

MONTGOMERY COUNTY



MONTGOMERY COUNTY
Recreation



GUIDE

SUMMER 2012

RECREATION AND PARK PROGRAMS

BALLROOM

DANCING

CAMPING

COOKING

KAYAKING

NATURE HIKES

PIANO

PILATES

SKATEBOARDING

SOFTBALL

TENNIS

⋮

and much more!



A look *Inside...*



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Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-6870) to discuss your needs.

HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tienen ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.

Registration for Summer Recreation Classes begins May 14th.

*Swim Lesson
Registration begins
May 16th.*



Montgomery Parks



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The Maryland-National Capital Park and Planning Commission

From the County Executive



Summer 2012

Dear Montgomery County Resident:

As you look through the pages of the 2012 Summer Recreation and Parks Programs Guide, you will discover a variety of activities, classes and special events for the entire family. Whatever your age, interest or ability, you will find many choices inside this issue of the Guide.

With warmer weather quickly approaching, our thoughts turn to swimming pools and outside activities. Did you know Montgomery County has seven outdoor swimming pools, each with unique features including water slides, tumble buckets, and lazy rivers? The outdoor pools open on the Memorial Day weekend and stay open through Labor Day. What a perfect way to stay cool during the dog days of summer.

For our east County residents, I invite you to visit the new White Oak Community Recreation Center. This 33,000 square-foot center, located at 1700 April Lane in Silver Spring, features an arts studio, climbing wall, state-of-the-art exercise room, gymnasiums, multiple playgrounds, outdoor athletic spaces and much more. Programs will be available for the entire family and I hope you will take advantage of this new center and everything it has to offer.

Again this year Montgomery County will host two 4th of July celebrations: Germantown Glory at the South Germantown Recreational Park and Mid-County Sparkles at Einstein High School in Kensington. Both include family entertainment and food vendors and wrap up with a spectacular fireworks display. I look forward to seeing you at one of these annual celebrations.

Lastly, families with children will want to check out the summer camp section to see what programs are still available. Our Recreation staff has assembled an assortment of summer day camp offerings to ensure that youngsters stay active and involved throughout their summer break.

Have a safe and relaxing summer. I hope to see many of you out and about this summer enjoying our recreational facilities and participating in one of these classes or activities.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett
County Executive



Be Active Montgomery!

Be Active Montgomery! is Montgomery County Recreation's new program to help you to get active and have fun! It's easy when you look into Montgomery County Recreation's huge variety of recreation and leisure offerings. Improve your health and well-being while having fun!

Be Active Montgomery! aims to provide quality leisure and recreation programming that increases the health, wellness, and livability of the Montgomery County community. We all know the value that leisure brings to achieving overall health and well-being. With Be Active Montgomery! you can be actively involved in recreational pursuits – whether they are passive, such as art activities or cooking, or physically active ones – in an effort to improve or maintain mental and physical health.

Check out more! Visit montgomerycountymd.gov/rec. Like Montgomery County Recreation on Facebook. Follow MoCoRec on Twitter.



*12 Ways to have
FUN this*

Summer



- 1 Join the Celebration...**
This July 4th, enjoy free entertainment and fabulous fireworks that will aaaahh you. See the back inside cover for details.
- 2 Get in on the 'skinny'...**
Join the latest fitness craze! PILOXING mixes Pilates and boxing into a fat torching and muscle sculpting workout. See page 44.
- 3 Take a Deep Breath.**
Yoga, develops flexibility, balance and strength. Bare feet required! Classes listed on page 47.
- 4 Make a Splash this Summer!**
Outdoor pools open May 26th. See page 9 for details.
- 5 Refine your Game.**
Learn the proper volleyball techniques of hitting, passing, and blocking. See page 55.
- 6 Gather Up the Family...**
Adventure awaits at Roundtop Mountain. Crawl through mazes, ride the zip lines! See page 85.
- 7 Learn to Swim.**
Be safe, increase your confidence, and have fun this summer. We offer lessons for all ages. Lessons begin on page 18.
- 8 Move to the Beat.**
Dance the night away. For teens and adults with disabilities. See page 89 for more info.
- 9 Challenge Your Child.**
Art lessons, develops new skills, imagination and opens up their creativity. Classes are on page 34.
- 10 Develop a Future Star!**
Wee Wanna Be Soccer & Tennis introduces age appropriate skill training in play sessions. Look out Bechkam and Ivanovic...here they come. See page 53.
- 11 Lend Us Your Green Thumb.**
Seniors, help us tend and harvest the Long Branch gardens. Then join us at the picnic to reap the savory rewards. Call 240-777-6975 for information.
- 12 Climb the Rockwall...**
At our newest community center, White Oak. Opens this summer. Call 240-777-6940 for information.

TOTAL REC Pass ***\$aves Money!***

**IT'S EASIER THAN
EVER TO STAY
IN SHAPE WITH
RECREATION'S NEW
TOTAL REC PASS!**

**WITH YOUR TOTAL
REC PASS, YOU
HAVE ACCESS TO
ALL MONTGOMERY
COUNTY RECREATION
FACILITIES!**

- ★ SWIM AT ANY OF OUR
INDOOR AQUATIC CENTERS
- ★ EXERCISE IN ANY OF OUR
FULLY-EQUIPPED WEIGHT/
EXERCISE ROOMS
- ★ ENJOY A PICK-UP GAME OF
BASKETBALL
- ★ SHOOT SOME POOL



**SAVE MONEY! SIGNING UP
SEPARATELY FOR EACH ACTIVITY IS
MORE EXPENSIVE.**

**ADDITIONAL DISCOUNTS FOR FAMILY,
PAIR, AND SENIOR PASSES!**

**BUY YOUR PASS ONLINE AT
RECWEB.MONTGOMERYCOUNTYMD.GOV**

WELCOME TO

White Oak Community Recreation Center

*Opening this
Summer!*



Arts and Kiln Room

Computer Lounge

Conference Room

Fitness and Exercise Room

Full Size Gymnasium

Game Room

Rock Climbing Wall

Senior and Community Lounge

Social Hall

Outdoor Athletic Courts



WATCH FOR DETAILS ON A JUNE OPENING
1700 APRIL LANE, SILVER SPRING, MD



Just for the

COME OUT AND PLAY!

Six more weeks of school ... what's your child doing this summer?

Registration for summer camps and programs is in full swing for ages 3-21. Take your pick from:

- ★ Arts Camps
- ★ Outdoor Camps
- ★ Preschool and Kindergarten Camps
- ★ Specialty Camps
- ★ Sports and Aquatics Camps
- ★ Summer Fun Centers
- ★ Therapeutic Camps

Check out the Summer Camps Brochure and register at
recweb.montgomerycountymd.gov.

WE'RE LOCAL!

**WE HAVE SOMETHING
FOR EVERY INTEREST!**

WE'RE AFFORDABLE!

RECORD

FOCUS ON SUMMER SAFETY!

It was a long time coming, but summer is here at last! During the warm summer months, we change the way we eat, the way we exercise and the way we have fun. To get the most out of summer, safety should be at the top of your list. Here are some tips to help you and your family to enjoy summer safely.

Most folks love the sun, but just a few serious sunburns can increase your risk of skin cancer later in life. You don't have to be at the pool, or on vacation to get too much sun. Your skin needs protection from the sun's harmful ultraviolet (UV) rays whenever you're outdoors. Use these options to prevent sunburn, not to seek relief after it's happened.

SEEK SHADE. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then.

COVER UP. Clothing that covers your skin helps protect against UV rays. A long-sleeved shirt and long pants aren't always practical, a T-shirt, long shorts, or a beach cover-up are good alternatives.

GET A HAT. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection.

WEAR SUNGLASSES. They protect your eyes from UV rays. Look for sunglasses that wrap around and block both UVA and UVB rays.

APPLY SUNSCREEN. Use sunscreen with at least SPF 15 and UVA and UVB protection every time you go outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

KEEP YOURSELF HYDRATED! Drink four to eight ounces of water before your activity and 12 to 16 ounces during each hour of your activity.

Happy Summer.

PETS NEED SPECIAL CARE IN HOT WEATHER TOO!

Never ever leave your pet alone in a parked car. Cars can heat up quickly to fatal temperatures, even with the windows open.

Make sure your pet has plenty of fresh water available at all times.

Be careful not to over-exercise your pet. Your pet may love to jog with you in cooler weather, but leave him home during the warm summer days.

Asphalt can heat up quickly on a hot summer day and burn your pet's feet. Try to walk your pet on grass or cement sidewalks, and avoid asphalt streets.

Brushing pets with longer fur more frequently can help remove excessive fur and keep your pet more comfortable.

Don't bring your pet to public festivals, parades, or fireworks displays. While these events are fun for people, they can be noisy, confusing and frightening to your pet.

If you lose your pet, find a lost pet, see an animal in distress, or have other questions about County animal laws, contact the Police Department's Animal Services Division at 240-773-5960.



FREE CONCERTS! On Veterans Plaza at the Silver Spring Civic Building on Ellsworth Drive and Fenton Street

SILVER SPRING SWINGS

ON THURSDAY NIGHTS
JULY 7-JULY 28, 2011 • 7PM

JULY 7 Patrick Alban & Noche Latina LATIN/ROCK

JULY 14 Elliot Levine R&B, FUNK

JULY 21 Second Wind ROCK & ROLL COVERS

JULY 28 The David Bach Consort WORLD JAZZ

A Special Thanks to our
Presenting Sponsor:



Scotland Neighborhood Recreation Center
is closed for RENOVATIONS



CHECK BACK IN SUMMER 2014 FOR OUR NEW CENTER.



Pools Open!

Saturday, May 26th



Convenient

Seven outdoor pools located throughout Montgomery County, you can be here in no time.

Fun

Including **flume** and **kiddie slides**, **water play equipment**, lap lanes, leisure swim areas, **baby pools**, dive areas, bath houses, lawn areas and even a **"Lazy River"**!

Affordable

We offer **daily admissions**, **12 punch passes** and **season passes**.

**Your summer
of splashes
and
fun awaits!**



**Bethesda
Germantown
Long Branch
Poolesville
Silver Spring
Upper County
Wheaton**

**For a list of locations and
information see page 11.**

**Call 240-777-6860 or visit
montgomerycountymd.gov/rec**



Aquatics

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

Schedules and Facility descriptions are available online at
montgomerycountymd.gov/rec

FAMILY RECREATIONAL SWIMS

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

SWIMMING INSTRUCTION

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

RENTALS - PARTIES!

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the facility supervisor for available times and fees.

WEBSITE INFO

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

SWIM LESSONS WILL MEET JULY 4TH!



**All Pools Close
at 6pm on
July 4th!***

***GISC closes at 3pm!**

INDOOR POOLS

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

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

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

**Germantown Indoor
Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyds

OUTDOOR POOLS

**Bethesda Outdoor Pool
(BOP)**
301-652-1598
Little Falls Parkway &
Hillandale Road, Bethesda

**Long Branch Outdoor Pool
(LB)**
301-431-5700
8700 Piney Branch Road,
Silver Spring

**Upper County Outdoor Pool
(UC)**
301-840-2446
8211 Emory Grove Road
Gaithersburg

**Wheaton/Glenmont Outdoor
Pool (GL)**
301-929-5460
12621 Dalewood Drive
Wheaton

**Germantown Outdoor Pool
(GOP)**
240-777-8067
18905 Kingsview Road
Germantown

**Martin Luther King, Jr.
Outdoor Pool (MLKO)**
240-777-8066
1201 Jackson Road
Silver Spring

**Western County Outdoor
Pool (WEST)**
301-349-2217
20151 Fisher Avenue
Poolesville



DO WE HAVE YOUR E-MAIL?

In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail.

Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at montgomerycountymd.gov/rec for more information.



WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- 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 necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 Waterworks: Sally Dimsdale 301-593-1609 sallyswaterworks@msn.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

There will be no classes at KSAC July 12th afternoon/evening, only morning classes will take place.

There will be no classes July 13 & 14 at KSAC. Please speak with your instructor or Sally Dimsdale for further information.

DEEP WATER BOOT CAMP

A great way to burn lots of calories efficiently because you work your entire body -heart and muscles by going from one exercise to another. This class can be as challenging as you want it to be! Are you looking for a new challenge? Come join us! Course held in deep water, belt required.

10 Sessions \$53
 Instructor: Network, Inc Wellness
 333068 Olney Swim Center 6/8 F 1:30pm - 2:20pm
 333098 MLK Outdoor 6/11 M 10:00am -10:50am
 333099 MLK Outdoor 6/13 W 10:00am -10:50am

AGAINST THE CURRENT

A Power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Dyna bands will be provided for upper body strength training in this co-ed class.

10 Sessions \$53
 Instructor: Peggy Brower
 332249 MLK Outdoor 6/11 M 9:30am -10:20am
 332250 MLK Outdoor 6/13 W 9:30am -10:20am

AQUA BELLY DANCING

Try Aqua Belly Dancing for a fun and exotic workout under the sun in the outdoor pool. Towels will be used in the water to create drag and build muscle. So bring two towels, one to dance with and one to dry off with. Enter through the indoor pool.

10 Sessions \$53
 Instructor: Peggy Brower
 333423 MLK Outdoor Pool 6/12 Tu 9:00am - 9:50am
 333435 MLK Outdoor Pool 6/14 Th 9:00am - 9:50am

AQUA FUSION

Aqua Fusion is a class that combines a shallow and deep water workout. Students will acquire a comfort level for the deep water in the deep end of the shallow pool.

10 Sessions \$53
 Instructor: Peggy Brower
 333422 MLK Swim Center 6/7 Th 8:30am - 9:20am



AQUA MOMMY/ PRE-NATAL

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. A great class for Pre-Natal Moms.

10 Sessions \$59
 Instructor: Peggy Brower
 332255 Germantown ISC 6/8 F 10:30am -11:20am

ABS & GLUTES

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

10 Sessions \$53
 Instructor: Peggy Brower
 332247 MLK Swim Center 6/4 M 9:30am -10:20am
 332248 MLK Swim Center 6/6 W 9:30am -10:20am

AQUA CARDIO CHALLENGE

This CO-ED class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool where the water will be churning. It is a power packed class where you will build muscle, endurance and stamina.

10 Sessions \$53
 Instructor: Peggy Brower
 333063 MLK Swim Center 6/5 Tu 8:30am - 9:20am
 334171 Olney Swim Center 6/5 Tu 7:00pm - 7:50pm

AQUA YO-LATES

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

10 Sessions \$53
 Instructor: Peggy Brower
 332256 MLK Outdoor 6/15 F 10:00am -10:50am

AQUAZUMBA

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

10 Sessions \$53
 Instructor: Peggy Brower
 332259 Germantown ISC 6/4 M 9:30am -10:20am
 334169 Germantown ISC 6/5 Tu 7:30pm - 8:20pm
 334170 Germantown ISC 6/7 Th 7:30pm - 8:20pm
 333440 MLK Swim Center 6/8 F 7:00pm - 7:50pm
 332257 MLK Outdoor 6/12 Tu 10:00am -10:50am
 332258 MLK Outdoor 6/14 Th 10:00am -10:50am
 Instructor: Network, Inc Wellness
 333076 Olney Swim Center 6/4 M 8:00pm - 8:50pm
 333077 Olney Swim Center 6/6 W 8:00pm - 8:50pm
 333075 Olney Swim Center 6/10 Su 9:00am - 9:50am

DEEP WATER RUNNING & EXERCISE

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sessions \$53

Instructor: Peggy Brower

333124	MLK Swim Center	6/4	M	1:00pm - 1:50pm
333154	Germantown ISC	6/4	M	10:30am - 11:20am
333128	MLK Swim Center	6/5	Tu	7:30am - 8:20am
333157	Germantown ISC	6/5	Tu	8:30pm - 9:20pm
333126	MLK Swim Center	6/6	W	1:00pm - 1:50pm
333158	Germantown ISC	6/6	W	10:30am - 11:20am
333129	MLK Swim Center	6/7	Th	7:30am - 8:20am
333161	Germantown ISC	6/7	Th	8:30pm - 9:20pm
333467	MLK Swim Center	6/8	F	9:30am - 10:20am
333153	MLK Swim Center	6/9	Sa	9:00am - 9:50am

Instructor: Sally Dimsdale

333146	Kennedy Shriver Aq Ctr	6/4	M	8:30am - 9:20am
333147	Kennedy Shriver Aq Ctr	6/5	Tu	10:00am - 10:50am
333151	Kennedy Shriver Aq Ctr	6/5	Tu	7:30pm - 8:20pm
333148	Kennedy Shriver Aq Ctr	6/6	W	8:30am - 9:20am
333149	Kennedy Shriver Aq Ctr	6/7	Th	10:00am - 10:50am
333152	Kennedy Shriver Aq Ctr	6/7	Th	7:30pm - 8:20pm
333150	Kennedy Shriver Aq Ctr	6/8	F	8:30am - 9:20am
334780	Germantown ISC	6/9	Sa	9:30am - 10:20am
333131	Bethesda Pool	6/11	M	8:00pm - 8:50pm
333132	Bethesda Pool	6/13	W	8:00pm - 8:50pm
333130	Bethesda Pool	6/17	Su	8:00am - 8:50am

Instructor: Network, Inc Wellness

333142	Olney Swim Center	6/4	M	7:00pm - 7:50pm
333155	Germantown ISC	6/4	M	7:30pm - 8:20pm
333125	MLK Swim Center	6/5	Tu	7:00pm - 7:50pm
333136	Olney Swim Center	6/5	Tu	8:00pm - 8:50pm
333137	Olney Swim Center	6/5	Tu	8:30am - 9:20am
333140	Olney Swim Center	6/5	Tu	10:30am - 11:20am
333156	Germantown ISC	6/5	Tu	9:30am - 10:20am
333143	Olney Swim Center	6/6	W	7:00pm - 7:50pm
333159	Germantown ISC	6/6	W	8:30pm - 9:20pm
333127	MLK Swim Center	6/7	Th	7:00pm - 7:50pm
333138	Olney Swim Center	6/7	Th	8:00pm - 8:50pm
333139	Olney Swim Center	6/7	Th	8:30am - 9:20am
333141	Olney Swim Center	6/7	Th	10:30am - 11:20am
333160	Germantown ISC	6/7	Th	9:30am - 10:20am
333144	Olney Swim Center	6/8	F	6:00pm - 6:50pm
333145	Olney Swim Center	6/9	Sa	9:00am - 9:50pm

WATER EXERCISE FOR ARTHRITIS

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

10 Sessions \$53

Instructor: Sally Dimsdale

333118	Kennedy Shriver Aq Ctr	6/4	M	11:00am - 11:50am
333119	Kennedy Shriver Aq Ctr	6/6	W	11:00am - 11:50am
333120	Kennedy Shriver Aq Ctr	6/8	F	11:00am - 11:50am

Instructor: Network, Inc Wellness

333121	Olney Swim Center	6/4	M	10:00am - 10:50am
333116	MLK Swim Center	6/5	Tu	10:30am - 11:20am
333122	Olney Swim Center	6/6	W	10:00am - 10:50am
333117	MLK Swim Center	6/7	Th	10:30am - 11:20am
333123	Olney Swim Center	6/8	F	10:00am - 10:50am



WATER EXERCISE

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

10 Sessions \$53

Instructor: Peggy Brower

333100	MLK Swim Center	6/4	M	8:30am - 9:20am
333101	MLK Swim Center	6/6	W	8:30am - 9:20am
333112	Germantown ISC	6/6	W	9:30am - 10:20am
333102	MLK Swim Center	6/8	F	8:30am - 9:20am
333113	Germantown ISC	6/8	F	9:30am - 10:20am

Instructor: Sally Dimsdale

333103	Kennedy Shriver Aq Ctr	6/4	M	8:30pm - 9:20pm
333104	Kennedy Shriver Aq Ctr	6/5	Tu	11:30am - 12:20pm
333105	Kennedy Shriver Aq Ctr	6/6	W	8:30pm - 9:20pm
333106	Kennedy Shriver Aq Ctr	6/7	Th	11:30am - 12:20pm

Instructor: Network, Inc Wellness

333110	Olney Swim Center	6/4	M	9:00am - 9:50am
333107	Olney Swim Center	6/6	W	9:00am - 9:50am
333108	Olney Swim Center	6/8	F	9:00am - 9:50am

WATER AEROBICS

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

10 Sessions \$53

Instructor: Sally Dimsdale

333085	Kennedy Shriver Aq Ctr	6/4	M	9:30am - 10:20am
333081	Kennedy Shriver Aq Ctr	6/5	Tu	8:30am - 9:20am
333083	Kennedy Shriver Aq Ctr	6/6	W	9:30am - 10:20am
333082	Kennedy Shriver Aq Ctr	6/7	Th	8:30am - 9:20am
333084	Kennedy Shriver Aq Ctr	6/8	F	9:30am - 10:20am

Instructor: Network, Inc Wellness

333096	Olney Swim Center	6/4	M	1:30pm - 2:20pm
333095	Germantown ISC	6/4	M	8:30pm - 9:20pm
333087	Olney Swim Center	6/5	Tu	9:30am - 10:20am
333091	Olney Swim Center	6/5	Tu	7:00pm - 7:50pm
333093	MLK Swim Center	6/5	Tu	8:00pm - 8:50pm
333097	Olney Swim Center	6/6	W	1:30pm - 2:20pm
333094	Germantown ISC	6/6	W	7:00pm - 7:50pm
333086	Olney Swim Center	6/7	Th	7:00pm - 7:50pm
333088	Olney Swim Center	6/7	Th	9:30am - 10:20am
333092	MLK Swim Center	6/7	Th	8:00pm - 8:50pm

FIND US FAST
ON YOUR
SMARTPHONE





COMPETITIVE PROGRAMS

ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Spring/Summer session runs April to August 2012

GERMANTOWN INDOOR SWIM CENTER

For information contact Jon Smink at 240-777-6830 or Jon.Smink@montgomerycountymd.gov.

ADVANCED JUNIORS (325193)	\$630
ADVANCED SENIORS (325196)	\$740
NDG (325194)	\$740
NTG (325197)	\$800

OLNEY SWIM CENTER

For information contact Jay Garner at 240-777-4995 or Jay.Garner@montgomerycountymd.gov.

ADVANCED JUNIORS (325216)	\$630
SENIORS (325219)	\$630
ADVANCED SENIORS (325220)	\$740
NDG (325217)	\$740
NTG (325221)	\$800

MARTIN LUTHER KING, JR. SWIM CENTER

For information contact Carey Apple at 240-777-8060 or Carey.Apple@montgomerycountymd.gov.

ADVANCED JUNIORS (325204)	\$630
SENIORS (325207)	\$630
ADVANCED SENIORS (325208)	\$740
NDG (325205)	\$740
NTG (325209)	\$800

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

For information contact Christa Kruekel at 240-777-8070 or Christa.Kruekel@montgomerycountymd.gov.

ADVANCED JUNIORS (325181)	\$630
SENIORS	
OPTION 1 (325183)	\$630
OPTION 2 (325184)	\$630
OPTION 3 (325185)	\$630
ADVANCED SENIORS (325186)	\$740
NDG (325182)	\$740
NTG (325187)	\$800

FULL

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MCSL

This summer swim team program, sponsored by the Montgomery County Recreation Department, is part of the Montgomery County Swim League (MCSL).

The competitive program is for swimmers 5-18 years old.

Practices are daily and there are weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. Parents and swimmers should attend the registration meeting held at this pool on Tues, May 29, 7:00pm, RAIN or SHINE. **\$175***

325224	Bethesda Pool
325225	Germantown Outdoor
325226	Western County Pool
325227	Long Branch Pool
325228	Glenmont Pool
325229	Upper County Pool

We do NOT
offer a Pre-Team
program.

* Material and other team fees are not included in the registration fee.

DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Summer swim team member.

MONTGOMERY STROKE & TURN CLINIC

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters/yards of freestyle without stopping. This program will meet for 22 sessions. The program began Oct. 28, 2012 and runs to May 19, 2013. There will be no clinic on Nov. 25, Dec. 23 & 30, Feb. 3, Mar. 24 and May 31 and two other Sundays which will be announced at the first session. For more information call 240-350-8511. Registration begins July 11, 2012.

22 Sessions	Instructor: MSTC	\$330
333424	Kennedy Shriver Aq Ctr 10/28 Su	5:00pm-6:00pm
333425	Kennedy Shriver Aq Ctr 10/28 Su	6:00pm-7:00pm
333426	Kennedy Shriver Aq Ctr 10/28 Su	7:00pm-8:00pm
333427	Olney Swim Ctr 10/28 Su	5:00pm-6:00pm
333428	Olney Swim Ctr 10/28 Su	6:00pm-7:00pm
333429	Olney Swim Ctr 10/28 Su	7:00pm-8:00pm
333430	Germantown ISC 10/28 Su	6:00pm-7:00pm
333431	Germantown ISC 10/28 Su	7:00pm-8:00pm
333432	MLK Swim Ctr 10/28 Su	6:00pm-7:00pm
333433	MLK Swim Ctr 10/28 Su	7:00pm-8:00pm

Follow us on Facebook and Twitter!

DIVING

Montgomery Dive Club (MDC) is an advanced age-group competitive program offered at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. For further information visit montgomerydiveclub.org or email MDCBeavers@gmail.com.

DIVING HIGH SCHOOL

Work with a professional coach and set your sites on making the team, qualifying for Regionals, or capturing a top spot at Metros. This program has been tailored to meet the needs of High School divers, focusing on developing a competitive diving list from the one-meter Summerboard. Each practice is 90 minutes. All registrants must pay an annual fee of \$14 for AAU registration.

9 Sessions \$240

Instructor: Doug Beavers

331502	Kennedy Shriver Aq Ctr	6/11	M	8:00pm - 9:30pm
331507	Germantown ISC	6/11	M	8:30pm - 10:00pm
331508	Germantown ISC	6/13	W	8:30pm - 10:00pm
331506	Kennedy Shriver Aq Ctr	6/14	Th	8:00pm - 9:30pm

DIVING SPRINGS TEAM (OPEN)

This program is for young divers with experience in summer league competition and high school divers who want to learn three meter and platform skills. The Springs Team introduces new, more advanced skills, greater use of dry-land training, as well as strength, flexibility and conditioning. All practices are 90 minutes long. Optional competitions in and around the National Capitol Area will be offered to those who are interested. Offered in a two, three or four day per week program. All registrants must pay an annual fee of \$14 for AAU registration. An annual fee per family is required of \$100 to the instructor.

9 Sessions \$240

Instructor: Doug Beavers

331588	Germantown ISC	6/11	M	6:00pm - 7:30pm
331594	Olney Swim Center	6/11	M	6:00pm - 7:30pm
331588	Germantown ISC	6/11	M	6:00pm - 7:30pm
331585	Kennedy Shriver Aq Ctr	6/12	Tu	6:00pm - 7:30pm
331591	MLK Swim Center	6/12	Tu	5:30pm - 7:00pm
331589	Germantown ISC	6/12	Tu	6:00pm - 7:30pm
331586	Kennedy Shriver Aq Ctr	6/13	W	6:00pm - 7:30pm
331595	Olney Swim Center	6/13	W	5:45pm - 7:15pm
333530	Germantown ISC	6/13	W	6:00pm - 7:30pm
331592	MLK Swim Center	6/14	Th	5:30pm - 7:00pm
333531	Germantown ISC	6/14	Th	6:00pm - 7:30pm
331590	Germantown ISC	6/15	F	6:00pm - 7:30pm
331587	Kennedy Shriver Aq Ctr	6/15	F	6:00pm - 7:30pm

DIVING MASTERS

Think diving is over just because you graduated from college, had a few kids, or retired from your day job? Not at all! Divers all over the world enjoy the sport of diving throughout their entire lives. MDC offers programs for former divers who aren't content to hang up that Speedo quite yet. Each practice is 90 minutes. All registrants must pay an annual fee of \$14 for AAU registration.

9 Sessions \$240

Instructor: Doug Beavers

331510	Kennedy Shriver Aq Ctr	6/11	M	8:00pm - 9:30pm
331511	Kennedy Shriver Aq Ctr	6/14	Th	8:00pm - 9:30pm

DIVING SPRINGS LESSONS

These 45-minute Lessons are recommended for absolute beginners, divers age 5 - 12, and children with diagnosed attentional issues. Participants should be comfortable swimming in deep water, and should be able to dive in head first. Classes emphasize safe basic diving, and tumbling skills. Participants at our KSAC, GISC and MLK locations will also learn basic trampoline skills. Please register for the appropriate age level. All registrants must pay an annual fee of \$14 for AAU registration.

9 Sessions \$120

Instructor: Doug Beavers

331559	Olney Swim Center	6/11	M	5:00pm - 5:45pm
331555	Germantown ISC	6/11	M	5:15pm - 6:00pm
331536	Kennedy Shriver Aq Ctr	6/12	Tu	5:15pm - 6:00pm
331556	Germantown ISC	6/12	Tu	5:15pm - 6:00pm
331547	Kennedy Shriver Aq Ctr	6/13	W	5:15pm - 6:00pm
331560	Olney Swim Center	6/13	W	5:00pm - 5:45pm
331557	Germantown ISC	6/13	W	5:15pm - 6:00pm
331554	Germantown ISC	6/14	Th	5:15pm - 6:00pm
331550	Kennedy Shriver Aq Ctr	6/15	F	5:15pm - 6:00pm
331558	Germantown ISC	6/15	F	5:15pm - 6:00pm

MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com

SPRING/SUMMER

April 22-August 27, 2012

331070	1 day per week	\$110
331071	2 days per week	\$150
331072	3 days per week	\$190
331073	4 days per week	\$230
331074	5 days per week	\$270

Practice Schedule

GISC	M, W, F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
KSAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm



SAFETY 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.

LIFEGUARD TRAINING \$195

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer, First Aid and AED. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR and AED for 2 years. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The pre-course consists of 300 meter swim (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke); and swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

GERMANTOWN INDOOR SWIM CENTER

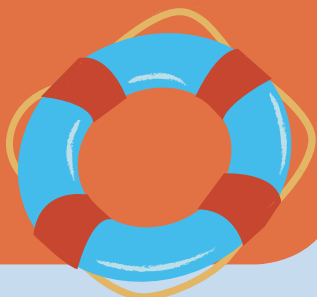
Session	Date	Begins	Ends
LGT 5: Course 314051 June - 2012			
Pre-Course	Friday, June 8	8:00pm	9:30pm
Session 1	Sunday, June 10	9:30am	12:30pm
Session 2	Sunday, June 10	1:00pm	4:00pm
Session 3	Monday, June 11	2:00pm	5:00pm
Session 4	Monday, June 11	5:30pm	9:00pm
Session 5	Tuesday, June 12	2:00pm	5:00pm
Session 6	Tuesday, June 12	5:30pm	9:00pm
Session 7	Wednesday, June 13	6:30pm	9:30pm
Session 8	Thursday, June 14	2:00pm	5:00pm
Session 9	Thursday, June 14	5:30pm	9:00pm
Session 10	Friday, June 15	6:30pm	9:30pm

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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.



EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

Session	Date	Begins	Ends
LGT 5: Course 312901 June - 2012			
Pre-course	Wednesday, June 13	6:30pm	9:00pm
Session 1	Friday, June 15	9:00am	11:00am
Session 2	Friday, June 15	11:00am	2:00pm
Session 3	Friday, June 15	2:00pm	4:00pm
Session 4	Monday, June 18	9:00am	12:00pm
Session 5	Monday, June 18	12:00pm	3:30pm
Session 6	Tuesday, June 19	9:00am	12:00pm
Session 7	Tuesday, June 19	12:00pm	3:30pm
Session 8	Wednesday, June 20	9:00am	12:00pm
Session 9	Wednesday, June 20	12:00pm	3:30pm
Session 10	Thursday, June 21	9:00am	3:30pm

MARTIN LUTHER KING, JR. SWIM CENTER

Session	Date	Begins	Ends
LGT 7: Course 314513 June - 2012			
Pre-course	Friday, Jun. 1	6:00pm	9:30pm
Session 1	Sunday, Jun. 3	9:00am	12:00pm
Session 2	Sunday, Jun. 3	12:30pm	4:00pm
Session 3	Monday, Jun. 4	6:00pm	9:30pm
Session 4	Thursday, Jun. 7	6:00pm	9:30pm
Session 5	Friday, Jun. 8	6:00pm	9:30pm
Session 6	Sunday, Jun. 10	9:00am	12:00pm
Session 7	Sunday, Jun. 10	12:30pm	4:00pm
Session 8	Monday, Jun. 11	6:00pm	9:30pm
Session 9	Thursday, Jun. 14	6:00pm	9:30pm
Session 10	Friday, Jun. 15	6:00pm	9:30pm

LGT 8: Course 314540 June - 2012			
Pre-course	Wednesday, Jun. 13	6:00pm	9:30pm
Session 1	Saturday, Jun. 16	9:00am	12:00pm
Session 2	Saturday, Jun. 16	12:30pm	4:00pm
Session 3	Sunday, Jun. 17	9:00am	12:00pm
Session 4	Sunday, Jun. 17	12:30pm	4:00pm
Session 5	Monday, Jun. 18	6:00pm	9:30pm
Session 6	Tuesday, Jun. 19	6:00pm	9:30pm
Session 7	Wednesday, Jun. 20	6:00pm	9:30pm
Session 8	Thursday, Jun. 21	6:00pm	9:30pm
Session 9	Friday, Jun. 22	6:00pm	9:30pm
Session 10	Saturday, Jun. 23	9:00am	4:00pm

OLNEY SWIM CENTER

Session	Date	Begins	Ends
LGT 6: Course 315635 June - 2012			
Pre-course	Saturday, June 16	4:00pm	5:30pm
Session 1	Sunday, June 17	9:00am	12:30pm
Session 2	Monday, June 18	9:00am	12:30pm
Session 3	Monday, June 18	1:00pm	4:00pm
Session 4	Tuesday, June 19	9:00am	12:30pm
Session 5	Tuesday, June 19	1:00pm	4:00pm
Session 6	Wednesday, June 20	9:00am	12:30pm
Session 7	Wednesday, June 20	1:00pm	4:00pm
Session 8	Thursday, June 21	9:00am	12:30pm
Session 9	Thursday, June 21	1:00pm	4:00pm
Session 10	Friday, June 22	9:00am	12:30pm

CPR/AED FOR THE PROFESSIONAL RESCUER \$85

This course will certify you in CPR/AED/FPR (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

Session	Date	Begins	Ends
CPR/AED/FPR 2: Course 314079			
Session 1	Friday, May 25	9:00am	2:00pm

GERMANTOWN INDOOR SWIM CENTER

Session	Date	Begins	Ends
CPR/AED/FPR 4: Course 314073			
Session 1	Tuesday, May 8	5:00pm	10:00pm
CPR/AED/FPR 5: Course 314077			
Session 1	Tuesday, May 15	5:00pm	10:00pm
CPR/AED/FPR 6: Course 314078			
Session 1	Tuesday, May 22	5:00pm	10:00pm

POOL OPERATOR COURSE \$130

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR – OFFICE (THEATRE)

Session	Date	Begins	Ends
Course 314055 May - 2012			
Session 1	Saturday, May 12	10:00am	4:00pm
Session 2	Sunday, May 13	10:00am	4:00pm
Course 314057 June - 2012			
Session 1	Tuesday, Jun. 12	5:00pm	9:00pm
Session 2	Wednesday, June 13	5:00pm	9:00pm
Session 3	Thursday, Jun. 14	5:00pm	9:00pm

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

Session	Date	Begins	Ends
Course 314058 July - 2012			
Session 1	Monday, July 9	10:00am	4:00pm
Session 2	Tuesday, July 10	10:00am	4:00pm

POOL OPERATOR REVIEW COURSE \$80

MCR – OFFICE (THEATRE)

Session	Date	Begins	Ends
Course 314059 May - 2012			
Session 1	Saturday, May 12	10:00am	2:00pm

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

Course 314060 July - 2012			
Session 1	Monday, Jul. 9	10:00am	2:00pm

SCUBA

SCUBA INSTRUCTION

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. Personal equipment(mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. For more info contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

6 Sessions
\$250

Instructor: Joseph Lodmell
333069 Olney Swim Center 7/16 M, W 6:00pm - 9:00pm



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SWIM LESSONS

INDOOR AND OUTDOOR

Swim Lesson
Registration will begin

**May 16th
at 6:30am**

No registrations will be
processed before this
time.

Indoor courses meet for six 30-minute sessions. Outdoor courses meet for eight 30-minute sessions to accommodate for the weather. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

Outdoor facilities will not be open until May 26th. Please register online or at the nearest indoor swim center.

WAYS TO REGISTER FOR SWIM LESSONS



RECWEB Online registration at recweb.montgomerycountymd.gov. Internet users must pay their account in full. Online registration is recommended. Please create your account by May 10.



WALK IN AT AQUATIC FACILITIES Registrations can be processed at any of our pools.

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.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the locker rooms only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec

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. PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Screening is available to evaluate the student's abilities at each pool. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

**Swim Lessons
will meet on July
4th (AM only).**

MSAC SWIM LESSONS WILL NOT MEET JULY 10-15!

GUIDELINES FOR PLACEMENT IN SWIM CLASSES

PARENT-ASSISTED LESSONS		
Waterbabies (Ages 6 mo - 18 mo)	Aquatots (Ages 18 mo - 3yr)	Pre-School (Ages 3yr - 5yr)
Class Objectives: Parent-assisted water orientation classes. 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.		Class Requirements: On the first day of class, students must be able to: Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained
LEVEL 1		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
Class Objectives: Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.		Class Requirements: On the first day of class, students must be able to: Function well in a group setting without parents since parents DO NOT accompany children.
LEVEL 2		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
Class Objectives: Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.		Class Requirements: On the first day of class, students must be able to: Enter water, front and back float, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.
LEVEL 3		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
Class Objectives: Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.		Class Requirements: On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.
LEVEL 4		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 - 13)	Adult (Ages 14+)
Class Objectives: Students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.		Class Requirements: On the first day of class, students must be able to: Back crawl, elementary backstroke kick, treading water and rhythmic breathing and a proficient front crawl.
LEVEL 5		
Youth (Ages 7 - 13)	Adult (Ages 14+)	
Class Objectives: 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. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.		Class Requirements: On the first day of class, students must be able to: Elementary backstroke and breaststroke and highly proficient front crawl.
LEVEL 6		
Youth (Ages 7 - 13)	Adult (Ages 14+)	
Class Objectives: Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.		Class Requirements: On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)



WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

GERMANTOWN INDOOR SWIM CENTER

332654	6/18	M,Tu,W	11:00am - 11:30am
332652	6/23	Sa	10:50am - 11:20am
332653	6/24	Su	10:50am - 11:20am
332655	7/2	M,Tu,W	11:00am - 11:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331215	6/16	Sa	9:40am - 10:10am
331227	6/17	Su	9:00am - 9:30am
331216	6/17	Su	10:20am - 10:50am
331217	6/18	M,W,F	10:20am - 10:50am
331219	6/18	M,W,F	9:00am - 9:30am
331222	6/19	Tu,Th	9:00am - 9:30am
331225	6/19	Tu,Th	11:00am - 11:30am
331218	7/2	M,W,F	10:20am - 10:50am
331220	7/2	M,W,F	9:00am - 9:30am
331223	7/17	Tu,Th	9:00am - 9:30am
331226	7/17	Tu,Th	11:00am - 11:30am
331221	7/23	M,W,F	9:00am - 9:30am
331224	7/23	M,W,F	10:20am - 10:50am

MARTIN LUTHER KING, JR. SWIM CENTER

332051	6/18	M,W,F	10:20am - 10:50am
332052	6/19	Tu	5:40pm - 6:10pm
332053	6/21	Th	5:00pm - 5:30pm
332054	6/23	Sa	9:40am - 10:10am

OLNEY SWIM CENTER

331829	6/16	Sa	11:20am - 11:50am
331830	6/17	Su	11:20am - 11:50am
331831	6/21	Th	10:50am - 11:20am

8 Sessions \$50

BETHESDA OUTDOOR POOL

331292	6/16	Sa	9:40am - 10:10am
333529	6/16	Sa	9:00am - 9:30am
331293	6/17	Su	10:20am - 10:50am
331294	6/17	Su	9:00am - 9:30am
331289	6/18	M-Th	9:00am - 9:30am
331291	6/18	M-Th	9:40am - 10:10am
333527	7/2	M-Th	9:00am - 9:30am
331295	7/2	M-Th	9:40am - 10:10am
331296	7/16	M-Th	9:00am - 9:30am
333528	7/16	M-Th	9:40am - 10:10am

GERMANTOWN OUTDOOR POOL

332721	6/16	Sa	10:20am - 10:50am
332720	6/18	M-Th	10:20am - 10:50am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332114	6/24	Su	11:00am - 11:30am
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WHEATON/GLENMONT OUTDOOR POOL

332813	6/16	Sa	9:40am - 10:10am
332814	7/16	M-Th	10:30am - 11:00am

AQUATOTS

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

GERMANTOWN INDOOR SWIM CENTER

332568	6/18	M,Tu,W	10:20am - 10:50am
332569	6/19	Tu	6:10pm - 6:40pm
332564	6/23	Sa	10:10am - 10:40am
332565	6/23	Sa	11:30am - 12:00pm
332566	6/24	Su	10:10am - 10:40am
332567	6/24	Su	11:30am - 12:00pm
332570	6/27	W	5:30pm - 6:00pm
332571	7/2	M,Tu,W	10:20am - 10:50am
332572	7/16	M,Tu,W	10:20am - 10:50am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331123	6/16	Sa	10:20am - 10:50am
331124	6/17	Su	9:40am - 10:10am
331125	6/18	M,W,F	9:40am - 10:10am
331128	6/19	Tu,Th	9:40am - 10:10am
331126	7/2	M,W,F	9:40am - 10:10am
331129	7/17	Tu,Th	9:40am - 10:10am
331127	7/23	M,W,F	9:40am - 10:10am

MARTIN LUTHER KING, JR. SWIM CENTER

332000	6/18	M,W,F	9:00am - 9:30am
332001	6/21	Th	5:40pm - 6:10pm
332002	6/23	Sa	9:00am - 9:30am
332005	6/23	Sa	8:15am - 8:45am
332003	7/2	M,W,F	9:40am - 10:10am
332004	7/16	M,W,F	9:00am - 9:30am

OLNEY SWIM CENTER

331696	6/16	Sa	10:40am - 11:10am
331703	6/16	Sa	9:20am - 9:50am
331704	6/16	Sa	9:20am - 9:50am
331697	6/17	Su	10:40am - 11:10am
331701	6/18	M,Tu,W	10:55am - 11:25am
331700	6/19	Tu	5:55pm - 6:25pm
331698	6/21	Th	10:10am - 10:40am
331699	6/21	Th	6:30pm - 7:00pm
331702	7/2	M,Tu,W	10:15am - 10:45am

8 Sessions

\$50

BETHESDA OUTDOOR POOL

331354	6/16	Sa	11:00am - 11:30am
331355	6/16	Sa	9:40am - 10:10am
331356	6/16	Sa	10:20am - 10:50am
331357	6/17	Su	11:00am - 11:30am
331360	6/17	Su	9:40am - 10:10am
331350	6/18	M-Th	10:20am - 10:50am
331351	6/18	M-Th	9:40am - 10:10am
331353	7/2	M-Th	10:20am - 10:50am
333365	7/2	M-Th	9:40am - 10:10am
331361	7/16	M-Th	10:20am - 10:50am
333366	7/16	M-Th	9:40am - 10:10am

GERMANTOWN OUTDOOR POOL

332672	6/16	Sa	9:40am - 10:10am
332674	6/17	Su	9:00am - 9:30am
332670	6/18	M-Th	9:40am - 10:10am
332671	7/30	M-Th	9:40am - 10:10am

LONG BRANCH OUTDOOR POOL

332201	6/17	Su	10:20am - 10:50am
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332101	6/24	Su	9:00am - 9:30am
332102	6/24	Su	10:20am - 10:50am

UPPER COUNTY OUTDOOR POOL

331946	6/17	Su	10:20am - 10:50am
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WESTERN COUNTY OUTDOOR POOL

332868	6/16	Sa	9:40am - 10:10am
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WHEATON/GLENMONT OUTDOOR POOL

332766	6/16	Sa	10:20am - 10:50am
332767	6/17	Su	9:00am - 9:30am
332768	7/2	M-Th	10:30am - 11:00am
332769	7/16	M-Th	9:50am - 10:20am
332770	7/30	M-Th	9:15am - 9:45am

PRE-SCHOOL

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear separate waterproof pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

GERMANTOWN INDOOR SWIM CENTER

332647	6/18	M,Tu,W	9:40am - 10:10am
332648	6/19	Tu	5:30pm - 6:00pm
332643	6/23	Sa	9:30am - 10:00am
332644	6/23	Sa	12:10pm - 12:40pm
332645	6/24	Su	9:30am - 10:00am
332646	6/24	Su	12:10pm - 12:40pm
332649	6/27	W	6:10pm - 6:40pm
332650	7/2	M,Tu,W	9:40am - 10:10am
332651	7/16	M,Tu,W	9:40am - 10:10am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331206	6/16	Sa	9:00am - 9:30am
331214	6/17	Su	11:00am - 11:30am
331211	6/18	M,W,F	11:00am - 11:30am
331207	6/19	Tu,Th	5:45pm - 6:15pm
331208	6/19	Tu,Th	10:20am - 10:50am
331212	7/2	M,W,F	11:00am - 11:30am
331209	7/17	Tu,Th	5:45pm - 6:15pm
331210	7/17	Tu,Th	10:20am - 10:50am
331213	7/23	M,W,F	11:00am - 11:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332043	6/19	Tu,Th	9:30am - 10:00am
332044	6/19	Tu	5:00pm - 5:30pm
332045	6/21	Th	6:20pm - 6:50pm
332046	6/23	Sa	10:20am - 10:50am
332047	6/23	Sa	11:00am - 11:30am
332050	7/10	Tu,Th	10:10am - 10:40am
332048	7/16	M,W,F	10:20am - 10:50am
332049	7/30	M,W,F	9:00am - 9:30am

OLNEY SWIM CENTER

331818	6/16	Sa	10:00am - 10:30am
331819	6/16	Sa	12:00pm - 12:30pm
331820	6/17	Su	10:00am - 10:30am
331821	6/17	Su	12:00pm - 12:30pm
331827	6/17	Su	9:20am - 9:50am
331828	6/17	Su	9:20am - 9:50am
331823	6/19	Tu	6:30pm - 7:00pm
331824	6/20	W	6:25pm - 6:55pm
331822	6/21	Th	9:30am - 10:00am
331826	7/16	M,Tu,W	9:00am - 9:30am

8 Sessions

\$50

BETHESDA OUTDOOR POOL

331301	6/16	Sa	10:20am - 10:50am
331302	6/16	Sa	11:00am - 11:30am
333917	6/17	Su	9:00am - 9:30am
331303	6/17	Su	10:20am - 10:50am
331304	6/17	Su	11:00am - 11:30am
331297	6/18	M-Th	10:20am - 10:50am
333525	7/2	M-Th	10:20am - 10:50am
333526	7/16	M-Th	10:20am - 10:50am





GERMANTOWN OUTDOOR POOL

332718	6/16	Sa	9:00am - 9:30am
332719	6/17	Su	9:40am - 10:10am
332716	6/18	M-Th	9:40am - 10:10am
332717	7/2	M-Th	9:40am - 10:10am

LONG BRANCH OUTDOOR POOL

332219	6/17	Su	9:40am - 10:10am
332220	6/18	M-Th	9:40am - 10:10am
332222	7/17	Tu,Th	7:30pm - 8:00pm

MARTIN LUTHER KING, JR. OUTDOOR POOL

332112	6/24	Su	9:40am - 10:10am
332113	6/24	Su	8:15am - 8:45am

UPPER COUNTY OUTDOOR POOL

331958	6/17	Su	9:40am - 10:10am
331957	6/18	M-Th	9:00am - 9:30am
332137	7/16	M-Th	9:00am - 9:30am

WESTERN COUNTY OUTDOOR POOL

332892	6/16	Sa	9:00am - 9:30am
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WHEATON/GLENMONT OUTDOOR POOL

332807	6/16	Sa	9:00am - 9:30am
332808	6/17	Su	10:20am - 10:50am
332809	6/18	M-Th	9:15am - 9:45am
332810	6/18	M-Th	10:30am - 11:00am
332811	7/2	M-Th	9:15am - 9:45am
332812	7/30	M-Th	9:50am - 10:20am

PRE-BEGINNER-LEVEL 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions

\$59

GERMANTOWN INDOOR SWIM CENTER

332582	6/18	M,Tu,W	9:00am - 9:30am
332583	6/18	M,Tu,W	9:40am - 10:20am
332584	6/18	M,Tu,W	11:00am - 11:30am
332585	6/19	Tu	5:30pm - 6:00pm
332573	6/23	Sa	9:30am - 10:00am
332574	6/23	Sa	10:10am - 10:40am
332575	6/23	Sa	10:50am - 11:20am
332576	6/23	Sa	11:30am - 12:00pm
332578	6/24	Su	9:30am - 10:00am
332579	6/24	Su	10:10am - 10:40am
332580	6/24	Su	11:30am - 12:00pm
332581	6/24	Su	12:10pm - 12:40pm
332586	6/27	W	5:30pm - 6:00pm
332587	6/28	Th	5:30pm - 6:00pm
332588	7/2	M,Tu,W	9:00am - 9:30am
332589	7/2	M,Tu,W	9:40am - 10:10am
332592	7/2	M,Tu,W	10:20am - 10:50am
332593	7/16	M,Tu,W	9:00am - 9:30am
332597	7/16	M,Tu,W	9:40am - 10:10am
332598	7/16	M,Tu,W	10:20am - 10:50am
332599	7/30	M,Tu,W	9:00am - 9:30am
332600	7/30	M,Tu,W	10:20am - 10:50am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331367	6/16	Sa	9:00am - 9:30am
331368	6/16	Sa	9:40am - 10:10am
331369	6/16	Sa	11:00am - 11:30am
331370	6/17	Su	9:40am - 10:10am
331371	6/17	Su	11:00am - 11:30am
331373	6/18	M,W,F	10:20am - 10:50am
331377	6/18	M,W,F	9:40am - 10:10am
331380	6/18	M,W,F	11:00am - 11:30am
331385	6/18	M,W,F	10:20am - 10:50am
331386	6/18	M,W,F	11:00am - 11:30am
331372	6/19	Tu,Th	9:40am - 10:10am
331374	6/19	Tu,Th	5:45pm - 6:15pm
331375	6/19	Tu,Th	9:00am - 9:30am
331376	6/19	Tu,Th	6:25pm - 6:55pm
331389	6/19	Tu,Th	11:00am - 11:30am
331379	7/2	M,W,F	10:20am - 10:50am
331384	7/2	M,W,F	11:00am - 11:30am
331387	7/2	M,W,F	9:40am - 10:10am
331378	7/17	Tu,Th	9:40am - 10:10am
331381	7/17	Tu,Th	9:00am - 9:30am
331382	7/17	Tu,Th	5:45pm - 6:15pm
331383	7/17	Tu,Th	6:25pm - 6:55pm
331390	7/17	Tu,Th	11:00am - 11:30am
331388	7/23	M,W,F	9:40am - 10:10am

MARTIN LUTHER KING, JR. SWIM CENTER

332006	6/18	M,W,F	9:40am - 10:10am
332013	6/18	M,W,F	9:00am - 9:30am
332007	6/19	Tu	5:00pm - 5:30pm
332008	6/20	W	5:00pm - 5:30pm
332009	6/21	Th	5:40pm - 6:10pm
332010	6/23	Sa	10:20am - 10:50am
332011	6/23	Sa	11:00am - 11:30am
332017	6/23	Sa	9:00am - 9:30am
332018	6/23	Sa	8:15am - 8:45am
332012	7/2	M,W,F	10:20am - 10:50am
332014	7/2	M,W,F	9:00am - 9:30am
332015	7/16	M,W,F	10:20am - 10:50am
332016	7/30	M,W,F	9:40am - 10:10am

OLNEY SWIM CENTER

331716	6/16	Sa	10:00am - 10:30am
331717	6/16	Sa	10:40am - 11:10am
331718	6/16	Sa	11:20am - 11:50am
331719	6/16	Sa	12:00pm - 12:30pm
331749	6/16	Sa	12:00pm - 12:30pm
331754	6/16	Sa	9:20am - 9:50am
331720	6/17	Su	10:00am - 10:30am
331721	6/17	Su	10:40am - 11:10am
331722	6/17	Su	11:20am - 11:50am
331723	6/17	Su	12:00pm - 12:30pm
331750	6/17	Su	10:00am - 10:30am
331755	6/17	Su	9:20am - 9:50am
331734	6/18	M,Tu,W	9:00am - 9:30am
331735	6/18	M,Tu,W	9:35am - 10:05am
331736	6/18	M,Tu,W	10:15am - 10:45am



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331737	6/18	M,Tu,W	10:55am - 11:25am
331730	6/19	Tu	5:55pm - 6:25pm
331731	6/19	Tu	6:30pm - 7:00pm
331732	6/20	W	6:25pm - 6:55pm
331733	6/20	W	7:05pm - 7:35pm
331725	6/21	Th	9:30am - 10:00am
331726	6/21	Th	10:10am - 10:40am
331727	6/21	Th	10:50am - 11:20am
331728	6/21	Th	5:55pm - 6:25pm
331729	6/21	Th	6:30pm - 7:00pm
331738	7/2	M,Tu,W	9:00am - 9:30am
331739	7/2	M,Tu,W	9:35am - 10:05am
331740	7/2	M,Tu,W	10:15am - 10:45am
331741	7/2	M,Tu,W	10:55am - 11:25am
331742	7/16	M,Tu,W	9:00am - 9:30am
331743	7/16	M,Tu,W	9:35am - 10:05am
331744	7/16	M,Tu,W	10:15am - 10:45am
331746	7/30	M,Tu,W	9:00am - 9:30am
331747	7/30	M,Tu,W	9:35am - 10:05am
331748	7/30	M,Tu,W	10:15am - 10:45am
331752	7/30	M,Tu,W	9:00am - 9:30am
331753	7/30	M,Tu,W	9:35am - 10:05am
8 Sessions			\$59

BETHESDA OUTDOOR POOL

331341	6/16	Sa	9:00am - 9:30am
331342	6/16	Sa	10:20am - 10:50am
333518	6/16	Sa	9:40am - 10:10am
331345	6/17	Su	9:40am - 10:10am
331347	6/17	Su	9:00am - 9:30am
331331	6/18	M-Th	9:00am - 9:30am
331334	6/18	M-Th	9:40am - 10:10am
331336	7/2	M-Th	9:00am - 9:30am
331337	7/2	M-Th	9:40am - 10:10am
331339	7/16	M-Th	9:00am - 9:30am
331340	7/16	M-Th	9:40am - 10:10am

GERMANTOWN OUTDOOR POOL

332686	6/16	Sa	9:00am - 9:30am
332687	6/16	Sa	10:20am - 10:50am
332688	6/16	Sa	11:00am - 11:30am
332689	6/17	Su	9:00am - 9:30am
332690	6/17	Su	11:00am - 11:30am
332677	6/18	M-Th	9:00am - 9:30am
332678	6/18	M-Th	9:40am - 10:10am
332679	6/18	M-Th	10:20am - 10:50am
332680	7/2	M-Th	9:00am - 9:30am
332681	7/2	M-Th	9:40am - 10:10am
332682	7/16	M-Th	9:00am - 9:30am
332683	7/16	M-Th	9:40am - 10:10am
332684	7/30	M-Th	9:00am - 9:30am
332685	7/30	M-Th	9:40am - 10:10am

LONG BRANCH OUTDOOR POOL

332203	6/17	Su	9:40am - 10:10am
332500	6/17	Su	11:00am - 11:30am
332204	6/18	M-Th	9:00am - 9:30am
332498	6/18	M-Th	9:40am - 10:10am
332207	7/2	M-Th	9:40am - 10:10am
332209	7/2	M-Th	10:20am - 10:50am
332205	7/16	M-Th	9:40am - 10:10am
332210	7/16	M-Th	9:00am - 9:30am
332206	7/30	M-Th	10:20am - 10:50am
332208	7/30	M-Th	9:00am - 9:30am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332103	6/24	Su	9:00am - 9:30am
332104	6/24	Su	10:20am - 10:50am
332105	6/24	Su	8:15am - 8:45am

UPPER COUNTY OUTDOOR POOL

331947	6/17	Su	11:00am - 11:30am
331968	6/17	Su	10:20am - 10:50am
331948	6/18	M-Th	9:40am - 10:10am
331967	6/18	M-Th	10:20am - 10:50am
331949	7/2	M-Th	9:00am - 9:30am
331950	7/2	M-Th	10:20am - 10:50am
331951	7/16	M-Th	9:00am - 9:30am

WESTERN COUNTY OUTDOOR POOL

332869	6/16	Sa	9:00am - 9:30am
332870	6/16	Sa	11:00am - 11:30am
332871	6/18	M-Th	9:40am - 10:10am
332872	6/18	M-Th	11:00am - 11:30am
332873	7/2	M-Th	9:40am - 10:10am

WHEATON/GLENMONT OUTDOOR POOL

332771	6/16	Sa	9:40am - 10:10am
332772	6/16	Sa	10:20am - 10:50am
332776	6/16	Sa	9:00am - 9:30am
332778	6/16	Sa	11:00am - 11:30am
332773	6/17	Su	9:00am - 9:30am
332774	6/17	Su	9:40am - 10:10am
332780	6/17	Su	11:00am - 11:30am
332775	6/18	M-Th	9:15am - 9:45am
332777	6/18	M-Th	9:50am - 10:20am
332779	6/18	M-Th	10:30am - 11:00am
332781	7/2	M-Th	9:15am - 9:45am
332782	7/2	M-Th	9:50am - 10:20am
332783	7/2	M-Th	10:30am - 11:00am
332784	7/16	M-Th	9:15am - 9:45am
332785	7/16	M-Th	9:50am - 10:20am
332786	7/16	M-Th	10:30am - 11:00am
332787	7/30	M-Th	9:50am - 10:20am
332788	7/30	M-Th	10:30am - 11:00am



PRE-BEGINNER-LEVEL 2

Designed for children 4-6 years old. 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. Class size is limited to 6 students.

