

MONTGOMERY COUNTY

# GUIDE



MONTGOMERY COUNTY  
*Recreation*



FALL 2018

RECREATION AND PARKS PROGRAMS

BASKETBALL

SKATING & HOCKEY

TINY TOTS

CAMPING

TRIPS & TOURS

TENNIS

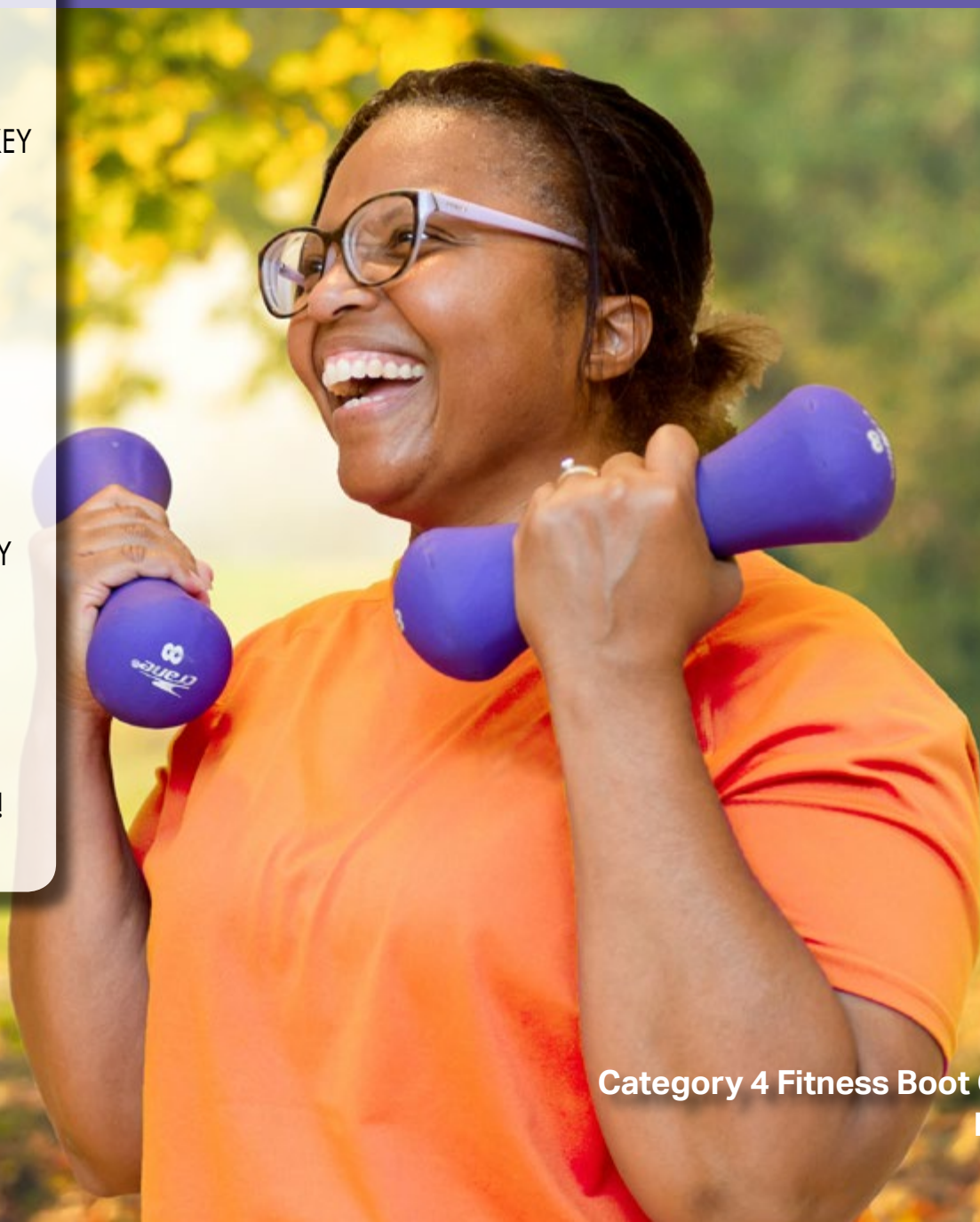
STEAM

HIKES & HISTORY

WATER FITNESS

GOLF

and much more!



Category 4 Fitness Boot Camp  
pg. 55

Montgomery County

# Thanksgiving PARADE

**Saturday, November 17, 2018 . 10 AM**

**Downtown Silver Spring**  
On Georgia Avenue from  
Ellsworth Drive to Silver Spring Avenue

**Free!**  
**¡Gratis!**

[silverspringdowntown.com](http://silverspringdowntown.com) [mocreco.com](http://mocreco.com) 240.777.0311 Hablamos Español 240.777.6840 @mocreco



# FROM THE COUNTY EXECUTIVE



Fall 2018



Dear Montgomery County Resident:

Change is in the air. While we are still experiencing our share of warm days and nights, it's time to start preparing for all the excitement of the fall season. I hope your summer vacation was memorable as you head back to school, back to work, and back to a more regular routine.

Inside the 2018 issue of the Fall Recreation and Parks Guide, you will find opportunities to learn a new skill or sport, stay active and much more.

In addition to a variety of classes and programs designed for all ages and interests, including music, dance, arts, aquatics, crafts, cooking, fitness and exercise, there is another section devoted to our 55+ Active Adult programs. We are excited about our upcoming day trips and tours designed specifically for our senior population: Senior Outdoor Adventures in Recreation (SOAR).

Also, two of our marquee events occur in the fall! The 15th Annual Silver Spring Jazz Festival is set for Saturday, September 8, from 3 to 10 p.m. in downtown Silver Spring starring the incomparable Dianne Reeves; and the 21st annual Montgomery County Thanksgiving Parade marches through downtown Silver Spring on Saturday, November 17, from 10 a.m. to noon. Both events are free and open to all. Look for more details on the full-page ads inside this edition of the 2018 Fall Guide.

Finally, I encourage you to take the time to peruse the many choices offered by Montgomery County Recreation in this Guide and sign up right away.

Sincerely,

Isiah Leggett,  
County Executive



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Fall 2018  
Recreation and Parks Programs



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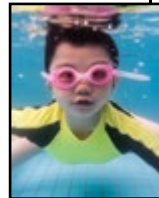
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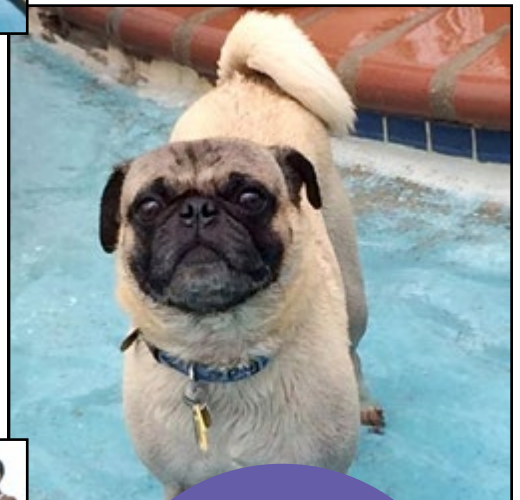
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Montgomery County Recreation  
4010 Randolph Rd., Silver Spring, MD 20902

240-777-6840  
mocrecreation.com



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Lessons  
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Registration  
For Fall  
Classes & Swim  
Lessons Begins  
**August 13**



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Thanksgiving  
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The Maryland-National Capital Park and Planning Commission

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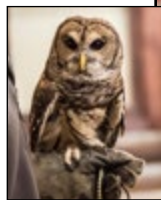
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Halloween  
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Back Cover

## HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov). If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email [ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org); or visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) for more information.



**Registration  
for many  
Montgomery Parks  
Fall classes opens  
August 13**

Montgomery Parks  
9500 Brunett Ave., Silver Spring, MD 20901  
301-495-2595 | [MontgomeryParks.org](http://MontgomeryParks.org)



Like  
[Montgomery  
Parks](https://www.facebook.com/MontgomeryParks)



Follow  
[@MontgomeryParks](https://twitter.com/MontgomeryParks)



Saturday, September 8, 2018. 3-10 PM. FREE



15th Annual Silver Spring

# Jazz Festival

starring  
**Dianne Reeves**  
8:30 to 10 PM

Marcus Johnson 7 PM

Akua Allrich 5:45 PM

Charles Woods Quintet 4:30 PM

Jazz Academy of Music 3:15 PM

**Veterans Plaza at**  
Ellsworth Drive and Fenton Street  
in downtown Silver Spring

[silverspringdowntown.com](http://silverspringdowntown.com)  
[mocreco.com](http://mocreco.com)  
240.777.0311  
Hablamos Español 240.777.6840







# Pooch Pool Party

11 a.m. - 3 p.m.

SATURDAY, SEPT. 8 • ACTIVITY 55335  
SUNDAY, SEPT. 9 • ACTIVITY 55336

WHEATON-GLENMONT POOL  
12621 DALEWOOD DRIVE, WHEATON

Pre-registration is required.  
Written proof of current rabies vaccination  
required for admission. Rabies tag not accepted.



Cost  
**\$10**



Canine swimming only - humans will not be permitted in the pool. All dogs must be under the control of an adult.  
Any dog displaying signs of aggression will be asked to leave immediately. No female dogs in heat please!





Montgomery County Board of Elections

*Future Vote Initiative*

General Election (Tuesday, November 6, 2018)

# VOLUNTEER ON ELECTION DAY!

## Earn Up To

# \$210

## or 25 SSL Credits

Individuals must be U.S. citizens, registered to vote, live in Maryland and at least 16 years old. Voters with bilingual skills are encourage to apply.

**To Apply:** Go to [www.777vote.org](http://www.777vote.org) (scroll/tap) "Election Workers," (click/tap) "Become an Election Judge," (click/tap) "Apply online now."

Scan to Apply



**Questions?**

240-777-8533 or  
[election.judge@montgomerycountymd.gov](mailto:election.judge@montgomerycountymd.gov)

[www.777vote.org](http://www.777vote.org)

# Ribbon Cutting Ceremony

**SATURDAY, OCTOBER 6, 2018**

**10 A.M.**

**14715 GOOD HOPE ROAD, SILVER SPRING**  
**240-777-4980** | **Hablamos Español**  
[mocorec.com](http://mocorec.com)





# Community

August



August

25

## ROCK THE BLOCK BACK TO SCHOOL JAM

at Plum Gar CRC

**10 a.m. - 2 p.m.**

Music, food, 3-point shot contest, prizes, double dutch instruction, inflatables fun and more. Free. Activity 56416.

September

Sept.

8

## SILVER SPRING JAZZ FESTIVAL

at Veterans Plaza

**3 - 10 p.m.**

Musical acts include Dianne Reeves, Marcus Johnson, Akua Allrich, Charles Wood Quartet, and the Jazz Academy of Music. Free.

Sept.

8-9

## POOCH POOL PARTY

at Wheaton-Glenmont Pool

**11 a.m. - 3 p.m.**

Bring your dog to swim and frolic at the pool! \$10.

Activity 55335 and 55336.



October

Oct.

6

## FALL FESTIVAL

at Plum Gar CRC

**10 a.m. - 2 p.m.**

Family fun and activities. Food vendors, fall arts & crafts, live music, carnival games, and pumpkin and face painting. Free.



Oct.

13

## FALL FESTIVAL

at North Potomac CRC

**Noon - 3 p.m.**

Activities include fall crafts, face painting, moon bounce, music and more. Free. Activity 56457.



# CALENDAR

August

25

## BACK 2 SCHOOL BASH at Mid-County CRC

**3 - 6 p.m.**

Moon bounce, face paint, free haircuts, games, DJ, food, and more. Free. Activity 51893



August

31

## OUTDOOR MOVIE NIGHT at White Oak CRC

**6:30 p.m.**

Featured Movie: "A Wrinkle In Time"  
Bring a chair or blanket. Complimentary popcorn and lemonade will be provided. Free.

Sept.

22

## BURTONSVILLE DAY at Praisner CRC

**10 a.m. - 3 p.m.**

Parade, live music, activities, food vendors and more. Free.



Sept.

28

## CLUB FRIDAY – GROWN-UPS EDITION

at Potomac CRC

**6:30 - 9 p.m.**

Activities include table tennis, arts and crafts, basketball, Coach Doug ball, Bingo, DJ, snack bar and more. \$5. Activity 56052.

Oct.

20

## FALL HARVEST FESTIVAL at Ross Boddy NRC

**Noon - 3 p.m.**

Games, cake walk, crafts, light snacks and pumpkin decorating contest. Free. Activity 56469.



Oct.

20

## HALLOWEEN MONSTER BASH at Mid-County CRC

**Noon - 3 p.m.**

For all ages. Moon bounce, games, prizes, arts & crafts, scariest costume contest, face painting, candy. Free. Activity 51949.





# INSPIRING & EMPOWERING THE NEXT GENERATION TO INVENT THE FUTURE.

KID Museum is an innovative learning space unlike any other in the Washington, DC region. The museum provides hands-on learning that incorporates STEM, art, and culture with 21st century skills like creativity and critical thinking.

**Engineering • Coding • Robotics • 3D Design  
Woodshop • Textiles & much more!**

**Saturdays & Sundays**  
*Drop-In 10am–5pm*

**Mondays–Fridays**  
*Group Visits &  
After-School Programs*

301•897•5437 | [info@kid-museum.org](mailto:info@kid-museum.org) | [www.kid-museum.org](http://www.kid-museum.org)

# CELEBRATE CREATIVITY & INNOVATION

SUNDAY, SEPTEMBER 23

.....

Interactive Exhibits • Awe-Inspiring  
Demos • Engaging KIDtalks • Educator  
Led Coding Jams • Live Performances

THE FUTURE  
STARTS HERE!

.....

LEARN MORE AT  
[KIDFEST.ORG](http://KIDFEST.ORG)

# KID FEST

PRESENTED BY KID MUSEUM



FREE ADMISSION & PARKING | VETERANS PLAZA SILVER SPRING, MD | 12 NOON - 5 PM







## INDOOR POOLS \*All pools close Thanksgiving Day, November 22, 2018.

**Martin Luther King, Jr  
Swim Center (MLK)**  
240-777-8060  
1201 Jackson Road  
Silver Spring, MD 20904

**Closed:**  
Aug. 20- Sept. 3, Oct. 27-28

**Eunice Kennedy Shriver  
& Sargent Shriver Aquatic  
Center (KSAC)**  
240-777-8070  
5900 Executive Boulevard  
N. Bethesda, MD 20852

**Closed:**  
Aug. 20- Sept. 3

**Olney  
Indoor Swim Center (OSC)**  
240-777-4995  
16605 Georgia Avenue  
Olney, MD 20832

**Closed:**  
Aug. 13-26

**Germantown  
Indoor Swim Center (GISC)**  
240-777-6830  
18000 Central Park Circle  
Boys, MD 20841

**Closed:**  
Aug. 18-Sept. 3, Oct. 5-7,  
Nov. 9-11 & Nov. 14-16

### Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

### Swimming Instruction

Please check each pool's listing for lesson schedule changes. Lessons will be held on all other days the facility is open. Please register accordingly.

### Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or visit [www.mocorec.com](http://www.mocorec.com) for available times and fees.

### Website Information

Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit [www.mocorec.com](http://www.mocorec.com) for more information.

# WATER FITNESS CLASSES

Water Exercise, Deep Water Running, and Water Aerobics classes are offered at each indoor pool.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running student must be comfortable in deep water.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 188.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.



## WATER FITNESS

### Water Fitness

#### Abs & Glutes & More

Ages 12 & Up: This shallow-water aerobics class is high-energy and packed with power to sculpt your abs, glutes and more. Gloves are recommended and can be purchased in class.

<b>13 Sessions</b>	<b>\$85</b>
Instructor: H2O Fitness	
53364 KSAC	9/11 T 9:00am-9:50am
53365 KSAC	9/13 Th 9:00am-9:50am
53375 MLK	9/10 M 10:00am-10:50am
53376 MLK	9/12 W 10:00am-10:50am
53377 MLK	9/13 Th 8:30pm-9:20pm

#### Aqua Cardio Challenge

Ages 12 & Up: This class offers a vigorous, shallow-water workout with a cardio challenge. Participants will build muscle, endurance and stamina.

<b>12 Sessions</b>	<b>\$78</b>
Instructor: H2O Fitness	
53379 MLK	9/9 S 5:00pm-5:50pm
<b>13 Sessions</b>	<b>\$85</b>
Instructor: H2O Fitness	
53378 MLK	9/11 T 8:30pm-9:20pm

#### Aqua Cardio Dance

Ages 12 & Up: This Latin-based workout integrates the benefits of aquatic exercise with popular, high-energy dance workouts.

<b>12 Sessions</b>	<b>\$78</b>
Instructor: Wellness Network	
53321 OSC	9/9 S 9:05am-9:55am
<b>13 Sessions</b>	<b>\$85</b>
Instructor: H2O Fitness	
53366 KSAC	9/14 F 10:00am-10:50am
53380 MLK	9/11 T 9:30am-10:20am
53381 MLK	9/13 Th 9:30am-10:20am

#### Aqua Lite

Ages 12 & Up: This low-intensity, low-impact class will improve joint flexibility, balance and coordination. For those with arthritis, or recovering from injury or surgery, this class will help reduce muscle weakness, pain and stiffness.

<b>13 Sessions</b>	<b>\$85</b>
Instructor: Wellness Network	
53324 OSC	9/7 F 10:00am-10:50am
53322 OSC	9/10 M 10:00am-10:50am
53323 OSC	9/12 W 10:00am-10:50am
53325 KSAC	9/10 M 11:00am-11:50am
53326 KSAC	9/12 W 11:00am-11:50am

#### Aqua Spin

Ages 12 & Up: Participants of all fitness levels spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle-spinning class with a water exercise class. The water cushions and protects joints and facilitates high caloric burn, lean muscle building of upper and lower body and cardio conditioning. Aqua shoes are required.

<b>10 Sessions</b>	<b>\$85</b>
Instructor: H2O Fitness	
53398 MLK	9/8 Sa 7:00pm-7:50pm
<b>13 Sessions</b>	<b>\$111</b>
Instructor: H2O Fitness	
53395 MLK	9/13 Th 10:30am-11:20am
53396 MLK	9/11 T 10:30am-11:20am
53397 MLK	9/14 F 7:30pm-8:20pm
53399 MLK	9/12 W 7:30am-8:20am
53400 MLK	9/14 F 9:00am-9:50am
53401 MLK	9/10 M 6:30am-7:20am
53402 MLK	9/14 F 6:30am-7:20am



## Aqua YO-Lates

Ages 12 & Up: Aqua Yo-Lates blends yoga and pilates exercises in the water. The gentle movement sequences will improve range of motion and help strengthen the whole body.

**13 Sessions \$85**  
Instructor: H2O Fitness  
53382 MLK 9/14 F 10:00am-10:50am

## Deep Water Running

Ages 12 & Up: Running in deep water is an ideal cardiovascular exercise with no weight-bearing stress. This exercise is beneficial for cross training and rehabilitating. Deep water belt is required and can be purchased for \$20.

**9 Sessions \$59**  
Instructor: Wellness Network  
53331 GISC 9/8 Sa 9:30am-10:20am

**10 Sessions \$65**  
Instructor: H2O Fitness  
53389 MLK 9/15 Sa 9:00am-9:50am

Instructor: Wellness Network  
53342 OSC 9/8 Sa 9:05am-9:55am

**13 Sessions \$85**  
Instructor: H2O Fitness  
53367 KSAC 9/11 T 10:00am-10:50am

53368 KSAC 9/13 Th 10:00am-10:50am

53369 KSAC 9/14 F 9:00am-9:50am

53383 MLK 9/10 M 1:00pm-1:50pm

53384 MLK 9/11 T 7:30am-8:20am

53385 MLK 9/11 T 7:30pm-8:20pm

53386 MLK 9/13 Th 7:30am-8:20am

53387 MLK 9/13 Th 7:30pm-8:20pm

53388 MLK 9/14 F 11:00am-11:50am

53390 MLK 9/12 W 1:00pm-1:50pm

**13 Sessions \$85**  
Instructor: Wellness Network

53328 GISC 9/10 M 10:30am-11:20am

53329 GISC 9/12 W 10:30am-11:20am

53330 GISC 9/13 Th 9:30am-10:20am

53332 GISC 9/10 M 7:50pm-8:40pm

53343 GISC 9/11 T 10:00am-10:50am

53344 GISC 9/14 F 10:30am-11:20am

53327 KSAC 9/13 Th 7:30pm-8:20pm

53345 KSAC 9/11 T 7:45pm-8:35pm

53333 OSC 9/10 M 7:20pm-8:10pm

53334 OSC 9/11 T 8:30am-9:20am

53335 OSC 9/11 T 10:30am-11:20am

53337 OSC 9/12 W 7:20pm-8:10pm

53338 OSC 9/13 Th 9:00am-9:50am

53339 OSC 9/13 Th 11:00am-11:50am

53340 OSC 9/13 Th 8:15pm-9:05pm

53341 OSC 9/14 F 6:20pm-7:10pm

53346 OSC 9/11 T 8:15pm-9:05pm

53347 OSC 9/12 W 6:30am-7:20am

## Hi/Lo Cardio Fusion

Ages 12 & Up: Combine yoga and pilates exercises for an interesting cardio workout.

**13 Sessions \$85**  
Instructor: H2O Fitness  
53370 KSAC 9/14 F 11:30am-12:20pm

## Water Aerobics

Ages 12 & Up: This fast-paced, shallow-water aerobics class uses water to cushion feet, knees and back, with an emphasis on cardiovascular conditioning.

**12 Sessions \$78**  
Instructor: Wellness Network  
53349 GISC 9/13 Th 7:50pm-8:40pm

**13 Sessions \$85**  
Instructor: Wellness Network  
53355 GISC 9/10 M 9:30am-10:20am

53350 KSAC 9/10 M 10:00am-10:50am

53356 KSAC 9/12 W 10:00am-10:50am

53348 OSC 9/12 W 8:15pm-9:05pm

53351 OSC 9/11 T 9:30am-10:20am

53352 OSC 9/11 T 7:15pm-8:05pm

53353 OSC 9/13 Th 10:00am-10:50am

53357 OSC 9/10 M 8:15pm-9:05pm

**14 Sessions \$85**  
Instructor: Wellness Network  
53354 OSC 9/13 Th 7:15pm-8:05pm

## Water Exercise

Ages 12 & Up: This multi-level aerobics workout uses water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

**13 Sessions \$85**  
Instructor: H2O Fitness

53371 KSAC 9/10 M 8:30pm-9:20pm

53372 KSAC 9/11 T 11:30am-12:20pm

53373 KSAC 9/12 W 8:30pm-9:20pm

53374 KSAC 9/13 Th 11:30am-12:20pm

53392 MLK 9/10 M 9:00am-9:50am

53393 MLK 9/12 W 9:00am-9:50am

Instructor: Wellness Network

53358 GISC 9/12 W 9:30am-10:20am

53360 OSC 9/10 M 9:00am-9:50am

53361 OSC 9/12 W 9:00am-9:50am

53362 OSC 9/14 F 9:00am-9:50am

# WATER FITNESS



## ADAPTIVE AQUATICS

### Adapted Aquatics Lesson - Level 1

Ages 18 & Up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants must be accompanied in the water by a caregiver and in arms reach at all times.

<b>6 Sessions</b>	<b>\$65</b>
55906 KSAC	9/10 M 10:45am-11:15am
55907 KSAC	10/29 M 10:45am-11:15am

### Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for only one (1) class per session. Class size is limited to 8 students.

<b>6 Sessions</b>	<b>\$65</b>
55908 KSAC	9/15 Sa 9:45am-10:15am
55909 KSAC	9/15 Sa 10:35am-11:05am
55910 KSAC	11/3 Sa 9:45am-10:15am
55911 KSAC	11/3 Sa 10:35am-11:05am

### Water Exercise - Adaptive

Ages 14 & Up: This course is designed for individuals with physical and developmental disabilities. The workout includes using balls and noodles to encourage movement and improve cardiovascular conditioning. Participants must be accompanied by a caregiver in the water and within arm's reach at all times.

<b>14 Sessions</b>	<b>\$38</b>
Instructor: H2O Fitness	
53394 MLK	9/2 S 4:00pm-4:50pm

<b>14 Sessions</b>	<b>\$53</b>
Instructor: Wellness Network	
53363 GISC	9/5 W 11:30am-12:20pm

## DIVING

### AAU National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our goal will be to qualify for the AAU National Championships each summer. All participants must pay a \$300 team fee each year and sign up for the email newsletter at [www.montgomerycountydiveclub.org](http://www.montgomerycountydiveclub.org). Contact [info@montgomerydiveclub.org](mailto:info@montgomerydiveclub.org) to try out.

#### \$675

Instructor: Built By Beavers  
55709 KSAC 9/10 S-T Time varies  
F-Sa by day

### Diving National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for USA DIVING and collegiate competition. This is a year round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 Team Fee and a quarterly club fee each year and sign up for the [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org). Contact [AlexG@montgomerydiveclub.org](mailto:AlexG@montgomerydiveclub.org) for GISC inquiries and [WesM@montgomerydiveclub.org](mailto:WesM@montgomerydiveclub.org) for KSAC inquiries.

Instructor: Built By Beavers

<b>3 Days Per Week</b>	<b>\$425</b>
55664 KSAC	9/10 S-F 3:30pm-6:30pm
55665 GISC	9/3 S-F 3:30pm-6:30pm

<b>4 Days Per Week</b>	<b>\$525</b>
55667 KSAC	9/10 S-F 3:30pm-6:30pm
55666 GISC	9/10 S-F 3:30pm-6:30pm

<b>5 Days Per Week</b>	<b>\$625</b>
55669 GISC	9/10 S-F 3:30pm-6:30pm
55668 KSAC	9/10 S-F 3:30pm-6:30pm

### High School Diving

Ages 13-18: Our High School group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 Team fee and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

#### \$275

Instructor: Built By Beavers	
55673 GISC	9/10 M 8:30pm-10:00pm
55672 GISC	9/12 W 8:30pm-10:00pm
55670 KSAC	9/10 M 8:00pm-9:30pm
55671 KSAC	9/13 Th 8:00pm-9:30pm



## ADAPTIVE/DIVING





# DIVING



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County  
Recreation  
on Facebook



Follow  
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on Instagram

## Level 1: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners, kids aged 5-11, or kids who might like a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All Springs participants must pay a \$15 team fee per quarter and sign up for the email newsletter to stay informed at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$145**

Instructor: Built By Beavers

55730	GISC	9/10	M	4:30pm-5:15pm
55685	GISC	9/12	W	4:30pm-5:15pm
55681	GISC	9/13	Th	4:30pm-5:15pm
55675	KSAC	9/10	M	5:00pm-5:45pm
55723	KSAC	9/10	M	4:15pm-5:00pm
55674	KSAC	9/11	T	4:15pm-5:00pm
55683	KSAC	9/12	W	4:15pm-5:00pm
55676	KSAC	9/12	W	5:00pm-5:45pm
55678	KSAC	9/14	F	4:15pm-5:00pm
55682	OSC	9/12	W	5:00pm-5:45pm

## Level 2: Human Springs

Ages 8-18: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for kids who cannot yet perform an inward dive or a 1½. All participants must pay a \$15 Team fee per quarter and sign up for the email newsletter at [www.montgomerycountydivelclub.org](http://www.montgomerycountydivelclub.org)

**\$275**

Instructor: Built By Beavers

55739	GISC	9/10	M	5:15pm-6:45pm
55690	GISC	9/11	T	5:00pm-6:30pm
55695	GISC	9/12	W	5:15pm-6:45pm
55691	GISC	9/13	Th	5:15pm-6:45pm
55696	GISC	9/14	F	5:15pm-6:45pm
55692	KSAC	9/11	T	5:00pm-6:30pm
55689	KSAC	9/13	Th	4:30pm-6:00pm
55694	KSAC	9/14	F	5:00pm-6:30pm

## Level 2/3: Human Springs

Ages 8-18: This is a combined level 2 and 3 class. These 90 minute classes are for kids with some experience in summer diving, trampoline, gymnastics, or dance. This class is appropriate for kids ages 8-18 who are interested in improving their diving skills. Divers will be offered the opportunity to learn skills on the 1 meter and 3 meter springboards as well as poolside. Divers must be comfortable jumping off the 1 meter springboard and swimming in deep water. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter to stay informed at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org)

**\$275**

Instructor: Built By Beavers

55687	KSAC	9/16	S	8:30am-10:00am
55686	MLK	9/16	S	9:00am-10:30am
55688	OSC	9/12	W	5:45pm-7:15pm

## Level 3: Human Springs

Ages 8-18: These 90 minute classes are for kids with past diving experience from summer diving or Level 2. This class is appropriate for kids who can already perform an inward dive and a front 1½. All participants must pay a \$15 fee per quarter and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$275**

Instructor: Built By Beavers

55699	KSAC	9/13	Th	6:00pm-7:30pm
55697	KSAC	9/10	M	6:30pm-8:00pm
55698	KSAC	9/12	W	6:30pm-8:00pm
55700	KSAC	9/11	T	6:30pm-8:00pm
55701	KSAC	9/14	F	6:30pm-8:00pm

## Masters Diving

Ages 19 & Up: It's never too late to learn to dive. For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! All participants must pay a \$15 team fee and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$275**

Instructor: Built By Beavers

55702	KSAC	9/10	M	8:00pm-9:30pm
55703	KSAC	9/13	Th	8:00pm-9:30pm



## Springs Diving Team - Homeschool Edition

Ages 7-18: This class is designed for absolute beginners through advanced divers. Participants will learn fundamental springboard diving skills under the instruction of professional diving coaches from the Montgomery Dive Club. The students will spend half of their practice time on trampoline, tumbling mats, and dry diving boards in our specialized trampoline room right next to KSAC. The other half of each practice will take place in the world class diving pool at KSAC on both 1 meter and 3 meter springboards. Diving is a terrific way to build confidence, mental focus, and courage. These classes are taught in a positive, encouraging atmosphere by trained instructors. Students must be comfortable swimming in deep water. additional diving experience is not needed. The fee for the classes is in 2 parts. Participants must also pay an addition \$180 fee directly to Montgomery Dive Club.

### \$180

Instructor: Built By Beavers

55752 KSAC	9/10 M	12:00pm-2:00pm
55707 KSAC	9/12 W	12:00pm-2:00pm
55708 KSAC	9/14 F	12:00pm-2:00pm



## SPECIAL INTEREST

### NEW Kayak Rolling

Practice kayak rolling and other skills in the main and deep pools. Kayak instructor will be available to offer tips and assist beginners. For all skill levels.

### 1 Session

**\$15**

Instructor: MCR Staff

55987 OSC	11/25 S	5:15pm-7:45pm
55992 OSC	12/23 S	5:15am-7:45am
55989 OSC	12/30 S	5:15am-7:45am

## SCUBA

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and Scuba diving techniques. Use of all Scuba equipment is included in the course fee. A mandatory swim evaluation will be conducted at the first class, and students must demonstrate comfort in the water. Successful completion of the course, written evaluation, and required open water certification dives will earn the student an internationally recognized Scuba Diver certification card. Bring a swimsuit and towel to the first session and all remaining sessions. Students must bring their personal equipment beginning with the second class, all required equipment will be described at the first night's lecture. Additional fees apply and will be discussed at the first class session. Please contact Scott at 240-372-9691 or training@scubaadventure.org or Joe at 301-873-4327 or diveeatsleep@yahoo.com.

### 8 Sessions

**\$265**

Instructor: Scott Hagedorn

52726 GISC	9/11 T	7:00pm-10:00pm
52727 OSC	9/10 M	7:15pm-10:15pm
Instructor: Joe Lodmell		
56306 MLK	9/5 W	7:00pm-10:00pm

## MASTERS

Ages 18 & Up: Designed specifically for adult swimmers who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout. Training is offered at all indoor pools. For more information, contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

56228	1 day per week	9/9-12/29	8:00am-9:00am
56230	2 days per week	9/9-12/29	8:00am-9:00am
56232	3 days per week	9/9-12/29	8:00am-9:00am
56233	4 days per week	9/9-12/29	8:00am-9:00am
56235	5 days per week	9/9-12/29	8:00am-9:00am

Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30am-7:30am	Su: 8:00am-10:00am
Tu: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
Th: 8:30pm-10:00pm	F: 8:30pm-9:30pm
F: 6:30am-7:30am	
MLK	OSC
M: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 8:30pm-10:00pm	Th: 8:30pm-10:00pm
	Sa: 7:30am-9:00am



## DIVING/MISC.





## DEVELOPMENTAL SWIM

### SwiMontgomery

Ages 5-13: This is a developmental program for those who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards or 25 meters without stopping.

#### 18 Sessions

**\$280**

Instructor: Montgomery Stroke And Turn Clinic

55228	OSC	9/12	M,W	7:15pm-8:00pm
55229	KSAC	9/18	T,Th	7:45pm-8:30pm
55230	GISC	9/18	T,Th	7:45pm-8:30pm
55231	MLK	9/12	M,W	7:30pm-8:15pm

### Reminder



Don't just sit there. Check out our land based classes at MLK and KSAC!

### Montgomery Stroke and Turn Clinic

Ages 5-18: The Montgomery Stroke and Turn Clinic has served the swimming community for over 22 years. MSTC is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. This is not a training program, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping. Program meets for 22 sessions. There will be no clinic on Dec. 23, Dec. 30, Feb. 3, Apr. 21 and five other Sundays which will be announced at the first session. Please visit [www.mstcswim.com](http://www.mstcswim.com) for more information.

Instructor: Montgomery Stroke And Turn Clinic

#### 22 Sessions

**\$400**

52031	GISC	10/21-5/19	S	6:00pm-6:55pm
52032	GISC	10/21-5/19	S	7:00pm-7:55pm
52028	KSAC	10/21-5/19	S	5:00pm-5:55pm
52029	KSAC	10/21-5/19	S	6:00pm-6:55pm
52030	KSAC	10/21-5/19	S	7:00pm-7:55pm
52036	MLK	10/21-5/19	S	6:00pm-6:55pm
52037	MLK	10/21-5/19	S	7:00pm-7:55pm
52033	OSC	10/21-5/19	S	5:00pm-5:55pm
52034	OSC	10/21-5/19	S	6:00pm-6:55pm
52035	OSC	10/21-5/19	S	7:00pm-7:55pm

# WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS  
TEAM UNITY

NATIONALLY RECOGNIZED  
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown





# LIFEGUARD TRAINING

MCR-Aquatics offers American Red Cross courses for potential aquatics professionals. Participants must meet all prerequisites and attend all sessions. Call the facility for further information.

This course will train students 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 to earn certification. Students must be at least 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, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

1. Swim 300 meters using front crawl or breaststroke.
2. Tread water for two minutes using only legs.
3. Swim 20 yards using free or breaststroke, surface dive to seven-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to starting position and exit the water on your own in under one minute 40 seconds.

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost of the course is \$195.

## Germantown Indoor Swim Center

Session	Date	Begins	End
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### LGT 1: Course 55157 **October 2018**

Pre-Course	Friday, Oct. 26	6:00pm	7:30pm
Session 1	Friday, Oct. 26	7:30am	9:30pm
Session 2	Saturday, Oct. 27	9:30am	12:30pm
Session 3	Saturday, Oct. 27	1:00pm	4:00pm
Session 4	Sunday, Oct 28	9:30am	12:30pm
Session 5	Sunday, Oct 28	1:00pm	4:00pm
Session 6	Saturday, Nov. 3	9:30am	12:30pm
Session 7	Saturday, Nov. 3	1:00pm	4:00pm
Session 8	Sunday, Nov 4	9:30am	12:30pm
Session 9	Sunday, Nov 4	1:00pm	4:00pm

### LGT 2: Course 55158 **Feb/Mar 2019**

Pre-Course	Friday, Feb. 22	6:00pm	7:30pm
Session 1	Friday, Feb. 22	7:30am	9:30pm
Session 2	Saturday, Feb. 23	9:30am	12:30pm
Session 3	Saturday, Feb. 23	1:00pm	4:00pm
Session 4	Sunday, Feb. 24	9:30am	12:30pm
Session 5	Sunday, Feb. 24	1:00pm	4:00pm
Session 6	Saturday, Mar. 2	9:30am	12:30pm
Session 7	Saturday, Mar. 2	1:00pm	4:00pm
Session 8	Sunday, Mar. 3	9:30am	12:30pm
Session 9	Sunday, Mar. 3	1:00pm	4:00pm

### LGT 3: Course 55159 **March 2019**

Pre-Course	Friday, Mar. 8	6:00pm	7:30pm
Session 1	Friday, Mar. 8	7:30am	9:30pm
Session 2	Saturday, Mar. 9	9:30am	12:30pm
Session 3	Saturday, Mar. 9	1:00pm	4:00pm
Session 4	Sunday, Mar. 10	9:30am	12:30pm
Session 5	Sunday, Mar. 10	1:00pm	4:00pm
Session 6	Saturday, Mar. 16	9:30am	12:30pm
Session 7	Saturday, Mar. 16	1:00pm	4:00pm
Session 8	Sunday, Mar. 17	9:30am	12:30pm
Session 9	Sunday, Mar. 17	1:00pm	4:00pm

Session	Date	Begins	End
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### LGT 4: Course 55160 **April 2019** MCPS Spring Break

Pre-Course	Friday, Apr. 12	6:00pm	7:30pm
Session 1	Friday, Apr. 12	7:30pm	9:30pm
Session 2	Saturday, Apr. 13	9:30am	12:30pm
Session 3	Saturday, Apr. 13	1:00pm	4:00pm
Session 4	Sunday, Apr. 14	9:30am	12:30pm
Session 5	Sunday, Apr. 14	1:00pm	4:00pm
Session 6	Wednesday, Apr. 17	2:00pm	5:00pm
Session 7	Wednesday, Apr. 17	5:30pm	8:30pm
Session 8	Thursday, Apr. 18	2:00pm	5:00pm
Session 9	Thursday, Apr. 18	5:30pm	8:30pm

### LGT5: Course 55161 **June 2019**

Pre-Course	Friday, June 14	6:00pm	7:30pm
Session 1	Friday, June 14	7:30am	9:30pm
Session 2	Saturday, June 15	9:30am	12:30pm
Session 3	Saturday, June 15	1:00pm	4:00pm
Session 4	Sunday, June 16	9:30am	12:30pm
Session 5	Sunday, June 16	1:00pm	4:00pm
Session 6	Monday, June 17	2:00pm	5:00pm
Session 7	Monday, June 17	5:30pm	8:30pm
Session 8	Tuesday, June 18	2:00pm	5:00pm
Session 9	Tuesday, June 18	5:30pm	8:30pm

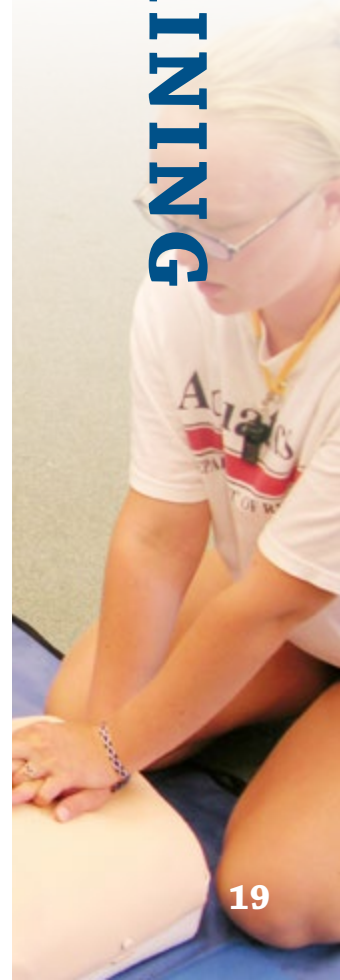
## New Offering



Check out our Adult (30+) Lifeguard Training classes at OSC and MLK.



