • ACTIVITY R06006-301

TR SATURDAY NIGHT SOCIAL

"ROCKIN' ROBIN" SOCK HOP DANCE

Ages 15 and up • 1 Session
Saturday, April 29
6:30-9:30 p.m. • \$10

Holiday Park SC • ACTIVITY R06014-301

TR SWIM

SUNDAY FUNDAY FAMILY SWIM

Ages 2 and up • 1 Session
Sunday, May 14
2-4 p.m. • \$5

Olney Swim Center • ACTIVITY R06010-301

TR SOCIAL

KARAOKE NIGHT

Ages 18 and up • 1 Session
Saturday, May 20
6:30-9:30 p.m. • \$10

Holiday Park SC • ACTIVITY R06006-302

TR SOCIAL

BACKYARD BBQ

Ages 18 and up • 1 Session
Saturday, June 3
4-7 p.m. • \$10

Holiday Park SC • ACTIVITY R06006-303

TR BIG GAMES

RUBBER DUCK RODEO

Ages 2 and up • 1 Session
Saturday, June 3
1-3 p.m. • \$10

Holiday Park SC • ACTIVITY R06004-301

TR SATURDAY NIGHT SOCIAL

WACKY TACKY SILLY SATURDAY DANCE

Ages 15 and up • 1 Session
Saturday, June 24
6:30-9:30 p.m. • \$10

Holiday Park SC • ACTIVITY R06014-302

55 +

Therapeutic
RECREATION

SPORTS

CLASSES

AQUATICS



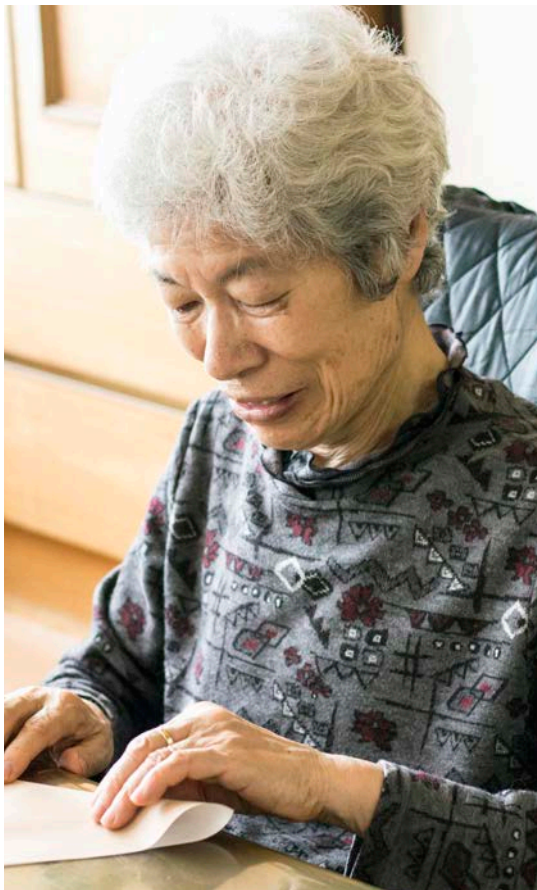
55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55+ Adults

Arts & Crafts

Art Instruction

Origami Class

Age 55 and up 3 Sessions
R07096-301 Schweinhaut SC 3/6 M 1-3 p.m. FREE

Art Workshop

Arabic Calligraphy

Age 55 and up 1 Session
R07095-314 Holiday Park SC 4/12 W 1:30-3:30 p.m.

Creative Coloring

Age 55 and up 14 Sessions
R07095-312 N. Potomac CRC 3/1 W 9:30-10:30 a.m. FREE

Drawing

Drawing and Illustration

Ages 55 and up 11 Sessions
R07095-305 Wheaton CRC 3/7 Tu 12:30-1:30 p.m. FREE

PP Drawing Basic (Virtual)

Age 55 and up 12 Sessions
R07095-317 Holiday Park SC* 3/21 Tu 1-3 p.m.

**This class is offered virtually, however, participants must register at this location.*

Fun with Art

Ages 55 and up 27 Sessions
R07052-306 Schweinhaut SC 3/1 W,F 10 a.m.-Noon FREE

Intro to Drawing

Ages 55 and up 11 Sessions
R07095-302 Wheaton CRC 3/9 Th 11 a.m.-Noon FREE



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

Painting

Chinese Brush Painting

Age 55 and up 12 Sessions
R07054-301 Holiday Park SC 3/23 Th 1-3 p.m.

Paint and Craft

Age 55 and up 14 Sessions
R07095-313 N. Potomac CRC 3/2 Th 12:15-2:15 p.m. FREE

Painting with Acrylics

Age 55 and up 11 Sessions
R07095-301 Wheaton CRC 3/10 F 11 a.m.-Noon FREE

Watercolor (Inter./Adv.)