6 Sessions

\$57

GERMANTOWN INDOOR SWIM CENTER

332610	6/18	M, Tu, W	9:00am - 9:30am
332611	6/18	M, Tu, W	9:40am - 10:10am
332612	6/18	M, Tu, W	10:20am - 10:50am
332613	6/19	Tu	6:10pm - 6:40pm
332601	6/23	Sa	10:10am - 10:40am
332602	6/23	Sa	10:50am - 11:20am
332603	6/23	Sa	11:30am - 12:00pm
332604	6/23	Sa	12:10pm - 12:40pm
332605	6/24	Su	9:30am - 10:00am
332606	6/24	Su	10:10am - 10:40am
332607	6/24	Su	10:50am - 11:20am
332608	6/24	Su	11:30am - 12:00pm
332614	6/27	W	5:30pm - 6:00pm
332615	6/28	Th	6:10pm - 6:40pm
332616	7/2	M, Tu, W	9:00am - 9:30am
332617	7/2	M, Tu, W	9:40am - 10:10am
332619	7/16	M, Tu, W	9:00am - 9:30am
332620	7/16	M, Tu, W	9:40am - 10:10am
332621	7/30	M, Tu, W	9:00am - 9:30am
332622	7/30	M, Tu, W	11:00am - 11:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331391	6/16	Sa	9:00am - 9:30am
331392	6/16	Sa	11:00am - 11:30am
331393	6/17	Su	9:00am - 9:30am
331394	6/17	Su	10:20am - 10:50am
331395	6/18	M, W, F	9:00am - 9:30am
331396	6/19	Tu, Th	6:25pm - 6:55pm
331397	6/19	Tu, Th	9:00am - 9:30am
331402	6/19	Tu, Th	10:20am - 10:50am
331399	7/2	M, W, F	9:00am - 9:30am
331398	7/17	Tu, Th	6:25pm - 6:55pm
331400	7/17	Tu, Th	9:00am - 9:30am
331403	7/17	Tu, Th	10:20am - 10:50am
331401	7/23	M, W, F	9:00am - 9:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332019	6/18	M, W, F	9:40am - 10:10am
332020	6/19	Tu, Th	9:30am - 10:00am
332021	6/19	Tu	5:40pm - 6:10pm
332022	6/19	Tu	6:20pm - 6:50pm
332036	6/19	Tu, Th	10:10am - 10:40am
332023	6/20	W	5:00pm - 5:30pm
332024	6/21	Th	5:00pm - 5:30pm
332025	6/21	Th	6:20pm - 6:50pm
332026	6/23	Sa	9:40am - 10:10am
332027	6/23	Sa	11:00am - 11:30am
332035	6/23	Sa	9:40am - 10:10am
332028	7/2	M, W, F	9:00am - 9:30am
332029	7/2	M, W, F	10:20am - 10:50am
332034	7/10	Tu, Th	9:30am - 10:00am
332030	7/16	M, W, F	9:00am - 9:30am
332031	7/16	M, W, F	9:40am - 10:10am
332032	7/30	M, W, F	9:00am - 9:30am
332033	7/30	M, W, F	9:40am - 10:10am

OLNEY SWIM CENTER

331756	6/16	Sa	10:00am - 10:30am
331757	6/16	Sa	10:00am - 10:30am
331758	6/16	Sa	10:40am - 11:10am
331759	6/16	Sa	11:20am - 11:50am
331760	6/16	Sa	12:00pm - 12:30pm
331761	6/17	Su	10:00am - 10:30am
331762	6/17	Su	10:40am - 11:10am
331763	6/17	Su	11:20am - 11:50am
331764	6/17	Su	11:20am - 11:50am
331765	6/17	Su	12:00pm - 12:30pm
331766	6/17	Su	12:00pm - 12:30pm
331776	6/18	M, Tu, W	9:00am - 9:30am
331778	6/18	M, Tu, W	9:35am - 10:05am
331779	6/18	M, Tu, W	10:15am - 10:45am
331780	6/18	M, Tu, W	10:55am - 11:25am
331771	6/19	Tu	5:55pm - 6:25pm
331772	6/19	Tu	6:30pm - 7:00pm
331773	6/20	W	6:25pm - 6:55pm
331775	6/20	W	7:45pm - 8:15pm
331767	6/21	Th	9:30am - 10:00am
331769	6/21	Th	5:55pm - 6:25pm
331770	6/21	Th	6:30pm - 7:00pm
331781	7/2	M, Tu, W	9:00am - 9:30am
331783	7/2	M, Tu, W	10:15am - 10:45am
331784	7/2	M, Tu, W	10:55am - 11:25am
331787	7/16	M, Tu, W	10:15am - 10:45am
331788	7/16	M, Tu, W	10:55am - 11:25am
331789	7/30	M, Tu, W	9:00am - 9:30am
331790	7/30	M, Tu, W	10:15am - 10:45am
331791	7/30	M, Tu, W	10:55am - 11:25am
331792	7/30	M, Tu, W	10:15am - 10:45am

My kids can't get enough of the pool!

8 Sessions

\$57

BETHESDA OUTDOOR POOL

331326	6/16	Sa	9:40am - 10:10am
331328	6/16	Sa	9:00am - 9:30am
331329	6/17	Su	9:00am - 9:30am
331330	6/17	Su	9:40am - 10:10am
331318	6/18	M-Th	9:00am - 9:30am
331319	6/18	M-Th	9:40am - 10:10am
331320	7/2	M-Th	9:00am - 9:30am
331321	7/2	M-Th	9:40am - 10:10am
331322	7/16	M-Th	9:00am - 9:30am
331324	7/16	M-Th	9:40am - 10:10am

GERMANTOWN OUTDOOR POOL

332703	6/16	Sa	9:40am - 10:10am
332704	6/16	Sa	11:00am - 11:30am
332705	6/17	Su	9:40am - 10:10am
332706	6/17	Su	10:20am - 10:50am
332707	6/17	Su	11:00am - 11:30am
332691	6/18	M-Th	9:00am - 9:30am
332692	6/18	M-Th	9:40am - 10:10am
332693	6/18	M-Th	10:20am - 10:50am
332694	7/2	M-Th	9:00am - 9:30am
332695	7/2	M-Th	9:40am - 10:10am
332696	7/2	M-Th	10:20am - 10:50am
332697	7/16	M-Th	9:00am - 9:30am
332698	7/16	M-Th	9:40am - 10:10am
332699	7/16	M-Th	10:20am - 10:50am
332700	7/30	M-Th	9:00am - 9:30am
332701	7/30	M-Th	9:40am - 10:10am
332702	7/30	M-Th	10:20am - 10:50am

LONG BRANCH OUTDOOR POOL

332211	6/17	Su	10:20am - 10:50am
332212	6/18	M-Th	10:20am - 10:50am
332215	7/2	M-Th	9:00am - 9:30am
332213	7/16	M-Th	10:20am - 10:50am
332214	7/30	M-Th	9:40am - 10:10am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332108	6/23	Sa	8:15am - 8:45am
332106	6/24	Su	9:40am - 10:10am
332107	6/24	Su	8:15am - 8:45am

UPPER COUNTY OUTDOOR POOL

332142	6/17	Su	9:40am - 10:10am
331953	6/18	M-Th	10:20am - 10:50am
331954	7/2	M-Th	10:20am - 10:50am
331955	7/16	M-Th	10:20am - 10:50am

WESTERN COUNTY OUTDOOR POOL

332877	6/16	Sa	9:40am - 10:10am
332880	6/18	M-Th	10:20am - 10:50am
332881	7/2	M-Th	11:00am - 11:30am

WHEATON/GLENMONT OUTDOOR POOL

332789	6/16	Sa	9:00am - 9:30am
332790	6/16	Sa	10:20am - 10:50am
332791	6/17	Su	9:40am - 10:10am
332793	6/17	Su	9:00am - 9:30am
332792	6/18	M-Th	9:15am - 9:45am
332794	6/18	M-Th	9:50am - 10:20am
332795	6/18	M-Th	10:30am - 11:00am
332796	7/2	M-Th	9:15am - 9:45am
332797	7/2	M-Th	10:30am - 11:00am
332798	7/16	M-Th	9:50am - 10:20am
332799	7/16	M-Th	10:30am - 11:00am
332800	7/16	M-Th	9:15am - 9:45am
332801	7/30	M-Th	9:15am - 9:45am

PRE-BEGINNER-LEVEL 3

Designed for children 4-6 years old. 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. Class size is limited to 6 students.

6 Sessions

\$57

GERMANTOWN INDOOR SWIM CENTER

332629	6/18	M,Tu,W	9:00am - 9:30am
332630	6/18	M,Tu,W	10:20am - 10:50am
332623	6/23	Sa	10:50am - 11:20am
332624	6/23	Sa	11:30am - 12:00pm
332625	6/23	Sa	12:10pm - 12:40pm
332626	6/24	Su	10:50am - 11:20am
332627	6/24	Su	11:30am - 12:00pm
332628	6/24	Su	12:10pm - 12:40pm
332631	6/27	W	6:10pm - 6:40pm
332632	7/2	M,Tu,W	9:00am - 9:30am
332633	7/2	M,Tu,W	11:00am - 11:30am
332634	7/16	M,Tu,W	9:00am - 9:30am
332635	7/16	M,Tu,W	11:00am - 11:30am
332636	7/30	M,Tu,W	11:00am - 11:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331192	6/16	Sa	9:00am - 9:30am
331193	6/17	Su	9:00am - 9:30am
331194	6/18	M,W,F	9:40am - 10:10am
331195	6/19	Tu,Th	5:45pm - 6:15pm
332448	6/19	Tu,Th	9:40am - 10:10am
331196	7/2	M,W,F	9:40am - 10:10am
331197	7/17	Tu,Th	9:40am - 10:10am
332447	7/17	Tu,Th	5:45pm - 6:15pm
331199	7/23	M,W,F	9:40am - 10:10am

MARTIN LUTHER KING, JR. SWIM CENTER

332037	6/19	Tu	7:00pm - 7:30pm
332038	6/20	W	5:40pm - 6:10pm
332039	6/23	Sa	10:20am - 10:50am
332040	7/2	M,W,F	9:40am - 10:10am
332041	7/30	M,W,F	10:20am - 10:50am



OLNEY SWIM CENTER

331793	6/16	Sa	10:40am - 11:10am
331794	6/16	Sa	11:20am - 11:50am
331795	6/16	Sa	12:00pm - 12:30pm
331796	6/17	Su	10:40am - 11:10am
331797	6/17	Su	11:20am - 11:50am
331798	6/17	Su	12:00pm - 12:30pm
331805	6/18	M,Tu,W	10:55am - 11:25am
331800	6/20	W	6:25pm - 6:55pm
331801	6/20	W	7:05pm - 7:35pm
331807	7/16	M,Tu,W	9:00am - 9:30am
331808	7/30	M,Tu,W	9:00am - 9:35am
331809	7/30	M,Tu,W	10:55am - 11:25am
331810	7/30	M,Tu,W	10:55am - 11:25am
8 Sessions			\$57

BETHESDA OUTDOOR POOL

333867	6/16	Sa	9:00am - 9:30am
331317	6/16	Sa	10:20am - 10:50am
331315	6/17	Su	10:20am - 10:50am
331316	6/17	Su	9:00am - 9:30am
333520	6/17	Su	9:40am - 10:10am
331310	6/18	M-Th	10:20am - 10:50am
331311	6/18	M-Th	9:00am - 9:30am
331313	7/2	M-Th	10:20am - 10:50am
331314	7/2	M-Th	9:00am - 9:30am
333519	7/16	M-Th	10:20am - 10:50am
333419	7/16	M-Th	9:00am - 9:30am

GERMANTOWN OUTDOOR POOL

332714	6/16	Sa	11:00am - 11:30am
332711	6/17	Su	10:20am - 10:50am
332708	6/18	M-Th	10:20am - 10:50am
332709	7/2	M-Th	9:00am - 9:30am
332710	7/16	M-Th	10:20am - 10:50am
332712	7/30	M-Th	9:00am - 9:30am
332713	7/30	M-Th	10:20am - 10:50am

LONG BRANCH OUTDOOR POOL

332216	6/17	Su	11:00am - 11:30am
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332109	6/24	Su	9:40am - 10:10am
332110	6/24	Su	10:20am - 10:50am

UPPER COUNTY OUTDOOR POOL

331956	7/16	M-Th	9:40am - 10:10am
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WESTERN COUNTY OUTDOOR POOL

332886	6/16	Sa	10:20am - 10:50am
332887	7/16	M-Th	9:40am - 10:10am

WHEATON/GLENMONT OUTDOOR POOL

332802	6/18	M-Th	9:50am - 10:20am
332803	7/16	M-Th	9:15am - 9:45am
332804	7/30	M-Th	9:15am - 9:45am

PRE-BEGINNER-LEVEL 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions

\$57

GERMANTOWN INDOOR SWIM CENTER

332639	6/18	M,Tu,W	11:00am - 11:30am
332637	6/23	Sa	10:50am - 11:20am
332638	6/24	Su	10:50am - 11:20am
332640	7/2	M,Tu,W	10:20am - 10:50am
332641	7/16	M,Tu,W	10:20am - 10:50am
332642	7/30	M,Tu,W	9:40am - 10:10am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331201	6/16	Sa	11:00am - 11:30am
331202	6/17	Su	10:20am - 10:50am
331203	6/18	M,W,F	10:20am - 10:50am
331204	7/2	M,W,F	10:20am - 10:50am
331205	7/23	M,W,F	10:20am - 10:50am

MARTIN LUTHER KING, JR. SWIM CENTER

332042	6/21	Th	7:00pm - 7:30pm
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OLNEY SWIM CENTER

331811	6/16	Sa	11:20am - 11:50am
331812	6/17	Su	10:00am - 10:30am
331813	6/17	Su	10:40am - 11:10am
331814	6/20	W	7:45pm - 8:15pm
331815	6/20	W, M, Tu	10:55am - 11:25am
331816	7/2	M,Tu,W	9:35am - 10:05am
331817	7/16	M,Tu,W	9:35am - 10:05am
8 Sessions			\$57

BETHESDA OUTDOOR POOL

333521	6/16	Sa	10:20am - 10:50am
333522	6/16	Sa	11:00am - 11:30am
333523	6/17	Su	10:20am - 10:50am
333524	6/17	Su	11:00am - 11:30am
331308	6/18	M-Th	10:20am - 10:50am
333468	7/2	M-Th	10:20am - 10:50am
333469	7/16	M-Th	10:20am - 10:50am

GERMANTOWN OUTDOOR POOL

332715	6/18	M-Th	10:20am - 10:50am
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332111	6/24	Su	11:00am - 11:30am
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WHEATON/GLENMONT OUTDOOR POOL

332805	6/18	M-Th	9:50am - 10:20am
332806	7/16	M-Th	9:50am - 10:20am

YOUTH-LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions

\$52

GERMANTOWN INDOOR SWIM CENTER

332660	6/18	M,Tu,W	9:00am - 9:30am
332656	6/23	Sa	9:30am - 10:00am
332657	6/23	Sa	12:10pm - 12:40pm
332658	6/24	Su	10:10am - 10:40am
332659	6/24	Su	12:10pm - 12:40pm
332661	6/28	Th	6:10pm - 6:40pm
332662	7/30	M,Tu,W	9:40am - 10:10am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331228	6/16	Sa	9:40am - 10:10am
331233	6/16	Sa	11:00am - 11:30am
331229	6/17	Su	9:00am - 9:30am
331231	6/18	M,W,F	9:00am - 9:30am
331230	6/19	Tu,Th	10:20am - 10:50am
331234	6/19	Tu,Th	5:45am - 6:15pm
331232	7/2	M,W,F	9:00am - 9:30am
331235	7/17	Tu,Th	10:20am - 10:50am
331237	7/17	Tu,Th	5:45pm - 6:15pm
331236	7/23	M,W,F	9:00am - 9:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332055	6/18	M,W,F	10:20am - 10:50am
332056	6/19	Tu	6:20pm - 6:50pm
332057	6/20	W	6:20pm - 6:50pm
332058	6/23	Sa	9:00am - 9:30am
332059	6/23	Sa	9:40am - 10:10am
332060	6/23	Sa	10:20am - 10:50am
332061	7/10	Tu,Th	9:30am - 10:00am

OLNEY SWIM CENTER

331834	6/16	Sa	10:00am - 10:30am
331841	6/16	Sa	9:20am - 9:50am
331835	6/17	Su	10:00am - 10:30am
331842	6/17	Su	9:20am - 9:50am
331838	6/18	M,Tu,W	9:00am - 9:30am
331836	6/19	Tu	5:55pm - 6:25pm
331837	6/20	W	6:25pm - 6:55pm
331839	7/2	M,Tu,W	10:55am - 11:25am
331840	7/16	M,Tu,W	10:55am - 11:25am

8 Sessions

\$52

BETHESDA OUTDOOR POOL

331288	6/16	Sa	9:00am - 9:30am
333533	6/16	Sa	11:00am - 11:30am
331283	6/17	Su	9:40am - 10:10am
333534	6/17	Su	9:00am - 9:30am
331279	6/18	M-Th	9:00am - 9:30am
331281	6/18	M-Th	10:20am - 10:50am
331284	7/2	M-Th	9:00am - 9:30am
331282	7/2	M-Th	10:20am - 10:50am
333532	7/16	M-Th	9:00am - 9:30am
331286	7/16	M-Th	10:20am - 10:50am

GERMANTOWN OUTDOOR POOL

332726	6/16	Sa	9:00am - 9:30am
332727	6/17	Su	11:00am - 11:30am
332722	6/18	M-Th	9:00am - 9:30am
332723	7/2	M-Th	10:20am - 10:50am
332724	7/16	M-Th	9:00am - 9:30am
332725	7/30	M-Th	9:00am - 9:30am

LONG BRANCH OUTDOOR POOL

332224	6/17	Su	10:20am - 10:50am
332225	6/18	M-Th	10:20am - 10:50am
332229	6/19	Tu,Th	7:30pm - 8:00pm
332226	7/2	M-Th	9:00am - 9:30am
332227	7/16	M-Th	9:40am - 10:10am
332228	7/30	M-Th	9:40am - 10:10am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332115	6/24	Su	9:00am - 9:30am
332116	6/24	Su	10:20am - 10:50am

UPPER COUNTY OUTDOOR POOL

331960	6/18	M-Th	9:40am - 10:10am
331959	7/2	M-Th	9:40am - 10:10am

WESTERN COUNTY OUTDOOR POOL

332894	6/16	Sa	11:00am - 11:30am
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WHEATON/GLENMONT OUTDOOR POOL

332815	6/16	Sa	11:00am - 11:30am
332816	6/17	Su	9:40am - 10:10am
332817	6/18	M-Th	10:30am - 11:00am
332818	7/2	M-Th	9:50am - 10:20am
332819	7/30	M-Th	10:30am - 11:00am





YOUTH-LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions

\$52

GERMANTOWN INDOOR SWIM CENTER

332837	6/18	M, Tu, W	9:40am - 10:20am
332835	6/23	Sa	10:10am - 10:40am
332836	6/24	Su	9:30am - 10:00am
332838	6/28	Th	5:30pm - 6:00pm
332840	7/2	M, Tu, W	11:00am - 11:50am
332841	7/16	M, Tu, W	11:00am - 11:30am
332842	7/30	M, Tu, W	10:20am - 10:50am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331250	6/16	Sa	10:20am - 10:50am
331238	6/17	Su	11:00am - 11:30am
331239	6/18	M, W, F	9:40am - 10:10am
331242	6/18	M, W, F	11:00am - 11:30am
331245	6/18	M, W, F	10:20am - 10:50am
331248	6/19	Tu, Th	9:00am - 9:30am
331240	7/2	M, W, F	9:40am - 10:10am
331243	7/2	M, W, F	11:00am - 11:30am
331246	7/2	M, W, F	10:20am - 10:50am
331249	7/17	Tu, Th	9:00am - 9:30am
331241	7/23	M, W, F	9:40am - 10:10am
331244	7/23	M, W, F	11:00am - 11:30am
331247	7/23	M, W, F	10:20am - 10:50am

MARTIN LUTHER KING, JR. SWIM CENTER

332062	6/18	M, W, F	9:40am - 10:10am
332063	6/19	Tu, Th	10:10am - 10:40am
332064	6/19	Tu	7:00pm - 7:30pm
332065	6/20	W	6:20pm - 6:50pm
332066	6/21	Th	7:00pm - 7:30pm
332067	6/23	Sa	9:00am - 9:30am
332068	6/23	Sa	10:20am - 10:50am
332069	7/2	M, W, F	10:20am - 10:50am
332070	7/10	Tu, Th	9:30am - 10:00am
332071	7/16	M, W, F	9:40am - 10:10am

OLNEY SWIM CENTER

331843	6/16	Sa	10:00am - 10:30am
331844	6/16	Sa	10:40am - 11:10am
331847	6/16	Sa	9:20am - 9:50am
331853	6/16	Sa	9:20am - 9:50am
331845	6/17	Su	10:00am - 10:30am
331846	6/17	Su	10:40am - 11:10am
331854	6/17	Su	9:20am - 9:50am
331849	6/18	M, Tu, W	9:00am - 9:30am
332144	6/19	Tu	6:30pm - 7:00pm
331848	6/20	W	7:05pm - 7:35pm
331850	7/2	M, Tu, W	9:00am - 9:30am
331851	7/16	M, Tu, W	9:00am - 9:30am
331852	7/30	M, Tu, W	9:35am - 10:05am

8 Sessions

\$52

BETHESDA OUTDOOR POOL

331277	6/16	Sa	9:40am - 10:20am
331278	6/17	Su	9:40am - 10:10am
333537	6/17	Su	10:20am - 10:50am
331276	6/18	M-Th	9:40am - 10:10am
333535	7/2	M-Th	9:40am - 10:10am
333536	7/16	M-Th	9:40am - 10:10am

GERMANTOWN OUTDOOR POOL

332732	6/16	Sa	9:40am - 10:10am
332733	6/17	Su	10:20am - 10:50am
332728	6/18	M-Th	9:40am - 10:10am
332729	7/2	M-Th	9:00am - 9:30am
332730	7/16	M-Th	10:20am - 10:50am
332731	7/30	M-Th	9:40am - 10:10am

LONG BRANCH OUTDOOR POOL

332230	6/17	Su	11:00am - 11:30am
332231	6/18	M-Th	9:00am - 9:30am
332499	6/19	Tu, Th	7:30pm - 8:00pm
332232	7/2	M-Th	9:40am - 10:10am
332233	7/16	M-Th	10:20am - 10:50am
332246	7/30	M-Th	10:20am - 10:50am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332117	6/24	Su	9:00am - 9:30am
332118	6/24	Su	11:00am - 11:30am

UPPER COUNTY OUTDOOR POOL

331961	6/17	Su	11:00am - 11:30am
332665	6/18	M-Th	9:00am - 9:30am
331962	7/2	M-Th	9:40am - 10:10am
331963	7/16	M-Th	9:40am - 10:10am

WESTERN COUNTY OUTDOOR POOL

332898	6/16	Sa	10:20am - 10:50am
332899	7/2	M-Th	10:30am - 11:00am

WHEATON/GLENMONT OUTDOOR POOL

332820	6/16	Sa	9:40am - 10:10am
332821	6/17	Su	10:20am - 10:50am
332822	6/18	M-Th	9:15am - 9:45am
332823	7/2	M-Th	9:15am - 9:45am
332824	7/2	M-Th	9:50am - 10:20am
332825	7/2	M-Th	10:30am - 11:00am
332826	7/30	M-Th	10:30am - 11:00am

YOUTH-LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). 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. Class size is limited to 10 students.

6 Sessions \$50

GERMANTOWN INDOOR SWIM CENTER

332848	6/18	M,Tu,W	10:20am - 10:50am
332845	6/23	Sa	10:10am - 10:40am
332846	6/24	Su	10:10am - 10:40am
332849	6/27	W	6:10pm - 6:40pm
332850	7/2	M,Tu,W	9:40am - 10:10am
332851	7/16	M,Tu,W	9:40am - 10:10am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331254	6/16	Sa	9:40am - 10:10am
331251	6/17	Su	9:40am - 10:10am
331252	6/18	M,W,F	9:00am - 9:30am
331253	6/19	Tu,Th	9:40am - 10:10am
332551	6/19	Tu,Th	11:00am - 11:00am
331255	7/2	M,W,F	9:00am - 9:30am
331257	7/17	Tu,Th	9:40am - 10:10am
332552	7/17	Tu,Th	11:00am - 11:00am
331256	7/23	M,W,F	9:00am - 9:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332072	6/18	M,W,F	9:00am - 9:30am
332073	6/19	Tu,Th	10:10am - 10:40am
332074	6/19	Tu	7:40pm - 8:10pm
332075	6/20	W	5:40pm - 6:10pm
332076	6/23	Sa	9:40am - 10:10am
332077	7/2	M,W,F	9:40am - 10:10am
332078	7/10	Tu,Th	10:10am - 10:40am
332079	7/16	M,W,F	10:20am - 10:50am
332080	7/30	M,W,F	10:20am - 10:50am

OLNEY SWIM CENTER

331855	6/16	Sa	10:40am - 11:10am
331859	6/16	Sa	9:20am - 9:50am
331861	6/16	Sa	9:20am - 9:50am
331856	6/17	Su	10:40am - 11:10am
331857	6/17	Su	11:20am - 11:50am
331862	6/17	Su	9:20am - 9:50am
331860	6/18	M,Tu,W	9:35am - 10:05am
331866	6/20	W	7:45pm - 8:15pm
331858	6/21	Th	10:50am - 11:20am
331864	7/16	M,Tu,W	10:55am - 11:25am
331863	7/30	M,Tu,W	9:35am - 10:05am
331865	8/1	W, M, Tu	9:35am - 10:05am

8 Sessions

\$50

BETHESDA OUTDOOR POOL

333868	6/16	Sa	9:40am - 10:10am
331273	6/16	Sa	10:20am - 10:50am
331274	6/17	Su	10:20am - 10:50am
333869	6/17	Su	11:00am - 11:30am
331272	6/18	M-Th	9:00am - 9:30am
333538	7/2	M-Th	9:00am - 9:30am
333539	7/16	M-Th	9:00am - 9:30am

GERMANTOWN OUTDOOR POOL

332737	6/16	Sa	10:20am - 10:50am
332738	6/17	Su	9:40am - 10:10am
332734	6/18	M-Th	9:00am - 9:30am
332735	7/2	M-Th	9:40am - 10:10am
332736	7/16	M-Th	9:40am - 10:10am

LONG BRANCH OUTDOOR POOL

332234	6/17	Su	9:40am - 10:10am
332235	7/2	M-Th	10:20am - 10:50am
332237	7/17	Tu,Th	7:30pm - 8:00pm
332236	7/30	M-Th	9:00am - 9:40am

MARTIN LUTHER KING, JR. OUTDOOR POOL

332119	6/24	Su	9:40am - 10:10am
332120	6/24	Su	8:15am - 8:45am

UPPER COUNTY OUTDOOR POOL

331965	7/2	M-Th	9:00am - 9:30am
331966	7/16	M-Th	10:20am - 10:50am

WESTERN COUNTY OUTDOOR POOL

332903	7/16	M-Th	10:20am - 10:50am
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WHEATON/GLENMONT OUTDOOR POOL

332827	7/2	M-Th	9:50am - 10:20am
332828	7/16	M-Th	10:30am - 11:00am
332829	7/30	M-Th	9:50am - 10:20am

YOUTH-LEVEL 4

Designed for children at least 7 years old; these classes are taught in the Main Pool (3 1/2 ft and deeper). For students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions

\$50

GERMANTOWN INDOOR SWIM CENTER

332855	6/18	M,Tu,W	11:00am - 11:30am
332852	6/23	Sa	10:50am - 11:20am
332853	6/24	Su	10:50am - 11:20am
332854	6/24	Su	12:10pm - 12:40pm
332856	7/2	M,Tu,W	10:20am - 10:50am
332857	7/16	M,Tu,W	10:20am - 10:50am



***Did you
know that
swimming is
the best form
of exercise,
whether
you're trying
to lose
weight, stay
fit, or just
having fun?***

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331258	6/17	Su	10:20am -10:50am
331259	6/18	M,W,F	11:00am -11:30am
331260	6/19	Tu,Th	10:20am -10:50am
331261	7/2	M,W,F	11:00am -11:30am
331263	7/17	Tu,Th	10:20am -10:50am
331262	7/23	M,W,F	11:00am -11:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332081	6/18	M,W,F	10:20am -10:50am
332082	6/19	Tu,Th	9:30am -10:00am
332083	6/19	Tu	7:40pm - 8:10pm
332084	6/23	Sa	9:00am - 9:30am
332085	6/23	Sa	11:00am -11:30am
332087	7/10	Tu,Th	10:10am -10:40am
332086	7/16	M,W,F	9:00am - 9:30am
332088	7/30	M,W,F	9:00am - 9:30am

OLNEY SWIM CENTER

331867	6/16	Sa	11:20am -11:50am
331868	6/17	Su	11:20am -11:50am
331871	6/18	M,Tu,W	10:15am -10:45am
331870	6/20	W	7:05pm - 7:35pm
331869	6/21	Th	10:10am -10:40am
331872	7/2	M,Tu,W	10:55am -11:25am
331873	7/16	M,Tu,W	10:55am -11:25am
331874	7/30	M,Tu,W	10:15am -10:45am

8 Sessions

\$50

BETHESDA OUTDOOR POOL

333870	6/16	Sa	9:00am - 9:30am
331270	6/16	Sa	11:00am -11:30am
331271	6/17	Su	11:00am -11:30am
331268	6/18	M-Th	9:40am -10:10am
333540	7/2	M-Th	9:40am -10:10am
333541	7/16	M-Th	9:40am -10:10am

GERMANTOWN OUTDOOR POOL

332741	6/17	Su	9:00am - 9:30am
332739	6/18	M-Th	10:20am -10:50am
332740	7/2	M-Th	10:20am -10:50am

LONG BRANCH OUTDOOR POOL

332238	7/16	M-Th	9:00am - 9:30am
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332121	6/24	Su	9:40am -10:10am
332122	6/24	Su	8:15am - 8:45am

WESTERN COUNTY OUTDOOR POOL

332907	7/16	M-Th	11:00am -11:30am
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WHEATON/GLENMONT OUTDOOR POOL

332832	6/17	Su	11:00am -11:30am
332830	7/16	M-Th	9:15am - 9:45am
332831	7/16	M-Th	9:15am - 9:45am

YOUTH-LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). 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. Class size is limited to 10 students.

6 Sessions

\$50

GERMANTOWN INDOOR SWIM CENTER

332858	6/23	Sa	9:30am -10:00am
332859	6/23	Sa	11:30am -12:00pm
332860	6/24	Su	9:30am -10:00am
332861	6/24	Su	11:30am -12:00pm
332862	7/2	M,Tu,W	11:00am -11:30am
332863	7/16	M,Tu,W	11:00am -11:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331264	6/16	Sa	10:20am -10:50am
331265	6/17	Su	11:00am -11:30am
332561	6/19	Tu,Th	11:00am -11:30am
332562	7/17	Tu,Th	11:00am -11:30am

MARTIN LUTHER KING, JR. SWIM CENTER

332089	6/21	Th	7:40pm - 8:10pm
332090	6/23	Sa	11:00am -11:30am
332091	7/2	M,W,F	9:00am - 9:30am
332092	7/16	M,W,F	9:40am -10:10am
332093	7/30	M,W,F	9:40am -10:10am

OLNEY SWIM CENTER

331875	6/16	Sa	12:00pm -12:30pm
331876	6/17	Su	12:00pm -12:30pm
331878	6/18	M,Tu,W	9:35am -10:05am
331877	6/20	W	7:45pm - 8:15pm
331879	7/2	M,Tu,W	10:15am -10:45am
331880	7/16	M,Tu,W	10:15am -10:45am
331881	7/30	M,Tu,W	10:55am -11:25am

8 Sessions

\$50

BETHESDA OUTDOOR POOL

333544	6/16	Sa	11:00am -11:30am
333545	6/17	Su	11:00am -11:30am
331267	6/18	M-Th	10:20am -10:50am
333542	7/2	M-Th	10:20am -10:50am
333543	7/16	M-Th	10:20am -10:50am

GERMANTOWN OUTDOOR POOL

332743	7/2	M-Th	10:20am -10:50am
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332123	6/24	Su	10:20am -10:50am
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WHEATON/GLENMONT OUTDOOR POOL

332833	7/30	M-Th	10:30am -11:00am
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**RecWeb . . .
easy, fast, secure!
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YOUTH-LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

GERMANTOWN INDOOR SWIM CENTER

332864	6/23	Sa	12:10pm - 12:40pm
332865	6/24	Su	12:10pm - 12:40pm
332866	7/2	M,Tu,W	9:00am - 9:30am
332867	7/16	M,Tu,W	9:00am - 9:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331266	6/16	Sa	10:20am - 10:50am
332550	6/17	Su	9:40am - 10:20am

MARTIN LUTHER KING, JR. SWIM CENTER

332094	6/21	Th	7:40pm - 8:10pm
332095	7/30	M,W,F	10:20am - 10:50am

OLNEY SWIM CENTER

331882	6/16	Sa	12:00pm - 12:30pm
331883	6/17	Su	12:00pm - 12:30pm
331884	7/2	M,Tu,W	9:35am - 10:05am
331885	7/16	M,Tu,W	9:35am - 10:05am

8 Sessions \$50

MARTIN LUTHER KING, JR. OUTDOOR POOL

332124	6/24	Su	9:00am - 9:30am
332125	6/24	Su	11:00am - 11:30am

WHEATON/GLENMONT OUTDOOR POOL

332834	7/30	M-Th	9:50am - 10:20am
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ADULT-LEVEL 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

GERMANTOWN INDOOR SWIM CENTER

332549	6/19	Tu	5:30pm - 6:00pm
332547	6/23	Sa	9:30am - 10:00am
332548	6/24	Su	9:30am - 10:00am
332844	7/16	M,Tu,W	11:00am - 11:30am

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331121	6/21	Th	8:30pm - 9:00pm
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MARTIN LUTHER KING, JR. SWIM CENTER

331992	6/19	Tu	8:20pm - 8:50pm
331993	6/23	Sa	9:00am - 9:30am
331994	6/23	Sa	11:00am - 11:30am

OLNEY SWIM CENTER

331705	6/21	Th	5:55pm - 6:25pm
331706	7/2	M,Tu,W	9:35am - 10:05am

8 Sessions \$59

LONG BRANCH OUTDOOR POOL

332199	6/19	Tu,Th	8:00pm - 8:30pm
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332096	6/24	Su	9:40am - 10:10am
332097	6/24	Su	11:00am - 11:30am

WHEATON/GLENMONT OUTDOOR POOL

332764	6/16	Sa	11:00am - 11:30am
332763	6/17	Su	10:20am - 10:50am

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Recreation on
Facebook





ADULT-LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

GERMANTOWN INDOOR SWIM CENTER

332555	6/19	Tu	6:10pm - 6:40pm
332553	6/23	Sa	10:10am - 10:40am
332554	6/24	Su	10:10am - 10:40am

MARTIN LUTHER KING, JR. SWIM CENTER

331995	6/21	Th	8:20pm - 8:50pm
331996	6/23	Sa	9:40am - 10:10am

OLNEY SWIM CENTER

331707	6/16	Sa	11:20am - 11:50am
331708	6/20	W	7:05pm - 7:35pm
331709	7/2	M,Tu,W	9:00am - 9:30am
331710	7/16	M,Tu,W	10:15am - 10:45am

8 Sessions \$57

BETHESDA OUTDOOR POOL

331363	6/18	M, W	8:10pm - 8:40pm
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LONG BRANCH OUTDOOR POOL

332200	7/17	Tu,Th	8:00pm - 8:30pm
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332098	6/24	Su	11:00am - 11:30am
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WHEATON/GLENMONT OUTDOOR POOL

332765	6/17	Su	11:00am - 11:30am
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ADULT-LEVEL 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

GERMANTOWN INDOOR SWIM CENTER

332556	6/23	Sa	11:30am - 12:00pm
332557	6/24	Su	10:50am - 11:20am
332558	6/28	Th	5:30pm - 6:00pm

MARTIN LUTHER KING, JR. SWIM CENTER

331997	6/19	Tu	8:20pm - 8:50pm
331998	6/23	Sa	10:20am - 10:50am

OLNEY SWIM CENTER

331711	6/16	Sa	10:00am - 10:30am
331712	6/20	W	7:45pm - 8:15pm
331714	7/16	M,Tu,W	9:35am - 10:05am

8 Sessions \$57

BETHESDA OUTDOOR POOL

331362	7/16	M, W	8:10pm - 8:40pm
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MARTIN LUTHER KING, JR. OUTDOOR POOL

332099	6/24	Su	10:20am - 10:50am
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ADULT-LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

GERMANTOWN INDOOR SWIM CENTER

332559	6/23	Sa	12:10pm - 12:40pm
332563	6/24	Su	11:30am - 12:00pm
332560	6/28	Th	6:10am - 6:40pm

EUNICE KENNEDY SHRIVER AND SARGENT SHRIVER AQUATIC CENTER

331122	6/19	Tu	8:30pm - 9:00pm
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MARTIN LUTHER KING, JR. SWIM CENTER

331999	6/21	Th	8:20pm - 8:50pm
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OLNEY SWIM CENTER

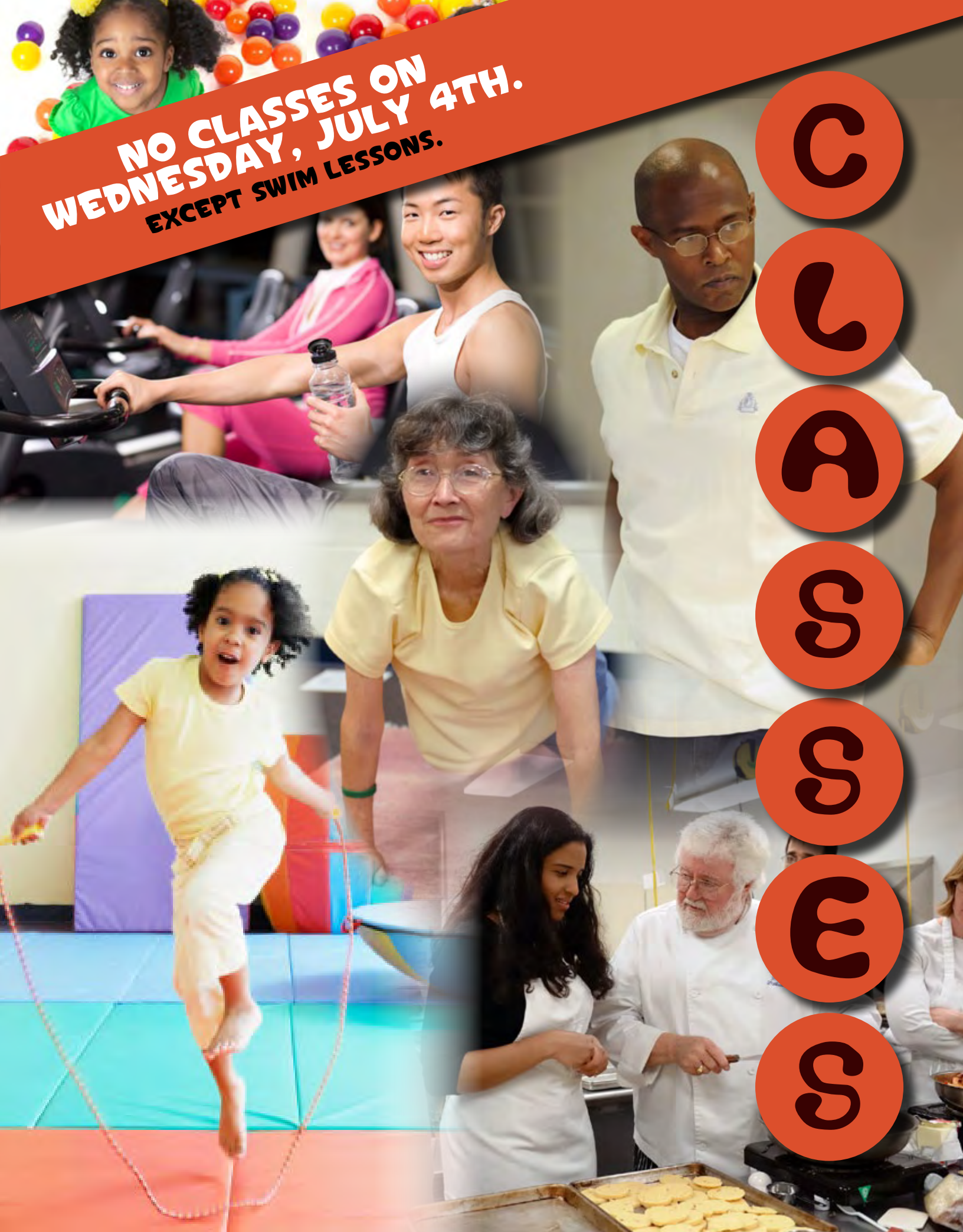
331715	6/16	Sa	10:40am - 11:10am
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8 Sessions \$57

MARTIN LUTHER KING, JR. OUTDOOR POOL

332100	6/24	Su	9:00am - 9:30am
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**NO CLASSES ON
WEDNESDAY, JULY 4TH.
EXCEPT SWIM LESSONS.**

**C
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FIND US FAST
ON YOUR
SMARTPHONE



ARTS AND CRAFTS

YOUTH

DRAW AND CLAY

Ages 4-9: Sea Creatures Great and Small: Summer is time for the beach and we study creatures we may find on a visit to the sea. Classes include drawing fundamentals, color mixing and the development of fine motor skills while they have tons of fun! There is a \$10 materials fee that will be due to the instructor at the first class.

6 sessions \$60
Instructor: Yolanda Prinsloo
333442 Bauer Drive CC 6/20 W 5:30pm - 6:30pm

ADVENTURES IN ART

Ages 5-10: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$5 material fee due on first day, additional supply list provided on first day.

6 Sessions \$54
Instructor: Mrs. B
326891 Longwood CC 6/23 Sa 10:15am -11:15am

DRAWING MADE EASY

Ages 5-10: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first class.

6 Sessions \$54
Instructor: Pyper H. Dixon
327724 East County CC 6/23 Sa 1:00pm - 2:00pm

7 Sessions \$63
Instructor: Pyper H. Dixon
327725 Germantown CC 6/18 M 6:30pm - 7:30pm

MODERN MASTERPIECES (PAINTING)

Ages 5-10: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila - a masterpiece! \$10 material fee due to instructor at class.

5 Sessions \$48
Instructor: Pyper H. Dixon
327727 Germantown CC 6/19 Tu 6:30pm - 7:30pm

VOLUNTEER THIS SUMMER!

- Lead or assist in children's activities
- Support your local Community Center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful

BECOME PART OF OUR TEAM!

Call 240-777-6840.

ART STUDIO

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day additional supply list will be provided at the first class.

6 Sessions \$54
Instructor: Mrs. B
326902 Longwood CC 6/23 Sa 2:00pm - 3:00pm

ART WITH STORYTELLING

Ages 9-12: Develop your child's imagination and listening skills in Art with Storytelling. This class will help your child to 'take a moment' and listen while transporting them along the imaginative journey of the world of art. A most creative way to acquire multi-tasking skills so necessary for their future success, while listening to great kid's stories on a 20 minute CD and working in paper-mache, oozy polymer clay, acrylics and potter's clay. There is a \$20 materials fee that will be due to the instructor at the first class.

6 sessions \$165
Instructor: Rowena Bowman
333437 Lawton CC 6/19 Tu 4:30pm - 6:00pm
333438 Wisconsin Place CC 6/21 Th 4:30pm - 6:00pm

FINE ARTS

RIGHT BRAIN DRAWING BEGINNER

Ages 12 and Up: Discover how to unhinge preconception 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 \$20 for materials fee due to instructor. \$5 hand out fee due to instructor at class.

7 Sessions \$119
Instructor: Yolanda Prinsloo
327702 Potomac CC 6/18 M 5:30pm - 7:00pm

RIGHT BRAIN DRAWING ADVANCED

Ages 12 and Up: If you have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

7 Sessions \$119
Instructor: Yolanda Prinsloo
327700 Potomac CC 6/18 M 7:15pm - 8:45pm

OIL OR ACRYLIC PAINTING- YOUR CHOICE

Ages 18 and Up: Beginners/Intermediate Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

7 Sessions \$115
Instructor: Doris Haskel
327752 Jane E. Lawton CC 6/19 Tu 2:00pm - 4:00pm

ACRYLIC PAINTING TECHNIQUES

Ages 14 and Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Please call Margaret at 301-318.8319 for supply list.

7 Sessions \$115
Instructor: Margaret Deskin
327666 Bauer Drive CC 6/23 Sa 10:30am -12:30pm

LET'S DRAW! BEGINNING/INTERMEDIATE

Ages 10 and Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

6 Sessions \$96
Instructor: Pyper H. Dixon
327721 East County CC 6/23 Sa 10:15am -12:15pm

COMPOSITION WITH KRITT (WORKSHOP)

Ages 18 and Up: Learn how to make fabulous art! It's time to finish all those half-done paintings. Need help on backgrounds? Or are you tired on not being chosen for art shows? Spend two days with an award-winning artist and learn the tricks of the trade. Call instructor at 301-989-1799 for supply list.

2 Sessions \$130
Instructor: Penny Kritt
328857 Kritt Studio 6/26 Tu,W 10:00am-3:00pm

ETCHED WINE GLASSES

Ages 18 and Up: Nothing could be easier than this class! Learn to use etching cream, stencils and a paintbrush to create unique, one-of-a-kind designs on glass. You will make a practice piece then complete two wine glasses. \$5 material fee due to instructor at class.

1 Sessions \$35
Instructor: Donna Weeks
327718 Bauer Drive CC 6/27 W 7:00pm - 9:00pm

PAINTING FROM A TO Z

Ages 10 and Up: All levels are welcome. Chose any painting medium you would like to work on: watercolor, gouache, acrylics, or oil painting. Beginners will be given structured lessons in composition, value, color mixing, and various painting techniques; experience painters can work independently. Individualized attention will be given to meet personal needs. Please bring a sketchpad, 4B pencil, and an eraser to the first class. Materials will be discussed in the first class.

4 Sessions \$66
Instructor: Vivienne Cho
327687 Bauer Drive CC 7/10 Tu 12:40pm - 2:40pm

CREATING COLOR WITH KRITT (WORKSHOP)

Ages 18 and Up: All levels: Learn how to make fabulous paintings without buying every paint in the store. Build the exact color you need! Then learn how to use color strategically to build great art. Spend two glorious days in a working studio. Call Penny at 301/989-1799 for supply list. Bring a bag lunch.

2 Sessions \$130
Instructor: Penny Kritt
327693 Kritt Studio 7/28 Sa,Su 10:00am-3:00pm

MORE ARTS AND CRAFTS

BATH AND BEAUTY PRODUCTS

Ages 12 and Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session \$35
Instructor: Yolanda Prinsloo
334421 Bauer Drive CC 8/1 W 7:00pm -9:00pm

POTTERY

FAMILY POTTERY WITH CREATE

Ages 6 and Up: Adult participant must register. This class is an artistic exploration for the family and adult participation is required. Dig in with both hands into the methods of clay construction; pinch, coil and slab. Students will create both sculpture and pottery and explore decorative techniques including glaze application, water-on-clay color, and other unusual finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Parents and children may work on projects together or independently. Younger students will need help and supervision from the parent. No wheel instruction. Registration fee includes adult participant and one child. There is a \$25 material fee per person due to instructor at the beginning of the first class.

8 Sessions \$219
Instructor: Create Art Center
326879 Create Arts Center 6/17 Su 5:30pm - 7:00pm

POTTERY AT LAWTON

Ages 12 and Up: All levels: Pottery for Everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

7 Sessions \$122
Instructor: Yolanda Prinsloo
327698 Jane E. Lawton CC 6/21 Th 6:00pm - 8:30pm

4 WAYS TO REGISTER!



RECWEB

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



FAX

240-777-6818. Processed in a secure environment.



MAIL

Registrar, Montgomery County Recreation,
4010 Randolph Road, Silver Spring, MD 20902



WALK-IN

While you wait! Registrations will be processed at the following location:

- Recreation Administration Building
4010 Randolph Road, Silver Spring, MD 20902



POTTERY OPEN STUDIO

Ages 16 and Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$25 material fee due at first class.

5 Sessions \$110
Instructor: Pamela Reid
327647 Ross Boddy CC 6/26 Tu 10:00am - 2:00pm
327648 Ross Boddy CC 6/26 Tu 6:00pm -10:00pm

POTTERY AT SLIGO CREEK

Ages 17 and Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$25 material fee due to instructor at class. Monday class is taught by Dickerson, Tues and all Thursday classes are taught by Schreiber.

4 Sessions \$96
Instructor: Margaret Dickerson
327674 Sligo Creek ES 7/19 M 7:00pm -10:00pm
Instructor: Angela Schreiber
327672 Sligo Creek ES 7/12 Th 9:30am -12:30pm
327673 Sligo Creek ES 7/12 Th 7:00pm -10:00pm

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- ✓ You can register 24/7 from home - no driving!
- ✓ RecWeb - online registration - easy & secure

→ We need your email address

ALL RECREATION RECEIPTS WILL BE EMAILED TO
THE EMAIL ADDRESS YOU HAVE ON FILE WITH US*

*Hard copy receipts will be available, but by request only

Make sure you have a current email address on file with us!

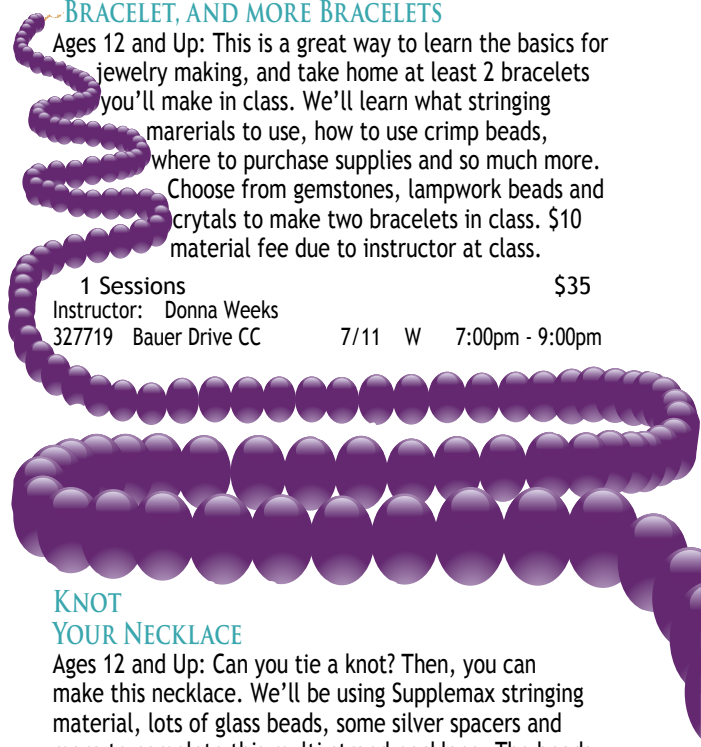
Forgot your RecWeb login? Go to RecWeb, click on Forgot My Login or call Customer Service at 240-777-6840 to retrieve your login information.

JEWELRY

BRACELET, AND MORE BRACELETS

Ages 12 and Up: This is a great way to learn the basics for jewelry making, and take home at least 2 bracelets you'll make in class. We'll learn what stringing materials to use, how to use crimp beads, where to purchase supplies and so much more. Choose from gemstones, lampwork beads and crystals to make two bracelets in class. \$10 material fee due to instructor at class.

1 Sessions \$35
Instructor: Donna Weeks
327719 Bauer Drive CC 7/11 W 7:00pm - 9:00pm



KNOT YOUR NECKLACE

Ages 12 and Up: Can you tie a knot? Then, you can make this necklace. We'll be using Supplemax stringing material, lots of glass beads, some silver spacers and more to complete this multi-strand necklace. The beads appear to be floating on the invisible stringing material. Finish it off with a crimp beads and a handmade clasp.

1 Sessions \$35
Instructor: Donna Weeks
327717 Bauer Drive CC 6/20 W 7:00pm - 9:00pm

JEWELRY BASICS

Ages 12 and Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. Bring small needle nosed pliers and wire cutters if you have them. \$8 material fee due to instructor in class.

1 Session \$35
Instructor: Yolanda Prinsloo
334419 Bauer Drive CC 7/18 W 7:00pm -9:00pm

BEGINNING WIRE WORK

Ages 12 and Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with a handmade clasp. \$10 material fee due to instructor at class.

1Session \$43
Instructor: Yolanda Prinsloo
334420 Bauer Drive CC 7/25 W 7:00pm -9:30pm



DANCE

YOUTH

PRE BALLET BY JAZZMATAZZ

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, only short dance skirts.

6 Sessions \$54
Instructor: Betsy Saunders
332198 Long Branch CC 6/30 Sa 11:15am -12:00pm

COMPREHENSIVE CLASSICAL BALLET

Ages 5-12: Students are carefully trained through ballet exercises, floor barre. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls black short sleeved leotard, pink footed tights, leather ballet slipper. Boys black pants (no pockets), white t-shirt and socks, black jazz oxfords.