# LIFEGUARD TRAINING



**Kennedy Shriver Aquatic Center**

Session	Date	Begins	End
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**LGT 1: Course 55541** **October 2018**

Pre-Course	Friday, Oct. 12	7:30pm	9:00pm
Session 1	Saturday, Oct. 13	9:00am	12:00pm
Session 2	Saturday, Oct. 13	1:00pm	5:00pm
Session 3	Wednesday, Oct. 17	6:30pm	9:30pm
Session 4	Saturday, Oct 20	9:00am	12:00pm
Session 5	Saturday, Oct 20	1:00pm	5:00pm
Session 6	Wednesday, Oct. 24	6:30pm	9:30pm
Session 7	Saturday, Oct 27	9:00am	12:00pm
Session 8	Saturday, Oct 27	1:00pm	5:00pm
Session 9	Sunday, Oct 28	9:00am	12:00pm

**LGT 2: Course 55542** **December 2018****MCPS Winter Break**

Pre-Course	Friday, Dec. 21	7:30pm	9:00pm
Session 1	Saturday, Dec. 22	9:00am	12:00pm
Session 2	Saturday, Dec. 22	1:00pm	5:00pm
Session 3	Sunday, Dec 23	9:00am	12:00pm
Session 4	Sunday, Dec 23	1:00pm	5:00pm
Session 5	Wednesday, Dec. 26	9:00am	12:00pm
Session 6	Wednesday, Dec. 26	1:00pm	5:00pm
Session 7	Thursday, Dec. 27	9:00am	12:00pm
Session 8	Thursday, Dec. 27	1:00pm	5:00pm
Session 9	Friday, Dec. 28	9:00am	12:00pm

**LGT 3: Course 55543** **Feb./Mar. 2019**

Pre-Course	Friday, Feb 22	7:30pm	9:00pm
Session 1	Saturday, Feb. 23	9:00am	12:00pm
Session 2	Saturday, Feb 23	1:00pm	5:00pm
Session 3	Wednesday, Feb. 27	6:30pm	9:30pm
Session 4	Saturday, Mar. 2	9:00am	12:00pm
Session 5	Saturday, Mar. 2	1:00pm	5:00pm
Session 6	Wednesday, Mar. 6	6:30pm	9:30pm
Session 7	Saturday, Mar. 9	9:00am	12:00pm
Session 8	Saturday, Mar. 9	1:00pm	5:00pm
Session 9	Sunday, Mar. 10	9:00am	12:00pm

**LGT 4: Course 55544** **Mar./April 2019**

Pre-Course	Friday, Mar. 29	7:30pm	9:00pm
Session 1	Saturday, Mar. 30	9:00am	12:00pm
Session 2	Saturday, Mar. 30	1:00pm	5:00pm
Session 3	Wednesday, Apr. 3	6:30pm	9:30pm
Session 4	Saturday, Apr. 6	9:00am	12:00pm
Session 5	Saturday, Apr. 6	1:00pm	5:00pm
Session 6	Wednesday, Apr. 10	6:30pm	9:30pm
Session 7	Saturday, Apr. 13	9:00am	12:00pm
Session 8	Saturday, Apr. 13	1:00pm	5:00pm
Session 9	Sunday, Apr. 14	9:00am	12:00pm

**LGT 5: Course 55545** **June 2019**

Pre-Course	Friday, June 14	7:30pm	9:00pm
Session 1	Saturday, June 15	9:00am	12:00pm
Session 2	Saturday, June 15	1:00pm	5:00pm
Session 3	Monday, June 17	9:00am	12:00pm
Session 4	Monday, June 17	1:00pm	5:00pm
Session 5	Wednesday, June 19	9:00am	12:00pm
Session 6	Wednesday, June 19	1:00pm	5:00pm
Session 7	Friday, June 21	9:00am	12:00pm
Session 8	Friday, June 21	1:00pm	5:00pm
Session 9	Saturday, June 22	9:00am	12:00pm

**MLK Swim Center**

Session	Date	Begins	End
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**NEW LGT ADULT ONLY (30+): Course 55453 Oct. 2018**

Pre-course	Monday, Oct 1	10:00am	2:00pm
Session 1	Wednesday, Oct 3	10:00am	2:00pm
Session 2	Friday, Oct 5	10:00am	2:00pm
Session 3	Monday, Oct 8	10:00am	2:00pm
Session 4	Wednesday, Oct 10	10:00am	2:00pm
Session 5	Friday, Oct 12	10:00am	2:00pm
Session 6	Monday, Oct 15	10:00am	2:00pm
Session 7	Wednesday, Oct 17	10:00am	2:00pm
Session 8	Friday, Oct 19	10:00am	2:00pm
Session 9	Monday, Oct 22	10:00am	2:00pm

**LGT 2: Course 55472** **October/November 2018**

Pre-course	Monday, Oct 29	7:00pm	9:30pm
Session 1	Sunday, Nov 4	9:00am	12:30pm
Session 2	Sunday, Nov 4	1:00pm	4:00pm
Session 3	Monday, Nov 5	6:30pm	10:00pm
Session 4	Thursday, Nov 8	6:30pm	10:00pm
Session 5	Sunday, Nov 11	9:00am	12:30pm
Session 6	Sunday, Nov 11	1:00pm	4:00pm
Session 7	Monday, Nov 12	6:30pm	10:00pm
Session 8	Sunday, Nov 18	9:00am	12:30pm
Session 9	Sunday, Nov 18	1:00pm	4:00pm

**LGT 3: Course 55473** **December 2018****MCPS Winter Break**

Pre-course	Monday, Dec 17	7:00pm	9:30pm
Session 1	Thursday, Dec 20	6:30pm	10:00pm
Session 2	Monday, Dec 24	9:00am	12:30pm
Session 3	Monday, Dec 24	1:00pm	4:00pm
Session 4	Wednesday, Dec 26	9:00am	12:30pm
Session 5	Wednesday, Dec 26	1:00pm	4:00pm
Session 6	Thursday, Dec 27	9:00am	12:30pm
Session 7	Thursday, Dec 27	1:00pm	4:00pm
Session 8	Friday, Dec 28	9:00am	12:30pm
Session 9	Friday, Dec 28	1:00pm	4:00pm

**LGT 4: Course 55475** **April 2019****MCPS Spring Break**

Pre-course	Thursday, April 11	7:00pm	9:30pm
Session 1	Monday, April 15	6:30pm	10:00pm
Session 2	Wednesday, Apr 17	9:00am	12:30pm
Session 3	Wednesday, Apr 17	1:00pm	4:00pm
Session 4	Thursday, Apr 18	9:00am	12:30pm
Session 5	Thursday, Apr 18	1:00pm	4:00pm
Session 6	Friday, Apr 19	9:00am	12:30pm
Session 7	Friday, Apr 19	1:00pm	4:00pm
Session 8	Saturday, Apr 20	9:00am	12:30pm

**LIFEGUARD TRAINING**



## Olney Swim Center

Session	Date	Begins	End
<b>LGT 1: Course 55832</b> <b>October 2018</b>			
Pre-course	Wednesday, Oct 3	7:00pm	9:30pm
Session 1	Sunday, Oct. 7	9:00am	12:30pm
Session 2	Sunday, Oct. 7	1:00pm	5:00pm
Session 3	Wednesday, Oct. 10	6:30pm	10:00pm
Session 4	Sunday, Oct. 14	9:00am	12:30pm
Session 5	Sunday, Oct. 14	1:00pm	5:00pm
Session 6	Wednesday, Oct. 17	6:30pm	10:00pm
Session 7	Sunday, Oct. 21	9:00am	12:30pm
Session 8	Sunday, Oct. 21	1:00pm	5:00pm
Session 9	Sunday, Oct. 28	9:00am	3:00pm

<b>LGT 2: Course 55833</b> <b>December 2018</b>			
<b>MCPS Winter Break</b>			
Pre-course	Wednesday, Dec 19	7:00pm	9:30pm
Session 1	Thursday, Dec 27	9:00am	12:30pm
Session 2	Thursday, Dec 27	1:00pm	5:00pm
Session 3	Friday, Dec 28	9:00am	12:30pm
Session 4	Friday, Dec 28	1:00pm	5:00pm
Session 5	Saturday, Dec 29	9:00am	12:30pm
Session 6	Saturday, Dec 29	1:00pm	5:00pm
Session 7	Sunday, Dec 30	9:00am	12:30pm
Session 8	Sunday, Dec 30	1:00pm	5:00pm
Session 9	Monday, Dec 31	9:00am	3:30pm

<b>LGT 3: Course 55834</b> <b>Feb. 2019</b>			
Pre-course	Wednesday, Feb 13	7:00pm	9:30pm
Session 1	Saturday Feb 16	9:00am	12:30am
Session 2	Saturday Feb 16	1:00pm	5:00pm
Session 3	Sunday, Feb 17	9:00am	12:30am
Session 4	Sunday, Feb 17	1:00pm	5:00pm
Session 5	Wednesday, Feb 20	6:30pm	10:00pm
Session 6	Saturday Feb 23	9:00am	12:30am
Session 7	Saturday Feb 23	1:00pm	5:00pm
Session 8	Sunday, Feb.24	9:00am	12:30am
Session 9	Sunday, Feb.24	1:00pm	5:00pm

<b>LGT 4: Course 55835</b> <b>March 2019</b>			
Pre-course	Saturday, Mar 16	3:30pm	5:30pm
Session 1	Wednesday, Mar 20	6:30pm	10:00pm
Session 2	Saturday, Mar. 23	9:00am	12:30pm
Session 3	Saturday, Mar. 23	1:00pm	5:00pm
Session 4	Sunday, Mar. 24	9:00am	12:30pm
Session 5	Sunday, Mar. 24	1:00pm	5:00pm
Session 6	Wednesday, Mar 27	6:30pm	10:00pm
Session 7	Saturday, Mar. 30	9:00am	12:30pm
Session 8	Saturday, Mar. 30	1:00pm	5:00pm
Session 9	Sunday, Mar. 31	9:00am	3:30pm

<b>LGT 5: Course 55836</b> <b>April 2019</b>			
<b>MCPS Spring Break</b>			
Pre-course	Sunday, April 7	1:30pm	3:30pm
Session 1	Saturday, Apr 13	9:00am	12:30pm
Session 2	Saturday, Apr 13	1:00pm	5:00pm
Session 3	Sunday, Apr 14	9:00am	12:30pm
Session 4	Sunday, Apr 14	1:00pm	5:00pm
Session 5	Wednesday, Apr 17	9:00am	12:30pm
Session 6	Wednesday, Apr 17	1:00pm	5:00pm
Session 7	Thursday, Apr 18	9:00am	12:30pm
Session 8	Thursday, Apr 18	1:00pm	5:00pm
Session 9	Friday, Apr 19	9:00am	3:30pm

Session	Date	Begins	End
<b>LGT 6: Course 55837</b> <b>June 2019</b>			
Pre-course	Sunday, June 9	1:30pm	3:30pm
Session 1	Saturday, June 15	9:00am	12:30pm
Session 2	Saturday, June 15	1:00pm	5:00pm
Session 3	Sunday, June 16	9:00am	12:30pm
Session 4	Sunday, June 16	1:00pm	5:00pm
Session 5	Monday, June 17	9:00am	12:30pm
Session 6	Monday, June 17	1:00pm	5:00pm
Session 7	Tuesday, June 18	9:00am	12:30pm
Session 8	Tuesday, June 18	1:00pm	5:00pm
Session 9	Wednesday, June 19	9:00am	3:30pm

<b>LGT 7: Course 55838</b> <b>July 2019</b>			
Pre-course	Saturday, July 13	2:30pm	4:30pm
Session 1	Monday, July 15	9:00am	12:30pm
Session 2	Monday, July 15	1:00pm	5:00pm
Session 3	Tuesday, July 16	9:00am	12:30pm
Session 4	Tuesday, July 16	1:00pm	5:00pm
Session 5	Wednesday, July 17	9:00am	12:30pm
Session 6	Wednesday, July 17	1:00pm	5:00pm
Session 7	Thursday, July 18	9:00am	12:30pm
Session 8	Thursday, July 18	1:00pm	5:00pm
Session 9	Friday, July 19	9:00am	3:30pm

<b>NEW LGT Adult Only (30+): Course 55839</b> <b>July 2019</b>			
Pre-course	Friday, September 7	10:30am	12:30pm
Session 1	Tuesday, Sept 11	10:00am	1:00pm
Session 2	Wednesday, Sept 12	10:00am	1:00pm
Session 3	Thursday, Sept 13	10:00am	1:00pm
Session 4	Tuesday, Sept 18	10:00am	1:00pm
Session 5	Thursday, Sept 20	10:00am	1:00pm
Session 6	Tuesday, Sept 25	10:00am	1:00pm
Session 7	Wednesday, Sept 26	10:00am	1:00pm
Session 8	Thursday, Sept 27	10:00am	1:00pm
Session 9	Tuesday, Oct 2	10:00am	1:00pm

## Lifeguard Training - Accelerated

This class meets for three days from 9 a.m. to 7 p.m.

**\$230**

Instructor: Aquatic Training and Consulting Services

### MLK Swim Center

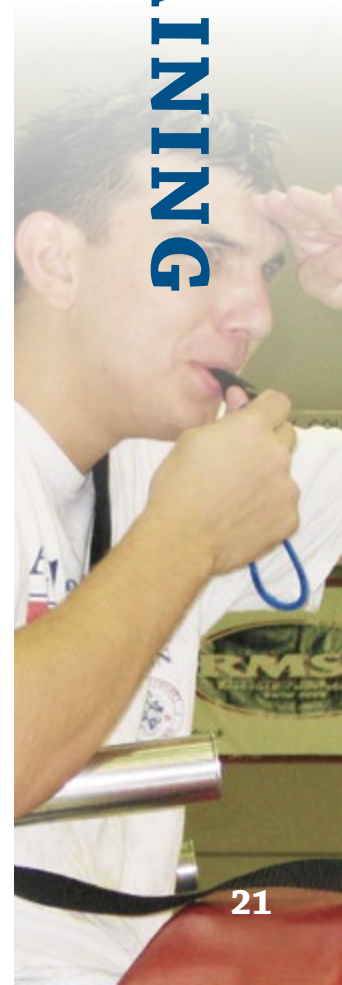
Session	Date	Begins	Ends
<b>LGT 1: Course 55564</b> <b>May 2019</b>			
Session 1	Tuesday, May 14	9:00am	7:00pm
Session 2	Wednesday, May 15	9:00am	7:00pm
Session 3	Thursday, May 16	9:00am	7:00pm

### Olney Swim Center

Session	Date	Begins	Ends
<b>LGT 1: Course 55561</b> <b>May 2019</b>			
Session 1	Tuesday, May 21	9:00am	7:00pm
Session 2	Wednesday, May 22	9:00am	7:00pm
Session 3	Thursday, May 23	9:00am	7:00pm



# LIFEGUARD TRAINING





## Lifeguard Training - Accelerated Cont.

Session	Date	Begins	Ends
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### **LGT 2: Course 55562** **May 2019**

Session 1	Tuesday, May 28	9:00am	7:00pm
Session 2	Wednesday, May 29	9:00am	7:00pm
Session 3	Thursday, May 30	9:00am	7:00pm

### **LGT 3: Course 55563** **June 2019**

Session 1	Tuesday, June 4	9:00am	7:00pm
Session 2	Wednesday, June 5	9:00am	7:00pm
Session 3	Thursday, June 6	9:00am	7:00pm

## Upper County Outdoor Pool

Session	Date	Begins	Ends
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### **LGT 1: Course 55565** **June 2019**

Session 1	Tuesday, June 18	9:00am	7:00pm
Session 2	Wednesday, June 19	9:00am	7:00pm
Session 3	Thursday, June 20	9:00am	7:00pm

## Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification can take this review class if their certification is still current or recently expired. Students will receive their e-cert directly from the Red Cross usually within seven days of class completion.

**\$160**

Instructor: Aquatic Training and Consulting Services

## Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
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### **LGT 1: Course 55573** **June 2019**

Session 1	Saturday, June 15	8:00am	10:00pm
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## Martin Luther King Jr. Swim Center

Session	Date	Begins	Ends
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### **LGT 1: Course 55566** **December 2018**

Session 1	Saturday, December 30	8:00am	10:00pm
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### **LGT 2: Course 55567** **February 2019**

Session 1	Saturday, February 23	8:00am	10:00pm
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### **LGT 3: Course 55568** **March 2019**

Session 1	Saturday, March 30	8:00am	10:00pm
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### **LGT 4: Course 55569** **April 2019**

Session 1	Saturday, April 20	8:00am	10:00pm
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### **LGT 5: Course 55570** **May 2018**

Session 1	Saturday, May 11	8:00am	10:00pm
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## Olney Swim Center

Session	Date	Begins	Ends
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### **LGT 1: Course 55571** **May 2019**

Session 1	Friday, May 24	8:00am	10:00pm
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### **LGT 2: Course 55572** **May 2019**

Session 1	Saturday, May 25	8:00am	10:00pm
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## Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions in order to be certified. Students must be 17 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 pre-course consists of successful completion of the American Red Cross Lifeguard Review. You must pass the pre-course to continue on to the Lifeguard Instructor Course.

**\$290**

## Germantown Indoor Swim Center

Session	Date	Begins	Ends
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### **LGI 1: Course 55179** **Dec 2018 - Jan 2019**

Pre-Course	Friday, December 28	5:00pm	9:00pm
Pre-Course	Saturday, December 29	9:30am	4:00pm
Pre-Course	Sunday, December 30	9:30am	4:00pm
Session 1	Wednesday, January 2	5:00pm	9:00pm
Session 2	Saturday, January 5	9:30am	2:30pm
Session 3	Sunday, January 6	9:30am	2:30pm
Session 4	Saturday, January 12	9:30am	2:30pm
Session 5	Sunday, January 13	9:30am	2:30pm

## Pool Operator Course

This course will prepare participants to take the Montgomery County pool operators test. Students must be at least 17 years old and must attend all classes. Note: students must apply to the Department of Health and Human Services for the County Pool Operators License. A pool operator review course is also available. For more information visit [www.aquatictrainingservice.com](http://www.aquatictrainingservice.com)

LIFEGUARD TRAINING



# Swim Lessons



Indoor and Outdoor Swim  
Lesson Registration will  
begin

**August 13**  
**at 6:30 a.m.**  
for residents

**August 14 at 6:30 a.m.**  
for non-residents

Registrations will not be processed  
before this time.

## Please note the following:

Parents: in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise 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 only the lessons and no other use of the facility.

Participants may enter the locker rooms ten 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, please inquire at the pool where you will be taking lessons.



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.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and the number of participants. Non-county residents are charged an additional \$15 fee.

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.

## Ways to Register for Swim Lessons



### ActiveMONTGOMERY.org

Online registration at  
ActiveMONTGOMERY.org.  
Internet users must pay their  
account in full. Online  
registration is recommended.



### Walk in at Aquatic Facilities

Registrations can be processed  
at any of our pools.



# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

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

### 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.

### 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.

## Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### 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.

## Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### 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.

### 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.

## Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### 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.

### 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.

## Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

### 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.

### 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.

## Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

### 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.

### 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.

## Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

### Class Requirements:

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

### 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.



## Waterbabies

Ages 6m-18m: Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

### Germantown Indoor Swim Center

55656	9/22	Sa	9:45am-10:15am
55657	9/22	Sa	10:25am-10:55am
55658	9/23	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

55337	9/10	M	9:30am-10:00am
55338	9/11	T	10:00am-10:30am
55339	9/15	Sa	10:20am-10:50am
55340	9/15	Sa	11:40am-12:10pm
55341	9/16	S	9:40am-10:10am
55342	9/16	S	11:40am-12:10pm
55343	10/29	M	9:30am-10:00am
55344	10/30	T	10:00am-10:30am
55345	11/3	Sa	10:20am-10:50am
55346	11/3	Sa	11:40am-12:10pm
55347	11/4	S	9:40am-10:10am
55348	11/4	S	11:40am-12:10pm

### Martin Luther King Jr. Swim Center

55095	9/15	Sa	11:40am-12:10pm
55096	11/4	S	10:00am-10:30am
55097	11/5	M	6:50pm-7:20pm

### Olney Swim Center

52568	9/8	Sa	10:30am-11:00am
52569	9/9	S	10:30am-11:00am
52570	9/11	T	5:20pm-5:50pm
52571	10/20	Sa	10:30am-11:00am
52572	10/21	S	10:30am-11:00am
52573	10/23	T	5:20pm-5:50pm

## Reminder



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.

## Aquatots

Ages 18m-3: Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

### Germantown Indoor Swim Center

55650	9/19	W	6:10pm-6:40pm
55652	9/22	Sa	11:45am-12:15pm
55653	9/22	Sa	12:25pm-12:55pm
55654	9/23	S	11:05am-11:35am
55655	9/23	S	12:25pm-12:55pm
55651	11/7	W	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

55349	9/11	T	9:30am-10:00am
55350	9/12	W	6:10pm-6:40pm
55351	9/13	Th	10:00am-10:30am
55352	9/13	Th	5:30pm-6:00pm
55353	9/15	Sa	9:00am-9:30am
55354	9/15	Sa	12:20pm-12:50pm
55355	9/16	S	9:00am-9:30am
55356	9/16	S	11:00am-11:30am
55357	10/30	T	9:30am-10:00am
55358	10/31	W	6:10pm-6:40pm
55359	11/1	Th	10:00am-10:30am
55360	11/1	Th	5:30pm-6:00pm
55361	11/3	Sa	9:00am-9:30am
55362	11/3	Sa	12:20pm-12:50pm
55363	11/4	S	9:00am-9:30am
55364	11/4	S	11:00am-11:30am

### Olney Swim Center

56317	9/8	Sa	9:50am-10:20am
56318	9/8	Sa	1:10pm-1:40pm
56319	9/9	S	9:50am-10:20am
56320	9/9	S	8:30am-9:00am
56321	9/9	S	11:10am-11:40am
56322	9/11	T	6:00pm-6:30pm
56323	9/12	W	6:20pm-6:50pm
56324	10/20	Sa	9:50am-10:20am
56325	10/20	Sa	1:10pm-1:40pm
56326	10/21	S	9:50am-10:20am
56327	10/21	S	8:30am-9:00am
56328	10/21	S	11:10am-11:40am
56329	10/23	T	6:00pm-6:30pm
56330	10/24	W	6:20pm-6:50pm

### Martin Luther King Jr. Swim Center

55005	9/15	Sa	10:15am-10:45am
55006	9/16	S	10:00am-10:30am
55008	9/19	W	6:10pm-6:40pm
55009	11/3	Sa	10:15am-10:45am
55010	11/3	Sa	11:40am-12:10pm
55011	11/4	S	11:20am-11:50am
55012	11/5	M	5:30pm-6:00pm



# SWIM LESSONS





## Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions**

**\$58**

### Germantown Indoor Swim Center

55644	9/19	W	5:30pm-6:00pm
55646	9/22	Sa	11:05am-11:35am
55647	9/22	Sa	1:05pm-1:35pm
55648	9/23	S	10:25am-10:55am
55649	9/23	S	11:45am-12:15pm
55645	11/7	W	5:30pm-6:00pm

### Kennedy Shriver Aquatic Center

55365	9/11	T	10:30am-11:00am
55366	9/11	T	3:30pm-4:00pm
55367	9/11	T	6:10pm-6:40pm
55368	9/13	Th	9:30am-10:00am
55369	9/15	Sa	11:00am-11:30am
55370	9/15	Sa	1:00pm-1:30pm
55371	9/16	S	10:20am-10:50am
55372	9/16	S	1:00pm-1:30pm
55373	10/30	T	10:30am-11:00am
55374	10/30	T	3:30pm-4:00pm
55375	10/30	T	6:10pm-6:40pm
55376	11/1	Th	9:30am-10:00am
55377	11/3	Sa	11:00am-11:30am
55378	11/3	Sa	1:00pm-1:30pm
55379	11/4	S	10:20am-10:50am
55380	11/4	S	1:00pm-1:30pm

### Martin Luther King Jr. Swim Center

55085	9/15	Sa	9:40am-10:10am
55086	9/15	Sa	1:00pm-1:30pm
55087	9/16	S	12:00pm-12:30pm
55093	9/19	W	5:30pm-6:00pm
55089	11/3	Sa	9:40am-10:10am
55090	11/3	Sa	1:00pm-1:30pm
55091	11/4	S	12:00pm-12:30pm
55092	11/5	M	6:10pm-6:40pm

## Olney Swim Center

52553	9/8	Sa	9:10am-9:40am
52554	9/8	Sa	11:10am-11:40am
52555	9/8	Sa	12:30pm-1:00pm
52556	9/9	S	9:10am-9:40am
52557	9/11	T	6:40pm-7:10pm
52558	9/12	W	5:40pm-6:10pm
52559	9/13	Th	6:00pm-6:30pm
52560	10/20	Sa	9:10am-9:40am
52561	10/20	Sa	11:10am-11:40am
52562	10/20	Sa	12:30pm-1:00pm
52563	10/21	S	9:10am-9:40am
52564	10/22	M	6:20pm-6:50pm
52565	10/23	T	6:40pm-7:10pm
52566	10/24	W	5:40pm-6:10pm
52567	10/25	Th	6:00pm-6:30pm

## Beginner 1

Ages 4-6: Parents do not accompany children. This class is for students who need to learn basic water adjustment skills. Courses meet for six 30 minute sessions. Class size is limited to 5 students.

**6 Sessions**

**\$67**

### Germantown Indoor Swim Center

55796	9/17	M	5:30pm-6:00pm
55797	9/19	W	5:30pm-6:00pm
55801	9/22	Sa	9:45am-10:15am
55802	9/22	Sa	10:25am-10:55am
55803	9/22	Sa	11:05am-11:35am
55804	9/22	Sa	11:45am-12:15pm
55805	9/22	Sa	12:25pm-12:55pm
55806	9/22	Sa	1:05pm-1:35pm
55807	9/23	S	9:45am-10:15am
55808	9/23	S	10:25am-10:55am
55809	9/23	S	11:05am-11:35am
55810	9/23	S	11:45am-12:15pm
55811	9/23	S	12:25pm-12:55pm
55791	9/25	T,Th	5:40pm-6:10pm
55792	9/25	T,Th	5:00pm-5:30pm
55793	9/25	T,Th	6:20pm-6:50pm
55794	10/23	T,Th	5:00pm-5:30pm
55795	10/23	T,Th	6:20pm-6:50pm
55800	10/23	T,Th	5:40pm-6:10pm
55798	11/5	M	5:30pm-6:00pm
55799	11/7	W	5:30pm-6:00pm
55812	11/20	T,Th	6:20pm-6:50pm
55813	11/20	T,Th	5:40pm-6:10pm
55814	11/20	T,Th	5:00pm-5:30pm

# SWIM LESSONS





**Kennedy Shriver Aquatic Center**

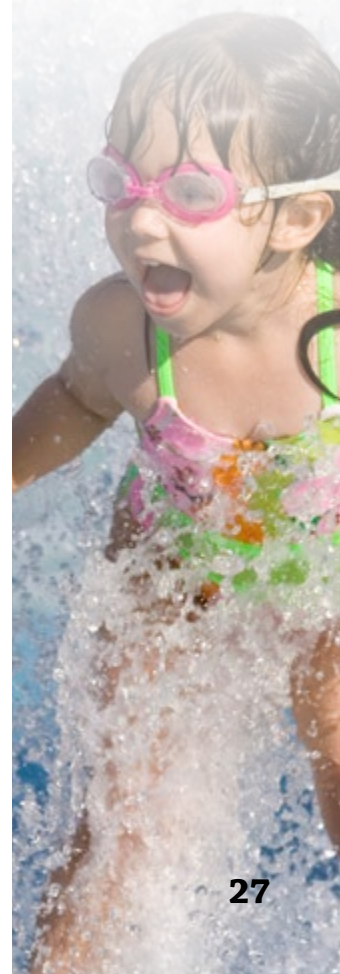
55381	9/10	M	10:00am-10:30am
55382	9/10	M	6:10pm-6:40pm
55383	9/11	T	4:50pm-5:20pm
55384	9/11	T	6:10pm-6:40pm
55385	9/13	Th	10:30am-11:00am
55386	9/13	Th	3:30pm-4:00pm
55387	9/13	Th	5:30pm-6:00pm
55388	9/15	Sa	9:40am-10:10am
55389	9/15	Sa	10:20am-10:50am
55390	9/15	Sa	1:00pm-1:30pm
55391	9/16	S	9:00am-9:30am
55392	9/16	S	10:20am-10:50am
55393	9/16	S	12:20pm-12:50pm
55394	9/16	S	1:00pm-1:30pm
55395	10/29	M	10:00am-10:30am
55396	10/29	M	6:10pm-6:40pm
55397	10/30	T	4:50pm-5:20pm
55398	10/30	T	6:10pm-6:40pm
55399	11/1	Th	10:30am-11:00am
55400	11/1	Th	3:30pm-4:00pm
55401	11/1	Th	5:30pm-6:00pm
55402	11/3	Sa	9:40am-10:10am
55403	11/3	Sa	10:20am-10:50am
55404	11/3	Sa	1:00pm-1:30pm
55405	11/4	S	9:00am-9:30am
55406	11/4	S	10:20am-10:50am
55407	11/4	S	12:20pm-12:50pm
55408	11/4	S	1:00pm-1:30pm

**Martin Luther King Jr. Swim Center**

55014	9/15	Sa	9:40am-10:10am
55015	9/15	Sa	11:00am-11:30am
55016	9/15	Sa	12:20pm-12:50pm
55017	9/15	Sa	1:00pm-1:30pm
55018	9/16	S	10:40am-11:10am
55019	9/16	S	12:00pm-12:30pm
55020	9/17	M	5:30pm-6:00pm
55021	9/17	M	6:50pm-7:20pm
55022	9/18	T	5:30pm-6:00pm
55023	9/18	T	6:50pm-7:20pm
55024	9/19	W	6:50pm-7:20pm
55025	9/20	Th	5:30pm-6:00pm
55026	9/20	Th	6:10pm-6:40pm
55027	11/3	Sa	9:40am-10:10am
55028	11/3	Sa	11:00am-11:30am
55029	11/3	Sa	11:40am-12:10pm
55030	11/3	Sa	12:20pm-12:50pm
55031	11/3	Sa	1:00pm-1:30pm
55032	11/4	S	10:40am-11:10am
55033	11/4	S	12:00pm-12:30pm
55035	11/6	T	5:30pm-6:00pm
55036	11/6	T	6:50pm-7:20pm
55034	11/7	W	5:30pm-6:00pm
55037	11/7	W	6:10pm-6:40pm
55038	11/8	Th	5:30pm-6:00pm

**Olney Swim Center**

52457	9/8	Sa	9:10am-9:40am
52458	9/8	Sa	9:50am-10:20am
52459	9/8	Sa	10:30am-11:00am
52460	9/8	Sa	11:10am-11:40am
52461	9/8	Sa	11:50am-12:20pm
52462	9/8	Sa	12:30pm-1:00pm
52463	9/8	Sa	1:10pm-1:40pm
52464	9/8	Sa	1:10pm-1:40pm
52465	9/9	S	9:10am-9:40am
52466	9/9	S	9:50am-10:20am
52467	9/9	S	10:30am-11:00am
52468	9/9	S	11:10am-11:40am
52469	9/10	M	5:40pm-6:10pm
52470	9/10	M	7:00pm-7:30pm
52473	9/10	M	5:40pm-6:10pm
52471	9/11	T	6:00pm-6:30pm
52472	9/11	T	5:20pm-5:50pm
52474	9/12	W	6:20pm-6:50pm
52475	9/12	W	5:40pm-6:10pm
52476	9/12	W	5:40pm-6:10pm
52477	9/13	Th	6:00pm-6:30pm
52478	9/13	Th	6:40pm-7:10pm
52479	10/20	Sa	9:50am-10:20am
52480	10/20	Sa	10:30am-11:00am
52481	10/20	Sa	11:10am-11:40am
52482	10/20	Sa	11:50am-12:20pm
52483	10/20	Sa	12:30pm-1:00pm
52484	10/20	Sa	1:10pm-1:40pm
52485	10/20	Sa	1:10pm-1:40pm
52486	10/21	S	9:10am-9:40am
52487	10/21	S	9:50am-10:20am
52488	10/21	S	10:30am-11:00am
52489	10/21	S	11:10am-11:40am
52490	10/22	M	5:40pm-6:10pm
52491	10/22	M	7:00pm-7:30pm
52492	10/23	T	6:00pm-6:30pm
52493	10/23	T	5:20pm-5:50pm
52494	10/24	W	6:20pm-6:50pm
52495	10/24	W	5:40pm-6:10pm
52496	10/24	W	5:40pm-6:10pm
52497	10/25	Th	6:00pm-6:30pm
52498	10/25	Th	6:40pm-7:10pm

*Easy, Fast, Secure!**Active*  
MONTGOMERY[ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)**SWIM LESSONS**



## Beginner 2

Ages 4-6: Parents do not accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30 minute sessions. Class size is limited to 6 students.