Age 55 and up 12 Sessions
R07095-315 Holiday Park SC 3/20 M 10 a.m.-Noon
R07095-316 Holiday Park SC 3/21 Tu 10 a.m.-Noon

Watercolor Painting

Age 55 and up 11 Sessions
R07095-303 Wheaton CRC 3/2 Th 10-11 a.m. FREE

Watercolor Painting with Dereje

Age 55 and up 13 Sessions
R07052-305 Long Branch CRC 3/7 Tu 10-11 a.m. FREE

Photography

Photography Club

Age 55 and up 5 Sessions
R07001-301 Holiday Park SC 3/1 W 10 a.m.-Noon FREE

Woodworking

Woodcarving

Age 55 and up 13 Sessions
R07002-301 Holiday Park SC 3/24 F 1-3 p.m. FREE

Knitting and Crochet

Anne's Knitting Corner

Age 55 and up 14 Sessions
R07003-305 Schweinhaut SC 3/1 W 1-3p.m. FREE

Knit and Crochet Group

Age 55 and up 13 Sessions
R07003-302 N. Potomac CRC 3/7 Tu 1-3 p.m. FREE

Knit & Crochet Workshop

Age 55 and up 13 Sessions
R07003-301 Holiday Park SC 3/22 W 10-11:30 a.m. FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Needlecraft

Ages 55 and under 8 Sessions
R07053-303 Damascus SC 4/6 Th 9 a.m.-2 p.m. FREE

Needles & Yarn Drop In

Ages 55 and up 24 Sessions
R07003-304 Wheaton CRC 3/6 M,Tu 1-3 p.m. FREE

Cooking

Simple Healthy Cooking with Rhonda

Age 55 and up 1 Session
R07049-302 N. Potomac CRC 3/10 F 10:30-11:30 a.m. \$3
R07049-303 N. Potomac CRC 4/28 F 10:30-11:30 a.m. \$3
R07049-304 N. Potomac CRC 5/19 F 10:30-11:30 a.m. \$3

Dance Ballroom

Ballroom Dance

Age 55 and up 14 Sessions
R07011-313 Schweinhaut SC 3/1 W Noon-1 p.m. FREE

PP Ballroom Dancing for Beginners

Age 55 and up 11 Sessions
R07050-301 Holiday Park SC 3/20 M 2:30-3:30 p.m.

PP Ballroom Intermediate Rhythm (Bolero & Mambo)

Age 55 and up 11 Sessions
R07050-303 Holiday Park SC 3/22 W 3:30-4:20 p.m.

PP Ballroom Intermediate - Smooth

Age 55 and up 11 Sessions
R07050-302 Holiday Park SC 3/22 W 2:30-3:20 p.m.

Int'l Ballroom Dance with Ed and Helen

Age 55 and up 13 Sessions
R07057-301 N. Potomac CRC 3/1 W 1-3 p.m. FREE

Dance Socials

Tea Dancing

Ages 55 and up 8 Sessions
R07129-301 Damascus SC 4/6 Th 1-2:30 p.m. FREE



Folk Dancing

Chinese Folk Dance

Age 55 and up 13 Sessions
 R07009-306 White Oak CRC 3/3 F 1:30-3:30 p.m. FREE

Chinese Folk Dance with Ming

Age 55 and up 13 Sessions
 R07009-301 N. Potomac CRC 3/1 W 10:30-11:30 a.m. FREE

Chinese Folk Dancing

Age 55 and up 13 Sessions
 R07009-310 Long Branch CRC 3/6 M 10 a.m.-Noon FREE
 R07009-302 Holiday Park SC 3/24 F 11 a.m.-Noon FREE

Chinese Folk Dance Drop In

Ages 55 and up 25 Sessions
 R07012-308 Wheaton CRC 3/6 M 1-2 p.m. FREE

Dance for Posture and Elegance (Mandarin)

Age 55 and up 13 Sessions
 R07009-304 N. Potomac CRC 3/2 Th 1-3 p.m. FREE

Dancing with Ming

Age 55 and up 13 Sessions
 R07009-307 White Oak CRC 3/7 Tu 10:30 a.m.-Noon FREE

International Folk Dance Instruction Class

Age 55 and up 13 Sessions
 R07009-305 N. Potomac CRC 3/3 F 12:30-2 p.m. FREE

International Folk Dancing

Age 55 and up 13 Sessions
 R07009-308 Holiday Park SC 3/24 F 11-11:50 a.m.
 R07009-309 Holiday Park SC 3/24 F 11-11:50 a.m.

Linying's Chinese Classical Folk Dance

Age 55 and up 13 Sessions
 R07009-303 N. Potomac CRC 3/7 Tu 2-3:30 p.m. FREE

Hula

Hula Dance (Int.)

Age 55 and up 11 Sessions
 R07014-301 Holiday Park SC 3/20 M 1-1:50 p.m.



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



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Line Dancing

Ballroom/Line Dance Drop in

Ages 55 and up	11 Sessions				
R07011-303	Wheaton CRC	3/1	W	1-2 p.m.	FREE
R07011-305	Wheaton CRC	3/2	Th	1-2 p.m.	FREE

Let's Dance

Age 55 and up	14 Sessions				
R07011-314	Schweinhaut SC	3/1	W	1-1:30 p.m.	FREE

PL Line Dance Party Favorites- Level I

Age 55 and up	12 Sessions				
R07011-312	Holiday Park SC	3/23	Th	11-11:50 a.m.	

PL Line Dance Party Favorites- Level II

Age 55 and up	12 Sessions				
R07011-311	Holiday Park SC	3/23	Th	10-10:50 a.m.	