6 Sessions \$55
Instructor: Kim Bell
Ages 5-7
333167 Jane E. Lawton CC 6/23 Sa 10:45am -11:30am
Ages 8-12
333819 Jane E. Lawton CC 6/23 Sa 11:45am -12:30pm

BALLET

Ages 5-8: Beginner: This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

6 Sessions \$54
Instructor: Grace Oleson
326201 Germantown CC 6/20 W 4:30pm - 5:15pm
7 Sessions \$63
Instructor: Grace Oleson
326199 Potomac CC 6/19 Tu 4:30pm - 5:15pm
326200 Wheaton CC 6/21 Th 4:30pm - 5:15pm

TAP, BALLET & JAZZ BEGINNER

Ages 4-14: This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. A performance for family and friends will be held on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions call Rowena DeLuca at 301-467-3535.

6 Sessions \$54
Instructor: Rowena DeLuca
Ages 4-6
333371 Marilyn J. Praisner CC 6/30 Sa 10:15am -11:15am
Ages 7-14
333373 Marilyn J. Praisner CC 6/30 Sa 11:15am -12:15pm

TAP, BALLET & JAZZ INT

Ages 6-15: Intermediate: This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

6 Sessions \$54
Instructor: Rowena DeLuca
333374 Marilyn J. Praisner CC 6/30 Sa 12:15pm - 1:15pm

BALLROOM

Instructors:

Tony Seleme 202-386-2060
Thomas Woll 703-591-3839

Registration is per person.

BALLROOM I BEGINNERS (COUPLES)

Ages 16 and Up: Beginner: Learn the basics of ballroom dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included. Must have a partner registered in the class to attend.

6 Sessions \$54
Instructor: Tony Seleme
327109 Bauer Drive CC 6/18 M 7:15pm - 8:15pm
Instructor: Thomas Woll/Ann Basso
327110 Mid County CC 6/20 W 6:15pm - 7:15pm

BALLROOM II (COUPLES)

Ages 16 and Up: Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included. For further information please contact your instructor directly.

6 Sessions \$54
Instructor: Tony Seleme
327174 Bauer Drive CC 6/18 M 8:15pm - 9:15pm
Instructor: Thomas Woll/Ann Basso
327172 Mid County CC 6/21 Th 6:45pm - 7:45pm

BALLROOM III (COUPLES)

Ages 16 and Up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Each student must have a registered partner to participate in the class.

6 Sessions \$54
Instructor: Thomas Woll/Ann Basso
327617 Gwendolyn Coffield CC 6/19 Tu 7:45pm - 8:45pm

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BALLROOM IV (COUPLES)

Ages 16

and Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly. A registered partner is required for this class.

6 Sessions \$54
Instructor: Thomas Woll/Ann Basso
327630 Mid County CC 6/21 Th 7:45pm - 8:45pm

BALLROOM PRACTICE & PARTY (COUPLES)

Age 17 and Up: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Students must have a registered partner to attend the class.

6 Sessions \$82
Instructor: Tony Seleme
327108 Holiday Park SC 6/22 F 7:00pm - 10:00pm

DANCE FOR THE SPECIAL OCCASION (SINGLES AND COUPLES)

Ages 18 and Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

6 Sessions \$54
Instructor: Herb Fredricksen
331898 Germantown CC
6/20 W
7:45pm - 8:45pm

BALLROOM WEDDING DANCE FOR COUPLES

Ages 18 and Up: Beginner: Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Must have a registered partner to attend the class.

6 Sessions \$54
Instructor: Thomas Woll/Tony Dunn
327608 Potomac CC 6/18 M 7:00pm - 8:00pm

DC HAND DANCING (SINGLES AND COUPLES)

Ages 18 and Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

6 Sessions \$54
Instructor: Thomas Woll/Tony Dunn
327619 Potomac CC 6/20 W 7:00pm - 8:00pm

INTERNATIONAL

INTERNATIONAL FOLK DANCING

Ages 17 and Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788.

Instructor: Phyllis Diamond
8 Sessions \$56
327679 Jane E. Lawton CC 6/18 M 7:30pm - 9:45pm
6 Sessions \$42
327680 Jane E. Lawton CC 7/2 M 7:30pm - 9:45pm
4 Sessions \$28
327681 Jane E. Lawton CC 7/16 M 7:30pm - 9:45pm

LATIN

LATIN SALSA (SINGLES & COUPLES)

Beginner: Ages 17 and Up: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently. Tom Woll may be reached for further information at 703-591-3839.

6 Sessions \$54
Instructor: Thomas Woll/Tony Dunn
327621 Potomac CC 6/20 W 8:00pm - 9:00pm

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MORE DANCE

CHICAGO STEPPIN

18 and Up: Steppin is a form of Swing Dance. The design of the dance employs a leader and follower synchronizing their steps in a smooth, soulful and complementary manner. Emphasis is placed on dancing to the beat and rhythm of the music. Materials fee of \$2 is due to the instructor at the first class.

3 Sessions	\$22
Instructor: Jeffery Brown	
327662 East County CC	6/20 W 7:30pm - 8:45pm
327663 East County CC	7/18 W 7:30pm - 8:45pm
6 Sessions	\$45
Instructor: Jeffery Brown	
327661 East County CC	6/20 W 7:30pm - 8:45pm

SOUL LINE DANCE

Ages 16 and Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting.

6 Sessions	\$45
Instructor: Peytrienne McCormick	
332296 Wheaton CC	6/19 Tu 6:00pm - 7:00pm

TAP

TAP DANCE FOR ADULTS

Ages 16 and up: Tap is an exciting program where students will use their feet to create a musical beat. Many adult are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class will introduce is for true beginners. Beginner/Intermediate class will introduce you to basic tap and combination steps. Intermediate class will focus on intermediate steps and combination. Advance class is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

5 sessions	\$45
Instructor: Rowena DeLuca	
Beginner	
333967 Capital View-Hwd Park	6/27 W 6:00pm - 7:00pm
Beginner/Intermediate	
333968 Capital View-Hwd Park	6/27 W 6:30pm - 7:30pm
Intermediate	
333969 Capital View-Hwd Park	6/27 W 7:00pm - 8:00pm
Advance	
333970 Capital View-Hwd Park	6/27 W 8:00pm - 9:00pm



MUSIC

GUITAR

GUITAR LEVEL I

Ages 9 and Up: Beginner: Tune up and start playing songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. Price includes instructional songbook. Questions: Call Brian Gross at 301-320-6999.

6 Sessions	\$93
Instructor: Brian Gross	
327745 Potomac CC	6/19 Tu 6:00pm - 7:00pm
327746 Bauer Drive CC	6/20 W 7:00pm - 8:00pm

GUITAR LEVEL II

Ages 9 and up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, an electronic tuner and pencil. New students with applicable experience/ knowledge welcome. Price includes song materials. Questions: Call Brian Gross at 301-320-6999.

6 Sessions	\$93
Instructor: Brian Gross	
327748 Bauer Drive CC	6/20 W 8:00pm - 9:00pm

PIANO

EXPLORING MUSIC AND PIANO LEVEL 1A

Ages 5-10: This is a progressive program for the older participant. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

12 Sessions	\$259
Instructor: Geiza Dourado	
331896 Golden School of Music	6/18 M, Th 5:00pm - 6:15pm
331897 Golden School of Music	6/18 M, Th 5:45pm - 7:00pm

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COOKING

COOKING SKILLS

KNIFE SKILLS SUMMER

Ages 18 and Up: The Cutting Edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
333439 Ross Boddy CC 8/11 Sa 10:30am - 2:30pm

GENERAL COOKING

DUMPLINGS AND POTSTICKERS

Ages 15 and Up: Your favorite Oriental dishes. You'll find out in this class all the secrets from what kinds of 'skins' to buy, and where to buy them, or how to make them at home. Then you will move on to making the stuffings, including shrimp, crab, pork, and all kinds of veggies. You will also prepare dipping sauces, and learn how to pleat and fold the potstickers and how to fold and seal the dumplings so they don't come apart while they are cooking. We'll even make a wonderful soup for lunch. This will be an extra special class so make sure that you sign up early and show up on time. This will be a full four hours and you don't want to miss a minute of it. Take home recipes will be provided. \$15 food fee due instructor at class time. Remember, we eat what we fix in these classes so make sure you bring an appetite as well.

1 Session \$65
Instructor: James Davis
333434 Ross Boddy CC 7/14 Sa 10:30am - 2:30pm

SMOKIN' N GRILLIN'

Ages 15 and Up: We'll grind our own beef in this class to make a wonderful grilled hamburger unlike any you have had before and we'll serve it with our own homemade Red Onion and Wine Jam. Then we'll smoke boneless skinless chicken breasts to make a wonderful smoked chicken salad along with a Grilled Honey Vegetable Platter. Then we will top that off with a grilled pineapple dessert that proves you can do most anything on a grill. We use both the big gas grill and the big, round kettle charcoal grill, so you're covered no matter what you have at home. This class will help prepare you to astound your neighbors and friends with your grilling acumen. Take home recipes. Remember, we eat what we fix in these classes so make sure you bring an appetite as well.

1 Session \$65
Instructor: James Davis
333436 Ross Boddy CC 7/28 Sa 10:30am - 2:30pm

BEST OF THE SUMMER FARMERS' MARKETS

Ages 15 and Up: This is the best time of year for people who really enjoy good, fresh food. We'll go to the farmers market and bring in big, fresh juicy tomatoes and fresh corn, zucchini, onions, summer squash, green beans, lettuce for summer fresh salads and everything else we can find that looks really bright and good. Not sure yet what we'll fix but you can bet that it will showcase what we have to cook. The real secret to cooking anytime and anywhere is to buy the best ingredients. And that's what we will do. Oh, and we'll also prepare a great new recipe that I found called Chicken Adobo, a Filipino dish that will be so easy for you to do at home to show off your cooking talents. Take home recipes provided. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
333441 Ross Boddy CC 8/18 Sa 10:30am - 2:30pm

ALL AMERICAN APPLE PIE CLASS

Ages 15 and Up: In this class I will pass on to you my mom's secret to perfect pie crust every time. It's a never fail approach and each student will have the time to prepare a 9" apple pie. You will be shown different methods of topping the pies (solid crust, lattice, dutch crumb etc.). We will have some ice cream and whipped cream to garnish your hard work. You may bring your own 9" glass or metal pie plate or purchase a disposable one from us for just a dollar. I have rolling pins, but if you have a favorite feel free to bring it. Take home recipes, \$15.00 food fee due instructor at class time

1 Session \$50
Instructor: James Davis
333449 Ross Boddy CC 8/28 Tu 7:00pm - 9:30pm

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Yummy!



LIGHT SUMMER COOKING

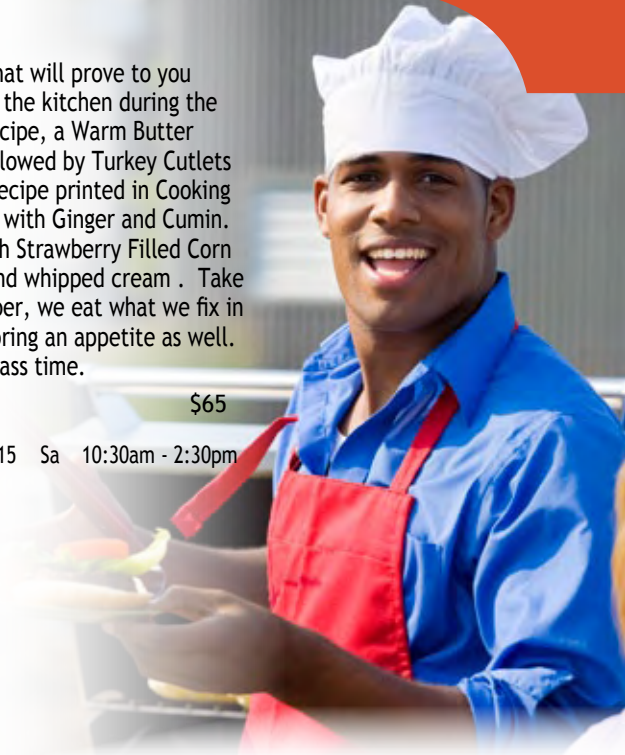
Ages 15 and Up: We'll be doing four different entrees in this class, almost a weeks worth of light summer cooking. Starting with a wonderful Italian dish, Steak Pizzaiola that combines pan seared sirloin steak with great fresh vegetables for a center of the plate dish that only needs a salad to complete a great meal. And it only takes a half hour, start to finish. Next comes Mussels with Tomatoes and Salami and Orecchiette (Little Ear Pasta!) with Sausage and Risotto with Pesto, Ham and Peas. And in fact, all of the recipes require a half hour or less, start to finish, in your kitchen. Who says you can't fix great food without spending hours in the kitchen. Take home recipes provided. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$20 food fee due instructor at class time (increase due to four entrees)

1 Session \$65
Instructor: James Davis
333444 Ross Boddy CC 8/25 Sa 10:30am - 2:30pm

GREAT SUMMER DISHES

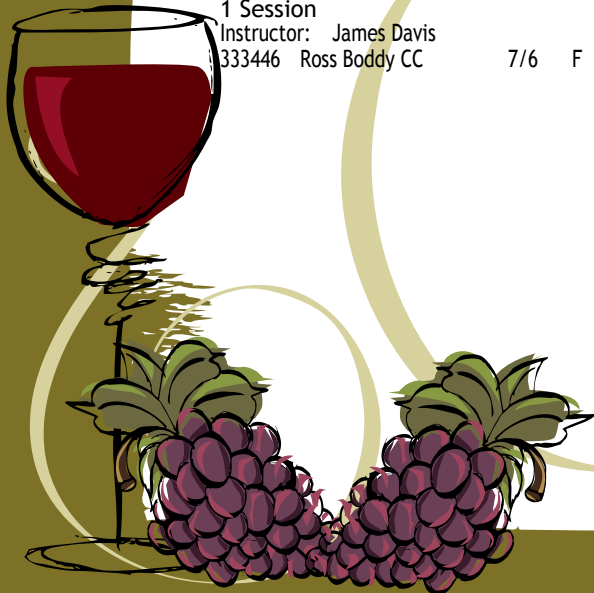
Ages 15 and Up: This is a class that will prove to you that it is worth spending time in the kitchen during the summer. First is a brand new recipe, a Warm Butter Lettuce Salad with Hazelnuts followed by Turkey Cutlets with Chipotle Onion Gravy (my recipe printed in Cooking Light Magazine) and Swiss Chard with Ginger and Cumin. We'll top this great meal off with Strawberry Filled Corn Cakes with Fresh Strawberries and whipped cream. Take home recipes provided. Remember, we eat what we fix in these classes so make sure you bring an appetite as well. \$15 food fee due instructor at class time.

1 Session \$65
Instructor: James Davis
333445 Ross Boddy CC 9/15 Sa 10:30am - 2:30pm

**WINE AND DINE****SUMMER TIME PARTY WINES**

Ages 21 and Up: We'll start with typical summer time foods including grilled bratwursts soaked in beer with Salsa and Chips. Then on to Coast to Coast Crab Cakes with Chipotle Mayo and a great potato salad and finally a grilled London Broil Salad. Each dish will be accompanied by three different wines, chosen specifically for the summer wine drinking season and weather. We'll taste each food item with different wines and determine which go together best. In this class we eat what we fix in these classes so make sure you bring an appetite as well. Take home recipes provided. \$20 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
333446 Ross Boddy CC 7/6 F 7:00pm -10:00pm

**THE WINES OF WASHINGTON AND OREGON AND THEIR FOODS!**

Ages 21 and Up: In this class we'll be featuring the wines from one of the fastest growing, quality wine producing regions of the world our own Pacific Northwest. We'll use some of those Oregon potatoes combined with big chunks of smoked ham to make a Ham and Potato Casserole that will certainly set off the three wines we select for it. Then on to a Fresh Halibut, pan seared and oven roasted with a Smoked Tomato Butter and side of sauteed Fresh Spinach with Garlic. The final dish for the last three wines will be a Bison Chili served with black beans. Nine wines, three entrees, three hours. In this class we eat what we fix in these classes so make sure you bring an appetite. Take home recipes provided. \$20 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
333447 Ross Boddy CC 8/3 F 7:00pm -10:00pm

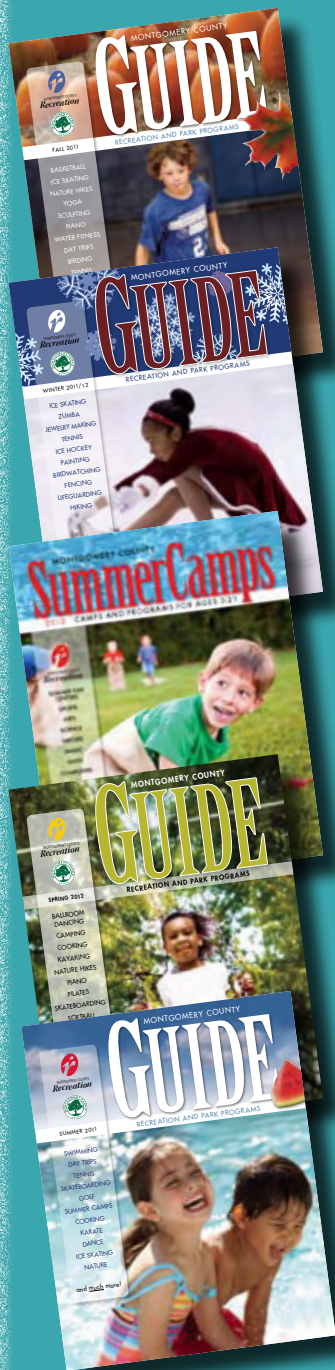
THE FOOD AND WINE OF ARGENTINA

Ages 21 and Up: We'll be preparing Adobe Beef Tacos, a traditional Argentine dish along with a fresh fish marinated in chimichurri sauce and a typical Argentinian Chicken stew as well. All three dishes will be served with three wines each and you can judge the quality of their recipes and their wines. Nine wines, three entrees, three hours. In this class we eat what we fix in these classes so make sure you bring an appetite. Take home recipes provided. \$20 food and wine fee due instructor at class time.

1 Session \$55
Instructor: James Davis
333448 Ross Boddy CC 9/7 F 7:00pm -10:00pm



"When's the Guide available?"



Fall 2012

August 3, 2012

Registration begins August 13, 2012

Winter 2012/2013

November 2, 2012

Registration begins November 13, 2012

Summer Camps 2013

January 11, 2013

Registration begins January 22, 2013

Spring 2013

February 7, 2013

Registration begins February 18, 2013

Summer 2013

May 3, 2013

Registration begins May 13, 2013

To order your subscription to the Recreation Guide (5 Guides for \$5) or to view the Guides online visit us at recweb.montgomerycountymd.gov

FITNESS AND WELLNESS

AEROBIC DANCE

DANCE & FITNESS

Ages 16 and Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Summer session has routines from the best of the past 4 sessions combined for quick re-learning and jumping right into the fun. Instructors are trained, experienced, and CPR certified. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email at: dancenfitness@verizon.net

12 Sessions **\$84**

Instructor: Wendy Ekenrode
333017 Bauer Drive CC 6/19 Tu, Th 4:15pm - 5:15pm
Instructor: Jinjer Azuree
333015 Jane E. Lawton CC 6/25 M, W 6:00pm - 7:00pm
Instructor: Grace Morseberger
333016 Potomac CC 6/26 Tu, Th 6:00pm - 7:00pm

ZUMBA

Ages 16 and Up: (13-15yrs if accompanied by parent or guardian). Beginner/Intermediate: Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at myzumba.n.u@gmail.com

7 Sessions **\$70**

Instructor: Halo Dance Studio
332997 Marilyn J. Praisner CC 6/20 W 6:00pm - 7:00pm

8 Sessions **\$80**

Instructor: Halo Dance Studio
332996 Marilyn J. Praisner CC 6/18 M 6:00pm - 7:00pm
332998 Wisconsin Place CC 6/19 Tu 6:00pm - 7:00pm
333001 Wisconsin Place CC 6/21 Th 6:00pm - 7:00pm
333004 Germantown CC 6/19 Tu 7:15pm - 8:15pm
333005 Germantown CC 6/21 Th 7:15pm - 8:15pm
333000 Bauer Drive CC 6/23 Sa 9:15am - 10:15am
333006 Potomac CC 6/23 Sa 9:30am - 10:30am



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ZUMBA WITH ZUKOSSA FITNESS

Ages 13 and Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more information contact Janet Awokoya at: zumbawithjanet@gmail.com

8 Sessions \$80
 Instructor: Zumba with Zukossa Fitness
 333163 Schweinhaut SC 6/19 Tu 7:30pm - 8:30pm
 333164 Schweinhaut SC 6/21 Th 7:30pm - 8:30pm
 6 Sessions \$60
 Instructor: Zumba with Zukossa Fitness
 333165 Mid County CC 7/7 Sa 10:30am - 11:30am



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AEROBIC EXERCISE

BETTER BODIES BY JERRY

Ages 30-65: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones - all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool-down. For questions please contact GettingFitWithJerry@comcast.net.

8 Sessions \$56
 Instructor: Jerry Palazzo
 333013 Churchill, Winston HS 6/19 Tu 5:45pm - 6:45pm
 333014 Churchill, Winston HS 6/21 Th 5:45pm - 6:45pm

DYNAEROBICS

Ages 16 and Up: (Ages 13-15 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

14 Sessions \$98
 Instructor: Lee Berry
 332914 Wyngate ES 6/18 M, W 6:00pm - 7:00pm
 Instructor: Gail Oring
 332916 Bauer Drive CC 6/19 Tu, Th 6:00pm - 7:00pm
 7 Sessions \$49
 Instructor: Regina Gaithers
 332917 Bauer Drive CC 6/23 Sa 10:00am - 11:00am

JAZZMATAZZ LOW IMPACT AEROBICS

Ages 16 and Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. 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 & Thursday to achieve the best results.

8 Sessions \$56
 Instructor: Betsy Saunders
 333170 Wheaton CC 6/26 Tu 7:15pm - 8:15pm
 333171 Wheaton CC 6/28 Th 7:15pm - 8:15pm

JAZZMATAZZ AEROBICS LIGHT

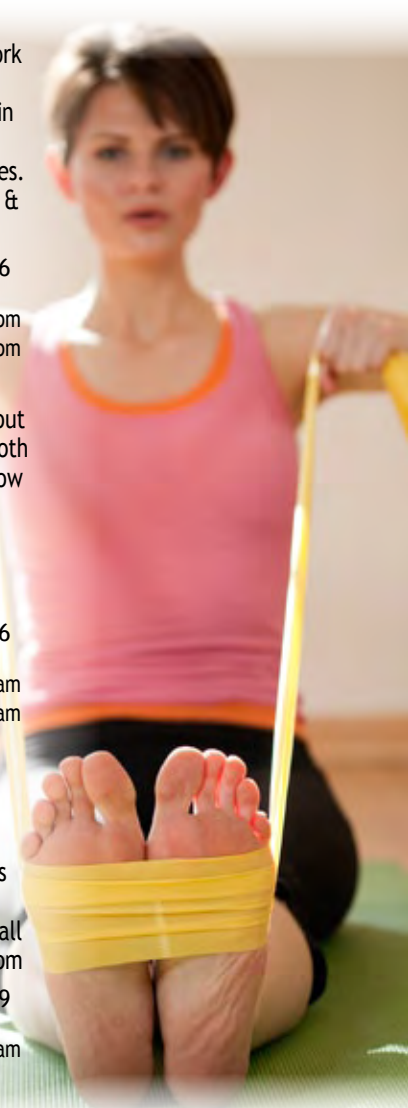
Ages 16 and Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

8 Sessions \$56
 Instructor: Betsy Saunders
 333168 Bauer Drive CC 6/26 Tu 9:30am - 10:30am
 333169 Bauer Drive CC 6/28 Th 9:30am - 10:30am

MOVIN' WITH MILLIE: AEROBICS & EXERCISE

Ages 16 and Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength training. Please bring mat, dynaband, and hand weights to class. Questions call Millie at: 301-588-3577 or email at: mtrimble3@juno.com

9 Sessions \$69
 Instructor: Mildred Norwood Trimble
 332980 Pilgrim Hills Local Park 6/22 F 9:30am - 10:45am



If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used. Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec.



Balance Breath Benefit

MEDITATION

MEDITATION AND QIGONG FOR HEALTH

Ages 16 and Up: (Children ages 13-15 permitted with parent or guardian who also takes the class). Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate you energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

8 Sessions \$96
Instructor: Traditional Chinese Culture Institute
332982 Wisconsin Place CC 6/19 Tu 7:30pm - 8:30pm

PILATES

GROUP WORKOUT PILATES ON THE BALL

Ages 16 and Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/ towel and 65 cm exercise ball to class. For more information contact Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net

12 Sessions \$110
Instructor: Fred Mosby
332993 Germantown CC 6/19 Tu,Th 6:00pm - 7:00pm

PILATES (STRETCH & STRENGTHEN)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

10 Sessions \$77
Instructor: Network, Inc Wellness
333080 Olney Swim Center 6/5 Tu 7:00pm - 8:00pm
333078 Olney Swim Center 6/7 Th 7:00pm - 8:00pm

MORE FITNESS & WELLNESS

GROUP PERSONAL TRAINING

Ages 14 and Up: For Youth and Adults-Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients, and more. Instructors are Certified Trainers. Question call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net or Doug Schwanke at (240) 460-2205 or douglas.c.schwanke@cbp.dhs.gov.

4 Sessions \$70
Instructor: Fred Mosby
332994 Germantown CC 6/23 Sa 11:00am -12:00pm
332995 Germantown CC 7/28 Sa 11:00am -12:00pm

HOOPFIT! LEVEL I & II

Ages 16 and Up: (13-15 if accompanied by a parent/guardian): For beginners and intermediate. It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more information, email hoopflair@hulalafit.com or visit www.hulalafit.com.

5 Sessions \$40
Instructor: Jeanne M. Lieder
333073 Bauer Drive CC 6/21 Th 7:15pm - 8:15pm

PILOXING

Ages 16 and Up: (13-15 if accompanied by a parent/guardian): Piloxing is the first program that blends the sculpting and flexibility of Pilates, the powers, speed and agility of boxing, and fun cardio dance into high-energy interval workout. Effective movements from each discipline flow from one to the next, creating the optimal calorie-burning and muscle-toning regimen. Questions? Contact Jeanne@hulalafit.com or visit hulalafit.com.

5 Sessions \$40
Instructor: Jeanne M. Lieder
333567 Bauer Drive CC 6/19 Tu 7:15pm - 8:15pm



STRENGTH TRAINING AND BODY SCULPTING

BODY SCULPTING

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

10 Sessions \$53

Instructor: Sally Dimsdale

333066 Kennedy Shriver Aq Ctr 6/5 Tu 6:30pm - 7:20pm

333067 Kennedy Shriver Aq Ctr 6/7 Th 6:30pm - 7:20pm

BONE BUILDERS - PLUS

Ages 40 and Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve you bone health, this is the class for you! Questions contact: GettingFitwithJerry@comcast.net.

8 Sessions \$56

Instructor: Jerry Palazzo

333011 Jane E. Lawton CC 6/18 M 2:30pm - 3:30pm

7 Sessions \$49

Instructor: Jerry Palazzo

333012 Jane E. Lawton CC 6/20 W 2:30pm - 3:30pm

DEFINITION BODY SCULPTING

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

16 Sessions \$96

Instructor: Juliet Rodman

333217 Clara Barton CC 6/19 Tu, Th 8:00am - 9:00am

DYNAEROBICS BODY SCULPTING

Ages 16 and Up: (Ages 13-15 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

14 Sessions \$98

Instructor: Gina Dols

332918 Bauer Drive CC 6/18 M, W 6:00pm - 7:00pm

7 Sessions \$49

Instructor: Regina Gaither

332919 Bauer Drive CC 6/23 Sa 11:00am - 12:00pm

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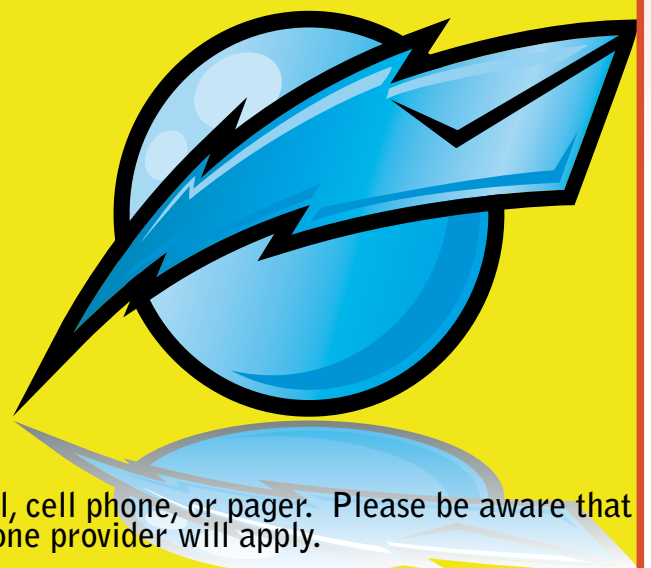
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ACT THE WORKOUT

Ages 16 and Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Program is designed to allow self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. Register Anytime! Enjoy workouts at locations and times convenient to your schedule. Take your receipt to any class location below to pick up your session pass from the instructor. Your pass is valid for 3 months from the first class attended at any ACT location.



Class Locations	Days	Times
Wheaton CC	M, Tu,W,Th	6:00-7:00pm
Bauer CC	M, W	5:00-6:00pm
Marilyn J. Praisner CC	M,W	7:00-8:00pm
Wayside ES	M,W	7:00-8:00pm
Potomac CC	T,Th	7:00-8:00pm
Wheaton CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

ACT THE WORKOUT 36 PASS

\$189

332942	Wayside ES	6/24	Su	9:30am -10:30am
332941	Wheaton CC	6/23	Sa	9:00am -10:00am
332935	Wheaton CC	6/18	M, W	6:00pm - 7:00pm
332937	Bauer Drive CC	6/18	M, W	5:00pm - 6:00pm
332938	Marilyn J. Praisner CC	6/18	M, W	7:00pm - 8:00pm
332939	Wayside ES	6/18	M, W	7:00pm - 8:00pm
332936	Wheaton CC	6/19	Tu,Th	6:00pm - 7:00pm
332940	Potomac CC	6/19	Tu,Th	7:00pm - 8:00pm

ACT THE WORKOUT 18 PASS

\$104

332970	Wayside ES	6/24	Su	9:30am -10:30am
332965	Wheaton CC	6/23	Sa	9:00am -10:00am
332963	Wheaton CC	6/18	M, W	6:00pm - 7:00pm
332966	Marilyn J. Praisner CC	6/18	M, W	7:00pm - 8:00pm
332968	Bauer Drive CC	6/18	M, W	5:00pm - 6:00pm
332969	Wayside ES	6/18	M, W	7:00pm - 8:00pm
332964	Wheaton CC	6/19	Tu,Th	6:00pm - 8:00pm
332971	Potomac CC	6/19	Tu,Th	7:00pm - 8:00pm

ACT THE WORKOUT 24 PASS

\$132

332974	Wheaton CC	6/23	Sa	9:00am -10:00am
332978	Wayside ES	6/24	Su	9:30am -10:30am
332972	Wheaton CC	6/18	M, W	6:00pm - 7:00pm
332975	Bauer Drive CC	6/18	M, W	5:00pm - 6:00pm
332976	Marilyn J. Praisner CC	6/18	M, W	7:00pm - 8:00pm
332973	Wheaton CC	6/19	Tu,Th	6:00pm - 7:00pm
332977	Potomac CC	6/19	Tu,Th	7:00pm - 8:00pm
334018	Wayside ES	6/18	M,W	7:00pm - 8:00pm

ACT THE WORKOUT 12 PASS

\$72

332931	Wayside ES	6/24	Su	9:30am -10:30am
332926	Wheaton CC	6/23	Sa	9:00am -10:00am
332924	Wheaton CC	6/18	M, W	6:00pm - 7:00pm
332927	Bauer Drive CC	6/18	M, W	5:00pm - 6:00pm
332928	Marilyn J. Praisner CC	6/18	M, W	7:00pm - 8:00pm
332929	Wayside ES	6/18	M, W	7:00pm - 8:00pm
332925	Wheaton CC	6/19	Tu,Th	6:00pm - 7:00pm
332930	Potomac CC	6/19	Tu,Th	7:00pm - 8:00pm

TAI CHI

TAI CHI AND QIGONG FOR MIND-BODY CONNECTION

Ages 16 and Up: (Children ages 13-15 permitted with parent or guardian who also takes the class). Experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

8 Sessions \$96
Instructor:
Traditional Chinese Culture Institute
332983 Wisconsin Place CC 6/19 Tu
6:30pm - 7:30pm



TAI CHI CHUAN

Ages 18 and Up: A set of naturally flowing movements performed slowly in a sequence with a spirit of calmness, balance, and awareness. It teaches ways of relaxation and is excellent for stress reduction. Regular practice develops strength and flexibility of the joints, muscles and ligaments, while enhancing the performances of the cardiovascular system with a minimum of strain on the body. Wear comfortable, loose fitting clothing and flat sole shoes. Questions contact Jack at: jrvivona@yahoo.com

4 Sessions \$40
Instructor: Jack Vivona
332979 Damascus CC 6/19
Tu 8:00pm - 9:00pm

YOGA

PRENATAL YOGA AT DIVINE LIFE YOGA

Ages 16 and Up: Honor yourself and the life within.

Instruction includes: breathing and relaxation techniques; stretching and toning muscle groups used during labor and delivery; techniques to relieve lower back pain; posture awareness; and visualization techniques that connect you with the life within. Wear comfortable clothing. You do not need to bring a mat or pillows to class. All equipment is provided. For more information, you can contact Hillary Blackton at 301-924-5164 or hillary@divinelifeyoga.com.

8 Sessions \$120
Instructor: Hillary Blackton
332921 Divine Life Yoga Studio 7/11 W 7:30pm - 9:00pm

EVENING YOGA

Ages 18 and Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat and blanket. Bare feet are essential. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

7 Sessions \$70
Instructor: Robin Morris
332992 Wisconsin Place CC 6/20 W 7:00pm - 8:00pm

GENTLE YOGA

Ages 16 and Up: (14-15 yrs if accompanied by a parent or guardian). (for beginning and continuing students). Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com or (Robin Morris) at robin.michele.morris@gmail.com.

7 Sessions \$70
Instructor: Robin Morris
332989 Wisconsin Place CC 6/20 W 5:45pm - 6:45pm

6 Sessions \$60
Instructor: Irene Bopp
332988 Bauer Drive CC 6/26 Tu 6:15pm - 7:15pm

HATHA YOGA AND STRESS MANAGEMENT BEG/CON

Age 18 and Up: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

6 Sessions \$90
Instructor: Suzana Cooper
332986 Jane E. Lawton CC 6/20 W 9:30am - 11:00am

6 Sessions \$75
332985 Wisconsin Place CC 6/23 Sa 9:30am - 10:45am

VINI YOGA

Ages 14 and Up: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions? Call Pat at: 301-251-1058

6 Sessions \$75
Instructor: Patricia Miller
333214 Potomac CC 6/28 Th 9:15am - 10:30am
333215 Potomac CC 6/28 Th 6:30pm - 7:45pm

VINI YOGA INTERMEDIATE

Ages 14 and Up: For continuing. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

6 Sessions \$75
Instructor: Patricia Miller
333216 Potomac CC 6/25 M 6:30pm - 7:45pm

VINI EASY GOING YOGA

Ages 14 and Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

6 Sessions \$75
Instructor: Patricia Miller
333213 Potomac CC 6/28 Th 10:45am - 12:00pm

YOGA BASICS

Ages 16 and Up: (14-15 yrs if accompanied by parent or guardian). Introduces beginning and continuing students to yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on 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. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

5 Sessions \$50
Instructor: Irene Bopp
333010 Mid County CC 6/27 W 7:00pm - 8:00pm

6 Sessions \$60
333007 Bauer Drive CC 6/26 Tu 7:30pm - 8:30pm
333008 Marilyn J. Praisner CC 6/28 Th 10:30am - 11:30am
333009 Briggs Chaney MS 6/28 Th 7:00pm - 8:00pm





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MARTIAL ARTS

AIKIDO

AIKIDO BEGINNING

Ages 12 and Up: Beginner: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

7 Sessions \$60
Instructor: William Fairweather
332140 Ross Boddy CC 6/25 M 7:00pm - 8:30pm

AIKIDO CONTINUING

Ages 12 and Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

6 Sessions \$77
Instructor: William Fairweather
332141 Ross Boddy CC 6/27 W 7:00pm - 9:00pm

KARATE/JUJITSU

KARATE DO AND IAIDO BEGINNERS

Ages 5-13: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

6 Sessions \$40
Instructor: Salvador Cortes
333219 Kensington-Parkwd ES 6/19
Tu 7:00pm - 8:00pm

KARATE DO AND IAIDO II INTERMEDIATE

Ages 10 and Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

6 Sessions \$56
Instructor: Salvador Cortes
333220 Kensington-Parkwd ES 6/19
Tu 8:00pm - 9:00pm

KARATE/JUJITSU

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC, Fallsmead ES & Dufief ES. Beginners may attend the later time at all other sites.

7 Sessions \$39
Instructor: TKA, Inc.
331975 Damascus CC 6/20 W 6:00pm - 7:00pm
331976 Damascus CC 6/20 W 7:00pm - 8:00pm
331977 Bauer Drive CC 6/20 W 6:00pm - 7:00pm
331978 Bauer Drive CC 6/20 W 7:00pm - 8:00pm
331979 Potomac CC 6/20 W 6:30pm - 7:30pm
331980 Resnik, Judith A. ES 6/20 W 6:00pm - 7:00pm
331981 Resnik, Judith A. ES 6/20 W 7:00pm - 8:00pm
331982 Clara Barton CC 6/20 W 7:00pm - 8:00pm
331983 Flower Hill ES 6/20 W 7:00pm - 8:00pm
331986 Fallsmead ES 6/21 Th 6:00pm - 7:00pm
331987 Fallsmead ES 6/21 Th 7:00pm - 8:00pm
331988 Poole, John MS 6/21 Th 7:00pm - 8:00pm
331989 Rolling Terrace ES 6/21 Th 6:00pm - 7:00pm
331990 Rolling Terrace ES 6/21 Th 7:00pm - 8:00pm

8 Sessions \$45
Instructor: TKA, Inc.
331969 Longwood CC 6/18 M 7:00pm - 8:00pm
331970 Upper County CC 6/18 M 6:00pm - 7:00pm
331971 Upper County CC 6/18 M 7:00pm - 8:00pm
331972 Wheaton CC 6/18 M 7:00pm - 8:00pm
331973 Germantown CC 6/19 Tu 6:00pm - 7:00pm
331974 Germantown CC 6/19 Tu 7:00pm - 8:00pm
331984 Marilyn J. Praisner CC 6/21 Th 6:00pm - 7:00pm
331985 Marilyn J. Praisner CC 6/21 Th 7:00pm - 8:00pm
331991 North Bethesda MS 6/21 Th 7:00pm - 8:00pm

KARATE/JUJITSU CLUB

Ages 13 and Up: 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. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

8 Sessions \$23
Instructor: TKA, Inc.
332138 Holiday Park SC 6/29 F 7:00pm - 8:00pm

KARATE/JUJITSU CLUB 2

Ages 13 and Up: 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.

8 Sessions \$36
Instructor: TKA, Inc.
332139 Holiday Park SC 6/29 F 8:00pm - 9:00pm

KARATE/JUJITSU ADULTS

Ages 13 and Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

8 Sessions						\$59
Instructor:	TKA, Inc.					
332126	Upper County CC	6/18	M	8:00pm - 9:30pm		
332127	Wheaton CC	6/18	M	8:00pm - 9:30pm		
332128	Germantown CC	6/19	Tu	8:00pm - 9:30pm		
332133	North Bethesda MS	6/28	Th	8:00pm - 9:30pm		
332134	Marilyn J. Praisner CC	6/28	Th	8:00pm - 9:30pm		
7 Sessions						\$52
Instructor:	TKA, Inc.					
332129	Damascus CC	6/20	W	8:00pm - 9:30pm		
332130	Bauer Drive CC	6/20	W	8:00pm - 9:30pm		
332131	Potomac CC	6/20	W	7:30pm - 9:00pm		
332132	Flower Hill ES	6/27	W	8:00pm - 9:30pm		
332135	Fallsmead ES	6/28	Th	8:00pm - 9:30pm		
332136	Rolling Terrace ES	6/28	Th	8:00pm - 9:30pm		

KENDO**KENDO**

Ages 12 and Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email: tsir.office@verizon.net

7 Sessions						\$72
Instructor:	Shiro Shintaku					
332949	Tilden MS	6/21	Th	7:00pm - 8:00pm		



**FOR
FASTEST
REGISTRATION PRIORITY,
USE RECWEB, OR REGISTER IN
PERSON!**

The Recreation Department offers four ways to register for activities: RecWeb internet registration, walk-in registration, mail, and fax. See page 170 for more information about each of these registration procedures.

A note about fax and mailed registrations: Our Customer Service representatives process faxed and mailed registrations as quickly as possible; but we cannot guarantee that these registrations will be processed immediately upon receipt. If there are walk-in customers at the Customer Service window when faxed or mailed registrations are received, the walk-in customers are served before the faxed or mailed registrations are processed. If faxed or mailed registration forms are received prior to the first official day of registration, these forms will be secured in a safe until registration begins. At that time, the faxed or mailed registrations will be processed, but may not necessarily be processed in the strict order that they were received, and all will be treated as if they arrived on the first day of registration.



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TINY TOTS DANCE

KIDZ DANCE

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required.

6 Sessions	\$54
Instructor: Grace Oleson	
326043 Germantown CC	6/20 W 3:30pm - 4:15pm
7 Sessions	\$63
Instructor: Grace Oleson	
326042 Potomac CC	6/19 Tu 3:30pm - 4:15pm
326044 Wheaton CC	6/21 Th 4:30pm - 5:15pm

PRESCHOOL DANCE BY JAZZMATAZZ

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

6 Sessions	\$54
Instructor: Betsy Saunders	
330919 Long Branch CC	6/30 Sa 10:15am -11:00am



ARTS AND CRAFTS

TINY HAND CRAFTS SUMMER FUN

Ages 2-8: Come join us for a big 'handful' of crafts. Each class we'll create 3-4 incredible crafts and the cool opportunity to experience new textures, to explore, to play and socialize. Please bring a smock and a box to transport the crafts. \$18 material fee due to the instructor. Parent participation required.

5 Sessions	\$54
Instructor: Abigail Dion	
330941 Germantown CC	6/26 Tu 10:15am -11:00am
330942 Germantown CC	6/26 Tu 11:15am -12:00pm
330943 Potomac CC	6/27 W 10:15am -11:00am
330944 Potomac CC	6/27 W 11:15am -12:00pm

SUNDAY STUDIO WITH CREATE

Age 4-6: Kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. A\$15 material fee is required.

8 Sessions	\$109
Instructor: Create Art Center	
330909 Create Arts Center	6/17 Su 10:00am -11:00am
330908 Create Arts Center	6/17 Su 11:30am -12:30pm



XCITING XTRAS DOG OBEDIENCE

Sniffer Dog Playday Event

Sniffer Dogs Sports is an afternoon of fun for the dogs and their owners! Register for this exciting treasure hunt! The event is opened to all dogs that are trained sniffers. All dogs must have rabies and veterinarian recommended vaccinations. Please bring a copy of the paperwork to the event!

1 Session	\$15
Instructor: Laura Totis	
332922 Damascus CC	6/16 Sa 10:00am -12:00pm
332923 Bauer Drive CC	6/30 Sa 10:00am -12:00pm
333166 Germantown CC	7/14 Sa 10:00am -12:00pm



MORE TINY TOTS

CREATIVE KIDS

Ages 3-5: Creative Kids is an innovative and dynamic literature based drama program. A professional actor/teacher leads the class in exploring and dramatizing specially selected children's stories. The students then create and act out their own original stories based on these books. These stories come from all over the world and are carefully chosen for each age group. Creative Kids introduces students to acting, increases their love of books, and is loads of fun - a perfect mix for a great enrichment program!

6 Sessions \$70
Instructor: Creative Kids
330917 Jane E. Lawton CC 6/20 W 3:45pm - 4:30pm

BEAKERS AND BRUSHES I AND II

Ages 2 1/2-6: Bring your preschooler to this unforgettable workshop where he/she will explore the world of art and science using the natural way kids learn; imagination, exploration, and creation. In Beakers and Brushes, quality children's literature will guide us as we engage in chemistry and art activities. Children will participate in several chemistry experiments to answer questions about their environment. Children will learn the process of art by tactile exploration. \$20 material due to instructor. Log on to www.scribblesandworks.com for more information.

4 Sessions \$140
Instructor: Scribbles and Works, LLC
331017 Potomac CC 7/16 M-Th 9:30am -11:30am
330910 Norbeck-Mntr Mill Park 7/23 M-Th 9:30am -11:30am
330920 Germantown CC 8/13 M-Th 9:30am -11:30am

YOUNG READERS-BANANA'S ABOUT BOOKS

Ages 3-5: This 'New' fun and educational class will provide your youngster with a nurturing four week camp experience that fosters a love of reading, provides an opportunity to practice listening skills, explores the arts and expands social skills. Each week is based on a different animal theme. Our 'Banana's About Books' classes include dramatization, games, crafts, stories, sing-along and more! They will draw animals, share their favorite stories and spend plenty of time exploring the many different ways of enjoying a good storybook. To add to the fun, each student will get to 'make their own stuffed animal' and watch it become their very own special book buddy. They will hand-stuff a 10"-16" plush pal, participate in a rainbow star wishing ceremony, name it and dress it. Each animal also comes with a take-home bag and original birth certificate. Parent participation is not required. However, parents may stay based on their child's needs. A materials fee of \$30 is due.

4 Sessions \$140
Instructor: Parties by Evelyn
330970 Germantown CC 7/7 Sa 1:30pm - 3:00pm
330971 Potomac CC 7/7 Sa 10:00am -11:30am

MUSIC

DISCOVERING MUSIC FOR TODDLERS

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may attend at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

5 Sessions \$62
Instructor: Golden School of Music
331484 Golden School of Music 6/20 W 10:15am -11:00am
332667 Upper County CC 6/20 W 10:15am -11:00am
332668 Upper County CC 6/20 W 11:15am -12:00pm

6 Sessions \$74
Instructor: Golden School of Music
331474 Wheaton Regional Lib 6/18 M 10:30am -11:15am
331479 Jane E. Lawton CC 6/21 Th 10:15am -11:00am
332666 Jane E. Lawton CC 6/21 Th 11:15am -12:00pm
332913 Potomac CC 6/22 F 10:15am -11:00am

EXPLORING MUSIC & PIANO PREP

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

6 Sessions \$102
Instructor: Golden School of Music
332744 Golden School of Music 6/20 W 5:00pm - 6:00pm
331485 Golden School of Music 6/21 Th 4:00pm - 5:00pm

MUSIC TOGETHER - MONTGOMERY

Ages 0-5: A fun, interactive family music experience, which 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 just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at their own level in this mixed-age, developmentally appropriate setting. Price is per child. Award-winning Music Together? CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to www.musictogethermontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please call 240-777-6870 to let us know you plan to bring a sibling.

6 Sessions \$110
Instructor: Childs Play Music
330939 Mid County CC 6/19 Tu 10:15am -11:00am
330940 Mid County CC 6/19 Tu 11:15am -12:00pm
330934 Wheaton-Claridge Park 6/20 W 9:30am -10:15am
330936 Wheaton-Claridge Park 6/20 W 10:30am -11:15am
330937 Mid County CC 6/23 Sa 10:15am -11:00am
330938 Mid County CC 6/23 Sa 11:15am -12:00pm





RECWEB

**ONLINE REGISTRATION ...
ANYTIME! ANYWHERE!**

- CHECK PROGRAM AVAILABILITY
- REGISTER FOR PROGRAMS AND MEMBERSHIPS
- PAY YOUR ACCOUNT BALANCE USING YOUR VISA OR MASTERCARD



PLAYTIME AND MOVEMENT

FUNFIT TOTS®

A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music, and more. Develops motor skills, coordination, socialization, cooperation, and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Price includes all materials. Adult participation required!

6 Sessions \$66
Instructor: Funfit

AGES 1 -2 YEARS

331445	Jane E. Lawton CC	6/18	M	9:30am -10:15am
331446	QO Valley Park	6/19	Tu	4:00pm - 4:45pm
331447	Potomac CC	6/20	W	9:30am -10:15am
331448	Potomac CC	6/20	W	10:15am -11:00am
331450	Germantown CC	6/21	Th	4:30pm - 5:15pm
331451	Wheaton CC	6/21	Th	9:30am -10:15am
331452	Wisconsin Place CC	6/21	Th	4:30pm - 5:15pm
331453	Potomac CC	6/22	F	10:15am -11:00am

AGES 2 - 3 YEARS

331457	Jane E. Lawton CC	6/18	M	11:00am -11:45am
331458	Potomac CC	6/20	W	11:00am -11:45am
331460	Wheaton CC	6/21	Th	10:15am -11:00am
331461	Wisconsin Place CC	6/21	Th	5:15pm - 6:00pm
331462	Potomac CC	6/22	F	11:00am -11:45am

AGES 18 MONTHS - 4 YEARS

331472	QO Valley Park	6/19	Tu	4:45pm - 5:30pm
331473	Germantown CC	6/21	Th	5:15pm - 6:00pm
331454	Jane E. Lawton CC	9/24	M	10:15am -11:00am

FUNFIT TOTS - EN ESPAÑOL!

Ages 18 mos-4: Una actividad llena de diversión que incluye juegos, canciones, cuentos, música, paracaídas, pelotas y mucho más. Un gran entrenamiento para toda la familia. Un requisito es la participación de adultos. Los niños deben estar en edad de caminar. El costo de la clase es por cada niño. El costo incluye todos los materiales.

331463	Wheaton CC	6/21	Th	11:00am -11:45am
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FUNKY MONKEYS SPORTS & GAMES

Ages: 3-6: Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it! With loads of age-appropriate, non-competitive active games, such as tag, stick hockey, ball play, parachute and more, kids learn to play by game rules, follow simple instruction, advance coordination, muscle tone and function, socialization, and cognitive development. Keep them growing strong and confident with Funfit! Parents welcome, but not required.

331468	Germantown CC	6/21	Th	6:00pm - 6:45pm
331470	Wisconsin Place CC	6/21	Th	6:00pm - 6:45pm
331471	Potomac CC	6/22	F	9:30am -10:15am

SPORTS AND FITNESS

GYMNASTICS TUMBLING FORMAT

Ages 3-6: Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions	\$68
Instructor: Denise Schattenberg	
330906 Upper County CC	6/25 M 11:00am -11:45am
330907 QQ Valley Park	6/25 M 1:00pm - 1:45pm



UK ELITE PETITE SOCCER

Ages 2-10: A fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants. 2-5 year olds Petite Soccer, 5-6 year old Petite Soccer Juniors, 7-10 Elite Soccer

6 Sessions	\$99
Instructor: U.K.Elite Soccer	
330921 Falls Road Local Park	6/18 M 4:00pm - 5:00pm
330927 Falls Road Local Park	6/18 M 5:00pm - 6:00pm
330928 Falls Road Local Park	6/18 M 6:00pm - 7:00pm

COACH DOUG WEE WANNA BE SOCCER AND TENNIS

Ages 2-5: COACH DOUG WEE WANNA BE SOCCER AND TENNIS is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690.

6 Sessions	\$77
Instructor: Coach Doug Academy, Inc.	
330900 Cold Spring ES	6/23 Sa 3:45pm - 4:30pm

COACH DOUG WEE WANNA BE

Ages 2-5: Which Sports players do your kids pretend to be? Boys and Girls and their Moms, Dads or Guardians will be introduced to agility training, soccer, T- ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their Moms, Dads, or Guardian. Each child can participate at his/her own pace. (Adult Participation Required) \$5.00 Materials Fee is due to Instructor. Call 301-983-2690.

6 Sessions	\$77
Instructor: Coach Doug Academy, Inc	
330881 Oakland Terrace ES	6/23 Sa 9:30am -10:15am
330898 Oakland Terrace ES	6/23 Sa 10:15am -11:00am
330899 Cold Spring ES	6/23 Sa 1:15pm - 2:00pm

COACH DOUG SUMMER SPORTS SCHOOL

Ages 5-7: Join us for this innovative program based on the principals of the highly successful Wee Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports include: soccer, lacrosse and more! Price includes all materials.

6 Sessions	\$77
Instructor: Coach Doug Academy, Inc	
330879 Oakland Terrace ES	6/23 Sa 11:00am -11:45am
330880 Cold Spring ES	6/23 Sa 2:00pm - 2:45pm

COACH DOUG SOCCER

Ages 3-6: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept.. No Adult Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690.

6 Sessions	\$77
Instructor: Coach Doug Academy, Inc	
330877 Oakland Terrace ES	6/23 Sa 11:45am -12:30pm
330878 Cold Spring ES	6/23 Sa 3:00pm - 3:45pm

*I love seeing my
little man having so
much fun!*

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THE SPORTS PAGES

Like Montgomery County
Recreation on
Facebook

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twitter



INSTRUCTIONAL SPORTS

BADMINTON

BADMINTON BEGINNER/ADVANCED BEGINNER

Ages 9 and Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

7 Sessions

\$67

Instructor: Gary Chao

332932 Bauer Drive CC

6/23 Sa 9:30am -10:30am

332933 Bauer Drive CC

6/23 Sa 12:45pm - 1:45pm

BADMINTON INTERMEDIATE

Ages 12 and Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

7 Sessions

\$107

Instructor: Gary Chao

332934 Bauer Drive CC

6/23 Sa 10:45am -12:45pm



Women's Basketball

Players 18+

Register as a team

**Weeknights in
Silver Spring/Wheaton
6-10pm**

Mid June to August 2012

Follow us on Facebook and Twitter!

MORE SPORTS

VOLLEYBALL WORKOUT CLINICS INTERMEDIATE

Ages 16 and Up: Intermediate: Played the game for fun but want to learn the rules and get better? This is the clinic for you. 7 weeks of fun and interesting drills and scrimmages to develop your game and move you to the next level.

7 Sessions \$100

Instructor: Volleyball Mid Atlantic
332951 Viers Mill ES 6/21 Th 6:30pm - 9:30pm

VOLLEYBALL WORKOUT CLINICS ADVANCED

Ages 16 and Up: Advanced Played intermediate volleyball and want to move to the next level? Playing at a high level but wish to work on certain aspects of your game? This is the clinic for you! You will be challenged to develop the skills required to better your game and your physical condition. Time will also be spent on advanced strategies for offense and defense.

7 Sessions \$100

Instructor: Volleyball Mid Atlantic
332950 Northwest HS 6/19 Tu 7:00pm - 10:00pm

VOLLEYBALL SPECIALTY CLINICS WORKOUT HIT

Ages 13 and Up: Love your game but need to work on that ONE skill? Spend one night, two hours on that one skill you need to raise your game. Two hours, one skill = a better player. Prepare your shoulder for an evening of work on the skill of hitting. Covers drills and demos on the different types of swing motion. Time will be spent on the serve as well as the hit.

1 Sessions \$25

Instructor: Volleyball Mid Atlantic
332947 Potomac CC 7/2 M 6:45pm - 8:45pm
332948 Potomac CC 7/25 W 6:45pm - 8:45pm

VOLLEYBALL SPECIALTY CLINICS WORKOUT PASS

Ages 13 and Up: Develop your game and get a good workout at the same time! Mid-Atlantic Volleyball invites you to get in shape and develop your volleyball skills. The pass is the most important skill in the sport of volleyball and the skill you use most often. Perfect your pass, practice your serve and add another dimension to your attack of placing the ball where it gives your team the best advantage. On defense, discover new receiving and counter attack strategies. This is your opportunity to improve in three important areas of your game.