**6 Sessions**

**\$65**

### Germantown Indoor Swim Center

55776	9/17	M	6:10pm-6:40pm
55777	9/19	W	6:10pm-6:40pm
55780	9/22	Sa	10:25am-10:55am
55781	9/22	Sa	11:05am-11:35am
55782	9/22	Sa	12:25pm-12:55pm
55783	9/22	Sa	1:05pm-1:35pm
55784	9/23	S	9:45am-10:15am
55785	9/23	S	10:25am-10:55am
55786	9/23	S	11:45am-12:15pm
55787	9/23	S	12:25pm-12:55pm
55770	9/25	T,Th	5:40pm-6:10pm
55771	9/25	T,Th	6:20pm-6:50pm
55772	9/25	T,Th	5:00pm-5:30pm
55773	10/23	T,Th	5:00pm-5:30pm
55774	10/23	T,Th	5:40pm-6:10pm
55775	10/23	T,Th	6:20pm-6:50pm
55778	11/5	M	6:10pm-6:40pm
55779	11/7	W	6:10pm-6:40pm
55788	11/20	T,Th	5:40pm-6:10pm
55789	11/20	T,Th	6:20pm-6:50pm
55790	11/20	T,Th	5:00pm-5:30pm

### Kennedy Shriver Aquatic Center

55409	9/10	M	5:30pm-6:00pm
55410	9/11	T	5:30pm-6:00pm
55411	9/12	W	5:30pm-6:00pm
55412	9/13	Th	4:10pm-4:40pm
55413	9/15	Sa	9:00am-9:30am
55414	9/15	Sa	9:40am-10:10am
55415	9/15	Sa	11:40am-12:10pm
55416	9/15	Sa	12:20pm-12:50pm
55417	9/16	S	9:40am-10:10am
55418	9/16	S	11:40am-12:10pm
55419	9/16	S	12:20pm-12:50pm
55420	10/29	M	5:30pm-6:00pm
55421	10/30	T	5:30pm-6:00pm
55422	10/31	W	5:30pm-6:00pm
55423	11/1	Th	4:10pm-4:40pm
55424	11/3	Sa	9:00am-9:30am
55425	11/3	Sa	9:40am-10:10am
55426	11/3	Sa	11:40am-12:10pm
55427	11/3	Sa	12:20pm-12:50pm
55428	11/4	S	9:40am-10:10am
55429	11/4	S	11:40am-12:10pm
55430	11/4	S	12:20pm-12:50pm

## Martin Luther King Jr. Swim Center

55039	9/15	Sa	9:40am-10:10am
55040	9/15	Sa	10:15am-10:45am
55041	9/15	Sa	11:00am-11:30am
55042	9/15	Sa	11:40am-12:10pm
55043	9/15	Sa	12:20pm-12:50pm
55044	9/16	S	10:00am-10:30am
55045	9/16	S	12:00pm-12:30pm
55661	9/17	M	5:30pm-6:00pm
55046	9/17	M	6:50pm-7:20pm
55047	9/18	T	6:10pm-6:40pm
55048	9/18	T	6:50pm-7:20pm
55049	9/19	W	5:30pm-6:00pm
55050	9/20	Th	5:30pm-6:00pm
55051	9/20	Th	6:50pm-7:20pm
55052	11/3	Sa	9:40am-10:10am
55053	11/3	Sa	10:15am-10:45am
55054	11/3	Sa	11:40am-12:10pm
55055	11/3	Sa	1:00pm-1:30pm
55056	11/4	S	10:00am-10:30am
55057	11/4	S	11:20am-11:50am
55058	11/4	S	12:00pm-12:30pm
55059	11/5	M	5:30pm-6:00pm
55662	11/5	M	6:50pm-7:20pm
55060	11/6	T	6:50pm-7:20pm
55061	11/7	W	5:30pm-6:00pm
55062	11/7	W	6:10pm-6:40pm
55063	11/8	Th	5:30pm-6:00pm
55064	11/8	Th	6:10pm-6:40pm
55065	11/8	Th	6:50pm-7:20pm

### Olney Swim Center

52499	9/8	Sa	9:50am-10:20am
52500	9/8	Sa	11:10am-11:40am
52501	9/8	Sa	11:50am-12:20pm
52502	9/8	Sa	12:30pm-1:00pm
52503	9/9	S	9:10am-9:40am
52504	9/9	S	9:50am-10:20am
52505	9/9	S	10:30am-11:00am
52506	9/9	S	11:10am-11:40am
52507	9/10	M	6:20pm-6:50pm
52508	9/10	M	5:40pm-6:10pm
52509	9/11	T	6:00pm-6:30pm
52510	9/11	T	5:20pm-5:50pm
52511	9/11	T	6:40pm-7:10pm
52512	9/12	W	7:00pm-7:30pm
52513	9/13	Th	5:20pm-5:50pm
52514	9/13	Th	6:40pm-7:10pm
52515	10/20	Sa	9:50am-10:20am
52516	10/20	Sa	11:10am-11:40am
52517	10/20	Sa	11:50am-12:20pm
52518	10/20	Sa	12:30pm-1:00pm
52519	10/21	S	9:10am-9:40am
52520	10/21	S	9:50am-10:20am
52521	10/21	S	11:10am-11:40am
52522	10/22	M	6:20pm-6:50pm
52523	10/22	M	5:40pm-6:10pm
52524	10/23	T	6:00pm-6:30pm

# SWIM LESSONS





52525	10/23	T	5:20pm-5:50pm
52526	10/23	T	6:40pm-7:10pm
52527	10/24	W	7:00pm-7:30pm
52528	10/25	Th	5:20pm-5:50pm
52529	10/25	Th	6:40pm-7:10pm

## Beginner 3

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions

\$65

### Germantown Indoor Swim Center

55760	9/17	M	5:30pm-6:00pm
55762	9/22	Sa	9:45am-10:15am
55763	9/22	Sa	11:05am-11:35am
55764	9/22	Sa	1:05pm-1:35pm
55765	9/23	S	10:25am-10:55am
55766	9/23	S	11:05am-11:35am
55767	9/23	S	11:45am-12:15pm
55755	9/25	T,Th	5:00pm-5:30pm
55756	9/25	T,Th	5:40pm-6:10pm
55757	10/23	T,Th	5:00pm-5:30pm
55758	10/23	T,Th	5:40pm-6:10pm
55759	10/23	T,Th	6:20pm-6:50pm
55761	11/5	M	5:30pm-6:00pm
55768	11/20	T,Th	5:00pm-5:30pm
55769	11/20	T,Th	5:40pm-6:10pm

### Kennedy Shriver Aquatic Center

55431	9/11	T	4:10pm-4:40pm
55432	9/12	W	5:30pm-6:00pm
55433	9/13	Th	4:50pm-5:20pm
55434	9/13	Th	6:10pm-6:40pm
55435	9/15	Sa	9:00am-9:30am
55436	9/15	Sa	11:00am-11:30am
55437	9/15	Sa	11:40am-12:10pm
55438	9/15	Sa	1:00pm-1:30pm
55439	9/16	S	9:00am-9:30am
55440	9/16	S	9:40am-10:10am
55441	9/16	S	11:00am-11:30am
55442	10/30	T	4:10pm-4:40pm
55443	10/31	W	5:30pm-6:00pm
55444	11/1	Th	4:50pm-5:20pm
55445	11/1	Th	6:10pm-6:40pm
55446	11/3	Sa	9:00am-9:30am
55447	11/3	Sa	11:00am-11:30am
55448	11/3	Sa	11:40am-12:10pm
55449	11/3	Sa	1:00pm-1:30pm
55450	11/4	S	9:00am-9:30am
55451	11/4	S	9:40am-10:10am
55452	11/4	S	11:00am-11:30am

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.



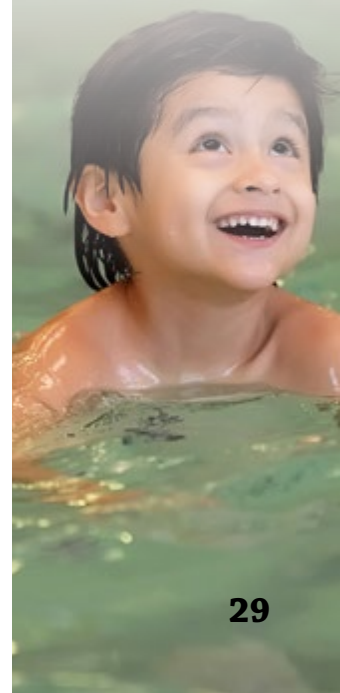
# SWIM LESSONS

### Martin Luther King Jr. Swim Center

55066	9/15	Sa	10:15am-10:45am
55067	9/16	S	10:40am-11:10am
55068	9/16	S	11:20am-11:50am
55069	9/17	M	6:10pm-6:40pm
55070	9/19	W	6:50pm-7:20pm
55079	11/1	Th	6:50pm-7:20pm
55071	11/3	Sa	11:00am-11:30am
55072	11/3	Sa	12:20pm-12:50pm
55073	11/4	S	10:00am-10:30am
55074	11/4	S	10:40am-11:10am
55075	11/5	M	6:10pm-6:40pm
55076	11/6	T	6:10pm-6:40pm
55077	11/6	T	7:30pm-8:00pm
55078	11/7	W	6:50pm-7:20pm
55079	11/8	Th	6:50pm-7:20pm

### Olney Swim Center

52530	9/8	Sa	9:50am-10:20am
52531	9/8	Sa	11:50am-12:20pm
52534	9/8	Sa	10:30am-11:00am
52532	9/9	S	9:50am-10:20am
52533	9/9	S	10:30am-11:00am
52544	9/10	M	6:20pm-6:50pm
52535	9/10	M	7:00pm-7:30pm
52536	9/12	W	7:00pm-7:30pm
52537	10/20	Sa	9:50am-10:20am
52538	10/20	Sa	11:50am-12:20pm
52541	10/20	Sa	10:30am-11:00am
52539	10/21	S	9:50am-10:20am
52540	10/21	S	10:30am-11:00am
52542	10/22	M	7:00pm-7:30pm
52543	10/24	W	7:00pm-7:30pm





## Beginner 4

Ages 4-6: Parents do not accompany children. This class is for students who 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. Courses meet for six 30-minute sessions. Class size is limited to six students.

**6 Sessions**

**\$65**

### Germantown Indoor Swim Center

55659	9/22	Sa	11:45am-12:15pm
55660	9/23	S	11:05am-11:35am

### Kennedy Shriver Aquatic Center

55454	9/10	M	5:30pm-6:00pm
55455	9/12	W	6:10pm-6:40pm
55456	9/13	Th	6:10pm-6:40pm
55457	9/15	Sa	11:00am-11:30am
55458	9/15	Sa	12:20pm-12:50pm
55459	9/16	S	10:20am-10:50am
55460	9/16	S	11:00am-11:30am
55461	9/16	S	11:40am-12:10pm
55462	9/16	S	1:00pm-1:30pm
55463	10/29	M	5:30pm-6:00pm
55464	10/31	W	6:10pm-6:40pm
55465	11/1	Th	6:10pm-6:40pm
55466	11/3	Sa	11:00am-11:30am
55467	11/3	Sa	12:20pm-12:50pm
55468	11/4	S	10:20am-10:50am
55469	11/4	S	11:00am-11:30am
55470	11/4	S	11:40am-12:10pm
55471	11/4	S	1:00pm-1:30pm

### Martin Luther King Jr. Swim Center

55080	9/15	Sa	11:40am-12:10pm
55081	9/18	T	7:30pm-8:00pm
55082	11/3	Sa	10:15am-10:45am
55083	11/4	S	11:20am-11:50am
55084	11/8	Th	7:30pm-8:00pm

### Olney Swim Center

52547	9/8	Sa	11:50am-12:20pm
52548	9/9	S	9:10am-9:40am
52549	9/12	W	7:40pm-8:10pm
52550	10/20	Sa	11:50am-12:20pm
52551	10/21	S	9:10am-9:40am
52552	10/24	W	7:40pm-8:10pm

## Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

**6 Sessions**

**\$60**

### Germantown Indoor Swim Center

55610	9/17	M	6:10pm-6:40pm
55604	9/25	T,Th	6:20pm-6:50pm
55606	9/22	Sa	9:45am-10:15am
55607	9/22	Sa	10:25am-10:55am
55608	9/23	S	11:05am-11:35am
55605	11/5	M	6:10pm-6:40pm
55609	11/20	T,Th	6:20pm-6:50pm

### Kennedy Shriver Aquatic Center

55477	9/10	M	6:10pm-6:40pm
55478	9/15	Sa	10:20am-10:50am
55479	9/15	Sa	1:00pm-1:30pm
55480	9/16	S	9:40am-10:10am
55481	10/29	M	6:10pm-6:40pm
55482	11/3	Sa	10:20am-10:50am
55483	11/3	Sa	1:00pm-1:30pm
55484	11/4	S	9:40am-10:10am

### Martin Luther King Jr. Swim Center

55098	9/15	Sa	10:15am-10:45am
55099	9/15	Sa	11:40am-12:10pm
55100	9/15	Sa	12:20pm-12:50pm
55101	9/16	S	10:40am-11:10am
55102	9/16	S	12:00pm-12:30pm
55105	9/17	M	6:10pm-6:40pm
55103	9/18	T	6:10pm-6:40pm
55104	9/18	T	7:30pm-8:00pm
55111	9/20	Th	6:50pm-7:20pm
55112	11/3	Sa	11:00am-11:30am
55106	11/3	Sa	12:20pm-12:50pm
55107	11/4	S	10:40am-11:10am
55108	11/6	T	5:30pm-6:00pm
55110	11/7	W	6:50pm-7:20pm
55109	11/8	Th	6:10pm-6:40pm

### Olney Swim Center

52574	9/8	Sa	10:30am-11:00am
52575	9/9	S	8:30am-9:00am
52576	9/10	M	6:20pm-6:50pm
52577	9/11	T	6:40pm-7:10pm
52578	9/12	W	6:20pm-6:50pm
52579	9/12	W	7:00pm-7:30pm
52580	9/13	Th	5:20pm-5:50pm
52581	9/13	Th	6:00pm-6:30pm
52582	10/20	Sa	10:30am-11:00am
52583	10/20	Sa	9:10am-9:40am
52584	10/21	S	8:30am-9:00am
52585	10/23	T	6:40pm-7:10pm
52586	10/24	W	6:20pm-6:50pm
52587	10/24	W	7:00pm-7:30pm
52588	10/25	Th	5:20pm-5:50pm
52589	10/25	Th	6:00pm-6:30pm

# SWIM LESSONS





## Youth Level 2

Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back. Courses meet for six 30-minute sessions. Class size is limited to eight students.

**6 Sessions**

**\$60**

### Germantown Indoor Swim Center

55611	9/19	W	5:30pm-6:00pm
55613	9/22	Sa	11:05am-11:35am
55614	9/22	Sa	11:45am-12:15pm
55615	9/22	Sa	9:45am-10:15am
55616	9/23	S	9:45am-10:15am
55617	9/23	S	11:45am-12:15pm
55612	11/7	W	5:30pm-6:00pm

### Kennedy Shriver Aquatic Center

55485	9/11	T	5:30pm-6:00pm
55486	9/15	Sa	12:20pm-12:50pm
55487	9/16	S	11:40am-12:10pm
55488	9/16	S	12:20pm-12:50pm
55489	10/30	T	5:30pm-6:00pm
55490	11/3	Sa	12:20pm-12:50pm
55491	11/4	S	11:40am-12:10pm
55492	11/4	S	12:20pm-12:50pm

### Olney Swim Center

52590	9/8	Sa	9:50am-10:20am
52591	9/8	Sa	10:30am-11:00am
52592	9/8	Sa	9:10am-9:40am
52593	9/9	S	9:10am-9:40am
52594	9/10	M	7:00pm-7:30pm
52595	9/12	W	7:40pm-8:10pm
52596	9/13	Th	5:20pm-5:50pm
52597	9/13	Th	6:40pm-7:10pm
52598	10/20	Sa	9:50am-10:20am
52599	10/20	Sa	10:30am-11:00am
52600	10/20	Sa	9:10am-9:40am
52601	10/21	S	9:10am-9:40am
52602	10/22	M	7:00pm-7:30pm
52603	10/24	W	7:40pm-8:10pm
52604	10/25	Th	5:20pm-5:50pm
52605	10/25	Th	6:40pm-7:10pm

### Martin Luther King Jr. Swim Center

55113	9/15	Sa	11:00am-11:30am
55114	9/15	Sa	1:00pm-1:30pm
55115	9/16	S	11:20am-11:50am
55116	9/18	T	5:30pm-6:00pm
55117	9/18	T	8:10pm-8:40pm
55118	9/20	Th	6:10pm-6:40pm
55119	11/3	Sa	11:40am-12:10pm
55120	11/3	Sa	12:20pm-12:50pm
55121	11/4	S	11:20am-11:50am
55122	11/6	T	6:10pm-6:40pm
55123	11/6	T	7:30pm-8:00pm
55124	11/8	Th	7:30pm-8:00pm



# SWIM LESSONS

### Four Ways to Register

#### 1. ONLINE

Register 24 hours a day, seven days a week for **all** activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

#### 2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

#### 3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

#### 4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.).



## Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

### Germantown Indoor Swim Center

55618	9/19	W	6:10pm-6:40pm
55620	9/22	Sa	12:25pm-12:55pm
55621	9/22	Sa	1:05pm-1:35pm
55622	9/23	S	10:25am-10:55am
55623	9/23	S	12:25pm-12:55pm
55619	11/7	W	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

55493	9/15	Sa	9:40am-10:10am
55494	9/15	Sa	11:00am-11:30am
55495	9/15	Sa	11:40am-12:10pm
55496	9/16	S	10:20am-10:50am
55497	9/16	S	11:00am-11:30am
55498	11/3	Sa	9:40am-10:10am
55499	11/3	Sa	11:00am-11:30am
55500	11/3	Sa	11:40am-12:10pm
55501	11/4	S	10:20am-10:50am
55502	11/4	S	11:00am-11:30am

### Martin Luther King Jr. Swim Center

55125	9/15	Sa	11:00am-11:30am
55126	9/15	Sa	1:00pm-1:30pm
55127	9/16	S	10:00am-10:30am
55128	9/16	S	10:40am-11:10am
55129	9/18	T	8:10pm-8:40pm
55130	9/20	Th	7:30pm-8:00pm
55131	11/3	Sa	11:40am-12:10pm
55132	11/3	Sa	1:00pm-1:30pm
55133	11/4	S	11:20am-11:50am
55134	11/4	S	12:00pm-12:30pm
55135	11/6	T	8:10pm-8:40pm

### Olney Swim Center

52606	9/8	Sa	1:10pm-1:40pm
52607	9/8	Sa	11:10am-11:40am
52608	9/9	S	9:50am-10:20am
52609	9/10	M	7:40pm-8:10pm
52610	9/13	Th	7:20pm-7:50pm
52611	10/20	Sa	1:10pm-1:40pm
52612	10/20	Sa	11:10am-11:40am
52613	10/21	S	9:50am-10:20am
52614	10/21	S	10:30am-11:00am
52615	10/22	M	7:40pm-8:10pm
52617	10/25	Th	7:20pm-7:50pm

## Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

### Germantown Indoor Swim Center

55624	9/22	Sa	12:25pm-12:55pm
55625	9/22	Sa	1:05pm-1:35pm
55626	9/23	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

55503	9/15	Sa	11:40am-12:10pm
55504	9/16	S	11:00am-11:30am
55505	9/16	S	12:20pm-12:50pm
55506	9/16	S	1:00pm-1:30pm
55507	11/3	Sa	11:40am-12:10pm
55508	11/4	S	11:00am-11:30am
55509	11/4	S	12:20pm-12:50pm
55510	11/4	S	1:00pm-1:30pm

### Martin Luther King Jr. Swim Center

55136	9/15	Sa	12:20pm-12:50pm
55137	9/16	S	10:00am-10:30am
55138	9/16	S	11:20am-11:50am
55139	9/20	Th	8:10pm-8:40pm
55140	11/3	Sa	10:15am-10:45am
55141	11/3	Sa	12:20pm-12:50pm
55142	11/4	S	12:00pm-12:30pm
55143	11/6	T	8:10pm-8:40pm

### Olney Swim Center

52618	9/8	Sa	11:10am-11:40am
52619	9/8	Sa	11:50am-12:20pm
52620	9/9	S	10:30am-11:00am
52621	9/9	S	11:10am-11:40am
52622	9/10	M	7:40pm-8:10pm
52623	9/12	W	7:40pm-8:10pm
52624	10/20	Sa	11:10am-11:40am
52625	10/20	Sa	11:50am-12:20pm
52626	10/21	S	10:30am-11:00am
52627	10/22	M	7:40pm-8:10pm
52628	10/24	W	7:40pm-8:10pm

# SWIM LESSONS





*"Montgomery Recreation  
has so many things  
to choose from.  
Wish we had time  
to do more."  
-Jennifer C.*

## Youth Level 5

Ages 7-13: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

55627	9/22	Sa	11:45am-12:15pm
55628	9/22	Sa	12:25pm-12:55pm
55629	9/23	S	11:05am-11:35am

### Kennedy Shriver Aquatic Center

55511	9/15	Sa	1:00pm-1:30pm
55512	9/16	S	1:00pm-1:30pm
55513	11/3	Sa	1:00pm-1:30pm
55514	11/4	S	1:00pm-1:30pm

### Martin Luther King Jr. Swim Center

55144	9/15	Sa	12:20pm-12:50pm
55145	9/16	S	10:40am-11:10am
55146	9/20	Th	8:10pm-8:40pm
55147	11/3	Sa	11:00am-11:30am
55148	11/4	S	10:00am-10:30am
55149	11/8	Th	8:10pm-8:40pm

### Olney Swim Center

52629	9/8	Sa	1:10pm-1:40pm
52630	9/8	Sa	12:30pm-1:00pm
52631	9/9	S	11:10am-11:40am
52632	9/11	T	7:20pm-7:50pm
52633	10/20	Sa	1:10pm-1:40pm
52634	10/20	Sa	12:30pm-1:00pm
52635	10/21	S	11:10am-11:40am
52636	10/23	T	7:20pm-7:50pm

## Youth Level 6

Ages 7-13: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Course meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

55630	9/22	Sa	10:25am-10:55am
55631	9/23	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

55515	9/15	Sa	12:20pm-12:50pm
55516	9/16	S	12:20pm-12:50pm
55517	11/3	Sa	12:20pm-12:50pm
55518	11/4	S	12:20pm-12:50pm

### Martin Luther King Jr. Swim Center

55150	9/15	Sa	1:00pm-1:30pm
55155	9/16	S	11:20am-11:50am
55151	9/20	Th	7:30pm-8:00pm
55152	11/3	Sa	1:00pm-1:30pm
55153	11/4	S	10:40am-11:10am
55154	11/8	Th	8:10pm-8:40pm

### Olney Swim Center

52637	9/8	Sa	12:30pm-1:00pm
52638	10/20	Sa	12:30pm-1:00pm
52639	10/21	S	11:10am-11:40am

## More Convenient

### *Customer Service Hours*

Our new hours are:

**9:30 a.m. - 4 p.m.**

**Monday-Friday**

At our Administrative  
Headquarters located at:

4010 Randolph Road  
Silver Spring, MD 20902  
240-777-6840



# SWIM LESSONS





## SWIM LESSONS

## Adult Level 1

Ages 14 & Up: This class is designed for students who are fearful of the water, who may have had a bad experience in the water. Participants will work on basic water-adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to six students.

**6 Sessions** **\$67**

### Germantown Indoor Swim Center

55632	9/17	M	5:30pm-6:00pm
55634	9/22	Sa	11:05am-11:35am
55635	9/23	S	10:25am-10:55am
55633	11/5	M	5:30pm-6:00pm

### Kennedy Shriver Aquatic Center

55519	9/13	Th	8:30pm-9:00pm
55520	9/15	Sa	11:00am-11:30am
55521	9/16	S	10:20am-10:50am
55522	11/1	Th	8:30pm-9:00pm
55523	11/3	Sa	11:00am-11:30am
55524	11/4	S	10:20am-10:50am

### Martin Luther King Jr. Swim Center

54988	9/15	Sa	11:00am-11:30am
54989	9/16	S	10:00am-10:30am
54990	9/18	T	8:50pm-9:20pm
54991	11/4	S	10:00am-10:30am
54992	11/6	T	8:50pm-9:20pm

### Olney Swim Center

52448	9/10	M	7:40pm-8:10pm
52449	9/13	Th	7:20pm-7:50pm
52450	10/18	Th	8:00pm-8:30pm



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County  
Recreation  
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## Now Hiring: Part Time Staff

Part-time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you or call the Aquatics Office at 240-777-6860.

## Adult Level 2

Ages 14 & Up: This class is designed for teenagers and adults who are already water-adjusted. Students must be able to submerge for 3 seconds and float on their front. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Germantown Indoor Swim Center

55636	9/17	M	6:10pm-6:40pm
55638	9/22	Sa	10:25am-10:55am
55639	9/23	S	9:45am-10:15am
55637	11/5	M	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

55525	9/15	Sa	10:20am-10:50am
55526	11/3	Sa	10:20am-10:50am

### Martin Luther King Jr. Swim Center

54993	9/15	Sa	10:15am-10:45am
54994	9/16	S	12:00pm-12:30pm
54995	9/18	T	8:50pm-9:20pm
54996	11/3	Sa	10:15am-10:45am
54997	11/4	S	10:40am-11:10am
54998	11/6	T	8:50pm-9:20pm

### Olney Swim Center

52451	9/11	T	8:00pm-8:30pm
52452	10/23	T	8:00pm-8:30pm



## Adult Level 3

Ages 14 & Up: This class is designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Germantown Indoor Swim Center

55640	9/22	Sa	9:45am-10:15am
55641	9/23	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

55527	9/15	Sa	9:40am-10:10am
55528	11/3	Sa	9:40am-10:10am

### Martin Luther King Jr. Swim Center

54999	9/15	Sa	11:40am-12:10pm
55000	9/20	Th	8:50pm-9:20pm
55001	11/3	Sa	11:00am-11:30am
55002	11/8	Th	8:50pm-9:20pm

### Olney Swim Center

52453	9/11	T	7:20pm-7:50pm
52454	10/23	T	7:20pm-7:50pm

## Adult Level 4

Ages 14 & Up: This class is designed for teenagers and adults who can already swim a coordinated front and back crawl for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Germantown Indoor Swim Center

55642	9/22	Sa	11:45am-12:15pm
55643	9/23	S	11:45am-12:15pm

### Kennedy Shriver Aquatic Center

55529	9/11	T	8:30pm-9:00pm
55530	9/16	S	11:40am-12:10pm
55531	10/30	T	8:30pm-9:00pm
55532	11/4	S	11:40am-12:10pm



### Martin Luther King Jr. Swim Center

55003	9/20	Th	8:50pm-9:20pm
55004	11/8	Th	8:50pm-9:20pm

### Olney Swim Center

52455	9/13	Th	8:00pm-8:30pm
52456	10/25	Th	8:00pm-8:30pm

## Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim 1 length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Kennedy Shriver Aquatic Center

55533	9/12	W	8:30pm-9:00pm
55534	10/31	W	8:30pm-9:00pm

## Adult Swim for Conditioning

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

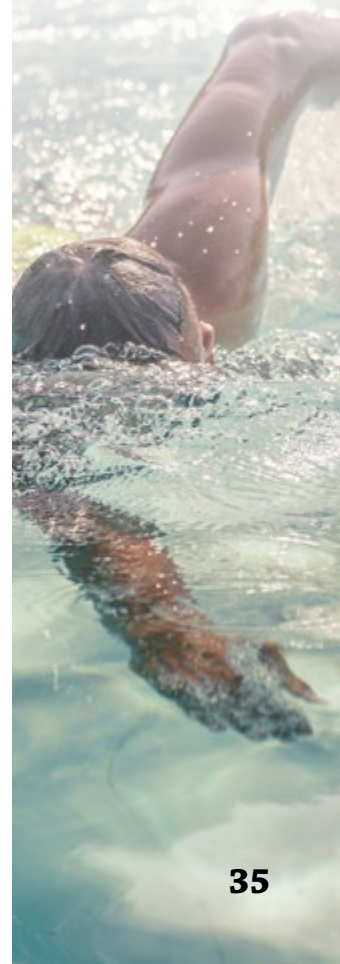
**6 Sessions** **\$65**

### Kennedy Shriver Aquatic Center

55536	9/10	M	8:30pm-9:00pm
55537	10/29	M	8:30pm-9:00pm

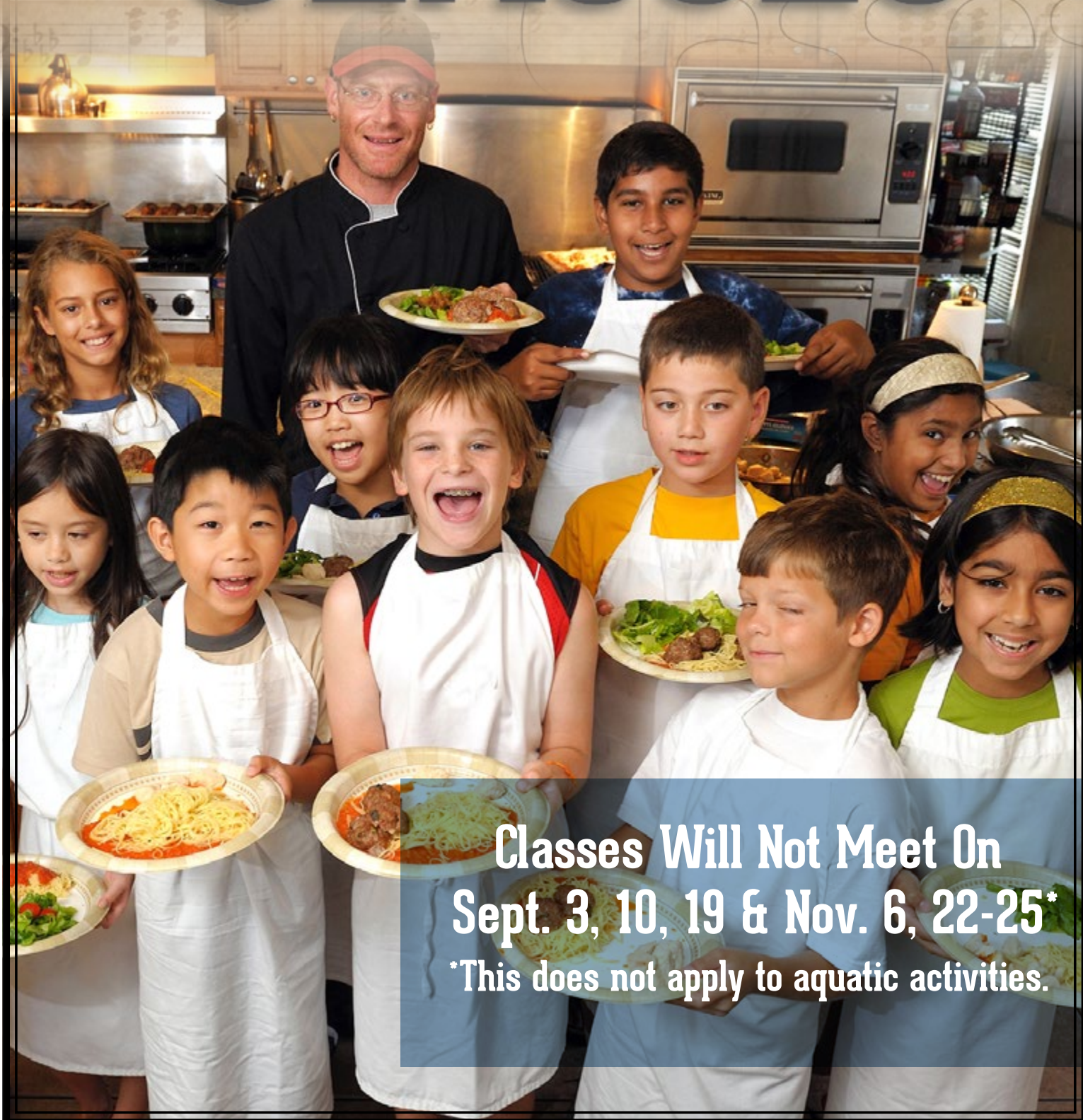


# SWIM LESSONS





# CLASSES



**Classes Will Not Meet On  
Sept. 3, 10, 19 & Nov. 6, 22-25\***

**\*This does not apply to aquatic activities.**



# TOT/YOUTH ARTS & CRAFTS

## Abrakadoodle: Twoosy Doodlers

Ages 2-3: Our youngest artists explore paints, modeling compounds, oil pastels, watercolors and other art materials. They roll, scribble, shake and pound as they learn about color, shape and form, while building the hand-eye coordination and fine motor skills they'll need later in school to write and draw. A \$30 material is included in the class price.

### 10 Sessions \$160

Instructor: Stephanie Burke

54669	Coffield CRC	9/20	Th	11:15am-12:00pm
54670	Mid County CRC	9/17	M	10:15am-11:00am
54674	White Oak CRC	9/21	F	11:30am-12:15pm

### 10 Sessions \$160

Instructor: Nancy Delasos

54675	Wisconsin Pl. RC	9/20	Th	9:30am-10:15am
54676	Potomac CRC	9/21	F	9:30am-10:15am
54677	N. Potomac CRC	9/18	T	4:15pm-5:00pm

## Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. \$7 material fee due at first session.

### 10 Sessions \$100

Instructor: Tatiana Martin

53822	Longwood CRC	9/22	Sa	10:15am-11:15am
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## Art Studio

Ages 9-15: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. \$7 material fee due at first session.

### 10 Sessions \$100

Instructor: Tatiana Martin

53823	Longwood CRC	9/22	Sa	11:30am-12:30pm
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## Draw and Clay - Medieval Times

Ages 4-9: In this session we will combine math and science through art as we learn about castles, princesses, knights and dragons. We will draw, paint and sculpt in clay. \$12 material fee due at first session.

### 6 Sessions \$82

Instructor: Yolanda Prinsloo

54738	Germantown CRC	9/25	T	5:15pm-6:15pm
54741	Bauer Drive CRC	9/26	W	5:40pm-6:40pm
54744	Upper County CRC	9/29	Sa	10:00am-11:00am



## Learning Art from the Masters - American Pop Art

Ages 5-13: Learn about and discover American pop art. We will draw, paint and sculpt in clay. \$12 material fee due at first session.

### 6 Sessions \$82

Instructor: Yolanda Prinsloo

54747	Germantown CRC	9/25	T	6:30pm-7:30pm
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## NEW Mini Doodlers: Tell Me a Story

Ages 2-3: Participants will learn to tell stories through art. Using Model Magic modeling dough and other art mediums, mini doodlers will create art based on the story and illustrations of books read in class. Artwork will take on a three-dimensional effect with shapes that pop off the page and other architectural designs. A \$30 material is included in the class price.

### 10 Sessions \$160

Instructor: Nancy Delasos

54716	Clara Barton NRC	9/17	M	4:00pm-4:45pm
54717	Lawton CRC	9/18	T	9:30am-10:15am
54726	RSC-B-CC	9/18	T	9:30am-10:15am

## Young Rembrandts: Keep with the Seasons

Ages 6-13: Fall continues with new sessions for Young Rembrandts! Students will have a blast drawing their favorite emojis in a fun collage as well as exploring color with our watch color wheel lesson. Seasonal art will be a hit, as we do a cartoon style drawing of a dog with antlers and a graphic of Candy Canes. They will love it!

### 6 Sessions \$90

Instructor: Young Rembrandts

55599	Glenallen ES	10/29	M	6:30pm-7:30pm
55600	N. Potomac CRC	10/30	T	6:30pm-7:30pm
55601	Bauer Drive CRC	11/1	Th	6:00pm-7:00pm

# ARTS & CRAFTS



## Young Rembrandts: Learn to Draw

Ages 6-13: Young Rembrandts drawing classes introduces to students a bountiful selection of drawings and a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom!

**6 Sessions \$90**

Instructor: Young Rembrandts

55595	Glenallen ES	9/17	M	6:30pm-7:30pm
55596	N. Potomac CRC	9/18	T	6:30pm-7:30pm
55597	Germantown CRC	9/26	W	6:00pm-7:00pm
55598	Bauer Drive CRC	9/20	Th	6:00pm-7:00pm

## Kids Sew and Tell

Ages 9-16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, making a slit or hem, and measuring. A supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

**6 Sessions \$125**

Instructor: Nora Elias

55578	Bauer Drive CRC	9/22	Sa	11:15am-1:15pm
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# ADULTS ARTS & CRAFTS

## Arts

### Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. For supply list contact Margaret at 301-318-8319. \$8 material fee due at first session. All ability levels welcome.

**8 Sessions \$144**

Instructor: Margaret Deskin

55819	Bauer Drive CRC	9/22	Sa	10:30am-12:30pm
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### Advanced Right Brained Drawing

Ages 12 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil or watercolor. For students with drawing experience.

**10 Sessions \$140**

Instructor: Yolanda Prinsloo

54730	Potomac CRC	9/17	M	7:15pm-9:00pm
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### Beginner Right Brained Drawing

Ages 12 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$5 material fee to first session.

**10 Sessions \$140**

Instructor: Yolanda Prinsloo

54728	Potomac CRC	9/17	M	5:15pm-7:00pm
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### Beginning Painting with Brandi

Ages 18 & Up: This beginners painting class is designed to enhance socialization skills, promote creativity at any level and have fun while learning to paint.

**8 Sessions \$80**

Instructor: Brandi Seaborn

55933	Bauer Drive CRC	9/26	W	1:00pm-2:00pm
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## Sip and Paint with Brandi

Ages 21 & Up: Enjoy a fun evening out while our instructor guides you through the featured painting step by step while you sip on a refreshing glass of wine. Just bring you and your creativity and we will supply the rest. \$15 material fee due at class.

### 1 Sessions \$30

Instructor: Brandi Seaborn

55990 N. Potomac CRC 9/14 F 7:00pm-9:00pm

55991 Lawton CRC 10/5 F 7:00pm-9:00pm

## Crafts

### Card & Paper Crafting with Mixed Media

Ages 13 & Up: Students will learn to make up to 4 custom-crafted greeting cards using dies, stamps/inks, embossing folders and simple embellishments. Class members will also learn about attractive card layout and design. All supplies provided. Contact Nancy Loomis for more info: nancy12345678@gmail.com or 813-205-3003.

### 1 Sessions \$45

Instructor: Nancy Loomis

55924 Holiday Park SC 9/15 Sa 1:00pm-4:00pm

55925 Holiday Park SC 10/13 Sa 1:00pm-4:00pm

55926 Holiday Park SC 11/3 Sa 1:00pm-4:00pm

55927 Holiday Park SC 12/8 Sa 1:00pm-4:00pm

### It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cut out fabric, hem, how to make a slit and measure. Sewing machines will be available or you can bring your own. Supply list will be on your receipt. \$10 material fee due at first session. All ability levels welcome.

### 2 Sessions \$60

Instructor: Nora Elias

55581 Lawton CRC 9/20 Th 10:30am-1:30pm

55582 Lawton CRC 11/29 Th 10:30am-1:30pm

55583 Bauer Drive CRC 11/10 Sa 11:30am-2:30pm

### 6 Sessions \$125

Instructor: Nora Elias

55577 Bauer Drive CRC 9/22 Sa 1:30pm-3:30pm

55579 Holiday Park SC 9/21 F 10:30am-12:30pm

55580 Lawton CRC 10/4 Th 10:30am-12:30pm

## Fine Arts

### Beginning Drawing With Kritt

Ages 18 & Up: Learn a few simple skills that will help you draw anything, from people and pets to buildings and landscapes. For a supply list contact Penny at 301-989-1799. All ability levels welcome.

### 6 Sessions \$110

Instructor: Penny Kritt

55584 Kritt Studio 9/17 M 10:00am-12:00pm

55585 Kritt Studio 9/17 M 7:00pm-9:00pm

### Beginning Painting With Kritt

Ages 18 & Up: Learn the foundations of watercolor and acrylic painting. Start with a few simple skills and get your brush to make the magic happen. For a supply list contact Penny at 301-989-1799. All ability levels welcome.

### 6 Sessions \$110

Instructor: Penny Kritt

55586 Kritt Studio 9/18 T 10:00am-12:00pm

55587 Kritt Studio 9/18 T 7:00pm-9:00pm

### Drawing Animals with Kritt

Ages 18 & Up: All levels. They're all in your pencil. Draw a cat, dog, lion or turtle! Create great animal portraits. Capture subjects who pose or make quick sketches of those who won't sit or stay! We will work from photos. For supplies, call Penny at 301-989-1799.

### 5 Sessions \$90

Instructor: Penny Kritt

55588 Kritt Studio 10/30 T 10:00am-12:00pm

55589 Kritt Studio 10/30 T 7:00pm-9:00pm

### Oil or Acrylic Painting - Open Studio

Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

### 10 Sessions \$100

Instructor: Karen Helfert

55929 Lawton CRC 9/17 M 2:00pm-4:00pm

55930 Lawton CRC 9/18 T 2:00pm-4:00pm

### Painting Landscapes With Kritt

Ages 18 & Up: With simple steps make mountains and skies that are blue or stormy. Add a forest and a waterfall and a quiet pond or raging river. You've just created a great landscape! You can do it all. For supplies, call Penny at 301-989-1799

### 6 Sessions \$110

Instructor: Penny Kritt

55590 Kritt Studio 10/29 M 10:00am-12:00pm

55591 Kritt Studio 10/29 M 7:00pm-9:00pm

# ARTS & CRAFTS



## Jewelry

### Basic Beading

Ages 12 & Up: Learn beading and stringing techniques for making jewelry. You will complete earrings and a necklace by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due on the day of class.