Line Dancing

Age 55 and up	14 Sessions				
R07011-315	Schweinhaut SC	3/4	Sa	10:30am-Noon	FREE

Social Line Dance

Ages 55 and up	11 Sessions				
R07011-302	Wheaton CRC	3/6	M	10-11 a.m.	FREE

Soul Line Dance Party

Age 55 and up	13 Sessions				
R07005-305	White Oak CRC	3/10	F	6-9 p.m.	FREE
R07005-306	White Oak CRC	4/14	F	6-9 p.m.	FREE
R07005-307	White Oak CRC	5/12	F	6-9 p.m.	FREE

Soul Line Dance with Peytrienne

Age 55 and up	13 Sessions				
R07005-300	White Oak CRC	3/2	Th	10-11 a.m.	FREE

Virtual Soul Line Dance w/Peytrienne

Age 55 and up	13 Sessions				
R07005-301	Virtual Class	3/3	F	2-3 p.m.	FREE

Tap

Tap Dance

Ages 55 and up	13 Sessions				
R07007-303	Damascus SC	4/3	M	11 a.m.-12:30 p.m.	\$50

PL Tap Dancing (Int.)

Ages 55 and up	12 Sessions				
R07007-301	Holiday Park SC	3/22	W	1-1:50 p.m.	

Educational

Coffee and Conversations

Coffee and Conversation with Staff

Age 55 and up 9 Sessions
 R07092-305 Schweinhaut SC 4/20 Th 9-9:45 a.m. FREE

Coffee with a Cop

Age 55 and up 3 Sessions
 R07092-302 Holiday Park SC 4/5 W 9:30-11 a.m. FREE

Coffee and Discussion

Age 55 and up 13 Sessions
 R07023-305 N. Potomac CRC 3/2 Th 10:30-11:30 a.m. FREE

Coffee Social

Age 55 and up 43 Sessions
 R07092-304 Damascus SC 4/3 M-F 9-11 a.m. FREE

Fire Safety, One Cup of Coffee (or Hot Cocoa) At A Time

Age 55 and up 3 Sessions (monthly)
 R07092-306 Holiday Park SC 4/21 Th 9:30-11 a.m. FREE

Discussions

Active Living in Spanish - Cafecito y Amistad

Age 55 and up 12 Sessions
 R07087-301 Holiday Park SC 3/20 M 10-11 a.m. FREE

Behind The Headlines - Discussion Group

Age 55 and up 14 Sessions
 R07063-301 Holiday Park SC 3/13 M 10-11:25 a.m. FREE

Coping with Change

Age 55 and up 14 Sessions
 R07076-301 Holiday Park SC 3/16 Th 10:30-11:30 a.m. FREE

8 Sessions
 R07076-308 Damascus Library 4/6 Th 11 a.m.-Noon FREE

Coping with Change in Spanish

Age 55 and up 14 Sessions
 R07076-302 Holiday Park SC 3/14 Tu 11 a.m.-Noon FREE

Max You

Age 55 and up 14 Sessions
 R07043-301 Holiday Park SC 3/14 Tu 10:30-11:30 a.m. FREE

Morning Chat & Chew

Age 55 and up 14 Sessions
 R07063-303 White Oak CRC 3/1 W 9:30-10:30 a.m. FREE



55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Language

Basic Japanese with Prof. Em. Oh

Age 55 and up 13 Sessions
R07021-301 N. Potomac CRC 3/7 Tu 10:30-11:30 a.m. FREE

Conversational Spanish Drop in

Ages 55 and up 13 Sessions
R07061-302 Wheaton CRC 3/2 Th 10-11:30 a.m. FREE

Everyday English

Age 55 and up 26 Sessions
R07061-301 Holiday Park SC 3/21 Tu,Th 10-10:55 a.m. FREE

PP French (Beginner)

Age 55 and up 13 Sessions
R07018-301 Holiday Park SC 3/15 W 9-9:50 a.m.

PP French Conversation

Age 55 and up 12 Sessions
R07019-301 Holiday Park SC 3/22 W 11-11:50 a.m.

PP French (Intermediate)

Age 55 and up 12 Sessions
R07020-301 Holiday Park SC 3/22 W 10-10:50 a.m.

PP Intro. To Hindi

Age 55 and up 11 Sessions
R07062-301 Holiday Park SC 3/20 M 11-11:50 a.m.

Spanish Conversation Group

Age 55 and up 13 Sessions
R07015-300 White Oak CRC 3/2 Th 1-2 p.m. FREE

TechConnect

1:1 Tech Support Drop In

Ages 55 and up 36 Sessions
R07084-301 Wheaton CRC 3/2 M,Th,F 3:30-6:30 p.m. FREE

Trivia

Brain Games

Age 55 and up 13 Sessions
R07090-300 White Oak CRC 3/7 Tu 10-11 a.m. FREE



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

Wellness Workshops

BioDanza with Luisa

Age 55 and up 12 Sessions
R07028-315 Holiday Park SC 3/24 F 10-11 a.m.