1 Sessions \$25

Instructor: Volleyball Mid Atlantic
332943 Potomac CC 6/18 M 6:45pm - 8:45pm
332944 Potomac CC 7/9 M 6:45pm - 8:45pm

VOLLEYBALL SPECIALTY CLINICS WORKOUT SET

Ages 13 and Up: Love your game but need to work on that ONE skill? Spend one night, two hours on that one skill you need to raise your game. Two hours, one skill = a better player. There is still a 'touch' to skill of setting the ball. Work will be done on hand and body positioning. Time will also be spent on multiple paced sets used in advanced offensive situations. While you are perfecting your sets, you'll also be working on other important skills.

1 Sessions \$25

Instructor: Volleyball Mid Atlantic
332945 Potomac CC 6/25 M 6:45pm - 8:45pm
332946 Potomac CC 7/17 Tu 6:45pm - 8:45pm

**SERVE
DIG
SET
SPIKE
BLOCK
DIVE**



Softball Teams are registering now!

Batter Up!

- Register as a team
- Playing Men, Women, CoRec
Leagues for Adults and Seniors
- Play begins in June

Don't get left on the bench - Register Today!

For more information visit us at montgomerycountymd.gov/rec
or contact Countywide Programs Office at (240) 777-6870.



Summer Camps

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FIND US FAST
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When school is out, summer camps are in!

Come play with us!

Preschool & Kindergarten Camps

Young Rembrandts - Under the Sea

Ages 4-5: We will learn to draw and color some original characters from under the sea, while incorporating popular books and music into this fun and exciting week.

Instructor: Young Rembrandts

Wisconsin Place Community Ctr
322956 7/16-7/20 9:00am-12:00pm \$175

Young Rembrandts - Monsters Under My Bed

Ages 4-5: Let's explore the mysterious world under our beds and in our closets!

Instructor: Young Rembrandts

Wisconsin Place Community Ctr
322955 7/9-7/13 9:00 am-12:00 pm \$175

Young Rembrandts - Eric Carle

Ages 4-5: Explore the world of Eric Carle with us; it will be full of art and reading.

Instructor: Young Rembrandts

Wisconsin Place Community Ctr
322957 6/25-6/29 9:00 am-12:00 pm \$175

Mini Music Makers

Ages 3-5: Discover and explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments.

Instructor: Golden School of Music

Golden School of Music
322911 6/19-7/5 9:30 am-11:30 am \$170
322912 7/10-7/26 9:30 am-11:30 am \$170

Mini Musical Notions N' Motions Summer

Ages 3-5: Based on the successful Mini Music Makers, here is an opportunity to extend their musical exposure in a fun atmosphere.

Instructor: Geiza Dourado

Golden School of Music
322913 7/30-8/10 9:00 am-12:00 pm \$295

Musical Adventures

Ages 3-6: Under the Sea Music Adventures. Join us for a week of fun undersea music adventures! Music, songs and dances will be our passage into the undersea world as we learn art, language and pretend play.

Instructor: International School of Music

International School of Music
322914 6/25-6/29 9:00 am- 1:00 pm \$280
323110 7/30-8/3 9:00 am- 1:00 pm \$280

Funfit Summer Adventure Camp

Ages 3-6: It's not just camp, it's an adventure. Campers will exercise their bodies and minds thru an exploration of a new theme every day in this exciting, action-packed camp.

Instructor: Funfit

Capital View-Homewd Local Park
322895 6/18-6/22 9:30 am-12:00 pm \$14

322896 6/25-6/29 9:30 am-12:00 pm \$145

Norbeck-Muncaster Mill Park
322904 6/18-6/22 9:30 am-12:00 pm \$145

323535 7/30-8/3 9:30 am-12:00 pm \$145

323537 8/13-8/17 9:30 am-12:00 pm \$145

Quince Orchard Valley Park
322905 7/2-7/6 9:30 am-12:00 pm \$115

323530 7/9-7/13 9:30 am-12:00 pm \$145

323533 7/23-7/27 9:30 am-12:00 pm \$145

323536 8/6-8/10 9:30 am-12:00 pm \$145

Wisconsin Place Community Ctr.
322897 7/2-7/6 9:30 am-12:00 pm \$115

322898 7/9-7/13 9:30 am-12:00 pm \$145

322899 7/16-7/20 9:30 am-12:00 pm \$145

322900 7/23-7/27 9:30 am-12:00 pm \$145

322901 7/30-8/3 9:30 am-12:00 pm \$145

322902 8/6-8/10 9:30 am-12:00 pm \$145

322903 8/13-8/17 9:30 am-12:00 pm \$145

Act It Out!

Ages 3-5 years: Brought to you by the C.A.R.E. Actor (creative awareness responsive education) program. In this camp, students will experience how the theater arts and fine arts go hand in hand while discussing topics such as respect, kindness, and peace through storybooks.

Instructor: Pooja Chawla

North Bethesda Middle School
323516 7/2-7/6 9:00 am-12:00 pm \$115

Wayside Elementary School
323517 7/9-7/13 9:00 am-12:00 pm \$140

Rosa Parks Middle School
323518 7/16-7/20 9:00 am-12:00 pm \$140

Damascus Community Center
323520 8/6-8/10 9:00 am-12:00 pm \$140

Jane E. Lawton CC
323519 8/13-8/17 9:00 am-12:00 pm \$140

Club Holiday Endless Summer

Ages 3-12: Enjoy age appropriate sports, games, arts & crafts and more in this supercharged environment.

Instructor: Coach Doug Academy, Inc.

Bauer Drive Community Center
322880 8/13-8/17 9:30 am-12:30 pm \$95

Clara Barton Community Center
324588 8/6-8/10 9:30 am-12:30 pm \$95

Potomac Community Center
322882 8/20-8/24 9:30 am-12:30 pm \$95

Club Holiday Extended Day

Children registered for Club Holiday, are eligible to register for an extended day program.

Instructor: Coach Doug Academy, Inc.

Bauer Drive Community Center
322883 8/13-8/17 7:30 am- 9:30 am \$26

Clara Barton Community Center
324606 8/6-8/10 7:30 am- 9:30 am \$26

Potomac Community Center
322885 8/20-8/24 7:30 am- 9:30 am \$26

Challenger Space Camp Jr.

Ages 3-5: This Coach Doug program that combines Organized 'Learning Stations'. Featuring fun-in-learning, hands-on activities based on a space theme.

Instructor: Coach Doug Academy, Inc.

Pyle, Thomas W. Middle School
322847 6/18-6/22 9:00 am- 3:30 pm \$180

324570 6/25-6/29 9:00 am- 3:30 pm \$180

324571 7/2-7/6 9:00 am- 3:30 pm \$144

324572 7/9-7/13 9:00 am- 3:30 pm \$180

324573 7/16-7/20 9:00 am- 3:30 pm \$180

324574 7/23-7/27 9:00 am- 3:30 pm \$180

324575 7/30-8/3 9:00 am- 3:30 pm \$180

324857 6/18-6/22 9:00 am-12:00 pm \$95

324859 6/25-6/29 9:00 am-12:00 pm \$95

324860 7/2-7/6 9:00 am-12:00 pm \$76

324861 7/9-7/13 9:00 am-12:00 pm \$95

324862 7/16-7/20 9:00 am-12:00 pm \$95

324863 7/23-7/27 9:00 am-12:00 pm \$95

324864 7/30-8/3 9:00 am-12:00 pm \$95

Challenger Sports British Soccer - First Kicks

Ages 3-4: Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Instructor: Challenger Sports Soccer

Falls Road Local Park

322839 6/18-6/22 9:00 am-10:00 am \$109

322841 7/16-7/20 9:00 am-10:00 am \$109

Farquhar, William Middle School

322840 6/25-6/29 9:00 am-10:00 am \$109

Meadowbrook Local Park

323486 7/9-7/13 9:00 am-10:00 am \$109

Travilah Elementary School

322842 7/23-7/27 9:00 am-10:00 am \$109

UK Elite Soccer Summer Petite

Ages 3-4: A fun introduction to soccer utilizing maximum activity and participation and highly stimulating fantasy games.

Instructor: U.K. Elite Soccer

Burning Tree Elementary School

322917 6/25-6/29 9:00 am-10:00 am \$114

322918 6/25-6/29 10:00 am-11:00 am \$114

322921 7/9-7/13 9:00 am-10:00 am \$114

322922 7/9-7/13 10:00 am-11:00 am \$114

323263 7/30-8/3 9:00 am-10:00 am \$114

323264 7/30-8/3 10:00 am-11:00 am \$114

Damascus Community Center

322925 7/16-7/20 9:00 am-10:00 am \$114

322926 7/16-7/20 10:00 am-11:00 am \$114

Damascus Recreational Park

324876 8/13-8/17 9:00 am-10:00 am \$114

324877 8/13-8/17 10:00 am-11:00 am \$114

Darnestown Local Park

322919 7/2-7/6 9:00 am-10:00 am \$92

322920 7/2-7/6 10:00 am-11:00 am \$92

Gwendolyn Coffield CC

322927 7/16-7/20 9:00 am-10:00 am \$114

322928 7/16-7/20 10:00 am-11:00 am \$114

323265 8/6-8/10 9:00 am-10:00 am \$114

323266 8/6-8/10 10:00 am-11:00 am \$114

Jane E. Lawton Community Ctr

322923 7/16-7/20 9:00 am-10:00 am \$114

322924 7/16-7/20 10:00 am-11:00 am \$114

Wood Acres Elementary School

322915 6/18-6/22 9:00 am-10:00 am \$114

322916 6/18-6/22 10:00 am-11:00 am \$114

323261 7/23-7/27 9:00 am-10:00 am \$114

323262 7/23-7/27 10:00 am-11:00 am \$114

Little People Centers

Ages 4 and 5

Bells Mill Elementary School

324461 6/18-6/29 9:00 am- 1:00 pm \$195

324462 7/2-7/13 9:00 am- 1:00 pm \$176

324463 7/16-7/27 9:00 am- 1:00 pm \$195

Germantown Community Center

324478 6/18-6/29 9:00 am- 1:00 pm \$195

324479 7/2-7/13 9:00 am- 1:00 pm \$176

324480 7/16-7/27 9:00 am- 1:00 pm \$195

Jane E. Lawton CC

324467 6/18-6/29 9:00 am- 1:00 pm \$195

324468 7/2-7/13 9:00 am- 1:00 pm \$176

324469 7/16-7/27 9:00 am- 1:00 pm \$195

324470 7/30-8/3 9:00 am- 1:00 pm \$98

Longwood Community Center

324474 6/18-6/29 9:00 am- 1:00 pm \$195

324475 7/2-7/13 9:00 am- 1:00 pm \$176

324476 7/16-7/27 9:00 am- 1:00 pm \$195

324477 7/30-8/3 9:00 am- 1:00 pm \$98

Tilden Center

324464 6/18-6/29 9:00 am- 1:00 pm \$195

324465 7/2-7/13 9:00 am- 1:00 pm \$176

324466 7/16-7/27 9:00 am- 1:00 pm \$195

White Oak Community Center

324457 6/18-6/29 9:00 am- 1:00 pm \$195

324458 7/2-7/13 9:00 am- 1:00 pm \$176

324459 7/16-7/27 9:00 am- 1:00 pm \$195

324460 7/30-8/3 9:00 am- 1:00 pm \$98



Specialty Camps

Chess Camp - Beg

Ages 5 -12: This is the perfect camp for players with a basic understanding of chess to begin to expand their skills and learn strategies and rules to play effectively.

Instructor: Arkadiy Frenkel

Germantown Community Center

322965 8/6-8/10 9:00 am-12:00 pm \$100

Mid County Community Center

324983 8/13-8/17 9:00 am-12:00 pm \$100

Chess Camp - Int/Adv

Ages 5 -12: Intermediate/Advanced.

Instructor: Arkadiy Frenkel

Germantown Community Center

322967 8/6-8/10 12:00 pm- 3:00 pm \$100

Mid County Community Center

324987 8/13-8/17 12:00 pm- 3:00 pm \$100

Potomac Community Center

322966 8/20-8/20 12:00 pm- 3:00 pm \$100

All in Spanish, Little Linguists Mexico!

Ages 5-10: Are we in Mexico? You would think you were with all the fun Mexican crafts, games, sports and music.

Instructor: Sandra Aresta

Norwood Local Park

322712 6/18-6/22 8:30 am- 3:30 pm \$250

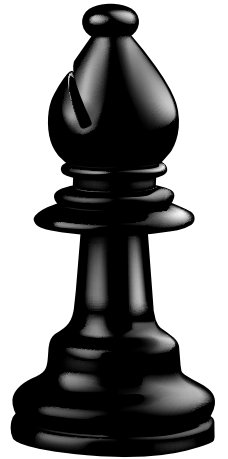
All in Spanish, Little Linguists Spain!

Ages 5-10: Are we in Spain? You would think you were with all the fun Spanish crafts, games, sports and music.

Instructor: Sandra Aresta

Norwood Local Park

323547 6/25-6/29 8:30 am- 3:30 pm \$250





Spanish Summer Camp (APRENDEMOS Y CANTAMOS)

Ages 4-8: A camp in all Spanish, although some English instruction may be given as needed.

Instructor: Geiza Dourado

Golden School of Music

323111 7/16-7/27 9:00 am- 1:00 pm \$215

Etiquette Camp: Minding your Manners

Ages 6-10 The students will be introduced to various aspects of having good manners.

Instructor: Global Children's Center

Matsunaga Elementary School

324957 7/30-8/3 9:00 am-12:00 pm \$165

Potomac Elementary School

324959 7/16-7/20 9:00 am-12:00 pm \$165

History Explorers - A Field Trip Camp

Ages 9-13: Campers discover our area's rich local history through this unique travel camp.

Instructor: MC Historical Society

Beall-Dawson House

323857 7/30-8/3 9:00 am- 4:00 pm \$300

323858 8/6-8/10 9:00 am- 4:00 pm \$300

2 D Game Design with Gamemaker 8

Ages 8-11: Wish you could make your own video game?

Instructor: Tekademy Funutation

Jane E. Lawton CC

3229608/20-8/24 9:00 am-11:45 am \$280

Digital Art and Animation

Ages 8-11: Students will use Alice software to create a 3D programming environment with animations can that tell a story, become an interactive game or simply do a dance.

Instructor: Tekademy Funutation

Jane E. Lawton CC

322961 8/20-8/24 12:15 pm- 3:30 pm \$280

Stop Motion Animation

Ages 8-11: Learn the basics of Claymation videos by using Scratch software.

Instructor: Tekademy Funutation

North Bethesda Middle School

322958 7/9-7/13 9:00 am-11:45 am \$280

Finance Camp

Ages 6-10: Let's learn how to use money wisely!

Instructor: Global Children's Center

Gibbs, William ES

324962 7/9-7/13 9:00 am-12:00 pm \$165

Potomac Elementary School

324963 7/23-7/27 9:00 am-12:00 pm \$165

Math Mania

Ages 6-10: Campers will be introduced to money and banking.

Instructor: Global Children's Center

Gibbs, William B. ES

324961 6/25-6/29 9:00 am-12:00 pm \$165

Matsunaga Elementary School

324960 6/18-6/22 9:00 am-12:00 pm \$165

Mystery Academy: Circus Arts

Ages 8-11: Children learn how to do puppetry, magic, balloon sculpture, face painting, object balancing, juggling, skit comedy, and much more!

Instructor: Christopher McCauley Bowers

Rock Creek Valley ES

323915 6/25-6/29 9:00 am- 3:30 pm \$235

Mystery Academy: Circus Fun

Ages 5-7: Have fun and experience a carnival atmosphere.

Instructor: Christopher McCauley Bowers

Rock Creek Valley ES

323914 6/25-6/29 9:00 am- 3:30 pm \$235

Mystery Academy: Magical Fun

Ages 5-7: This program is a less intensive magic camp for younger children who are just becoming wizards!

Instructor: Christopher McCauley Bowers

Rock Creek Valley ES

323907 6/18-6/22 9:00 am- 3:30 pm \$235

Wheaton-Claridge Local Park

323908 7/9-7/13 9:00 am- 3:30 pm \$235

Germantown Community Center

323910 8/13-8/17 9:00 am- 3:30 pm \$235

Mid County Community Center

324988 8/13-8/17 9:00 am- 3:30 pm \$235

Mystery Academy: Magical Arts & Crafts

Ages 6-11: This camp is designed for children who are interested in constructing their own props, tricks and magic apparatus necessary to perform magic.

Instructor: Christopher McCauley Bowers

Germantown Community Center

323917 8/20-8/24 9:00 am- 3:30 pm \$235

Mystery Academy: Magic Performance Camp

Ages 8-12: This program focuses primarily on perfecting the Performance Art of Magic.

Instructor: Christopher McCauley Bowers

Rock Creek Valley ES

323911 6/18-6/22 9:00 am- 3:30 pm \$235

Wheaton-Claridge Local Park

323912 7/9-7/13 9:00 am- 3:30 pm \$235

Germantown Community Center

323913 8/13-8/17 9:00 am- 3:30 pm \$235

Mid County Community Center

324989 8/13-8/17 9:00 am- 3:30 pm \$235

321 Blast-Off!

Ages 6-12: An action-packed week focuses solely on rockets and the physics of rocket flight.

Instructor: Mad Science

Flower Valley Elementary School

324879 7/9-7/13 9:00 am- 3:00 pm \$379

Red-Hot Robots

Ages 7-12: Learn about the uses of robots in the world. Spend time playing with our super cool red-hot robots.

Instructor: Mad Science

Wayside Elementary School

324873 6/25-6/29 9:00 am- 3:00 pm \$379

Wisconsin Place Community Ctr

324881 8/13-8/17 9:00 am- 3:00 pm \$379



Secret Agent Lab

Ages 6-12: Suspects! Schematics! Sleuths! Connect the dots using science to help solve a crime in this hands on investigation of the science of sleuthing.

Instructor: Mad Science

Wyngate Elementary School

324871 7/30-8/3 9:00 am- 3:00 pm \$379

324872 7/30-8/3 9:00 am-12:00 pm \$199

Science In Motion

Ages 6-12: Like Earth, Space and beyond, each day has a different theme.

Instructor: Mad Science

Stone Mill Elementary School

324869 7/16-7/20 9:00 am- 3:00 pm \$379

324870 7/16-7/20 9:00 am-12:00 pm \$199

Puzzle Piazza - A Problem Solving Picnic for Kids

Age 7-12 Campers choose from a wide spread of puzzles, mostly 3-D ones, ranging in difficulty from easy to extremely challenging.

Instructor: Inc MathTree

Matsunaga Elementary School

322972 6/25-6/29 12:30 pm- 3:30 pm \$200

Cashell Elementary School

322973 7/9-7/13 12:30 pm- 3:30 pm \$200

North Bethesda Middle School

322974 7/16-7/20 12:30 pm- 3:30 pm \$200

Wayside Elementary School

322975 7/23-7/27 12:30 pm- 3:30 pm \$200

EIS (Explorations in Science)

Ages 6-8: Explore Science through hands-on activities you can do with things that are all around you!

Tilden Center

Extended Camp: Tilden Center

324765 6/18-6/29 9:00 am- 3:30 pm \$295

324766 7/2-7/13 9:00 am- 3:30 pm \$266

324767 7/16-7/27 9:00 am- 3:30 pm \$295

324768 7/30-8/3 9:00 am- 3:30 pm \$148

Fashion Runway

Ages 6-12: Are you a fashionista?

Instructor: Young Rembrandts

Wisconsin Place CC

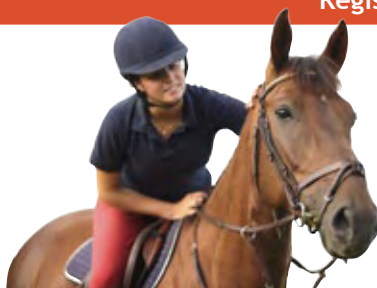
324883 7/9-7/13 9:00am-12:00pm \$175

North Bethesda MS

324887 7/23-7/27 9:00am-12:00pm \$175

Cashell ES

324883 7/23-7/27 9:00am-12:00pm \$175



Horseback Riding Camp

Ages 8-15 years: Children will ride twice a day 4 times per week, swim every day, and do various unmounted horse activities including leading horses, unsaddling, grooming, bathing, cleaning tack, plus general barn responsibilities.

Instructor: Camp Olympia

Camp Olympia

322976 6/18-6/22 9:15 am- 3:30 pm \$430

322977 6/25-6/29 9:15 am- 3:30 pm \$430

322978 7/2-7/6 9:15 am- 3:30 pm \$344

322979 7/30-8/3 9:15 am- 3:30 pm \$430

322980 8/13-8/17 9:15 am- 3:30 pm \$430

Sports & Horses & More

Ages 8 -14: Children will swim twice daily, horseback ride 4 times per week, play soccer, basketball, track and field, gymnastics, plus more in this exciting instructional program.

Instructor: Camp Olympia

Camp Olympia

322981 6/18-6/22 9:15 am- 3:30 pm \$335

322982 6/25-6/29 9:15 am- 3:30 pm \$335

322983 7/2-7/6 9:15 am- 3:30 pm \$271

322984 7/30-8/3 9:15 am- 3:30 pm \$335

322985 8/13-8/17 9:15 am- 3:30 pm \$335

On-the-Go

Ages 8-12: Campers who like to experience a different adventure each day will enjoy On the Go field trips!

Bells Mill Elementary School

Extended Camps: Bells Mill ES

324783 6/18-6/29 9:00 am- 3:30 pm \$355

324784 7/2-7/13 9:00 am- 3:30 pm \$320

324785 7/16-7/27 9:00 am- 3:30 pm \$355

324786 7/30-8/3 9:00 am- 3:30 pm \$178

Shady Grove Middle School

PM Extended Camps: Shady Grove MS

324787 6/18-6/29 9:00 am- 3:30 pm \$355

324788 7/2-7/13 9:00 am- 3:30 pm \$320

324789 7/16-7/27 9:00 am- 3:30 pm \$355

324790 7/30-8/3 9:00 am- 3:30 pm \$178

Wood Middle School

Extended camp: Wood MS

324779 6/18-6/29 9:00 am- 3:30 pm \$355

324780 7/2-7/13 9:00 am- 3:30 pm \$320

324781 7/16-7/27 9:00 am- 3:30 pm \$355

324782 7/30-8/3 9:00 am- 3:30 pm \$178

Aqua Sports Camp

Ages 7-11

Germantown Indoor Swim Center

322671 6/18-6/22 8:45 am- 4:00 pm \$245

322672 6/25-6/29 8:45 am- 4:00 pm \$245

322673 7/2-7/6 8:45 am- 4:00 pm \$245

322674 7/9-7/13 8:45 am- 4:00 pm \$245

322675 7/16-7/20 8:45 am- 4:00 pm \$245

322676 7/23-7/27 8:45 am- 4:00 pm \$245

322677 7/30-8/3 8:45 am- 4:00 pm \$245

322678 8/6-8/10 8:45 am- 4:00 pm \$245

322708 8/13-8/17 8:45 am- 4:00 pm \$245

Germantown Outdoor Pool

322669 8/20-8/24 8:45 am- 4:00 pm \$245

Martin Luther King Swim Center

322679 6/18-6/22 8:45 am- 4:00 pm \$245

322680 6/25-6/29 8:45 am- 4:00 pm \$245

322681 7/30-8/3 8:45 am- 4:00 pm \$245

322682 8/6-8/10 8:45 am- 4:00 pm \$245

Olney Swim Center

322662 6/18-6/22 8:45 am- 4:00 pm \$245

322663 6/25-6/29 8:45 am- 4:00 pm \$245

322664 7/2-7/6 8:45 am- 4:00 pm \$245

322665 7/9-7/13 8:45 am- 4:00 pm \$245

322666 7/16-7/20 8:45 am- 4:00 pm \$245

322667 7/23-7/27 8:45 am- 4:00 pm \$245

322668 7/30-8/3 8:45 am- 4:00 pm \$245

322670 8/6-8/10 8:45 am- 4:00 pm \$245

Ages 12-15

Water polo and introduction to Junior Lifeguarding skills.

Germantown Indoor Swim Center

322694 6/18-6/22 8:45 am- 4:00 pm \$245

322701 6/25-6/29 8:45 am- 4:00 pm \$245

322702 7/2-7/6 8:45 am- 4:00 pm \$245

322703 7/9-7/13 8:45 am- 4:00 pm \$245

322704 7/16-7/20 8:45 am- 4:00 pm \$245

322705 7/23-7/27 8:45 am- 4:00 pm \$245

322709 7/30-8/3 8:45 am- 4:00 pm \$245

322710 8/6-8/10 8:45 am- 4:00 pm \$245

322711 8/13-8/17 8:45 am- 4:00 pm \$245

Germantown Outdoor Pool

322693 8/20-8/24 8:45 am- 4:00 pm \$245

Martin Luther King Swim Center

322695 6/18-6/22 8:45 am- 4:00 pm \$245

322696 6/25-6/29 8:45 am- 4:00 pm \$245

322698 7/30-8/3 8:45 am- 4:00 pm \$245

322699 8/6-8/10 8:45 am- 4:00 pm \$245

Olney Swim Center

322686 6/18-6/22 8:45 am- 4:00 pm \$245

322687 6/25-6/29 8:45 am- 4:00 pm \$245

322688 7/2-7/6 8:45 am- 4:00 pm \$245

322689 7/9-7/13 8:45 am- 4:00 pm \$245

322690 7/16-7/20 8:45 am- 4:00 pm \$245

322691 7/23-7/27 8:45 am- 4:00 pm \$245

322692 7/30-8/3 8:45 am- 4:00 pm \$245

322697 8/6-8/10 8:45 am- 4:00 pm \$245





Aqua Sports Before Care

Child care before Aqua Sports Camp

Germantown Indoor Swim Center

322646	6/18-6/22	7:30 am- 8:45 am	\$25
322647	6/25-6/29	7:30 am- 8:45 am	\$25
322648	7/2-7/6	7:30 am- 8:45 am	\$25
322649	7/9-7/13	7:30 am- 8:45 am	\$25
322650	7/16-7/20	7:30 am- 8:45 am	\$25
322651	7/23-7/27	7:30 am- 8:45 am	\$25
322652	7/30-8/3	7:30 am- 8:45 am	\$25
322653	8/6-8/10	7:30 am- 8:45 am	\$25
322707	8/13-8/17	7:30 am- 8:45 am	\$25

Germantown Outdoor Pool

322645	8/20-8/24	7:30 am- 8:45 am	\$25
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Martin Luther King Swim Center

322654	6/18-6/22	7:30 am- 8:45 am	\$25
322655	6/25-6/29	7:30 am- 8:45 am	\$25
322656	7/30-8/3	7:30 am- 8:45 am	\$25
322657	8/6-8/10	7:30 am- 8:45 am	\$25

Olney Swim Center

322637	6/18-6/22	7:30 am- 8:45 am	\$25
322638	6/25-6/29	7:30 am- 8:45 am	\$25
322639	7/2-7/6	7:30 am- 8:45 am	\$25
322640	7/9-7/13	7:30 am- 8:45 am	\$25
322641	7/16-7/20	7:30 am- 8:45 am	\$25
322642	7/23-7/27	7:30 am- 8:45 am	\$25
322643	7/30-8/3	7:30 am- 8:45 am	\$25
322644	8/6-8/10	7:30 am- 8:45 am	\$25

Aqua Sports After Care

Child Care for After Aqua Sports Camp

Germantown Indoor Swim Center

322620	6/18-6/22	4:00 pm- 6:00 pm	\$25
322622	6/25-6/29	4:00 pm- 6:00 pm	\$25
322623	7/2-7/6	4:00 pm- 6:00 pm	\$25
322624	7/9-7/13	4:00 pm- 6:00 pm	\$25
322625	7/16-7/20	4:00 pm- 6:00 pm	\$25
322626	7/23-7/27	4:00 pm- 6:00 pm	\$25
322627	7/30-8/3	4:00 pm- 6:00 pm	\$25
322628	8/6-8/10	4:00 pm- 6:00 pm	\$25
322706	8/13-8/17	4:00 pm- 6:00 pm	\$25

Germantown Outdoor Pool

322619	8/20-8/24	4:00 pm- 6:00 pm	\$25
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Martin Luther King Swim Center

322629	6/18-6/22	4:00 pm- 6:00 pm	\$25
322630	6/25-6/29	4:00 pm- 6:00 pm	\$25
322631	7/30-8/3	4:00 pm- 6:00 pm	\$25
322632	8/6-8/10	4:00 pm- 6:00 pm	\$25

Olney Swim Center

322612	6/18-6/22	4:00 pm- 6:00 pm	\$25
322613	6/25-6/29	4:00 pm- 6:00 pm	\$25
322614	7/2-7/6	4:00 pm- 6:00 pm	\$25
322615	7/9-7/13	4:00 pm- 6:00 pm	\$25
322616	7/16-7/20	4:00 pm- 6:00 pm	\$25
322617	7/23-7/27	4:00 pm- 6:00 pm	\$25
322618	7/30-8/3	4:00 pm- 6:00 pm	\$25
322621	8/6-8/10	4:00 pm- 6:00 pm	\$25

Arts Camps

Cartooning

Ages 6-12: Along with some basic, fun cartooning you will learn to draw action, emotion, and movement while you complete the scenes around your characters.

Instructor: Young Rembrandts

Wisconsin Place Community Ctr

324893	6/25-6/29	9:00 am-12:00 pm	\$175
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Wow! Comic Book Cartooning

Ages 6-12: Pow! Bang! Wow! Along with some basic, fun cartooning you will learn to draw your own comic book superhero as well as Anime style heroes.

Instructor: Young Rembrandts

Cashell Elementary School

324882	7/16-7/20	9:00 am-12:00 pm	\$175
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North Bethesda Middle School

324878	6/25-6/29	9:00 am-12:00 pm	\$175
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Instrument Quest

Ages 7-12: Go with us under the musical 'C' and discover a new world of instruments including piano, guitar, violin, percussion and recorder.

Instructor: International School of Music

International School of Music

324523	7/16-7/20	9:00 am- 1:00 pm	\$340
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324524	7/23-7/27	9:00 am- 1:00 pm	\$340
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Art in the Park

Ages 5-10: You will create lots of cool artwork inspired by the great outdoors in this beautiful setting.

Instructor: Sandra Aresta

Norwood Local Park

323551	7/2-7/6	8:30 am- 3:30 pm	\$200
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Young Artist

Ages 6-8: Challenge your camper's creativity through daily arts and craft projects.

Kingsview Middle School

Extended Camp: Kingsview MS

324759	6/18-6/29	9:00 am- 3:30 pm	\$295
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324760	7/2-7/13	9:00 am- 3:30 pm	\$266
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324761	7/16-7/27	9:00 am- 3:30 pm	\$295
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324762	7/30-8/3	9:00 am- 3:30 pm	\$148
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Artrageously Artsy

Age 7-12 Campers complete intriguing art projects, each with a mathematical connection.

Instructor: Inc MathTree

Cashell Elementary School

322969	7/9-7/13	9:00 am-12:30 pm	\$200
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Matsunaga Elementary School

322968	6/25-6/29	9:00 am-12:30 pm	\$200
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North Bethesda Middle School

322970	7/16-7/20	9:00 am-12:30 pm	\$200
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Wayside Elementary School

322971	7/23-7/27	9:00 am-12:30 pm	\$200
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Art Destinations

Ages 8-15: It's like having an art store at your fingertips!

Instructor: Abigail Dion

Kingsview Middle School

322812	6/18-6/22	9:00 am- 3:30 pm	\$230
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322813	6/25-6/29	9:00 am- 3:30 pm	\$230
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322814	7/2-7/6	9:00 am- 3:30 pm	\$184
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322815	7/9-7/13	9:00 am- 3:30 pm	\$230
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322816	7/16-7/20	9:00 am- 3:30 pm	\$230
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322817	7/23-7/27	9:00 am- 3:30 pm	\$230
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Wood Middle School

322806	6/18-6/22	9:00 am- 3:30 pm	\$230
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322807	6/25-6/29	9:00 am- 3:30 pm	\$230
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322808	7/2-7/6	9:00 am- 3:30 pm	\$184
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322809	7/9-7/13	9:00 am- 3:30 pm	\$230
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322810	7/16-7/20	9:00 am- 3:30 pm	\$230
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322811	7/23-7/27	9:00 am- 3:30 pm	\$230
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Norwood Local Park

323532	7/9-7/13	9:00 am- 3:30 pm	\$230
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323534	7/16-7/20	9:00 am- 3:30 pm	\$230
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Imagine Dance Camp

Ages 5-8: Sparks joy and creativity in children as they use nature, art, music, poetry and stories as inspiration for dance.

Instructor: Valerie Durham

Shady Grove Middle School

323610	6/25-6/29	9:00 am-12:30 pm	\$135
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Sligo Ave. Neigh. Park

323611	7/9-7/13	9:00 am-12:30 pm	\$135
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Cashell Elementary School

324007	7/16-7/20	9:00 am-12:30 pm	\$135
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Norwood Local Park

323612	7/23-7/27	9:00 am-12:30 pm	\$135
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Musical Notions N' Motions

Ages 5-12: Here's something to sing about!

Instructor: Geiza Dourado

Golden School of Music

325629	6/18-6/29	9:00am - 3:30pm	\$399
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325630	7/2-7/13	9:00am - 3:30pm	\$359
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325631	7/16-7/27	9:00am - 3:30pm	\$399
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325632	7/30-8/10	9:00am - 3:30pm	\$399
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Break-into-Broadway

Ages 6-9: Here's a star-studded camp for boys and girls who love being in the limelight!

Rocky Hill Middle School

PM Extended Camps: Rocky Hill MS

324769	6/18-6/29	9:00 am- 3:30 pm	\$295
324770	7/2-7/13	9:00 am- 3:30 pm	\$266
324771	7/16-7/27	9:00 am- 3:30 pm	\$295
324772	7/30-8/3	9:00 am- 3:30 pm	\$148

DRAMATIC KIDS!

Ages 6-11: These young artists combine their theatrical and artistic know how in activities such as storytelling, character development, set design and costume design while learning about age appropriate social issues and character education topics.

Instructor: Pooja Chawla

North Bethesda Middle School

323521	7/2-7/6	9:00 am- 3:00 pm	\$215
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Wayside Elementary School

323522	7/9-7/13	9:00 am- 3:00 pm	\$265
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Norbeck-Muncaster Neigh Park

323523	7/16-7/20	9:00 am- 3:00 pm	\$265
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Damascus Community Center

323524	8/6-8/10	9:00 am- 3:00 pm	\$265
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Jane E. Lawton CC

323525	8/13-8/17	9:00 am- 3:00 pm	\$265
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Enchanted Musical Theater

Ages 7-12: Here's an exciting opportunity for aspiring musical theater artists.

Instructor: International School of Music

International School of Music

324579	8/6-8/17	9:30 am- 3:00 pm	\$476
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NEW Adventure Theatre's Musical Theatre Camp

Ages 8-12: Be a part of the musical theatre world in a camp complete with choreography, acting and singing!

Instructor: Adventure Theater

MCRD Offices

324057	8/13-8/24	9:00 am- 4:00 pm	\$500
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Creative Theatre

Ages 9-13: Leap into an unforgettable theatre experience that takes campers through the many stages of planning and producing a real stage production.

Kingsview Middle School

Extended Camp: Kingsview MS

324763	6/18-7/13	9:00 am- 3:30 pm	\$560
324764	7/16-8/3	9:00 am- 3:30 pm	\$443

Theatrical Teens!

Ages 11-15: An unique combination of theater and fine arts bound to keep you up on your feet and down on the ground with fun and laughter!

Instructor: Pooja Chawla

North Bethesda Middle School

323526	7/2-7/6	9:00 am- 3:00 pm	\$215
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Wayside Elementary School

323527	7/9-7/9	9:00 am- 3:00 pm	\$265
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Norbeck-Muncaster Neigh Park

323528	7/16-7/20	9:00 am- 3:00 pm	\$265
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Damascus Community Center

323529	8/6-8/10	9:00 am- 3:00 pm	\$265
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Jane E. Lawton CC

323539	8/13-8/17	9:00 am- 3:00 pm	\$265
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Outdoor Camps

Explorer

Ages 9-13: Experience nature!

Tilden Woods Local Park

324562	6/18-6/29	9:00 am- 3:30 pm	\$305
324563	7/2-7/13	9:00 am- 3:30 pm	\$275
324564	7/16-7/27	9:00 am- 3:30 pm	\$305
324565	7/30-8/3	9:00 am- 3:30 pm	\$153

Explorer Extended Camp

Ages 9-13: This afternoon extended camp is offered to the participants of the Explorer Camp. Campers will engage in enjoyable activities to continue the fun as they cool down from a busy day at Explorer.

Tilden Woods Local Park

324566	6/18-6/29	3:30 pm- 6:00 pm	\$90
324567	7/2-7/13	3:30 pm- 6:00 pm	\$81
324568	7/16-7/27	3:30 pm- 6:00 pm	\$90
324569	7/30-8/3	3:30 pm- 6:00 pm	\$45

Hidden Spring

Ages 9-13: One big adventure waiting to happen!

Rock Creek Regional Park

324714	6/18-6/29	9:00 am- 4:00 pm	\$310
324715	7/2-7/13	9:00 am- 4:00 pm	\$280
324716	7/16-7/27	9:00 am- 4:00 pm	\$310
324717	7/30-8/3	9:00 am- 4:00 pm	\$158

Seneca Creek

Ages 9-13: Seneca Creek is a terrific camp with a boat load of traditions!

Camp Seneca Local Park

324706	6/18-6/29	9:00 am- 3:30 pm	\$400
324707	7/2-7/13	9:00 am- 3:30 pm	\$360
324708	7/16-7/27	9:00 am- 3:30 pm	\$400
324709	7/30-8/10	9:00 am- 3:30 pm	\$400

Seneca Creek Extended Camp

Camp Seneca Local Park

324710	6/18-6/29	3:30 pm- 6:00 pm	\$90
324711	7/2-7/13	3:30 pm- 6:00 pm	\$82
324712	7/16-7/27	3:30 pm- 6:00 pm	\$90
324713	7/30-8/10	3:30 pm- 6:00 pm	\$90



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Multi Interest Camps

Breezy Hollow

You'll have cool summer fun in Breezy Hollow; a special place for a special time.

Bells Mill Elementary School

Extended Camp: Bells Mill ES

324511	6/18-6/29	9:00 am- 3:30 pm	\$295
324512	7/2-7/13	9:00 am- 3:30 pm	\$266
324513	7/16-7/27	9:00 am- 3:30 pm	\$295
324514	7/30-8/3	9:00 am- 3:30 pm	\$148

Little Creek

The fun 'flows' at Little Creek. Jump into the endless stream of exciting activities!

Tilden Center

Extended Camp: Tilden Center

324489	6/18-6/29	9:00 am- 3:30 pm	\$295
324490	7/2-7/13	9:00 am- 3:30 pm	\$266
324491	7/16-7/27	9:00 am- 3:30 pm	\$295
324492	7/30-8/3	9:00 am- 3:30 pm	\$148

Patowmack

A historical name means a 'river' of fun! Come ride the rapids of creative activities.

Potomac Community Center

Extended Camp: Potomac CC

324481	6/18-6/29	9:00 am- 3:30 pm	\$295
324482	7/2-7/13	9:00 am- 3:30 pm	\$266
324483	7/16-7/27	9:00 am- 3:30 pm	\$295
324484	7/30-8/3	9:00 am- 3:30 pm	\$148

Woodland

A land of creative fun, friendships, imagination and play - Woodland at Barnsley! Morning and afternoon extended care is available at Wood Middle School.

Barnsley, Lucy Elementary School

Extended Camp: Wood MS

324525	6/18-6/29	9:00 am- 3:30 pm	\$295
324526	7/2-7/13	9:00 am- 3:30 pm	\$266
324527	7/16-7/27	9:00 am- 3:30 pm	\$295
324528	7/30-8/3	9:00 am- 3:30 pm	\$148

Challenger Space & Rocketry

Grades K-6: A Couch Doug camp that combines sports, space science and astronomy with a focus on team building and you get - Challenger!

Instructor: Coach Doug Academy, Inc.

Pyle, Thomas W. Middle School

322855	6/18-6/22	9:00 am- 3:30 pm	\$195
324357	6/25-6/29	9:00 am- 3:30 pm	\$195
324364	7/2-7/6	9:00 am- 3:30 pm	\$156
324359	7/9-7/13	9:00 am- 3:30 pm	\$195
324360	7/16-7/20	9:00 am- 3:30 pm	\$195
324361	7/23-7/27	9:00 am- 3:30 pm	\$195
324362	7/30-8/3	9:00 am- 3:30 pm	\$195

Kids, Keys 'n Sports

Ages 8-12: Wow! A Couch Doug camp that exercises your child's body as well as his/her mind!

Instructor: Coach Doug Academy, Inc.

Pyle, Thomas W. Middle School

322887	6/18-6/22	9:00 am- 3:30 pm	\$195
324580	6/25-6/29	9:00 am- 3:30 pm	\$195
324581	7/2-7/6	9:00 am- 3:30 pm	\$156
324582	7/9-7/13	9:00 am- 3:30 pm	\$195
324583	7/16-7/20	9:00 am- 3:30 pm	\$195
324584	7/23-7/27	9:00 am- 3:30 pm	\$195
324586	7/30-8/3	9:00 am- 3:30 pm	\$195

Challenger Space & Rocketry/Kids Keys n Sports Extended

Ages 5-12: Challenger Space Rocketry and Kids, Keys 'n Sports participants only.

Instructor: Coach Doug Academy, Inc.

Pyle, Thomas W. Middle School

322863	6/18-6/22	7:00 am- 9:00 am	\$26
324554	6/18-6/22	3:30 pm- 6:00 pm	\$32
324537	6/25-6/29	7:00 am- 9:00 am	\$26
324555	6/25-6/29	3:30 pm- 6:00 pm	\$32
324538	7/2-7/6	7:00 am- 9:00 am	\$21
324556	7/2-7/6	3:30 pm- 6:00 pm	\$21
324549	7/9-7/13	7:00 am- 9:00 am	\$26
324557	7/9-7/13	3:30 pm- 6:00 pm	\$32
324550	7/16-7/20	7:00 am- 9:00 am	\$26
324558	7/16-7/20	3:30 pm- 6:00 pm	\$32
324551	7/23-7/27	7:00 am- 9:00 am	\$26
324559	7/23-7/27	3:30 pm- 6:00 pm	\$32
324552	7/30-8/3	7:00 am- 9:00 am	\$26
324561	7/30-8/3	3:30 pm- 6:00 pm	\$32



Club Holiday Endless Summer

Ages 3-12: Here's an exciting opportunity to enjoy age appropriate sports, games, arts & crafts and more in this supercharged environment.

Instructor: Coach Doug Academy, Inc.

Bauer Drive Community Center

322879	8/20-8/24	9:30 am- 3:30 pm	\$180
322880	8/20-8/24	9:30 am-12:30 pm	\$95

Clara Barton Community Center

324587	8/6-8/10	9:30 am- 3:30 pm	\$180
324588	8/6-8/10	9:30 am-12:30 pm	\$95

Potomac Community Center

322881	8/13-8/17	9:30 am- 3:30 pm	\$180
322882	8/13-8/17	9:30 am-12:30 pm	\$95

Club Holiday Extended Day

Instructor: Coach Doug Academy, Inc.

Bauer Drive Community Center

322883	8/20-8/24	7:30 am- 9:30 am	\$26
322884	8/20-8/24	3:30 pm- 6:00 pm	\$32

Clara Barton Community Center

324606	8/6-8/10	7:30 am- 9:30 am	\$26
324623	8/6-8/10	3:30 pm- 6:00 pm	\$32

Potomac Community Center

322885	8/13-8/17	7:30 am- 9:30 am	\$26
322886	8/13-8/17	3:30 pm- 6:00 pm	\$32



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Sports Camps

i9 Sports Camp

Ages 6-12: i9 Sports NW Montgomery offers a safe, fun and organized multi sport day camp.

Instructor: Greg Rutland i-9 Sports

Churchill High School

324858 6/18-6/22 9:00 am- 3:30 pm \$210

Darnestown Elementary School

324866 7/16-7/20 9:00 am- 3:30 pm \$210

Damascus Community Center

324865 8/6-8/10 9:00 am- 3:30 pm \$210

MD Sports Multi Sport Camp

Ages 6-14: This MD Sports camp program is creative and fun.

Instructor: Jazz Perazic's MD Sports

Walter Johnson HS

324976 6/18-6/22 9:00 am- 4:00 pm \$250

324977 6/25-6/29 9:00 am- 4:00 pm \$250

324979 7/9-7/13 9:00 am- 4:00 pm \$250

Total Sports Camp

Ages 7-14: During this fun, fast moving week of camp 'Total Sports' we will teach our campers game situation fundamentals, increase sports participation self confidence, and send each camper home with a huge smile on their face!

Instructor: Rich Sandler

Germantown Community Center

324886 8/20-8/24 9:00 am- 4:00 pm \$210

Football Clinic

Ages 7-14: Coaches use a variety of defensive and offensive drills to introduce and expand on the basics of tackle football.

Instructor: Bob Windsor

White Oak Middle School

324990 6/25-6/29 8:30 am- 3:30 pm \$201

Karate Clinics

Ages 6-12: Diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels.

Instructor: TKA, Inc.

Loiederman Middle School

323006 6/18-6/21 9:00 am-11:30 am \$51

323007 6/25-6/28 9:00 am-11:30 am \$51

Volleyball Clinics Mid-Atlantic

Ages 11-14: Geared to all ability levels, here is a fun and competitive program for middle school students to learn the skills and strategies of the game from experienced coaches.

Instructor: Volleyball Mid Atlantic

Gaithersburg Middle School

323957 6/25-6/29 9:00 am-12:00 pm \$125

Wisconsin Place Community Ctr

323958 7/23-7/27 9:00 am-12:00 pm \$125

Total Golf Adventures

Ages 5-12: Kids can get a grip on this wonderful lifetime sport in an extremely fun and non-competitive environment.

Instructor: Total Golf Adventures

Germantown Community Center

324577 8/13-8/17 9:30 am-11:30 am \$175

324578 8/13-8/17 1:00 pm- 3:00 pm \$175

The Ultimate Boxing and Boot Camp-Youth

Ages 7-15: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination.

Instructor: Larry Johnson

Jane E. Lawton CC

324757 8/13-8/16 10:00 am- 1:00 pm \$150

Upper County Community Center

324758 8/6-8/9 10:00 am- 1:00 pm \$150

Challenger Sports British Soccer - Minisoccer

Ages 5-6: Fun games, competitions and skill-building activities are designed to enlighten and develop budding players.

Instructor: Challenger Sports Soccer

Falls Road Local Park

322845 6/18-6/22 10:30 am-12:00 pm \$128

322843 7/16-7/20 10:30 am-12:00 pm \$128

Farquhar, William Middle School

322844 6/25-6/29 10:30 am-12:00 pm \$128

Meadowbrook Local Park

323487 7/9-7/13 10:30 am-12:00 pm \$128

Darnestown Local Park

322846 7/23-7/27 10:30 am-12:00 pm \$128

Challenger Sports British Soccer

Ages 6-14: This innovative approach to coaching youth soccer identifies key techniques and skills the players will work on and master to reach their true potential.

Instructor: Challenger Sports Soccer

Falls Road Local Park

322831 6/18-6/22 9:00 am- 4:00 pm \$250

322832 6/18-6/22 9:00 am-12:00 pm \$179

322834 7/16-7/20 9:00 am- 4:00 pm \$250

322837 7/16-7/20 9:00 am-12:00 pm \$179

Farquhar, William Middle School

322833 6/25-6/29 9:00 am- 4:00 pm \$250

322836 6/25-6/29 9:00 am-12:00 pm \$179

Meadowbrook Local Park

323484 7/9-7/13 9:00 am- 4:00 pm \$250

323485 7/9-7/13 9:00 am-12:00 pm \$179

Darnestown Local Park

322835 7/23-7/27 9:00 am- 4:00 pm \$250

322838 7/23-7/27 9:00 am-12:00 pm \$179

UK Elite Soccer Half Day Clinic

Ages 5-14: Welcome to a fun environment which stimulates learning, developing, practicing and polishing soccer skills. UK Elite Soccer's international STEPS2Success' curriculum provides children with age specific training based on the use of maximum activity and highly stimulating practices and games.

Instructor: U.K. Elite Soccer

Burning Tree Elementary School

322949 6/25-6/29 9:00 am-12:00 pm \$175

322951 7/9-7/13 9:00 am-12:00 pm \$175

323270 7/30-8/3 9:00 am-12:00 pm \$175

Damascus Community Center

322953 7/16-7/20 9:00 am-12:00 pm \$175

Damascus Recreational Park

324875 8/13-8/17 9:00 am-12:00 pm \$175





UK Elite Soccer Full Day Camp

Ages 7-14: Same great program only longer!

Instructor: U.K. Elite Soccer

Burning Tree Elementary School

322929 6/25-6/29 9:00 am- 3:00 pm \$240

322933 7/9-7/13 9:00 am- 3:00 pm \$240

323277 7/30-8/3 9:00 am- 3:00 pm \$240

Damascus Community Center

322930 7/16-7/20 9:00 am- 3:00 pm \$240

Damascus Recreational Park

324874 8/13-8/1 9:00 am- 3:00 pm \$240

Darnestown Local Park

322932 7/2-7/6 9:00 am- 3:00 pm \$240

Gwendolyn Coffield CC

323275 7/16-7/20 9:00 am- 3:00 pm \$240

323278 8/6-8/10 9:00 am- 3:00 pm \$240

Wood Acres Elementary School

322931 6/18-6/22 9:00 am- 3:00 pm \$240

323276 7/23-7/27 9:00 am- 3:00 pm \$240

MD Sports Summer Basketball Clinic

Ages 6-17: Join us for an exciting sports experience where fun and learning never stop.

Instructor: Jazz Perazic's MD Sports

Bethesda-Chevy Chase HS

323008 6/18-6/22 9:00 am- 4:00 pm \$250

323009 6/25-6/29 9:00 am- 4:00 pm \$250

323010 7/2-7/6 9:00 am- 4:00 pm \$205

323011 7/9-7/13 9:00 am- 4:00 pm \$250

323012 7/16-7/20 9:00 am- 4:00 pm \$250

323013 7/23-7/27 9:00 am- 4:00 pm \$250

Bethesda Elementary School

323014 7/30-8/3 9:00 am- 4:00 pm \$250

Washington Wizards & Mystics Youth Basketball Camp

Ages 8-17: Campers will learn proper techniques on various skills such as: ball-handling, passing, shooting, rebounding, defense, and team concepts.

Instructor: Washington Mystics

North Bethesda Middle School

322962 7/23-7/27 9:00 am- 4:00 pm \$345

Wisconsin Place Community Ctr

322963 8/13-8/17 9:00 am- 4:00 pm \$345

One-on-One Basketball Clinic

Ages 9-16: Clinics are directed by enthusiastic and experienced coaches, and boys and girls of all ability levels are welcome. Each weekly clinic will highlight

Instructor: One on One Basketball

Kingsview Middle School

323543 6/18-6/22 3:45 pm- 5:45 pm \$103

323544 6/25-6/29 3:45 pm- 5:45 pm \$103

323545 7/2-7/6 3:45 pm- 5:45 pm \$83

323546 7/9-7/13 3:45 pm- 5:45 pm \$103

White Oak Middle School

323540 7/16-7/20 3:30 pm- 5:30 pm \$103

323541 7/23-7/27 3:30 pm- 5:30 pm \$103

323542 7/30-8/3 3:30 pm- 5:30 pm \$103

Fencing School

Ages 7-16: Introduction to fencing.

Instructor: Gitty Mohebban

Garrett Park ES

323510 6/18-6/29 3:45 pm- 5:45 pm \$161

323511 7/2-7/13 3:45 pm- 5:45 pm \$145

323512 7/16-7/27 3:45 pm- 5:45 pm \$161

McAuliffe, S. Christa ES

323507 6/18-6/29 10:00 am-12:00 pm \$161

323508 7/2-7/13 10:00 am-12:00 pm \$145

323509 7/16-7/27 10:00 am-12:00 pm \$161

Fencing School Special Session

Ages 7-16: Camp is geared to students who have a strong commitment to physical fitness and skill building with an instructor who is a former Olympian, who requires discipline from the participants.

Instructor: Gitty Mohebban

Garrett Park ES

323515 7/30-8/3 3:00 pm- 5:00 pm \$81

McAuliffe, S. Christa ES

323514 7/30-8/3 10:00 am-12:00 pm \$81

Baton, Cheerleading and Poms for Summer

Ages 7-11: Highlights the spirit of teamwork and friendly competition.

Instructor: Julianna Duda

Kingsview Middle School

326092 7/23-7/27 9:00am - 3:30pm \$145

Germantown Community Center

326093 8/6-8/10 9:00am- 3:00pm \$140

All Stars

Ages 8-12: Play hard. Find the fun. Shine like a star. Everyone's a winner at All Stars!

Tilden Center

324692 6/18-6/29 9:00 am- 3:30 pm \$295

324693 7/2-7/13 9:00 am- 3:30 pm \$266

324694 7/16-7/27 9:00 am- 3:30 pm \$295

324695 7/30-8/3 9:00 am- 3:30 pm \$148

Third Quarter

Ages 8-12: Time to turn it up with a winning game plan for fun! It's all decided in the Third Quarter.

Potomac Community Center

324680 6/18-6/29 9:00 am- 3:30 pm \$295

324681 7/2-7/13 9:00 am- 3:30 pm \$266

324682 7/16-7/27 9:00 am- 3:30 pm \$295

324683 7/30-8/3 9:00 am- 3:30 pm \$148

Microstars

Ages 5-8: Wanted: Kids of all ability levels who love sports. Here is a camp that introduces campers to the fundamentals of sports such as T-ball, flag football, basketball, soccer, gym hockey, and many more!

Kingsview Middle School

324696 6/18-6/29 9:00 am- 3:30 pm \$295

324697 7/2-7/13 9:00 am- 3:30 pm \$266

324699 7/30-8/3 9:00 am- 3:30 pm \$148

Rocky Hill Middle School

324698 7/16-7/27 9:00 am- 3:30 pm \$295

Sports Etc.

Ages 5-8: Wanted: Kids of all ability levels who love sports.

Potomac Elementary School

324657 6/18-6/29 9:00 am- 3:30 pm \$295

324658 7/2-7/13 9:00 am- 3:30 pm \$266

324659 7/16-7/27 9:00 am- 3:30 pm \$295

324660 7/30-8/3 9:00 am- 3:30 pm \$148

Sports Express

Ages 6 -12: The fast way to sports excitement - from street hockey to soccer - it's a great ride.

Wood Middle School

324674 6/18-6/29 9:00 am- 3:30 pm \$295

324675 7/2-7/13 9:00 am- 3:30 pm \$266

324676 7/16-7/27 9:00 am- 3:30 pm \$295

324677 7/30-8/3 9:00 am- 3:30 pm \$148

Have your kids spend the summer in the best programs around.

Cool Ventures

Fun and energetic experiences await

Ages 5-12

Rocky Hill Middle School

324607	6/18-6/29	8:00 am- 6:00 pm	\$250
324608	7/2-7/13	8:00 am- 6:00 pm	\$225
324609	7/16-7/27	8:00 am- 6:00 pm	\$250
324610	7/30-8/3	8:00 am- 6:00 pm	\$125

Pilgrim Hills Local Park

323581	6/18-6/29	8:00 am- 6:00 pm	\$250
323582	7/2-7/13	8:00 am- 6:00 pm	\$225
323583	7/16-7/27	8:00 am- 6:00 pm	\$250
323584	7/30-8/3	8:00 am- 6:00 pm	\$125

Loiederman Middle School

324615	6/18-6/29	8:00 am- 6:00 pm	\$250
324616	7/2-7/13	8:00 am- 6:00 pm	\$225
324617	7/16-7/27	8:00 am- 6:00 pm	\$250
324618	7/30-8/3	8:00 am- 6:00 pm	\$125

Shady Grove Middle School

324598	6/18-6/29	8:00 am- 6:00 pm	\$250
324599	7/2-7/13	8:00 am- 6:00 pm	\$225
324600	7/16-7/27	8:00 am- 6:00 pm	\$250
324601	7/30-8/3	8:00 am- 6:00 pm	\$125

Wayside Elementary School

324590	6/18-6/29	8:00 am- 6:00 pm	\$250
324591	7/2-7/13	8:00 am- 6:00 pm	\$225
324592	7/16-7/27	8:00 am- 6:00 pm	\$250
324593	7/30-8/3	8:00 am- 6:00 pm	\$125

Therapeutic Recreation Camps

Camp Little Pines

Ages 5-8. Children with learning disabilities, ADD/ADHD and/or mild behavior disabilities. Creative games, dance movements and swimming keep campers active.