**1 Sessions \$36**

Instructor: Renee Prioleau  
53820 Wisconsin Pl. CRC 11/3 Sa 10:00am-12:00pm

### Intermediate Beading

Ages 12 & Up: Learn to work with new techniques that use chain and wire in your beading to expand skills learned in the beginner class and take you to the next level. You will complete earrings and a bracelet by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due on the day of class.

**1 Sessions \$36**

Instructor: Renee Prioleau  
53819 Wisconsin Pl. CRC 11/3 Sa 12:00pm-2:00pm

## Pottery

### Advanced Pottery

Ages 16 & Up: Take your pottery to the next level. Both wheel and hand building will be explored as we challenge you to create teapots, casseroles and sculptures. Explore slips, textures and glaze. A \$30 dollar material fee is due to the instructor.

**8 Sessions \$150**

Instructor: Pamela Reid  
55300 White Oak CRC 10/18 Th 6:00pm-8:30pm

### Handcrafted Pottery

Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee due at first session.

**8 Sessions \$205**

Instructor: Valerie Haber  
55560 N. Potomac CRC 9/26 W 10:00am-1:00pm  
55559 N. Potomac CRC 9/26 W 6:00pm-9:00pm

**10 Sessions \$175**

Instructor: Pamela Reid  
55297 White Oak CRC 10/2 T 6:00pm-8:30pm

## Handcrafted Pottery Open Studio

Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Material fee due at first session. Intermediate and advanced levels.

**8 Sessions \$200**

Instructor: Valerie Haber  
55558 N. Potomac CRC 9/17 M 6:00pm-9:00pm

**10 Sessions \$200**

Instructor: Pamela Reid  
55298 White Oak CRC 10/2 T 10:00am-2:00pm

### Pottery at Sligo

Ages 16 & Up: Explore hand building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. A fully equipped studio affords you the opportunity to work toward your own creative goals. All artists have access to a potter's wheel. Material fee due at first session. All ability levels welcome.

**6 Sessions \$144**

Instructor: Angela M. Schreiber  
55280 Sligo Creek ES 9/13 Th 9:30am-12:30pm  
55295 Sligo Creek ES 9/11 T 9:30am-12:30pm  
55296 Sligo Creek ES 9/11 T 7:00pm-10:00pm

**7 Sessions \$168**

Instructor: Margaret Dickerson  
55279 Sligo Creek ES 9/17 M 7:00pm-10:00pm

### Pottery Studio Survey

Ages 17 & Up: This multilevel clay class for both hand building and potters' wheel work will focus on skill development while exploring design elements to make each piece unique and personal. Class will incorporate slips and under glazes to discover how they affect glazed surfaces on the fired, finished work in clay. Designed for participants at all levels. \$30 material fee due at first class.

**9 Sessions \$195**

Instructor: Deborah Bedwell  
55820 Ross Boddy CRC 9/18 T 6:00pm-9:00pm  
55829 Ross Boddy CRC 9/26 W 10:30am-1:30pm



# TOT/YOUTH DANCE

## Ballet

### Ballet

Ages 5- 11: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

#### 10 Sessions \$100

Instructor: Grace Oleson

54006	Coffield CRC	9/17	M	4:30pm-5:15pm
54013	N. Potomac CRC	9/18	T	4:30pm-5:15pm
54017	Arcola ES	9/20	Th	5:15pm-6:00pm
54015	Germantown CRC	9/26	W	5:15pm-6:00pm

### Fairy Tale Ballet

Ages 3-5: Fairy Tale Ballet is a unique and creative program catered to the imaginations of children between the ages of 3 and 5. The class incorporates the fundamentals of proper ballet technique in a fun environment, complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination. For more information contact the instructor at 484-431-0849 or ferrignoballet@gmail.com.

#### 10 Sessions \$180

Instructor: Jennifer Ferrigno

#### Ages 3-4

53918	N. Potomac CRC	9/8	Sa	9:10am-9:55am
53944	Lawton CRC	9/25	T	10:15am-11:00am
53919	N. Potomac CRC	9/8	Sa	10:00am-10:45am

#### Ages 3-5

53921	RSC-B-CC	9/15	Sa	9:10am-9:55am
53922	RSC-B-CC	9/15	Sa	10:00am-10:45am

#### Ages 4-5

53920	N. Potomac CRC	9/8	Sa	10:50am-11:35am
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### Jazzmatazz Pre Ballet

Ages 5-8: This introductory class includes creative movement, beginning technical exercises, floor exercise and a performance dance. Dancers should wear leotards, tights and well fitted all leather ballet slippers, in the colors of your choice.

#### 12 Sessions \$120

Instructor: Betsy Saunders

54788	Long Branch CRC	9/22	Sa	11:15am-12:15pm
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### Jazzmatazz Preschool Dance

Ages 3-5: This class provides an introduction to dance through creative movement, using a variety of musical styles that children love. Wear leotards, tights, and well-fitted all-leather ballet slippers. No lace tutus and only short dance skirts please. Children must be toilet trained.

#### 12 Sessions \$120

Instructor: Betsy Saunders

54516	Long Branch CRC	9/22	Sa	10:15am-11:00am
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### Kidz Dance

Ages 3-5: Children will love this introduction to ballet dance. Students will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

#### 10 Sessions \$129

Instructor: Grace Oleson

53911	Coffield CRC	9/17	M	3:30pm-4:15pm
53912	Germantown CRC	9/26	W	3:30pm-4:15pm
53913	Arcola ES	9/20	Th	4:15pm-5:00pm
53914	N. Potomac CRC	9/18	T	3:30pm-4:15pm

### Little Royals Ballet

Ages 4-9: Ballet princesses and princes will cover the fundamentals of classic ballet vocabulary and technique. Students will learn the importance of strength, flexibility, rhythm and musicality in a fun, informal setting. The last class will conclude with a short dance presentation. For more information contact Robyn at info@rldancecompany.com.

#### 10 Sessions \$89

Instructor: Robyn Lindsey

55244	Germantown CRC	9/22	Sa	11:00am-11:45am
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### Tippi Jam (Ballet, Tap, Jazz)

Ages 4-6: Join Tippi Toes® for a positive, upbeat dance class based on original, imaginative, and fun music. Dancers will be in a constant state of motion while they shadow the instructor's dance choreography and practice specific steps across the floor.

#### 8 Sessions \$144

Instructor: Tippi Toes DC

55890	N. Potomac CRC	9/27	Th	11:00am-11:45am
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DANCE





## DANCE

**Youth Ballet**

Ages 5-7: Develop proper ballet techniques while fostering student creativity, concentration and class etiquette. Instructors will introduce steps and combinations at the barre and across the floor in a fun, motivating environment. For more information contact the instructor at ferrignoballet@gmail.com or 484-431-0849.

**10 Sessions** **\$180**

Instructor: Jennifer Ferrigno

**Ages 5-6**

55847 N. Potomac CRC 9/8 Sa 11:45am-12:30pm

**Ages 5-7**

55848 RSC-B-CC 9/15 Sa 11:00am-11:45am

**Ballroom****Juniors I Ballroom Dance**

Ages 8-13: Learn social etiquette, manners, and ballroom technique in a structured, yet fun environment. Acquire dance skills and the steps of five popular ballroom dances while developing discipline, teamwork, and communication. For more information contact Avant Garde Ballroom at 301-881-1436.

**13 Sessions** **\$156**

Instructor: Avant Garde Ballroom Dance Center

55551 Avant Garde 9/12 W 4:30pm-5:15pm

**Hip Hop****Hip Hop for Kids**

Ages 5-15: A high-energy, fun-filled dance program, packed with the latest hip-hop choreography. Students will learn new moves and freestyle skills, unlocking creativity while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For more information contact Robyn at info@rldancecompany.com.

**8 Sessions** **\$69**

Instructor: Robyn Lindsey

**Ages 5-9**

55259 White Oak CRC 9/26 W 6:00pm-6:45pm

**Ages 9-15**

55245 White Oak CRC 9/26 W 7:00pm-7:45pm

**10 Sessions** **\$89**

Instructor: Robyn Lindsey

**Ages 9-15**

55243 Germantown CRC 9/22 Sa 1:00pm-1:45pm

**Hip Hop For Youth**

Ages 8-13: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic break dancing, popping, locking, funk and other unique hip-hop combinations. For more information contact Avant Garde Ballroom at 301-881-1436. No dance experience required.

**13 Sessions** **\$156**

Instructor: Avant Garde Ballroom Dance Center

55552 Avant Garde 9/15 Sa 2:30pm-3:15pm

**Hip Hop Kids**

Ages 5-12: Get ready to pop, lock and rock your body in this action-packed dance program. Learn the latest hip-hop dance moves using old-school tunes and the latest hits. Family and friends will get to see the students showcase their talents on the last day of class in a final performance. All ability levels welcome.

**7 Sessions** **\$85**

Instructor: Shannon Jones

**Ages 5-8**

55232 Plum Gar CRC 9/22 Sa 10:00am-10:45am

55233 Plum Gar CRC 9/17 M 4:30pm-5:15pm

**Ages 9-12**

55234 Plum Gar CRC 9/17 M 5:30pm-6:15pm

**Hippo Hoppo**

Ages 3-6: This class is perfect for introducing your little one to hip-hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. We only use age-appropriate music and hip-hop dance moves to create a love for dance. No dance experience is necessary.

**4 Sessions** **\$38**

Instructor: Robyn Lindsey

55224 Germantown CRC 11/3 Sa 12:00pm-12:45pm

55225 Potomac CRC 11/1 Th 6:00pm-6:45pm

55227 White Oak CRC 11/3 Sa 10:15am-11:00am

**5 Sessions** **\$49**

Instructor: Robyn Lindsey

55222 Germantown CRC 9/22 Sa 12:00pm-12:45pm

55223 Potomac CRC 9/20 Th 6:00pm-6:45pm

55226 White Oak CRC 9/22 Sa 10:15am-11:00am

55235 N. Potomac CRC 9/17 M 6:00pm-6:45pm

55237 N. Potomac CRC 10/29 M 6:00pm-6:45pm







## Playtime & Movement for Tots

### **NEW** Dance with Me

Ages 2-4: This interactive class for parent and child is structured to stimulate coordination and listening skills, creative movement, socialization, and motor development in dancers. This program provides an introduction to the world of dance and bonding for parents and dancers. Costumes and storybooks bring the class to life while students discover learning through play.

**10 Sessions \$180**

Instructor: Jennifer Ferrigno  
53959 Lawton CRC 9/25 T 9:30am-10:15am

### Tiny Toes

Ages 2.5-3.5: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate!

**8 Sessions \$144**

Instructor: Tippi Toes DC  
55889 White Oak CRC 9/22 Sa 10:00am-10:43am  
56471 N. Potomac CRC 9/27 Th 10:30am-11:00am

### **NEW** Toddler and Me Dance

Ages 18m-3y: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with their little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

**8 Sessions \$144**

Instructor: Tippi Toes DC  
55891 White Oak CRC 9/22 Sa 9:15am-10:00am

## Performing Arts

### Bollywood Dance for Toddlers

Ages 2-6: This high-energy, fun and upbeat dance class allows your children to move freely, using their own body movement styles. Children participate at their own pace.

**7 Sessions \$109**

Instructor: Kumud Mathur  
53818 Potomac CRC 10/16 T 5:15pm-6:00pm

### Bollywood Kids

Ages 6-14: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence. For more information contact Kumud Mathur at 301-299-3334.

**7 Sessions \$95**

Instructor: Kumud Mathur  
55262 Potomac CRC 9/18 T 6:15pm-7:00pm



DANCE



## DANCE

## ADULT DANCE

### Ballet

#### Ballet for Adults

Ages 16 & Up: It's never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended. For more information contact Robyn at [info@rldancecompany.com](mailto:info@rldancecompany.com).

**10 Sessions \$89**

Instructor: Robyn Lindsey  
55242 Potomac CRC 9/20 Th 7:00pm-8:00pm

### Ballroom

#### Ballroom I (Couples)

Ages 16 & Up: Beginner level - Gain the basics for students with no prior instruction. Learn proper dance position, how to lead and follow, and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend.

**10 Sessions \$105**

Instructor: Thomas P. Woll  
53801 Holiday Park SC 9/20 Th 7:00pm-8:00pm

**12 Sessions \$120**

Instructor: Rebecca McKinney  
54518 Bethesda ES 9/17 M 7:00pm-8:00pm

#### Ballroom II (Couples)

Ages 16 & Up: After a brief review of Ballroom I dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Intermediate level; prerequisite: Ballroom I.

**10 Sessions \$105**

Instructor: Thomas P. Woll  
53802 Holiday Park SC 9/20 Th 8:00pm-9:00pm

**12 Sessions \$120**

Instructor: Rebecca McKinney  
54524 Bethesda ES 9/17 M 8:00pm-9:00pm  
54525 Lawton CRC 9/20 Th 7:00pm-8:00pm

#### Ballroom III (Couples)

Ages 16 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and Advanced levels; prerequisite: Ballroom II or equivalent.

**10 Sessions \$105**

Instructor: Thomas P. Woll  
53810 Coffield CRC 9/18 T 7:45pm-8:45pm

## INTERNATIONAL

## Folk Dancing

Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.

The first half hour is devoted to assisting beginners experience the culture, music, and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more.

The intermediate/advanced level add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

Contact Phyllis at 301-871-8788 or e-mail [diamonddancecircle@comcast.net](mailto:diamonddancecircle@comcast.net).

Location	Day	Time:
Lawton CRC Social Hall	Monday	7:30-9:45 p.m.

Program is ongoing.

The Center Director may cancel a date if it conflicts with a community event or maintenance issues.





## Ballroom IV (Couples)

Ages 16 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and advanced levels. Prerequisite: Ballroom III or equivalent.

**10 Sessions \$105**

Instructor: Thomas P. Woll  
53803 Holiday Park SC 9/20 Th 9:00pm-10:00pm

## Beginner Social Dance

Ages 17 & Up: These classes will cover the three popular social ballroom dances. Be ready for your next family celebration, wedding or special event. Students will change partners frequently. No partner required. For questions contact Avant Garde Ballroom at 301-881-1436. Beginner level.

**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55535 Avant Garde 9/17 M 7:15pm-8:00pm

## General Dance

### Bachata I

Ages 17 & Up: Learning Bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. For more information contact Avant Garde Ballroom at 301-881-1436. All ability levels welcome. No partner required.

**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55540 Avant Garde 9/18 T 7:00pm-7:45pm

### Bachata II

Ages 17 & Up: Pre requisite Bachata I - For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55553 Avant Garde 9/20 Th 7:00pm-7:45pm

## Salsa Club Dancing I

Ages 17 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Students will change partners frequently. For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55538 Avant Garde 9/18 T 7:00pm-7:45pm

## Salsa Club Dancing II

Ages 17 & Up: Pre requisite Salsa Club I. For more information contact Avant Garde Ballroom at 301-881-1436. No partner required.

**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55554 Avant Garde 9/18 T 7:45pm-8:30pm

## Urban Line Dance

Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. For more information contact Peytrienne at 301-379-5937. Beginner level.

**8 Sessions \$65**

Instructor: Peytrienne McCormick  
53821 Holiday Park SC 9/18 T 6:15pm-7:15pm

## Wedding Ready

Ages 17 & Up: Wedding ready is an 8-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance. For more information contact Avant Garde Ballroom at 301-881-1436.

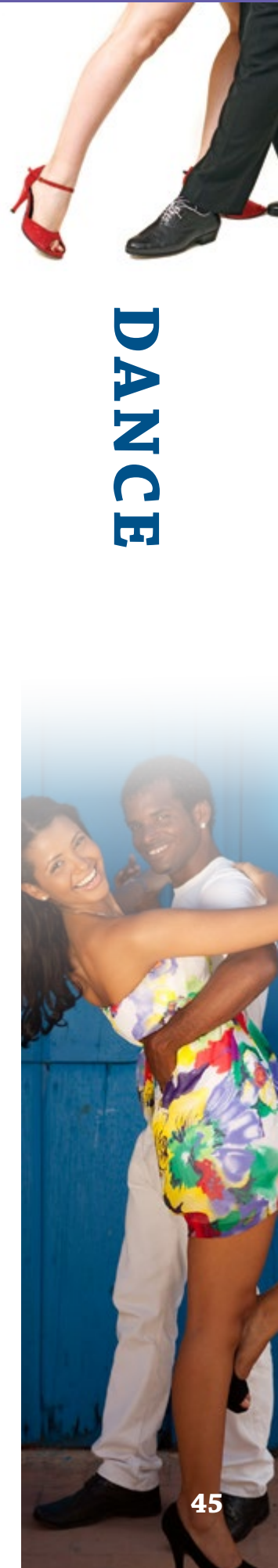
**8 Sessions \$96**

Instructor: Avant Garde Ballroom Dance Center  
55539 Avant Garde 9/18 T 7:15pm-8:00pm

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DANCE





## MUSIC



## Performing Arts

### Bollywood Bhangra Dance Fitness

Ages 14 & Up: Students will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.

**7 Sessions** **\$95**

Instructor: Kumud Mathur  
55264 N. Potomac CRC 9/26 W 7:15pm-8:00pm

### Bollywood Dance Fitness

Ages 14 & Up: Learn the latest in Bollywood dance while getting a great cardio workout. Techniques include hand, foot and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art. Beginner and intermediate levels.

**7 Sessions** **\$95**

Instructor: Kumud Mathur  
55263 Potomac CRC 9/18 T 7:15pm-8:00pm

## Swing

### Swing (couples)

Ages 16 & Up: Get an introduction to East Coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

**12 Sessions** **\$120**

Instructor: Rebecca McKinney  
54527 Lawton CRC 9/20 Th 8:00pm-9:00pm

## TOT/YOUTH MUSIC

### General Music

#### Learn Now Music: The Violinist Within

Ages 5-13: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price. For more information contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

**9 Sessions** **\$225**

Instructor: Learn Now Music  
55884 Longwood CRC 9/22 Sa 11:00am-12:00pm

### Guitar

#### Learn Now Music: HeroeZ of Guitar

Ages 5-13: Be a hero on the guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price. For questions contact Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

**9 Sessions** **\$225**

Instructor: Learn Now Music  
55881 Bauer Drive CRC 9/26 W 7:00pm-8:00pm

### Piano

#### Exploring Music and Piano

Ages 5-11: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. [MM7] Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. \$15 material fee due at first session.

**9 Sessions** **\$225**

Instructor: Geiza Dourado Carvalho

#### Level I A

55236 Norwood LP 9/17 M 5:00pm-6:00pm

#### Level I B - Must complete Level I A

55238 Norwood LP 9/17 M 6:45pm-7:45pm



## Learn Now Music: KeyZ to Piano

Ages 5-13: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class. For more information contact Learn Now Music at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

### 9 Sessions \$225

Instructor: Learn Now Music

55882 Bauer Drive CRC 9/26 W 7:00pm-8:00pm

55883 Mid County CRC 9/17 M 6:30pm-7:30pm

## Learn Now Music: Little Fingers Piano

Ages 2-6: Our youngest musicians participate in musical instruction and age-appropriate theory as well as musical games, special extension curriculum-based activities, musical listening excerpts and more. Each student will be issued free rental instrument and materials to borrow for the duration of the class. Materials are intended for in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. For more information contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com.

### 8 Sessions \$149

Instructor: Learn Now Music

54836 Bauer Drive CRC 9/26 W 10:00am-10:30am

54837 N. Potomac CRC 9/24 M 10:00am-10:30am

54842 White Oak CRC 9/25 T 10:00am-10:30am

## Playtime & Music

### Discovering Music for Toddlers

Ages 1-4: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms, and playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, 8 months old and up, must register and pay class fee. \$15 material fee due at first session.

### 9 Sessions \$134

Instructor: Geiza Dourado Carvalho

55219 Wisconsin Pl. CRC 9/18 T 10:15am-11:00am

55220 Potomac CRC 9/21 F 10:15am-11:00am

55221 Veirs Mill LP 9/17 M 10:00am-10:45am

## Learn Now Music: My First Music Class

Ages 2-6: Students will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Students and parents will participate in language repetition speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation and handling, rhythm exercises, listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class. For more information contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com.

### 8 Sessions \$149

Instructor: Learn Now Music

54838 Bauer Drive CRC 9/26 W 10:30am-11:00am

54839 N. Potomac CRC 9/24 M 10:30am-11:00am

54844 White Oak CRC 9/25 T 10:30am-11:00am

## Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Enrich your child's language, large motor skills and social development with stories, games, music and movement. Price includes all materials. Adult participation required.

### 5 Sessions \$60

Instructor: Laura Lunking

53712 Bauer Drive CRC 9/22 Sa 10:00am-10:45am

### 8 Sessions \$96

Instructor: Laura Lunking

53710 Mid County CRC 9/26 W 10:00am-10:45am

53711 Bauer Drive CRC 9/20 Th 10:00am-10:45am

## Mini Musicians, Movers & Shakers

Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle, sing, express yourself through movement, act out simple stories and rhymes, and dance, skip, and march around a colorful parachute. The instructor who founded The Music in Me Foundation International, is an acclaimed children's picture book author and a professional entertainer. They perform and teach in schools throughout the area, on television and in venues such as The Kennedy Center for the Performing Arts.

### 8 Sessions \$150

Instructor: The Music in Me Foundation

55299 N. Potomac CRC 10/3 W 10:30am-11:15am

56301 Mid County CRC 9/27 Th 9:30am-10:15am



# MUSIC





## MUSIC

**Music Together**

Ages 1-6: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. Participants will receive an award-winning Music Together CD and songbook. For more information contact the instructor at 301-879-6988 or visit [www.musictogethertomontgomery.com](http://www.musictogethertomontgomery.com). \$45 material fee per family is included in the class price.

**10 Sessions \$245**

Instructor: Nancy Nuttle  
 54340 Mid County CRC 9/15 Sa 10:00am-10:45am  
 54344 RSC-B-CC 9/18 T 10:00am-10:45am  
 54345 RSC-B-CC 9/18 T 11:00am-11:45am

**11 Sessions \$245**

Instructor: Nancy Nuttle  
 54341 Mid County CRC 9/15 Sa 11:00am-11:45am

**ADULT MUSIC****Piano****Adult Group Piano I**

Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. \$25 material fee due at first session.

**8 Sessions \$125**

Instructor: Judith Duerk-Habeck  
 55857 Holiday Park SC 9/17 M 1:00pm-1:50pm

**11 Sessions \$220**

Instructor: Joyce Oliver  
 55267 Holiday Park SC 9/18 T 9:00am-9:50am  
 55268 Holiday Park SC 9/18 T 6:00pm-6:50pm

**Adult Group Piano II**

Ages 17 & Up: Advanced Beginner level. Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. This class covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

**8 Sessions \$125**

Instructor: Judith Duerk-Habeck  
 55858 Holiday Park SC 9/17 M 2:00pm-2:50pm

**11 Sessions \$220**

Instructor: Joyce Oliver  
 55269 Holiday Park SC 9/18 T 10:00am-10:50am  
 55270 Holiday Park SC 9/18 T 7:00pm-7:50pm

**Adult Group Piano III**

Ages 17 & Up: Intermediate level - some piano skills and knowledge of note reading, theory and rhythm patterns required. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

**8 Sessions \$125**

Instructor: Judith Duerk-Habeck  
 55859 Holiday Park SC 9/17 M 3:00pm-3:50pm

**11 Sessions \$220**

Instructor: Joyce Oliver  
 55271 Holiday Park SC 9/18 T 11:00am-11:50am

**Adult Group Piano IV**

Ages 17 & Up: Advanced level. Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

**11 Sessions \$220**

Instructor: Joyce Oliver  
 55272 Holiday Park SC 9/18 T 12:00pm-12:50pm  
 55273 Holiday Park SC 9/18 T 8:00pm-8:50pm





# YOUTH COOKING

## Bake Lab

Ages 12-16: Cooking is an art, but baking is a science. Students will spend the session whipping up delicious treats and exploring the chemistry that is involved in making them. We will find out what important functions things like eggs, oil, and baking powder serve in various baked goods. While we make things like biscuits, chocolate croissants, fruit pastries, pizzas and cookies. We will practice key baking techniques such as measuring, folding, sifting, zesting and more.

**4 Sessions** **\$85**

Instructor: Beth Szymanski

56013 Ken Gar Center 9/20 Th 7:00pm-8:30pm

## Instaworthy

Ages 12-16: If you've ever wondered how food bloggers and celebrity chefs make dishes look perfect on Instagram, this is the class for you. We will explore and create fun desserts and dishes, and students will learn to Quenelle, create tuiles, and other fun techniques to take dishes up a notch and create beautiful plates.

**4 Sessions** **\$85**

Instructor: Beth Szymanski

56014 Ken Gar Center 10/25 Th 7:00pm-8:30pm

## Kids Kitchen: Food, Fitness, Fun

Ages 5-16: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups to develop a healthy lifestyle of eating and exercise.

**1 Sessions** **\$55**

Instructor: Kids Kitchen

55940 Wisconsin Pl. CRC 10/20 Sa 10:00am-12:00pm

55939 White Oak CRC 10/20 Sa 10:00am-12:00pm

## When Is the Guide Available?



**Fall  
2018**

Early August 2018  
Registration begins  
Mid-August 2018



**Winter  
2018/2019**

Early November 2018  
Registration begins  
Mid-November 2019



**Summer Camps  
2019**

Early January 2019  
Registration begins  
Mid-January 2019



**Spring  
2019**

Late January 2019  
Registration begins  
Mid-February 2019



**Summer  
2019**

Early May 2019  
Registration begins  
Mid-May 2019

**Where Can  
I Get The  
Guide?**

**Online:**

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

**Subscribe:**

We'll mail all five Guides to you for just \$5.

**Pick One Up:**

Print copies of the Guide are available while supplies last at:

Montgomery County Recreation facilities

Montgomery Parks facilities

Most Montgomery County government buildings

Most Montgomery County libraries



## COOKING

# ADULT COOKING

## General Cooking

### Creole Seafood Dinner

Ages 18 & Up: You will feel like you are in a fancy New Orleans restaurant with this appealing menu including Crab-Stuffed Mushrooms, Raw Vegetables with Creamy Cucumber Dill Dip, Shrimp with spicy Remoulade sauce, Commander's Palace Seafood Gumbo with Rice, Commander's Garlic Bread, Beignet doughnuts just like you find at Café du Monde and served with Fresh Berries. It's easy, once you know how to make it!

**1 Session** **\$97**

Instructor: Sheila Crye  
56019 N. Potomac CRC 10/5 F 6:30pm-9:30pm

### Greek Comfort Food Dinner

Ages 18 & Up: You will taste the mouth-watering flavors of Greece with a simple fruit-inspired dinner, featuring oven-roasted Bay-Scented Chicken with Figs, Rice Pilaf with Currants and Pine Nuts and Apples and Pears Poached in Sweet Wine and Honey (gluten-free, dairy-free, soy-free).

**1 Session** **\$87**

Instructor: Sheila Crye  
56021 Ross Boddy CRC 10/11 Th 6:30pm-8:30pm

### Indian Spice Techniques

Ages 18 & Up: Step into the flavorful world of Indian spices and techniques. Everyone will take home some Garam Masala spice mix. Menu: Garam Masala Spice Mix, Kofta Curry (Beef Meatball), Cumin Rice; Cucumber and Dill Raita, Masala Dal (Spiced lentils).

**1 Session** **\$87**

Instructor: Drew Faulkner  
56022 Ross Boddy CRC 11/30 F 6:30pm-9:30pm

### Italian Comfort Food Dinner

Ages 18 & Up: Here is a menu your family is sure to love: A deluxe version of Spaghetti alla Carbonara that includes both pancetta and bacon plus Parmigiano-Reggiano and pecorino cheeses. There's some last-minute drama just before serving, tossing the pasta with eggs and cream to create a smooth sauce. The Caesar Salad contains no raw eggs and can easily turn into a main course salad on another day. Chef Sheila will share her prize-winning pie crust techniques when we make an elegant Strawberry Jam Tart made out of simple ingredients.

**1 Session** **\$58**

Instructor: Sheila Crye  
56020 Ross Boddy CRC 11/1 Th 6:30pm-8:30pm

### Knife Skills: Fruits, Vegetables, and Herbs

Ages 18 & Up: Learn how to use and care for your knives properly and efficiently. Students will learn how to slice, julienne, chop, mince, and chiffonade various fruits, vegetables, and herbs, when to use the various cuts and why. Learn the difference between honing and sharpening your knives. Make vegetable soup with fresh herbs, pico de gallo, and a refreshing citrus salad featuring your beautifully cut fruits and vegetables. You will go home with a new confidence in your culinary ability with knives.

**1 Session** **\$58**

Instructor: Drew Faulkner  
56023 N. Potomac CRC 12/6 Th 6:30pm-8:30pm

### Poultry Perfection

Ages 21 & Up: Just in time for the holidays. Too often, individuals roast a bird or turkey only once a year resulting in poultry anxiety! Come learn how to make a perfect roast chicken, carve it, and make fool-proof gravy. In addition, we will calibrate a thermometer and make chicken stock, the foundation of fabulous gravy.

**1 Session** **\$58**

Instructor: Drew Faulkner  
56024 N. Potomac CRC 11/8 Th 6:30pm-8:30pm



# TOT/YOUTH FITNESS

## Aerobic Dance

### **NEW** Fiesta Fit Kids Jr.

Ages 3-5: Kids get the chance to be active and jam out to their favorite music with kid-friendly routines and choreography. We will break down the steps, add fun games, activities and cultural exploration elements into class structure. This class will help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. For more information contact Fiesta Sisters at 301-312-0302 or info@fiestafitdance.com. Beginner and intermediate levels.

**8 Sessions \$90**

Instructor: Veronica Legarreta

55318 Ross Boddy CRC 9/24 M 10:30am-11:30am

## Playtime

### Cheer Madness: Pommies

Ages 3-7: In this class participants will learn the basics of cheerleading and dance. Skills covered include flexibility and strengthening exercises, beginner stunting, beginner gymnastics, fun choreography, team building, and ways to build endurance, eat healthy, and stay fit.

**6 Sessions \$99**

Instructor: Cheer Madness

55941 Ross Boddy CRC 9/25 T 10:00am-10:45am

55942 Ross Boddy CRC 11/13 T 10:00am-10:45am

55943 N. Potomac CRC 9/27 Th 9:30am-10:15am

55944 N. Potomac CRC 11/8 Th 9:30am-10:15am

55954 Praisner CRC 9/26 W 10:00am-10:45am

### Funfit Tots

Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. \$5 material fee due at first session.

**5 Sessions \$65**

Instructor: Celia Kibler

54604 Tilden MS 9/22 Sa 9:30am-10:15am

54605 Germantown CRC 9/17 M 9:45am-10:30am

54606 Bauer Drive CRC 9/18 T 9:30am-10:15am

54650 Germantown CRC 11/5 M 9:45am-10:30am

54652 Bauer Drive CRC 10/30 T 9:30am-10:15am

54657 Tilden MS 11/3 Sa 9:30am-10:15am

### Funfit Tots Family Class

Ages 1.5-4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. \$5 material fee due at first session.

**5 Sessions \$65**

Instructor: Celia Kibler

54607 Tilden MS 9/22 Sa 10:15am-11:00am

54608 Germantown CRC 9/17 M 10:30am-11:15am

54609 Bauer Drive CRC 9/18 T 10:15am-11:00am

54610 Tilden MS 9/22 Sa 11:30am-12:15pm

54651 Germantown CRC 11/5 M 10:30am-11:15am

54656 Bauer Drive CRC 10/30 T 10:15am-11:00am

54662 Tilden MS 11/3 Sa 10:15am-11:00am

54663 Tilden MS 11/3 Sa 11:30am-12:15pm

### Tiny Tot and Parent Fitness Boxing

Ages 4-6: This one-of-a-kind class will incorporate jumping rope techniques, basic boxing fundamentals and family fitness in a fun, structured, fast-paced and interactive class. Registration is for one parent and one child.

**3 Sessions \$85**

Instructor: Donte's Boxing Gym

55938 Donte's 9/16 S 3:00pm-3:30pm

Boxing Gym

## Yoga

### **NEW** Baby and Me Yoga

Ages 1m-5: Baby and Me Yoga offers confidence, movement milestones, and mind and body awareness while deepening the bond between you and baby. For more information contact Om Shanti DC at info@omshantidc.com.

**5 Sessions \$85**

Instructor: Om Shanti DC, LLC

54871 RSC-B-CC 9/18 T 11:00am-12:00pm

54872 RSC-B-CC 10/30 T 11:00am-12:00pm

### **NEW** Children Yoga

Ages 6-9: This class offers stretching, breathing techniques, meditation and paly while each child connects with their body. Class will help children focus on and off the yoga mat. Bring yoga mat and towel. Students must practice with bare feet. For more information contact Om Shanti DC at info@omshantidc.com.

**5 Sessions \$80**

Instructor: Om Shanti DC, LLC

54862 RSC-B-CC 9/22 Sa 11:00am-12:00pm

54863 RSC-B-CC 11/3 Sa 11:00am-12:00pm



FITNESS





## FITNESS

## ADULT FITNESS

### Aerobic Dance

#### Dance & Fitness

Ages 18 & Up: A complete aerobic workout for men and women who love music and movement. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional. For more information contact [dancenfitness05@gmail.com](mailto:dancenfitness05@gmail.com).

**23 Sessions \$171**

Instructor: Lois Antos  
52435 Mid County CRC 9/11 T,Th9:30am-10:30am

**24 Sessions \$178**

Instructor: Jinjer Azuree  
53669 Lawton CRC 9/17 M,W6:00pm-7:00pm

Instructor: Katy Wiemers  
53671 Rock View ES 9/11 T,Th 7:00pm-8:00pm

Instructor: Elaine Walstretch  
53673 Mid County CRC 9/12 M,W7:30pm-8:30pm

#### Dance & Fitness Add a Class

Ages 18 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) or Saturday and add more dancing at a different location. For more information contact [dancenfitness05@gmail.com](mailto:dancenfitness05@gmail.com).

**12 Sessions \$89**

Instructor: Katy Wiemers  
52438 Holiday Park SC 9/15 Sa 9:00am-10:00am

#### Dance Fit Zumba

Ages 16 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. For more information contact Melissa Moreira at 301-318-9379 or [myzumba.n.u@gmail.com](mailto:myzumba.n.u@gmail.com). Beginner and intermediate levels.

**9 Sessions \$66**

Instructor: Dance Fit  
54736 N. Potomac CRC 9/22 Sa 10:00am-11:00am

**10 Sessions \$73**

Instructor: Dance Fit  
54733 Germantown CRC 9/18 T 7:15pm-8:15pm  
54888 Potomac CRC 9/20 Th 10:30am-11:30am

**12 Sessions \$88**

Instructor: Dance Fit  
55576 Potomac CRC 9/18 T 6:00pm-7:00pm  
54734 Germantown CRC 9/20 Th 7:15pm-8:15pm  
54735 Praisner CRC 9/24 M 6:00pm-7:00pm  
54737 N. Potomac CRC 9/24 M 7:00pm-8:00pm  
54732 Praisner CRC 9/26 W 6:00pm-7:00pm

*Doing these exercise classes have lowered my blood pressure and given me more flexibility and energy.*

*-customer survey*

#### Dance the Royal Beat

Ages 18 & Up: Your Energy Amplified Boldly through Afrobeats (YEABA) is a dance-fitness experience in which participants sweat while moving to the music of Africa. YEABA brings African culture to mainstream fitness society. For all fitness levels.

**12 Sessions \$180**

Instructor: Dance The Royal Beat  
55931 Long Branch CRC 9/17 M 7:00pm-8:00pm  
55932 East County CRC 9/18 T 7:00pm-8:00pm

#### Definition Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors. For more information contact Juliet at 301-229-7555 or [juliet@wellnesscorporatesolutions.com](mailto:juliet@wellnesscorporatesolutions.com).

**25 Sessions \$218**

Instructor: Juliet Rodman  
54866 Clara Barton NRC 9/14 M,F9:00am-10:00am

**NEW Fiesta Fit**

Ages 16 & Up: A fun calorie burning dance and fitness workout. consist of a full body workout through dancing and toning routines. Focus on making it fun and positive so you feel relax and happy For more information contact Fiesta Sisters at: 301-312-0302 or [info@fiestafitdance.com](mailto:info@fiestafitdance.com). Beginner and intermediate levels.

**8 Sessions \$75**

Instructor: Veronica Legarreta  
55317 Ross Boddy CRC 9/24 M 10:30am-11:30am

**12 Sessions \$96**

Instructor: Veronica Legarreta  
55315 Ross Boddy CRC 9/18 T 6:15pm-7:15pm  
55316 Ross Boddy CRC 9/20 Th 6:15pm-7:15pm



## Jacki Sorensen's Aerobic Dance

Ages 18 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low- or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional. For more information contact Karin Baker at 240-207-3091 or Karin1047@aol.com.

### 12 Sessions \$96

Instructor: Karin Baker

54664 Potomac CRC 9/11 T 9:00am-10:00am

54665 Potomac CRC 9/13 Th 9:00am-10:00am

## Power Jam Cardio Dance Fitness

Ages 10 & Up: This class combines cutting edge music with choreography to suit all levels of dancers and exercise enthusiasts alike. No dance experience necessary; just a love for both movement and upbeat music. This class is high energy and lots of fun!

### 7 Sessions \$46

Instructor: H2O Fitness

53406 MLK 10/21 S 7:05pm-7:55pm

## Zumba Fitness

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

### 11 Sessions \$80

Instructor: Michelle Johnson-Lancaster

54890 Bauer Drive CRC 9/22 Sa 9:00am-10:00am

54891 Mid County CRC 9/26 W 6:15pm-7:15pm

### 12 Sessions \$88

Instructor: Michelle Johnson-Lancaster

54889 Mid County CRC 9/17 M 6:15pm-7:15pm

## Pilates

### Ballet Workout + Pilates Mat

Ages 18 & Up: This unique class with classical music combines basic ballet posture and alignment with Pilates, low-impact cardio, weight-bearing exercises and other techniques. Participants will learn a combination of stretches and movements to improve energy, flexibility, core strength and balance. Bring light hand weights, a mat and workout shoes. For more information contact 301-942-5168.