Deliberate Discussions: Civility & Bullying in Our Later Years

Age 55 and up 1 Session
R07028-300 Virtual Class 3/14 Tu 4-5:15 p.m. FREE

Health and Wellness with Happy Life Vietnam Seniors Group

Age 55 and up 12 Sessions
R07028-316 Holiday Park SC 3/23 Th 9 a.m.-2 p.m. FREE

Womens Discussion Group

Bring Your Lunch Discussion Group with Jai Ho

Age 55 and up 12 Sessions
R07078-301 N. Potomac CRC 3/6 M 11:30am-1 p.m. FREE

Writing

Journaling

Age 55 and up 13 Sessions
R07058-308 Holiday Park SC 3/14 Tu 2:15-3:45 p.m. FREE

Memoir Writing for Beginners

Ages 55 and up 14 Sessions
R07058-307 Wheaton CRC 3/1 W 10-11:30 a.m. FREE

Writing Group

Age 55 and up 13 Sessions
R07058-301 Holiday Park SC 3/24 F 10-11:30 a.m. FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Zumba

Ages 55 and up	12 Sessions				
R07070-302	Wheaton CRC	3/2	Th	2-3 p.m.	FREE
R07070-301	Wheaton CRC	3/7	Tu	11 a.m.-Noon	FREE
	9 Sessions				
R07070-308	Damascus SC	4/5	W	11 a.m.-Noon	FREE

Zumba Drop in

Ages 55 and up	12 Sessions				
R07070-306	Wheaton CRC	3/3	F	9:45-10:45 a.m.	FREE

Zumba for All

Ages 55 and up	12 Sessions				
R07070-307	Holiday Park SC	3/21	Tu	11-11:50 a.m.	

Zumba Gold

Ages 55 and up	14 Sessions				
R07012-321	Schweinhaut SC	3/3	M,F	9:30-10:30 a.m.	FREE

Zumba Gold Advanced

Ages 55 and up	12 Sessions				
R07072-301	Holiday Park SC	3/22	W	10-10:50 a.m.	

Zumba Gold Toning

Ages 55 and up	12 Sessions				
R07071-301	Holiday Park SC	3/24	F	10-10:50 a.m.	

Zumba Gold with Amy

Ages 55 and up	25 Sessions				
R07071-300	White Oak CRC	3/2	Tu,Th	9-10 a.m.	FREE

Zumba Video at North Potomac

Ages 55 and up	53 Sessions				
R07070-303	N. Potomac CRC	2/28	Tu-F	10-10:45 a.m.	FREE

Flexibility & Mobility

Flexibility & Mobility with James

Ages 55 and up	1 Session				
R07120-302	Long Branch SC	4/4	Tu	10-11 a.m.	FREE
R07120-301	Damascus SC	4/11	Tu	1-2 p.m.	FREE

Low Impact

Chairobics

Ages 55 and up	34 Sessions				
R07066-303	Damascus SC	4/4	Tu-F	10-10:45 a.m.	FREE

Exercise Room

Ages 55 and up	43 Sessions				
R07039-312	Damascus SC	4/3	M-F	9 a.m.-4 p.m.	FREE



55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Senior Fitness

Basic Functional Balance Exercise

Ages 55 and up 3 Sessions
R07039-311 Schweinhaut SC 3/20 M 8:30-9:30 a.m. FREE

Chair Stretch & Strength Exercise

Age 55 and up 40 Sessions
R07042-303 Schweinhaut SC 3/1 Tu,Th 9:30-10:30 a.m. FREE

PE Fitness Equipment Training

Age 55 and up 12 Sessions
R07039-308 Holiday Park SC 4/26 W 11 a.m.-Noon

Gentle Spin Class with Julien

Age 55 and up 12 Sessions
R07039-300 White Oak CRC 3/6 M 10-11 a.m. FREE

Low Impact Exercise Video

Age 55 and up 26 Sessions
R07041-300 White Oak CRC 3/2 Th,F 10:30 a.m.-Noon FREE

PE Total Body Fitness

Age 55 and up 12 Sessions
R07039-309 Holiday Park SC 3/22 W 10-11 a.m.

Strength Training

Fall Prevention and Balance Exercise

Ages 55 and up 27 Sessions
R07060-316 Long Branch CRC 3/1 W,F 9:45-11 a.m. FREE

Fitness Center Awareness with Julien

Age 55 and up 13 Sessions
R07060-315 White Oak CRC 3/7 Tu 10:30-11:30 a.m. FREE

Kickboxing

Age 55 and up 6 Sessions
R07060-317 Schweinhaut SC 3/1 W 11 a.m.-Noon FREE

Low Impact Exercise

Ages 55 and up 3 Sessions
R07060-306 Schweinhaut SC 3/6 M 8:30-9:30 a.m. FREE

Outdoor Fitness Circuit

Age 55 and up 7 Sessions
R07060-314 Holiday Park SC 3/27 M 10-10:30 a.m. FREE

Walking Challenges

PP As Easy As ABC, Beginner

Age 55 and up 12 Sessions
R07067-301 Holiday Park SC 3/23 Th Noon-12:50 p.m.