Parkland Middle School

324380	6/18-6/29	9:00 am- 3:30 pm	\$260
324381	7/2-7/13	9:00 am- 3:30 pm	\$234
324382	7/16-7/27	9:00 am- 3:30 pm	\$260
324383	7/30-8/3	9:00 am- 3:30 pm	\$130

Camp Big Pines

Ages 9-12. Youth with learning disabilities, ADD/ADHD and/or mild behavior disabilities. Sports, outdoor games, and swimming keep campers active.

Parkland Middle School

324373	6/18-6/29	9:00 am- 3:30 pm	\$260
324374	7/2-7/13	9:00 am- 3:30 pm	\$234
324375	7/16-7/27	9:00 am- 3:30 pm	\$260
324376	7/30-8/3	9:00 am- 3:30 pm	\$130

Little & Big Pines Van Transportation

AM ONLY van transportation for Little Pines and Big Pines. Space is limited to 12.

Germantown Community Center

324889	6/18-6/29	8:30 am- 9:00 am	\$50
324890	7/2-7/13	8:30 am- 9:00 am	\$45
324891	7/16-7/27	8:30 am- 9:00 am	\$50
324892	7/30-8/3	8:30 am- 9:00 am	\$25

Camp Apollo

Ages 6-12. Children within the autism spectrum. Campers experience community trips that include swimming, nature centers and stream hikes.

Rock Terrace High School

324371	7/2-7/13	12:30 pm- 5:00 pm	\$171
324372	7/16-7/27	12:30 pm- 5:00 pm	\$190

Camp Achilles

Ages 13-21; teens with autism. This camp continues the fun summer experience of Camp Apollo including swimming, crafts, games, and trips into the community.

Rock Terrace High School

324369	7/2-7/13	12:30 pm- 5:00 pm	\$171
324370	7/16-7/27	12:30 pm- 5:00 pm	\$190

Camp Chesapeake

Ages 13-21; teens with developmental disabilities. This daily travel camp offers trips to regional park and recreation facilities, swimming, and canoeing.

MCRD Offices

324377	6/18-6/22	9:00 am- 4:00 pm	\$125
324378	6/25-6/29	9:00 am- 4:00 pm	\$125
324379	7/30-8/3	9:00 am- 4:00 pm	\$125

Camp Personal Pursuits

Ages 13-21; Teens/Adults with developmental disabilities. This camp offers activities and trips that enhance both socialization and recreational opportunities. Activities include games, crafts,

Rock Terrace High School

324384	7/2-7/13	12:30 pm- 5:00 pm	\$171
324385	7/16-7/27	12:30 pm- 5:00 pm	\$190

TR Summer Teen Center

Ages 13-21: Active, independent teens with developmental disabilities. This camp offers activities to enhance social skills and self-esteem and promote independence and skills for life. Games, crafts, swimming, wellness activities, local field trips and special events featured.

Parkland Middle School

324387	7/2-7/6	9:00 am- 3:30 pm	\$92
324388	7/9-7/13	9:00 am- 3:30 pm	\$115
324389	7/16-7/20	9:00 am- 3:30 pm	\$115
324390	7/23-7/27	9:00 am- 3:30 pm	\$115

Camp Project Discovery

Ages 5-18; Youth/teens with physical disabilities. Co-sponsored with Montgomery County Public Schools (MCPS). Program has MCR registration fee plus MCPS tuition fee; call 301-657-4959 to register.

Forest Knolls Elementary School

324386	7/2-7/27	9:30 am- 1:00 pm	\$250
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Summer Fun Centers

Area I

Bauer Drive Community Center
323714 6/25-8/3 8:00 am- 6:00 pm \$350
Clara Barton Community Center
323718 6/25-8/3 8:00 am- 6:00 pm \$350
Damascus Community Center
323725 6/25-8/3 8:00 am- 6:00 pm \$350
Flower Hill Elementary School
323724 6/25-8/3 8:00 am- 6:00 pm \$350
Sally K Ride Elementary School
323715 6/25-8/3 8:00 am- 6:00 pm \$350
Poole, John Middle School
324807 6/25-8/3 8:00 am- 6:00 pm \$350
Upper County Community Center
323716 6/25-8/3 8:00 am- 6:00 pm \$350

Area II

Ashburton Elementary School
323726 6/25-8/3 8:00 am- 6:00 pm \$350
Meadowbrook Park
323717 6/25-8/3 8:00 am- 6:00 pm \$350
Long Branch Community Center
323712 6/25-8/3 8:00 am- 6:00 pm \$350

Area III

East County Community Center
323720 6/25-8/3 8:00 am- 6:00 pm \$350
Good Hope Community Center
323723 6/25-8/3 8:00 am- 6:00 pm \$350
Gwendolyn Coffield CC
323722 6/25-8/3 8:00 am- 6:00 pm \$350
Rock View Elementary School
323711 6/25-8/3 8:00 am- 6:00 pm \$350
Longwood Community Center
323708 6/25-8/3 8:00 am- 6:00 pm \$350
Marilyn J. Praisner CC
323721 6/25-8/3 8:00 am- 6:00 pm \$350
Mid County Community Center
323707 6/25-8/3 8:00 am- 6:00 pm \$350
Ross Boddy Community Center
323713 6/25-8/3 8:00 am- 6:00 pm \$350
Sequoyah Elementary School
323727 6/25-8/3 8:00 am- 6:00 pm \$350
Sligo-Dennis Ave. Local Pk
323710 6/25-8/3 8:00 am- 6:00 pm \$350
Westover Elementary School
323719 6/25-8/3 8:00 am- 6:00 pm \$350
White Oak Community Center
323916 6/25-8/3 8:00 am- 6:00 pm \$350

Teen Service Learning Opportunities

Summer Leadership Challenge (SLC)

SLC is a service learning program for teens who enjoy helping children learn and have fun in a safe environment.

Ashburton Elementary School
323290 6/25-7/6 9:00 am- 4:00 pm \$180
323291 7/9-7/20 9:00 am- 4:00 pm \$200
323292 7/23-8/3 9:00 am- 4:00 pm \$200
Damascus Community Center
323314 6/25-7/6 9:00 am- 4:00 pm \$180
323315 7/9-7/20 9:00 am- 4:00 pm \$200
323316 7/23-8/3 9:00 am- 4:00 pm \$200
Shady Grove Middle School
323310 6/25-7/6 9:00 am- 4:00 pm \$180
323311 7/9-7/20 9:00 am- 4:00 pm \$200
323312 7/23-8/3 9:00 am- 4:00 pm \$200
Gwendolyn Coffield CC
323294 6/25-7/6 9:00 am- 4:00 pm \$180
323295 7/9-7/20 9:00 am- 4:00 pm \$200
323296 7/23-8/3 9:00 am- 4:00 pm \$200
Loiederman Middle School
323282 6/25-7/6 9:00 am- 4:00 pm \$180
323283 7/9-7/20 9:00 am- 4:00 pm \$200
323284 7/23-8/3 9:00 am- 4:00 pm \$200
Marilyn J. Praisner CC
323298 6/25-7/6 9:00 am- 4:00 pm \$180
323299 7/9-7/20 9:00 am- 4:00 pm \$200
323300 7/23-8/3 9:00 am- 4:00 pm \$200
Mid County Community Center
323306 6/25-7/6 9:00 am- 4:00 pm \$180
323307 7/9-7/20 9:00 am- 4:00 pm \$200
323308 7/23-8/3 9:00 am- 4:00 pm \$200
Sally Ride Elementary School
323319 7/9-7/20 9:00 am- 4:00 pm \$200
323320 7/23-8/3 9:00 am- 4:00 pm \$200
Sequoyah Elementary School
323302 6/25-7/6 9:00 am- 4:00 pm \$180
323303 7/9-7/20 9:00 am- 4:00 pm \$200
323304 7/23-8/3 9:00 am- 4:00 pm \$200

Junior Counselor Leadership Training

The Junior Counselor Training is a great opportunity for returning volunteers to build on their experiences from the previous summer and get ready for a new summer of leadership and fun.

Bauer Drive Community Center
323462 4/28 10:30 am-12:30 pm
323463 4/28 1:00 pm- 3:00 pm
Germantown Community Center
323464 5/19 9:00 am-11:00 am
323465 5/19 1:00 pm- 3:00 pm

JrC-Little People Centers

Ages 14-16

Jane E. Lawton CC
323332 6/18-6/29 9:00 am- 1:00 pm \$100
323333 7/2-7/13 9:00 am- 1:00 pm \$90
323334 7/16-7/27 9:00 am- 1:00 pm \$100
323335 7/30-8/3 9:00 am- 1:00 pm \$50
Longwood Community Center
323339 6/18-6/29 9:00 am- 1:00 pm \$100
323340 7/2-7/13 9:00 am- 1:00 pm \$90
323341 7/16-7/27 9:00 am- 1:00 pm \$100
323342 7/30-8/3 9:00 am- 1:00 pm \$50
White Oak Community Center
323329 6/18-6/29 9:00 am- 1:00 pm \$100
323330 7/2-7/13 9:00 am- 1:00 pm \$90
323331 7/16-7/27 9:00 am- 1:00 pm \$100
323373 7/30-8/3 9:00 am- 1:00 pm \$50

JrC-Sports Camps

Ages 14-16

All Stars

Tilden Center
323617 6/18-6/29 9:00 am- 3:30 pm \$100
323618 7/2-7/13 9:00 am- 3:30 pm \$90
323619 7/16-7/27 9:00 am- 3:30 pm \$100
323620 7/30-8/3 9:00 am- 3:30 pm \$50

Sports Etc.

Potomac Elementary School
323625 6/18-6/29 9:00 am- 3:30 pm \$100
323626 7/2-7/13 9:00 am- 3:30 pm \$90
323627 7/16-7/27 9:00 am- 3:30 pm \$100
323628 7/30-8/3 9:00 am- 3:30 pm \$50

JrC-Cool Ventures

Ages 14-16

Pilgrim Hills Local Park
323603 7/2-7/13 9:00 am- 4:00 pm \$90
323604 7/16-7/27 9:00 am- 4:00 pm \$100
323605 7/30-8/3 9:00 am- 4:00 pm \$50





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JrC-Summer Fun Centers

Ages 14-16

Ashburton Elementary School				
323386	6/25-7/6	8:00 am- 4:00 pm	\$90	
323387	7/9-7/20	8:00 am- 4:00 pm	\$100	
323388	7/23-8/3	8:00 am- 4:00 pm	\$100	
Bauer Drive Community Center				
323346	6/25-7/6	8:00 am- 4:00 pm	\$90	
323347	7/9-7/20	8:00 am- 4:00 pm	\$100	
323348	7/23-8/3	8:00 am- 4:00 pm	\$100	
Clara Barton Community Center				
323349	6/25-7/6	8:00 am- 4:00 pm	\$90	
323350	7/9-7/20	8:00 am- 4:00 pm	\$100	
323351	7/23-8/3	8:00 am- 4:00 pm	\$100	
Meadowbrook Park				
323389	6/25-7/6	8:00 am- 4:00 pm	\$90	
323390	7/9-7/20	8:00 am- 4:00 pm	\$100	
323391	7/23-8/3	8:00 am- 4:00 pm	\$100	
Damascus Community Center				
323355	6/25-7/6	8:00 am- 4:00 pm	\$90	
323356	7/9-7/20	8:00 am- 4:00 pm	\$100	
323357	7/23-8/3	8:00 am- 4:00 pm	\$100	
East County Community Center				
323358	6/25-7/6	8:00 am- 4:00 pm	\$90	
323359	7/9-7/20	8:00 am- 4:00 pm	\$100	
323360	7/23-8/3	8:00 am- 4:00 pm	\$100	
Gwendolyn Coffield CC				
323352	6/25-7/6	8:00 am- 4:00 pm	\$90	
323353	7/9-7/20	8:00 am- 4:00 pm	\$100	
323354	7/23-8/3	8:00 am- 4:00 pm	\$100	
Good Hope Community Center				
323364	6/25-7/6	8:00 am- 4:00 pm	\$90	
323365	7/9-7/20	8:00 am- 4:00 pm	\$100	
323366	7/23-8/3	8:00 am- 4:00 pm	\$100	
Rock View Elementary School				
326435	6/25-7/6	8:00 am- 4:00 pm	\$90	
326437	7/9-7/20	8:00 am- 4:00 pm	\$100	
326438	7/23-8/3	8:00 am- 4:00 pm	\$100	
Ross Boddy Community Center				
323383	6/25-7/6	8:00 am- 4:00 pm	\$90	
323384	7/9-7/20	8:00 am- 4:00 pm	\$100	
323385	7/23-8/3	8:00 am- 4:00 pm	\$100	

Long Branch Community Center				
323367	6/25-7/6	8:00 am- 4:00 pm	\$90	
323368	7/9-7/20	8:00 am- 4:00 pm	\$100	
323369	7/23-8/3	8:00 am- 4:00 pm	\$100	
Longwood Community Center				
323370	6/25-7/6	8:00 am- 4:00 pm	\$90	
323371	7/9-7/20	8:00 am- 4:00 pm	\$100	
323372	7/23-8/3	8:00 am- 4:00 pm	\$100	
Westover Elementary School				
323406	6/25-7/6	8:00 am- 4:00 pm	\$90	
323407	7/9-7/20	8:00 am- 4:00 pm	\$100	
323408	7/23-8/3	8:00 am- 4:00 pm	\$100	
Marilyn J. Praisner CC				
323377	6/25-7/6	8:00 am- 4:00 pm	\$90	
323378	7/9-7/20	8:00 am- 4:00 pm	\$100	
323379	7/23-8/3	8:00 am- 4:00 pm	\$100	
Mid County Community Center				
323374	6/25-7/6	8:00 am- 4:00 pm	\$90	
323375	7/9-7/20	8:00 am- 4:00 pm	\$100	
323376	7/23-8/3	8:00 am- 4:00 pm	\$100	
Flower Hill Elementary School				
323403	6/25-7/6	8:00 am- 4:00 pm	\$90	
323404	7/9-7/20	8:00 am- 4:00 pm	\$100	
323405	7/23-8/3	8:00 am- 4:00 pm	\$100	
William Gibbs Elementary School				
323392	6/25-7/6	8:00 am- 4:00 pm	\$90	
323393	7/9-7/20	8:00 am- 4:00 pm	\$100	
323394	7/23-8/3	8:00 am- 4:00 pm	\$100	

Sligo-Dennis Ave. Local Pk				
323398	6/25-7/6	8:00 am- 4:00 pm	\$90	
323399	7/9-7/20	8:00 am- 4:00 pm	\$100	
323400	7/23-8/3	8:00 am- 4:00 pm	\$100	
Sequoyah Elementary School				
323412	6/25-7/6	8:00 am- 4:00 pm	\$90	
323413	7/9-7/20	8:00 am- 4:00 pm	\$100	
323414	7/23-8/3	8:00 am- 4:00 pm	\$100	
Upper County Community Center				
323380	6/25-7/6	8:00 am- 4:00 pm	\$90	
323381	7/9-7/20	8:00 am- 4:00 pm	\$100	
323382	7/23-8/3	8:00 am- 4:00 pm	\$100	
Poole, John Middle School				
323409	6/25-7/6	8:00 am- 4:00 pm	\$90	
323410	7/9-7/20	8:00 am- 4:00 pm	\$100	
323411	7/23-8/3	8:00 am- 4:00 pm	\$100	
Sally Ride Elementary School				
323395	6/25-7/6	8:00 am- 4:00 pm	\$90	
323396	7/9-7/20	8:00 am- 4:00 pm	\$100	
323397	7/23-8/3	8:00 am- 4:00 pm	\$100	
White Oak Community Center				
323457	6/25-7/6	8:00 am- 4:00 pm	\$90	
323458	7/9-7/20	8:00 am- 4:00 pm	\$100	
323459	7/23-8/3	8:00 am- 4:00 pm	\$100	

WE WANT YOU!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902





TR Camp Assistant

TR Camp Assistant Summer Volunteer. Are you a teen who's interested in teaching special education?

Camp Apollo

Rock Terrace High School

324391 7/2-7/13 12:30 pm- 5:00 pm \$50
324394 7/16-7/27 12:30 pm- 5:00 pm \$50

Personal Pursuits

Rock Terrace School

324392 7/2-7/13 12:30 pm- 5:00 pm \$50
324393 7/16-7/27 12:30 pm- 5:00 pm \$50

Project Discovery

Forest Knolls Elementary School

324395 7/2-7/13 9:30 am- 1:00 pm \$50
324396 7/16-7/27 9:30 am- 1:00 pm \$50

Camp Big Pines

Parkland Middle School

324397 6/18-6/29 9:00 am- 3:30 pm \$50
324398 7/2-7/13 9:00 am- 3:30 pm \$50
324399 7/16-7/27 9:00 am- 3:30 pm \$50
324400 7/30-8/3 9:00 am- 3:30 pm \$25

Camp Little Pines

Parkland Middle School

324401 6/18-6/29 9:00 am- 3:30 pm \$50
324402 7/2-7/13 9:00 am- 3:30 pm \$50
324403 7/16-7/27 9:00 am- 3:30 pm \$50
324404 7/30-8/3 9:00 am- 3:30 pm \$25

TR Summer Teen Center

Parkland Middle School

324405 7/2-7/13 9:00 am- 3:30 pm \$50
324406 7/16-7/27 9:00 am- 3:30 pm \$50

Camp Achilles

Rock Terrace School

324894 7/2-7/13 12:30 pm-5:00 pm \$50
324895 7/16-7/27 12:30 pm-5:00 pm \$50

TR Mainstream Companion

Teens can experience, first hand, the satisfaction of helping children with disabilities gain the most from their summer.

Upcounty Region

324408 6/18-6/29 9:00 am-3:30 pm \$50
324409 6/25-7/06 9:00 am-3:30 pm \$50
324410 7/02-7/13 9:00 am-3:30 pm \$50
324411 7/09-7/20 9:00 am-3:30 pm \$50
324412 7/16-7/27 9:00 am-3:30 pm \$50
324413 7/23-8/03 9:00 am-3:30 pm \$50
324414 7/30-8/03 9:00 am-3:30 pm \$50

Down County Region

324415 6/18-6/29 9:00 am-3:30 pm \$50
324416 6/25-7/06 9:00 am-3:30 pm \$50
324417 7/02-7/13 9:00 am-3:30 pm \$50
324418 7/09-7/20 9:00 am-3:30 pm \$50
324419 7/16-7/27 9:00 am-3:30 pm \$50
324420 7/23-8/03 9:00 am-3:30 pm \$50
324421 7/30-8/03 9:00 am-3:30 pm \$50

Mid County Region

324422 6/18-6/29 9:00 am-3:30 pm \$50
324423 6/25-7/06 9:00 am-3:30 pm \$50
324424 7/02-7/13 9:00 am-3:30 pm \$50
325007 7/09-7/20 9:00 am-3:30 pm \$50
325008 7/16-7/27 9:00 am-3:30 pm \$50
325009 7/23-8/03 9:00 am-3:30 pm \$50
325010 7/30-8/03 9:00 am-3:30 pm \$50

East County Region

325011 6/18-6/29 9:00 am-3:30 pm \$50
325012 6/25-7/06 9:00 am-3:30 pm \$50
325013 7/02-7/13 9:00 am-3:30 pm \$50
325014 7/09-7/20 9:00 am-3:30 pm \$50
325015 7/16-7/27 9:00 am-3:30 pm \$50
325016 7/23-8/03 9:00 am-3:30 pm \$50
325017 7/30-8/03 9:00 am-3:30 pm \$50

TR Mainstream Companion/Camp Assistant Training

Leadership Training for TR volunteers. This interactive training will help prepare volunteers to work with children with disabilities in our summer programs.

Germantown Community Center

324424 1/28 9:00 am-12:00 pm

Holiday Park Senior Center

324426 4/19 5:00 pm- 8:00 pm

324996 6/14 5:00 pm- 8:00 pm

324997 7/10 5:00 pm- 8:00 pm

Jane E. Lawton CC

324427 5/19 9:00 am-12:00 pm

Mid County Community Center

324425 3/15 5:00 pm- 8:00 pm

Bells Mill Elementary School

324515 6/18-6/29 7:00 am- 9:00 am \$60
324516 6/18-6/29 3:30 pm- 6:00 pm \$90
324517 7/2-7/13 7:00 am- 9:00 am \$54
324518 7/2-7/13 3:30 pm- 6:00 pm \$81
324519 7/16-7/27 7:00 am- 9:00 am \$60
324520 7/16-7/27 3:30 pm- 6:00 pm \$90
324521 7/30-8/3 7:00 am- 9:00 am \$30
324522 7/30-8/3 3:30 pm- 6:00 pm \$45

Kingsview Middle School

322825 6/18-6/29 7:00 am- 9:00 am \$60
322826 6/18-6/29 3:30 pm- 6:00 pm \$90
322822 7/2-7/13 7:00 am- 9:00 am \$54
322827 7/2-7/13 3:30 pm- 6:00 pm \$81
322828 7/16-7/27 7:00 am- 9:00 am \$60
322829 7/16-7/27 3:30 pm- 6:00 pm \$90
324702 7/30-8/3 7:00 am- 9:00 am \$30
322830 7/30-8/3 3:30 pm- 6:00 pm \$45

Potomac Community Center

324684 6/18-6/29 7:00 am- 9:00 am \$60
324685 6/18-6/29 3:30 pm- 6:00 pm \$90
324686 7/2-7/13 7:00 am- 9:00 am \$54
324687 7/2-7/13 3:30 pm- 6:00 pm \$81
324688 7/16-7/27 7:00 am- 9:00 am \$60
324689 7/16-7/27 3:30 pm- 6:00 pm \$90
324690 7/30-8/3 7:00 am- 9:00 am \$30
324691 7/30-8/3 3:30 pm- 6:00 pm \$45

Rocky Hill Middle School

324971 6/18-6/29 3:30 pm- 6:00 pm \$90
324972 7/2-7/13 3:30 pm- 6:00 pm \$81
324973 7/16-7/27 3:30 pm- 6:00 pm \$90
324974 7/30-8/3 3:30 pm- 6:00 pm \$45

Shady Grove Middle School

324964 6/18-6/29 3:30 pm- 6:00 pm \$90
324965 7/2-7/13 3:30 pm- 6:00 pm \$81
324966 7/16-7/27 3:30 pm- 6:00 pm \$90
324967 7/30-8/3 3:30 pm- 6:00 pm \$45

Travilah Elementary School

324493 6/18-6/29 7:00 am- 9:00 am \$60
324494 6/18-6/29 3:30 pm- 6:00 pm \$90
324495 7/2-7/13 7:00 am- 9:00 am \$54
324496 7/2-7/13 3:30 pm- 6:00 pm \$81
324497 7/16-7/27 7:00 am- 9:00 am \$60
324498 7/16-7/27 3:30 pm- 6:00 pm \$90
324499 7/30-8/3 7:00 am- 9:00 am \$30
324500 7/30-8/3 3:30 pm- 6:00 pm \$45

Wood Middle School

322818 6/18-6/29 7:00 am- 9:00 am \$60
322819 6/18-6/29 3:30 pm- 6:00 pm \$90
322820 7/2-7/13 7:00 am- 9:00 am \$54
322821 7/2-7/13 3:30 pm- 6:00 pm \$81
322823 7/16-7/27 7:00 am- 9:00 am \$60
322824 7/16-7/27 3:30 pm- 6:00 pm \$90
324678 7/30-8/3 7:00 am- 9:00 am \$30
324679 7/30-8/3 3:30 pm- 6:00 pm \$45





ACTIVE OLDER ADULT PROGRAMS (AGE 55+)

SUMMER 2012

The Montgomery County Recreation has many diverse ways for Boomers and older adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your Summer line up!

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They also provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

DAMASCUS SENIOR CENTER

(M-W&F, 9:00am-2:00pm, Th 9:00am-4:00pm)
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

(M-F, 8:45am-4:00pm)
3950 Ferrara Drive, Wheaton
240-777-4999

LONG BRANCH SENIOR CENTER

(M-F, 10:00am-2:00pm)
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

(M-Th, 8:15am-4:00pm, F CLOSED, Sat 9:00am-3:00pm)
1000 Forest Glen Road, Silver Spring
240-777-8085



55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs (formerly called Neighborhood Senior Programs) in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs two days per week at the sites listed below and we have a new program at the Mid-County Community Center, which opened in July 2011. A BRAND new site, the White Oak Community Center, which opens this Summer, will also have programs for adults 55+.

We are excited about growing at these new locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our groups are diverse and offer exciting programs for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes are offered at a number of locations. Everything from lectures on current events to Art History and appreciation are offered.

Check us out at any of our locations. We're sure to have something for everyone!

Our locations, days & times include:

BAUER DRIVE SENIORS

M & W 10:00am-2:00pm
Bauer Drive Community Center
14625 Bauer Drive, Rockville
240-777-6922

BETHESDA/CHEVY CHASE SENIORS

M & W 10:00am-2:00pm
Jane E. Lawton Community Center
4301 Willow Lane, Chevy Chase
240-777-6855

CLARA BARTON SENIORS

Mon. & Wed. 10:00am-2:00pm
Clara Barton Community Center
7425 MacArthur Blvd., Cabin John
301-229-0010

CLARKSBURG SENIORS**

Community of Faith United Methodist Church
22420 Frederick Road, Clarksburg
301-916-3899

COFFIELD SENIORS

Tues., Wed. & Thurs. 10:00am-2:00pm
Gwendolyn Coffield Community Center
2450 Lyttonsville Road, Silver Spring
240-777-4900

*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

EAST COUNTY SENIORS* +

Tues. & Fri. 10:00 am-2:00pm
East County Community Center
3310 Gateshead Manor Way, Silver Spring
240-777-8093

GERMANTOWN SENIORS +

Mon. & Thurs. 10:00am-2:00pm
Germantown Community Center
18905 Kingsview Road, Germantown
240-777-8098

LONGWOOD/OLNEY SENIORS

Mon. & Wed. 10:00am-2:00pm
Longwood Community Center
19300 Georgia Avenue, Brookeville
240-777-6920

MID-COUNTY SENIORS*

Tues. & Thurs. 10:30am-2:30pm
Mid-County Community Center
2004 Queensguard Road, Silver Spring
240-777-6820

POTOMAC SENIORS

Tues. 10:00am-2:00pm & Fri. 10:00am-1:00pm
Potomac Community Center
11315 Falls Road, Potomac
240-777-6960

PRAISNER SENIORS * +

Tues. & Thurs. 10:00am-2:00pm
Marilyn J. Praisner Community Center
14906 Old Columbia Pike, Burtonsville
240-777-4970

ROSS BODDY/SANDY SUMMER SENIORS * +

Wed. & Thurs. 10:00am-2:00pm
Ross Boddy Community Center
18529 Brooke Road, Sandy Summer
240-777-8050

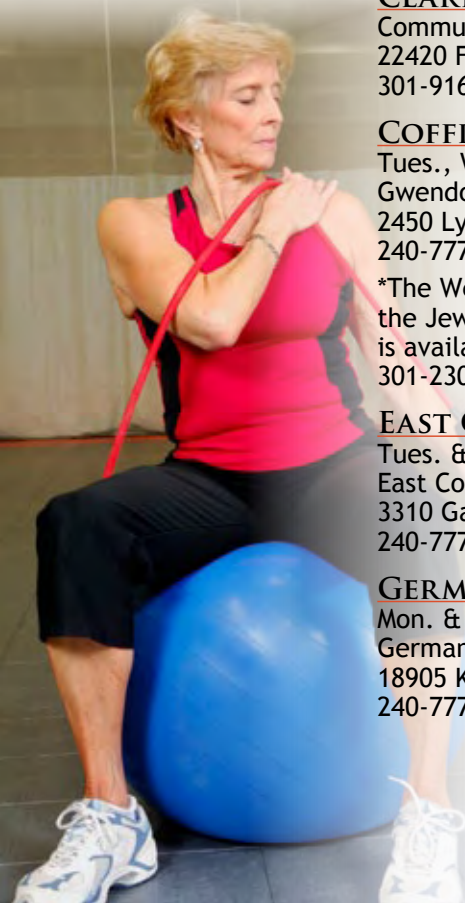
WHITE OAK SENIORS * +

Please call 240-777-4980 for more information.
White Oak Community Center
1700 April Way, White Oak

+ LIMITED TRANSPORTATION AVAILABLE ON PROGRAM MEETING DAYS.

* INCLUDES A NUTRITION LUNCH PROGRAM ON MEETING DAYS.

** THIS PROGRAM IS IN PARTNERSHIP BETWEEN MCR AND THE COMMUNITY OF FAITH UMC.



SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at Recreation Senior Centers, many Community Centers (CC) offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

SENIOR FIT

A partnership with Holy Cross Hospital, Kaiser Permanente, and Montgomery County Recreation. These free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

Bauer CC - M, W, 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am

Ross Boddy CC - T, Th, 9:00am-9:45am

Coffield CC - T, Th, 10:30am-11:15am

East County CC - M, W, F, 10:45am-11:30am

Germantown CC - T, 1:45pm-2:30pm, Th, 11:30am-12:15pm

Long Branch SC - M, W, 12:00pm-12:45pm

Mid-County CC - F, 11:00am-11:45am

Praisner CC - M-F, 9:00am-9:45am, M, W, F, 10:00am-10:45am

Schweinhaut SC - M, W, 8:30am-9:15am and 9:30am-10:15am

T, Th, 9:00am-9:45am, Sa, 9:30am-10:15am

Wheaton CC - M, W, 11:00am-11:45am

SENIOR SHAPE

A partnership between Suburban Hospital and Montgomery County Recreation.

These classes provide strength, flexibility, and aerobic exercise training. You must have a doctor's permission and there is a \$30 fee for 3 months.

Classes are currently being offered at Clara Barton, Potomac and Lawton Community Centers. Call Suburban Hospital at 301-896-3939 or the centers for more information.

Like Montgomery County Recreation on Facebook



follow @mocreco on twitter



OTHER COUNTY RECREATION AND EDUCATION RESOURCES FOR OLDER ADULTS:

- **The Lifelong Learning Institute of Montgomery College** provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit www.montgomerycollege.edu or call Program Director, Ann Evans at 240-567-1828.
- **Jewish Council for the Aging**, www.accessjca.org offers numerous programs for older adults.
- **Senior Info Pages** at: montgomerycountymd.gov/seniors. For telephone assistance and information, call the Senior Resource Line at 240-777-3000.
- **OASIS** offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.
- **VOLUNTEER**: Visit the Montgomery County Volunteer Center at montgomerycountymd.gov/volunteer

SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details. The Senior Sneakers Program is available at the following Community Centers:

CLARA BARTON CC
DAMASCUS CC
LONG BRANCH CC
MARILYN J. PRASNER CC
WISCONSIN PLACE CC

BAUER DRIVE CC
EAST COUNTY CC
LONGWOOD CC
UPPER COUNTY CC

ROSS BODDY CC
GERMANTOWN CC
MID-COUNTY CC
WHEATON CC

COFFIELD CC
LAWTON CC
POTOMAC CC
WHITE OAK CC





SPECIAL ACTIVITIES AND EVENTS

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M, Tu, W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where daily lunches are served every weekday.

SPECIAL ACTIVITIES

CENTER COOKOUT

Friday, June 8th, 2012, Noon

Chef Sue will provide a meal fit for a wonderful beginning to summer. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 - 59 is \$7.00. 60+ Donations requested.

FIRST FRUITS GOSPEL BLUE GRASS BAND

Friday, June 8th, 2012, 1:00pm. FREE

First Fruits Gospel Blue Grass Band will be here to perform your favorite tunes.

SPIRIT OF BALTIMORE CRUISE

Tuesday July 10th, 2012, 10:00am - 3:00pm

The Damascus Senior Center Sponsors Incorporated (DSCSI) will sponsor today's trip to the Spirit of Baltimore. For more information please contact Diane Kavanagh at 240-777-6995. Cost: \$65

INTERGENERATIONAL ICE CREAM SOCIAL

Thursday August 9th, 2012, 1:00pm. FREE

The Damascus Senior Center Sponsors Inc (DSCSI) will sponsor today's intergenerational Ice Cream Social. Seniors should bring their grandchildren for some ice cream and social fun.

MONTGOMERY COUNTY SENIOR FAIR DAY

Tuesday August 14th, 2012, 10:00am - 2:00pm. FREE

Montgomery County will have its annual Senior Fair day in Gaithersburg at the Fair Grounds.

SENIOR CENTER ANNUAL LUAU

Friday August 31st, 2012

Damascus Senior Center and Chef Sue will have our annual Luau. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 - 59 is \$7.00. 60+ Donations requested.

HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F

The Center has social and educational programs every day with programs and classes in exercise, music, art, dance, travel, health and consumer education, plus drop-in discussions on the news and current events. Call for session dates, registration information and fees or visit us on the web at holidaypark.us.

SUMMER CELEBRATIONS AND MUSIC

SINGER/ PIANIST DALE JARRETT

Broadway Show Tunes

Tuesday, June 19, 1:15 p.m. FEE: \$2.00 at the door.

SINGER/GUITARIST STEVE GELLMAN

It's A Grand Ole' Flag

Tuesday, July 3, 1:15 p.m. FEE: \$1.00 at the door.

TAKE TWO DONNA & ROSS MILLER

As American as Apple Pie

Friday, July 6, 1:15 p.m. FEE: \$2.00 at the door.

STEFFI OFFUTT

The Ladies of the Big Bands

Friday, July 20, 1:15 p.m. FEE: \$1.00 at the door.

CHRISTIANA DRAPKIN

The Great Gatsby Summer Song Fest

Friday, July 27, 1:15 p.m. \$2.00 at the door.

COOL SUMMER MOVIES

SHAKESPEARE IN LOVE

Thursday, August 30,
1:15 p.m.

Starring Gwyneth
Paltrow, Joseph
Fiennes, Geoffrey Rush

MUCH ADO ABOUT NOTHING

Friday, August 31, 1:15 p.m.

Starring Kenneth Branagh, Emma Thompson, Richard Briers



Holiday Park Seniors, Inc. Classes

Tai Chi ❖ Zumba Gold
Zumba Wake Up Call ❖ Yoga
Line Dancing ❖ Bone Building Strength
Training ❖ Chair Fitness
Bollywood Dance and Yoga
Ballroom Dancing
Call 240-777-4999 for Summer session
information.

LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD
240-777-6975

Hours: 10:00am-2:00pm, M-F

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us!

Active Adults Keep Moving No Matter the Weather

NO FEES, NO EXCUSES

MOVING AND GROOVING

Everyday 10-11:30am in the Gym

MONTHLY WALKING CONTEST

Laps around the gym = prizes

SENIOR FIT

Mondays and Wednesdays, 12:00-12:45pm

STAY ACTIVE AND MOVE

Tuesdays and Fridays at 10:30am

SEATED VOLLEYBALL

Wednesdays at 11:00am

TAI-CHI

Thursdays at 11:00am, Fridays at 10:00am

BETTER BONES

Wednesdays and Fridays at 1:00pm

WANT TO KEEP ACTIVE OUTSIDE?

LEND YOUR GREEN THUMB TO THE LONG BRANCH SENIOR CENTER GARDEN

Tues., July 3rd, 11:30 am. \$3.00 Pre-registration required.

We have 3 raised beds and 3 elevated "Salad Tables" that need tending, harvesting and savoring. No experience necessary.

The Garden will also be the site of our annual 4th of July Picnic. Join us outside for a barbecue and sample freshly picked vegetables. Call for more information.

LOCO FOR LOCOMOTION/PRESENTED BY ECHOS OF NATURE

Thurs., August 2nd, 11:00 am. FREE

Leaping, flying, crawling are just some of the ways that animals move. Explore with us as we see live animals and show how they are crazy for locomotion.

A FEW OF THE REGULAR ACTIVITIES

10:00 to 10:30: Moving and Grooving - every day

10:00 to 11:30: Board Game Time and Coffee - everyday

11:30 to 12:30: Bingo on Tuesdays

11:00 to 12:00: Basic English, Tues. and Thurs.

10:00 to 12:00: Every Second Monday of the month The Health and Wellness program of Adventist Healthcare takes your Blood Pressure.

ART EXPLORATIONS IN PAINT

Wednesdays In June, 10:30am to 12:00pm

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$12.00

CERAMICS CLASS

Mondays In June, 10:30am - 12:00pm

Carol Clatterbuck instructs. Costs of 4 classes \$12, and includes cost of the greenware. (With the instructor's permission you may bring your own greenware and glazes.)

CHINESE AMERICAN SENIOR SERVICES ASSOCIATION (CASSA)

Mondays and Fridays, 10:00am to 2:00pm

Contact Vivien Hsueh, President at 301-530-4880 or email vhhsueh@aol.com for information.

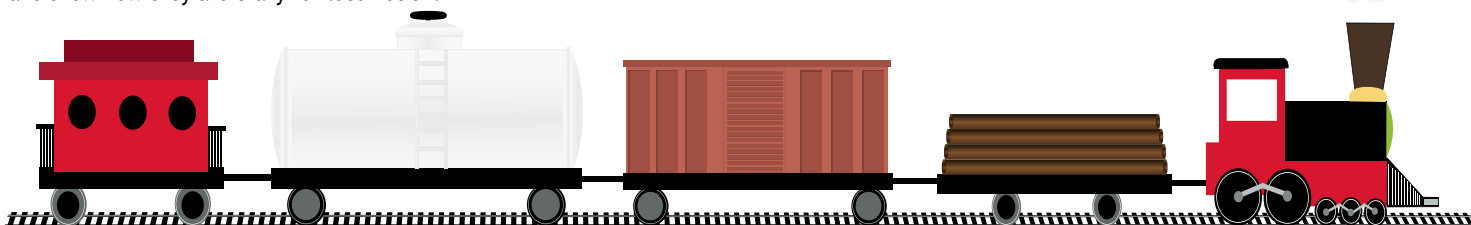
THE VIETNAMESE SENIOR ASSOCIATION OF MARYLAND (VSAM)

Tuesdays, 10:00am to 2:00pm

Contact Chairman and President LamBao Nguyen at 240-487-6729; or e-mail lambao@comcast.net

THE VIETNAMESE AMERICAN SENIOR ASSOCIATION (VASA) THURSDAYS, 10:00AM TO 2:00PM

For information please contact Ms. Quynh Nguyen at 301-588-6862.





MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

Hours: 8:15am-4:00pm Monday-Thursday
Closed Friday
9:00am-3:00pm Saturday

The Margaret Schweinhaut Senior Center is a welcoming, colorful upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shakespeare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives - ceramics, painting, woodworking, quilting, knitting, origami, and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

MUSIC, MAESTRO, IF YOU PLEASE.....

IT'S AMERICAN JAZZ TIME - SETH KIBEL

Monday, May 21, 1 p.m.

Join Seth Kibel, one of the Mid-Atlantic's premier woodwind specialists. Working with some of the best bands in Klezmer, jazz, swing and more, and wowing audiences on saxophone, clarinet, and flute, Seth has made a name for himself in the Washington/Baltimore region. Seth is often featured at Strathmore Hall. An afternoon with this fantastic musician is an afternoon filled with joy. \$1.00 in advance, \$2.00 at the door.



GOOD TIMES SHOW BAND

Monday, June 4, 1 p.m.

Let's have a 'Summer Soiree' with the upbeat sound of this wonderful fun band. We guarantee an afternoon of entertainment and a boppin' beat for all to enjoy. Fee: \$1.00 in advance/\$2.00 at the door. Tickets available at Schweinhaut Reception Desk. Space limited.

MICHAEL CONSOLI: A KNIGHT AT THE OPERA

Monday, June 11, 1 p.m.

The National Theatre Community Vaudeville Program partners in presenting Michael Consoli, performing The Art of the Basso in Opera and Song. His electrifying recital includes art songs, operatic arias, and musical selections ranging from the mid-18th to 20th centuries. Those who remember dazzling opera performances will revisit the memories, and those who are not so well acquainted with opera will find a door opening to a new and enchanting musical world. Free

SMOOTH GROVE'S DJ LEE

Monday, June 18, 1 to 2:30 p.m.

Get your groove on today! Participate (and learn) line dance with a bounce - cha cha fly, Macarena and more.... Swing to the oldies - with a partner or without one.

A fun afternoon with a "sweet beat" and lots of fun!
Fee: \$1.00 in advance/\$2.00 at the door.

INTERGENERATIONAL DANCE PROGRAM

Thursday, July 12, 1 p.m.

An afternoon to enjoy the talents of children and adults as they perform Ramayana - a 2000 year old epic. The epic Ramayana describes good battling evil and culminates as people rule in peace, justice, and wisdom. Presented by Sutradhar Institute of Dance and Related Arts. Free.

MUSIC FROM AROUND THE WORLD: BILL DAVIS

Monday, September 10, 1 p.m.

Bill Davis presents an engaging musical program sharing music from around the world. Enjoy this lively presentation, upbeat, funny, inspirational, and educational. You will leave wanting more. Presented by National Theatre Community Vaudeville Program. Free.

About the Montgomery County Senior Luncheon Program

Adequate nutrition is critical to the health, functioning, and quality of life of everyone. It is an important component of home and community-based services for older people. This US Administration on Aging funded program improves the dietary intakes of participants and offers participants opportunities to form new friendships and create support networks. The legislative intent is to make community-based services available to aging in place adults who may be at risk of losing their independence. Meals served under the program provide at least one-third of the recommended dietary allowances established by the Institute of Medicine of the National Academy of Sciences, as well as the Dietary Guidelines for Americans, issued by the Secretaries of Departments of Health and Human Services. Menus are available at each Nutrition Program site. Lunch reservations must be made two working days in advance. Cancellations should be made directly to the site manager. A volunteer contribution is requested from persons age 60 and over. The cost of the meal is \$5.92. Contributions are used to purchase more meals. Participants are asked to contribute what they can.



MEMORIES, MEMORIES....

SNAPSHOTS OF THE SIXTIES

Wednesday, June 13, 1 p.m.

Join us at the Schweinhaut Center at Forest Glen for a trip down Memory Lane as we head back in time to the 1960's. We will visit the places, faces, and events of this energetic, exuberant, exciting, and often-tumultuous decade.

ARE YOU GAME?

Wednesday, August 8, 1 p.m.

Games are not just for kids! Ever since human beings first enjoyed the luxury of leisure time, adults all over the globe have found diverse and interesting ways to occupy their hands, bodies and minds. From crossword puzzles to chess, from drinking games to golf, learn about the fascinating history of games - and try your hand at some games! Free. Pre-registration required. Space limited.

GET ORGANIZED NOW!

ORGANIZING COLLECTIONS

Thursday, July 19, 1 to 2:30 p.m.

Have you run out of display space for your collections? Are they stored safely? Professional Organizer and Productivity Consultant Marcie Lovett, author of 'The Clutter Book: When You Can't Let Go', will address you collecting concerns and recommend ways to organize, store and display the things you treasure so you can enjoy them. You will discover innovative solutions, allowing you to find space where you thought you had none. Fee: \$1.00 in advance/ 2.00 at the door. Pre-registration at Reception Desk. Space limited.

MARVELOUS MONDAYS AT THE MOVIES IN THE GARDEN ROOM

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

THE QUEEN

Monday, June 25, 1 p.m.

The Queen is a 2006 British drama film starring Helen Mirren as the title role, Elizabeth II of the United Kingdom. Released almost a decade after the event, the film depicts a fictional account of the immediate events following the death of Diana, Princess of Wales on August 31, 1997. Free. Space limited.



OUT OF AFRICA

Monday, July 30, 1 p.m.

Out of Africa is a 1985 romantic drama film starring Robert Redford and Meryl Streep. The story begins in 1913 in Denmark, when Karen Dinesen (a wealthy but unmarried woman) asks her friend Baron Bror Blixen (Klaus Maria Brandauer) to enter into a marriage of convenience with her. And from that point, a wonderful film begins. Free.



WATER FOR ELEPHANTS

Monday, August 27, 1 p.m.

Water for Elephants is a 2011 American romantic drama film. It stars Reese Witherspoon and a cast of very talented performers. The film opens in the present day, when the proprietor of a small traveling circus encounters an elderly man who has apparently become detached from his nursing home group, which attended the circus earlier that day. They strike up a conversation and the elderly man reveals that he himself had a career in the circus business. Jacob (Hal Holbrook) reveals that he was present during one of the most infamous circus disasters of all time.



A HEALTHIER AND MORE KNOWLEDGEABLE YOU....

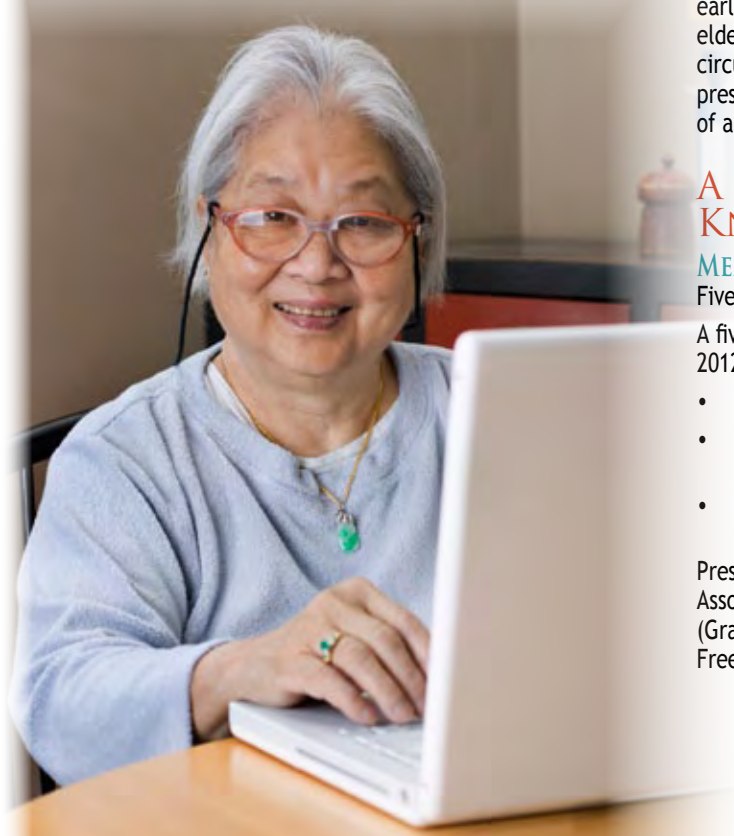
MEMORY MATTERS 2012

Five Session Series on Cognitive Memory Disorders

A five series educational program (continued from March 2012. Programs are opened to all while room permits)

- May 24, 1-2:30pm - Safety Issues with Alzheimer's
- June 14, 1-3pm - Legal Issues Regarding Memory Disorders
- June 28, 1-3pm - Financial Planning for those affected by Alzheimer's

Presented in partnership with the Alzheimer's Association, The Beacon Newspapers, and GROWS (Grassroots Organization for the Well-being of Seniors) Free. Pre-registration requested. Space limited.





HEARTWELL IN ACTION

Sponsored by Suburban Hospital/ Johns Hopkins Medicine

A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.

"KNOW YOUR NUMBERS"

Every Wednesday, 10 a.m. to noon

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)

Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide blood pressure and health counseling from 10 a.m. to noon and from 1 to 2 p.m., Leni will educate you on a new topic each month.

"SUMMER SAFETY"

June 6, 1 p.m.

Learn tips to stay safe and healthy this summer. Included will be strategies for travel, entertaining, exercise, and managing in the heat.

DISCUSSION GROUP – MAXIMIZING YOU!

Thursdays, 11:00 a.m.

Join this enlightening discussion group to discuss issues on aging. Maximize your quality of life. Emphasize the positive. Create satisfaction everyday. Led by Edie Mahlamann, LCSW-C . Free.



MACULAR DEGENERATION AWARENESS DAY

Wednesday, May 16, 1 p.m. to 2:30 p.m.

YOUR RIGHT TO SIGHT

Keynote Speaker: Wai Wong, MD, PhD National eye Institute.

Glaucoma Screenings: 10 a.m. to 12:30 p.m.

Information and Community Resources In Recognition of Healthy Vision & Older Americans Month for Montgomery County. You are invited to salute Montgomery County and attend an outstanding celebration at the Schweinhaut Center at Forest Glen in recognition of Healthy Vision & Older Americans Month and Montgomery County's progress about this eye disease. Age-related eye diseases are an increasing public health issue as Baby Boomers have begun turning 65 in 2011. Numbers keep rising and answers need to be found. Pre-registration for Glaucoma Screenings. Registration for keynote speaker. Free. Pre-registration for Glaucoma Screening and registration for keynote speaker requested. Presented in cooperation with the Prevention of Blindness Society of the Metropolitan Area.

GO SAFELY!

AARP DRIVER EDUCATION CLASS

Monday, June 18, 10 a.m. to 3 p.m.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. Make \$12.00 check to AARP. No cash please.

SHAPE UP NOW....

SENIOR FIT

Monday, Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30. Designed especially for seniors - this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

TAI CHI CHUAN

Thursdays, 10:00 a.m. Tai Chi is an ancient system of physical and mental harmony - gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

QI GONG

Saturdays, Noon. Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.

FOR THE FUN OF IT.....

DUPLICATE BRIDGE AT SCHWEINHAUT

Tuesdays and Thursdays at 12:30 p.m. Fee: \$5.00

Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center.

ACBL sanctioned. Coordinated by Roz Dixon. Fee: \$5.00

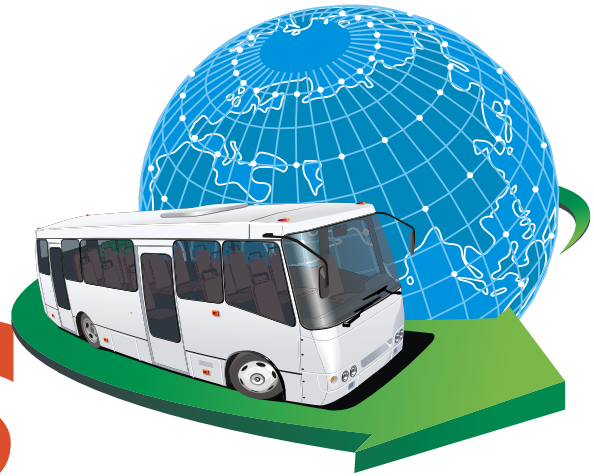
READ IT!

Thursday, May 17, 9:45 a.m.

'Miracle at Philadelphia' by Catherine Drinker Bowen - the classic history of the Federal Convention which was held in Philadelphia in 1787 - the stormy, dramatic session that produced the most enduring of political documents - The Constitution of the United States. Percy McKay will lead the discussion.



TRIPS AND TOURS



SENIORS, FAMILIES, AND INDIVIDUALS.....

We're on the move!

FIND US FAST
ON YOUR
SMARTPHONE



SENIOR OUTDOOR ADVENTURES IN RECREATION

Plan to SOAR this Summer!

The Senior Outdoor Adventures in Recreation (SOAR) program may be just the thing for you. Awaken that spirit of adventure. This is a day trip program for active adults, age 55 and over. Trips are specifically designed for this age group. Each activity or trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult their physician if they have any concerns before registering/participating in an activity. All travel is by motor coach unless otherwise noted. Interested individuals should call 240-777-6870 to have a SOAR brochure mailed to them in order to access DETAILS FOR EACH TRIP, INCLUDING REFUND POLICIES. Registration begins Monday, May 7, 2012 at 8:30am.

Solomons Island Walkabout and Boat Tour

Trip number: 328557 Thursday, June 28

Discover historic Solomons Island by taking a guided walking tour of this once thriving fishing and canning town. Emphasis will be placed on the history and architecture of this quaint town. Visit the Calvert Marine Museum and Lighthouse. Cruise around Solomons Harbor and the Patuxent River aboard the oldest Coast Guard Licensed passenger vessel in the U.S. Lunch at a local restaurant is included.

Fee: \$84

Leave 7:00am, Return 5:00pm

NEW Sailing Trip on the Kalmar Nyckel, a Reproduced 17th Century Swedish Tall ship, Plus Walking/Riding Tour of the New Sweden Colony in Wilmington, DE

Trip number: 328559 Thursday, July 5

Walk the decks of the Tall Ship of Delaware, look up at her eight miles of rigging, hear her cannons roar, let your imagination carry you back in time and out to sea! Sail on the Kalmar Nyckel, a full scale reproduction of a 17th century Tall Ship that carried the Swedes to Wilmington, DE in 1628. Experience life on board the ship as it was in the 17th Century. Tour the Swedes Colony founded in 1638 which was the first permanent European settlement in the Delaware Valley. The Old Swedes Historic Site is located near the landing site of the first Swedish settlers. We will tour the Old Swedes Church, the Burial Grounds, and the historic Hendrickson House Museum. See what life was like in the Delaware Colony in the years leading up to the American Revolution, and how it became the first State. Lunch, included, at a local restaurant.

Fee: \$92

Leave 7:00am, Return 6:00pm





Crab Feast Paddlewheel Riverboat Cruise Around Baltimore's Inner Harbor

Trip number: 328561 Thursday, July 12

Enjoy a sumptuous crab feast (included) aboard the Black-Eyed Susan paddlewheel riverboat as we take a two-and-a-half hour narrated cruise around the historic sights of Baltimore's Inner Harbor. Enjoy crab soup, a cubed cheese display, and warm spinach and artichoke dip with French baguettes upon boarding. A buffet of roast beef, fried chicken, corn on the cob, garden salad, and rolls is next. World famous Maryland style spicy steamed hard shell crabs (US #1) will be served family style. Dessert will be seasonal fresh fruit. Iced tea, lemonade, and fresh brewed Columbian coffee is included.

Fee: \$90

Leave 1:15pm, Return 6:30pm



"Port of Call Tour" on the Maryland Eastern Shore Including a Boat Tour on the Tred Avon River and Riding Tours of Historic Oxford and Easton.

Trip number: 328562 Wednesday, July 18

Trip number: 338563 Thursday, July 19

We'll begin in historic Oxford, the first port of entry in the Tidewater area, with a tour of this charming town and a visit to the Oxford Museum. Next is a crab cake lunch (included) at the Masthead which was used in the film Failure to Launch. Then board the Express Royale for a delightful and narrated cruise on the Tred Avon River to Easton. Enjoy the many historical and cultural points of interest in Easton during a riding tour, including the Third Haven Friends Meeting House built in 1682. Experience a snapshot of colonial life in the 18th and 19th centuries during a visit to the Historical Society of Talbot County.

Fee: \$84

Leave 8:00am, Return 5:00pm

Skipjack Boat Tour on Chesapeake Bay & St. Michaels

Trip number: 328564 Wednesday, July 25

Take a two-hour sail on a sloop-rigged skipjack which is used as an oyster dredger during the oyster season. Enjoy the Bay's wild beauty, experience an oyster dredging demonstration, listen to the Captain discuss the Bay's ecology and the culture of the waterman. All this, aboard a Coast Guard Certified wooden sailing ship; whose type has been designated as the official Maryland State boat. Lunch (on own) and sightsee in St. Michael's when not sailing. Wear sneakers, or boat shoes (no slippery soled shoes, please!)