### 12 Sessions \$120

Instructor: Esther Brunner

53796 Tilden MS 9/18 T 7:15pm-8:15pm

53797 Wisconsin Pl. CRC 9/20 Th 10:15am-11:15am

## Pilates for Fitness

Ages 16 & Up: This workout will increase strength, flexibility and energy levels. This program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a t-shirt. For more information contact Sean at fit2believe@gmail.com.

### 8 Sessions \$57

Instructor: Fit 2 Believe

54521 Lawton CRC 9/22 Sa 10:00am-11:00am

### 10 Sessions \$81

Instructor: Fit 2 Believe

54522 Bauer Drive CRC 9/20 Th 7:15pm-8:15pm

54523 White Oak CRC 9/18 T 7:00pm-8:00pm

## Piloxing

Ages 10 & Up: This class uniquely blends two of the industry's most powerful and timeless disciplines of Pilates and Boxing. Piloxing adds a third element of dance into this high-energy interval workout. This dynamic program moves through heart-pumping, powerful boxing combinations to sculpt and lengthen, Pilates-influenced movement to "let yourself go" dance releases, and back around again. Never have you enjoyed sweating so much!

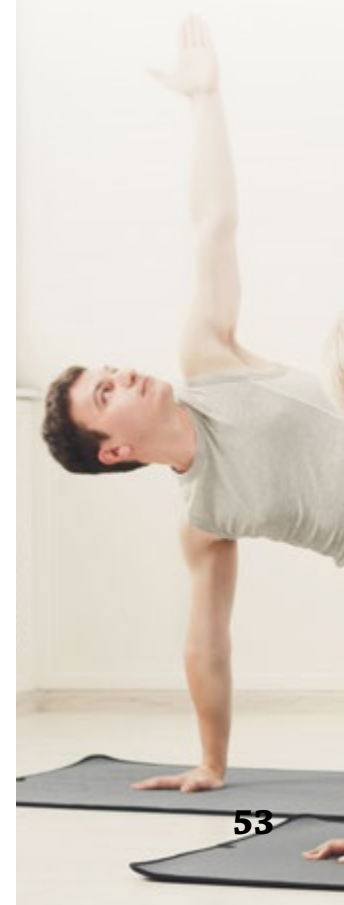
### 8 Sessions \$52

Instructor: H2O Fitness

53405 MLK SC 10/21 S 6:05pm-6:55pm



**FITNESS**





## PiYo

Ages 18 & Up: Combines the muscle-sculpting, core-firming benefits of Pilates with the flow and flexibility of Yoga. Energetic and fun, this low-impact workout burns calories and tones your body. Bring a yoga mat. For more information contact [jeanne@jfitclub.com](mailto:jeanne@jfitclub.com) or visit [www.jfitclub.com](http://www.jfitclub.com).

### 8 Sessions

**\$80**

Instructor: Jeanne Lieder  
55323 Bauer Drive CRC 9/26 W 6:00pm-7:00pm



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## **NEW** Power Flow

Ages 18 & Up: High energy, full-body sculpt and tone workout. You will use unique weighted rings with resist and assist cords throughout the class for Pilates-inspired standing and mat exercises. Increase strength and endurance, and improve balance and flexibility in this easy yet highly effective workout for beginners and advanced students. Bring a yoga mat. 3X3FIT Sculpting Rings supplied and available for purchase. For more information contact [jeanne@jfitclub.com](mailto:jeanne@jfitclub.com) or visit [www.jfitclub.com](http://www.jfitclub.com).

### 8 Sessions

**\$80**

Instructor: Jeanne Lieder  
55324 Potomac CRC 9/20 Th 6:00pm-7:00pm

# ACT THE WORKOUT

## Three Month Pass

To register click on the membership tab on [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) and search for "ACT."

ACT provides a vigorous, easy to follow co-ed class for ages 16 & 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 from the first class attended.

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.

## AEROBIC CONDITIONING AND TONING

Location	Days	Times:
Holiday Park SC	M, Tu, W, Th Sa	6:00pm-7:00pm 9:00am-10:00am
Bauer Drive CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	Tu, Th	7:00pm-8:00pm

ACT • 24 Passes-\$162

ACT • 18 Passes-\$126

ACT • 12 Passes-\$87





## Strength Training

### Body Sculpting

Ages 10 & Up: This class uses forms of resistance, including bands, in a combination of standing and sitting exercises that will tone and strengthen all muscle groups while improving balance and posture. There is an added emphasis on working the core through basic Pilates-based movements as well as a longer stretch section to provide relaxation. Participants will need to bring their own mat.

**8 Sessions \$52**

Instructor: H2O Fitness  
53404 KSAC 10/21 S 5:05pm-5:55pm

### Bone Builders - Plus

Ages 18 & Up: Strengthen all major muscle groups, gain better balance and improve posture in a co-ed class designed to improve bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body's needs. Sign up for two classes per week to achieve optimal results. Due to instructor's asthma, do not wear perfume or cologne to class. For more information contact jpalazzo1@comcast.net.

**12 Sessions \$96**

Instructor: Jerry Palazzo  
54658 Lawton CRC 9/17 M 10:00am-11:00am  
54659 Lawton CRC 9/12 W 10:00am-11:00am  
54660 Potomac CRC 9/11 T 3:00pm-4:00pm  
54661 Potomac CRC 9/13 Th 3:00pm-4:00pm

### Boot Camp for Better Bodies

Ages 16 & Up: Accept the challenge and get maximum results. Participants will complete sit-ups, curls, squats and other weight-lifting exercises to get fit in a circuit-style class. Each participant will receive a t-shirt. For more information contact Sean at fit2believe@gmail.com.

**10 Sessions \$81**

Instructor: Fit 2 Believe  
54520 Bauer Drive CRC 9/18 T 7:15pm-8:15pm  
54528 White Oak CRC 9/20 Th 7:00pm-8:00pm

## Category 4 Fitness Boot Camp

Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to 1 minute that challenge all fitness levels. For more information or contact Tommy at tomwitz77@gmail.com or 301-300-4196 or visit us on Facebook at Category 4 Fitness Bootcamp.

**12 Sessions \$96**

Instructor: Thomas Witz  
54678 Germantown CRC 9/17 M 7:30pm-8:30pm  
54679 Germantown CRC 9/19 W 7:30pm-8:30pm

### Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 minutes body warm-up with 40 minutes of strength training, 5 minutes abdominal work and 10 minutes cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress! Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-7555 or e-mail at Juliet@wellnesscorporatesolutions.com

**26 Sessions \$215**

Instructor: Juliet Rodman  
54865 Clara Barton NRC 9/11 T,Th9:00am-10:00am

### Dynaerobics and Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

**12 Sessions \$92**

Instructor: Gina Dols  
54896 Bauer Drive CRC 9/22 Sa 10:15am-11:30am

### Dynaerobics Body Sculpting

Ages 18 & Up: This class provides a serious workout to firm all major muscle groups, giving special attention to the arms, abdominals, hips, thighs and gluteal muscles. Class includes strength and toning exercises with resistance bands and a relaxing cool-down stretch. Bring a mat. Hand weights are optional. Resistance bands are provided.

**23 Sessions \$175**

Instructor: Gina Dols  
54897 Bauer Drive CRC 9/24 M,W6:15pm-7:15pm



**FITNESS**





## FITNESS

**Fitness Kickboxing**

Ages 13 & Up: Are you looking for a fast-paced, kick-butt, calorie-burning, adrenaline-pumping, action-packed workout? This class combines high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and gain the ability to protect yourself. Fee includes a pair of boxing gloves. For more information contact Kicks Karate at [Lbussard@kickskarate.com](mailto:Lbussard@kickskarate.com)

**5 Sessions \$79**

Instructor: Kicks Karate

53934 Kicks - N. Bethesda 9/29 Sa 8:00am-8:50am  
 53936 Kicks - Potomac 9/29 Sa 8:00am-8:50am  
 53937 Kicks - Shady Grove 9/29 Sa 8:00am-8:50am

**10 Sessions \$129**

Instructor: Kicks Karate

53929 Kicks - N. Bethesda 9/24 M,W 7:20pm-8:10pm  
 53931 Kicks - Potomac 9/24 M,W 6:05pm-6:55pm  
 53933 Kicks - Shady Grove 9/24 M,W 6:15pm-7:05pm  
 53942 Kicks - Shady Grove 9/25 T,Th 5:15pm-6:00pm  
 53932 Kicks - Potomac 9/25 T,Th 7:00pm-7:50pm  
 53945 Kicks - N. Bethesda 9/25 T,Th 8:10pm-9:00pm

**Total Body Conditioning****Dynaerobics**

Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided. For more information contact Gina at [Gina.bodysculpt@gmail.com](mailto:Gina.bodysculpt@gmail.com).

**24 Sessions \$192**

Instructor: Gina Dols

54895 Bauer Drive CRC 9/18 T,Th 6:00pm-7:15pm

*Reading is to the mind what  
 exercise is to the body!*

*-customer survey*

**Jacki Sorensen's Aerobic Workout**

Ages 18 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds). For more information contact Karin Baker at 240-207-3091 or [Karin1047@aol.com](mailto:Karin1047@aol.com).

**12 Sessions \$96**

Instructor: Karin Baker

54666 Damascus CRC 9/12 W 7:00pm-8:00pm

**Jacki Sorensen's Strong Step**

Ages 18 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Students can adjust step level to vary intensity. Bring a step, exercise mat. Hand weights (1-6 pounds) are optional. Limited steps available for class use. Contact instructor to verify availability at 240-207-3091.

**14 Sessions \$112**

Instructor: Karin Baker

54667 Potomac CRC 9/14 F 9:00am-10:00am

**Jazzmatazz Aerobics W/Pilates Mat**

Ages 18 & Up: Work out with a combination of Pilates mat work and low-impact, high-intensity aerobic work using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday and Thursday to achieve the best results.

**12 Sessions \$93**

Instructor: Betsy Saunders

55319 Holiday Park SC 9/20 Th 7:15pm-8:15pm  
 55320 Holiday Park SC 9/18 T 7:15pm-8:15pm



## Jazzmatazz Low-Impact Aerobics

Ages 18 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

### 12 Sessions \$93

Instructor: Betsy Saunders

55321 Bauer Drive CRC 9/18 T 9:30am-10:30am

55322 Bauer Drive CRC 9/20 Th 9:30am-10:30am

## Kelley's Complete Fitness Workout

Ages 18 & Up: This safe, effective, co-ed program strengthens and tones all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a total-body workout, choreographed to music. Instructors will emphasize proper execution, body alignment and posture. Each class concludes with a relaxation segment. Bring a towel or mat. Light hand weights are optional. For more information contact Pam at 301-774-6342.

### 11 Sessions \$88

Instructor: Pamela Kelley

54720 Wheaton 9/17 M 9:15am-10:30am  
Claridge LP

54721 Longwood CRC 9/17 M 7:15pm-8:30pm

54722 Bauer Drive CRC 9/26 W 9:10am-10:25am

54723 Longwood CRC 9/26 W 7:15pm-8:30pm

54724 Wheaton 9/20 Th 9:15am-10:30am  
Claridge LP

## Movin' with Millie' Aerobics

Ages 16 & Up: Set to positive, upbeat music, this class is a unique exercise experience beginning with a total body warmup before moving on to aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercises bands and hand weights. For more information contact Millie at 301-588-3577 or email at millietrimble3@gmail.com.

### 12 Sessions \$96

Instructor: Mildred Trimble

54654 Pilgrim Hills LP 9/26 W 9:30am-10:45am

54533 Pilgrim Hills LP 9/21 F 9:30am-10:45am

## Women's Self Defense

Ages 18 & Up: All fitness levels welcomed to learn self-defense techniques in a safe environment while getting a total body workout and having fun. For more information contact Donte's Boxing Gym at 301-216-2585.

### 3 Sessions \$110

Instructor: Donte's Boxing Gym

54843 Donte's Boxing 9/23 S 4:00pm-4:45pm  
Gym

54845 Donte's Boxing 11/4 S 4:00pm-4:45pm  
Gym

### 10 Sessions \$271

Instructor: Donte's Boxing Gym

54840 Donte's Boxing 9/17 M 9:30am-10:45am  
Gym



# FITNESS

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# WELLNESS

## Healthy Workshops

### **NEW** Building Strength & Healthy Prostate

Ages 18 & Up: Do you have any difficulty with going to the bathroom? Do you have pain between your legs or gluteals? Do you have erectile dysfunction? Knowing the warning signs for Prostate and Pelvic Floor health issues becomes an important part of taking care of your overall health. Part of keeping yourself healthy, especially as we get older, starts to get more complex than lifting weights and keeping up with the cardio. This workshop will give you the tools to start getting answers to the questions that are tough to talk about and practical advice to a healthier and stronger pelvic floor. For question email [info@restoremotion.com](mailto:info@restoremotion.com) or call 301-881-9313.

**1 Session \$30**

Instructor: Restore Motion

54382 Restore Motion 10/20 Sa 10:30am-12:00pm

54383 Restore Motion 11/8 Th 5:30pm-7:00pm

### Community Basic First Aid and CPR\_AED

Ages 13 & Up: This class offers hands-on First Aid and CPR-AED training and certification. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Certifications and material will be from EMS Safety Service unless a specific request made prior to training. \$20 material fee is due at first session. For more information contact [Tiquia.bennett@gmail.com](mailto:Tiquia.bennett@gmail.com).

**1 Session \$75**

Instructor: Tiquia Bennett

56061 Germantown CRC 9/22 Sa 10:00am-2:00pm

56062 Potomac CRC 9/26 W 5:00pm-9:00pm

56063 N. Potomac CRC 10/10 W 5:00pm-9:00pm

56064 Germantown CRC 10/20 Sa 10:00am-2:00pm

56065 Potomac CRC 11/3 Sa 10:00am-2:00pm

56066 Bauer Drive CRC 11/14 W 5:00pm-9:00pm

### Massage Ball Workshop

Ages 18 & Up: Learn to use a massage ball for relieving pain and increasing neck, shoulder and spine mobility through deep-tissue massage. This workshop also employs stretches to improve the range of motion of shoulders and back. \$23 material fee due at first session. Bring a water bottle and wear comfortable, non-restrictive clothing. For more information contact Maggie Wong at 301-365-2424 or [Maggie@yogaplus.com](mailto:Maggie@yogaplus.com) or visit [www.yogaplus.com](http://www.yogaplus.com).

**1 Session \$40**

Instructor: Maggie Wong

53652 Yoga Plus 9/30 S 3:00pm-5:00pm

### Postpartum Workshop

Ages 18 & Up: Regain muscle strength of the abdominal and pelvic floor muscles through Postpartum Strong, a program developed specifically for women post-delivery. This class emphasizes education on abdominal and pelvic floor anatomy, posture and body mechanics when lifting your baby, and exercise instruction. For questions email [info@restoremotion.com](mailto:info@restoremotion.com) or call 301-881-9313.

**1 Session \$30**

Instructor: Restore Motion

54346 Restore Motion 10/6 Sa 1:00pm-2:30pm

54381 Restore Motion 10/25 Th 4:30pm-6:00pm

### Your Pelvic Floor-Keeping it Healthy

Ages 18 & Up: Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses common pelvic floor problems. Learn exercises to improve the strength and function of the pelvic floor, including alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email [info@restoremotion.com](mailto:info@restoremotion.com) or call 301-881-9313.

**1 Session \$30**

Instructor: Restore Motion

54342 Restore Motion 10/11 Th 2:00pm-3:30pm

54343 Restore Motion 10/23 T 6:00pm-7:30pm

# WELLNESS



## Meditation

### Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. For more information contact Jerry at 301-540-8091 or [mongo2@usa.net](mailto:mongo2@usa.net).

#### 1 Session \$46

Instructor: Jerry Hartman

53924 Germantown CRC 9/29 Sa 10:00am-2:00pm

53925 RSC-B-CC 12/8 Sa 10:00am-2:00pm

### Mindfulness of the Body

Ages 18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. For more information contact Jerry at 301-540-8091 or email at [mongo2@usa.net](mailto:mongo2@usa.net).

#### 1 Sessions \$46

Instructor: Jerry Hartman

53926 Potomac CRC 10/27 Sa 10:00am-2:00pm

### Using Meditation to Deal w/ Holiday Stress

Ages 18 & Up: Family reunions, outings with friends, parties, presents and food. The period from Thanksgiving to New Years is supposed to be the happiest time of the year. For all too many of us, the stress generated during the holidays makes it a time to dread rather than a time to look forward to. Join us as we discuss some of the issues that make these six weeks less than they could be. We'll explore stress, gratitude, generosity, dealing with expectations, and New Year's resolutions, and give you some ways to reduce stress and create a happiness that does not depend on outside conditions. For more information contact Jerry at 301-540-8091 or email at [mongo2@usa.net](mailto:mongo2@usa.net).

#### 1 Sessions \$46

Instructor: Jerry Hartman

53917 Germantown CRC 11/10 Sa 10:00am-2:00pm

## Tai Chi

### Tai Chi - Beginning

Ages 18 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Tai Chi benefits everyone from active athletes to those recovering from injuries or back problems. Wear loose clothing. Prospective students may observe a class before registering. For more information contact Elizabeth at 240-676-8428.

#### 9 Sessions \$90

Instructor: Andy Schettino

53784 Bauer Drive CRC 9/17 M 7:00pm-8:00pm

#### 11 Sessions \$106

Instructor: Lon Holland

53785 Norbeck- 9/12 W 6:30pm-7:30pm  
Muncaster Mill NP

### Tai Chi - Continuing

Ages 18 & Up: Students in this class have already taken Tai Chi - Beginning and will continue to learn this graceful, flowing form.

#### 9 Sessions \$90

Instructor: Andy Schettino

53786 Bauer Drive CRC 9/17 M 8:00pm-9:00pm

#### 11 Sessions \$106

Instructor: Lon Holland

53787 Norbeck- 9/12 W 7:30pm-8:30pm  
Muncaster Mill NP

## Therapeutic Recreation Class

### Laughter Fitness

Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

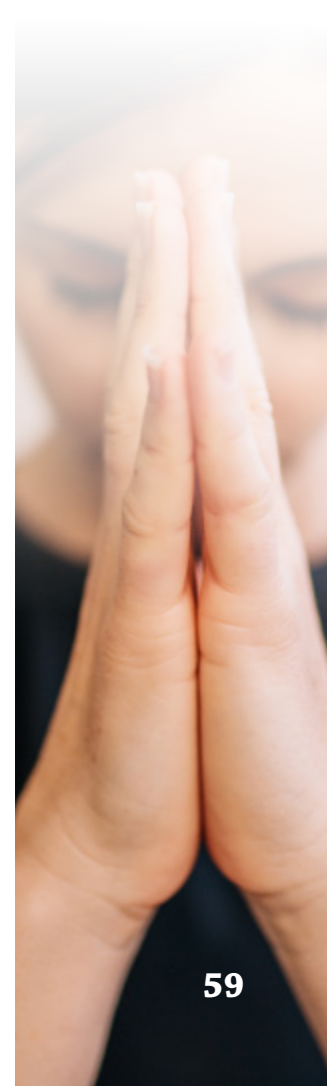
#### 7 Sessions \$65

Instructor: Kumud Mathur

54671 Potomac CRC 9/20 Th 11:15am-12:00pm



WELLNESS





## WELLNESS

## Yoga

**NEW After-Work Yoga**

Ages 18 & Up: Great after-work stress release. Introduces foundational yoga postures, teaches pranayama breathing and helps deepen your understanding of yoga. A mix vinyasa style class and opened to all levels. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Om Shanti DC at [info@omshantidc.com](mailto:info@omshantidc.com)

**5 Sessions \$85**

Instructor: Om Shanti DC, LLC

54847	RSC-B-CC	9/26	W	7:00pm-8:00pm
54848	RSC-B-CC	11/7	W	7:00pm-8:00pm
54856	RSC-B-CC	9/17	M	7:00pm-8:00pm
54857	RSC-B-CC	10/29	M	7:00pm-8:00pm

**NEW Early Morning Yoga and Meditation**

Ages 18 & Up: Meditation, and gentle stretching and poses to soften, strengthen, and open muscles and joints. Incorporating Pranayama breathing during each session allows for a more mindful and restorative practice to help begin your day. Bring a yoga mat, a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Om Shanti DC at [info@omshantidc.com](mailto:info@omshantidc.com).

**5 Sessions \$85**

Instructor: Om Shanti DC, LLC

54859	RSC-B-CC	9/17	M	6:00am-7:00am
54861	RSC-B-CC	10/29	M	6:00am-7:00am

**Easy Yoga**

Ages 18 & Up: Yoga at a slower pace for mixed levels that modifies basic poses to enhance each individual experience. Increase energy, stamina, muscle strength and flexibility, while learning to release tension using relaxation techniques and easy, dynamic movement coordinated with simple, rhythmic breathing. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. For more information contact Moira at 301-493-9065.

**11 Sessions \$118**

Instructor: Moira Martin

53799	Lawton CRC	9/20	Th	9:30am-10:45am
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**Essential Yoga For Beginners**

Ages 18 & Up: This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundational yogic concepts, and is perfect for first-time and experienced students. Bring a yoga mat, blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Tamara at 301-891-1247 or [tljhealth@earthlink.net](mailto:tljhealth@earthlink.net).

**11 Sessions \$114**

Instructor: Tamara Lewis Johnson

54680	Coffield CRC	9/20	Th	6:00pm-7:00pm
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**Evening Yoga**

Ages 18 & Up: Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and wellbeing as you improve flexibility, strength and energy. Classes begin with warmup movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing. For more information contact the instructor at [robin.michele.morris@gmail.com](mailto:robin.michele.morris@gmail.com).

**11 Sessions \$115**

Instructor: Robin Morris

53813	Wisconsin Pl. CRC	9/26	W	6:15pm-7:15pm
53814	RSC-B-CC	9/25	T	6:15pm-7:15pm

**Yoga for Beginners + Continuing**

Ages 18 & Up: This class brings together the philosophy and practice of yoga from a long lineage of great Yogis. Class incorporates intention, breath practice, alignment, breath guided creative sequences of asana (posture), qi gong, meditations and rejuvenating rest with aromatherapy. Bring a mat or towel and wear comfortable clothing. For more information contact Neva at 240-381-1409 or [nevafusion@gmail.com](mailto:nevafusion@gmail.com).

Instructor: Om Shanti DC, LLC

**11 Sessions \$139**

54673	Potomac CRC	9/20	Th	10:15am-11:30am
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**12 Sessions \$150**

54672	Potomac CRC	9/17	M	6:15pm-7:30pm
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## Gentle Yoga

Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene at Irene54@aol.com. For beginner and continuing levels.

**10 Sessions**

**\$104**

Instructor: Irene Bopp

53805 Bauer Drive CRC 9/25 T 6:15pm-7:15pm

## Hatha Yoga and Stress Management Beg/Con

Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. For more information contact Suzana at 301-326-4276 or suzanacooper@yahoo.com. For beginner and continuing levels.

**13 Sessions**

**\$195**

Instructor: Suzana Cooper

53665 Lawton CRC 9/12 W 9:45am-11:00am

53666 Lawton CRC 9/14 F 9:45am-11:00am

- Potomac

## Yoga at 50

Ages 50 & Up: Tailored to active individuals in their 50s and up. Learn yoga that stretches muscles, improves circulation and realigns the body. Yoga postures (asanas) and flows (vinyasas) increase strength of muscle and bone, and breathing exercises diminish stress and reconnect body and spirit. Bring a mat or towel, a belt and a block, and wear comfortable clothing. For more information contact Suzana at 301-326-4276 or suzanacooper@yahoo.com.

**13 Sessions**

**\$195**

Instructor: Suzana Cooper

53667 Wisconsin Pl. CRC 9/15 Sa 9:45am-11:00am

## Yoga Basics

Ages 18 & Up: This class introduces students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Bring a yoga mat, a yoga blanket and wear comfortable clothing. Students must practice with bare feet. For more information contact Irene Bopp at Irene54@aol.com. Beginner and continuing levels.

**10 Sessions**

**\$104**

Instructor: Irene Bopp

53807 Bauer Drive CRC 9/25 T 7:30pm-8:30pm

53806 Mid County CRC 9/26 W 7:30pm-8:30pm

53808 Praisner CRC 9/27 Th 10:30am-11:30am

53809 East County CRC 9/27 Th 7:00pm-8:00pm

## Yoga Flow

Ages 10 & Up: Breathing into poses and holding them builds both strength and calm. Deep stretches help free the body and mind from stress. Then comes savasana, a few moments of bliss when everything falls away but the breath. Participants will need to bring their own sticky Yoga mat.

**8 Sessions**

**\$52**

Instructor: H2O Fitness

53407 KSAC 10/21 S 7:05pm-7:55pm

## Yoga for Everybody

Ages 18 & Up: Whether you practice consistently or this is your first encounter, yoga is for everybody. Each class consists of breath awareness, warmups, yoga postures and guided relaxation techniques to create a sense of calm and wellbeing. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat, water, a blanket and wear comfortable clothing. For more information contact Robin at firstencounteryoga@yahoo.com. Beginner and continuing levels.

**8 Sessions**

**\$115**

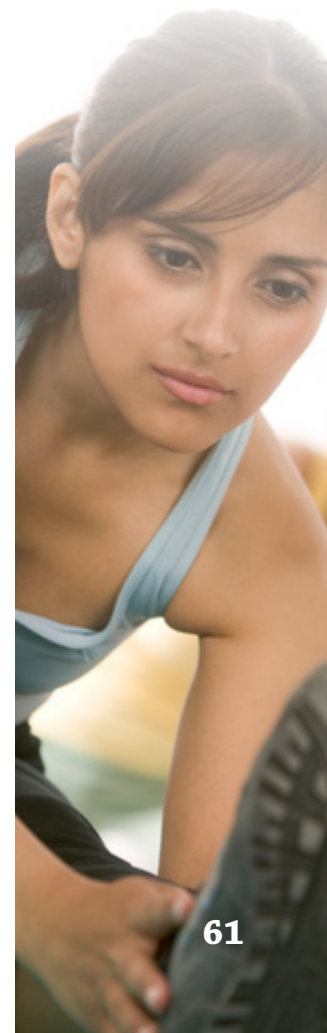
Instructor: Robin Bruckner

53794 Ross Boddy CRC 9/26 W 10:15am-11:30am

53793 Ross Boddy CRC 9/29 Sa 10:15am-11:30am



# WELLNESS





# WELLNESS

## Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded and more in-tune with your physical body. No yoga experience is necessary. Bring a yoga mat. Instructor will supply blankets, blocks and straps. For more information contact Amy at amyelizabethbranson@gmail.com.

**10 Sessions \$100**

Instructor: Amy Branson  
53659 Longwood CRC 9/20 Th 6:30pm-7:30pm

## Yoga for Mobility & Strength

Ages 18 & Up: Improve mobility and strength so you can walk, run, sit and move the way your body was intended, without tension or pain. Yoga is a good complement for other exercise classes and especially valuable for desk-bound office workers. For more information contact Maggie Wong at 301-365-2424 or Maggie@yogaplus.com, or visit www.yogaplus.com.

**10 Sessions \$150**

Instructor: Maggie Wong  
53653 Yoga Plus 9/18 T 9:00am-10:30am  
- Bethesda  
53654 Yoga Plus 9/20 Th 9:00am-10:30am  
- Bethesda  
53655 Yoga Plus 9/20 Th 7:30pm-9:00pm  
- Potomac

## Yoga Fundamentals

Ages 18 & Up: Enjoy a balanced practice with benefits for your body, mind and spirit. Classes begin with warmup movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat and blanket. Students must practice with bare feet. For more information contact Nancy at yogawithnancy@gmail.com. Beginner and continuing levels.

**12 Sessions \$180**

Instructor: Nancy Neves  
54682 Bauer Drive CRC 9/18 T 10:45am-12:00pm

## Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet. For more information contact Nancy at yogawithnancy@gmail.com.

**12 Sessions \$144**

Instructor: Nancy Neves  
54683 Mid County CRC 9/12 W 11:00am-12:00pm

## Yoga-Pilates Fusion

Ages 10 & Up: Move through mat-based exercises to build strength, especially in the core. The entire body will be stretched and relaxed through yoga poses. Breath is used first to energize, then calm. Participants will need to bring their own sticky yoga mat.

**8 Sessions \$52**

Instructor: H2O Fitness  
53408 KSAC 10/21 S 6:05pm-6:55pm

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240-777-6840



# YOUTH MARTIAL ARTS

## Judo

### Judo

Ages 5 -15: The class emphasizes the various basic techniques of judo, a Japanese martial art that includes aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo.

#### 12 Sessions \$360

Instructor: Frederic Hocde

#### Ages 5-10

55849 Ken Gar Center 9/18 T 5:30pm-6:30pm

#### Ages 7-15

55850 Ken Gar Center 9/18 T 6:30pm-7:30pm

## Karate/Jujitsu

### Karate/Jujitsu

Ages 6-14: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu with instructors from Tompkins Karate Association. Class offers exercise, drills, lecture and competition with promotional exams available. Beginners must attend the 6 p.m. class at Upper County, Bauer, Damascus, Resnik, Praisner and Germantown locations. Beginners may attend the later time at all other sites.

#### 11 Sessions \$80

Instructor: TKA Inc.

54756 Damascus CRC 9/26 W 6:00pm-7:00pm  
54757 Damascus CRC 9/26 W 7:00pm-8:00pm  
54758 Clara Barton NCR 9/26 W 7:00pm-8:00pm  
54759 Bauer Drive CRC 9/26 W 6:00pm-7:00pm  
54760 Bauer Drive CRC 9/26 W 7:00pm-8:00pm  
54761 Potomac CRC 9/26 W 6:00pm-7:00pm  
54762 Resnik ES 9/26 W 6:00pm-7:00pm  
54763 Resnik ES 9/26 W 7:00pm-8:00pm  
54764 Potomac CRC 9/26 W 7:00pm-8:00pm  
54765 Stedwick ES 9/26 W 7:00pm-8:00pm

#### 12 Sessions \$87

Instructor: TKA Inc.

54753 Germantown CRC 9/18 T 6:00pm-7:00pm  
54754 Germantown CRC 9/18 T 7:00pm-8:00pm  
54755 Mid County CRC 9/18 T 6:30pm-7:30pm  
54766 Praisner CRC 9/20 Th 6:00pm-7:00pm  
54767 Praisner CRC 9/20 Th 7:00pm-8:00pm  
54768 DuFief ES 9/20 Th 7:00pm-8:00pm

54769 Bethesda ES 9/20 Th 7:00pm-8:00pm  
54770 Rolling Terrace ES 9/20 Th 7:00pm-8:00pm

#### 13 Sessions \$95

Instructor: TKA Inc.

54749 Upper County CRC 9/17 M 6:00pm-7:00pm  
54750 Longwood CRC 9/17 M 7:00pm-8:00pm  
54751 Upper County CRC 9/17 M 7:00pm-8:00pm  
54752 Glenallan ES 9/17 M 7:00pm-8:00pm

## Karate Do and Iaido Beginners

Ages 6-14: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. Participants will need to purchase a gi (uniform).

#### 12 Sessions \$119

Instructor: Salvador Cortes

55855 Kensington 9/18 T 7:00pm-7:55pm  
Parkwood ES  
55856 Kensington 9/20 Th 7:00pm-7:55pm  
Parkwood ES

## Little Ninjas

Ages 5-8: Through the concept of "edutainment" children will develop the skills of concentration and self-control and gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Our low student-to-teacher ratio and safe training mats will ensure that your child has a comfortable and exciting experience. An official Kicks Karate uniform and belt are included in the fee.

#### 5 Sessions \$79

Instructor: Kicks Karate

55967 Kicks - Shady Grove 9/29 Sa 8:55am-9:25am  
55979 Kicks - Germantown 9/29 Sa 9:00am-9:30am  
55965 Kicks - Potomac 9/29 Sa 9:30am-10:10am  
55973 Kicks - Silver Spring 9/29 Sa 9:30am-10:10am  
55970 Kicks - Clarksburg 9/29 Sa 10:00am-10:40am  
55977 Kicks - Bethesda 9/29 Sa 10:00am-10:40am  
55961 Kicks - N. Bethesda 9/29 Sa 10:00am-10:40am

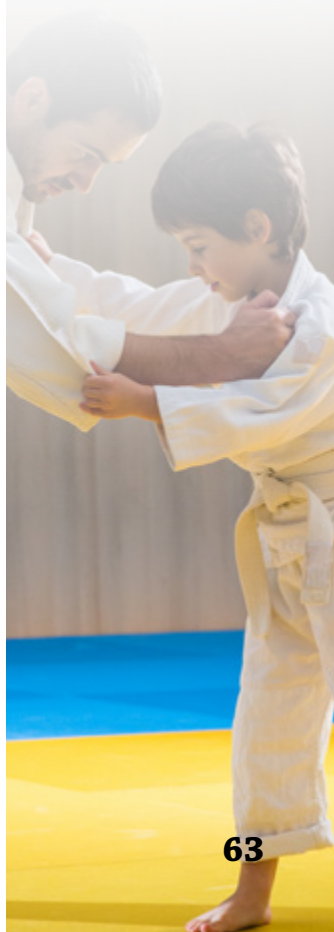
#### 10 Sessions \$129

Instructor: Kicks Karate

55974 Kicks - Silver Spring 9/24 M,W 4:50pm-5:30pm  
55978 Kicks - Bethesda 9/24 M,W 5:00pm-5:40pm  
55971 Kicks - Clarksburg 9/24 M,W 5:00pm-5:40pm  
55966 Kicks - Potomac 9/24 M,W 5:00pm-5:40pm  
55968 Kicks - Shady Grove 9/24 M,W 6:00pm-6:30pm  
55980 Kicks - Germantown 9/24 M,W 6:10pm-6:40pm  
55960 Kicks - N. Bethesda 9/24 M,W 6:20pm-7:00pm  
55981 Kicks - Germantown 9/25 T,Th 5:20pm-5:50pm  
55972 Kicks - Silver Spring 9/25 T,Th 5:40pm-6:20pm  
55976 Kicks - Bethesda 9/25 T,Th 6:20pm-7:00pm  
55969 Kicks - Clarksburg 9/25 T,Th 6:20pm-7:00pm  
55964 Kicks - Potomac 9/25 T,Th 6:20pm-7:00pm  
55962 Kicks - N. Bethesda 9/26 W,F 1:00pm-1:30pm



# MARTIAL ARTS





## Tiny Tigers

Ages 3-5: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. An official Kicks Karate uniform and white belt are included in the class fee.

### 5 Sessions \$65

Instructor: Kicks Karate

53996	Kicks - Bethesda	9/29	Sa	9:00am-9:30am
53997	Kicks - N. Bethesda	9/29	Sa	9:00am-9:30am
53998	Kicks - Potomac	9/29	Sa	9:00am-9:30am
53999	Kicks - Shady Grove	9/29	Sa	10:00am-10:30am
54000	Kicks - Germantown	9/29	Sa	10:00am-10:30am
54005	Kicks - Silver Spring	9/29	Sa	9:00am-9:30am

### 10 Sessions \$129

Instructor: Kicks Karate

54591	Kicks - Silver Spring	9/24	M,W	4:20pm-4:50pm
54003	Kicks - Germantown	9/24	M,W	5:40pm-6:10pm
54002	Kicks - Shady Grove	9/24	M,W	4:00pm-4:30pm
54593	Kicks - Bethesda	9/24	M,F	4:00pm-4:30pm
54001	Kicks - Clarksburg	9/24	M,F	4:30pm-5:00pm
53994	Kicks - Potomac	9/25	T,Th	4:15pm-4:45pm
54004	Kicks - Silver Spring	9/25	T,Th	5:00pm-5:30pm
53992	Kicks - Bethesda	9/25	T,Th	5:20pm-5:50pm
53993	Kicks - N. Bethesda	9/25	T,Th	5:50pm-6:30pm
53995	Kicks - Clarksburg	9/25	T,Th	5:20pm-5:50pm
54517	Kicks - N. Bethesda	9/26	W,F	4:00pm-4:30pm
54519	Kicks - N. Bethesda	9/26	W,F	1:00pm-1:30pm
54526	Kicks - Potomac	9/25	T,Th	1:00pm-1:30pm
54534	Kicks - Shady Grove	9/25	T,Th	5:50pm-6:20pm
54595	Kicks - Germantown	9/25	T,Th	4:00pm-4:30pm
56461	Kicks - Silver Spring	9/26	M,F	5:30pm-6:00pm

## Zen Budo Karate: Kids Karate

Ages 7-11: Goshin Jutsu Karate is a holistic martial arts program that teaches the basics of self defense including throws, joint locks, pressure points and sparring practice. Emphasis in the class is on realistic and practical partner work participation.

### 11 Sessions \$135

Instructor: Christopher Bowers

55999	Ken Gar Center	9/22	Sa	11:15am-12:15pm
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### 13 Sessions \$155

Instructor: Christopher Bowers

55995	White Oak CRC	9/17	M	6:30pm-7:30pm
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## Zen Budo Karate: Little Dragons

Ages 4-7: This exciting martial arts program teaches students the basics of hand-eye coordination, rolling, falling, throwing a partner, Kata and Yoga. Students stretch, hit pads, kick, punch, complete obstacle courses and earn a new belt after completion of the requirements.

### 7 Sessions \$80

Instructor: Christopher Bowers

55239	White Oak CRC	10/1	M	5:45pm-6:30pm
55240	N. Potomac CRC	10/2	T	12:45pm-1:30pm
55241	Wisconsin Pl. CRC	10/4	Th	12:45pm-1:30pm

### 12 Sessions \$164

Instructor: Christopher Bowers

55998	Ken Gar Center	9/22	Sa	10:30am-11:15am
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## Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery. Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at [mocrecom.com](http://mocrecom.com), by calling the Inclement Weather Line at 240-777-6889, through the department's Facebook and Twitter sites or by calling the facilities directly.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as the first priority.



# MARTIAL ARTS





# ADULT MARTIAL ARTS

## Aikido

### Aikido

Ages 12 & Up: Known as the gentle martial art, Aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in daily life. This class will also introduce, healing with ki energy and meditative breathing.

**13 Sessions \$109**

Instructor: Christopher Rowe  
55851 Ross Boddy CRC 9/17 M 7:00pm-8:30pm

### Aikido Intermediate/Advanced

Ages 12 & Up: Known as the gentle martial art, Aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with ki energy and meditative breathing.