PP As Easy As ABC, Advanced

Age 55 and up 12 Sessions
R07068-301 Holiday Park SC 3/23 Th 11 a.m.-Noon

Stepping Through The States

Age 55 and up 50 Sessions

R07036-301	Damascus SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-302	Holiday Park SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-303	Long Branch CRC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-304	Schweinhaut SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-305	N. Potomac CRC	3/6	M-F	9 a.m.-4 p.m.	FREE

Walking Club

Age 55 and up 9 Sessions
R07035-311 Damascus SC 4/3 M 9:30-10:30 a.m. FREE

Walking Club

Age 55 and up 25 Sessions
R07035-312 Schweinhaut SC 3/3 Tu, F 10:30 a.m.-Noon FREE

Wheaton Walks

Ages 55 and up 14 Sessions
R07035-301 Wheaton CRC 3/1 W 1-2 p.m. FREE



REMINDER

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



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

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Games

Bingo

Bingo

Age 55 and up	14 Sessions				
R07085-303	White Oak CRC	3/1	W	1-2 p.m.	FREE
	13 Sessions				
R07085-304	Long Branch CRC	3/7	Tu	10-11 a.m.	FREE
	4 Sessions				
R07085-301	Holiday Park SC	3/20	M,Tu	1-2 p.m.	FREE

Board Games

Rummikub Club

Age 55 and up	65 Sessions				
R07086-301	Holiday Park SC	3/20	M-F	1-4 p.m.	FREE
R07086-302	Holiday Park SC	3/21	Tu	11 a.m.-2 p.m.	FREE

Scrabble

Age 55 and up	13 Sessions				
R07073-301	Holiday Park SC	3/22	W	1-4 p.m.	FREE

Card Games

American Mah Jong

Age 55 and up	13 Sessions				
R07047-300	White Oak CRC	3/3	F	12:30-3:30 p.m.	FREE

American Mahjong with Marsha and Friends

Age 55 and up	13 Sessions				
R07047-305	N. Potomac CRC	3/2	Th	1-4 p.m.	FREE

Bridge

Age 55 and up	13 Sessions				
R07074-303	Holiday Park SC	3/22	W	12:45-4 p.m.	FREE

PE Bridge Intermediate III

R07074-304	Holiday Park SC	3/23	Th	1-3 p.m.	
------------	-----------------	------	----	----------	--

Maj Jong

Age 55 and up	9 Sessions				
R07047-308	Damascus Library	4/5	W	12:30-3:30 p.m.	FREE

Mah Jongg Club

Age 55 and up	1 Session				
R07047-307	Long Branch CRC	3/6	M	9:30 a.m.-Noon	FREE
	12 Sessions				
R07047-301	Holiday Park SC	3/20	M	1-4 p.m.	FREE

Morning American Mahjong

Age 55 and up 13 Sessions
R07047-304 N. Potomac CRC 3/8 W 10 a.m.-Noon FREE

Open Party Bridge

Ages 55 and up 13 Sessions
R07075-301 Holiday Park SC 3/24 F 12:45-3:30 p.m. FREE

Wheaton Mahjongg Drop In

Age 55 and up 25 Sessions
R07047-306 Wheaton CRC 3/1 M,W 1-4 p.m. FREE

Table Games

Bid Whist

Age 55 and up 13 Sessions
R07112-300 White Oak CRC 3/2 Th Noon-5 p.m. FREE

Board Games and Coloring

Age 55 and up 66 Sessions
R07112-302 Long Branch CRC 3/1 M-F 9 a.m.-12:30 p.m. FREE

Canasta

Age 55 and up 8 Sessions
R07112-303 Damascus Library 4/6 Th 1-3:30 p.m. FREE

Make Your Words Count Game

Age 55 and up 14 Sessions
R07112-301 N. Potomac CRC 3/1 W 2-3 p.m. FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts to receive Montgomery County weather notices.



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



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Health and Wellness

Mindfulness and Meditation

Healthy Body, Peaceful Mind with Tammy

Age 55 and up 12 Sessions
R07077-303 N. Potomac CRC 3/6 M 2-3:30 p.m. FREE

Yoga

Yoga

Ages 55 and up 13 Sessions
R07032-301 Wheaton CRC 3/2 Th 3-4 p.m. FREE
R07032-304 Wheaton CRC 3/6 M 9:05-10 a.m. FREE

8 Sessions
R07029-307 Damascus SC 4/7 F 11 a.m.-Noon FREE

Yoga Drop in

Age 55 and up 13 Sessions
R07032-310 Wheaton CRC 3/7 Tu 3-4 p.m. FREE

Chair Yoga

Age 55 and up 13 Sessions
R07032-312 Schweinhaut SC 3/7 Tu 10-11a.m. FREE

Chair Yoga

Age 55 and up 12 Sessions
R07029-306 Holiday Park SC 3/21 Tu 11:15 a.m.-12:05 p.m.

Every Body's Yoga

Age 55 and up 12 Sessions
R07029-303 Holiday Park SC 3/22 W 3-4 p.m.

Hatha Yoga

Ages 55 and up 12 Sessions
R07034-301 Virtual Class* 3/21 Tu 9-9:50 a.m.
R07033-301 Holiday Park SC 3/24 F 9-9:50 a.m.