Fee: \$59

Leave 7:30am, Return 5:30pm

Boat Trip to Tangier Island on the Chesapeake Bay

Trip number: 328565 Thursday, August 9

Enjoy a leisurely drive to Crisfield, MD on the eastern shore of the Chesapeake Bay. Then board the super cruise ship, the Steven Thomas, for a relaxing one-hour-and-fifteen minute trip to historic Tangier Island, which was discovered by Captain John Smith. Tangier is an unspoiled fishing village with quaint narrow streets and is the "soft shell crab capital" of the United States. A family style seafood lunch, featuring crab cakes, clam fritters, Virginia Ham, corn pudding, vegetables, homemade rolls and pound cake, and coffee/tea, at the famous Chesapeake House is included. Afterwards, take a stroll through the narrow streets of this unique and picturesque island.

Fee: \$79

Leave 8:45am, Return 8:15pm



Visit Mount Vernon Estate & New Museum of George Washington Via Spirit Cruise Ship

Trip number: 328567 Wednesday, August 15

Cruise to Mt. Vernon via the Potomac River aboard a cruise ship with its outdoor decks, air-conditioned interiors, and panoramic windows. While cruising, the captain will give a narrated tour past the Federal Monuments, Fort McNair, the Torpedo Factory, National Airport, and Old Town Alexandria. Then enjoy two hours to explore and tour the Mount Vernon mansion, its gardens and the new George Washington Museum (admission included). Lunch (on own) at Food Court at Mount Vernon, or snack bar aboard ship, or bring your own lunch. (This trip requires substantial walking on hilly terrain.)

Fee: \$80

Leave 7:00am, Return 4:00pm

Riverboat Cruise with Lunch aboard the Paddlewheeler Dorothy Megan on the Choptank and Warwick Rivers, with Narrations of the Old Steamboat Days. Plus a Tour of the Salisbury Pewter and Sterling Factory on the Eastern Shore

Trip number: 328568 Thursday, August 23

We'll begin our trip with a tour of the Salisbury Sterling and Pewter Factory, established in 1979. Salisbury, Inc. produces collections which have been designed to capture the spirit of American life. We'll tour the factory run by proud and dedicated artisans, and visit their showroom that stocks a wide variety of items, including holiday ornaments, featuring well known icons of the Chesapeake Bay, and samples commissioned by the White House for State Dinners. We will then board the paddlewheeler for a two-hour cruise that includes a fried chicken and roast beef lunch with dessert, and a non-alcoholic beverage. Our guide on board will relate tales of the old "steamboating" days on the river.

Fee: \$76

Leave 7:15am, Return 4:30pm

Canoe Trip through the Jug Bay Wildlife Sanctuary

Trip number: 328569 Wednesday, August 29

Trip number: 328570 Thursday, August 30

Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. The naturalist will make commentaries on the waterfowl and plant life of the wetlands as we canoe. For experienced, or less experienced canoeists. Bring a bag lunch and enjoy the peace and solitude of this lovely area. Travel by air-conditioned van.

Fee: \$30

Leave 8:15am, Return 3:30pm

The Amish Experience - A Tour of Amish Sites In and Around Lancaster, Pa.

Trip number: 328571 Thursday, September 6

We have scheduled this tour to accommodate all of those on the large waiting lists from previous years and for those who heard from their friends how much they enjoyed this tour. Enjoy the Amish Experience on a professionally guided riding tour around the Amish countryside. View an "experiential theater" film that tells the story of an Amish Family from Europe to America. The special effects take each spectator into the world of the Amish. You'll take a guided tour of Amish Farmlands and the Amish countryside. Not much has changed on their back-roads...horses plow the fields and buggies clip-clop down the road. The guide will point out and explain many aspects of Amish life with interesting local stops. You'll enjoy a "Family Style Meal at Plain & Fancy", included, that features a sampling of local specialties. The food is part of the experience. Take an Amish house tour designated a "Heritage Site." Enjoy the "lived-in" look of the house as you walk through nine rooms. Your guide will answer the "how" and "why" that baffled visitors about Amish dress and life without electricity. An autographed Amish Cookbook is included as a souvenir.

Fee: \$77

Leave 7:15am, Return 6:30pm

Sailing Trip on the Sultana, a Reproduced 18th Century Schooner in Chestertown, MD

Trip number: 328573 Thursday, September 13

Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner that we witnessed being built on previous trips to Chestertown. Experience life on board ship as it was in the 18th Century. When not sailing, enjoy a guided tour of Chestertown, one of the best preserved colonial ports in America. Crab cake lunch is included.

Fee: \$79

Leave 7:30am, Return 5:30pm





Walking Tour of the White House in Holiday Décor in mid-December

Trip number: 328574

A walking tour of the White House decorated in its Christmas splendor! Also take a guided tour of the exhibits in the Thomas Jefferson Building of the Library of Congress and lunch (on own) at Union Station. Date of trip, departure and return times, will be announced in November when the White House sets the date and time. Subject to SOAR's request for a group tour being accepted. Photo ID is required for admission. Early registration needed to meet White House requirements
Fee: \$42



Time to be determined

SOAR BASEBALL 2012

Batter up! It's Baseball Time Again!

Join us for one or more of our baseball game trips this year.

We will enjoy trips to two Nationals and two Orioles games this season. All games this year are \$44.00 per person and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. (Note: there is walking and step climbing required at each game). All trips leave from the rear parking lot of Holiday Park Senior center and return immediately after the games.

Trip No.	Date	Teams	Depart
325633	May 23 (Wed Aft.)	Orioles vs. Boston Red Sox	10:00 am
325634	June 7 (Thur Aft.)	Nationals vs. NY Mets	11:00 am
325635	July 26 (Thur Aft.)	Orioles vs. Tampa Bay Rays	10:00 am
325636	Aug 2 (Thur Nite)	Nationals vs. Philadelphia Phillies	5:00 pm



FAMILY ENTERTAINMENT & EXCITING TRIPS

*Whatever your age, we have a trip for you!
Let the Family Memories Begin!*

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, May 7, 2012 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! New York, Philadelphia, Ocean City and Virginia, here we come! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Unless you are notified in advance, all trips depart and return to the rear parking lot of the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD. Plan to arrive at least 15 minutes prior to departure as all trips depart promptly at the confirmed departure time.

Kutztown Folk Festival

Trip number: 331432 Saturday, June 30

Bring the whole family to enjoy the finest in traditional crafts, food, music and folk-life memorabilia in Kutztown, PA. A wonderful experience for children; delightful baby animals, puppets, make-and-take crafts and much more, fun for all ages. Hundreds of America's finest traditional craftsmen will be demonstrating their art. Furniture, pottery, hand painted artworks and the famous quilts, plus much more. You'll find fascinating demonstrations and treasures that you can take home. Spend the day enjoying the festivities and have lunch on your own. There may be a lot of walking. Minors (anyone under the age of 18) must be accompanied by an adult. MCRD does not assume any responsibility for unattended minors.

Fee: \$79

Leave 7:00am, Return 7:00pm



Roundtop Mt Outdoor Adventures

Trip number: 331433 Saturday, July 14

The Adventure Package includes all of the following activities for one low price. Alpine Traverse is a towering passageway that runs from the Canopy Crawl, through the Tree House to the Woods. The Cedar Maze is a 4,800 square foot maze. OGO Balls are 11 foot diameter inflatable balls with a 6 foot ball suspended in the middle. The rider climbs into the inner ball and enjoys a totally unique ride down the tubing runs ages 6+. The Tree House Zips are four 100 foot zip lines that start on a two story tower. 8+ The Canopy Crawl is a structure that features wobbly bridges and net crawls. The Woods a multi-generational play area, our bumper boat pond and Scenic Chairlift Ride. Minors (anyone under the age of 18) must be accompanied by an adult. MCR does not assume any responsibility. Great for grandparents, there is no admission charge into the park.

Fee: \$79 Leave 8:30am, Return 5:30pm





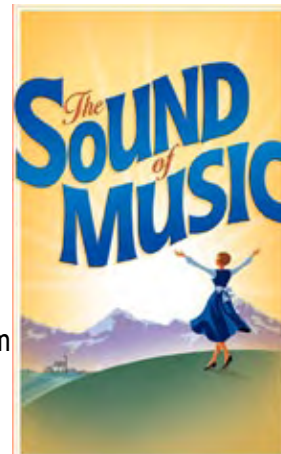
"Sound of Music" at Allenberry Playhouse

Trip number: 331435 Sunday, July 22

Travel to the Allenberry Playhouse in Boiling Springs, PA, for a great day of comfort food and enjoyable music. The bountiful buffet, always a crowd pleaser, includes their famous Sticky Buns. After your meal, enjoy Rodgers and Hammerstein's, 'The Sound of Music.' The melodious and inspiring true story of the Von Trappe Family features many of your favorite songs: 'Climb Every Mountain,' 'Edelweiss' and 'Do-Re-Mi,' plus many more. This classical family musical is bound to be one of your 'Favorite Things.' School is out, bring the kids! Minors (anyone under the age of 18) must be accompanied by an adult. MCR does not assume any responsibility for unattended minors.

Fee: \$99

Leave 8:30am, Return 6:00pm



Baltimore Museum of Art & Gertrude's Lunch

Trip number: 331438 Wednesday, August 1

Begin your visit by exploring the vast collection of art at the museum and then have lunch at Gertrude's Restaurant on your own with reserved seating. You can feed your artistic soul and enjoy tasty cuisine.

Fee: \$39

Leave 9:00am, Return 3:00pm

American Music Theatre American Icons

Trip number: 331440 Saturday, August 4

It's the ultimate tribute to America's all-time greatest entertainers, featuring some of their best loved hits from the 50s, 60s, 70s, and beyond. You'll find yourself singing along with the AMT Cast and Band as they salute the music of your favorite American iconic artists such as Frank Sinatra, Barbra Streisand, Elvis Presley, Stevie Wonder, Billy Joel, Aretha Franklin, and many others. Join us as we pay homage to the legends that helped shape the course of America's songbook. Come recall why they're 'American Icons' The Greatest Hit Makers of All Time! Before the show enjoy a delicious lunch at Old Country Buffet. Minors (anyone under the age of 18) must be accompanied by an adult. MCR does not assume any responsibility for unattended minors.

Fee: \$89

Leave 10:00am, Return 7:00pm



Splashdown Water Park Manassas VA.

Trip number: 331436 Monday, August 6

Enjoy 4-5 hours on 13 acres of summertime fun. Some of the features for the entire family include: 770 ft. Lazy River, 25 meter lap pool, Interactive children's area With 4 slides, Bubblers and Fountains, Activity Pool, 2 fast Cannon Ball slides, Two story waterslides, Big Kahuna Beach w/ 250 tons of Sand, Lilly Pad and log walk and Funbrellas and Pavilions. Enjoy nice cool refreshments and hot meals at SplashDown Waterpark. We have numerous tasty treats to offer those that are hungry and thirsty. SplashDown offers 5 different food locations to cure your hunger pains! Minors (anyone under the age of 18) must be accompanied by an adult. The park or MCR does not assume any responsibility for unattended minors.

Fee: \$59

Leave 9:30am, Return 6:00pm



Follow us on Facebook and Twitter!

Catoctin Wildlife Zoo

Trip number: 331437 Tuesday, August 7

Welcome to the Catoctin Wildlife Preserve and Zoo where people and animals get closer together. Ramble over 25 beautifully wooded and landscaped acres and gardens meeting animals who jump, swim, fly, roar and tweet to greet you. Endearing Sun Bears, energetic Lemurs from Madagascar, Kangaroo and Dingo from 'down under' and some of the rarest and most entertaining monkeys in the world await you. Dangle your fingers among a hundred of brilliantly colored Japanese Koi in the Japanese Garden and watch the sunlight on the ripples of its calming waters. Feed the dozens of free flying ducks and geese wandering among our ponds. Lunch is on your own on sight or bring a picnic lunch! Minors (anyone under the age of 18) must be accompanied by an adult. The park or MCR does not assume any responsibility for unattended minors.

Fee: \$59

Leave 9:00am, Return 4:00pm



LEGOS at The National Building Museum

Trip number: 331439 Wednesday, August 8

LEGOS at the National Building Museum : Built entirely of LEGOS bricks, large-scale models of the world's most famous buildings will awaken the imagination. The exhibit, 'LEGO Architecture: Towering Ambition,' creates artistic models of the world's most famous structures, the Empire State Building, the St. Louis Gateway Arch and more. Located in Washington, D.C., the National Building Museum is America's leading cultural institution devoted to the history and impact of the building environment. The museum contains colossal 75-foot-tall Corinthian columns and a soaring great hall. In addition, the building has been the site of seventeen Inaugural Balls, from Presidents Grover Cleveland to Barack Obama. There is a special Building Zone play area for the children. Lunch is on your own at the on-site cafe or nearby restaurants. Be sure to check out the award winning museum gift shop. There may be some walking. Minors (anyone under the age of 18) must be accompanied by an adult. MCR does not assume any responsibility for unattended minors.

Fee: \$49

Leave 9:00am, Return 4:00pm

Hershey Amusement Park

Trip number: 331442 Friday, August 10

Hershey Amusement Park this fabulous theme park is in the heart of Hershey Pa. Children and adults alike are always in for a good time with all the rides, shows and attractions. Minors (anyone under the age of 18) must be accompanied by an adult. The park or MCR does not assume any responsibility for unattended minors.

Fee: \$79

Leave 8:00am, Return 7:00pm

Land of Little Horses Farm Park

Trip number: 331441 Saturday, August 11

First we will get up close and personal with the famous namesake miniature horses and their farm animal friends. Learn about the history of the park, its inhabitants, and have the opportunity to pet them. Later enjoy an entertaining show full of talented, fun-loving animal stars inside an air-conditioned arena. Bring your camera for some spectacular photo opportunities! Lunch on your own on at the Cafe or bring your own picnic lunch! Minors (anyone under the age of 18) must be accompanied by an adult. The park or MCR does not assume any responsibility for unattended minors.

Fee: \$59

Leave 8:00am, Return 5:00pm





Easterns Bayside Blues & Wine Festival

Trip number: 331443

Saturday, August 18

Come join the blues fans from all over to listen to an excellent array of blues performed by musicians from the tri-state area. You will be blown-away by our amazing line-up which includes a diverse style of Hard Rocking Rhythm and Blues, Zydeco and Blues that touches your deep soul. In addition to the music, we will have the Wineries of Maryland to offer their latest assortments of wines for tasting. The festival is located in Middle River Maryland along the waterfront at Eastern Yacht Club overlooking the Chesapeake Bay. The location is the perfect place for festive gatherings; where you can listen to the blues, take pleasure in a stroll along the waterfront, or shop from our wide selection of merchants offering their latest art and fashion. Enjoy the Chesapeake Bay breeze with a glass of wine while you sit back and listen to the dynamic blues. Take a leisurely walk by our variety of unique crafters and artisans. You can selectively choose from the many food vendors and their variety of tasteful foods that will satisfy everyone's taste buds.

Fee: \$69

Leave 12:00pm, Return 6:00pm

CIRQUE DU SOLEIL



Cirque Du Soleil - TOTEM at the National Harbor

Trip number: 331444 Friday, August 24

The world famous Cirque du Soleil is coming to town! Join us under the Grand Chapiteau (tent) at the Plateau in National Harbor, MD for this unique presentation. A dramatic mix of circus arts and entertainment, the show takes you to a whole new level. The show TOTEM follows the journey of the human species, somewhere between science and legend through visual and acrobatic language. This show is not to be missed! You will have time before the show for shopping and lunch on your own (or bring your own to eat on bus). Some walking involved.

Fee: \$85

Leave 12:30pm, Return 7:30pm

"Fiddler on the Roof" Dutch Apple Dinner Theatre

Trip number: 333313 Saturday, September 8

THE NATIONAL TOUR STARTS HERE! "FIDDLER ON THE ROOF", based on the stories of Sholom Aleichem, has captured the hearts of people all over the world with its humor, warmth and honesty. The universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness.

Fee: \$89

Leave 9:30am, Return 5:00pm





**The Miracle League gives
hundreds of disabled children
something few dreamed possible
... *the chance to play baseball.***



A level-playing field where physically and mentally challenged children can hit, run, & catch
- just like the best of them.

The Washington Nationals Miracle Field, a custom-designed ballfield, located in South Germantown Park, incorporates a cushioned synthetic turf that accommodates wheelchairs and other walking assistance devices, while helping prevent injuries.

During each Miracle League game, every child is given an opportunity to hit the ball and score a run. Miracle League team members are assigned “buddies” who assist them in hitting the ball and “running” the bases. Buddies can be fellow schoolmates, parents, college students, business leaders or anyone who wishes to volunteer their time to give a child the gift of baseball.

To register online visit
montgomerycountymd.gov/rec
or call 240.777.6810.

Looking to volunteer?
Join us as a Buddie or Coach.

Visit the Miracle League of
Montgomery County, MD website
at miracleleaguemontcomd.com for
more information



MONTGOMERY COUNTY
Recreation





FIND US FAST
ON YOUR
SMARTPHONE



THERAPEUTIC

KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 and Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9:00 class.

6 Sessions	\$36
Instructor: Company Staff: TKA, Inc.	
331424 Holiday Park SC	6/30 Sa 9:00am - 9:45am
332425 Holiday Park SC	6/30 Sa 10:00am - 10:45am

FUN RHYTHM & ROLL

Ages 15 and Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

6 Sessions	\$45
Instructor: Sue E. Green	
331423 Holiday Park SC	6/30 Sa 10:00am - 10:45am

E-Z HIP HOP

Join the FRESH and EXCITING dance moves to the beat of hip hop music. Designed especially for individuals with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

6 Sessions	\$45
Instructor: Sue E. Green	
331422 Holiday Park SC	6/30 Sa 11:00am - 11:45am

SLOW 'N EASY AEROBICS

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

6 Sessions	\$28
331427 Wheaton CC	6/25 M 7:00pm - 8:00pm
331428 Potomac CC	6/26 Tu 7:00pm - 8:00pm
331429 Damascus CC	6/27 W 7:00pm - 8:00pm
331430 Bauer Drive CC	6/28 Th 7:00pm - 8:00pm



Like Montgomery County
Recreation on
Facebook



follow @mocorec on

twitter



MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services. Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 240-777-6870, TTY 240-777-6974, to schedule an intake for accommodations needed. Email: rec.mainstream@montgomerycountymd.gov. Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

VIP Children's Day at the Fair

Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg and Montgomery County Recreation. The Children's Day at the Fair Committee is asking for your help in identifying children who would benefit from this program. In order to be selected as a VIP, the child must be a resident of Montgomery County between the ages of five and fourteen, must have a severe disability or a life-threatening illness. The family must also be able to attend the Fair on Monday, August 13, as honored guests. If you know of a child or children (who have not previously been a VIP) who you feel would benefit from this very special program, please call 240-777-6870 for an application.



RECREATION

ADULT SWIM

Ages 18 and Up with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions				\$37
331418	MLK Swim Center	6/5	Tu	8:00pm - 9:00pm
331420	Germantown ISc	6/6	W	8:30pm - 10:00pm
331419	Kennedy Shriver Aq Ctr	6/7	Th	8:30pm - 10:00pm
331421	Olney Swim Center	6/8	F	7:00pm - 8:00pm

SWIMMING WITH MULTIPLE SCLEROSIS

Ages 18 and Up: This is a swimming and aquatic exercise class for individuals with MS or other related disabilities who want to work on their fitness and flexibility in an aquatic environment. Please call if you need any special accommodations i.e. transferring, floatation devices two weeks prior to the start of classes. No personal care provided. 1 Staff to 6 participants.

8 Sessions				\$48
334017	Kennedy-Shriver Aq Ctr	6/7	Th	8:30pm - 9:30pm



THERAPEUTIC RECREATION EVENTS

Events for Teens and Adults, ages 15 and up, with disabilities. DJ, light refreshments and opportunities for socialization.

Transportation must be arranged prior to the event. Bring ID for check-in. A registration is required.

Hey! Guess what? Starting this summer, you no longer have to be a social club member to pay \$8 for a special event! Just pay on line or mail in early. If not, you will pay \$10 at the door whether you are a member or not! form is now required. Please pre-register.



BACKYARDBBQ

Come out and have lots of fun, food, music and games. Required pre-registration, limited to 40 participants!

Saturday, August 4, 2012
4:00pm - 7:00pm
MCR Offices
Course #330413



VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program. Provide assistance in a Therapeutic Recreation program. Student volunteers are eligible for SSL hours. Training provided. Call the Volunteer Coordinator at 240-777-6870.

WE

RENT



ROOMS FOR RENT

CONVENIENT AND AFFORDABLE. GREAT FOR PARTIES OR MEETINGS, AMPLE PARKING, TABLES AND CHAIRS SUPPLIED, MOST CENTERS HAVE KITCHENS. MUST SEE. CONTACT CENTER FOR AVAILABILITY AND TOUR. SEE PAGE 91 FOR LOCATIONS.



Lots of Space!



Making Memories



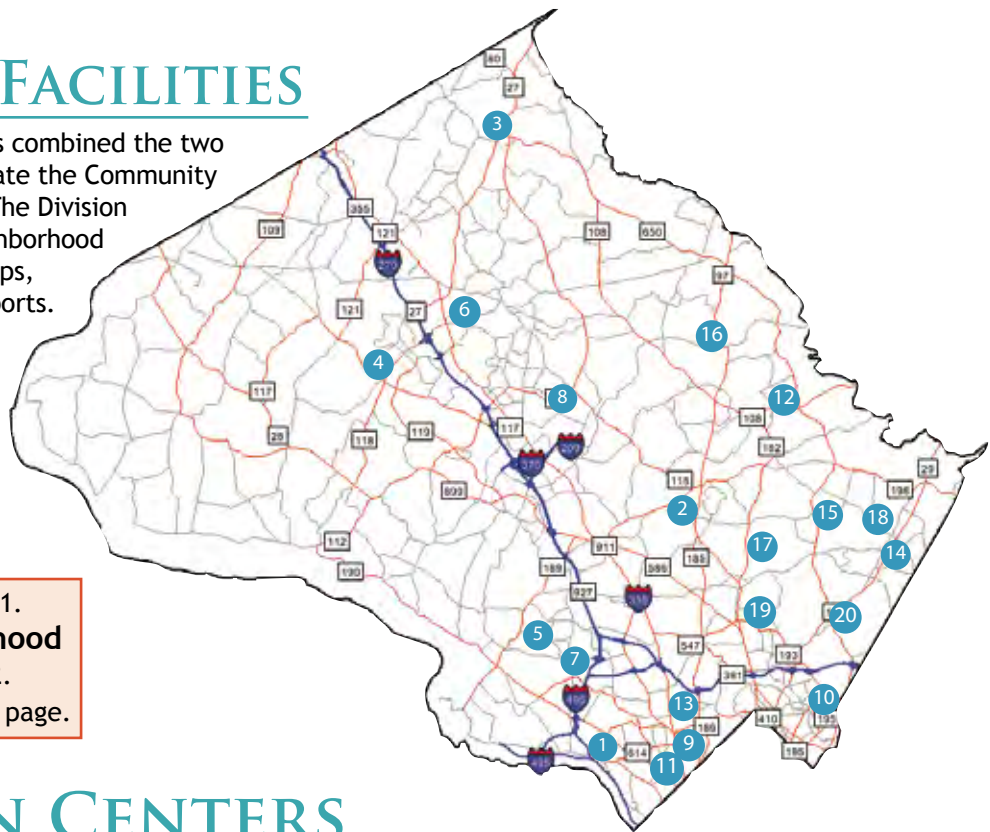
Business Saavy

RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Summer Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS
240-777-4980
3950 Ferrara Dr., Wheaton

Aquatic Centers: See page 11.
Senior & Senior Neighborhood Centers: See page 71 & 72.
Facility Locations: See next page.



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/NCRs can also be rented. Call for specific hours and availability.

Area I

- 1 Clara Barton NRC 301-229-0010
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar NRC **CLOSED FOR RENOVATIONS**
19561 Scenery Dr
- 7 Scotland NRC **CLOSED FOR RENOVATIONS**
7700 Scotland Dr
- 8 Upper County CRC 240-777-8077
8201 Emory Grove Road, Gaithersburg

Area II

- 9 Jane E. Lawton CRC 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 Wisconsin Place CRC 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 12 Ross J. Boddy CRC 240-777-8050
18529 Brooke Road, Sandy Summer
- 13 Gwendolyn Coffield CRC 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Longwood CRC 240-777-6920
19300 Georgia Avenue, Brookeville
- 17 Mid-County CRC 240-777-6820
2004 Queensguard Road, Silver Spring
- 18 Marilyn J. Praisner CRC 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 19 Wheaton NRC 240-777-8057
11711 Georgia Avenue, Wheaton
- 20 White Oak CRC 240-777-6940
1700 April Lane, Silver Spring



LOCATIONS

SCHOOLS

Ashburton Elementary School-6314 Lone Oak DR, Bethesda
 Barnsley, Lucy Elementary School-14516 Nadine DR, Rockville
 Bells Mill Elementary School-8225 Bells Mill RD, Potomac
 Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda
 Blair G. Ewing Center-14501 Avery RD, Rockville
 Briggs Chaney Middle School-1901 Rainbow DR, Silver Spring
 Brooke Grove Elementary School-2700 Spartan RD, Olney
 Burning Tree Elementary School-7900 Beach Tree RD, Bethesda
 Cashell Elementary School-17101 Cashell RD, Rockville
 Churchill, Winston High School-11300 Gainsborough RD, Potomac
 Cold Spring Elementary School-9201 Falls Chapel WAY, Potomac
 Darnestown Elementary School-15030 Turkey Foot RD, Gaithersburg
 Eastern Middle School-300 University BLVD, Silver Spring
 Fallsmead Elementary School-1800 Greenplace TER, Rockville
 Farquhar, William H. Middle School-16915 Batchellors Forest RD, Olney
 Flower Hill Elementary School-18425 Flower Hill WAY, Gaithersburg
 Flower Valley Elementary School-4615 Sunflower DR, Rockville
 Forest Knolls Elementary School-10830 Eastwood AVE, Silver Spring
 Gaithersburg Middle School-2 Teachers' WAY, Gaithersburg
 Gibbs, William B. ES-12615 Royal Crown DR, Germantown
 Johnson, Walter High School-6400 Rock Spring DR, Bethesda
 Kensington-Parkwood Elementary School-710 Saul RD, Kensington
 Kingsview Middle School-18909 Kingsview RD, Germantown
 Loiederman Middle School-12701 Goodhill RD, Silver Spring
 Matsunaga Elementary School-13902 Broomfield RD, Germantown
 McAuliffe, S. Christa ES-12500 Wisteria DR, Germantown
 Mill Creek Towne ES-17700 Park Mill DR, Rockville
 North Bethesda Middle School-8935 Bradmoor ST, Bethesda
 Northwest High School-13501 Richter Farm RD, Germantown
 Northwood Center (B-CC HS)-919 University BLVD, Silver Spring
 Oakland Terrace Elementary School-2720 Plyers Mill RD, Silver Spring
 Parkland Middle School-4610 West Frankford DR, Rockville
 Parks, Rosa Middle School-19200 Olney Mill RD, Olney
 Poole, John Middle School-17014 Tom Fox AVE, Poolesville
 Potomac Elementary School-10311 River RD, Rockville
 Pyle, Thomas W. Middle School-6311 Wilson LN, Bethesda
 Quince Orchard High School-15800 Quince Orchard RD, Gaithersburg
 Ride, Dr. Sally K. ES-21301 Seneca Crossing DR, Germantown
 Rock Creek Valley Elementary School-5121 Russett RD, Rockville
 Rock View Elementary School-3901 Denfeld AVE, Kensington
 Rocky Hill Middle School-22401 Brickhaven WAY, Clarksburg
 Rolling Terrace Elementary School-705 Bayfield ST, Takoma Park
 Sequoyah Elementary School-17301 Bowie Mill RD, Derwood
 Shady Grove Middle School-8100 Midcounty HWY, Gaithersburg
 Silver Spring International Middle School-313 Wayne AVE, Silver Spring
 Sligo Creek Elementary School-500 Schuyler RD, Silver Spring
 Stone Mill Elementary School-14323 Stonebridge View DR, Gaithersburg
 Takoma Park Middle School-611 Piney Branch RD, Silver Spring
 Tilden Center-6300 Tilden LN, Rockville
 Tilden Middle School-11211 Old Georgetown RD, Rockville
 Travilah Elementary School-13801 Dufief Mill RD, Gaithersburg
 Viers Mill Elementary School-11711 Joseph Mill RD, Silver Spring
 Wayside Elementary School-10011 Glen RD, Potomac
 Weller Road Elementary School-3301 Weller RD, Silver Spring
 Westover Elementary School-401 Hawkesbury LN, Silver Spring
 White Oak Middle School-12201 New Hampshire AVE, Silver Spring
 Wood Acres Elementary School-5800 Cromwell DR, Bethesda
 Wood Middle School-14615 Bauer DR, Rockville
 Wyngate Elementary School-9300 Wadsworth DR, Bethesda

PARKS

Brookside Gardens-1800 Glenallen AVE, Wheaton
 Camp Seneca Local Park-14500 Clopper RD, Boyds
 Capital View-Homewood Local Park-2929 Edgewood RD, Kensington
 Damascus Recreational Park-23723 Kings Valley Rd., Damascus
 Darnestown Local Park-14211 Darnestown RD, Darnestown,
 Falls Road Local Park-12600 Falls Road RD, Potomac,
 Martin Luther King Rec Park-1100 Jackson RD, White Oak
 Meadowbrook Local Park-7901 Meadowbrook LN, Chevy Chase,
 Norbeck-Muncaster Mill Neighborhood Park-4101 Muncaster Mill RD
 Norwood Local Park-4700 Norwood DR, Chevy Chase
 Pilgrim Hills Local Park-1615 E Randolph RD, Colesville
 Quince Orchard Valley Neighborhood Park-12015 Suffolk TER, Gaithersburg
 Rock Creek Regional Park-6700 Needwood Rd, Rockville
 Sligo Ave. Neigh. Park (Sligo Urban)-500 Sligo AVE, Silver Spring
 Sligo-Dennis Ave. Local Pk -10200 Sligo Creek PKY, Silver Spring
 Tilden Woods Local Park-6800 Tilden LN, Potomac
 Wheaton-Claridge Local Park-11901 Claridge RD, Wheaton

RECREATION FACILITIES

Bauer Drive Community Center-14625 Bauer DR, Rockville
 Bethesda Pool-Little Falls PKY, Bethesda
 Clara Barton Community Center-7425 MacArthur BLVD, Cabin John
 Damascus Community Recreation Center-25520 Oak DR, Damascus
 East County Community Center-3310 Gateshead Manor WAY, Silver Spring
 Germantown Community Center-18905 Kingsview DR, Germantown
 Germantown Indoor Swim Center-18000 Central Park Cir, Boyds
 Germantown Outdoor Pool-18905 Kingsview DR, Germantown
 Good Hope Community Center-14715 Good Hope RD, Silver Spring
 Gwendolyn Coffield Community Center-2450 Lyttonsville RD, Silver Spring
 Holiday Park Senior Center-3950 Ferrara DR, Wheaton
 Jane E. Lawton Community Center-4301 Willow LN, Chevy Chase
 Kennedy Shriver Aquatic Center-5900 Executive BLVD, N. Bethesda
 Long Branch Community Center-8700 Piney Branch RD, Silver Spring
 Long Branch Pool-8700 Piney Branch RD, Silver Spring
 Longwood Community Center-19300 Georgia AVE, Brookeville
 MCRD Offices-4010 Randolph RD, Silver Spring
 Marilyn J. Praisner CC-14906 Old Columbia PKY, Burtonsville
 Martin Luther King Outdoor Pool-1201 Jackson RD, Silver Spring
 Martin Luther King Swim Center-1201 Jackson RD, Silver Spring
 Mid County Community Center-2004 Queensguard RD, Silver Spring
 Olney Swim Center-16605 Georgia AVE, Olney
 Potomac Community Center-11315 Falls RD, Potomac
 Ross Boddy Community Center-18529 Brooke RD, Sandy Spring
 Schweinhaut Senior Center-1000 Forest Glen RD, Silver Spring
 Upper County Community Center-8201 Emory Grove RD, Gaithersburg
 Upper County Pool-8211 Emory Grove RD, Gaithersburg
 Western County Pool-20151 Fisher AVE, Poolesville
 Wheaton Community Center-11711 Georgia AVE, Wheaton
 Wheaton/Glenmont Pool-12621 Dalewood DR, Wheaton
 White Oak Community Recreation Center-1700 April LN, Silver Spring
 Wisconsin Place Community Ctr-5311 Friendship BLVD, Chevy Chase

OTHER FACILITIES

Emory Grove Center-18100 Washington Grove LN, Gaithersburg
 Wheaton Regional Library-11701 Georgia AVE, Wheaton
 Beall-Dawson House-103 W Montgomery AVE, Rockville
 Camp Olympia-5511 Muncaster Mill RD, Rockville
 Create Arts Center-816 Thayer AVE, Silver Spring
 Divine Life Yoga Studio-19008 High Point DR, Gaithersburg
 Golden School of Music-8004 A Norfolk AVE, Bethesda
 International School of Music-10450 Auto Park AVE, Bethesda
 Inwood House-10921 Inwood AVE, Silver Spring
 Kritt Studio-14817 Brownstone DR, Burtonsville
 Silver Spring Civic Center-1 Veterans PL, Silver Spring



Credit: Lydia Jane Photography www.LydiaJane.com

MONTGOMERY PARKS • SUMMER 2012



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REGISTRATION OPENS

for Brookside Gardens,
all Nature Centers,
Event Centers,
Olney Manor Skatepark,
Outdoor Tennis,
and South Germantown
Driving Range
...on **MAY 14/15**

for Ice Skating & Hockey
June classes...
JUNE 12/13-18
August classes...
JUNE 27/28-AUG. 3

for Indoor Tennis...
...on **JUNE 11/12***

** Registration is open to
Montgomery County residents
one day early for all classes;
next day registration is open
to all. See specific sections for
more registration information.*

Photo: A wedding party wades behind Seneca Lodge during their reception. See page 101 for Event Center information.



MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Summer 2012

Dear Montgomery Parks Patron,

We're heading into the busiest time of the year for Parks, and our entire staff has been working like proverbial bees to make sure that everything is ready for you...in 416 parks, 290 playgrounds, 129 picnic shelters, and on 227.8 miles of trails (not to mention four lakes, two ice rinks, two tennis centers, four nature centers, five Event Centers and a whole lot more). Check out the concise one-page summary of Montgomery Parks facts and figures at www.MontgomeryParks.org (click on "About Parks" in the left menu next to "Park Inventory Statistics"). I'll bet you'll see more than one thing on the list you didn't know was there, just waiting for you to find it.

There's so much going on, I can't begin to cover it all in this letter. If you're interested in what's happening in Montgomery Parks, I encourage you to visit www.MontgomeryParks.org/connect and "Connect with Parks." You'll find links there to sign up for the monthly "Come Play in the Parks" eNewsletter, report a problem in a park, find upcoming events in our searchable Event Calendar, get to our Facebook, Twitter and YouTube sites, check on new Park projects in your neighborhood, and more.

Here are just a few of the things that are new, or coming soon to a park near you...

- The annual "Wings of Fancy" Live Butterfly and Caterpillar Exhibit is now open at Brookside Gardens through September 16. If you've never experienced this event, you're in for a treat. It's magical.
- Come "Welcome Back, Lake Needwood!" on Saturday, June 16 with activities throughout the day, including pedal boat races, kayak lessons and lake tours, and half-price boat rentals. See page 113.
- The South Germantown Splash Playground is celebrating a birthday! Join us on Saturday, June 23 from Noon-2pm for the South Germantown 10th Anniversary Splash.
- Remember the old outdoor skating rink in Wheaton Regional Park? It's now Wheaton Sports Pavilion, the newest place in the county available to rent for soccer, futsal and lacrosse games. The synthetic field turf is made in part with ground-up athletic shoes! See page 124 for details.
- The Montgomery TennisPlex in South Germantown Recreational Park (a public-private partnership) broke ground in April, with eight brand-new indoor tennis courts scheduled to open by Fall 2012.
- Seneca Lodge will soon have a beautiful new tent on site, making it an even more "natural choice" as a place to get married or celebrate. See page 101 for information on all five Park Events Centers.

Have a wonderful summer in the Parks!

Françoise M. Carrier
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper



Love your parks? Help support them!



Montgomery Parks
FOUNDATION

Visit MontgomeryParksFoundation.org



Join

Being a Friend of Montgomery Parks is a great way to support our green, open spaces and the wonderful parks of Montgomery County. Friends receive access to special Friends-only events and programs, benefit from special discounts, receive our e-newsletter, and will receive a bumper sticker or magnet so you can display your support.



Dedicate benches

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a bench in one of Montgomery County's beautiful parks. The Montgomery Parks Foundation will purchase and arrange for the installation of your new park, trail or garden bench, or you may choose to adopt an existing bench.

trees

Planting a new tree or adopting an existing tree in one of our parks is a perfect way to remember or honor loved ones, community members and friends. The Montgomery Parks Foundation will arrange for the installation of a new tree from October 1 through April 30, during the planting season, or you can adopt an existing tree anytime!



MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats

Black Hill Regional Park • 20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends • 301-528-3490 Monday-Friday
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park

15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 info • 301-948-0501 Park Manager
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park

23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit HistoryintheParks.org for more information and sites of interest.

Oakley Cabin

3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail

Sandy Spring, MD • 301-650-4373 • UndergroundRRExperience.org

Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • 301-570-5722 • www.HistoricWoodlawnManor.org

DOG PARKS

Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park

10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park

16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.

EVENT CENTERS

Looking for the perfect spot for a retreat, business meeting, workshop, wedding, family reunion, birthday, anniversary or retirement celebration? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855
301-299-5026 information & reservations • 301-670-4661
www.ParkEventCenters.com or www.AgHistoryFarm.com
Email: EventCenters@MontgomeryParks.org

Available for private rentals, and open for Parks-sponsored special events such as Harvest Festival, Gas & Steam Engine Show, and Parks camps and classes.

EVENT CENTERS (cont.)

Brookside Gardens • Wheaton Regional Park

1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 information & reservations
Email: EventManager@MontgomeryParks.org

Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

Rockwood Manor ParkPASS

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

FUTSAL

NEW!

Wheaton Sports Pavilion in Wheaton Regional Park; see "Soccer"

GARDENS

Brookside Gardens • Wheaton Regional Park **ParkPASS**

1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens **ParkPASS**

6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

GOLF

South Germantown Driving Range **ParkPASS**

South Germantown Recreational Park
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

HORSEBACK RIDING & STABLES

Callithea Farm Park

15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center

14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables

1101 Glenallan Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park

20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park & Planning Commission (M-NCPPC).



CONTACT

- To report maintenance issues or problems in a park:
301-670-8080
- To reserve a picnic shelter or Park Activity building:
www.ParkPermits.org
301-495-2525
- Athletic Field Rainout number:
301-765-8787
- Park Police:
301-949-3010
- For info on a Montgomery Parks class or program:
301-495-2580
www.ParkPASS.org
MCP-ParkPassHelp@MontgomeryParks.org
- To volunteer in the Parks:
www.ParksVolunteers.org
- General Information:
301-495-2595
www.MontgomeryParks.org
- For info about a specific park:
www.MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow **MontgomeryParks** on Twitter at <http://twitter.com/MontgomeryParks>
- Support **MontgomeryParks!**
Visit **www.MontgomeryParksFoundation.org**

What is ParkPASS?

ParkPASS is Montgomery Parks' free online registration system for classes and programs.

When you see "**ParkPASS**" next to a facility name in this directory, it means there are people at that facility who can help you register for programs offered at any Parks facility using the ParkPASS online registration system).

You can also open a ParkPASS account at these locations. ParkPASS facility hours vary; please call before stopping by.

To open your free ParkPASS account online, visit **www.ParkPASS.org**

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena **ParkPASS**

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

NEW!

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

NEW!

Wheaton Sports Pavilion

in Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com
200' x 85' covered synthetic turf (Nike Grind) playing field;
rent for soccer, lacrosse, futsal, league play and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING & INLINE

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

TENNIS (Indoor)

Pauline Betz Addie Tennis Center **ParkPASS**

at Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (Outdoor)

Outdoor courts are available to use free of charge on a first-come, first-served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring, summer and fall.

Complete court list: www.MontgomeryParks.org
Outdoor tennis lesson info: www.ParkPASS.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in the Parks.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks athletic fields is managed by the Office of Community Use of Public Facilities (CUPF).

To reserve a ballfield, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

2012 Summer Twilight Concert Series

Join us each Tuesday evening in June from 6:30-8:00pm for a series of performances set in the beauty of the gardens! All concerts are free of charge; no registration is required. Don't forget your chairs and blankets!

Marianna Previti, June 5

The gal with the golden voice

Justin Trawick, June 12

Arlington-based Urban Folk Rock band with a range from folk/bluegrass to funk/hip hop

Lesson Zero, June 19

Indie, Rock, Roots Music



Natty Beaux, June 26

Swingin' Jump Blues & Rockabilly

Wings of Fancy

Live Butterfly and Caterpillar Exhibit

Saturday, May 5 through Sunday, September 16
10:00am-4:00pm daily



Surround yourself with hundreds of African, Asian, Costa Rican, and North American species of butterflies flying freely inside a Conservatory.

Fees: \$6 adults; \$4 ages 3-12; or purchase a "Frequent Visitor Pass" and enjoy unlimited return visits this season. Groups of 15 or more by appointment only, call 301-962-1467 for reservations. We regret that we are unable to accommodate strollers in the Butterfly Exhibit.

Wings of Fancy Information Line: 301-962-1453.

Summer Camps



Garden Impressionists Camp I

June 18-22 9:00am-12:00pm (ages 6-8)

Course number 178199

June 18-22, 1:00pm-4:00pm (ages 9-11)

Course number 178200

In The Garden with Monet and Mozart

June 25-29, 9:00am-3:30pm (ages 6-8)

Course number 178502

June 25-29, 9:00am-3:30pm (ages 9-11)

Course number 178549

A Garden "Focus!"

July 9-13, 9:00am-12:00pm (ages 9-11)

Course number 178649

Green Thumb Garden Club

July 9-13, 1:00pm-4:00pm (ages 9-11)

Course number 178749

July 30-August 3, 1:00pm-4:00pm (ages 9-14)

Course number 178800

Growing Green Gardening Camp

July 16-20, 9:00am-3:30pm (ages 9-11)

Course number 178750

July 23-27, 9:00am-3:30pm (ages 6-8)

Course number 178751

Botanical Art Camp

July 30-August 3, 9:00am-12:00pm (ages 9-14)

Course Number 178799

Butterfly Flutterby

August 6-10, 9:00am-3:30pm (ages 9-11)

Course number 178849

August 13-17, 9:00am-3:30pm (ages 6-8)

Course number 178899

For camp descriptions and to register, visit www.ParkPASS.org. Most camps offer an extended care option.



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Adult Programs

Focus on Butterflies!

Bring your tripod and enjoy two hours of photography in our "Wings of Fancy Live" Butterfly and Caterpillar Exhibit before it opens to the public. FOBG: \$27

183562	18 & up	1 Class	\$30	6/3	Su	8:00am-10:00am
183554	18 & up	1 Class	\$30	6/9	Sa	8:00am-10:00am
183555	18 & up	1 Class	\$30	7/7	Sa	8:00am-10:00am
183557	18 & up	1 Class	\$30	8/4	Sa	8:00am-10:00am

Faux Ancient Hypertufa Pots

These fabulous pots look like they have been around for centuries. The special lightweight concrete mix we'll use can easily be carved to change the shape, or to add decorative elements. Depending on the form you use, the pots can be any size, from a six-inch bowl to a six-foot trough. On the first day of this two-day class, we'll set up the easy mold, and mix and pour the form. On the second day we'll remove the mold and carve the soft concrete. Once you learn this technique, you can use it to create a new garden accent or unique personalized gift anytime you like. FOBG: \$63

187149	18 & up	2 Classes	\$69	6/5&6	Tu & W	10:00am-Noon
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Garden Chair Workshop

This is your opportunity to make and take home your own garden chair, modeled after the Gerrit Rietveld Red and Blue Chair in the Museum of Modern Art. Adapted for use in the garden by Lester Collins at Innisfree on the Hudson, it was popularized at Wave Hill in the Bronx. No carpentry skills required; all materials are precut and ready to assemble. The only things you'll need to bring are the willingness to learn, a fully charged (don't forget!) cordless drill/screwdriver, and ropes or straps to tie your chair to the top of your vehicle's roof rack (chairs will fit inside some larger automobiles or minivans). FOBG: \$195

183349	18 & up	1 Class	\$215	6/8	F	10:00am-12:30pm
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Research and Camellia Breeding at Longwood Gardens

Longwood Gardens, an extraordinary display garden in Kennett Square, has operated a successful research and development program since the mid 1950's. Matt Taylor, Research Horticulturist at Longwood Gardens, will talk about the history of the research program and all the plants Longwood has released over the years. He'll also discuss many ongoing research projects, and cover the camellia breeding and tissue culture programs in depth.

183905	18 & up	1 Class	FREE	6/15	F	10:00am-11:30am
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Butterfly & Garden Photography Workshop

Learn how to capture striking images of butterflies and flowers in this two-session workshop. The first two-hour session will be spent photographing colorful butterflies in the Conservatory.

The second two-hour session starts in the garden and covers close-up techniques for capturing blooming flowers, and ends with a critique by the instructor of participants' photographs (in the Visitors Center Adult Classroom).

The fee covers online pre-workshop instruction and assistance in the Conservatory and gardens, plus an illustrated handout. Please have a working knowledge of your camera, and bring all photo equipment to both sessions (including a digital memory card, extra batteries, and camera manual). A tripod is optional, but highly recommended. Point-n-shoot cameras are fine, but dramatic photographs of butterflies can be a challenge with the limited options offered by basic models. FOBG: \$40

188749	18 & up	2 Classes	\$44	6/16	Sa	8:00am-10:00am
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Light! at Longwood Gardens

Experience Longwood Gardens in a whole new *Light!* through the



evocative and imaginative art of Bruce Munro, British artist and light designer. Never before seen in the United States, this debut exhibition illuminates the gardens with large-scale, site-specific light installations. Both indoors and outdoors, by day and by night, *Light!* will change the way you see gardens. Longwood Gardens, one of the world's premier public display gardens, is spectacular any time of the year. Enjoy a guided historical tour of the gardens, followed by plenty of time to visit the conservatories and outdoor gardens at twilight. Fee includes transportation, boxed lunch, dinner at the Terrace Restaurant, admission and tour of Longwood Gardens.

190899	18 & up	1 Class	\$135	6/21	Th	11:00am-11:00pm
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Bamboo Garden Tuteur Workshop

We gardeners tend to have a love/hate relationship with bamboo. Learn all about this garden thug, from the differences between running and clumping forms, to methods of preventing it from taking over the world. Then learn a technique for creating a beautiful bamboo tuteur—the perfect support for sweet peas or other climbing ornamental or vegetable plants—using bamboo splitters and some gardening ingenuity. Bring a vehicle large enough to transport a finished tuteur, or take it home as a kit to construct in the garden. FOBG: \$25

187349	18 & up	1 Class	\$28	7/7	Sa	1:00pm-2:30pm
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Garden Whimsy Mosaic Totems

What garden nymph or gnome built this totem in my yard? These treasures can be tucked among the leaves and branches to be discovered by the close observer, or set out as a focal point. Either way, they add color and artistic whimsy to any garden. The mosaicked poles are approximately 30 inches x 4 inches, and can be left outside all year. All supplies are provided, including concrete pole, adhesive, grout and mosaic materials (tiles, dish shards, stained glass, stones and shells). We'll plan our projects and mosaic on the first day of this two-day class, and grout the totems on the second day. FOBG: \$85

187150 18 & up 2 Classes \$95 7/10 Tu & F 10:00am-Noon

Landscape for Life

Conventional gardens often work against nature, damaging the environment's ability to clean air and water. The good news is that even one well-designed home garden can begin to repair the web of life by reducing flooding and fighting climate change. It can also provide other natural benefits that support life on earth (including us). Come learn how to create a great-looking garden that's healthier for you, your family, your pets and the environment—and will save you time and money! FOBG: \$44

188549 18 & up 5 Classes \$49 7/10 Tu 6:30pm-8:00pm

Think-It Build-It Willow Furniture Workshop

Come with a hammer and leave with your choice of 12 different projects! Bent willow furniture is the perfect rustic accent, whether you need a seat for that certain spot in your garden or a place to repot your houseplants. Price varies depending on project chosen. Class starts at 9:00am for chairs and loveseats, 1:00pm for all other projects. When registering online, you'll first add the program with the base fee of \$70 to your shopping cart, then choose one project from the list that appears when you select "Go to Checkout." Questions? Call 301-962-1451.

182999 18 & up 1 Class \$70+ 7/21 Sa 9:00am-4:00pm

Concrete Leaf Sculpting Workshop

A unique piece of sculpture adds a whimsical accent to any garden. If you'd like to learn to create your own masterpiece, join Ann Baker to turn a live leaf into stone. It will add year-round interest to that perfect nook in your garden. The fee includes all materials to make one large or two small sculptures. FOBG: \$22

189249 18 & up 1 Class \$25 7/25 W 10:00am-Noon

Concrete Leaf Painting Workshop

Registered for the Concrete Leaf Sculpting Workshop, or have an unpainted or tired-looking concrete leaf at home? Join Ann Baker to finish that unique piece of sculpture with some acrylic paint and sealant, to help your leaf add interest to your garden for years to come. Fee includes a variety of paint colors to choose from. FOBG: \$15

183651 18 & up 1 Class \$18 8/1 W 10:00am-Noon



Cooking in the GARDENS

Summer's Trifecta

Hot-weather-loving eggplant, tomato and peppers come out to play throughout the summer. Learn new ways to make them shine. FOBG: \$28

183404 18 & up 1 Class \$32 6/27W 12:00pm-1:30pm

Squash, Sweet & Mellow

Discover the many forms of summer squash and the versatility of spaghetti squash in this cooking class with the fabulous Cook sisters, Adrienne and Danielle. FOBG: \$28

183405 18 & up 1 Class \$32 7/18 W Noon-1:30pm

Children's Programs

Flower Buds

Gardening activities, stories, crafts and garden walks for children age 3-5, accompanied by a parent.

183909 3-5yrs 1 Class \$5 6/11 M 10:30am-12:00pm

183910 3-5yrs 1 Class \$5 7/9 M 10:30am-12:00pm

183911 3-5yrs 1 Class \$5 8/13 M 10:30am-12:00pm

Dig-in, Dig-out! School Is Out!

School is out, so get outdoors and celebrate pollinators with us this week! Did you know every third bite of food we eat is from the help of a pollinator? Stop by our activity display table and learn how you can help protect our pollinators—essential insects for gardens, farms, and our food production. Make a hands-on craft to take home, too! Cancelled in the event of rain. Free, no registration required.

Monday-Friday, June 18 through June 22...

drop in anytime between 10:00am and 1:00pm

Become a Friend of
Brookside
GARDENS



The benefits are many, including discounts at area nurseries and garden centers, 10% off at our gift shop (except sale items), 10% off at the Friends' Fall Plant sale, and discounts on many Brookside Gardens programs (that's what the "FOBG" means in the class listings). Visit BrooksideGardens.org for more details.



Party

in the Parks!

Host your next event at a
Montgomery Parks Event Center



Photo by Ken Pak

Get away

from it all. Our venues are just off the beaten path, but their beautiful park settings make you feel like you're out in the country.

Get funky

Parks Event Centers aren't for everyone... but one may be perfect for you. They're beautiful, but not in a stuffy or stiff way. Think funky elegance, or comfy chic.

Get real

Money's tight. Our venues are affordable. Let us put together a package that will work for your personal or business budget.



Photo by Katie Stoops



Brookside Gardens | Wheaton, MD

Rockwood Manor | Potomac, MD

Woodlawn Manor | Sandy Spring, MD

Agricultural History Farm Park | Derwood, MD

Seneca Lodge | Boyds, MD



Get floor plans · photos · rates · more information at
www.ParkEventCenters.com
301-299-5026 | 301-962-1404 (Brookside Gardens)
EventCenters@MontgomeryParks.org





GREAT AMERICAN BACKYARD CAMPOUT

NATIONAL WILDLIFE FEDERATION



Come camping Saturday, June 23!

Did you know that only 25% of kids today play outside daily, as opposed to 75% a generation ago? Step outside and join thousands of families all over the country for the **Great American Backyard Campout**—a night of fun and exploration under the stars. Everyone at **Little Bennett Campground** is excited about the event, where we have 66 lovely wooded campsites and lots of great activities planned for you.

SPECIAL ACTIVITIES

June 23, only at Little Bennett Campground

- 2:00pm **Craft Time for Campers***
- 3:00pm **Nature Hike** with a Park Naturalist
- 7:00pm **Ice Cream Social***
- 8:30pm **Family Film Under the Stars!**

PLUS...50% off all tent sites June 23

To encourage you and your family and friends to get outdoors and into our beautiful campground, GABC campers can reserve a tent site for \$10.50! For more information and how to register for the "Little Bennett Campground" team on the NWF website, visit www.LittleBennettCampground.com. To reserve your campsite, call **301-528-3430** and mention **GAC12**. Start a new family tradition—turn everything off and come camping!

**Small fee charged to cover costs.*



Little Bennett Campground
23701 Frederick Road
Clarksburg, MD 20871
301-528-3430
www.LittleBennettCampground.com



Nature Programs

in Black Hill Regional Park

Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Toddlers & Preschool

Ages 6 & under

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Fishing with Lil' Ones

Let's go fishin' like Tom Sawyer! We'll provide bamboo poles, line, and bait, and see what we can catch off the dock at Little Seneca Lake. FOBH \$6

201800	3-6yrs	1 Class	\$7	6/29	F	9:00am-10:30am
201854	3-6yrs	1 Class	\$7	7/27	F	9:00am-10:30am
201855	3-6yrs	1 Class	\$7	8/9	Th	9:00am-10:30am

Children

Ages 6-12

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Exploring Nature with Your Group

Be one of the first groups to use and critique our newly developed Nature Packs! Each pack is designed to help your group explore the outdoors, and to enjoy and delight in the natural world. Each theme pack has easy-to-follow instructions and all the materials needed to engage your group in activities and games. Natural objects are included for children to examine and share in the wonder of nature. A Volunteer Naturalist will be available to assist your group. This program is suitable for families, home-schooled groups and neighborhood groups.

Volunteer Naturalist: Peg Dorgan

• White-Tailed Deer

199549 6-12yrs 1 Class FREE 6/2 Sa 1:00pm- 2:00pm

• Birds of Black Hill

199550 6-12yrs 1 Class FREE 6/7 Th 3:00pm- 4:00pm

• Animal Defenses

199551 6-12yrs 1 Class FREE 8/9 Th 3:00pm- 4:00pm

• Trees

199552 6-12yrs 1 Class FREE 8/25 Sa 1:00pm- 2:00pm

End of School Fishing Workshop & Contest

Celebrate the end of the school year with a fishing lesson and contest. We'll share great beginner fishing tips and demonstrate effective tackle set-ups, followed by a fishing contest with prizes! Anglers will be split into two age groups (6-8, and 9-11). FOBH \$8

Meet at the gazebo by boat docks.

202349 6-11yrs 1 Class \$10 6/14 Th 5:00pm-8:00pm

Mixed Ages

Ages 1-17

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Stream Adventures

What lives in a stream? We'll wade into the water and use nets to see what insects, fish, frogs and other animals we can find. FOBH \$5

Please wear boots or closed-toe shoes that you don't mind getting wet (no flip-flops, please). All children must be accompanied by an adult.

• Black Hill Regional Park

Meet at the parking area by the brown Black Hill Contact Station. Park on either side of the station.

201599 2-12yrs 1 Class \$6 6/20 W 4:00pm- 5:30pm

201649 2-12yrs 1 Class \$6 8/10 F 3:30pm- 5:00pm

• Rachel Carson Conservation Park

Meet at parking area at 22201 Zion Road in Brookeville. Children should be able to hike or be carried the 1/4 mile to the stream.