**12 Sessions \$99**

Instructor: William Fairweather  
55852 Ross Boddy CRC 9/26 W 7:00pm-8:30pm

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.



## Vovinam

### Classic Vovinam Martial Arts

Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic. Each 90-minute section includes extensive warmups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train with partners of different sizes. For more information contact 301-204-3118 or VovinamMD@gmail.com.

**13 Sessions \$117**

Instructor: Yanni Nguyen  
55887 Eastern MS 11/3 T 6:00pm-7:15pm  
Sa 2:45pm-4:00pm

**14 Sessions \$126**

Instructor: Yanni Nguyen  
55878 Plum Gar NRC 9/12 M,W 7:00pm-9:00pm  
55879 Eastern MS 9/15 T 6:00pm-7:15pm  
Sa 2:45pm-7:15pm  
55886 Plum Gar NRC 11/5 M,W 7:00pm-8:30pm

### Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and leveraging, joint locks, choke holds and submissions in the Vovinam martial art style. For more information contact (301) 204-3118 or VovinamMD@gmail.com. Advanced level; instructor permission required.

**13 Sessions \$117**

Instructor: Yanni Nguyen  
55888 Eastern MS 11/3 T 7:15pm-9:00pm  
Sa 1:00pm-2:45pm

**14 Sessions \$126**

Instructor: Yanni Nguyen  
55880 Eastern MS 9/15 T 7:15pm-9:00pm  
Sa 1:00pm-2:45pm

# MARTIAL ARTS





## Karate/Jujitsu

### Karate/Jujitsu Adult

Ages 13 & Up: Learn the physical and psychological aspects of Tang Soo Do-style Korean Karate and Jujitsu with instructors from Tompkins Karate Association. Class offers exercise, drills, lecture and competition with promotional exams available. This class is geared toward participants 13 and older. Beginner through advanced levels.

#### 11 Sessions \$94

Instructor: TKA Inc.

54773	Damascus CRC	9/26	W	8:00pm-9:30pm
54774	Bauer Drive CRC	9/26	W	8:00pm-9:30pm
54775	Potomac CRC	9/26	W	8:00pm-9:30pm
54776	Stedwick ES	9/26	W	8:00pm-9:30pm

#### 12 Sessions \$102

Instructor: TKA Inc.

54777	Bethesda ES	9/20	Th	8:00pm-9:30pm
54778	Praisner CRC	9/20	Th	8:00pm-9:30pm
54779	DuFief ES	9/20	Th	8:00pm-9:30pm
54780	Rolling Terrace ES	9/20	Th	8:00pm-9:30pm
54781	Germantown CRC	9/18	T	8:00pm-9:30pm
54782	Mid County CRC	9/18	T	7:30pm-9:00pm

#### 13 Sessions \$111

Instructor: TKA Inc.

54771	Upper County CRC	9/17	M	8:00pm-9:30pm
54772	Glenallan ES	9/17	M	8:00pm-9:30pm

### Karate/Jujitsu Club

Ages 13 & Up: This program is open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Participants must be registered in a regular TKA class during the same season.

#### 12 Sessions \$42

Instructor: TKA Inc.

54783	Holiday Park SC	9/21	F	7:30pm-8:30pm
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### Karate/Jujitsu Club 2

Ages 13 & Up: Develop skills under supervision of select instructors. No formal instruction during Club sessions.

#### 12 Sessions \$57

Instructor: TKA Inc.

54784	Holiday Park SC	9/21	F	8:30pm-9:30pm
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### Zen Budo Karate: Self-Defense

Ages 11 & Up: ZBK Self Defense combines the most practical and simple methods of self defense found primarily in Karate but also in other styles. If you really want to be able to defend yourself in a stressful realistic situation, Goshin Jutsu Karate is for you. The style incorporates joint locks, throws, submissions, and pressure points. It teaches you to defend yourself against single and multiple opponents and how to escape holds and grabs.

#### 12 Sessions \$150

Instructor: Christopher Bowers

55997	Poolesville ES	9/20	Th	7:30pm-9:00pm
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#### 13 Sessions \$160

Instructor: Christopher Bowers

55996	White Oak CRC	9/17	M	7:30pm-9:00pm
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## Iaido

### Iaido

Ages 18 & Up: Japanese classical martial arts attempt to understand, learn and incorporate the samurai philosophy. Develop inner strength, confidence, self-assurance and physical strength, as well as instinctive reactions and reflexes. Classical martial arts are not a sport, but a way of life. For more information contact [bskofmc@gmail.com](mailto:bskofmc@gmail.com).

#### 12 Sessions \$119

Instructor: Salvador Cortes

55853	Kensington	9/20	Th	8:05pm-9:00pm
	Parkwood ES			

### Karate/Iaido

Ages 10 & Up: Students who already have an introduction to Iaido can continue to learn the martial art in this class.

#### 12 Sessions \$119

Instructor: Salvador Cortes

55854	Kensington	9/18	T	8:05pm-9:00pm
	Parkwood ES			

# MARTIAL ARTS





# SCHOOL BREAK PROGRAMS

## Winter Break

### Coach Doug Club Holiday

Ages 5-13: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs. \$10 material fee due at first session. For more information contact 301-983-2690.

**3 Sessions \$149**

Instructor: Coach Doug Academy  
53736 Potomac CRC 12/26 W-F 8:00am-3:30pm

### Coach Doug Club Holiday Half Day

Ages 3-13: This program offers all the fun of Coach Doug Club Holiday, for just the morning and includes participants age 3 and 4. \$5 material fee due at first session. For more information contact 301-983-2690.

**3 Sessions \$65**

Instructor: Coach Doug Academy  
53737 Potomac CRC 12/26 W-F  
8:00am-12:30pm

### Coach Doug Club Holiday PM

Ages 5-13: This program offers all the fun of Coach Doug Club Holiday, for just the afternoon. \$10 material fee due at first session. For more information contact 301-983-2690.

**5 Sessions \$29**

Instructor: Coach Doug Academy  
53738 Potomac CRC 12/26 W-F 3:30pm-6:00pm

### Karate Clinic Winter Break

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$35, payable to TKA.

**4 Sessions \$55**

Instructor: Coach Doug Academy  
56456 Bauer Drive CRC 12/26 W-M 9:00am-11:30pm

## STEAM

### Computer Science

#### 3D Character Modeling and Sculpting

Ages 10-14: This class will use Sculptris Software and is open to beginner and intermediate students. Students will learn how to digitally sculpt characters in a 3D space. Using a pen tablet, and software called Sculptris students learn how to digitally design, develop, and sculpt characters and objects. Students will be introduced to very basic anatomy. Is your child interested in learning how 3D characters in games and movies are made? This is a great class to take! Prerequisite tools: students must bring own sketchbook (standard 8.5x10in). Please email us for details. Topics covered: digital sculpting and painting, character sheets. Skills gained: creativity and problem-solving.

**8 Sessions \$150**

Instructor: C3 Cyber Club  
56015 Wood MS 10/6 Sa 10:15am-11:15am

#### Visual Programming with Scratch

Ages 6-9: This class will use Scratch 2.0 Software and is open to beginner and intermediate students. Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre made art assets, or create your own, and learn how to program them, to walk, talk, and interact with objects. This class will teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2. Topics covered: level design, sprite artwork, logic flow, visual programming. Skills gained: game theory and design.

**8 Sessions \$150**

Instructor: C3 Cyber Club  
56018 Wood MS 10/6 Sa 9:00am-10:00am



SCHOOL BREAK/STEAM



## Engineering

### Jr Lego Mechanics and Engineering

Ages 6-9: For beginners. Powered by the LEGO® Education WeDo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day. Topics covered: programming concepts, engineering concepts, machine elements, and simple machines. Skills gained: problem-solving and teamwork.

**7 Sessions \$150**

Instructor: C3 Cyber Club  
56016 N. Bethesda MS 10/9 T 6:00pm-7:00pm

### Lego Mechanics and Engineering

Ages 10-14: Software: Lego Mindstorm Ev3 Skill Level: Beg.-Int. Powered by the LEGO® MINDSTORMS® Education Ev3 Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands on and like working together in small teams. Topics Learned, Programming concepts, Flow charts, Engineering concepts, How gears work. Skills Gained: Problem-solving, Teamwork.

**7 Sessions \$150**

Instructor: C3 Cyber Club  
56017 N. Bethesda MS 10/9 T 7:15pm-8:15pm

## Natural Sciences

### Gemology I Introductory

Ages 18 & Up: Want to know more about those gems you are wearing on your rings, necklaces, bracelets and brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

**12 Sessions \$108**

Instructor: Timothy Morgan  
55830 Potomac CRC 9/20 Th10:00am-12:15pm

### Gemology II Advanced

Ages 18 & UP: Prerequisite - beginner or intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible.

**11 Sessions \$99**

Instructor: Timothy Morgan  
55831 Potomac CRC 9/26 W10:00am-12:15pm

## Languages and Playtime

### Kinderstunde

Ages 11m-5: Spaß + Spiel + Bastelei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & up), um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen; zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. \$5 material fee due at first session. All ability levels welcome, from beginners to native speakers.

**5 Sessions \$100**

Instructor: Ines Kuperberg  
54008 Germantown CRC 9/26 W 5:15pm-6:00pm  
54163 Germantown CRC 11/7 W 5:15pm-6:00pm



STEAM





## Preschool Spanish

Ages 4-7: Children will be fully immersed in Spanish, in classes with a variety of high-energy games, sports, obstacle courses and experiments. All activities are grouped by thematic units, with clear goals and objectives for immersion in the Spanish language. For more information contact Miss Cristina at 240-550-2797. \$6 material fee due at first session.

### 8 Sessions

**\$115**

Instructor: Maria Rhoe

55895 Bauer Drive CRC 9/27 Th 5:30pm-6:20pm

55894 Lawton CRC 9/29 Sa 11:00am-11:45am

## Spanish Toddlers

Ages 1.5-3: Children will be fully immersed Spanish, in classes with a variety of high-energy games, sports, obstacle courses and experiments. All activities are grouped by thematic units, with clear goals and objectives for immersion in the Spanish language. For more information contact Miss Cristina at 240-550-2797. \$6 material fee due at first session.

### 8 Sessions

**\$115**

Instructor: Maria Rhoe

55896 Lawton CRC 9/29 Sa 10:00am-10:45am

55897 Bauer Drive CRC 9/27 Th 4:30pm-5:15pm

## Specialty Programs

### Komodo Abacus Mental Math

Ages 5-12: The Komodo math program teaches kids how to work math problems by visualizing an abacus. Children will learn basic arithmetic, starting with simple single digit addition and ending with more advanced operations such as the calculation of square roots. After a few months, students masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

### 8 Sessions

**\$242**

Instructor: KOMODO USA

55841 Komodo USA 9/29 Sa 12:30pm-2:00pm

- Gaithersburg

55842 Komodo USA 9/28 F 5:30pm-7:00pm

- Germantown



### Komodo Advanced Grade Level Math

Ages 5-12: Build confidence and develop skills and habits to succeed in math. We provide customized training program for each student to enjoy and succeed in math at school beyond their grade level. Stop classroom boredom and challenge your young scholar to reach greater heights. This is an acceleration program for students who are ready to move on to the next grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and additional help with school homework.

### 8 Sessions

**\$242**

Instructor: KOMODO USA

55843 Komodo USA 9/29 Sa 10:30am-12:00pm

- Germantown

55844 Komodo USA 9/26 F 5:30pm-7:00pm

- Gaithersburg

### Komodo Language Arts and Creative Writing

Ages 5-12: The goal of the Komodo Reading/ Writing program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

### 8 Sessions

**\$242**

Instructor: KOMODO USA

55845 Komodo USA 9/29 Sa 12:15pm-1:45pm

- Germantown

55846 Komodo USA 9/28 Sa 10:00am-11:30am

- Gaithersburg



STEAM





# The SPORTS *Pages*



## SPORTS

### YOUTH SPORTS

#### Baseball/Softball

##### Rookie League Baseball

Ages 5-7: Players will receive instruction in the basics of coach-pitch baseball, and will apply what they have learned in non-competitive games. Players who are not able to hit a pitched ball will be able to use a tee while learning. Sessions are one-hour and 15 minutes each week within the timeframe listed.

##### 6 Sessions \$95

Instructor: Jump Start Sports

54387	Arylawn	9/15	Sa	12:15pm-2:45pm
54388	Quince Orchard Valley NP	9/15	Sa	3:30pm-4:45pm
54389	Layhill Village LP	9/16	S	2:30pm-3:45pm

##### T-Birds T-Ball

Ages 3-4: Players learn the basics of throwing, catching, fielding, batting and base running, and apply what they have learned in non-competitive games. Sessions are one hour long, one day per week. Schedules will be emailed to all participants one week prior to the start of the season. Instruction is conducted by Jump Start Sports. Players receive a Major League Baseball hat, team t-shirt, and baseball medal.

##### 6 Sessions \$95

Instructor: Jump Start Sports

54390	Arylawn	9/15	Sa	10:00am-12:00pm
54391	Quince Orchard Valley NP	9/15	Sa	2:30pm-3:30pm
54392	Layhill Village LP	9/16	S	1:30pm-2:30pm

### Basketball

#### Little Hoop Stars/Hoop Stars

Ages 4-8: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team t-shirt and award.

##### 6 Sessions \$95

Instructor: Jump Start Sports

##### Ages 4-5

54599	Jones Lane ES	11/10	Sa	10:00am-11:00am
54600	Flower Valley ES	11/10	Sa	1:30pm-2:30pm
54601	Kensington Parkwood ES	11/11	S	10:00am-11:00am

##### Ages 6-8

54597	Jones Lane ES	11/10	Sa	11:00am-12:00pm
54598	Flower Valley ES	11/10	Sa	2:30pm-3:30pm
54611	Kensington Parkwood ES	11/11	S	12:00pm-1:00pm

#### Montgomery County Basketball Clinic

Ages 9-12: Learn the concepts of basketball, develop skills, and play in live games. This clinic introduces young athletes to the game, improves their skills, and develops their talent by teaching basic practice drills and emphasizing the fundamentals. Players will be assigned groups based on age.

##### 6 Sessions \$95

Instructor: Jump Start Sports

54602	Kensington Parkwood ES	11/11	S	1:00pm-2:00pm
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#### Train Like a Pro Basketball

Ages 10-18: Develop elite basketball skills for boys and girls of all abilities. Coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game, including game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

##### 6 Sessions \$125

Instructor: Fit 2 Believe

53708	Cabin John MS	9/19	W	7:00pm-8:30pm
53709	Farquhar MS	9/17	M	7:00pm-8:30pm

Follow us on Facebook and Twitter!



# Flag Football

## Flag Football

Ages 4-9: Have a blast learning the basics of football in a safe environment. Players will learn the fundamentals of offense and defense and will be introduced to speed and agility training. Small-sided scrimmages will ensure equal playing time, a rotation of players in various positions, and will help teach within the context of the game. Players are grouped by age, coached at their level of understanding, and play fun, low competition games.

**6 Sessions \$95**

Instructor: Jump Start Sports

### Ages 4-6

54612 Germantown CRC 9/16 S 10:00am-11:00am

### Ages 7-9

54613 Germantown CRC 9/16 S 11:00am-12:00pm

# Gymnastics

## Gymnastics - Pre School

Ages 4-6.5: This class will introduce students to tumbling, balance beam, bar and trampoline skills. Children will develop strength, coordination, flexibility, mental processing and self-confidence.

**6 Sessions \$150**

Instructor: Dobre Gymnastics Academy

### Ages 4-6

54643 Dobre Gymnastics 9/18 T 3:45pm-4:30pm

### Ages 4.5-6.5

54644 Dobre Gymnastics 9/20 Th 3:45pm-4:30pm

54645 Dobre Gymnastics 9/22 Sa 2:30pm-3:15pm

## Gymnastics For Girls and Boys

Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.

**6 Sessions \$165**

Instructor: Dobre Gymnastics Academy

54647 Dobre Gymnastics 9/17 M 7:00pm-8:00pm

54648 Dobre Gymnastics 9/21 F 7:00pm-8:00pm

54649 Dobre Gymnastics 9/22 Sa 2:30pm-3:30pm

54653 Dobre Gymnastics 9/20 Th 7:00pm-8:00pm

# Lacrosse

## Introductory Lacrosse

Ages 7-12: Learn fundamentals of lacrosse including passing, catching, spacing, positioning and defense. Players are divided by gender and age to play scrimmages. Checking and poking will not be permitted. All equipment will be provided for use during instructional program. Helmets and shoulder pads will not be used.

**6 Sessions \$95**

Instructor: Jump Start Sports

### Ages 7-9

54590 White Oak CRC 9/17 M 5:45pm-7:00pm

### Ages 10-12

54594 White Oak CRC 9/17 M 5:45pm-7:00pm

# Multi-Sports

## Coach Doug Pre Wee Wanna Be

Ages 1.5-4: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required. For more information contact 301-983-2690. \$10 material fee due at first session.

**12 Sessions \$165**

Instructor: Coach Doug Academy

53739 Germantown CRC 9/18 T 9:30am-10:15am

53742 Bauer Drive CRC 9/26 W 9:30am-10:15am

53744 Potomac CRC 9/20 Th 9:30am-10:15am

## Coach Doug We Wanna Be

Ages 2-5: Kids and their parents/guardians will be introduced to agility training, soccer, tee ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace. For more information contact 301-983-2690. \$10 material fee due at first session.

**12 Sessions \$165**

Instructor: Coach Doug Academy

53745 Potomac CRC 9/20 Th 10:30am-11:15am

53748 N. Potomac CRC 9/21 F 10:30am-11:15am

53749 Oakland Terrace ES 9/22 Sa 9:30am-10:15am

53743 Bauer Drive CRC 9/26 W 10:30am-11:15am

53750 Oakland Terrace ES 9/22 Sa 10:15am-11:00am

53795 Germantown CRC 9/18 T 10:30am-11:15am



# SPORTS





## SPORTS

**Coach Doug Seasonal Sports**

Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, tee ball, lacrosse and more. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

**12 Sessions \$165**

Instructor: Coach Doug Academy

53740 Germantown CRC 9/18 T 4:00pm-4:45pm  
53746 Potomac CRC 9/20 Th 4:15pm-5:00pm  
53751 Oakland Terrace ES9/22 Sa 11:00am-11:45am

**Soccer****Coach Doug Soccer**

Ages 3-6: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required. For more information contact 301-983-2690. \$10 material fee due at first session.

**12 Sessions \$165**

Instructor: Coach Doug Academy

53741 Germantown CRC 9/18 T 5:00pm-5:45pm  
53747 Potomac CRC 9/20 Th 5:00pm-5:45pm  
53752 Oakland Terrace ES 9/22 Sa 11:45am-12:30pm

**Coed Recreational Soccer**

Ages 7-8: Boys and girls learn the fundamentals of soccer as well as more complex aspects of the sport in a course for experienced players and novices alike. Each session includes skill instruction and gameplay that involves an equal measure of healthy competition and learning opportunities. All coaching will be conducted by Jump Start Sports. Shin guards are highly recommended and cleats are preferred, but players may also wear regular athletic shoes. All participants receive a t-shirt.

**6 Sessions \$90**

Instructor: Jump Start Sports

54010 Germantown CRC 9/16 S 3:00pm-4:00pm  
54011 Cabin John RP 9/15 Sa 4:00pm-5:00pm  
54012 Bauer Drive CRC 9/15 Sa 12:00pm-1:00pm

**Hummingbirds Soccer**

Ages 3-6: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team t-shirt and award.

**6 Sessions \$90**

Instructor: Jump Start Sports

**Ages 3-4**

53986 Germantown CRC 9/16 S 1:00pm-2:00pm  
53987 Bauer Drive CRC 9/15 Sa 10:00am-11:00am  
53988 Cabin John RP 9/15 Sa 2:00pm-3:00pm

**Ages 5-6**

53989 Germantown CRC 9/16 S 2:00pm-3:00pm  
53990 Bauer Drive CRC 9/15 Sa 11:00am-12:00pm  
53991 Cabin John RP 9/15 Sa 3:00pm-4:00pm

**Petite Soccer**

Ages 3-5: U.K. Elite recruits top British professional soccer coaches to provide your little one with the best instruction. Children will develop basic ball manipulation skills, using their feet. U.K. Elite will provide soccer balls.

**6 Sessions \$120**

Instructor: UK Elite Soccer

53909 Bauer Drive CRC 9/23 S 10:00am-10:45am

**Petite Soccer Parent and Child**

Ages 2-3: This program offers all the fun and learning of Petite Soccer, for younger children with parent participation. U.K. Elite will provide soccer balls.

**6 Sessions \$110**

Instructor: UK Elite Soccer

53910 Bauer Drive CRC 9/23 S 9:00am-9:45am

**Route 29 Soccer**

Ages 3-8: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team t-shirt and award.

**5 Sessions \$75**

Instructor: Jump Start Sports

**Ages 3-4**

54384 White Oak CRC 9/15 Sa 10:00am-11:00am

**Ages 5-6**

54385 White Oak CRC 9/15 Sa 11:00am-12:00pm

**Ages 7-8**

54386 White Oak CRC 9/15 Sa 12:00pm-1:00pm







## Table Tennis

### Ping Pong/Table Tennis

Ages 7-13: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game, including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional, one-third games. A material fee of \$10 is due the instructor at the first class.

#### 12 Sessions

**\$192**

Instructor: Maryland Table Tennis Center

55840 MD Table Tennis Center 9/20 Th 6:30pm-7:30pm

## Ultimate Frisbee

### Ultimate Frisbee Clinic

Ages 10-15: All skill levels are welcome to come and learn the fundamentals, skills and rules of one of the fastest growing sports in the world with American Ultimate Academy. Through creative mini-games, participants will learn how to run, jump, catch and throw. In addition to 6 weeks of Ultimate instruction, participants will receive a free Frisbee.

#### 6 Sessions

**\$65**

Instructor: American Ultimate Academy

53729 Rosemary Hills-Lyttonsville LP 9/17 M 6:00pm-7:00pm

## Volleyball

### Introductory Volleyball

Ages 7-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team t-shirt.

#### 6 Sessions

**\$95**

Instructor: Jump Start Sports

#### Ages 7-9

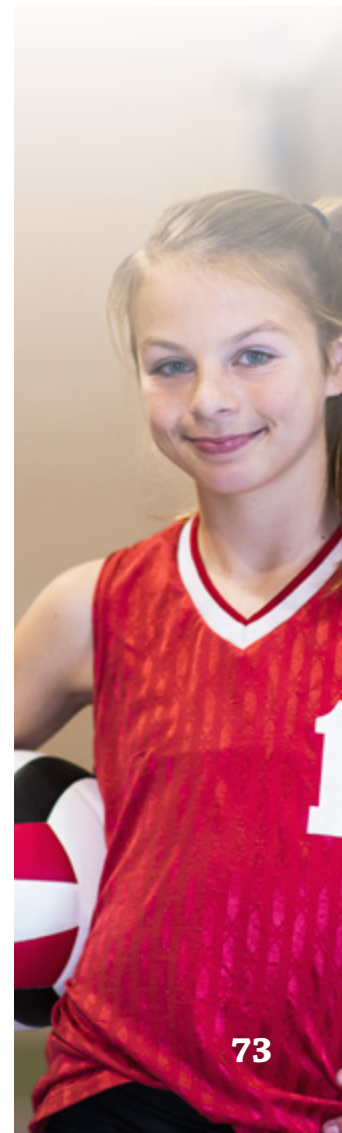
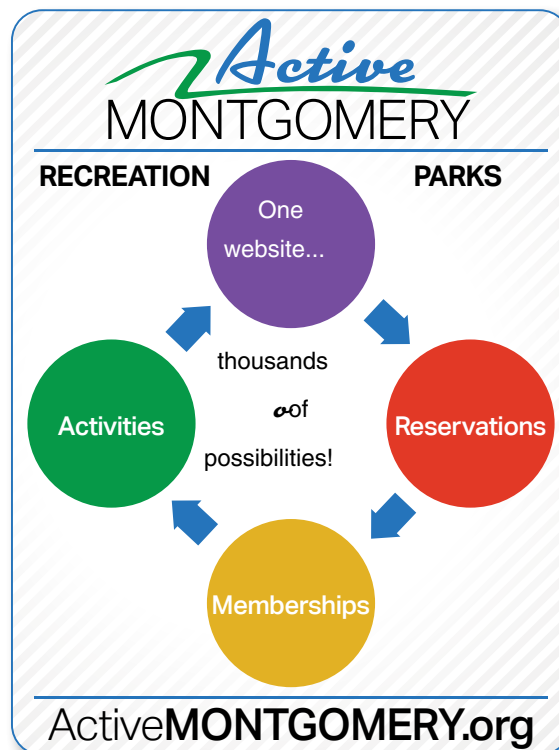
54529	Longwood CRC	9/15	Sa	10:00am-11:00am
56407	Damascus CRC	9/18	T	6:30pm-7:30pm
54587	White Oak CRC	9/19	W	6:30pm-7:30pm

#### Ages 10-12

54530	Longwood CRC	9/15	Sa	11:00am-12:00pm
54589	White Oak CRC	9/19	W	7:30pm-8:30pm
56408	Damascus CRC	9/18	T	7:30pm-8:30pm



# SPORTS





# Fall Youth Leagues

## Youth Fall Basketball Leagues (Grades 9-10)

This is a five-week competitive basketball league. Games are played at the Upper County Community Recreation Center between 9 a.m. and 6 p.m. on Sundays during the fall season. All leagues are team registration only. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Fall registration begins on July 25 and ends on August 31. There is an additional \$50 team registration fee for non-county residents and a late registration fee of \$25. For more information visit [www.mocorec.com](http://www.mocorec.com).

### Fall Youth Basketball Leagues

Activity	League	Start Date	Day	Number of Games	Fee
51785	9th Grade Boys	9/22	Sa	5	\$365
51786	9th Grade Girls	9/22	Sa	5	\$365
51787	10th Grade Boys	9/22	Sa	5	\$365
51788	10th Grade Girls	9/22	Sa	5	\$365

## 7V7 CO-REC HIGH SCHOOL ULTIMATE FRISBEE LEAGUE

REGISTRATION BEGINS  
**JULY 23**

REGISTRATION ENDS  
**AUG. 20**

LEAGUE PLAY BEGINS  
**SEPT. 9**

SUNDAY GAMES. NOON - 6 P.M. | \$60 PER PLAYER  
TEAM REGISTRATION ONLY. SEVEN GAME GUARANTEE + PLAYOFFS.

### ACTIVITY 54743

NEED A TEAM? SIGN UP AS A FREE AGENT USING ACTIVITY 56308.

REGISTER AT [WWW.ACTIVEMONTGOMERY.ORG](http://WWW.ACTIVEMONTGOMERY.ORG).  
FOR MORE INFORMATION EMAIL [STEPHANIE.MCKAY@MONTGOMERYCOUNTYMD.GOV](mailto:STEPHANIE.MCKAY@MONTGOMERYCOUNTYMD.GOV)



# Winter Youth Basketball Leagues

## Instructional Winter Basketball (Grades K-2)

This is an eight-week instructional basketball league. League consists of four weeks of practice and four weeks of games. Games are played throughout Montgomery County on Saturdays during the winter season. All leagues are individual registration only. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins on September 17 and ends on November 30. There is an additional \$15 registration fee for non-county residents and a late registration fee of \$25. For more information visit [www.mocorec.com](http://www.mocorec.com).



## SPORTS

Winter Youth Instructional Basketball Leagues					
Activity	League	Start Date	Day	Number of Games	Fee
55872	Kindergarten Boys - East	1/5	Sa	4	\$85
55783	Kindergarten Boys - North	1/5	Sa	4	\$85
55874	Kindergarten Boys - West	1/5	Sa	4	\$85
55875	Kindergarten Girls - East	1/5	Sa	4	\$85
55876	Kindergarten Girls - North	1/5	Sa	4	\$85
55877	Kindergarten Girls - West	1/5	Sa	4	\$85
55860	1st Grade Boys - East	1/5	Sa	4	\$85
55861	1st Grade Boys - North	1/5	Sa	4	\$85
55862	1st Grade Boys - West	1/5	Sa	4	\$85
55863	1st Grade Girls - East	1/5	Sa	4	\$85
55864	1st Grade Girls - West	1/5	Sa	4	\$85
55865	1st Grade Girls - North	1/5	Sa	4	\$85
55866	2nd Grade Boys - East	1/5	Sa	4	\$85
55867	2nd Grade Boys - North	1/5	Sa	4	\$85
55868	2nd Grade Boys - West	1/5	Sa	4	\$85
55869	2nd Grade Girls - East	1/5	Sa	4	\$85
55870	2nd Grade Girls - North	1/5	Sa	4	\$85
55871	2nd Grade Girls - West	1/5	Sa	4	\$85

### Regions

#### North:

Germantown, Clarksburg, Poolesville, Damascus, etc.

#### West:

Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

#### East:

Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.





# Winter Youth Basketball Leagues



## SPORTS

### Youth Winter Basketball (Grades 3-8)

This is an eight-week basketball league for both novice and experienced participants. League consists of one practice each week and one game each Saturday. Games are played at Montgomery County Public Schools and Community Recreation Centers during the winter season. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins on September 17 and ends on November 16. There is an additional \$15 registration fee for non-county residents and a late registration fee of \$25. For more information visit [www.mocorec.com](http://www.mocorec.com).

#### Winter Youth Mid/East Basketball Leagues

Activity	League	Start Date	Day	Number of Games	Fee
56260	3rd Grade Boys	1/5	Sa	8	\$100
56261	3rd Grade Girls	1/5	Sa	8	\$100
56262	4th Grade Boys	1/5	Sa	8	\$100
56263	4th Grade Girls	1/5	Sa	8	\$100
56265	5th Grade Boys	1/5	Sa	8	\$100
56266	5th Grade Girls	1/5	Sa	8	\$100
56268	6th Grade Boys	1/5	Sa	8	\$100
56269	6th Grade Girls	1/5	Sa	8	\$100
56271	7th Grade Boys	1/5	Sa	8	\$100
56272	7th Grade Girls	1/5	Sa	8	\$100
56274	8th Grade Boys	1/5	Sa	8	\$100
56275	8th Grade Girls	1/5	Sa	8	\$100

#### Winter Youth Upper County Basketball Leagues

52712	3rd Grade Boys	1/5	Sa	8	\$100
52713	3rd Grade Girls	1/5	Sa	8	\$100
52714	4th Grade Boys	1/5	Sa	8	\$100
52715	4th Grade Girls	1/5	Sa	8	\$100
52716	5th Grade Boys	1/5	Sa	8	\$100
52717	5th Grade Girls	1/5	Sa	8	\$100
52718	6th Grade Boys	1/5	Sa	8	\$100
52719	6th Grade Girls	1/5	Sa	8	\$100
52720	7th Grade Boys	1/5	Sa	8	\$100
52271	7th Grade Girls	1/5	Sa	8	\$100
52272	8th Grade Boys	1/5	Sa	8	\$100
52273	8th Grade Girls	1/5	Sa	8	\$100





# Winter Youth Basketball Leagues

## Winter Youth Bethesda/Potomac Saturdays Basketball Leagues

Activity	League	Start Date	Day	Number of Games	Fee
56237	3rd Grade Boys	1/5	Sa	8	\$100
56238	3rd Grade Girls	1/5	Sa	8	\$100
56241	4th Grade Boys	1/5	Sa	8	\$100
56244	4th Grade Girls	1/5	Sa	8	\$100
56245	5th Grade Boys	1/5	Sa	8	\$100
56247	5th Grade Girls	1/5	Sa	8	\$100
56249	6th Grade Boys	1/5	Sa	8	\$100
56251	6th Grade Girls	1/5	Sa	8	\$100
56255	8th Grade Boys	1/5	Sa	8	\$100
56256	8th Grade Girls	1/5	Sa	8	\$100

New Sunday leagues added. [Click here](#) for more information.

## High School Winter Basketball (Grades 9-12)

This is an eight-week recreation basketball league that consists of one practice each week and one game each weekend. There are separate leagues for boys and girls. Games are played at Montgomery County Public Schools and Community Recreation Centers during the winter season. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins September 17 and ends November 30. There is an additional \$15 registration fee for non-county residents and a late registration fee of \$25. For more information visit [www.mocorec.com](http://www.mocorec.com).

## Winter Youth High School Basketball Leagues

Activity	League	Start Date	Day	Number of Games	Fee
56291	9th Grade Boys - Advanced	1/5	Sa	8	\$100
56292	9th Grade Boys - Intermediate	1/5	Sa	8	\$100
56293	9th Grade Girls - Advanced	1/5	Sa	8	\$100
56294	9th Grade Girls - Intermediate	1/5	Sa	8	\$100
56279	10th Grade Boys - Advanced	1/5	Sa	8	\$100
56280	10th Grade Boys - Intermediate	1/5	Sa	8	\$100
56281	10th Grade Girls - Advanced	1/5	Sa	8	\$100
56282	10th Grade Girls - Intermediate	1/5	Sa	8	\$100



SPORTS





# Winter Youth Basketball Leagues

## SPORTS



### Winter Youth High School Basketball Leagues

Activity	League	Start Date	Day	Number of Games	Fee
56283	11th Grade Boys - Advanced	1/6	Su	8	\$100
56284	11th Grade Boys - Intermediate	1/6	Su	8	\$100
56285	11th Grade Girls - Advanced	1/6	Su	8	\$100
56286	11th Grade Girls - Intermediate	1/6	Su	8	\$100
56287	12th Grade Boys - Advanced	1/6	Su	8	\$100
56288	12th Grade Boys - Intermediate	1/6	Su	8	\$100
56289	12th Grade Girls - Advanced	1/6	Su	8	\$100
56290	12th Grade Girls - Intermediate	1/6	Su	8	\$100

### Youth Rising Star Basketball Leagues (Grades 5-8)

This is an eight-week competitive basketball league. Games are played at Montgomery County Public Schools and Community Recreation Centers on Saturdays and Sundays during the winter season. All leagues are team registration only. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins on September 7 and ends on November 16. There is an additional \$50 team registration fee for non-county residents and a late registration fee of \$25. For more information visit [www.mocorec.com](http://www.mocorec.com).

### Rising Star

Activity	League	Start Date	Day	Number of Games	Fee
52414	5th Grade Boys	1/5	Sa	8	\$1000
52418	5th Grade Girls	1/5	Sa	8	\$1000
52415	6th Grade Boys	1/5	Sa	8	\$1000
52419	6th Grade Girls	1/5	Sa	8	\$1000
52416	7th Grade Boys	1/5	Sa	8	\$1000
52420	7th Grade Girls	1/5	Sa	8	\$1000
52417	8th Grade Boys	1/5	Sa	8	\$1000
52421	8th Grade Girls	1/5	Sa	8	\$1000
52422	Basketball Practice Rising Star Only	-	-	-	\$135



# VOLUNTEER

## YOUTH BASKETBALL COACHES NEEDED!

Montgomery County Recreation is looking for a few good men and women, 21 & older, to become youth winter basketball coaches, teaching the fundamentals of the sport while having fun. Coaching clinics provided. Registration is free

For more information please call 240-777-6870



# BASKETBALL OFFICIALS WANTED

THE INTERNATIONAL ASSOCIATION OF  
APPROVED BASKETBALL OFFICIALS (IAABO),  
BOARD 12 IS SEEKING OFFICIALS FOR 2018  
AND 2019 BASKETBALL SEASONS.

NEW TRAINING SESSIONS  
START IN SEPTEMBER.

FOR MORE INFORMATION VISIT:

WWW.BOARD12.ORG OR CONTACT SECRETARY@BOARD12.ORG



## SPORTS



## ADULT SPORTS

## Badminton

## Badminton Advanced

Ages 12 & Up: This small class emphasizes advanced individual skills, body movement, concepts, tactics, strategies, athletic psychology and competitive techniques of both singles and doubles play. The first class will be an assessment of the player's level. The instructor may reassign students to another level if necessary. Bring a badminton racquet. \$25 material fee due at first session. Advanced level; prerequisite: Badminton Intermediate.

**12 Sessions \$156**

Instructor: Yen-Ping Chao

55816 Bauer Drive CRC 9/15 Sa 12:45pm-1:45pm

## Badminton Beginner/Advanced Beginner

Ages 9 & Up: Students learn various elements of badminton, including individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Instructors share competitive techniques of both singles and doubles play. Bring a badminton racquet. \$10 material fee due at first session.

**12 Sessions \$108**

Instructor: Yen-Ping Chao

55817 Bauer Drive CRC 9/15 Sa 9:30am-10:30am

## Badminton Intermediate

Ages 11 & Up: Students continue to learn individual badminton skills, body movement, concepts, tactics, strategies, history, rules, court etiquette, athletic psychology and competitive techniques of singles and doubles play. The first class will be an assessment of the player's levels. The instructor may reassign students to another level if necessary. Bring a badminton racquet. \$25 material fee due at first session. Intermediate level.

**12 Sessions \$156**

Instructor: Yen-Ping Chao

55818 Bauer Drive CRC 9/15 Sa 10:30am-12:30pm

## Fencing

## Fencing Beginner I

Ages 8 & Up: For beginners, learn basic foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**12 Sessions \$138**

Instructor: Gitty Mohebban

55946 Clemente MS 9/26 W 5:45pm-6:45pm

55947 Parkland MS 9/21 F 6:30pm-7:30pm

**13 Sessions \$149**

Instructor: Gitty Mohebban

55945 Frost, Robert MS 9/17 M 5:45pm-6:45pm

## Fencing Beginner II

Ages 8 & Up: Students must have taken beginner I with instructor Mohebban or have the approval from Instructor to enroll in this class. For advanced beginners; basic foil techniques but curriculum will be student skill dependent. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**12 Sessions \$138**

Instructor: Gitty Mohebban

55949 Clemente MS 9/26 W 6:45pm-7:45pm

55950 Parkland MS 9/21 F 7:30pm-8:30pm

**13 Sessions \$149**

Instructor: Gitty Mohebban

55948 Frost, Robert MS 9/17 M 6:45pm-7:45pm

## Fencing Intermediate

Ages 8 & Up: For more advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**12 Sessions \$138**

Instructor: Gitty Mohebban

55952 Clemente MS 9/26 W 7:45pm-8:45pm

55953 Parkland MS 9/21 F 8:30pm-9:30pm

**13 Sessions \$149**

Instructor: Gitty Mohebban

55951 Frost, Robert MS 9/17 M 7:45pm-8:45pm





# Fall Adult Sports Leagues

## Basketball Leagues

Recreational adult basketball leagues are offered throughout the year. Games are played at Coffield Community Recreation Center and Bauer Drive Community Recreation Center on Wednesdays and Sundays. All leagues are team registration only, except for the women's drop-in, which is individual registration. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins August 13 and ends September 6. There is an additional \$15 registration fee for non-county residents for individual registrations and \$50 for team registrations. For more information visit [www.mocorec.com](http://www.mocorec.com).