**This class is offered virtually and on-site.*

Hatha Yoga & Stress Management with Suzana

Ages 55 and up 9 Sessions
Instructor: Suzana Cooper
R05128-308 Lawton CRC 4/14 F 9:45-11 a.m. \$135

Seated Yoga with Regine

Ages 55 and up 12 Sessions
R07029-305 White Oak CRC 3/6 M 1-2 p.m. FREE

Yin Yoga

Age 55 and up 13 Sessions
R07032-313 Schweinhaut SC 3/4 Sa 9-10:30 a.m. FREE

Yogalates

Ages 55 and up 13 Sessions
R07032-303 Wheaton CRC 3/1 W 9:30-10:30 a.m. FREE

Yoga For All w/Edgar

Age 55 and up 13 Sessions
R07029-304 White Oak CRC 3/3 F 9:15-10:15 a.m. FREE

Yoga Para Todos

Ages 55 and up 26 Sessions
R07032-311 Long Branch CRC 3/2 Tu/Th 9-10 a.m. FREE
13 Sessions
R07032-302 Wheaton CRC 3/3 F 3-4 p.m. FREE
12 Sessions
R07032-309 Holiday Park SC 3/21 Tu 10-10:50 a.m. FREE

Wisdom Yoga

Age 55 and up 9 Sessions
Instructor: Anne Harrison
R05128-316 Clara Barton NRC 4/11 Tu 10:30-11:30 a.m. \$99
R05128-317 Wisconsin Place CRC 4/12 W 9:30-10:30 a.m. \$99

Martial Arts

Beginners Tai Chi

Age 55 and up 13 Sessions
R07025-310 Holiday Park SC 3/22 W 9:30-10:20 a.m. FREE

CASSA Tai Chi

Ages 55 and up 13 Sessions
R07025-314 Long Branch CRC 3/6 M 10-11 a.m. FREE

DSC 55+ Tai Chi

Ages 55 and up 4 Sessions
R07025-313 Damascus SC 4/4 Tu 11 a.m.-Noon FREE

Let's Practice Qigong

Ages 55 and up 12 Sessions
R07059-303 Wheaton CRC 3/3 F 1-2 p.m. FREE

Qi Gong

Age 55 and up 13 Sessions
R07059-304 Schweinhaut SC 3/4 Sa Noon-1 p.m. FREE

Tai Chi Chuan

Age 55 and up 26 Sessions
R07025-316 Schweinhaut SC 3/3 Tu,F 1:30-2:30 p.m. FREE

Tai Chi Exercises

Age 55 and up 13 Sessions
R07025-315 Holiday Park SC 3/21 Tu 9:30-10:20 a.m. FREE

Tai Chi (In Person - Beginner's Welcome)

Age 55 and up 36 Sessions
R07025-311 White Oak CRC 3/6 M,W,F 9-10 a.m. FREE
R07025-312 White Oak CRC 3/7 Tu,Th 2-3 p.m. FREE

Tai Chi Sword

Ages 55 and up 12 Sessions
R07027-301 Holiday Park SC 3/20 M 2:30-3:30 p.m. FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Professional Development and Adult Studies

Music

Ukelele for Beginners

Ages 55 and up 13 Sessions
R07115-301 Wheaton CRC 3/2 Th 1-2 p.m. FREE

Sing Along with Hong

Ages 55 and up 12 Sessions
R07080-312 Long Branch CRC 3/6 M 11a.m.-Noon FREE

PP Singing the Oldies But Goodies

Age 55 and up 11 Sessions
R07080-311 Holiday Park SC 3/20 M 2-3 p.m.

Social Club

Wheaton Jewelry Club (Non-Instructional) Drop In

Ages 55 and up 12 Sessions
R07117-302 Wheaton CRC 3/2 Th 1-2:30 p.m. FREE

CASSA

Age 55 and up 13 Sessions
R07117-301 White Oak CRC 3/2 Th 9 a.m.-1 p.m. FREE



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

QUESTIONS?
CONTACT CUSTOMER SERVICE
 Call customer service or send an email.
240-777-6840
RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

Sports

Basketball Mini Games

Age 55 and up 1 Session
 R07122-301 Damascus SC 3/14 Tu 1-2 p.m. FREE

Introduction to Bocce Ball

Age 55 and up 3 Sessions
 R07124-302 Holiday Park SC 3/16 Th 10:30-11:30 a.m. FREE
 R07124-301 Schweinhaut SC 3/30 Th 10:30-11:30 a.m. FREE

Open Shuffleboard

Age 55 and up 26 Sessions
 R07121-301 Holiday Park SC 3/20 M,W 2:30-3:30 p.m. FREE

Specialty Programs

Billiards

Ages 55 and up 43 Sessions
 R07103-303 Damascus SC 4/3 M-F 9 a.m.-4 p.m. FREE

Billiards Tournament

Age 55 and up 1 Sessions
 R07103-302 Schweinhaut SC 4/21 F 1-4 p.m. FREE

Special Events

1 p.m. Program

Ages 55 and up 43 Sessions
 R07107-313 Damascus SC 4/3 M-F 1-2 p.m. FREE



Please Play Safely.

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



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

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

R07082 - 301 Cherry Blossom Cruise and Lunch on-board Spirit Cruise Line, Washington, DC. Th, April 6 • Leave: 9:30 a.m., Return: 4 p.m. • **Fee: \$114**

We will be cruising along the Potomac River and enjoying a relaxing lunch buffet, included, on the Sprit Cruise Line as we enjoy the sights of Washington. The captain will narrate historic sites and music will be provided for dancing by participants. Fee is for transportation, cruise and lunch. TRIP IS ON AS SCHEDULED REGARDLESS OF BLOOM STATUS.

R07082 - 302 Guided Tour of York, PA W, April 19 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$89**

We will tour many sites, including, the Colonial Complex and the Agriculture and Industrial Museums. Lunch at a local restaurant is included.