201750 2-12yrs 1 Class \$6 6/23 Sa 1:30pm- 3:00pm

• Little Bennett Regional Park

Children should be able to hike or be carried the 1/4 mile to the stream. Park and meet at Kingsley parking lot off Clarksburg Rd. & Rt. 121.

201799 2-12yrs 1 Class \$6 6/26 Tu 10:00am-11:30am

Park and meet at the Wilson Mill parking lot off Clarksburg Rd. & Rt. 121.

201600 2-12yrs 1 Class \$6 7/6 F 10:00am-11:30am

Programs for All

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more. FOBH \$12

We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please), and bring water and sunscreen.

201699 12 & up 1 Class \$14 6/2 Sa 1:00pm- 3:00pm

201700 12 & up 1 Class \$14 6/11 M 7:00pm- 9:00pm

201701 12 & up 1 Class \$14 6/13 W 7:00pm- 9:00pm

201702 12 & up 1 Class \$14 7/7 Sa 9:00am-11:00am

201703 12 & up 1 Class \$14 7/9 M 7:00pm- 9:00pm



**Friends of
Black Hill
(FOBH)**

SUMMER 2012 Meeting

Tuesday
August 28,
6:30-8:30pm

Want to be
a FOBH? Visit

**BlackHill
Nature.org**

and join today!



Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Insectivorous bats will be out, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. FOBH \$5

Please register and pay for all participants.

202049	6 & up	1 Class	\$6	6/7	Th	6:30pm- 8:00pm
202050	6 & up	1 Class	\$6	6/12	Tu	6:30pm- 8:00pm
202051	6 & up	1 Class	\$6	6/25	M	7:00pm- 8:30pm
202052	6 & up	1 Class	\$6	7/25	W	7:15pm- 8:45pm
202149	6 & up	1 Class	\$6	8/10	F	6:30pm- 8:00pm

Summer Birding at Black Hill

Join us for a relaxed morning of birding. Herons, bluebirds, kingfishers and bald eagles are all possible. We'll start at the Visitor Center, then carpool to a good birding area in the park. Volunteer Naturalists: Tim Gier and Barbara Kreiley. FOBH \$4

Please bring binoculars; spotting scope provided.

199599	18 & up	1 Class	\$5	6/9	Sa	7:30am- 9:30am
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Hummingbirds: Flying Jewels

Join Naturalist Lynette Lenz to learn about these amazing "flying jewels" in our gardens. We'll discover their favorite flowers and observe their behavior; then each family will make a hummingbird feeder to take home. FOBH \$5

Register and pay for one person for your family.

202250	3 & up	1 Class	\$6	6/12	Tu	4:30pm- 6:00pm
202299	3 & up	1 Class	\$6	7/7	Sa	1:30pm- 2:30pm

An Evening with Flying Squirrels

Most wooded areas have flying squirrels—but they're nocturnal, so we often don't see them. But just after sunset, we'll lure them to a feeder with peanuts. After a brief talk, we'll walk to the woods to watch the elusive squirrels glide in to grab a bite. Volunteer Naturalists: Karen & Ed Escalante or Park Naturalist. FOBH \$4

199299	6 & up	1 Class	\$5	6/16	Sa	8:30pm- 9:30pm
199300	6 & up	1 Class	\$5	8/18	Sa	8:00pm- 9:00pm

Summer Hike in Little Bennett

Mid-June is a time of great activity in the forest. We'll listen for birds, hope to see some nestlings, and check out wildflowers and insects in the meadow. FOBH \$3.

FYI: This trail is more of a hike than a walk; it's steep in places and can get muddy. Meet at Wilson's Mill parking lot in Little Bennett Regional Park.

199499	5 & up	1 Class	\$4	6/23	Sa	11:00am-12:30pm
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Storytime on the Lake

Come aboard our pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! FOBH \$4
Designed for children ages 3-6 accompanied by adult (no younger siblings, please). Please register and pay for every participant. We'll provide the required PFDs for all children to wear. Meet at boat dock below Visitor Center.

• Black Hill's Bald Eagles

202306	3 & up	1 Class	\$5	6/27	W	4:00pm- 5:00pm
202307	3 & up	1 Class	\$5	7/9	M	5:00pm- 6:00pm
202308	3 & up	1 Class	\$5	8/29	W	11:00am-12:00pm

• Dragonflies

202303	3 & up	1 Class	\$5	7/12	Th	11:00am-12:00pm
202304	3 & up	1 Class	\$5	8/28	Tu	11:00am-12:00pm

Firefly Search & Night Hike

Join a Naturalist for a night hike and firefly search at Black Hill Regional Park. Bring your bug boxes for catching these amazing insects. Meet at the Visitor Center for a brief talk, then we'll head out into the twilight. FOBH \$5

202199	3 & up	1 Class	\$6	6/27	W	8:00pm- 9:30pm
202249	3 & up	1 Class	\$6	7/12	Th	8:00pm- 9:30pm

Stargazing in Summer

Volunteer Naturalist Jim Cook will start our starry evening with a talk inside about the summer night sky. He'll preview the Moon's mountains, lava plains, and some prominent craters and features that will be visible tonight, and talk about the summer constellations—including how to use the Big Dipper to find the stars Arcturus, Spica, and Polaris (the North Star). As the sky darkens, we'll step outside to enjoy some spectacular magnified views of the Moon, Saturn and its rings, and more through the lenses of volunteer-operated telescopes. FOBH \$5

200449	1 & up	1 Class	\$6	6/29	F	8:30pm-10:30pm
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Summer Wildflowers at Black Hill

This section of the park becomes a riot of wildflowers in summer. We'll learn and practice the basics of wildflower identification, and keep an eye out for birds and butterflies at the same time. Feel free to bring your favorite field guide; we'll provide hand lenses for you to use. FOBH \$3

Meet at the gravel lot across the park road from the public boat ramp in Black Hill Regional Park.

199449	8 & up	1 Class	\$4	7/7	Sa	11:00am-12:30pm
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Curiosity & the Cosmos

NASA's Mars Science Laboratory rover *Curiosity* is scheduled to land on Mars this weekend! Join Volunteer Naturalist Jim Cook as he talks about its launch and mission, and how you can watch NASA's live landing coverage online late Sunday night, August 5. After that, we'll head outside from some views of the summer night sky and constellations, and hopefully find Mars itself low in the southwest sky. Volunteer operated telescopes will be on site to show us glorious Saturn, its rings, star clusters, and more. FOBH \$5

200399	1 & up	1 Class	\$6	8/3	F	8:30pm-10:30pm
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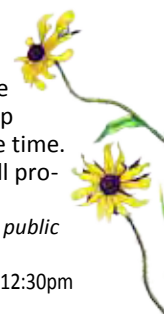
Family Adventure: The Stream

What lives in a stream? We'll investigate a section of Little Bennett Creek to see what insects, fish, frogs and other animals we can find. Nets, tubs, and other equipment will be provided.

Volunteer Naturalist: Sujata Roy FOBH \$1

Please wear closed-toe shoes that you don't mind getting wet (no flip-flops, please). The trail from parking lot to streamside isn't suitable for strollers. Meet at Wilson's Mill parking lot in Little Bennett Regional Park.

199349	3 & up	1 Class	\$2	8/18	Sa	11:00am-12:30pm
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Nature Programs
in Black Hill Regional Park

Adults

Ages 18 & up

Registration is required unless otherwise noted.

Explore a Park

New to the area or just want to get out for a hike?

Explore different parks in Montgomery County with an experienced Black Hill Naturalist as your guide.

Hike length varies with the pace of each group. Please dress for the weather in appropriate hiking gear.

• Rock Creek Regional Park

Meet by the Boat House/Snack Bar/Observation Area on Needwood Lake Drive in Rock Creek Regional Park.

201949 18 & up 1 Class FREE 6/3 Su 9:00am-11:00am

Sugarloaf Mountain & Vineyard Tour

Travel by van with us to the top of Sugarloaf Mountain, and then take a short moderate walk to view the scenery. After the walk, we'll eat our bag lunches at some mountainside picnic tables. Then we'll drive to nearby Sugarloaf Mountain Vineyard for a tour of the Winery and wine-tasting in their air-conditioned tasting room or outdoors on the patio. Their award-winning wines will be for sale after the wine-tasting. Naturalist and designated driver Denise Gibbs will return you safely to Black Hill Visitor Center. FOBH \$32

Please note: This is a non-smoking facility and property. Bring binoculars, bag lunch, tote bag, and \$4 tip for the wine-tasting.

200499 21 & up 1 Class \$40 6/6 W 11:00am- 3:00pm

Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. FOBH \$60

This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayaks, paddles, PFDs, dry bag, and round-trip transportation from Black Hill Park to river locations.

201849 18 & up 1 Class \$65 6/9 Sa 8:00am- 5:00pm
 201850 18 & up 1 Class \$65 7/28 Sa 8:00am- 5:00pm
 201851 18 & up 1 Class \$65 8/25 Sa 8:00am- 5:00pm

Lake Tour by Kayak

Come for an early morning paddle or wind down after work and enjoy a peaceful evening of kayaking on Little Seneca Lake with a Naturalist. FOBH \$12

Paddling experience necessary. We'll supply boats, paddles, and PFDs. Meet at kayak shed below Visitor Center.

201899 18 & up 1 Class \$14 6/20 W 7:00pm- 9:00pm
 201900 18 & up 1 Class \$14 6/23 Sa 7:30am- 9:30am
 201901 18 & up 1 Class \$14 7/11 W 7:30am- 9:30am
 201902 18 & up 1 Class \$14 8/21 Tu 7:00pm- 9:00pm
 201903 18 & up 1 Class \$14 8/26 Su 7:30am- 9:30am
 202099 18 & up 1 Class \$14 8/28 Tu 7:30am- 9:30am

Swallowtails, Skippers & Summer Azures

Let's take a hike in search of summer butterflies!

We'll walk easy trails in several parks with good habitat and nectar sources, and hope to identify at least 20 species of butterflies at each location. Use our close-focusing binoculars to get a good look at the butterfly field marks; marvel at the diversity of the butterfly population; and take photos! Data collected will be used in wildlife management decisions.

Naturalist: Denise Gibbs. FOBH \$5

• Hoyle's Mill Conservation Park

199399 18 & up 1 Class \$6 7/2 M 9:30am-11:30am

• Black Hill Visitor Center

199400 18 & up 1 Class \$6 7/9 M 9:30am-11:30am

• Seneca Landing Community Park

199401 18 & up 1 Class \$6 7/16 M 9:30am-11:30am

• Dickerson Conservation & Woodstock Equestrian Parks

199402 18 & up 1 Class \$6 8/13 M 9:30am-11:30am

• Little Bennett Regional Park

199405 18 & up 1 Class \$6 8/27 M 9:30am-11:30am

• Lois Green Conservation Park

199404 18 & up 1 Class \$6 8/20 M 9:30am-11:30am

Ladies Paddle

If you enjoy kayaking, come meet other like-minded outdoorswomen and paddle together! FOBH \$12

Basic paddling experience necessary (this is not a lesson).

We'll supply boats, paddles, and PFDs.

• Early Morning on Little Seneca Lake

Take an early morning paddle in Little Seneca Lake. If you don't know how to kayak, why not take our Basic Recreational Kayaking classes? FOBH \$12

Meet at Black Hill boat dock below the Visitor Center.

201856 18 & up 1 Class \$14 7/7 Sa 7:00am- 9:00am

Ladies Trek

Want to hike but don't quite know where to go?

Meet other women and hike some park trails with a Park Naturalist. FOBH \$6

Hike length varies with the pace of each group. Please wear hiking boots or other sturdy shoes.

• Rock Creek Regional Park - Lake Frank

Today we'll explore the trails around Lake Frank.

Meet at the parking area off of Avery Road.

201999 18 & up 1 Class \$7 8/11 Sa 9:00am-11:00am



Explore WILD MONTGOMERY

Come on a free hike led by a Naturalist from **Black Hill Visitor Center** this summer! Registration required; see p.106 for more details.

Hiking in Schaeffer Farm, Seneca State Park

Monday, June 11 • 2-4pm • Ages 18 & up • ParkPASS #203549

McKee-Beshers Sunflower Hike

Wednesday, July 18 • 10:30am-12:30pm • Ages 18 & up • ParkPASS #203149

Hike Along Hawlings River in Rachel Carson Park

Wednesday, August 1 • 10:30am-1pm • Ages 8 & up • ParkPASS #203249



Nature Programs
in Black Hill Regional Park



Explore

WILD MONTGOMERY

Explore wild Montgomery County with a Montgomery Parks Naturalist or Natural Resource Specialist! Discover beautiful public places close to home, and learn fascinating natural history from Park experts.

JUNE

MONDAY, JUNE 11 • Black Hill Visitor Center

Hiking in Schaeffer Farm, Seneca State Park

We'll hike the Seneca Greenway Trail in Schaeffer Farm, which follows along the stream valley (off Rt. 28). Meet at the Black Rock Mill parking area off of Black Rock Rd.

203549 18 & up Free 2pm– 4pm

SATURDAY, JUNE 16 • Locust Grove Nature Center

Blue Mash Bug Walk

Look for dragonflies, butterflies, and other insects on this leisurely morning walk on Blue Mash Nature Trail. We'll search the many blooming wildflowers for insect pollinators, and expect to see a variety of birds as well.

196299 3-12 years Free 10am– 11:30am

TUESDAY, JUNE 26 • Meadowside Nature Center

Meadowside Night Hike

Experiencing nature at night can be fun and exciting! Learn about special ways nocturnal animals have adapted to the night, and hike trails around Meadowside to experience a world much different than its daytime counterpart.

203499 6 & up Free 8pm– 9pm

JULY

SATURDAY, JULY 7 • Locust Grove Nature Center

Rock Creek Trail Bike Ride

Join us on this 10-mile round trip bike ride to Lake Needwood. We'll ride on the Rock Creek Hiker-Biker Trail and enjoy the scenery (and shade) while biking through the woods along Rock Creek. We'll take a break at Lake Needwood before biking back to our starting point. Riders must wear a helmet; bikes should be in good working condition.

201852 18 & up Free 10am– Noon

TUESDAY, JULY 10 • Brookside Nature Center

Ladies' Hike Out: Ag History Farm Park

Calling all intrepid female hikers! Get your exercise in the cool of the morning while exploring some of the county's best trails. We walk with enthusiasm, curiosity, good humor, and an appreciation for all nature offers. Please wear sturdy shoes and comfortable clothes. Directions to the trailhead will be provided.

196300 16 & up Free 8:30am– 10am

JULY (cont.)

WEDNESDAY, JULY 18 • Black Hill Visitor Center

McKee-Beshers Sunflower Hike

Let's hike the McKee-Beshers Wildlife Management Area to see fields of sunflowers and all that these summer flowers attract. Meet at the Visitor Center and we'll go by van together. Bring your camera and a bagged lunch.

203149 18 & up Free 10:30am– 12:30am

FRIDAY, JULY 20 • Locust Grove Nature Center

Friday Foray: Cabin John Trail Hike

Hike 2.6 miles on the northern end of the Cabin John Stream Trail with a Locust Grove Naturalist. We'll look for summer wildlife and wildflowers along the way.

200999 18 & up Free 9:30am– 11:30am

AUGUST

WEDNESDAY, AUGUST 1 • Black Hill Visitor Center

Hike Along Hawlings River in Rachel Carson Park

Meet at the parking lot on Zion Rd. (off Sundown Rd.) in Rachel Carson Park, and we'll hike through the woods to the Hawlings River. Along the way we can observe the meadow and spectacular rock outcroppings, then enjoy our bagged lunches next to the cool waters of the Hawlings River.

203249 8 & up Free 10:30am– 1pm

FRIDAY, AUGUST 10 • Brookside Nature Center

Ladies' Hike Out: Black Hill Regional Park

See description for hike on July 10. We'll hike in the cool of the evening in Black Hill Regional Park.

196349 16 & up Free 7:30pm– 9pm

FRIDAY, AUGUST 24 • Locust Grove Nature Center

Back to School Hike

Enjoy a moderate 3-mile hike in a forested stream valley on the Matthew Henson Trail.

201853 5 & up Free 10am– Noon

WILDMONTGOMERY.ORG



All programs are **FREE** and require advance registration. Register online at www.ParkPASS.org
For directions to the meeting spots, print your **ParkPASS** registration confirmation receipt.



Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • BrooksideNature.org
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday 1–5pm. Trails open daily, dawn to dusk.

Toddlers & Preschool Ages 0-6

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

Brookside Tot Times

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

• Bubbles

Blub, blub, blub...bubbles! We make them, insects make them, fish make them, and even frogs make them! Let's learn more about nature's exquisite geometry by blowing lots of bubbles, and then see how beauty and delight merge in frothy usefulness.

195499 2-5yrs 1 Class \$5 6/2 Sa 3:00pm-4:00pm

• Cool It!

It's hot out! So let's find out how air, water, ice and wishful thinking keep us and our wild animal friends cool!

195549 2-5yrs 1 Class \$5 6/8 F 10:30am-11:15am

Sunday Nature Storytimes

Join us as we listen to a delightful nature story about different plants and animals. We'll read a new story each week. If the weather is nice we'll take a short walk so that we can enjoy nature—for real!

194149	3-6yrs	1 Class	Free	6/3	Su	3:00pm-3:30pm
194150	3-6yrs	1 Class	Free	6/10	Su	3:00pm-3:30pm
194151	3-6yrs	1 Class	Free	6/17	Su	3:00pm-3:30pm
194152	3-6yrs	1 Class	Free	6/24	Su	3:00pm-3:30pm
194153	3-6yrs	1 Class	Free	7/1	Su	3:00pm-3:30pm
194154	3-6yrs	1 Class	Free	7/8	Su	3:00pm-3:30pm
194155	3-6yrs	1 Class	Free	7/15	Su	3:00pm-3:30pm
194156	3-6yrs	1 Class	Free	7/22	Su	3:00pm-3:30pm
194157	3-6yrs	1 Class	Free	7/29	Su	3:00pm-3:30pm
194158	3-6yrs	1 Class	Free	8/5	Su	3:00pm-3:30pm
194159	3-6yrs	1 Class	Free	8/12	Su	3:00pm-3:30pm
194160	3-6yrs	1 Class	Free	8/19	Su	3:00pm-3:30pm
194161	3-6yrs	1 Class	Free	8/26	Su	3:00pm-3:30pm

Nature Explorers: Wildlife & Wildflowers

Explore the woods at Brookside Nature Center, looking for wildlife and wildflowers on Tom's trail and around the pond.

197249 3-5yrs 1 Class \$5 6/12 Tu 1:30pm-2:30pm

Nature Explorers: Animals at Maydale

Look and listen for frogs, birds, and signs of the elusive beaver. Explore the trails around the ponds and stream. Meet at 1638 Maydale Drive.

208749 3-5yrs 1 Class \$5 6/26 Tu 1:30pm-2:30pm

Nature Explorers: Pilgrim Hills' Critters

Explore the stream-side trail, looking for birds, squirrels and insects. Please park in the community building parking lot on the south side of Randolph Road, and meet at 1615 East Randolph Road.

208750 3-5yrs 1 Class \$5 7/17 Tu 1:30pm-2:30pm

Discovery Hikes

Our outdoor discovery hikes are designed specifically for "senior" preschoolers, and cater to their insatiable curiosity and sense of wonder. Who could ask for a better companion on a nature walk?

• Tracking the Dragonflies!

With eyes to the sky and feet in the pond, we will track down the dragonflies from water to air. Please wear close-toed shoes you don't mind getting wet.

194099 3-6yrs 1 Class \$5 8/9 Th 10:30am-11:30am

Pre-K Nature Art and Adventure

Take a nature walk and explore the world around you. Today we will visit the meadow, then we'll make pictures of what we've seen using a variety of different art materials. All supplies provided.

195300 3-6yrs 1 Class \$5 8/21 Tu 10:30am-11:30am

Children & Youth Ages 6–12

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

After School Fishing

No rod, no bait, no problem! Bring your own fishing rod, or use one of ours. We'll supply the bait, water, fish and fun!

193949 6-12yrs 1 Class \$8 6/5 Tu 4:00pm-5:30pm

Ponderings

Strap on those water shoes and hike up your pants, 'cause we're going knee deep in Pine Lake to fathom the underwater world. Scoop up a water boatman, survey a dozing minnow, squint at a diving beetle and squeal at a ferocious crayfish. Or if you like, just have fun squishing through the mud! Meet at the carousel in Wheaton Regional Park, Shorefield entrance.

195599 6-12yrs 1 Class \$5 6/14 Th 5:00pm-6:00pm

continued on next page





Children & Youth (cont.)

Treasure Trails

How do you find a treasure? There are so many ways! You can use a map and compass, or clues written as riddles, or trace a trail of breadcrumbs or just stumble into it. But, no matter how you seek, the act of looking reveals treasures all along the way. Come follow a secret treasure trail and be rewarded by what you expect to find, and what finds you!

197199 6-12yrs 1 Class \$6 7/6 F 5:00pm-6:00pm

Balloon Boats

Balloons are simply stretchy containers for air under pressure. What happens when we take that air and free it? Find out as we design simple boats propelled by balloons and race them on the pond.

196103 6-12yrs 1 Class \$6 8/3 F 5:00pm-6:00pm

Fire Without Matches

To light a fire, all you need is fuel, tinder and a match. But what if the matches are wet, or all gone? How can you start a fire? Experimenting with bow drills and other spark making devices, we'll learn how primitive cultures and dogged Boy Scouts ignite fires without the handy aid of chemical explosions.

196149 6-12yrs 1 Class \$5 8/17 F 7:00pm-8:00pm

Children's Nature Art and Adventure

Explore the woods and meadow at the Nature Center, then make a picture of what you see using a choice of different art materials. Art supplies provided.

195302 6-12yrs 1 Class \$5 8/22 W 10:30am-11:30am

Mixed Ages Ages 1 – 17

Registration is required unless otherwise noted.

Adult must accompany children ages 8 and younger.

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Please wear old sneakers or water shoes for your safety (no flip-flops or sandals).

194399 2-12yrs 1 Class \$5 6/23 Sa 11:00am-12:00pm

194500 2-12yrs 1 Class \$5 7/20 F 3:00pm-4:00pm

194501 2-12yrs 1 Class \$5 8/21 Tu 3:00pm-4:00pm



There's still time to sign up for BNC Summer Camps!

Many of our summer camps are filled now,
but some openings still exist in these great camps:

Parent & Child Nature Camp	3-5yrs	June 4-8	ParkPASS #175099
Forest Acrobats	6-10yrs	June 25-29	ParkPASS #174899
Nature Tales	8-12yrs	July 16-20	ParkPASS #190650
Counselor-in-Training Camp	13-15yrs	July 16-20	ParkPASS #175099
Parent & Child Nature Art Camp	4-6yrs	Aug. 13-16	ParkPASS #175199

Visit www.MontgomeryParks.org/Guide for full descriptions,
and register at www.ParkPASS.org.

Programs for All

Registration and payment required for all attendees unless otherwise noted. An adult must accompany children ages 8 and younger.

Full Moon Club

Join the Full Moon Club and experience nature at night with a mildly strenuous 2-mile hike through the meadows and woods to Pine Lake. We'll look and listen for signs of animals, and end the hike with marshmallows around a campfire at Harper Cabin. Children must be accompanied by a registered adult.



• Strawberry Moon

196099 6 & up 1 Class \$5 6/4 M 8:00pm-9:30pm

• Buck Moon

196100 6 & up 1 Class \$5 7/3 Tu 8:00pm-9:30pm

• Green Corn Moon

196101 6 & up 1 Class \$5 8/2 Th 8:00pm-9:30pm

• Blue Sturgeon Moon

196102 6 & up 1 Class \$5 8/31 F 8:00pm-9:30pm

Evening Bird Walk

Use your eyes and ears to look and listen for birds in the forest, meadow, and around the pond. Find out why birds live where they do, and what they eat for dinner.

194300 3 & up 1 Class \$5 6/13 W 6:00pm-7:00pm

Nature Basics for Hosts, Hostesses and Naturalist Aides

Visit the forest, the pond and the meadow, and learn about the animals and plants that live there in summer. This program is designed to help hosts, hostesses, program specialists and naturalist aides answer simple questions about nature from visitors to Brookside Nature Center. No charge for current volunteers—just call to register. Other attendees, please register and pay through www.ParkPASS.org.

• Summer Wonders

194349 14 & up 1 Class \$5 6/19 Tu 6:00am-7:00am

Flying Squirrels at Night

Catch a glimpse of these nighttime gliders and find out how they live. Rain cancels the program as flying squirrels don't have umbrellas.

193999 1 & up 1 Class Free 6/21 Th 8:15pm-9:00pm

194049 1 & up 1 Class Free 7/25 W 8:15pm-9:00pm

194100 1 & up 1 Class Free 8/16 Th 8:15pm-9:00pm

Campfire and Forest Walk

Join us for a campfire picnic, followed by an evening nature walk in the forest. Bring your own hotdogs and rolls; we'll provide the marshmallows. Please register and pay for all participants.

194499 2 & up 1 Class \$2 6/28 Th 6:00pm-7:00pm

Volunteer Naturalist Trainings

Calling all current and prospective Volunteer Naturalists!! We want to share our knowledge, and give you information and tools to help you share your love of nature. Training courses cover a wide range of natural history topics, provide an overview of the Piedmont ecology and introduce the prime habitats in this county. You'll improve your teaching skills and learn techniques of effective interpretation...and as your knowledge and confidence grows, you'll get opportunities to contribute to our environmental literacy mission. Classes are free for any Volunteer Naturalist serving with Parks, and are also open to Volunteer Naturalist Aides and Nature Program Specialists; please contact BNC's Volunteer coordinators to register. Other adults are welcome to register and pay at ParkPASS.org. Let the adventure begin!

• Summer Forest Ecology

Get ready to help with summer programs and camps by exploring the forest. We'll learn about common birds, mammals and trees. This program is designed for Volunteer Naturalists, Naturalist Aides and Nature Program Specialists.

194449 16 & up 1 Class \$5 6/27 W 6:00pm-7:00pm

• Summer Nature Crafts

A hot day. Bored kids. What to do? This training workshop will answer that question with creative abundance as we learn simple, nature-inspired art and craft activities that will brighten faces and sharpen minds.

196104 16 & up 1 Class \$12 8/11 Sa 2:00pm-4:00pm

• Insects

OK, it flies and buzzes. Or it's small and crawls. It's an insect, right? Let's get a little more specific and learn how to identify insects as arthropods, insects as categories, and insects as unique individuals. Leave the class saying "Wow! I never knew Odonata were so fast!" Dress for outside explorations.

196105 16 & up 1 Class \$10 8/25 Sa 6:00pm-8:00pm

Family Fun Fireflies

Few summer sights are as memorable and magical as the dazzling sparks of fireflies against an evening sky. In Maryland we're fortunate to have at least 15 varieties of these blinking beetles, each with its own signature light and niche to fill. Learn their stories, make a flashy craft, and step out into the night to catch a few blinks! Please register and pay for all participants.

196049 2 & up 1 Class \$2 6/29 F 7:30pm-8:30pm

Campfire and Cabin Tour

Join us for a campfire picnic, followed by a tour of the Harper Family Log Cabin. Bring your own hotdogs and rolls, we'll provide the marshmallows. Please register and pay for all participants.

195249 2 & up 1 Class \$2 7/18 W 6:00pm-7:00pm

Fox Family in Summer

Find out what fox families do in the summer and where they live, hunt and play. Please wear sturdy shoes for this half-mile hike. No strollers, please.

194549 3 & up 1 Class \$5 7/21 Sa 11:00am-12:00pm

Magical Mystical Storytime

Just as a spider weaves a web, so we can weave a story from the threads of nature and our imagination. After hiking for inspiration and fashioning a story-stick, we'll gather to spin tales unique and fantastic.

197149 3 & up 1 Class \$3 7/27 F 7:30pm-8:30pm

Campfire and Pond Stroll

Join us for a campfire picnic, followed by an evening nature walk around the pond where we'll look and listen for frogs and birds. Bring your own hotdogs and rolls, we'll provide the marshmallows. Please register and pay for all attendees.

195250 2 & up 1 Class \$2 8/1 W 6:00pm-7:00pm

Nature Mini-Day

Explore our stream, wander in our woods, meander the meadow and ponder the pond. There's lots to see at Brookside Nature Center, and today you can explore it all with a Naturalist!

195299 2 & up 1 Class \$4 8/4 Sa 2:00pm-4:00pm

Reptile Bingo

Join us for the first of our FUNdraising events! Show off your knowledge of reptiles at bingo night. Challenge your family, friends and yourself, and learn some new facts too! The registration fee provides one card per participant, but if you really want a challenge, extra cards are available at \$1 each. Proceeds will help purchase a new tracking telescope!

194101 6 & up 1 Class \$2 8/20 M 6:30pm-8:30pm



Nature Center
in Wheaton Regional Park



Explore **WILD MONTGOMERY**

with Brookside Nature Center

Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. All programs are free and require registration. Print your ParkPASS confirmation receipt for directions, and see page 106 for more Wild Montgomery!

Ladies' Hike Out...

Calling all intrepid female hikers! Get your exercise in the cool of the morning (or evening) while exploring some of the county's best trails. We walk with enthusiasm, curiosity, good humor, and an appreciation for all nature offers. Join us! Wear sturdy shoes and comfortable clothes. Directions to the trailhead will be provided.

• at Ag History Farm Park

196300 16 & up 1 Class Free 7/10 Tu 8:30am-10:00am

• at Black Hill Regional Park

196349 16 & up 1 Class Free 8/10 F 7:30pm-9:00pm

Picnic in the Parks!



Reserve a picnic shelter
for your next party!

Convenient Locations
Scenic Settings
Affordable Rates



birthday parties | reunions | graduation celebrations | team banquets

Book Online 24/7 at **ParkPermits.org**
301-495-2525





Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • LocustGroveNature.org
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Toddlers & Preschool Ages 0-6

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Tyke Hike

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home.

200649	2-4yrs	1 Class	\$5	6/13	W	10:00am-10:45am
200650	2-4yrs	1 Class	\$5	6/20	W	10:00am-10:45am

Mixed Ages Ages 1 – 17

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Water Striders

How do these amazing insects walk on water? We'll experiment with a homemade water strider and catch the real thing in the stream. Please wear shoes you don't mind getting wet.

200702	3-12yrs	1 Class	\$5	6/14	Th	11:00am-12:00pm
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Fireflies

Come watch nature's summer light show, and learn about the fascinating lives and loves of fireflies. We might spot some of the park's other nocturnal residents as we watch our twinkling beetles take flight. Please register all participants; fee is for child only.

200749	5-14yrs	1 Class	\$5	6/22	F	8:30pm-9:30pm
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Batty for Bats

Come out for a night hike and enjoy the summer skies. Learn about local bats and watch our nocturnal bug zappers take wing at dusk. Please register all participants; fee is for child only.

200899	5-14yrs	1 Class	\$5	7/13	F	8:30pm-9:30pm
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Dragonfly Hike

Dragonfly populations are reaching their summer peak! We'll hike through the campground area and along a natural surface trail to a woodland pond, and see how many different dragonfly species (and other water critters) we can identify.

200949	5-12yrs	1 Class	\$6	7/18	W	10:00am-11:30am
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Snakes Alive

Meet one of Locust Grove's resident snakes, then go on a hike in prime snake habitat to see who, or what, we can discover.

201049	3-12yrs	1 Class	\$5	7/26	Th	10:00am-11:00am
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Cricket Chorus

Learn a little about one of the most familiar sounds of summer. We'll learn to identify different crickets by sound, listen to the ultrasonic components of songs, and learn just how crickets make sounds and who's listening in. Please register all participants; fee is for child only.

201099	5-14yrs	1 Class	\$5	8/10	F	8:00pm-9:00pm
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Dancing Damselflies

Search for these small but colorful insects as they dance over water or grasses. We'll look along Cabin John stream for the stunning Ebony Jewelwing.

201149	3-12yrs	1 Class	\$5	8/16	Th	1:00pm-2:00pm
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Twilight on the C&O Canal

Enjoy an end-of summer sunset stroll along the C&O Canal at Pennyfield Lock. We'll look for muskrats swimming, listen for tree frogs and insect songs and see who emerges as it gets dark.

201199	3-12yrs	1 Class	\$5	8/21	Tu	7:00pm-8:00pm
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Adults

Volunteer Naturalist Training: Insect Identification

Can you identify the most common insects in our area? We'll provide an overview of the major insect orders and then explore a variety of habitats in the Cabin John Park in search of insects. You'll leave with a newfound appreciation for some local beauties. Current Volunteer Naturalists and Naturalist Aides in Montgomery Parks Nature Centers can attend at no cost by calling Marta Potter, LGNC Volunteer Coordinator at 301-765-8661 to register.

200799	18 & up	1 Class	\$10	6/23	Sa	10:00am-12:00pm
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Grow your world...
Volunteer!

Have fun and put your skills to good use at Locust Grove Nature Center! We're looking for...

Volunteer Naturalists
and
Volunteer Gardeners

Visit
ParksVolunteers.org
for more info



continued on next page



with Locust Grove Nature Center

Explore *wild* Montgomery County with a Park Naturalist or a Natural Resource Specialist.

Blue Mash Bug Walk

Look for dragonflies, butterflies, and other insects on this leisurely morning walk on Blue Mash Nature Trail. We'll search the many blooming wildflowers for insect pollinators, and expect to see a variety of birds as well.

196299 3-12yrs 1 Class FREE 6/16 Sa 10:00-11:30am

Friday Foray:

Rock Creek Trail Bike Ride

Join us on this 10-mile round trip bike ride to Lake Needwood. We'll ride on the Rock Creek Hiker-Biker Trail and enjoy the scenery (and shade) while biking through the woods along Rock Creek. We'll take a break at Lake Needwood before biking back to our starting point. Riders must wear a helmet; bikes should be in good working condition.

201852 18 & up 1 Class FREE 7/7 Sa 10:00am-Noon

Friday Foray: Cabin John Trail Hike

Hike 2.6 miles on the northern end of the Cabin John Stream Trail. We'll look for summer wildlife and wildflowers along the way.

200999 18 & up 1 Class FREE 7/20 F 9:30-11:30am

Back to School Hike

Enjoy a moderate 3-mile hike in a forested stream valley on the Matthew Henson Trail.

201853 5 & up 1 Class FREE 8/24 F 10:00-Noon

All programs are free and require registration. For detailed directions, print your ParkPASS confirmation receipt. *See more free Wild Montgomery activities on page 106 of this Guide.*

Adults (cont.)

Growing Native Plants Seminar

Visit the Dotson Garden at Locust Grove Nature Center to view local native plants that can beautify your home while supplying critical support for all wildlife. Learn why native plants are essential to our environment and how to attract more birds, insects and small animals to your yard. Learn the benefits of specific local eco-types that you can see in our garden. Find resources for purchasing plants and planning your native garden. Discuss growing conditions such as soil, water, and sun. Consider bloom times and height. Think about how you can start the process of making your home environment a small nature refuge.

203599 18 & up 1 Class \$5 7/21 Sa 6:00pm-7:00pm



Programs for All

Meet a Park

Join a Park Naturalist to discover a lesser known, but no less delightful, nearby Montgomery County Park. We'll pick a park that invites outdoor play, a summer stroll, or a sweet story under the trees.

200549 3 & up 1 Class Free 6/12 Tu 10:00am-12:00pm

200599 3 & up 1 Class Free 7/10 Tu 10:00am-12:00pm

200600 3 & up 1 Class Free 8/7 Tu 10:00am-12:00pm

Campfire and Nature Walk

Join us for campfire picnic, followed by an evening nature walk. Bring your own hotdogs, rolls; we'll provide the s'mores. Please register and pay for all participants (adults and children).

200701 3 & up 1 Class \$5 6/15 F 6:30pm-7:30pm

200699 3 & up 1 Class \$5 7/27 F 6:30pm-7:30pm

200700 3 & up 1 Class \$5 8/17 F 6:30pm-7:30pm

Host your child's party at Locust Grove Nature Center!
It's fun, educational and affordable. Each party includes:

- ▶ A one-hour nature-themed program for 20 children, led by a Locust Grove Naturalist. Choose from:

- * **Frog & Toad** Spring; includes a tadpole hunt!
- * **Dinosaurs** Make models and go on a dinosaur hunt
- * **Woodland Fairies** Look for fairies behind toadstools
- * **First Peoples** Native American theme
- * **Remarkable Reptiles** Resident snakes join the party
- * **The Monarch's Court** Late summer/early fall; butterflies
- * **Your Idea Here** Create a new nature-themed party with us!

- ▶ In the second hour of your party, the room's all yours, so celebrate! Serve ice cream and cake, dance, have fun.
- ▶ \$225 fee covers all of the above, plus 30 minutes before your party to set up and 30 minutes after to clean up (3 hours total).

Visit www.LocustGroveNature.org or call us at 301-765-8668 for more information.

Birthday Parties at Locust Grove Nature Center



Welcome Back, Lake Needwood!

Lake Needwood was closed last year, getting a much-needed "makeover."
Now the dredging project is complete, and the lake's back and better than ever!



Come
celebrate
with us

Saturday, June 16

All boats
half-price
all day long!

Kayak Tour of Lake Needwood

10am-11:30pm

Join Black Hill Naturalist Ken Umbarger for a kayaking mini-lesson and tour of Lake Needwood. Visit website for more details and registration info.



Gone Fishin' throughout the day

Come by the Boathouse to pick up a fishing package with worms, a cane pole, and some extras, available for a very special price for kids that day. Or bring your own gear! Park employees will be around from 11am-1pm or so to help bait hooks, talk about what kinds of fish are in the lake, and share other fun fishy facts. Adults 16 and up will need a MD fishing license. See website for details.

The Nature of Lake Needwood

11:30am-12:30pm

What kinds of animals hang out around a lake? What kinds of fish and other critters live in a lake? What about bugs? Meadowside Nature Center Naturalist Lisa Droubi will answer these and other questions, and have some real-life animals and bugs and other things for kids to see and touch.



Pedal Boat Races!

1:00pm and 3:00pm

How fast can you get across the width of Lake Needwood in a pedal boat? Get a partner and compete in the first-ever Lake Needwood Pedal Boat Race! Prizes for 1st and 2nd place winners of each race.

Pontoon Talk: Dredging Lake Needwood

time TBA

Why did we dredge Lake Needwood? How did we know it was time to do it, how did we do it, and how did it help the lake and its inhabitants? Take a ride on the Needwood Queen and find out.



Plus!



- **Needwood Queen Pontoon Boat Rides** leave on the hour... just \$1 today (children age 2 & under ride free)!
- Rent single or double **kayaks, rowboats, canoes, or pedal boats** (half-hour rentals)—all half-off today!




Bring a picnic lunch, fishing gear, and your friends and family and enjoy a day at the lake!



LAKE NEEDWOOD BOATS | Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 | www.LakeNeedwoodBoats.com





Montgomery Parks Summer Camps

2012

Summer is Coming...Register for Summer Camps Today!

- 4 and 5 day camps available throughout the summer
- Camps for ages 2 – 18
- Golf
- Ice Skating
- Skateboarding
- Outdoor Fun
- Tennis
- Nature
- Science
- Outdoor Adventure

To register, or for more information, visit

www.ParkPass.org

www.MontgomeryParks.org/Guide

or call 301-495-2580





Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org

Open Tuesday-Saturday, 9am-5pm. Trails open daily dawn to dusk.

Toddlers & Preschool Ages 0-6

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

Tyke Hike

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home.

203049	2-3yrs	1 Class	\$5	6/13	W	10:30am-11:15am
203052	2-3yrs	1 Class	\$5	6/27	W	10:30am-11:15am
203053	2-3yrs	1 Class	\$5	7/18	W	10:30am-11:15am
203054	2-3yrs	1 Class	\$5	8/8	W	10:30am-11:15am

Children & Youth Ages 6-12

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

Gone Fishing

We'll supply the fishing poles and you can try them out on the shoreline of Lake Needwood. Meet at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, MD 20855).

204299	7-10yrs	1 Class	\$3	6/21	Th	10:00am-11:00am
204300	7-10yrs	1 Class	\$3	8/2	Th	10:00am-11:00am
204301	7-10yrs	1 Class	\$3	8/30	Th	10:00am-11:00am

Mixed Ages Ages 1 – 17

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Are You a Bee?

Read a story to learn about honeybees, then take a walk to look for them in the park.

202899	3-8yrs	1 Class	\$5	6/2	Sa	11:00am-12:00pm
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Splash-Splash, Drip, Plop

Wade in the water to see what's swimming, diving, and living in the stream. Please wear shoes that you don't mind getting wet.

202749	3-10yrs	1 Class	\$5	6/8	F	11:00am-12:00pm
202750	3-10yrs	1 Class	\$5	7/5	Th	10:00am-11:00am
202751	3-10yrs	1 Class	\$5	7/17	Tu	3:00pm-4:00pm
202752	3-10yrs	1 Class	\$5	8/2	Th	11:00am-12:00pm
202753	3-10yrs	1 Class	\$5	8/21	Tu	1:00pm-2:00pm

Birds at Your Window

Watching birds out your window can be fun, but for birds, windows can be a hazard if they fly into them. You can help them! Decorate fun, colorful window clings that you can use on home windows so you can enjoy bird-watching while helping our feathered friends! Then we'll take a short hike to see what birds we might find around the Nature Center today.

203501	3-10yrs	1 Class	\$5	6/29	F	10:30am-11:30a
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Are You a Dragonfly?

We'll read a story to learn about dragonflies, then take a walk to look for them in the park.

202949	3-8yrs	1 Class	\$5	7/7	Sa	11:00am-12:00pm
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Explore a Pond

Using aquatic nets we'll explore the pond to see what lives in and around there. Wear shoes that you don't mind getting wet.

202950	2-12yrs	1 Class	\$5	7/7	Sa	2:00pm-3:00pm
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Incredible Insects

What makes an insect an insect? Find out as we explore the park looking for some of these amazing creatures.

202999	4-12yrs	1 Class	\$5	8/25	Sa	1:00pm-2:00pm
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Explore a Stream

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Please wear shoes you don't mind getting wet (no flip-flops or sandals, for your safety).

203000	3-12yrs	1 Class	\$5	8/25	Sa	3:00pm-4:00pm
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Programs for All

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. You, your family, or your group can help give the park's native plants room to grow by removing the invasive non-natives. Bring leather gloves if you have them or borrow ours. No registration required; please call in advance if you'd like to bring a group. SSL-approved.

202799	8 & up	1 Class	FREE	6/2	Sa	9:00am-10:30am
202849	8 & up	1 Class	FREE	7/7	Sa	9:00am-10:30am
202850	8 & up	1 Class	FREE	8/25	Sa	9:00am-10:30am



MEADOWSIDE
NATURE CENTER

2012 marks our 40th year! Please visit MeadowsideNature.org throughout the year for more information on our special anniversary programs.



Programs for All (cont.)

Transit of Venus

In three days the Transit of Venus will occur—when Venus passes directly between earth and the sun and we see it as a small dot gliding slowly across the sun's face. This won't happen again until 2117, making this transit a once-in-a-lifetime opportunity. Stop by to find out what it is, where and when to look for it in the sky, and how to safely view it.

202900 8 & up 1 Class FREE 6/2 Sa 3:00pm-3:30pm

Storytime on Lake Needwood

Join us for a short cruise on the Needwood Queen pontoon boat around Lake Needwood. Each month we'll read a different story and look for what's swimming, soaring, and standing nearby. Please register and pay for all participants (\$2/adult, \$6 for kids).

Meet at the Lake Needwood Boathouse, 15700 Needwood Lake Circle, Rockville, MD 20855.

202649	3 & up	1 Class	\$6	6/6	W	10:00am-10:45am
202699	3 & up	1 Class	\$6	6/14	Th	2:00pm-2:45pm
202700	3 & up	1 Class	\$6	7/3	Tu	11:00am-11:45am
202701	3 & up	1 Class	\$6	7/19	Th	1:00pm-1:45pm
202702	3 & up	1 Class	\$6	8/3	F	10:00am-10:45am
202703	3 & up	1 Class	\$6	8/15	W	1:00pm-1:45pm

Meadowside Movies by the Fire

Spend your summer nights around Meadowside's campfire ring to enjoy tasty roasted marshmallows, activities, and a short film. We'll supply the marshmallows and graham crackers, you bring your favorite chocolate, and we'll make s'mores! Please register all participants; fee is for children only.

• Harold & His Amazing Green Plants (12 min.)

203055 3 & up 1 Class \$5 6/14 Th 8:00pm-9:00pm

• Frog Goes to Dinner (12 min.)

203099 3 & up 1 Class \$5 7/5 Th 8:00pm-9:00pm

• A Cricket in Times Square (25 min.)

203199 3 & up 1 Class \$5 8/15 W 7:30pm-8:30pm

Raptors of Rock Creek LIVE!

Live raptors just a few steps away is an exciting experience you won't forget! Discover what makes raptors unique among birds and learn the fantastic tools these predators have for hunting in the wild. Meet one of our resident raptors live and up close. Programs take place at Meadowside's campfire ring. Please register and pay for all participants.

203299	2 & up	1 Class	\$3	6/16	Sa	10:00am-10:30am
203300	2 & up	1 Class	\$3	6/26	Tu	1:00pm-1:30pm
203301	2 & up	1 Class	\$3	7/3	Tu	1:00pm-1:30pm
203302	2 & up	1 Class	\$3	7/19	Th	11:00am-11:30am
203303	2 & up	1 Class	\$3	8/1	W	11:00am-11:30am
203304	2 & up	1 Class	\$3	8/22	W	1:00pm-1:30pm

Meadowside Nature Center's Annual

Apple Festival & Campfire

Friday, Sept. 7, 6-8pm

Look for details in the Fall Guide!



Owls, Hawks & Eagle Lunchtime & Talk

Observe Meadowside's hawk, owl, vulture, and bald eagle during their feeding time and ask questions! Speak with a Naturalist about birds of prey, and learn some of the stories about the raptors on exhibit.

These talks will begin at the Raptor Walkway behind the Nature Center. *No registration required.*

203250	2 & up	1 Class	FREE	6/16	Sa	12:00pm-12:30pm
203251	2 & up	1 Class	FREE	6/23	Sa	12:00pm-12:30pm
203252	2 & up	1 Class	FREE	6/30	Sa	12:00pm-12:30pm
203253	2 & up	1 Class	FREE	7/7	Sa	12:00pm-12:30pm
203254	2 & up	1 Class	FREE	7/14	Sa	12:00pm-12:30pm
203255	2 & up	1 Class	FREE	7/21	Sa	12:00pm-12:30pm
203256	2 & up	1 Class	FREE	7/28	Sa	12:00pm-12:30pm
203257	2 & up	1 Class	FREE	8/4	Sa	12:00pm-12:30pm
203258	2 & up	1 Class	FREE	8/11	Sa	12:00pm-12:30pm
203259	2 & up	1 Class	FREE	8/18	Sa	12:00pm-12:30pm
203260	2 & up	1 Class	FREE	8/25	Sa	12:00pm-12:30pm

Family Geocaching Adventures...

Modern-day treasure hunting happens right here in our parks! Geocaches are hidden containers filled with interesting stuff that you track down using GPS units. Learn how to use a GPS unit, and spend the day on a geocaching adventure in search of local caches. Bring a snack, water, and be prepared to hike (long pants and sturdy shoes strongly recommended). If you don't have a GPS unit, we'll lend you one. Please register and pay for all participants.

• at Meadowside Nature Center

Meet at the Nature Center

203349 8 & up 1 Class \$10 6/28 Th 10:00am-12:30pm

• at Lake Needwood

Meet at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, 20855).

203399 8 & up 1 Class \$10 7/17 Tu 10:00am-12:30pm

• at the Ag Farm

Meet at the Agricultural History Farm Park (18400 Muncaster Road, Derwood, MD 20855).

203500 8 & up 1 Class \$10 7/31 Tu 10:00am-12:30pm

Hawk Tales Campfire

Feel feathers, touch talons, and get a chance to see Meadowside's resident red-tailed hawk up close. Listen to some hawk tales and roast marshmallows around the fire. We'll supply the marshmallows and graham crackers, you bring your favorite chocolate, and we'll make s'mores! Please register for all participants; fee is for children only.

203350 3 & up 1 Class \$5 6/28 Th 8:00pm-9:00pm

Fireflies Campfire

Have you ever wondered how or why a firefly glows? Gather around the campfire for stories, marshmallows, and the glittering jewels of the summer meadow! We'll supply the marshmallows and graham crackers, you bring your favorite chocolate, and we'll make s'mores! Please register all participants; fee is for children only.

203449 3 & up 1 Class \$5 7/18 W 8:00pm-9:00pm

Save the Date!



Family Night Out

Enjoy the waning hours of summer spending family time together exploring outdoors in the park. Please register for all participants; fee is for children only.

• Evening Insects

We'll head out to the meadow with insect nets and see what's hopping, crawling, and flying. Please wear long pants and close-toed shoes.

203001 2 & up 1 Class \$5 8/14 Tu 7:00pm-8:00pm

• Investigate the Stream

We'll walk about 1/3-mile downhill to the stream and use aquatic nets to see what's active as the daylight wanes. Please wear shoes you don't mind getting wet.

203002 2 & up 1 Class \$5 8/16 Th 7:00pm-8:00pm

• Reptiles & Amphibian Campfire

We'll cook dinner over the campfire then get a close-up look at a couple of our resident reptiles and amphibians. Bring your own hot dogs, buns, drinks, and sides. We'll build a fire and supply roasting sticks, condiments and marshmallows.

203003 2 & up 1 Class \$5 8/23 Th 6:30pm-8:00pm



Explore WILD MONTGOMERY

with Meadowside Nature Center

Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. All programs are free and require registration. For detailed directions, print confirmation receipt when registering.

Meadowside Night Hike

Experiencing nature at night can be fun and exciting! Learn about special ways nocturnal animals have adapted to the night, and hike trails around Meadowside to experience a world much different than its daytime counterpart.

203499 6 & up 1 Class FREE 6/26 Tu 8:00pm-9:00pm

See more free Wild Montgomery activities on page 106 of this Guide.



Birthday Parties at Meadowside are *naturally* FUN!

YOUR 3-HOUR PARTY BOOKING* INCLUDES:



Hour long nature program for up to 20 children. Choose from the following themes. Ages 3 and up.

Bugs Rule! Explore insects and bugs by meeting some of Meadowside's live bugs. Guests make a crafty critter of their own!

Snakes, Turtles & Frogs—Oh My! Meet some of our resident creatures and search outside for slimy and scaly friends!

Birds of Prey Learn about owls, hawks and eagles and visit live birds along our Raptor Walkway.



One hour of Party time - for cake, games, and however you would like to celebrate!



Set-up and clean-up time - 30 minutes before the party, and 30 minutes after.



Each child receives a nature activity book and crayons to take home.

*Fee: \$225



For more information:
MEADOWSIDE
NATURE CENTER
301-258-4030
MeadowsideNature.org

Party in the Parks!

*Planning a birthday party, reunion,
holiday party or event for your family?*

- ▶ Choose one of our Park Activity Buildings, featuring kitchens, restrooms and comfortable indoor space for 40-80 people.
- ▶ Enjoy the company of family and friends surrounded by parkland, playgrounds, athletic fields and other popular amenities.
- ▶ Select one of our convenient, affordable and fun locations.
- ▶ Online reservations can be made 24/7 at **www.ParkPermits.org**



Online reservations can be made 24/7
www.ParkPermits.org or call 301-495-2525



Volunteers In Parks?

Who?

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!

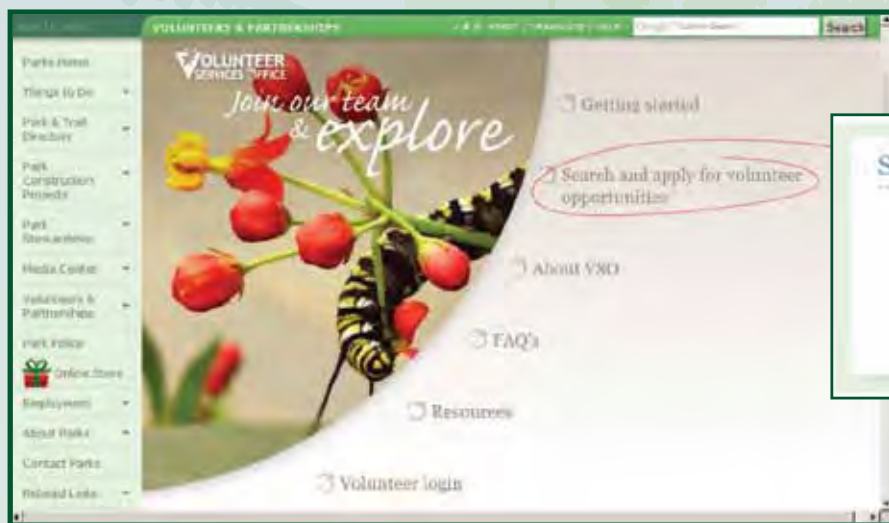
Why?

- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement

Naturally!

How?

Visit our website www.ParksVolunteers.org and choose 'Search and Apply' for Volunteer Opportunities. You can view our current needs and apply directly online!



Oakley Cabin volunteers share their love of history.

Volunteer Focus: Oakley Cabin Docents

Become a part of history! Learn to lead tours of the Oakley Cabin African American Museum and Park, sharing the history of the cabin and people who lived there, and a general history of the local area and slavery in Maryland. Learn about this humble but important site and join the ranks of an outstanding group of volunteers! Docents are especially needed for weekday tours for school and senior groups.

Free, two-part training conducted: Sat., July 14 and Sat., July 21, 9:00am - 3:00pm. Then lead 4 tours between April and October. Your specific schedule is arranged with the Museum Manager. Ongoing training and support is provided.



Summer Camps

2012

Beginner/Intermediate Golf Camp

Just the ticket for kids who have expressed interest and/or shown a talent for golf!

5-day camp for kids 8-13 years old; 9am-noon; \$175

See next page for more details



Golf & So Much More!

For kids who'd like to try golf but don't want to spend all day at it. Golf in the morning and varied fun (archery, tennis, basketball, Splash Playground, etc.) in the afternoon. Papa John's for lunch on Friday, too!

5-day camp for kids 8-13 years old; 9am-4pm; \$325

See next page for more details



If you haven't been out to South Germantown Driving Range since Montgomery Parks took over its operation last year, you're in for a treat! Come on out and enjoy one of the nicest golf facilities in upper Montgomery County.

SOUTH GERMANTOWN

Driving RANGE



All New in 2012!

Facility Upgrades

- New sand trap training area
Practice your bunker game and hit balls onto the range
- New synthetic turf putting green
- New elevated greens
Shoot for the greens instead of distance markers, and work on both distance and accuracy
- Updated clubhouse with restroom and Direct TV

Not New in 2012

Same Great Prices!

Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

Same Great Specials!

- **Early Bird Special**
Half-price buckets of balls Saturdays and Sundays, 7am-9am
- **Lunch Special**
Half-price buckets of balls Monday-Friday, 11am-1pm



SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | Open for the season!

Beginner/ Intermediate Golf Camp

This 5-day camp is just the ticket for kids 8-13 years who have expressed interest in and/or shown talent for golf. They'll learn all the basics of golf with a professional instructor 9am-Noon the first four days of camp at the driving range. Then on Friday, we'll pack up the kids and head out to a nearby golf course to play a nine-hole tournament. \$175 camp fee includes video swing analysis with personal DVD, golf balls, tees, and a divot repair tool.

175899	8-13yrs	5 Classes	\$175	6/18- 6/22	M-F	9am- Noon [#]
176000	8-13yrs	4 Classes	\$160	7/2- 7/6*	M,Tu,Th,F	9am- Noon [#]
176049	8-13yrs	5 Classes	\$175	8/20- 8/24	M-F	9am- Noon [#]

* No camp on Wednesday, July 4 [#]Friday's camp will run 8:30am-1pm



Golf & So Much More!