SPORTS

### Adult Fall Basketball Leagues

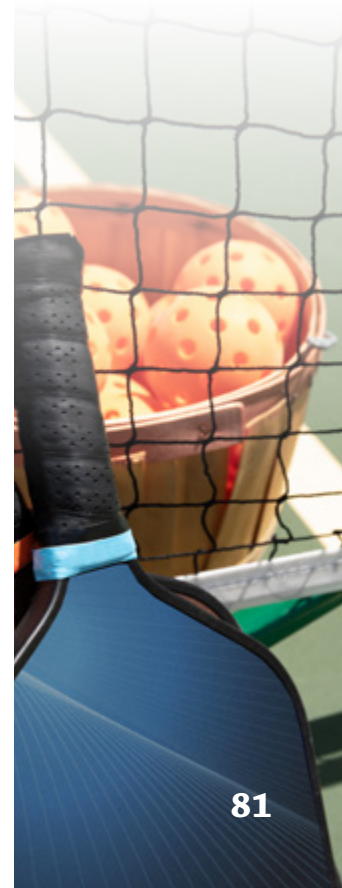
Activity	League	Location	Start Date	Day	Number of Games	Fee
53975	Men's Sunday Basketball	Bauer Drive CRC	9/16	Su	8	\$645
53980	Men's Sunday Basketball	Coffield CRC	9/16	Su	8	\$645
53981	Men's Wednesday Basketball	Coffield CRC	9/19	W	8	\$645
53982	Women's 18+ Drop-in Basketball	Bauer Drive CRC	9/16	Su	10	\$60
53983	Women's 18+ Drop-in Basketball	Bauer Drive CRC	9/16	Su	5	\$30
53984	Women's 18+ Drop-in Basketball	Bauer Drive CRC	10/21	Su	5	\$30

## Pickleball Leagues

This is an eight-week pickleball league for ages 18 and up. Games are played at Bauer Drive Community Recreation Center, North Potomac Community Recreation Center, and White Oak Community Recreation Center between 4:30 p.m. and 9 p.m. on Sundays and Monday evening during the fall season. This league consists of doubles pool play during the regular season. If an individual cannot be paired with another individual, a full refund will be issued. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins August 13 and ends September 11. Individuals are encouraged to register, and we will attempt to create a team. There is an additional \$15 registration fee for non-county residents for individual registrations and \$50 for team registrations.

### Adult Fall Pickleball Leagues

Activity	League	Location	Start Date	Day	Fee	Fees
56087	Beginner Team	Bauer Drive CRC	9/17	M	40	\$60
56088	Beginner Individual	Bauer Drive CRC	9/17	M	40	\$30
56081	Beginner Team	N. Potomac CRC	9/16	Su	40	\$60
56082	Intermediate Team	N. Potomac CRC	9/16	Su	40	\$60
56083	Individual	N. Potomac CRC	9/16	Su	40	\$30
56085	Expert Team	White Oak CRC	9/16	Su	40	\$60
56084	Intermediate Team	White Oak CRC	9/16	Su	40	\$60
56086	Individual	White Oak CRC	9/16	Su	40	\$30





# Fall Adult Sports Leagues

## Soccer Leagues

Recreational adult soccer outdoor leagues are offered throughout the year and offer a recreation environment at multiple levels of play. All leagues are team registration. Individuals looking to join a team are encouraged to register online as a free agent. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins July 25 and ends August 24. There is an additional \$15 registration fee for non-county residents for individual registrations and \$50 for team registrations. For more information visit [www.mocorec.com](http://www.mocorec.com).

## SPORTS



### Men's Fall Soccer Leagues

Activity	League	Start Date	Day	Regional Park Games	Local Park Games	Fee
52403	Men's 45+ Red Division 1	9/9	Su	6	2	\$1,195
52404	Men's 45+ Blue Division 2	9/9	Su	4	4	\$1,072
52405	Men's 45+ Green Division 3	9/9	Su	4	4	\$1,072
44064	Men's 45+ Soccer Free Agent	Placement is not guaranteed, but interested teams will contact you directly.				
52407	Men's 55+ Division 1	9/8	Sa	3	5	\$925
52408	Men's 55+ Division 2	9/8	Sa	3	5	\$925
44065	Men's 55+ Soccer Free Agent	Placement is not guaranteed, but interested teams will contact you directly.				
52406	Men's 63+ Division	9/9	Su	0	8	\$900
44067	Men's 63+ Free Agent	Placement is not guaranteed, but interested teams will contact you directly.				
53099	Men's Open Division 1	9/9	Su	6	2	\$1,195
52400	Men's Open Division 2	9/9	Su	6	2	\$1,195
52401	Men's Open Division 3	9/9	Su	4	4	\$1,072
52402	Men's Open Division 4	9/9	Su	4	4	\$1,072
44063	Men's Open Soccer Free Agent	Placement is not guaranteed, but interested teams will contact you directly.				

### Women's Fall Soccer Leagues

53782	Women's 24+	9/8	Sa	3	5	\$925
53783	Women's 40+	9/5	W	8	0	\$1,299
25411	Women's Soccer Free Agent	Placement is not guaranteed, but interested teams will contact you directly.				



# Fall Adult Sports Leagues



## SPORTS

### Co-Rec Fall Soccer Leagues

Activity	League	Start Date	Day	Regional Park Games	Local Park Games	Fee
52410	Co-Rec Open North Division 1	9/9	Su	2	6	\$876
52411	Co-Rec Open South Division 2	9/9	Su	2	6	\$876
52412	Co-Rec Open World Division 3	9/9	Su	2	6	\$876
52413	Co-Rec Open Metro Division 4	9/9	Su	2	6	\$876
44066	Co-Rec Soccer Free Agents	Placement is not guaranteed, but interested teams will reach out directly.				

## Softball Leagues

Recreational adult softball leagues are offered in the spring and fall and offer a recreation environment at multiple levels of play. All leagues are team registration, but individuals are encouraged to seek free agency by contacting the sports office. All games are played on regional fields. Register online at [www.activemontgomery.org](http://www.activemontgomery.org). Registration begins July 10 and ends August 22. There is an additional \$15 registration fee for non-county residents for individual registrations and \$50 for team registrations. For more information visit [www.mocorec.com](http://www.mocorec.com).

### Men's Softball Leagues

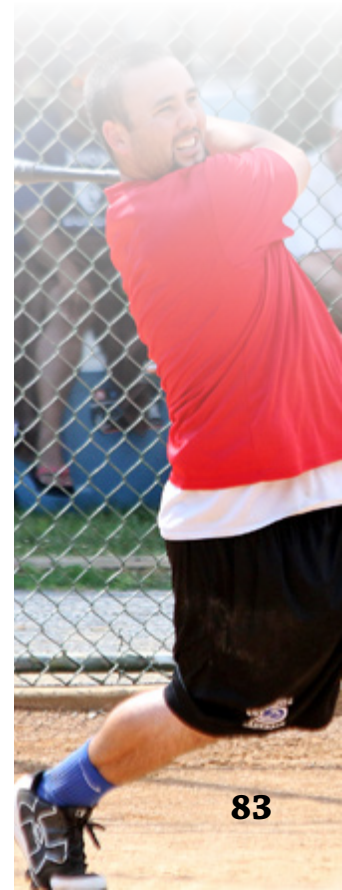
Activity	Division/Level	Field	Day	Number of Games	Fee
48390	Men's C/D & D	CJ	Tu	12	\$875
48389	Men's C/D & D	OM	W	12	\$875
48388	Men's C, C/D & D	OM	Th	12	\$875
48387	Men's D	CJ	Th	12	\$875
48386	Men's C/D & D	CJ	Su	12	\$875

### Senior Softball Leagues

48384	Men's 50+	CJ, OM	Tu	12	\$875
48385	Men's 55+	CJ	Th	12	\$875
48610	Women's Masters	WR	Th	12	\$875

### Co-Rec Softball Leagues

48379	Co-Rec Reg DH	CJ, OM	M	12	\$875
52026	Co-Rec Reg Single	OM	Tu	6	\$440
48382	Co-Rec Reg DH	CJ, OM	W	12	\$875
48380	Co-Rec Reg DH	RRD	Th	12	\$875
48381	Co-Rec Reg DH	WR	Th	12	\$875



# REFEREES WANTED

THE METROPOLITAN WASHINGTON SOCCER  
REFEREES ASSOCIATION IS HIRING REFEREES  
FOR THE 2018 AND 2019 SOCCER SEASONS.

FOR MORE INFORMATION, CONTACT WENDELL HUGHES AT:

240-988-7926 OR EMAIL [MWSRA.WHUGHES@GMAIL.COM](mailto:MWSRA.WHUGHES@GMAIL.COM)

# UMPIRES WANTED

THE GREATER WASHINGTON SOFTBALL UMPIRE ASSOCIATION IS HIRING  
UMPIRES FOR THE 2018 AND 2019 SOFTBALL SEASONS.

FOR MORE INFORMATION, CONTACT:

KERRY JOSEPH, UIC • 301-775-2557

ANN GLOSTER • 301-655-7454

JOE BAND • 301-762-1821





# 55+ Active Adult Programs

**Fall 2018**

Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. For a full listing of activities visit [www.mocorec.com](http://www.mocorec.com) or call 240-777-4925.

## **Damascus Senior Center**

M-F: 9 a.m.-4 p.m.  
9701 Main Street, Damascus  
240-777-6995

## **Holiday Park Senior Center**

M,Tu,Th, F: 8:45 a.m.-4 p.m.  
W: 8:45 a.m.-9 p.m. (April - Nov.)  
3950 Ferrara Drive, Wheaton  
240-777-4999

## **Long Branch Senior Center**

M-F: 9:30 a.m.-2:30 p.m.  
8700 Piney Branch Road, Silver Spring  
240-777-6975

## **Margaret Schweinhaut Senior Center**

M-F: 8:15 a.m.-4 p.m.  
Sat: 9 a.m.-3 p.m.  
1000 Forest Glen Road, Silver Spring  
240-777-8085

## **North Potomac Senior Center\***

M-F: 9 a.m.-3 p.m.  
13850 Travilah Road, Rockville  
240-773-4805

## **White Oak Senior Center**

M-F: 9 a.m.-3 p.m.  
1700 April Lane, Silver Spring  
240-777-6944

\* Meals served M, W, & F



## EVENTS



### White Oak Choir at White Oak SC

**Monday, September 3, 1- 2 p.m.**

Share your vocal talents and join the White Oak Choir. Free.

### Transportation Expo at Schweinhaut SC

**Tuesday, October 9, 9:30 a.m.- 2:30 p.m. (Rain date: October 10)**

Co-Sponsored with AAA Mid-Atlantic, an expo all about transportation. Activities include vendors, CarFit, AAA Truck, and more. Free.

### Medication Take Back and Ask the Pharmacist Clinic at Holiday Park SC

**Thursday, October 18, 10 a.m.- 12:30 p.m.**

Dispose of old medications and prescriptions in a safe way. There will also be a pharmacist on site that you can ask questions concerning the medications you may be taking and the possible interactions and side effects. Free.

### Fall Talent Show at Damascus SC

**Wednesday, October 24, 1 p.m.**

Featuring our very own talented seniors. Song, dance and good times. \$1.

### Drumming Workshop w/Lady Drummer Katy at North Potomac SC

**Friday, November 16, 1:30- 3:30 p.m.**

A professional drum circle facilitator, percussionist, retreat leader and event organizer whose mission is to bring people together to experience the healing power of drumming and rhythm will lead the program. Free



## 55+ Bone Builders

Bone Builders is a free, volunteer-led exercise program brought to you by the Montgomery County Departments of Recreation and Health and Human Services, and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises.

Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Registration: August 13, 8:30 a.m.

Activity	Location	Start	Days	Times
56027	Bauer	Sept. 24	M,W	1-2 p.m.
56028	Bauer	Sept. 25	Tu,Th	1-2 p.m.
56029	Clara Barton	Sept. 24	M,W	2-3 p.m.
56030	Gwendolyn Coffield	Sept. 25	Tu,Th	9:15-10:15 a.m.
56031	Damascus CRC	Sept. 24	M,W	10:30 a.m.
56032	Germantown	Sept. 24	M,Th	1-2 p.m.
56033	Jane E. Lawton	Sept. 25	Tu,Th	9:15- 10:15 a.m.
56034	Longwood	Sept. 24	M,W	11 a.m. - noon
56036	Longwood	Sept. 24	M,W	11 a.m. - noon
56035	Longwood	Sept. 24	M,W	2-3 p.m.
56047	Marilyn J. Praisner	Sept. 24	M,W	11 a.m.-noon
56037	Mid-County	Sept. 25	Tu,Th	1-2 p.m.
56038	Mid-County	Sept. 25	Tu,Th	2:15- 3:15 p.m.
56039	North Potomac	Sept. 25	Tu,Th	10:45-11:45 a.m.
56040	North Potomac	Sept. 25	Tu,Th	noon-1 p.m.
56041	North Potomac	Sept. 24	M,W	11:45-12:45 p.m.
56042	Plum Gar	Sept. 25	Tu,Th	11:30 a.m.; 1 p.m.
56043	Potomac	Sept. 25	Tu,Th	9- 10 a.m.
56044	Potomac	Sept. 25	Tu,Th	10-11 a.m.
56045	Potomac	Sept. 24	M,W	11:15-12:15 p.m.
56046	Potomac	Sept. 24	M,W	3-4 p.m.
56048	Scotland	Sept. 26	W,F	2:30-3:30 p.m.
56049	White Oak	Sept. 25	Tu,Th	11 a.m.-noon
56050	Wisconsin Place	Sept. 24	M,Th	10-11 a.m.
56051	Wisconsin Place	Sept. 25	Tu,Th	11:15 a.m. - 12:15 p.m.



# 55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

Montgomery County Recreation offers a variety of senior programs at thirteen community center locations throughout the county. Please call the center nearest you for more information, view the monthly newsletters on our website, or call 240-777-4925 for general program information. Locations that include a nutrition lunch program are designated with an \*. Locations with limited transportation on program meeting days are designated with +.

## Bauer Drive CRC

**Monday and Wednesday, 10 a.m.-3 p.m.**  
14625 Bauer Drive, Rockville  
**240-777-6922**

Offers a variety of fun and fitness activities such as pickleball, Senior Fit, bone builders, soul line dancing, Zumba Gold, Mah Jong, Tai Chi, and much more!

## Clara Barton NRC

**Monday and Wednesday, 10 a.m.-3 p.m.**  
7425 MacArthur Blvd., Cabin John  
**240-777-4910**

Offers special events, luncheons, movies, programs, speakers, exercise classes, and trips.

## Clarksburg Park Activity Building

**Wednesday, 11 a.m.-3 p.m.**  
22501 Wims Road, Clarksburg  
**240-777-4925**

Enjoy friendship and laughter while eating lunch together and participating in special activities.

\* Includes a nutrition lunch program.  
+ Limited transportation available on program meeting days.

## Gwendolyn E. Coffield CRC

**Tuesday and Thursday, 10 a.m.-1 p.m.**  
2450 Lyttonsville Road, Silver Spring  
**240-777-4900**

Offers a variety of exercise classes, technology classes, photo club, open gym for basketball, walking, and table tennis and individual instruction on how to use exercise equipment in the weight room.

## East County CRC \* +

**Tuesday and Friday, 10 a.m.-2 p.m.**  
3310 Gateshead Manor Way, Silver Spring  
**240-777-8093**

Offers social, educational and recreational opportunities including bingo, games, exercise classes and much more.

## Germantown CRC+

**Monday and Thursday, 10 a.m.-2 p.m.**  
18905 Kingsview Road, Germantown  
**240-777-8098**

Offers learning experiences and fun activities such as luncheons, Mah Jong, arts and crafts, brain yoga, concerts, health and wellness classes, and seminars on a variety of senior related issues/interests.



# 55+ PROGRAMS



**Meet the winners of the Celebration of the Arts**

**Call (301) 949-9766 for more info.**




**Sunday, Sept. 30**  
**Noon - 4 p.m.**  
**Springfield Town Center**

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**Sunday, Oct. 14**  
**Noon - 4 p.m.**  
**Silver Spring Civic Center**





# 55+ PROGRAMS



## Jane E. Lawton CRC

**Tuesday, Thursday and Friday, 10 a.m.-2:30 p.m.**  
4301 Willow Lane, Chevy Chase  
**240-777-6855**

Offers pickleball, Senior Fit, bone builders, yoga, open gym sports, writing workshops, and much more.

## Longwood CRC

**Monday and Wednesday, 10 a.m.-2 p.m.**  
19300 Georgia Ave., Brookeville  
**240-777-6920**

Enjoy exercise classes, weekly discussion group, entertainment and guest speakers.

## Marilyn J. Praisner CRC+

**Tuesday and Thursday, 10 a.m.-2 p.m.**  
14906 Old Columbia Pike, Burtonsville  
**240-777-4970**

Offers health and wellness education programs, on-site movies, games, arts & crafts, guest speakers, entertainers, and fitness activities.

## Mid-County CRC\*

**Tuesday and Thursday, 10 a.m.-2 p.m.**  
2004 Queensguard Road, Silver Spring  
**240-777-6820**

Offers Zumba Gold, Tai Chi, soul line dancing, volleyball, ping pong, pickleball, Mah Jong and more.

## Plum Gar CRC

**Tuesday and Friday, 10 a.m.-2 p.m.**  
19561 Scenery Drive, Germantown  
**240-777-4919**

Offers an opportunity enjoy recreational, educational, and cultural activities. You can participate in Senior Fit, Bone Builders, Tai Chi, open gym sports, and much more.

\* Includes a nutrition lunch program.  
+ Limited transportation available on program meeting days.

## Potomac CRC

**Tuesday and Friday, 10 a.m.-1:30 p.m.**  
11315 Falls Road, Potomac  
**240-777-6960**

Programs includes discussion groups, exercise classes, games, crafts, movies, guest speakers, entertainers, and light refreshments.

## Ross Boddy NRC

**Tuesday and Thursday, 10 a.m.-2 p.m.**  
18529 Brooke Road, Sandy Spring  
**240-777-8050**

Provides a fun atmosphere to get information, stay fit, and have a great time with others. We host entertainment, trips, and guest speakers.



## Senior Sneaker Exercise Program

Montgomery County Recreation's popular Senior Sneaker program gives adults 55+ access to quality exercise and weight rooms across the county for a membership fee of just \$50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.



## Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just \$30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics programs.

### Open Gym Badminton

#### Potomac CRC

Saturday, 2- 5 p.m.  
(Until November 10)

#### North Potomac CRC

Thursday, 9 a.m.-noon  
Thursday, 6:15-8:45 p.m.\*\*

### Open Gym Basketball

#### Coffield CRC

Tuesday, Wednesday, Thursday  
9:30 a.m.-noon

#### Potomac CRC

Monday, 8-8:50 p.m.  
Sunday, noon-4:50 p.m.

#### North Potomac CRC

Monday, 6:15-8:45 p.m.\*\*  
Wednesday, 9 a.m.-noon

### Open Gym Pickleball

#### Bauer Drive CRC

Monday, 12:30-2:30 p.m.  
Friday, 10:15 a.m.-12:35 p.m.(Instructional), 12:30-2:30 p.m.(Intermediate)

#### Clara Barton CRC

Monday, noon-1:30 p.m.

#### Damascus CRC\*

Tuesday, Thursday, Saturday  
10:30 a.m.-12:30 p.m.

#### East County CRC\*

Friday, 12:30-2:30 p.m.

#### Germantown CRC

Sunday, noon-2 p.m.

#### Jane E. Lawton CRC

Monday, 10 a.m.-noon  
(beginners/introduction)  
Thursday, noon-2:30 p.m.  
Friday, 10 a.m.-2 p.m.

#### Long Branch CRC

Friday, 10 a.m.-1 p.m.

#### Longwood CRC

Tuesday, 10 a.m.-12:30 p.m.  
Thursday, 12:30 p.m.-3 p.m.

#### North Potomac CRC

Monday, 9 a.m.-noon  
Monday, 6:15-8:45 p.m.\*\*

#### Mid County CRC

Monday and Wednesday,  
noon-2 p.m.  
Tuesday 6-8:45 p.m.\*\*

#### Plum Gar CRC

Wednesday, 6:30-8:45 p.m.

#### Potomac CRC

Monday, 6 -7:50 p.m.  
Tuesday, 10:30 a.m.-1 p.m.\*\*  
Friday, 11:30 a.m.-2 p.m.

#### Ross Boddy NRC

Monday and Wednesday,  
12:30-2:30 p.m. Tuesday,  
6-8:30 p.m.

#### Schweinhaut SC

Monday, noon-1:45 p.m.  
(Intermediate)  
Friday, 10:30 a.m.-12:30 p.m.  
(Beginner)

#### White Oak CRC

Tuesday, 6-8:45 p.m.  
Friday, 6-8:45 p.m. (1st and 3rd  
Friday)

### Open Gym Sports

#### Damascus SC

During Center Hours

#### Holiday Park SC

During Center Hours

#### Longwood CRC

Monday, noon-3 p.m.  
Tuesday, 12:30-3 p.m.

#### Plum Gar CRC

Friday, 1-2:30 p.m.\*

#### Schweinhaut SC

During Center Hours

### Open Gym Table Tennis

#### Holiday Park SC

During Center Hours

#### North Potomac CRC

Tuesday, 6:15-8:45p.m.\*\*  
Wednesday, 9:30 a.m.-noon

#### Plum Gar CRC

Friday, 10 a.m.-noon

#### Schweinhaut SC

Monday, noon -1:45 p.m.  
Friday, 10:30 a.m.-12:30 p.m.

### Open Gym Volleyball

#### Coffield CRC

Thursday 9:30 a.m.-noon

#### Mid-County CRC

Friday, noon-2 p.m.

#### North Potomac CRC

Tuesday, 9 a.m.-noon  
Tuesday, 6:15-8:45 p.m.\*\*

#### Potomac CRC

Sunday, 9:30-11:30 a.m.

#### White Oak CRC

Monday, 10:30 a.m.-1:30 p.m.

### Billiards

#### Damascus SC

During center hours

#### Holiday Park SC

During center hours

#### Schweinhaut SC

During center hours

\* Open to all ages

\*\*Open to ages 18 & up



## 55+ PROGRAMS





## Indoor Walking

Many community and senior centers provide space for indoor walking during inclement weather. Call the center nearest you for additional information.

## EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our senior centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the community center you are interested in attending. We partner with many of our local hospitals to provide exercise classes, health services and informational classes and seminars. These include:

### Senior Fit by Holy Cross Health

These free classes help participants improve strength, endurance and flexibility. Participants must have a doctor's permission to participate. Call 301-754-8800 for registration information.

#### **Bauer CRC**

Monday and Wednesday, 9-9:45 a.m. and 10-10:45 a.m.

Friday, 9:00-9:45 a.m.

#### **Coffield CRC**

Tuesday and Thursday, 10:30-11:15 a.m.

#### **East County CRC**

Monday, Wednesday and Friday, 10:45-11:30 a.m.

#### **Germantown CRC**

Tuesday, 1:45-2:30 p.m.

Thursday, 11:30 a.m.-12:15 p.m.

#### **Mid-County CRC**

Monday, Wednesday and Friday, 11-11:45 a.m.

#### **Long Branch Senior Center**

Monday and Wednesday, noon-12:45 p.m.

#### **Plum Gar CRC**

Monday and Wednesday, 10:30-11:15 a.m.

#### **North Potomac Senior Center**

Monday and Wednesday, 1-1:45 p.m.

#### **Praisner CRC**

Monday-Friday, 9-9:45 a.m.

Monday, Wednesday and Friday, 10-10:45 a.m.

#### **Ross Boddy NRC**

Tuesday and Thursday, 9-9:45 a.m.

#### **Schweinhaut Senior Center**

Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.

Tuesday, 9-9:45 a.m.

Saturday, 9:30-10:15 a.m.

#### **White Oak Senior Center**

Tuesday and Thursday, 9-9:45 a.m.

### Better Bones

#### **Long Branch Senior Center**

Wednesday and Friday, 1-2 p.m.

#### **Schweinhaut Senior Center**

Monday and Thursday, 2-3 p.m.

### Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve participants' overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at [events.suburbanhospital.org](http://events.suburbanhospital.org) or call 301-896-3939. Class fee is \$40 per 3-month session.

### Weight Training

#### **Margaret Schweinhaut Senior Center**

Tuesday, 10-10:45 a.m.

#### **Holiday Park Senior Center**

Friday, 11-11:45 a.m.

#### **Clara Barton Neighborhood Recreation Center**

Friday, 1-1:45 p.m.

### Aerobics/Strength Training/ Stretching

#### **Clara Barton Neighborhood Recreation Center**

Tuesday and Thursday, 11:30 a.m.-12:15 p.m.

#### **North Potomac Senior Center**

Friday, 9:30-10:15 a.m.

### Advanced Aerobics/Strength Training/Stretching:

#### **Wisconsin Place Community Recreation Center**

Tuesday, 10-10:45 a.m.

#### **Potomac Community Recreation Center**

Monday, 11-11:45 a.m.

Wednesday, 9:15-10 a.m.

### Stability Ball

#### **Holiday Park Senior Center**

Monday, 9-9:45 a.m.

#### **Margaret Schweinhaut Senior Center**

Tuesday, 11-11:45 a.m.

## 55+ PROGRAMS





## EXERCISE CLASS HIGHLIGHTS

### MedStar Montgomery Medical Center

Please register at [MedStarMontgomery.org/classes](http://MedStarMontgomery.org/classes) or call 301-774-8881.

#### Senior Strength & Balance

Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician's consent form is required in order to participate.

##### Longwood CRC

Tuesday, 9 a.m.

Wednesday, 10 a.m.

##### Mid-County CRC

Wednesday, 1 p.m.

#### Tai Chi

This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

##### Longwood CRC

Monday, 10 a.m.

##### Mid-County CRC

Tuesday, 11 a.m.

##### Ross Boddy NRC

Thursday, 11 a.m.

#### Gentle Flow Yoga for Seniors

Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

##### Longwood CRC

Call for dates/times, \$40 for 8 sessions

#### Zumba Gold

MedStar Montgomery Medical Center is pleased to sponsor Zumba Gold. Please contact Longwood CRC at 240-777-6920 for registration cost and details.

##### Longwood CRC

Mondays and Wednesdays, 9-10am

## MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Registration is open for 2018 events which runs through October 1. This year, athletes can compete to qualify for the National Senior Games in Albuquerque, New Mexico in 2019. For more information and registration visit [www.mdseniorolympics.org](http://www.mdseniorolympics.org) or call 240-777-4930.



# Let us **do the driving** for you. **Free.**



**Curb to curb and fixed route  
service available Monday through  
Thursday to five Senior Centers and  
three Active Adult Programs.**

**Montgomery County Recreation  
Seniors Program Team  
240-777-4925  
Hablamos Español**



MONTGOMERY COUNTY  
*Recreation*

**MONTGOMERYCOUNTYMD.GOV/REC**





# Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in Therapeutic Recreation Programs and/or Inclusion Services.

Therapeutic Recreation programs are designed for people with disabilities. Therapeutic Recreation groups are smaller than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

Inclusion Services provide accommodations such as sign language interpreters, large print, auxiliary aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov). Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.

## Arts

### Handbuilt Pottery

Ages 18 & Up: Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. One staff to eight participants. No personal care provided.

**7 Sessions** **\$70**

Instructor: Pamela Reid

53184 White Oak CRC 10/17 W 10:30am-11:30am

53185 White Oak CRC 10/17 W 1:30pm-2:30pm

### Kaleidoscope Art

Ages 14 & Up: Learn hand building techniques including decorating, firing, slab, coil and pinch methods. Participants must be able to express wants and needs. One staff to eight participants. No personal care provided. \$20 material fee due at first session.

**8 Sessions** **\$32**

53186 Plum Gar NRC 10/6 Sa 11:00am-12:30pm

Countywide Programs 240.777.6870

## General Fitness

### Cardio 'n Core

Ages 15 & Up: Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

**8 Sessions** **\$40**

53178 Damascus CRC 10/11 Th 7:00pm-8:00pm

### Cheer Aerobics

Ages 13 & Up: Cheer your way to fun and fitness! Shake pom poms and dance to music to get your heart pumping and your body moving. Pom poms provided for use during class.

**8 Sessions** **\$40**

54337 Holiday Park SC 10/8 M 6:00pm-7:00pm





## Karate for Individuals with Disabilities

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

**10 Sessions \$75**

Instructor: TKA Inc.

53187 Holiday Park SC 9/29 Sa 9:00am-9:45am

53188 Holiday Park SC 9/29 Sa 10:00am-10:45am

## Moving with Mike

Ages 18 & Up: This is a class for individuals who want to get a work out while seated. It is designed for individuals with mobility issues but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

**8 Sessions \$50**

53190 Germantown CRC 9/16 S 1:00pm-2:00pm

## Outside the Box

Ages 18 & Up: Introduction to a boxer's workout adapted to individuals with upper mobility issues. Routines includes skill stations to improve flexibility, balance, coordination and build strength. No physical contact. Instructor is a former kick boxing champion with 28 years experience. All equipment provided. No personal care provided.

**8 Sessions \$85**

Instructor: Larry D. Johnson

53180 White Oak CRC 10/1 M 4:00pm-5:15pm

## Stretch 'n Tone

Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

**8 Sessions \$40**

53198 Potomac CRC 10/9 T 7:00pm-8:00pm

53199 Damascus CRC 10/11 Th 6:00pm-7:00pm

## TR Zumba

Ages 13 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

**8 Sessions \$40**

53213 Holiday Park SC 10/6 Sa 10:00am-10:50am

53212 Upper County CRC 10/11 Th 7:00pm-7:50pm

## TR Zumba for Youth

Ages 13 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

**6 Sessions \$30**

54338 Holiday Park SC 10/20 Sa 12:00pm-12:45pm

## Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. One staff to 10 participants.

**8 Sessions \$40**

53214 Holiday Park SC 10/6 Sa 11:00am-12:00pm

53215 East County CRC 10/10 W 7:00pm-8:00pm

## Sports

### Let's Play Ball at the Miracle League Field

Ages 15 & Up: Let's Play Ball gives players with disabilities the chance to play baseball. The field has the look and feel of a professional stadium with bleachers that are covered for sun protection. During each game, everyone is given an opportunity to hit and score a run. Team members' coaches assist players in hitting, running and catching the ball. Restricted balls are used to keep everyone safe. Spring games are coming soon!

**10 Sessions \$50**

Instructor:

53189 S. Germantown RP 9/15 Sa 12:00pm-1:30pm

## Soccer League TR

Ages 18 & Up: Soccer League For Teens and Adults, ages 18 & older, with Developmental Disabilities. Team registration is required! A registration form must be submitted for each participants. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

**8 Sessions \$42**

53219 Rec Admin Office 9/9 S 12:00pm-3:00pm



# THE THERAPEUTIC RECREATION



## Special Interest

### Sunday Funday Family Swim Parties

Ages 5- 14: It's a swim party! Come with your family, friends and/or siblings for an enjoyable and relaxing time in the Leisure Pool. Parents/Guardians free but must dress in swim attire. All participants, friends and/or siblings must register individually. No personal care assistance provided. If you are bringing a personal care assistant/one-on-one please let us know. 1 to 4 staff ratio.

#### \$10 Per Session

53211 OSC	9/23 S	5:00pm-6:45pm
53222 OSC	9/30 S	5:00pm-6:45pm
53223 OSC	10/7 S	5:00pm-6:45pm
53224 OSC	10/14 S	5:00pm-6:45pm

## Specialty Programs

### Drumming - Rock Out

Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using boxes, balls, bottles or cans. Drumsticks are provided or bring your own. No experience necessary. One staff to seven participants.

#### 8 Sessions

**\$40**

53181 Bauer Drive CRC	10/11 Th	7:00pm-8:00pm
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### TR BIG Game Nights

Ages 13 & Up: Play oversized board games, gym games, group games, bingo, and more, every second and fourth Friday of the month. Themes make each night a new adventure:

- 9/28 Endless Summer Night - wear a beach t-shirt, sweatshirt or hat.
- 10/12 Football Fan Night - wear your favorite team jersey or colors.
- 10/26 Halloween Happenings - wear a costume or funny mask.
- 11/9 Super Hero Night - wear a super hero shirt or costume.
- 12/14 Ugly Sweater Night - wear a funny sweater or shirt.

#### \$40

53208 Bauer Drive CRC	9/28 F	7:00pm-9:30pm
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### Who's Got Game(s)?

Ages 16 & Up: We've got games! Entertain your brain with fun games that include puzzles, pattern recognition, problem solving, matching and memory skills, and brain teasers. This program has varying degrees of challenging games. One staff to four participants.

#### 8 Sessions

**\$40**

53176 Upper County CRC	9/29 Sa	10:30am-11:30am
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Countywide Programs 240.777.6870

## Therapeutic Recreation Programs

### TGIF-Totally Great Inclusive Fun - First Fridays

Ages 15 & Up: TGIF- Totally Great Inclusive Fun! Start the night with ZamDance! Followed by snack and group activity. First Friday of the month is an opportunity to exercise and make new friends! 1 staff to 12 participants; personal care not provided but caregivers are welcome.

#### \$10 Per Session

56025 Bauer Drive CRC	9/7 F	6:30pm-8:30pm
53200 Bauer Drive CRC	10/5 F	6:30pm-8:30pm
53201 Bauer Drive CRC	11/2 F	6:30pm-8:30pm
53202 Bauer Drive CRC	12/7 F	6:30pm-8:30pm

## Water Fitness

### Canoe and Kayak Trip

Ages 10 & Up: Join us for a canoe trip down the Potomac River. We may see eagles, herons, ospreys, egrets, hawks ducks and geese. Bring a lunch, plenty of water, wear water shoes, and dress for the weather. This trip is for individuals with disabilities & a friends and or family members. We will be in flat or gently moving water. Cost is per person. Canoes, kayaks and equipment provided. Call 240-777-6895 for more details. Swimming ability required.

#### 1 Sessions

**\$35**

53177 Seneca Landing Boat Ramp	9/16 S	9:00am-5:00pm
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### TR Adult Social Swim

Ages 18 & Up: Adapted aquatics and exercise in a group setting. Have fun, meet new friends and get some exercise 1 staff to 7 participants. No personal care assistance provided.

#### 8 Sessions

**\$40**

53203 MLK	9/25 T	8:00pm-9:00pm
53204 GISC	9/26 W	8:30pm-9:30pm
53207 KSAC	9/27 Th	8:30pm-9:30pm
53205 OSC	9/28 F	7:15pm-8:15pm
53206 OSC	9/28 F	8:15pm-9:00pm

One website...  
thousands

of possibilities!

**Active**  
**MONTGOMERY**

[ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)



THE THERAPEUTIC  
RECREATION







## Weekend Adult Social Clubs



Looking to meet new people – we've got it. Looking to take some fun group trips – we've got it. Looking for a place to hang out with your friends – we've got it. You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are \$40 each for the year - October 2018 thru July 2019. Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$50 (dinner theatre). Club trips depart from the Montgomery County Recreation Administrative Office.

Therapeutic Recreation social clubs offer the opportunity for individuals with disabilities (18 & Up) to participate in leisure activities in community recreation centers and/or in the community. Get out of the house and make new friends! Choose a club that fits your style. Game nights, theme parties, craft workshops are center based. Ball games, hiking and hayrides for the more active individual. Staff ratios vary by club.

Come to the TR programs expo on September 15 to meet staff and discover the club that's right for you. We look forward to meeting you.



A fun opportunity for individuals with disabilities and their families to experience some of our programs. Come participate in mini demonstrations that include karate, Zumba, kaleidoscope art, and drumming. There will be games and art activities. Snacks provided. Parents, participants and friends must register.

**September 15, 2018**  
**1-3 p.m.**  
**Holiday Park Senior Center**  
**Activity 53220**

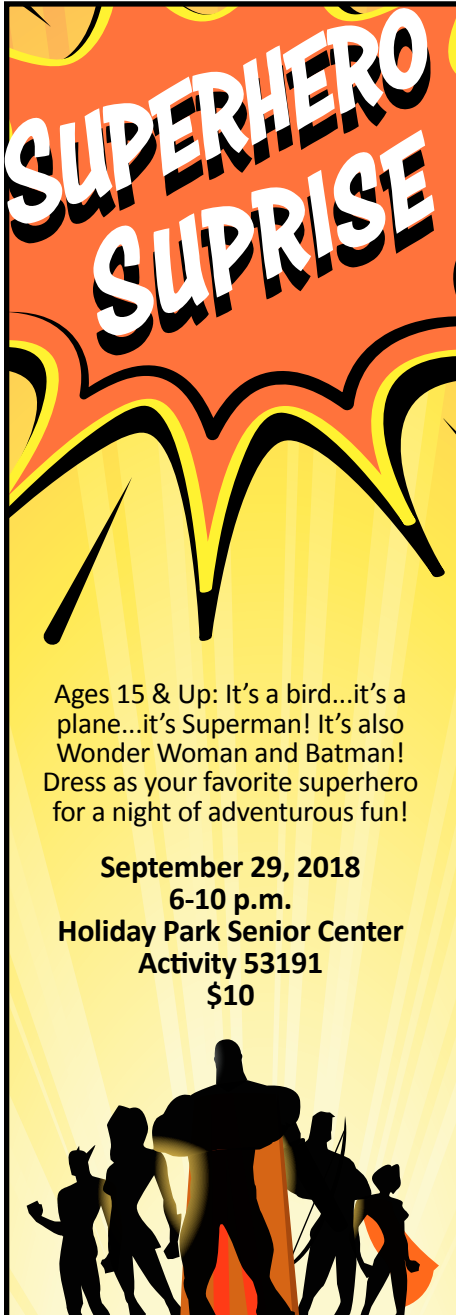


For families of individuals with disabilities. Have your picture taken with Santa and Mrs. Claus. The Elves will lead fun craft activities and games in a sensory friendly environment. Pizza and other refreshments provided. Please preregister as space is limited.