R07082 - 303 Capitol Hill Walking Tour, DC with our guide Rick Snider W, May 10 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$79**

We will begin our tour at Union Station before heading to the U.S. Capitol to see Congress, the Supreme Court and the Library of Congress. Lunch on your own at Eastern Market.

R07082 - 304 Winterthur Museum, Gardens and Library, DE Tu, May 16 • Leave: 7 a.m., Return: 4:30 p.m. • **Fee: \$79**

We will experience a self-guided tour of this stunning mansion, featuring the most significant collection of American decorative arts in the world. We will also see the world-class naturalistic garden, which includes a tram tour. Lunch on your own at the on-site cafe.

R07082 - 305 Tour Museum of American Revolution and Nat. Constitution Center, Philadelphia, PA W, May 24 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$102**

Enjoy a journey through the remarkable story of America's founding and see the story of the American quest for freedom. We will have guided tours at both locations and lunch is included. Fee is for transportation, tours and lunch.

R07082 - 306 Annual Sailing Trip, Chesapeake Bay (Morning Sail) W, May 31 • Leave: 7:45 a.m., Return: 1:30 p.m. • **Fee: \$98**

R07082 - 307 Annual Sailing Trip, Chesapeake Bay (Afternoon Sail) W, May 31 • Leave: 11:45 a.m., Return: 5:30 p.m. • **Fee: \$98**

Annual sailing trip out of Annapolis. Enjoy three hours on a 76-foot-long sailboat with a professional captain and crew. A picnic lunch is included.

R07082 - 308 White Water Rafting on the Shenandoah, WV W, June 7 • Leave: 8 a.m., Return: 4 p.m. • **Fee: \$96**

Join our popular two and a half-hour rafting trip on the Shenandoah River. An expert guide in each raft will lead the group. Buffet lunch included.

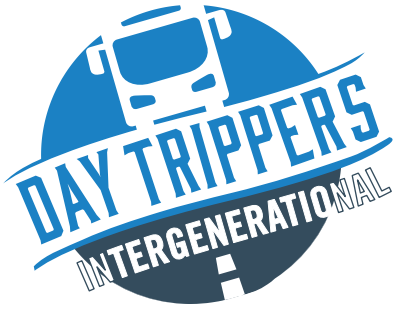
R07082 - 309 The National Museum of the United States Army, VA W, June 14 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$79**

The museum is the first comprehensive and only national museum to capture, display and interpret the Army's history by telling stories through the eyes of soldiers. In addition to the galleries and exhibits, the museum features a multisensory 300-degree screen theater, a tranquil rooftop garden and hundreds of historic treasures rarely or never-before-seen by the public. Box lunch included.



MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE HERE!



MAKE EVERY DAY UNFORGETTABLE!

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

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

R07083 - 301 "Moses" at Sight and Sound Theatre, Lancaster, PA F, April 14 • Leave: 9:30 a.m., Return: 7:45 p.m. • **Fee: \$149**

From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for everyone. Enjoy a pre-show lunch at a restaurant nearby included.

R07083 - 302 Neil Berg's The 60's: Peace, Love & Rock N' Roll at The Weinberg Center for the Arts, Frederick, MD F, April 21 • Leave: 5 p.m., Return: 11:30 p.m. • **Fee: \$89**

This powerhouse concert event includes the songs and stories of many of the artists of the era including the Beach Boys, Beatles, Rolling Stones, Janis Joplin, Jimi Hendrix, James Brown and more. The "Woodstock Era" defined a generation of music. Enjoy two hours of peace, love and rock n roll. Before the show, shop and eat on your own in downtown Frederick.

R07083 - 303 Tranquila Tea Room and Gift Shop, PA W, April 26 • Leave: 9:30 a.m., Return: 4:30 p.m. • **Fee: \$92**

R07083 - 304 Tranquila Tea Room and Gift Shop, PA Th, April 27 • Leave: 9:30 a.m., Return: 4:30 p.m. • **Fee: \$92**

We would like you to be our guest, to enter our tearoom and feel all the outside pressures melt away as you walk back in time. So come, sit down, relax and be our guest. Tune out the hustle and bustle of the outside world and enjoy some Tranquila TEA. Enjoy a full "Queen Tea" service.

R07083 - 305 Shen Yun at The Hippodrome Theatre, Baltimore, MD Su, April 30 • Leave: 11:45 a.m., Return: 5:45 p.m. • **Fee: \$149**

Through breathtaking dance and music, Shen Yun's artists tell of a time when divine beings walked upon the earth, leaving behind a culture that inspired generations. Meals or snacks on own before the show.

R07083- 306 84th National Cathedral Flower Mart, DC Sa, May 6 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$52**

There is something for everyone at the Flower Mart. Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at over 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduations and something special just for you! Great food and music as well. Explore the International Floral Displays inside the Great Hall of the Cathedral. Meals are on your own.

R07083 - 307 Garden House Tea - Elkridge Furnace Inn, MD F, May 12 • Leave: 9:30 a.m., Return: 4:30p.m. • **Fee: \$98**

We will be pampered at this beautiful setting with customized menu choices. While we are enjoying our relaxing luncheon tea, we will be entertained by a harpist in the background to enhance our experience. Fee is for Full Tea, transportation and harpist.