**December 15, 2018**  
**Noon-2 p.m.**  
**Holiday Park Senior Center**  
**Activity 53218**

## Saturday Night Socials


Ages 15 & Up with disabilities: Our special event dances are bigger and better than ever. Dances are from 6-10 p.m. on the last Saturday of the month. The schedule may vary for holidays. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration is encouraged.



**SUPERHERO  
SURPRISE**

Ages 15 & Up: It's a bird...it's a plane...it's Superman! It's also Wonder Woman and Batman! Dress as your favorite superhero for a night of adventurous fun!

**September 29, 2018  
6-10 p.m.  
Holiday Park Senior Center  
Activity 53191  
\$10**




**SKELETON  
SHUFFLE**

Ages 15 & Up: Come shake your bones at our annual Halloween costume party.

**October 27, 2018  
6-10 p.m.  
Holiday Park Senior Center  
Activity 53192  
\$10**




**Happy  
NEW  
YEAR'S  
PARTY**

Ages 15 & Up: Celebrate the end of 2018 and the start of 2019! Party hats for everyone!

**December 29, 2018  
6-10 p.m.  
Holiday Park Senior Center  
Activity 54336  
\$10**

**2019**





# YOUTH DEVELOPMENT

Montgomery County Recreation

The Youth Development team provides enhanced and vibrant approach to service delivery that reaches out to all young people. We implement fun, engaging, and stimulating recreation programs that provides youth with meaningful experiences and opportunities. Check out our website to find out how to participate and get involved.

## MAKE A DIFFERENCE

WORK WITH YOUTH DEVELOPMENT



- ☒ **SHARE YOUR PASSION**
- ☒ **MAKE AN IMPACT**
- ☒ **CREATE LIFE CHANGING EXPERIENCES**

We are looking for dynamic youth development professionals and providers to offer quality programs from September 2018 to June 2019 in the areas of recreation, dance, sports, art, STEM, music and more.

Contact Youth Development at 240-777-8080 or email a proposal to us at [rec.excelbeyondthebell@montgomerycountymd.gov](mailto:rec.excelbeyondthebell@montgomerycountymd.gov).





# MONTGOMERY COUNTY RECREATION

# SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

## PLAN TO SOAR THIS FALL!



Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified.

All trips depart from and return to the Olney Manor Recreational Park. 16605 Georgia Avenue, Olney, Maryland. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn onto Emory Lane, take the second left and follow signs for Skate Park and Ballfield #1.

## FALL REGISTRATION BEGINS TUESDAY, AUGUST 7, 2018 AT 8:30 A.M.

<u>Activity</u>	<u>Name</u>	<u>Day</u>	<u>Date</u>	<u>Start Time</u>	<u>Cost</u>
48132	Amish Experience, Lancaster, Pa.	Th	9/13	7:15 a.m.	\$89
48133	Tour James Madison's Montpelier	Th	9/27	7 a.m.	\$75
48134	USAF Thunderbirds Air Show Cruise Baltimore Harbor	F	10/5	10:45 a.m.	\$85
48135	Walking Tour of Harper's Ferry, W.Va.	Th	10/11	7:45 a.m.	\$59
48136	Potomac Eagle Scenic RR in W.Va. Foliage	W	10/17	9:30 a.m.	\$89
48137	Potomac Eagle Scenic RR in W.Va. Foliage	Th	10/18	9:30 a.m.	\$89
48139	Pickett's Charge-Gettysburg Civil War-Ed Bearss	Th	10/25	7:45 a.m.	\$70
48140	Luray Caverns and Shenandoah Vineyards, Va.	Th	11/1	7:15 a.m.	\$87
48141	Winfield Parker and His Revue	W	11/7	1 p.m.	\$39
48142	Walking Tour of the U.S. Naval Academy	Th	11/15	8 a.m.	\$49
48143	Udvar-Hazy Air & Space Museum, Dulles, Va.	Th	11/29	8:30 a.m.	\$35
48144	Christmas at Oatlands & Morven Park, Leesburg, Va.	Th	12/6	8 a.m.	\$65



Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

## FALL REGISTRATION BEGINS TUESDAY, AUGUST 7, 2018 AT 8:30 A.M.

<u>Activity</u>	<u>Name</u>	<u>Day</u>	<u>Date</u>	<u>Start Time</u>	<u>Cost</u>
48146	Rainbow's Comedy Playhouse: Love, Lies & Lottery	Su	9/23	10:30 a.m.	\$99
48147	Historic Occoquan Fall Arts & Crafts Show	Sa	9/29	9 a.m.	\$53
48149	Sotterly Plantation-Riverside Art & Winefest	Su	10/7	10:30 a.m.	\$74
48150	High Tea -The Inn at Perry Cabin St. Michael	Sa	10/13	9 a.m.	\$97
48151	Majestic Theatre "Neil Berg's 50 years of Rock & Roll"	F	10/19	2:30 p.m.	\$134
48152	Rocky Gap Casino Blue Goose Marketplace	Sa	10/27	7:30 a.m.	\$63
48153	Halloween Spooktacular Kennedy Center	Su	10/28	Noon	\$72
48154	Arena Stage "Anything Goes"	Su	11/4	Noon	\$109
48155	Country Gospel Christmas-Pennsylvania Opry	Th	11/8	9:45 a.m.	\$84
48156	"Anastasia" at the Kennedy Center Opera House	Su	11/18	11:30 a.m.	\$159
48157	Christmas Tea at Red Brick Tea Room & Grandma Shop	F	11/30	9:30 a.m.	\$79
46566	Rockettes Christmas Spectacular	Sa	12/8	7 a.m.	\$210
48158	Christmas Village Inner Harbor & Lights on the Bay	Sa	12/15	2:30 p.m.	\$63
48159	Wonder & Magic of Christmas, Bird-in-Hand Stage	Th	12/20	9:30 a.m.	\$104

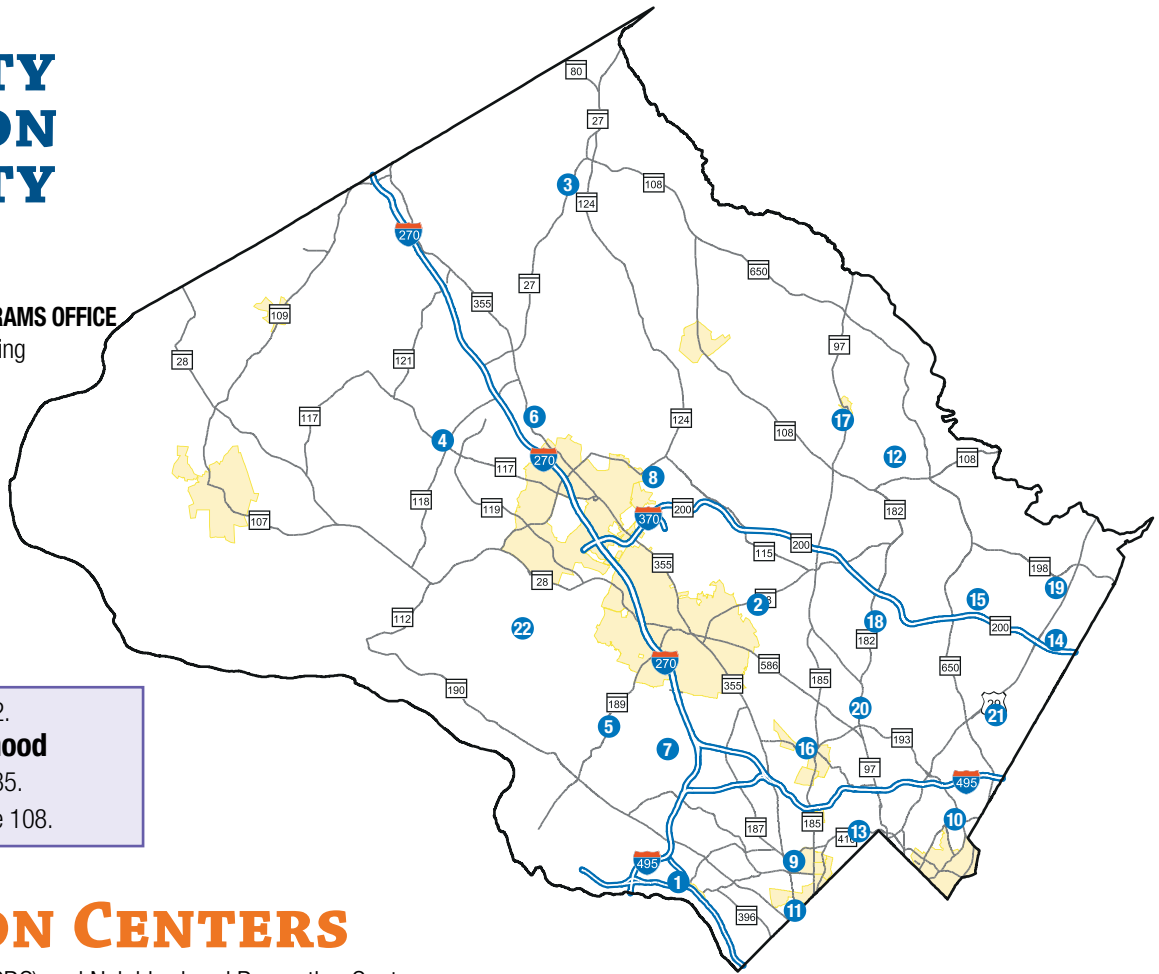


# COMMUNITY RECREATION COMMUNITY FACILITIES

**COMMUNITY FACILITIES AND PROGRAMS OFFICE**  
2004 Queensguard Road, Silver Spring  
**240-777-4980**

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Community Recreation and Neighborhood Recreation Centers

**Aquatic Centers:** See page 12.  
**Senior & Senior Neighborhood Centers:** Starting on page 85.  
**Facility Addresses:** See page 108.



## RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

- **Clara Barton NRC** 240-777-4910  
7425 MacArthur Boulevard, Cabin John
- **Bauer Drive CRC** 240-777-6922  
14625 Bauer Drive, Rockville
- **Damascus CRC** 240-777-6930  
25520 Oak Drive, Damascus
- **Germantown CRC** 240-777-8095  
18905 Kingsview Road, Germantown
- **Potomac CRC** 240-777-6960  
11315 Falls Road, Potomac
- **Plum Gar CRC** 240-777-4919  
19561 Scenery Drive, Germantown
- **Scotland NRC** 240-777-8075  
7700 Scotland Drive, Potomac
- **Upper County CRC** 240-777-8077  
8201 Emory Grove Road, Gaithersburg
- **Jane E. Lawton CRC** 240-777-6855  
4301 Willow Lane, Chevy Chase
- **Long Branch CRC** 240-777-6965  
8700 Piney Branch Road, Silver Spring

- **Wisconsin Place CRC** 240-777-8088  
5311 Friendship Boulevard, Chevy Chase
- **Ross J. Boddy NRC** 240-777-8050  
18529 Brooke Road, Sandy Spring
- **Gwendolyn Coffield CRC** 240-777-4900  
2450 Lyttonsville Road, Silver Spring
- **East County CRC** 240-777-8090  
3310 Gateshead Manor Way, Silver Spring
- **Good Hope NRC** **Closed for Renovations**
- **Ken Gar Center** 240-777-8099  
4111 Plyers Mill Road, Kensington
- **Longwood CRC** 240-777-6920  
19300 Georgia Avenue, Brookeville
- **Mid-County CRC** 240-777-6820  
2004 Queensguard Road, Silver Spring
- **Marilyn J. Praisner CRC** 240-777-4970  
14906 Old Columbia Pike, Burtonsville
- **Wheaton CRC** **Closed for Renovations**
- **White Oak CRC** 240-777-6940  
1700 April Lane, Silver Spring
- **Nancy H. Dacek North Potomac CRC** 240-773-4800  
13850 Travilah Road, Rockville





# PROGRAM LOCATIONS

## Arcola ES

Ballet .....	41
Kidz Dance .....	41

## Avant Garde Ballroom Dance Center

Bachata I .....	45
Bachata II .....	45
Beginner Social Dance .....	45
Hip Hop For Youth .....	42
Juniors I Ballroom Dance .....	42
Salsa Club Dancing I .....	45
Salsa Club Dancing II .....	45
Wedding Ready! .....	45

## Ayrlawn Local Park

Rookie League Baseball .....	70
T-Birds T-Ball .....	70

## Bauer Drive CRC

55+ FREE Bone Builders .....	86
Acrylic Painting Techniques .....	54
ACT The Workout .....	38
Badminton Advanced .....	80
Badminton Beginner/ Advanced Beginner .....	80
Badminton Intermediate .....	80
Beginning Painting with Brandi .....	38
Boot Camp for Better Bodies .....	55
Coach Doug Pre Wee Wanna Be .....	71
Coach Doug We Wanna Be .....	71
Coed Recreational Soccer .....	72
Community Basic First Aid and CPR_AED .....	58
Draw and Clay - Medieval Times .....	37
Drumming - Rock Out .....	95
Dynaerobics .....	56
Dynaerobics AND Body Sculpting .....	55
Dynaerobics Body Sculpting .....	55
Funfit Tots .....	51
Funfit Tots Family Class .....	51
Gentle Yoga .....	61
Hummingbirds Soccer .....	72
It's a Stitch .....	39
Jazzmatazz Low-Impact Aerobics .....	57
Karate/Jujitsu .....	63
Karate/Jujitsu Adult .....	66
Karate Clinic Winter Break .....	67
Kelley's Complete Fitness Workout .....	57
Kids Sew and Tell .....	38
Learn Now Music: HeroeZ of Guitar .....	46
Learn Now Music: KeyZ to Piano .....	47

Learn Now Music: Little Fingers Piano .....	47
Learn Now Music: My First Music Class .....	47
Mama Goose on the Loose .....	47
Men's Sunday Basketball League .....	81
Petite Soccer .....	72
Petite Soccer Parent and Child .....	72
Pickleball League .....	81
Pilates for Fitness .....	53
PiYo .....	54
Preschool Spanish .....	69
Spanish Toddlers .....	69
Tai Chi - Beginning .....	59
Tai Chi - Continuing .....	59
TGIF-Totally Great Inclusive Fun - First Fridays .....	95
TR BIG Game Nights .....	95
Women's 18+ Drop-In Basketball .....	81
Yoga Basics .....	61
Yoga Fundamentals .....	62
Young Rembrandts: Keep with the Seasons .....	37
Young Rembrandts: Learn to Draw .....	38
Zumba Fitness .....	53

## Bethesda ES

Ballroom I (Couples) .....	44
Ballroom II (Couples) .....	44
Karate/Jujitsu .....	63
Karate/Jujitsu Adult .....	66

## Cabin John MS

Train Like a Pro Basketball .....	70
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## Cabin John Regional Park

Coed Recreational Soccer .....	72
Hummingbirds Soccer .....	72

## Clara Barton NRC

55+ FREE Bone Builders .....	86
Definition Body Sculpting .....	55
Definition Zumba .....	52
Karate/Jujitsu .....	63
Mini Doodlers: Tell Me a Story .....	37

## Clemente, Roberto MS

Fencing Beginner I .....	80
Fencing Beginner II .....	80
Fencing Intermediate .....	80

## Damascus CRC

55+ FREE Bone Builders .....	86
Cardio 'n Core .....	93
Introductory Volleyball .....	73
Jacki Sorensen's Aerobic Workout .....	56
Karate/Jujitsu .....	63
Karate/Jujitsu Adult .....	66
Stretch 'n Tone .....	94

## Dobre Gymnastics

Gymnastics - Pre School .....	71
Gymnastics For Girls and Boys .....	71

## Donte's Boxing Gym

Tiny Tot and Parent Fitness Boxing .....	51
Women's Self Defense .....	57

## DuFief ES

Karate/Jujitsu .....	63
Karate/Jujitsu Adult .....	66

## East County CRC

Dance the Royal Beat .....	52
Turn the Beat Around .....	94
Yoga Basics .....	61

## Eastern Middle School

Classic Vovinam Martial Arts .....	65
Classic Vovinam Martial Arts - Advanced .....	65

## Farquhar, William H. MS

Train Like a Pro Basketball .....	70
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## Flower Valley ES

Hoop Stars/Little Hoop Stars .....	70
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## Frost, Robert MS

Fencing Beginner I .....	80
Fencing Beginner II .....	80
Fencing Intermediate .....	80

## PROGRAM LOCATIONS

### Germantown CRC

55+ FREE Bone Builders.....	86
Ballet .....	41
Category 4 Fitness Boot Camp .....	55
Coach Doug Pre Wee Wanna Be.....	71
Coach Doug Seasonal Sports .....	72
Coach Doug Soccer .....	72
Coach Doug We Wanna Be.....	71
Coed Recreational Soccer .....	72
Community Basic First Aid and CPR_AED.....	58
Dance Fit Zumba.....	52
Draw and Clay - Medieval Times .....	37
Flag Football .....	71
Funfit Tots.....	51
Funfit Tots Family Class.....	51
Hip Hop for Kids.....	42
Hippo Hoppo .....	42
Hummingbirds Soccer .....	72
Introduction to Mindfulness Meditation.....	59
Karate/Jujitsu.....	63
Karate/Jujitsu Adult .....	66
Kidz Dance .....	41
Kinderstunde .....	68
Learning Art from the Masters - American Pop Art .....	37
Little Royals Ballet .....	41
Moving with Mike.....	94
Using Meditation to Deal w/Holiday Stress.....	59
Young Rembrandts: Learn to Draw....	38

### Germantown Indoor Swim Center

Adult Level 1.....	34
Adult Level 2.....	34
Adult Level 3.....	35
Adult Level 4.....	35
Aquatots .....	25
Beginner 1 .....	26
Beginner 2 .....	28
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running .....	14
Diving National Team.....	15
High School Diving.....	15
Level 1: Human Springs .....	16
Level 2: Human Springs .....	16
Lifeguard Training .....	19
Masters Swimming .....	17
Montgomery Stroke and Turn Clinic..	18

Pre-School .....	26
RMSC.....	18
SCUBA.....	17
SwiMontgomery .....	18
TR Adult Social Swim .....	95
Water Aerobics .....	14
Water Exercise .....	14
Water Exercise - Adaptive.....	15
Waterbabies .....	25
Youth Level 1 .....	30
Youth Level 2 .....	31
Youth Level 3 .....	32
Youth Level 4 .....	32
Youth Level 5 .....	33
Youth Level 6 .....	33

### Glenallan ES

Karate/Jujitsu.....	63
Karate/Jujitsu Adult .....	66
Young Rembrandts: Keep with the Seasons.....	37
Young Rembrandts: Learn to Draw....	38

### Gwendolyn Coffield CRC

55+ FREE Bone Builders.....	86
Abrakadoodle: Twoosy Doodlers.....	37
Ballet .....	41
Ballroom III (Couples) .....	44
Essential Yoga For Beginners .....	60
Kidz Dance .....	41
Men's Sunday Basketball.....	81
Men's Wednesday Basketball.....	81

### Holiday Park Senior Center

ACT The Workout .....	54
Adult Group Piano I .....	48
Adult Group Piano II .....	48
Adult Group Piano III .....	48
Adult Group Piano IV.....	48
Ballroom I (Couples) .....	44
Ballroom II (Couples) .....	44
Ballroom IV (Couples).....	45
Card & Paper Crafting with Mixed Media .....	39
Cheer Aerobics .....	93
Dance & Fitness Add a Class.....	52
It's a Stitch .....	39
Jazzmatazz Aerobics W/Pilates Mat ..	56
Karate for Individuals with Disabilities .....	94
Karate/Jujitsu Club.....	66
Karate/Jujitsu Club 2.....	66
Santa's Holiday Workshop .....	96

Saturday Night Social - New Year's Party.....	97
Saturday Night Social - Skeleton Shuffle.....	97
Saturday Night Social - Superhero Surprise.....	97
TR Programs Expo.....	96
TR Zumba .....	94
TR Zumba for Youth .....	94
Turn the Beat Around .....	94
Urban Line Dance .....	45

### Jane E. Lawton CRC

55+ FREE Bone Builders.....	86
Ballroom II (Couples) .....	44
Bone Builders - Plus.....	55
Dance & Fitness .....	52
Dance with Me .....	43
Easy Yoga .....	60
Fairy Tale Ballet .....	41
Hatha Yoga and Stress Management Beg/Cont. ....	61
International Folk Dancing .....	44
It's a Stitch .....	39
Mini Doodlers: Tell Me a Story .....	37
Oil or Acrylic Painting - Open Studio.....	39
Pilates for Fitness .....	53
Preschool Spanish .....	69
Sip and Paint with Brandi .....	39
Spanish Toddlers.....	69
Swing (couples) .....	46

### Jones Lane ES

Hoop Stars/Little Hoop Stars .....	70
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## PROGRAM LOCATIONS

### Kennedy Shriver Aquatic Center

AAU National team .....	15
Abs & Glutes & More .....	13
Adapted Aquatics Lesson - Level 1 .....	15
Adapted Aquatics Lesson - Volunteer Assisted .....	15
Adult Level 1 .....	34
Adult Level 2 .....	34
Adult Level 3 .....	35
Adult Level 4 .....	35
Adult Level 5 .....	35
Adult Swim for Conditioning .....	35
Aqua Cardio Dance .....	13
Aqua Lite .....	13
Aquatots .....	25
Beginner 1 .....	27
Beginner 2 .....	28
Beginner 3 .....	29
Beginner 4 .....	30
Body Sculpting .....	55
Deep Water Running .....	14
Diving National Team .....	15
Hi/Lo Cardio Fusion .....	14
High School Diving .....	15
Level 1: Human Springs .....	16
Level 2/3: Human Springs .....	16
Level 2: Human Springs .....	16
Level 3: Human Springs .....	16
Lifeguard Training .....	20
Masters Diving .....	16
Masters Swimming .....	17
Montgomery Stroke and Turn Clinic .....	18
Pre-School .....	26
RMSC .....	18
SwiMontgomery .....	18
TR Adult Social Swim .....	95
Water Aerobics .....	14
Water Exercise .....	14
Waterbabies .....	25
Yoga Flow .....	61
Yoga-Pilates Fusion .....	62
Youth Level 1 .....	30
Youth Level 2 .....	31
Youth Level 3 .....	32
Youth Level 4 .....	32
Youth Level 5 .....	33
Youth Level 6 .....	33

### Kensington Parkwood ES

Iaido .....	66
Karate and Iaido .....	66
Karate Do and Iaido Beginners .....	63
Hoop Stars/Little Hoop Stars .....	70
Montgomery County Basketball Clinic .....	70

### Kicks Karate Bethesda

Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate Clarksburg

Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate Germantown

Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate North Bethesda

Fitness Kickboxing .....	56
Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate Potomac

Fitness Kickboxing .....	56
Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate Shady Grove

Fitness Kickboxing .....	56
Little Ninjas .....	63
Tiny Tigers .....	64

### Kicks Karate Silver Spring

Little Ninjas .....	63
Tiny Tigers .....	64

### Komodo USA Gaithersburg

Komodo Abacus Mental Math .....	69
Komodo Advanced Grade Level Math .....	69
Komodo Language Arts and Creative Writing .....	69

### Komodo USA Germantown

Komodo Abacus Mental Math .....	69
Komodo Advanced Grade Level Math .....	69
Komodo Language Arts and Creative Writing .....	69

### Kritt Studio

Beginning Drawing With Kritt .....	39
Beginning Painting With Kritt .....	39
Drawing Animals with Kritt .....	39
Painting Landscapes With Kritt .....	39

### Layhill Village Local Park

Rookie League Baseball .....	70
T-Birds T-Ball .....	70

### Leonard D. Jackson Ken Gar Center

Bake Lab .....	49
Instaworthy .....	49
Judo Ages 5-10 .....	63
Judo Ages 7-15 .....	63
Zen Budo Karate: Kids Karate .....	64
Zen Budo Karate: Little Dragons .....	64

### Long Branch CRC

Dance the Royal Beat .....	52
Jazzmatazz Pre Ballet .....	41
Jazzmatazz Preschool Dance .....	41

### Longwood CRC

55+ FREE Bone Builders Longwood .....	86
Adventures in Art .....	37
Art Studio .....	37
Introductory Volleyball .....	73
Karate/Jujitsu .....	63
Kelley's Complete Fitness Workout .....	57
Learn Now Music: The Violinist Within .....	46
Yoga for Life .....	62

### Marilyn J. Praisner CRC

55+ FREE Bone Builders Praisner .....	86
ACT The Workout .....	54
Cheer Madness: Pommies .....	51
Dance Fit Zumba .....	52
Karate/Jujitsu .....	63
Karate/Jujitsu Adult .....	66
Yoga Basics .....	61



## PROGRAM LOCATIONS

### Martin Luther King Jr. Swim Center

Abs & Glutes & More.....	13
Adult Level 1.....	27
Adult Level 2.....	34
Adult Level 3.....	34
Adult Level 4.....	35
Aqua Cardio Challenge .....	13
Aqua Cardio Dance .....	13
Aqua Spin .....	13
Aqua YO-Lates .....	14
Aquatots .....	25
Beginner 1 .....	27
Beginner 2 .....	28
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running .....	14
Level 2/3 Human Spring .....	16
Lifeguard Training .....	20
Masters Swimming .....	17
Montgomery Stroke and Turn Clinic..	18
Piloxing .....	53
Power Jam Cardio Dance Fitness.....	53
Pre-School .....	26
RMSC .....	18
SCUBA.....	17
SwiMontgomery .....	18
TR Adult Social Swim .....	95
Water Exercise.....	14
Water Exercise - Adaptive.....	15
Waterbabies .....	25
Youth Level 1 .....	30
Youth Level 2 .....	31
Youth Level 3 .....	32
Youth Level 4 .....	32
Youth Level 5 .....	33
Youth Level 6 .....	33

### Maryland Table Tennis Center

Ping Pong/Table Tennis.....	73
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### Mid-County CRC

55+ FREE Bone Builders.....	86
Abrakadoodle: Twoosy Doodlers.....	37
Dance & Fitness.....	52
Karate/Jujitsu.....	63
Karate/Jujitsu Adult .....	66
Learn Now Music: KeyZ to Piano .....	47
Mama Goose on the Loose.....	47
Mini Musicians, Movers & Shakers .....	47
Music Together.....	48

Yoga Basics .....	61
Yoga/Stretching for Your Relaxation ..	62
Zumba Fitness .....	53

### Nancy H. Dacek North Potomac CRC

55+ FREE Bone Builders.....	86
Abrakadoodle: Twoosy Doodlers.....	37
Ballet .....	41
Bollywood Bhangra Dance Fitness ....	46
Cheer Madness: Pommies.....	51
Coach Doug We Wanna Be.....	71
Community Basic First Aid and CPR_AED.....	58
Creole Seafood Dinner .....	50
Dance Fit Zumba.....	52
Fairy Tale Ballet .....	41
Handcrafted Pottery .....	40
Handcrafted Pottery Open Studio ....	40
Hippo Hoppo .....	42
Kidz Dance .....	41
Knife Skills: Fruits, Vegetables, and Herbs .....	50
Learn Now Music: Little Fingers Piano.....	47
Learn Now Music: My First Music Class.....	47
Mini Musicians, Movers & Shakers .....	47
Pickleball League .....	81
Poultry Perfection.....	50
Sip and Paint with Brandi .....	39
Tiny Toes.....	43
Tippi Jam (Ballet, Tap, Jazz) .....	41
Young Rembrandts: Keep with the Seasons.....	37
Young Rembrandts: Learn to Draw ....	38
Youth Ballet .....	42
Zen Budo Karate: Little Dragons .....	64

### Norbeck-Muncaster Mill Neighborhood Park

Tai Chi - Beginning .....	59
Tai Chi - Continuing.....	59

### North Bethesda Middle School

Jr Lego Mechanics and Engineering ..	68
Lego Mechanics and Engineering .....	68

### Norwood Local Park

Exploring Music and Piano .....	46
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### Oakland Terrace ES

Coach Doug Seasonal Sports .....	72
Coach Doug Soccer .....	72
Coach Doug Wee Wanna Be .....	71

### Olney Swim Center

Adult Level 1.....	34
Adult Level 2.....	34
Adult Level 3.....	35
Adult Level 4.....	35
Aqua Cardio Dance .....	13
Aqua Lite .....	13
Aquatots .....	25
Beginner 1 .....	27
Beginner 2 .....	28
Beginner 3 .....	29
Beginner 4 .....	30
Deep Water Running .....	14
Kayak Roll .....	17
Level 1: Human Springs .....	16
Level 2/3: Human Springs.....	16
Lifeguard Training .....	21
Masters Swimming .....	17
Montgomery Stroke and Turn Clinic..	18
Pre-School .....	26
RMSC .....	18
SCUBA.....	17
Sunday Funday Family Swim Parties..	95
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## WORLD of MONTGOMERY Festival 2018

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Noon-4pm ☀ Rain or Shine  
Montgomery College  
51 Mannakee St. Rockville



Live Music ☀ Cultural Activities ☀ Performance Stages  
Traditional Arts ☀ Free Activities for the Whole Family

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## FACILITY ADDRESSES

### Elementary Schools

Arcola ES..... 1820 Franwall Ave., Silver Spring, 20902  
Bethesda ES ..... 7600 Arlington Rd., Bethesda, 20814  
DuFief ES..... 15001 DuFief Dr., Gaithersburg, 20878  
Flower Valley ES..... 4615 Sunflower Dr., Rockville, 20853  
Glenallan ES..... 12520 Heurich Rd., Silver Spring, 20902  
Jones Lane ES..... 15110 Jones Ln., Darnestown, 20878  
Kensington Parkwood ES ..... 34710 Saul Rd, Kensington, 20895  
Oakland Terrace ES..... 2720 Plyers Mill Rd., Silver Spring, 20902  
Poolesville ES..... 19565 Fisher Ave, Poolesville, 20837  
Resnik, Judith A. ES..... 7301 Hadley Farms Dr., Gaithersburg, 20879  
Rock View ES ..... 3901 Denfeld Ave, Kensington, 20895  
Rolling Terrace ES..... 705 Bayfield St., Takoma Park, 20912  
Sligo Creek ES..... 500 Schuyker Rd., Silver Spring, 20910  
Stedwick ES ..... 10631 Stedwick Rd., Montgomery Village, 20886

### Middle Schools

Cabin John MS ..... 10701 Gainsborough Rd., Potomac, 20854  
Clemente, Roberto MS ..... 18808 Waring Station Rd., Germantown, 20874  
Eastern MS ..... 300 University Blvd., Silver Spring, 20901  
Farquhar, William H. MS ..... 17017 Batchellors Forest Rd., Olney, 20832  
Frost, Robert MS..... 9210 Scott Dr., Rockville, 20850  
North Bethesda MS..... 8935 Bradmoor Dr., Bethesda, 20817  
Parkland MS..... 4610 W Frankfort Dr., Rockville 20853  
Tilden MS ..... 11211 Old Georgetown Rd., Rockville, 20852  
Wood, Earle B. MS..... 14615 Bauer Dr., Rockville, 20853

### Parks

Ayrlawn LP..... 5652 Oakmont Ave., Bethesda, 20817  
Cabin John RP ..... 17400 Tuckerman Ln., Bethesda, 20817  
Layhill LP ..... 14901 Layhill Rd., Aspen Hill, 20906  
Norbeck-Muncaster Mill NP ..... 4101 Muncaster Mill Rd., Rockville, 20853  
Norwood LP ..... 4700 Norwood Dr., Chevy Chase, 20815  
Pilgrim Hills LP..... 1615 E Randolph Rd., Silver Spring, 20904  
Quince Orchard Valley NP..... 12015 Suffolk Ter., Gaithersburg, 20878  
Rosemary Hills-Lyttonsville LP ..... 2450 Lyttonsville Rd., Chevy Chase, 20910  
Seneca Landing Boat Ramp ..... Rileys Lock Rd., Darnestown, 20874  
Viers Mill LP ..... 4425 Garrett Park RD at Beach Dr., Veirs Mill, 20906  
Wheaton Claridge LP..... 11901 Claridge Rd., Wheaton, 20902

### Other Facilities

Avant Garde Ballroom Dance Center..... 268 Nicholson Ln., Bethesda, 20852  
Dobre Gymnastics ..... 9168 Gaither Rd., Gaithersburg, 20877  
Donte's Boxing Gym ..... 15847 Redland Rd., Derwood, 20855  
Kicks Karate - Bethesda..... Glen Echo, 2508, 4701 Sangamore Rd., Bethesda, 20816  
Kicks Karate - Clarksburg ..... 12101 Chestnut Branch Way, Clarksburg, 20871  
Kicks Karate - Germantown ..... 13020 Middlebrook Rd., Germantown, 20874  
Kicks Karate - North Bethesda.. 10400, Old Georgetown Rd., Bethesda, 20814  
Kicks Karate - Potomac..... 9812 Falls Rd., Potomac, 20854  
Kicks Karate - Shady Grove ..... 9737 Traville Gateway Dr., Rockville, 20854  
Kicks Karate Silver Spring ..... 2257 Bel Pre Rd., Silver Spring, 20906  
Komodo USA Gaithersburg .. 402 Main St., Gaithersburg, 20878  
Komodo USA Germantown..... 19727 Executive Park Cr., Germantown, 20874  
Kritt Studio ..... 14817 Brownstone Dr., Burtonsville, 20866  
Maryland Table Tennis Center... 18761 N. Frederick Ave., Gaithersburg, 20879  
Regional Services Center-B-CC ..... 4805 Edgemoor Ln., Bethesda, 20814  
Restore Motion..... 5410 Edson Ln., Rockville, 20852  
Yoga Plus- Bethesda ..... 8316 Fenway Rd., Bethesda, 20817  
Yoga Plus- Potomac ..... 9908 S Glen Rd., Potomac, 20854

### Recreation Facilities

Bauer Drive CRC..... 14625 Bauer Dr., Rockville, 20853  
Clara Barton NRC..... 7425 MacArthur Blvd., Cabin John, 20818  
Damascus CRC ..... 25520 Oak Dr., Damascus, 20872  
East County CRC ..... 3310 Gateshead Manor Way, Silver Spring, 20904  
Germantown CRC..... 18905 Kingsview Dr., Germantown, 20874  
Germantown ISC ..... 18000 Central Park Cir., Boyds, 20841  
Gwendolyn Coffield CRC..... 2450 Lyttonsville Rd., Silver Spring, 20910  
Holiday Park SC ..... 3950 Ferrara Dr., Wheaton, 20906  
Jane E. Lawton CRC ..... 4301 Willow Ln., Chevy Chase, 20815  
Kennedy Shriver AC..... 5900 Executive Blvd., N. Bethesda, 20814  
Leonard D. Jackson Ken Gar ..... 4111 Plyers Mill Rd., Kensington, 20895  
Long Branch CRC ..... 8700 Piney Branch Rd., Silver Spring, 20901  
Longwood CRC..... 19300 Georgia Ave., Brookeville, 20833  
Marilyn J. Praisner CRC..... 14906 Old Columbia Pwky., Burtonsville, 20866  
Martin Luther King SC ..... 1201 Jackson Rd., Silver Spring, 20904  
Mid-County CRC ..... 2004 Queensguard Rd., Silver Spring, 20906  
Nancy H. Dacek North Potomac CRC..... 13850 Travilah Rd., Rockville, 20850  
Olney Swim Center..... 16601 Georgia Ave., Olney, 20832  
Plum Gar CRC..... 19561 Scenery Dr., Germantown, 20874  
Potomac CRC ..... 11315 Falls Rd., Potomac, 20854  
Recreation Administrative Office ..... 4010 Randolph Rd., Silver Spring 20902  
Ross Boddy NRC..... 18529 Brooke Rd., Sandy Spring, 20860  
Scotland CRC..... 7000 Scotland Dr., Potomac, 20854  
Upper County CRC..... 8201 Emory Grove Rd., Gaithersburg, 20877  
White Oak CRC..... 1700 April Ln., Silver Spring, 20904  
Wisconsin Place CRC ..... 5311 Friendship Blvd., Chevy Chase, 20815

# REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

## 4 WAYS TO REGISTER

### 1. ONLINE

Register 24 hours a day, seven days a week for all activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

### 2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd.

• Silver Spring, MD 20902

### 3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

### 4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



Use **ActiveMONTGOMERY.org** to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

## ACTIVITY WITHDRAWALS & REFUNDS

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



## PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- CHECKS & MONEY ORDERS**
  - Make checks and money orders payable to ActiveMONTGOMERY.
  - Checks and money orders must include name, address, and phone number.
  - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
  - Please allow 2 weeks to receive a refund by check.
- CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

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



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

\* Required Info | Info Requerida

## REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico.

Por favor imprima. Este formulario puede ser reproducido.

### PARENT/GUARDIAN | PADRE/GUARDIÁN

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

### EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 | Participantes de-18

Name   Nombre	Relationship   Relación	Phone   Telf.
---------------	-------------------------	---------------

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					Total Amount Due: Cantidad Total:

\* Required Info | Información requerida

### PAYMENT | PAGO

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City   Ciudad	State   Estado	ZIP   Código Postal

- ☐ Visa  
☐ MasterCard  
☐ Check or Money Order

- ☐ AmEx  
☐ Discover

MAIL Your Completed, Signed Form to: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

If paying by credit card, you may **fax** your registration form to **240-777-6818**.

If you need help completing this form, please call **240-777-6840**.

Make payable to:  
Hacerlo a nombre de:  
**ActiveMONTGOMERY**

Envíe su formulario completo y firmado a: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**

Si paga con tarjeta de crédito, puede enviar su formulario a **240-777-6818**.

Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta \_\_\_\_\_

**\*SIGNATURE IS REQUIRED\* | \*SE REQUIERE LA FIRMA\***

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma \_\_\_\_\_ Date | Fecha \_\_\_\_\_

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

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





Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, MD 20902

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Permit No.138

or current resident

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- Tickets include activities in the party room

**Weekends in October | 10am - 6pm**

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