R07083 - 308 Guided Tours of Chanticleer House and Gardens, PA F, May 19 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$89**

Chanticleer has been called the most romantic, imaginative and exciting public garden in America. The garden is a study of textures and forms, where foliage trumps flowers, the gardeners lead the design and even the drinking fountains are sculptural. It is a garden of pleasure and learning, relaxing yet filled with ideas to take home. Lunch on your own at our lunch stop.

R07083 - 309 Annapolis First Sunday Arts Festival, MD Su, June 4 • Leave: 10:30 a.m., Return: 3:30 p.m. • **Fee: \$52**

Where community and arts fuse in Annapolis: enjoy arts, crafts, live entertainment and street-side dining in an outdoor arts festival setting. Meals on your own!

R07083 - 310 Toby's Dinner Theatre presents "Grease," MD Su, June 11 • Leave: 9:45a.m., Return: 4 p.m. • **Fee: \$96**

It's still the word! One of the world's favorite musicals hits the stage in a high-octane production featuring all the hit songs you love, including: "Summer Nights," "Greased Lightning," "You're the One That I Want," and "Hopelessly Devoted to You." Preshow Sunday Brunch included!



REGISTRATION BEGINS MONDAY, FEB. 13 AT 9 A.M.

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



FACILITY ADDRESSES

Spring 2023 registration begins **Monday, Feb. 13**



Looking for Senior Centers?

View all senior center locations.



Looking for pool locations?

Visit page 4 for Aquatics facilities.

Elementary Schools

Bannockburn ES.....	6520 Dalroy Ln, Bethesda, 20817
Bethesda ES.....	7600 Arlington Rd, Bethesda, 20814
Chevy Chase ES.....	4015 Rosemary St, Chevy Chase, 20815
Glenallan ES.....	12520 Heurich Rd, Silver Spring, 20902
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring, 20902
Pine Crest ES.....	201 Woodmoor Dr, Silver Spring, 20901
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910

Middle Schools

Tilden MS.....	6300 Tilden Ln, Rockville, 20852
Ridgeview MS.....	16600 Raven Rock Dr, Gaithersburg, 20878

High Schools

Walter Johnson HS.....	6400 Rock Spring Dr, Bethesda, 20817
Wheaton HS.....	12401 Dalewood Dr, Silver Spring, 20906

Other Facilities

Damascus Library.....	9701 Main St, Damascus, 20872
Life Rescue Training.....	12105 Nebel St, Rockville, 20852
School of Music.....	1331 Rockville Pike Ste. Q, Rockville, 20852

Parks

Acorn Urban Park.....	8075 Newell St, Silver Spring, 20910
Arylawn Local Park.....	5652 Oakmont Ave, Bethesda, 20817
Bauer Drive Local Park.....	14625 Bauer Dr., Aspen Hill, 20853
Fernwood Local Park.....	6708 Michaels Dr, Bethesda, 20817
Layhill Village Local Park.....	1920 Queensguard Rd, Aspen Hill, 20906
North Corners LP.....	315 University Blvd W, Silver Spring, 20901
Olney Manor Recreational Park.....	16601 Georgia Ave, Olney, 20832
Quince Orchard Valley Local Park.....	12015 Suffolk Terrace, Gaithersburg, 20878
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Timberlawn LP.....	10800 Gloxinia Dr, North Bethesda, 20852
Veirs Mill Local Park.....	4425 Garrett Park Rd, Silver Spring, 20906

Recreation Facilities

Recreation Administrative Office.....	2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC.....	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC.....	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC.....	25520 Oak Drive, Damascus, 20872
East County CRC.....	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Leonard D. Jackson Ken Gar.....	4111 Plyers Mill Road, Kensington, 20895
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway, Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Upper County CRC.....	8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC.....	11701 Georgia Ave., Wheaton, 20902
White Oak CRC.....	1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815



CLUB ★ Spring 2023 ★ ADVENTURE

After School Programs

Ages 5-11

Coffield CRC

R03001-330 • 3/1
R03001-331 • 4/11
R03001-332 • 5/1

Damascus CRC

R03001-333 • 3/1
R03001-334 • 4/11
R03001-335 • 5/1

East County CRC

R03001-336 • 3/1
R03001-337 • 4/11
R03001-338 • 5/1

Long Branch CRC

R03001-339 • 3/1
R03001-340 • 4/11
R03001-341 • 5/1

Mid-County CRC

R03001-342 • 3/1
R03001-343 • 4/11
R03001-344 • 5/1

N. Potomac CRC

R03001-345 • 3/1
R03001-346 • 4/11
R03001-347 • 5/1

Plum Gar CRC

R03001-348 • 3/1
R03001-349 • 4/11
R03001-350 • 5/1

Praisner CRC

R03001-351 • 3/1
R03001-352 • 4/11
R03001-353 • 5/1

Upper County CRC

R03001-354 • 3/1
R03001-355 • 4/11
R03001-356 • 5/1

White Oak CRC

R03001-357 • 3/1
R03001-358 • 4/11
R03001-359 • 5/1

Scan QR
to register



★
Join Us!

For Grades K-5
Enjoy sports, crafts, dance and more.
Multiple locations available.



MONTGOMERY COUNTY
Recreation



MONTGOMERY COUNTY
Recreation

Rec Assist

Financial Assistance Program

2023

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