For kids who want to try golf but don't want to spend all day at it, this great combo camp is a 50/50 split that will keep them interested all day long. At the driving range Monday through Thursday, campers will learn about safety, etiquette, stance, putting, pitching and chipping with a PGA Professional instructor. On Friday, we'll go to a nearby golf course to play a real 9-hole round of golf. Golf equipment provided, or bring your own. Each camper will receive a video swing analysis with a personal DVD, golf balls, tees, divot repair tool and a t-shirt. The each afternoon, campers will participate in group activities like archery, tennis and basketball, and a trip to South Germantown Splash Playground and Miniature Golf. Bring a non-perishable lunch and snack, water bottle, and sunscreen. Fee includes Papa John's Pizza for lunch on Friday!

South Germantown Driving Range

175949	8-13yrs	5 Classes	\$325	6/25- 6/29	M-F	9am- 4pm
176050	8-13yrs	5 Classes	\$325	7/16- 7/20	M-F	9am- 4pm
176055	8-13yrs	5 Classes	\$325	7/23- 7/27	M-F	9am- 4pm
176056	8-13yrs	5 Classes	\$325	7/30- 8/3	M-F	9am- 4pm
176057	8-13yrs	5 Classes	\$325	8/6- 8/10	M-F	9am- 4pm
176058	8-13yrs	5 Classes	\$325	8/13- 8/17	M-F	9am- 4pm

Please be sure to bookmark our webpage
in your "Favorite Places"

www.SGDrivingRange.com

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.

Let's Golf! Clinics

Want to learn or brush up on your golf skills, but can't commit to a full camp or program? Come to one of our clinics! Every weekend we'll teach you a different golf skill. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swing, and more. You'll get personalized instruction, use all the golf balls you need, and can borrow a club if you need one. Saturday Clinics are open to all junior golfers; by popular demand, Sundays are for girls only. **Save \$5 when you register online!** (Same-day registration \$35)

• Beginner/Intermediate Clinic

184615	5-17yrs	1 Class	\$30	5/12	Sa	9:00am-10:00am
184616	5-17yrs	1 Class	\$30	5/19	Sa	9:00am-10:00am
184617	5-17yrs	1 Class	\$30	5/26	Sa	9:00am-10:00am
199158	5-17yrs	1 Class	\$30	6/2	Sa	9:00am-10:00am
199159	5-17yrs	1 Class	\$30	6/9	Sa	9:00am-10:00am
199160	5-17yrs	1 Class	\$30	6/16	Sa	9:00am-10:00am
199161	5-17yrs	1 Class	\$30	6/23	Sa	9:00am-10:00am
199200	5-17yrs	1 Class	\$30	6/30	Sa	9:00am-10:00am
199162	5-17yrs	1 Class	\$30	7/7	Sa	9:00am-10:00am
199163	5-17yrs	1 Class	\$30	7/14	Sa	9:00am-10:00am
199164	5-17yrs	1 Class	\$30	7/21	Sa	9:00am-10:00am
199165	5-17yrs	1 Class	\$30	7/28	Sa	9:00am-10:00am
199188	5-17yrs	1 Class	\$30	8/4	Sa	9:00am-10:00am
199189	5-17yrs	1 Class	\$30	8/11	Sa	9:00am-10:00am
199190	5-17yrs	1 Class	\$30	8/18	Sa	9:00am-10:00am
199191	5-17yrs	1 Class	\$30	8/25	Sa	9:00am-10:00am

• Beginner/Intermediate Girls' Clinic

184633	5-17yrs	1 Class	\$30	5/13	Su	9:00am-10:00am
184634	5-17yrs	1 Class	\$30	5/20	Su	9:00am-10:00am
184635	5-17yrs	1 Class	\$30	5/27	Su	9:00am-10:00am
199175	5-17yrs	1 Class	\$30	6/3	Su	9:00am-10:00am
199176	5-17yrs	1 Class	\$30	6/10	Su	9:00am-10:00am
199177	5-17yrs	1 Class	\$30	6/17	Su	9:00am-10:00am
199178	5-17yrs	1 Class	\$30	6/24	Su	9:00am-10:00am
199179	5-17yrs	1 Class	\$30	7/1	Su	9:00am-10:00am
199180	5-17yrs	1 Class	\$30	7/8	Su	9:00am-10:00am
199181	5-17yrs	1 Class	\$30	7/15	Su	9:00am-10:00am
199182	5-17yrs	1 Class	\$30	7/22	Su	9:00am-10:00am
199183	5-17yrs	1 Class	\$30	7/29	Su	9:00am-10:00am
199196	5-17yrs	1 Class	\$30	8/5	Su	9:00am-10:00am
199197	5-17yrs	1 Class	\$30	8/12	Su	9:00am-10:00am
199198	5-17yrs	1 Class	\$30	8/19	Su	9:00am-10:00am
199199	5-17yrs	1 Class	\$30	8/26	Su	9:00am-10:00am

• Advanced Clinic

184607	5-17yrs	1 Class	\$30	5/12	Sa	8:00am- 9:00am
184608	5-17yrs	1 Class	\$30	5/19	Sa	8:00am- 9:00am
184609	5-17yrs	1 Class	\$30	5/26	Sa	8:00am- 9:00am
199149	5-17yrs	1 Class	\$30	6/2	Sa	8:00am- 9:00am
199150	5-17yrs	1 Class	\$30	6/9	Sa	8:00am- 9:00am
199151	5-17yrs	1 Class	\$30	6/16	Sa	8:00am- 9:00am

continued on next page



• Advanced Clinic (cont.)

199152	5-17yrs	1 Class	\$30	6/23	Sa	8:00am- 9:00am
199153	5-17yrs	1 Class	\$30	6/30	Sa	8:00am- 9:00am
199154	5-17yrs	1 Class	\$30	7/7	Sa	8:00am- 9:00am
199155	5-17yrs	1 Class	\$30	7/14	Sa	8:00am- 9:00am
199156	5-17yrs	1 Class	\$30	7/21	Sa	8:00am- 9:00am
199157	5-17yrs	1 Class	\$30	7/28	Sa	8:00am- 9:00am
199184	5-17yrs	1 Class	\$30	8/4	Sa	8:00am- 9:00am
199185	5-17yrs	1 Class	\$30	8/11	Sa	8:00am- 9:00am
199186	5-17yrs	1 Class	\$30	8/18	Sa	8:00am- 9:00am
199187	5-17yrs	1 Class	\$30	8/25	Sa	8:00am- 9:00am

• Advanced Girls' Clinic

184623	5-17yrs	1 Class	\$30	5/6	Su	8:00am- 9:00am
184624	5-17yrs	1 Class	\$30	5/13	Su	8:00am- 9:00am
184625	5-17yrs	1 Class	\$30	5/20	Su	8:00am- 9:00am
184626	5-17yrs	1 Class	\$30	5/27	Su	8:00am- 9:00am
199166	5-17yrs	1 Class	\$30	6/3	Su	8:00am- 9:00am
199167	5-17yrs	1 Class	\$30	6/10	Su	8:00am- 9:00am
199168	5-17yrs	1 Class	\$30	6/17	Su	8:00am- 9:00am
199169	5-17yrs	1 Class	\$30	6/24	Su	8:00am- 9:00am
199170	5-17yrs	1 Class	\$30	7/1	Su	8:00am- 9:00am
199171	5-17yrs	1 Class	\$30	7/8	Su	8:00am- 9:00am
199172	5-17yrs	1 Class	\$30	7/15	Su	8:00am- 9:00am
199173	5-17yrs	1 Class	\$30	7/22	Su	8:00am- 9:00am
199174	5-17yrs	1 Class	\$30	7/29	Su	8:00am- 9:00am
199192	5-17yrs	1 Class	\$30	8/5	Su	8:00am- 9:00am
199193	5-17yrs	1 Class	\$30	8/12	Su	8:00am- 9:00am
199194	5-17yrs	1 Class	\$30	8/19	Su	8:00am- 9:00am
199195	5-17yrs	1 Class	\$30	8/26	Su	8:00am- 9:00am

Beginning/Intermediate Golf

If you've never played golf and would like to learn...or if you've played before but would like to brush up on the basics or start fresh, this is the course for you. The PGA Professional instructors at South Germantown Driving Range will provide a comprehensive overall introduction to the game in the four- or five-week session. You'll work on golf fundamentals, including full swings, chipping, pitching, putting, strategy and etiquette. We'll also provide video analyses of

your swing in the classes, and lots of individual attention. Find your age group and sign up today!

• Beginning/Intermediate, Juniors

209250 6-12yrs 4 Classes \$100 9/8 Sa 12:30pm- 1:30pm

• Beginning/Intermediate, Teens

209251 12-17yrs 4 Classes \$100 9/8 Sa 1:45pm- 2:45pm

• Beginning/Intermediate, Adults

207300	15 & up	5 Classes	\$180	6/6	W	6:00pm- 7:15pm
207509	15 & up	5 Classes	\$180	6/10	Su	10:00am-11:15am
207302	15 & up	5 Classes	\$180	6/14	Th	10:00am-11:15am
207304	15 & up	5 Classes	\$180	6/14	Th	6:00pm- 7:15pm
209249	15 & up	5 Classes	\$180	6/23	Sa	11:00am-12:15pm
207506	15 & up	5 Classes	\$180	6/30	Sa	11:00am-12:15pm
207452	15 & up	5 Classes	\$180	7/11	W	6:00pm- 7:15pm
207456	15 & up	5 Classes	\$180	7/19	Th	10:00am-11:15am
207500	15 & up	5 Classes	\$180	7/19	Th	6:00pm- 7:15pm
207550	15 & up	5 Classes	\$180	7/22	Su	10:00am-11:15am
207507	15 & up	5 Classes	\$180	8/4	Sa	11:00am-12:15pm
207453	15 & up	5 Classes	\$180	8/15	W	6:00pm- 7:15pm
207499	15 & up	5 Classes	\$180	8/23	Th	10:00am-11:15am
207501	15 & up	5 Classes	\$180	8/23	Th	6:00pm- 7:15pm

• Beginning/Intermediate, Adult Women

209252	15 & up	5 Classes	\$180	6/5	Tu	10:00am-11:15am
209253	15 & up	5 Classes	\$180	7/10	Tu	10:00am-11:15am
209254	15 & up	5 Classes	\$180	8/14	Tu	10:00am-11:15am
209255	15 & up	5 Classes	\$180	9/18	Tu	10:00am-11:15am

Advanced Golf

This course is designed for golfers with several years' playing experience, and a good level of familiarity with golf fundamentals and swings/strokes. Our PGA Professional instructors will provide as much individual attention as possible, helping you work on your own personal trouble spots. Classes are kept to a manageable size, so if you don't want to spring for personal lessons, this course is a smart and affordable way to improve your game.

• Advanced Golf, Adults

207307	15 & up	5 Classes	\$180	6/10	Su	11:30am-12:45pm
207510	15 & up	5 Classes	\$180	7/22	Su	11:30am-12:45pm



NEW Parks Summer Camp!

Stand-Up Paddleboard FUNDamentals

It's the newest way to have fun on the water! Get the basics of Stand-Up Paddleboarding (SUP) in this five-day camp at Lake Needwood. We'll bring the boards, paddles and personal flotation devices, and teach you how to unpack, inflate, prep, carry and care for a paddleboard. Once we learn the basics, we'll hit the lake and start putting everything together. Throughout the week, you'll also learn launching techniques, stances and self-rescue, as well as turning and propulsion strokes. You must know how to swim. Please bring: 2 liters water, waterproof snack, bathing suit/surf trunks/board shorts, sunscreen, sunglasses with floating attachment band, towel and change of clothes, waterproof storage case for keys and water; rash guard recommended. If you wear contacts, bring an extra pair just in case.

Lake Needwood

207402	12-17yrs	5 Classes	\$395	6/18	M-F	9:00am- 3:00pm
207403	12-17yrs	5 Classes	\$395	6/25	M-F	9:00am- 3:00pm
207404	12-17yrs	5 Classes	\$395	7/9	M-F	9:00am- 3:00pm



10th Anniversary Splash Party

Saturday, June 23 | Noon-2pm

2002 Prices All Day Long

**Just \$2.50 for Splash or Mini Golf (one round)
or \$5.00 for Splash and Mini-Golf**

Refreshments • Giveaways • Dancing

While you're there, check out the...
new slide at the Splash Playground, expanded areas
for relaxing and new turf on the mini-golf course

Live Entertainment!



**Music and
Dance Party!**
with
**Colonel Josh
and His
Cowboy Pals**



SplashPark
SOUTH GERMANTOWN
&
MiniGolf

Party at the Park

A cool place to host your party!

Tents are available to rent during the
days and times the Splash Playground
& Mini- Golf are open.

Large tent | 75-100 people, \$50/hour

Medium tent | 35 people, \$40/hour

Visit the website for more info and
an application.



More Splash, Less Cash

Get a Family Pass!

\$95.00 covers unlimited
admissions to the Splash
Playground in the 2012 season,
for up to four family members.
Available at the ticket
window.



South Germantown Splash Park & Mini-Golf

10856 Central Park Circle | Boyds, MD 20841

301-670-4680 | www.SplashandGolf.com



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WHEATON SPORTS PAVILION



There's a new place to play

SOCCER, LACROSSE and **FUTSAL**
in Montgomery County!

- 200' X 85' covered field
- New world-class field turf manufactured with Nike Grind®
- Lights, sound system, bleachers, locker room, restrooms
- Rent for games, league play, parties
- \$125/hour for whole field, \$75/hour for ½ field
(\$150/\$90 for non-Montgomery /PG County residents)
- Call 301-905-3070 for details



11751 Orebaugh Avenue | Wheaton, MD 20902 | 301-905-3070 | www.WheatonSportsPavilion.com

It's the **Cool** Summer Sport

\$5 Summer Skates

Includes skate rentals

Wheaton Ice Arena

\$5 for every Public Session in June, July and August

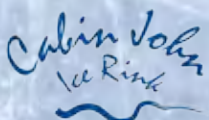
Cabin John Ice

\$5 every weekday (M-F) in June, July and August
at the 4:30-6:30pm Public Session

Teen Skates

Wheaton Ice Arena

Every Friday nite, 8-10pm, \$5 (see the website for themes)



www.CabinJohnIce.com
301-765-8620



www.WheatonIceArena.com
301-905-3000



Wheaton & Cabin John Skating Camps



Summer Fun Ice Skating
Ice Hockey
Freestyle
Figure Skating
Synchronized Skating
Week in the Park

Visit ParkPASS.org
→ advanced search → camps



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
CabinJohnIce.com

Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
WheatonIceArena.com



» REGISTRATION DATES «

- For classes starting in **JUNE 2012**: Register **June 12/13*** thru **June 18**. For classes starting in **AUGUST 2012**: Register **June 27/28*** thru **August 3**.
- Beginning **June 19** for June classes and **August 4** for August classes, register in person at the rink (additional \$10 service fee applies).
- Transfer requests will incur a \$5 processing fee.

» FOUR WAYS TO REGISTER «

- Online at www.ParkPASS.org
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

» PLEASE NOTE «

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience.
- Both rinks will be closed **May 26-28**; Wheaton will be closed **July 4**; Cabin John open **6am-4pm July 4**.
- No classes at either rink **May 25-28**.

» COURSE FEES COVER «

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 practice sessions (depending on your class) during public skating sessions. Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.



ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks
- Wear a hat and gloves for safety
- Arrive at the rink 30 minutes early (and 15-20 minutes early for subsequent classes).
- Helmets are highly recommended for beginning skaters.
- Pick up your practice card at the front desk.
- Pick up your skates at the skate exchange. Ask for one size smaller than your **sneaker size**. You'll have better balance and protection against injuries!

Tot

The Tot ice skating curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. Bicycle helmets are strongly recommended for beginners.

Tot 1

Learn the proper way to fall down and stand up, march in place, and march while moving. Proper skate fitting will be covered also. Bicycle helmets are strongly recommended for beginners.

Cabin John Ice Rink

207650	3-4yrs	6 Classes	\$96	6/20 W	4:00pm- 4:30pm
200203	3-4yrs	6 Classes	\$96	6/21 Th	9:30am-10:00am
207651	3-4yrs	6 Classes	\$96	6/22 F	4:00pm- 4:30pm
200202	3-4yrs	6 Classes	\$96	6/23 Sa	10:15am-10:45am
207652	3-4yrs	6 Classes	\$96	6/24 Su	1:00pm- 1:30pm
200311	3-4yrs	3 Classes	\$48	8/5 Su	11:30am-12:00pm
200306	3-4yrs	3 Classes	\$48	8/8 W	9:00am- 9:30am
200307	3-4yrs	3 Classes	\$48	8/8 W	4:00pm- 4:30pm
200308	3-4yrs	3 Classes	\$48	8/9 Th	9:30am-10:00am
200309	3-4yrs	3 Classes	\$48	8/10 F	4:00pm- 4:30pm
200310	3-4yrs	3 Classes	\$48	8/11 Sa	10:30am-11:00am

Wheaton Ice Arena

199805	3-4yrs	6 Classes	\$96	6/23 Sa	11:15am-11:45am
199806	3-4yrs	6 Classes	\$96	6/24 Su	2:45pm- 3:15pm
199807	3-4yrs	3 Classes	\$48	8/5 Su	2:45pm- 3:15pm
199808	3-4yrs	3 Classes	\$48	8/11 Sa	11:15am-11:45am

Tot 2 Prerequisite: Tot 1

Learn two-foot jump in place, forward swizzles (moving and standing still), two-foot glide, and backwards wiggling. Bicycle helmets recommended.

Cabin John Ice Rink

200204	3-4yrs	6 Classes	\$96	6/20 W	9:30am-10:00am
200205	3-4yrs	6 Classes	\$96	6/22 F	4:30pm- 5:00pm
200207	3-4yrs	6 Classes	\$96	6/23 Sa	10:15am-10:45am
200206	3-4yrs	6 Classes	\$96	6/24 Su	2:00pm- 2:30pm
200317	3-4yrs	3 Classes	\$48	8/5 Su	11:30am-12:00pm
200314	3-4yrs	3 Classes	\$48	8/8 W	9:30am-10:00am
200315	3-4yrs	3 Classes	\$48	8/10 F	4:30pm- 5:00pm
200316	3-4yrs	3 Classes	\$48	8/11 Sa	10:30am-11:00am

Tot 3 Prerequisite: Tot 2

Learn backward swizzles, one-foot glides, push and glide stroking, and stopping.

Cabin John Ice Rink

200208	3-4yrs	6 Classes	\$96	6/20 W	9:30am-10:00am
200209	3-4yrs	6 Classes	\$96	6/23 Sa	9:45am-10:15am
200320	3-4yrs	3 Classes	\$48	8/8 W	9:30am-10:00am
200321	3-4yrs	3 Classes	\$48	8/11 Sa	11:00am-11:30am



Parent & Tot Ice Skating

Skating is lots of fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march, and march while moving on the ice. Please note: You'll need basic skating skills in order to take this class, since you'll be participating with your child on ice. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.

Cabin John Ice Rink

200201	3-5yrs	6 Classes	\$96	6/21	Th	9:30am-10:00am
200199	3-5yrs	6 Classes	\$96	6/23	Sa	10:15am-10:45am
200200	3-5yrs	6 Classes	\$96	6/23	Sa	9:15am-9:45am
207656	3-5yrs	6 Classes	\$96	6/24	Su	12:00pm-12:30pm
207657	3-5yrs	6 Classes	\$96	6/24	Su	1:00pm-1:30pm
200303	3-5yrs	3 Classes	\$48	8/5	Su	11:30am-12:00pm
200300	3-5yrs	3 Classes	\$48	8/8	W	9:00am-9:30am
200301	3-5yrs	3 Classes	\$48	8/11	Sa	10:30am-11:00am
200302	3-5yrs	3 Classes	\$48	8/11	Sa	11:30am-12:00pm

Wheaton Ice Arena

199801	3-5yrs	6 Classes	\$96	6/23	Sa	10:15am-10:45am
199802	3-5yrs	6 Classes	\$96	6/24	Su	2:45pm-3:15pm
199803	3-5yrs	3 Classes	\$48	8/5	Su	2:45pm-3:15pm
199804	3-5yrs	3 Classes	\$48	8/11	Sa	10:15am-10:45am

Pre-Alpha (Level 1)

Pre-Alpha classes are designed for beginners, or people with minimal ice skating experience, age 4 and up. Learn how to properly tie and fit skates, fall down and get up, march and glide on two feet, swizzle forward and in place, hop, and wiggle backward.

Pre-Alpha, Preschool (Level 1)

Cabin John Ice Rink

207662	4-6yrs	6 Classes	\$96	6/20	W	4:00pm-4:30pm
200214	4-6yrs	6 Classes	\$96	6/21	Th	4:30pm-5:00pm
207663	4-6yrs	6 Classes	\$96	6/22	F	10:00am-10:30am
207664	4-6yrs	6 Classes	\$96	6/22	F	4:00pm-4:30pm
200211	4-6yrs	6 Classes	\$96	6/23	Sa	9:15am-9:45am
200212	4-6yrs	6 Classes	\$96	6/23	Sa	11:15am-11:45am
200213	4-6yrs	6 Classes	\$96	6/23	Sa	12:45pm-1:15pm
207665	4-6yrs	6 Classes	\$96	6/24	Su	12:30pm-1:00pm
207666	4-6yrs	6 Classes	\$96	6/24	Su	2:00pm-2:30pm
200210	4-6yrs	6 Classes	\$96	6/26	Tu	4:30pm-5:00pm
200334	4-6yrs	3 Classes	\$48	8/5	Su	12:30pm-1:00pm
200327	4-6yrs	3 Classes	\$48	8/8	W	9:00am-9:30am
200328	4-6yrs	3 Classes	\$48	8/8	W	4:00pm-4:30pm
200329	4-6yrs	3 Classes	\$48	8/9	Th	9:30am-10:00am
200330	4-6yrs	3 Classes	\$48	8/9	Th	4:00pm-4:30pm
200331	4-6yrs	3 Classes	\$48	8/10	F	4:00pm-4:30pm
200332	4-6yrs	3 Classes	\$48	8/11	Sa	9:15am-9:45am
200333	4-6yrs	3 Classes	\$48	8/11	Sa	11:00am-11:30am

Wheaton Ice Arena

199815	4-6yrs	6 Classes	\$96	6/21	Th	5:00pm-5:30pm
199816	4-6yrs	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
199817	4-6yrs	6 Classes	\$96	6/24	Su	2:00pm-2:30pm
199818	4-6yrs	3 Classes	\$48	8/5	Su	2:00pm-2:30pm
199819	4-6yrs	3 Classes	\$48	8/9	Th	5:00pm-5:30pm
199820	4-6yrs	3 Classes	\$48	8/11	Sa	11:45am-12:15pm

Pre-Alpha, Youth (Level 1)

Cabin John Ice Rink

207699	6-12yrs	6 Classes	\$96	6/20	W	4:00pm-4:30pm
200219	6-12yrs	6 Classes	\$96	6/21	Th	4:30pm-5:00pm
207700	6-12yrs	6 Classes	\$96	6/22	F	4:00pm-4:30pm
207701	6-12yrs	6 Classes	\$96	6/22	F	10:00am-10:30am
200216	6-12yrs	6 Classes	\$96	6/23	Sa	9:15am-9:45am
200217	6-12yrs	6 Classes	\$96	6/23	Sa	11:15am-11:45am
200218	6-12yrs	6 Classes	\$96	6/23	Sa	12:45pm-1:15pm
207702	6-12yrs	6 Classes	\$96	6/24	Su	1:00pm-1:30pm
207703	6-12yrs	6 Classes	\$96	6/24	Su	2:00pm-2:30pm
200215	6-12yrs	6 Classes	\$96	6/26	Tu	4:30pm-5:00pm
200342	6-12yrs	3 Classes	\$48	8/5	Su	12:00pm-12:30pm
200336	6-12yrs	3 Classes	\$48	8/8	W	4:00pm-4:30pm
200337	6-12yrs	3 Classes	\$48	8/9	Th	9:30am-10:00am
200338	6-12yrs	3 Classes	\$48	8/9	Th	4:30pm-5:00pm
200339	6-12yrs	3 Classes	\$48	8/10	F	4:00pm-4:30pm
200340	6-12yrs	3 Classes	\$48	8/11	Sa	9:15am-9:45am
200341	6-12yrs	3 Classes	\$48	8/11	Sa	11:00am-11:30am

Wheaton Ice Arena

199849	6-12yrs	6 Classes	\$96	6/21	Th	5:00pm-5:30pm
199850	6-12yrs	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
199851	6-12yrs	6 Classes	\$96	6/24	Su	2:00pm-2:30pm
199852	6-12yrs	3 Classes	\$48	8/5	Su	2:00pm-2:30pm
199853	6-12yrs	3 Classes	\$48	8/9	Th	5:00pm-5:30pm
199854	6-12yrs	3 Classes	\$48	8/11	Sa	11:45am-12:15pm

Pre-Alpha, Teen/Adult (Level 1)

Cabin John Ice Rink

207709	12 & up	6 Classes	\$96	6/21	Th	7:00pm-7:30pm
200344	12 & up	3 Classes	\$48	8/9	Th	7:00pm-7:30pm

Wheaton Ice Arena

199857	12 & up	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
199858	12 & up	3 Classes	\$48	8/11	Sa	11:45am-12:15pm

Pre-Alpha PLUS (Level 2)

Prerequisite: Pre-Alpha (Level 1)

Learn one-foot glides, forward swizzles with a two-foot glide, backward swizzles, two-foot turns, alternating one-foot pumping, and snowplow stops.

Pre-Alpha PLUS, Preschool (Level 2)

Cabin John Ice Rink

207711	4-6yrs	6 Classes	\$96	6/20	W	4:30pm-5:00pm
200223	4-6yrs	6 Classes	\$96	6/21	Th	4:00pm-4:30pm
207712	4-6yrs	6 Classes	\$96	6/22	F	4:30pm-5:00pm
200221	4-6yrs	6 Classes	\$96	6/23	Sa	9:45am-10:15am
200222	4-6yrs	6 Classes	\$96	6/23	Sa	10:45am-11:15am
207713	4-6yrs	6 Classes	\$96	6/24	Su	1:30pm-2:00pm
200220	4-6yrs	6 Classes	\$96	6/26	Tu	4:00pm-4:30pm
200352	4-6yrs	3 Classes	\$48	8/5	Su	12:00pm-12:30pm
200347	4-6yrs	3 Classes	\$48	8/8	W	4:30pm-5:00pm
200348	4-6yrs	3 Classes	\$48	8/9	Th	4:00pm-4:30pm
200349	4-6yrs	3 Classes	\$48	8/10	F	4:30pm-5:00pm
200350	4-6yrs	3 Classes	\$48	8/11	Sa	9:15am-9:45am
200351	4-6yrs	3 Classes	\$48	8/11	Sa	11:30am-12:00pm
200346	4-6yrs	3 Classes	\$48	8/8	W	9:30am-10:00am



INDEPENDENCE DAY

WEDNESDAY, JULY 4
Open 6am-4pm

Just \$5 today for each Public Session! (includes skates)

**8-10am
SUMMER SKATE**

**10:15am-12:15pm
ADULTS ONLY SKATE**

**12:30-2:30pm
RED, WHITE & BLUE SKATE**



Wheaton Ice is closed July 4

Pre-Alpha PLUS, Preschool (cont.)

Wheaton Ice Arena

199859	4-6yrs	6 Classes	\$96	6/21	Th	5:30pm- 6:00pm
199860	4-6yrs	6 Classes	\$96	6/23	Sa	11:15am-11:45am
199861	4-6yrs	6 Classes	\$96	6/24	Su	3:15pm- 3:45pm
199862	4-6yrs	3 Classes	\$48	8/5	Su	3:15pm- 3:45pm
199863	4-6yrs	3 Classes	\$48	8/9	Th	5:30pm- 6:00pm
199864	4-6yrs	3 Classes	\$48	8/11	Sa	11:15am-11:45am

Pre-Alpha PLUS, Youth (Level 2)

Cabin John Ice Rink

207718	6-12yrs	6 Classes	\$96	6/20	W	4:30pm- 5:00pm
200227	6-12yrs	6 Classes	\$96	6/21	Th	4:00pm- 4:30pm
207719	6-12yrs	6 Classes	\$96	6/22	F	4:30pm- 5:00pm
200225	6-12yrs	6 Classes	\$96	6/23	Sa	9:45am-10:15am
200226	6-12yrs	6 Classes	\$96	6/23	Sa	10:45am-11:15am
207720	6-12yrs	6 Classes	\$96	6/24	Su	12:00pm-12:30pm
207721	6-12yrs	6 Classes	\$96	6/24	Su	1:30pm- 2:00pm
200224	6-12yrs	6 Classes	\$96	6/26	Tu	4:30pm- 5:00pm
200358	6-12yrs	3 Classes	\$48	8/5	Su	12:00pm-12:30pm
200353	6-12yrs	3 Classes	\$48	8/8	W	4:30pm- 5:00pm
200354	6-12yrs	3 Classes	\$48	8/9	Th	4:00pm- 4:30pm
200355	6-12yrs	3 Classes	\$48	8/10	F	4:30pm- 5:00pm
200356	6-12yrs	3 Classes	\$48	8/11	Sa	9:15am- 9:45am
200357	6-12yrs	3 Classes	\$48	8/11	Sa	11:30am-12:00pm

Wheaton Ice Arena

199865	6-12yrs	6 Classes	\$96	6/21	Th	5:30pm- 6:00pm
199866	6-12yrs	6 Classes	\$96	6/23	Sa	11:15am-11:45am
199867	6-12yrs	6 Classes	\$96	6/24	Su	3:15pm- 3:45pm
199868	6-12yrs	3 Classes	\$48	8/5	Su	3:15pm- 3:45pm
199869	6-12yrs	3 Classes	\$48	8/9	Th	5:30pm- 6:00pm
199870	6-12yrs	3 Classes	\$48	8/11	Sa	11:15am-11:45am

Pre-Alpha PLUS, Teen/Adult (Level 2)

Cabin John Ice Rink

207749	12 & up	6 Classes	\$96	6/21	Th	7:00pm- 7:30pm
200359	12 & up	3 Classes	\$48	8/9	Th	7:00pm- 7:30pm

Wheaton Ice Arena

199899	12 & up	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
199900	12 & up	3 Classes	\$48	8/11	Sa	11:45am-12:15pm

Alpha (Level 3)

Prerequisite: Pre-Alpha Plus (Level 2)

Learn forward stroking, forward one-foot pumping and edges on the circle, forward crossovers, backward swizzles to two-foot and one-foot glides, and an optional two-foot spin.

Alpha, All Ages (Level 3)

Cabin John Ice Rink

207750	4 & up	6 Classes	\$96	6/20	W	4:30pm- 5:00pm
200231	4 & up	6 Classes	\$96	6/21	Th	4:00pm- 4:30pm
207751	4 & up	6 Classes	\$96	6/22	F	5:00pm- 5:30pm
200229	4 & up	6 Classes	\$96	6/23	Sa	9:15am- 9:45am
200230	4 & up	6 Classes	\$96	6/23	Sa	10:45am-11:15am
207752	4 & up	6 Classes	\$96	6/24	Su	12:30pm- 1:00pm
200228	4 & up	6 Classes	\$96	6/26	Tu	4:00pm- 4:30pm
200363	4 & up	3 Classes	\$72	8/5	Su	1:15pm- 2:00pm
200360	4 & up	3 Classes	\$72	8/8	W	5:00pm- 5:45pm
200361	4 & up	3 Classes	\$72	8/10	F	5:00pm- 5:45pm
200362	4 & up	3 Classes	\$72	8/11	Sa	9:45am-10:30am

Alpha, All Ages (cont.) Wheaton Ice Arena

199901	4 & up	6 Classes	\$96	6/21	Th	4:30pm- 5:00pm
199902	4 & up	6 Classes	\$96	6/23	Sa	10:15am-10:45am
199903	4 & up	6 Classes	\$96	6/24	Su	1:15pm- 1:45pm
199904	4 & up	3 Classes	\$48	8/5	Su	1:15pm- 1:45pm
199905	4 & up	3 Classes	\$48	8/9	Th	4:30pm- 5:00pm
199906	4 & up	3 Classes	\$48	8/11	Sa	10:15am-10:45am



Alpha, Teen/Adult (Level 3)

Cabin John Ice Rink

200232	12 & up	6 Classes	\$96	6/21	Th	7:30pm- 8:00pm
200364	12 & up	3 Classes	\$48	8/9	Th	7:30pm- 8:00pm

Beta (Level 4) Prerequisite: Alpha (Level 3)

Learn backward stroking, backward one-foot glides, back pumping on the circle, backward crossovers, moving forward to backward two-foot turn, and hockey stops. Review forward crossovers, and begin consecutive forward outside edges on a line.

Beta, All Ages (Level 4)

Cabin John Ice Rink

207757	4 & up	6 Classes	\$96	6/20	W	5:00pm- 5:30pm
200236	4 & up	6 Classes	\$96	6/21	Th	4:30pm- 5:00pm
207758	4 & up	6 Classes	\$96	6/22	F	5:00pm- 5:30pm
200234	4 & up	6 Classes	\$96	6/23	Sa	9:45am-10:15am
200235	4 & up	6 Classes	\$96	6/23	Sa	11:15am-11:45am
207759	4 & up	6 Classes	\$96	6/24	Su	12:00pm-12:30pm
200233	4 & up	6 Classes	\$96	6/26	Tu	4:00pm- 4:30pm
200370	4 & up	3 Classes	\$72	8/5	Su	1:15pm- 2:00pm
200367	4 & up	3 Classes	\$72	8/8	W	5:00pm- 5:45pm
200368	4 & up	3 Classes	\$72	8/10	F	5:00pm- 5:45pm
200369	4 & up	3 Classes	\$72	8/11	Sa	9:45am-10:30am

Wheaton Ice Arena

199909	4 & up	6 Classes	\$96	6/21	Th	6:45pm- 7:15pm
199910	4 & up	6 Classes	\$96	6/23	Sa	10:15am-10:45am
199911	4 & up	6 Classes	\$96	6/24	Su	1:15pm- 1:45pm
199912	4 & up	3 Classes	\$48	8/5	Su	1:15pm- 1:45pm
199913	4 & up	3 Classes	\$48	8/9	Th	6:45pm- 7:15pm
199914	4 & up	3 Classes	\$48	8/11	Sa	10:15am-10:45am

Beta, Teen/Adult (Level 4)

Cabin John Ice Rink

200237	12 & up	6 Classes	\$96	6/21	Th	7:30pm- 8:00pm
200374	12 & up	3 Classes	\$48	8/9	Th	7:30pm- 8:00pm

Let us create a

CUSTOM CLASS

especially for you!

Nothing feels quite like something that's tailor-made especially for you.

Let us create a custom ice skating class for your group:

friends, family members, school class-

mates, scouts, etc. Simply call the Skating

Director at either rink, and we'll be happy to

put together a class that fits you to a "T"!

Mindy Shibben, Cabin John Ice 301-765-8627

Samantha Hickey, Wheaton Ice 301-905-3004





Gamma (Level 5)

Prerequisite: Beta (Level 4)

Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skaters: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

Gamma, All Ages (Level 5)

Cabin John Ice Rink

207764	4 & up	6 Classes	\$96	6/20	W	5:00pm- 5:30pm
200238	4 & up	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
207766	4 & up	6 Classes	\$96	6/23	Sa	9:45am-10:15am
207765	4 & up	6 Classes	\$96	6/24	Su	12:30pm- 1:00pm
200378	4 & up	3 Classes	\$72	8/5	Su	12:30pm- 1:15pm
200375	4 & up	3 Classes	\$72	8/8	W	5:00pm- 5:45pm
200376	4 & up	3 Classes	\$72	8/10	F	5:00pm- 5:45pm
200377	4 & up	3 Classes	\$72	8/11	Sa	9:45am-10:30am

Wheaton Ice Arena

199949	4 & up	6 Classes	\$96	6/21	Th	6:45pm- 7:15pm
199950	4 & up	6 Classes	\$96	6/23	Sa	10:45am-11:15am
199951	4 & up	6 Classes	\$96	6/24	Su	2:00pm- 2:30pm
199952	4 & up	3 Classes	\$48	8/5	Su	2:00pm- 2:30pm
199953	4 & up	3 Classes	\$48	8/9	Th	6:45pm- 7:15pm
199954	4 & up	3 Classes	\$48	8/11	Sa	10:45am-11:15am

Gamma Teen/Adult (Level 5)

200239	12 & up	6 Classes	\$96	6/21	Th	8:00pm- 8:30pm
200379	12 & up	3 Classes	\$48	8/9	Th	8:00pm- 8:30pm

Delta (Level 6)

Prerequisite: Gamma (Level 5)

Learn backward to forward two-foot turns, forward inside three-turns, forward inside edges on the line, T-stops and lunges; review forward and backward crossovers. Skills for figure skaters: bunny-hops, spiral, shoot the duck or lunge, and ballet jump.

Delta, All Ages (Level 6)

Cabin John Ice Rink

207799	4 & up	6 Classes	\$96	6/20	W	5:00pm- 5:30pm
200240	4 & up	6 Classes	\$96	6/23	Sa	11:45am-12:15pm
207801	4 & up	6 Classes	\$96	6/23	Sa	9:45am-10:15am
207800	4 & up	6 Classes	\$96	6/24	Su	1:30pm- 2:00pm
200382	4 & up	3 Classes	\$72	8/5	Su	12:30pm- 1:15pm
200380	4 & up	3 Classes	\$72	8/8	W	5:45pm- 6:30pm
200381	4 & up	3 Classes	\$72	8/11	Sa	9:45am-10:30am

Wheaton Ice Arena

199955	4 & up	6 Classes	\$96	6/21	Th	6:15pm- 6:45pm
199956	4 & up	6 Classes	\$96	6/23	Sa	10:45am-11:15am
199957	4 & up	6 Classes	\$96	6/24	Su	2:00pm- 2:30pm
199958	4 & up	3 Classes	\$48	8/5	Su	2:00pm- 2:30pm
199959	4 & up	3 Classes	\$48	8/9	Th	6:15pm- 6:45pm
199960	4 & up	3 Classes	\$48	8/11	Sa	10:45am-11:15am

Delta Teen/Adult (Level 6)

200241	12 & up	6 Classes	\$96	6/21	Th	8:00pm- 8:30pm
200383	12 & up	3 Classes	\$48	8/9	Th	8:00pm- 8:30pm



Freestyle

Introduction to Freestyle

Prerequisite: Delta (Level 6)

This course bridges the gap between basic group lesson skills and Freestyle skating. We'll cover advanced forward stroking, backward outside edges on the line, mohawks, one-foot spins with crossed-leg position, moving forward outside and inside three-turns, mazurka, landing positions, waltz jumps, and freestyle etiquette. We'll place special emphasis on edges, and the flow between elements.

Cabin John Ice Rink

207803	5 & up	6 Classes	\$96	6/20	W	5:30pm- 6:00pm
207804	5 & up	6 Classes	\$144	6/23	Sa	10:30am-11:15am
200384	5 & up	3 Classes	\$72	8/11	Sa	9:45am-10:30am

Wheaton Ice Arena

199961	5 & up	6 Classes	\$96	6/21	Th	6:15pm- 6:45pm
199962	5 & up	6 Classes	\$96	6/24	Su	1:15pm- 1:45pm
199963	5 & up	3 Classes	\$48	8/5	Su	1:15pm- 1:45pm
199964	5 & up	3 Classes	\$48	8/9	Th	6:15pm- 6:45pm

Freestyle 1 *Prerequisite: Intro to Freestyle*

We'll cover a 10-step mohawk sequence, forward and backward crossover patterns in a figure 8, backward inside edges on a line, intro to a backward outside three-turn, advanced forward one-foot (scratch) spin, half-flip, and waltz jump from backward crossovers.

Cabin John Ice Rink

207805	5 & up	6 Classes	\$144	6/26	Tu	7:30pm- 8:15pm
200242	5 & up	6 Classes	\$144	6/23	Sa	11:15am-12:00pm
200385	5 & up	3 Classes	\$72	8/8	W	6:45pm- 7:30pm
200386	5 & up	3 Classes	\$72	8/11	Sa	11:15am-12:00pm

Wheaton Ice Arena

199965	5 & up	6 Classes	\$96	6/21	Th	6:15pm- 6:45pm
199966	5 & up	3 Classes	\$48	8/9	Th	6:15pm- 6:45pm

Freestyle 2 *Prerequisite: Freestyle 1*

Learn forward spirals from outside and inside edges, waltz-jump combination sequence, toe-loop, half-lutz, beginning back spin, and backward outside three-turn. Ice dancing skills will also be covered.

Cabin John Ice Rink

207807	5 & up	6 Classes	\$144	6/20	W	6:15pm- 7:00pm
200245	5 & up	6 Classes	\$144	6/23	Sa	11:15am-12:00pm
200388	5 & up	3 Classes	\$72	8/8	W	6:45pm- 7:30pm
200389	5 & up	3 Classes	\$72	8/11	Sa	11:15am-12:00pm

Wheaton Ice Arena

199967	5 & up	6 Classes	\$96	6/21	Th	6:15pm- 6:45pm
199968	5 & up	3 Classes	\$48	8/9	Th	6:15pm- 6:45pm

Freestyle 3 *Prerequisite: Freestyle 2*

Learn the waltz eight, backward inside three-turns, a salchow, a new waltz jump combination sequence, forward swing rolls, and master the back spin.

Cabin John Ice Rink

207809	5 & up	6 Classes	\$144	6/20	W	7:00pm- 7:45pm
200246	5 & up	6 Classes	\$144	6/23	Sa	11:00am-11:45am
200390	5 & up	3 Classes	\$72	8/8	W	7:30pm- 8:15pm
200391	5 & up	3 Classes	\$72	8/11	Sa	11:15am-12:00pm

Wheaton Ice Arena

199969	5 & up	6 Classes	\$96	6/21	Th	7:15pm- 7:45pm
199970	5 & up	3 Classes	\$48	8/9	Th	7:15pm- 7:45pm

Freestyle 4 *Prerequisite: Freestyle 3*

Learn forward power three-turns, backward progressive chasse sequence, loop jump, sit spin, and backward spirals (both feet, both edges).

Cabin John Ice Rink

207811	5 & up	6 Classes	\$144	6/20	W	7:45pm-8:30pm
200247	5 & up	6 Classes	\$144	6/23	Sa	11:00am-11:45am
200392	5 & up	3 Classes	\$72	8/8	W	7:30pm-8:15pm
200393	5 & up	3 Classes	\$72	8/11	Sa	11:15am-12:00pm

Wheaton Ice Arena

199971	5 & up	6 Classes	\$96	6/21	Th	7:15pm-7:45pm
199972	5 & up	3 Classes	\$48	8/9	Th	7:15pm-7:45pm

Freestyle 5 *Prerequisite: Freestyle 4*

Learn the backward mohawk sequence, a spiral sequence, waltz, loop jump combination, flip jump, camel spin, and forward to backward spin.

Cabin John Ice Rink

200394	5 & up	3 Classes	\$72	8/11	Sa	10:30am-11:15am
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Wheaton Ice Arena

199973	5 & up	6 Classes	\$96	6/21	Th	7:15pm-7:45pm
199974	5 & up	3 Classes	\$48	8/9	Th	7:15pm-7:45pm

Freestyle 5-6 Combo *Prerequisite: Freestyle 4*

This course is for advanced freestyle students, focusing on a combination of the Freestyle 5 and Freestyle 6 curriculums.

Cabin John Ice Rink

200248	5 & up	6 Classes	\$144	6/20	W	8:30pm-9:15pm
204799	5 & up	6 Classes	\$144	6/23	Sa	10:30am-11:15am
200395	5 & up	3 Classes	\$72	8/8	W	8:15pm-9:00pm

Freestyle 6 *Prerequisite: Freestyle 5*

Learn alternating back crossovers to back outside extension, five-step mohawk sequence, loop-loop-jump combo, lutz, axel walk-through and preparation, split jump/stag jump/falling leaf, and camel-sit spin combo.

Cabin John Ice Rink

200396	6 & up	3 Classes	\$72	8/11	Sa	10:30am-11:15am
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Wheaton Ice Arena

199975	5 & up	6 Classes	\$96	6/21	Th	7:15pm-7:45pm
199976	5 & up	3 Classes	\$48	8/9	Th	7:15pm-7:45pm

Freestyle 7 *Prerequisite: Freestyle 6*

Learn advanced jumps and combination spins; practice moves and edges to increase fluidity and grace.

Cabin John Ice Rink

203899	5 & up	6 Classes	\$144	6/23	Sa	10:30am-11:15am
207813	5 & up	3 Classes	\$72	8/11	Sa	10:30am-11:15am

Therapeutic Skating

at **Cabin John Ice Rink**

Therapeutic Skating provides a positive learning atmosphere that will promote both recreation and physical development. Adaptive teaching approaches will help skaters with mental or emotional challenges improve their skating and learn new skills as well.

203949	4-8yrs	6 Classes	\$96	6/24	Su	2:30pm-3:00pm
203950	9-14yrs	6 Classes	\$96	6/24	Su	2:30pm-3:00pm
203951	15 & up	6 Classes	\$96	6/24	Su	2:30pm-3:00pm

NEW!

Specialty Offerings

Moves/Edges

Prerequisite: Delta (Level 5) or higher

In this series of classes, skaters will work on power, edge quality, extension of line, quick, precise skating movements, and USFS moves in the field patterns.

• Beginner *Prerequisite: Passed Gamma***Cabin John Ice Rink**

207814	4 & up	6 classes	\$144	6/23	Sa	10:30-11:15am
207949	4 & up	3 classes	\$7	8/11	Sa	10:30-11:15am

Wheaton Ice Arena

199977	4 & up	6 Classes	\$96	6/21	Th	6:45pm-7:15pm
199980	4 & up	3 Classes	\$48	8/9	Th	6:45pm-7:15pm

• Advanced *Prerequisite: Passed Intro to Freestyle***Cabin John Ice Rink**

207815	5 & up	6 Classes	\$144	6/23	Sa	10:30am-11:15am
200398	5 & up	3 Classes	\$72	8/11	Sa	10:30am-11:15am

Wheaton Ice Arena

199978	4 & up	6 Classes	\$96	6/21	Th	6:45pm-7:15pm
199981	4 & up	3 Classes	\$48	8/9	Th	6:45pm-7:15pm

• Advanced Adult**Wheaton Ice Arena**

199979	18 & up	6 Classes	\$96	6/21	Th	6:45pm-7:15pm
199982	18 & up	3 Classes	\$48	8/9	Th	6:45pm-7:15pm

Just Scratch Spins

Prerequisite: Introduction to Freestyle

Having trouble with the scratch spin? This course will help you master it! We recommend taking it along with your current freestyle class.

Cabin John Ice Rink

200244	5 & up	6 Classes	\$96	6/23	Sa	10:30am-11:00am
200243	5 & up	6 Classes	\$96	6/26	Tu	8:15pm-8:45pm
200387	5 & up	3 Classes	\$48	8/11	Sa	10:30am-11:00am

Just Axels

Prerequisite: Freestyle 5 or instructor's permission

The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

Cabin John Ice Rink

200249	5 & up	6 Classes	\$144	6/23	Sa	11:15am-12:00pm
200397	5 & up	3 Classes	\$72	8/11	Sa	11:15am-12:00pm

Power Stroking *Prerequisite: Intro to Freestyle*

Take your skating to the next level! This is a great workout for Freestyle skaters—you'll build stamina and strength. Coaches will provide exercise variations so you can tailor workouts to your level and ability.

Cabin John Ice Rink

200253	5 & up	6 Classes	\$96	6/23	Sa	11:15am-11:45am
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Synchronized Skating *Prerequisite:*

Passed Beta (Level 4) or instructor's permission

Love to skate and be part of a team? Try Synchronized Skating! Learn synchro's five basic elements: circles, blocks, lines, wheels, and intersections while skating connected. No synchro experience or try-outs required.

Cabin John Ice Rink

200252	4 & up	6 Classes	\$96	6/26	Tu	7:00pm-7:30pm
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ICE HOCKEY



Parent & Tot Hockey

Prerequisite: Passed Tot 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This course is a great introduction to hockey for parents and their children, ages 3-5. We'll cover basic skating and stick handling skills. Please register the child only; fee covers one child and one parent.

Equipment required: Bike or caged hockey helmet (caged helmets are highly recommended for kids who are new to hockey skates), knee and elbow pads, and any type of gloves. Rental hockey skates are available; sticks provided.

Cabin John Ice Rink

207849	3-5yrs	6 Classes	\$96	6/23	Sa	9:15am-9:45am
200299	3-5yrs	3 Classes	\$48	8/11	Sa	9:15am-9:45am

Wheaton Ice Arena

199799	3-5yrs	6 Classes	\$96	6/23	Sa	10:15am-10:45am
199800	3-5yrs	3 Classes	\$48	8/11	Sa	10:15am-10:45am

Pre-Alpha for Hockey

Learn to skate in *hockey* skates! In this beginning ice skating class designed specifically for people who want to play hockey, you'll learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward—all in hockey skates. The cost of rental hockey skates is included in course fee, or you may bring your own.

Equipment required: Hockey skates (rentals provided).

Recommended: Helmet

Wheaton Ice Arena

199809	4-6yrs	6 Classes	\$96	6/23	Sa	10:45am-11:15am
199810	6-12yrs	6 Classes	\$96	6/23	Sa	10:45am-11:15am
199811	4-6yrs	3 Classes	\$48	8/11	Sa	10:45am-11:15am
199812	6-12yrs	3 Classes	\$48	8/11	Sa	10:45am-11:15am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates

Learn how to hold a stick correctly, stand in place and hop, forward skate using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly.

Equipment required: Caged helmet, flat stick cut to skater's height; knee pads (or shin guards) and elbow pads (rollerblading pads ok); any kind of gloves; hockey skates (rentals available).

Cabin John Ice Rink

203800	4-8yrs	6 Classes	\$96	6/23	Sa	9:15am-9:45am
203799	4-8yrs	6 Classes	\$96	6/26	Tu	5:00pm-5:30pm
200304	4-8yrs	3 Classes	\$48	8/9	Th	4:30pm-5:00pm
200305	4-8yrs	3 Classes	\$48	8/11	Sa	9:15am-9:45am

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates, or Mighty Mites 1

Learn one-foot strides, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles, and an intro to forward C-cuts. *Equipment required: Caged helmet, flat stick cut to skater's height; shin guards; elbow pads; hockey gloves; hockey skates (rentals available). Recommended: Cup*

Cabin John Ice Rink

203802	4-8yrs	6 Classes	\$96	6/23	Sa	7:45am-8:30am
203801	4-8yrs	6 Classes	\$96	6/26	Tu	5:00pm-5:30pm
200312	4-8yrs	3 Classes	\$48	8/9	Th	4:30pm-5:00pm
200313	4-8yrs	3 Classes	\$72	8/11	Sa	8:30am-9:15am

Mitey Mites Hockey 3

Prerequisite: MM2
We'll cover back swizzles with two-foot glide, forward C-cut and forward crossovers; and introduce forward power turns, hockey stops, backward C-cuts, and backward skating. *Equipment required: Same as MM 2.*

Recommended: Cup and hockey pants.

Cabin John Ice Rink

203805	4-8yrs	6 Classes	\$144	6/21	Th	5:30pm-6:15pm
203804	4-8yrs	6 Classes	\$144	6/23	Sa	7:45am-8:30am
203803	4-8yrs	6 Classes	\$144	6/26	Tu	5:30pm-6:15pm
200318	4-8yrs	3 Classes	\$72	8/9	Th	5:30pm-6:15pm
200319	4-8yrs	3 Classes	\$72	8/11	Sa	7:45am-8:30am

Mitey Mites Hockey 4

Prerequisite: MM3
We'll cover forward crossovers in a figure-8 pattern, back C-cuts, back crossovers on a circle, hockey stop, and back V-stop. *Equipment required: Caged helmet, flat stick cut to skater's height (or curved blade if you prefer); shin guards; elbow and shoulder pads; hockey gloves; hockey pants; hockey skates (rentals available). Recommended: Cup*

Cabin John Ice Rink

203808	4-8yrs	6 Classes	\$144	6/21	Th	5:30pm-6:15pm
203807	4-8yrs	6 Classes	\$144	6/23	Sa	7:45am-8:30am
203806	4-8yrs	6 Classes	\$144	6/26	Tu	5:30pm-6:15pm
200322	4-8yrs	3 Classes	\$72	8/9	Th	5:30pm-6:15pm
200323	4-8yrs	3 Classes	\$72	8/11	Sa	7:45am-8:30am

Mitey Mites Hockey 5

Prerequisite: MM4
We'll cover forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-8 pattern and on a circle, forward edges, two-foot turns, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. *Equipment required: Caged helmet, curved stick cut to skater's height; shin guards; elbow and shoulder pads; hockey gloves; hockey pants; hockey skates (rentals available). Recommended: Cup*

Cabin John Ice Rink

203811	4-8yrs	6 Classes	\$144	6/21	Th	5:30pm-6:15pm
203810	4-8yrs	6 Classes	\$144	6/23	Sa	7:45am-8:30am
203809	4-8yrs	6 Classes	\$144	6/26	Tu	5:30pm-6:15pm
200324	4-8yrs	3 Classes	\$72	8/9	Th	5:30pm-6:15pm
200325	4-8yrs	3 Classes	\$72	8/11	Sa	7:45am-8:30am

Get your ice-cold **Stick 'n' Puck**
DROP-IN SESSION
Frequent Passes!

\$108 for 10 sessions

Regular price for 10 = \$120
Like getting one session FREE!
Available at both rinks



THANKS
TO THE WASHINGTON

capitals



Ice Hockey Equipment: Free Rentals at Wheaton Ice

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment available for use at no cost for kids in their Hockey 1 or Hockey 2 classes. Equipment fits kids age 4-6 or 6-8, and includes shoulder and elbow pads, hockey pants and gloves, shin guards and adjustable helmet. Please contact the rink to confirm correct sizing. You'll return all equipment after each class, and pick it up again before your next class. Use ParkPASS numbers below to register for equipment after you register for Hockey 1 or 2 at Wheaton Ice. Supplies are limited, so register early.

• Ice Hockey Equipment Rental: Small

Wheaton Ice Arena only; fits kids age 4-6

199823	4-6yrs	6 Classes	Free	6/23	Sa	11:15-11:45am
199825	4-6yrs	6 Classes	Free	6/24	Su	1:15-1:45pm
199827	4-6yrs	3 Classes	Free	8/5	Su	1:15-1:45pm
199829	4-6yrs	3 Classes	Free	8/11	Sa	11:15-11:45am

• Ice Hockey Equipment Rental: Large

Wheaton Ice Arena only; fits kids age 6-8

199824	6-8yrs	6 Classes	Free	6/23	Sa	11:15-11:45am
199826	6-8yrs	6 Classes	Free	6/24	Su	1:15-1:45pm
199828	6-8yrs	3 Classes	Free	8/5	Su	1:15-1:45pm
199830	6-8yrs	3 Classes	Free	8/11	Sa	11:15-11:45am

Hockey 1

Prerequisite: Passed Pre-Alpha (Level 1) in hockey skates
Learn forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzles, forward C-cuts and one-foot stride on a circle. *Equipment required: Caged helmet; flat stick cut to skater's height; shin guards; hockey gloves; elbow pads; hockey skates (rentals available). Recommended: Cup*

Cabin John Ice Rink

203851	8-13yrs	6 Classes	\$144	6/23	Sa	8:30am-9:15am
200326	8-13yrs	3 Classes	\$72	8/11	Sa	8:30am-9:15am

Wheaton Ice Arena See blue box above for equipment

199813	4 & up	6 Classes	\$96	6/23	Sa	11:15am-11:45am
199814	4 & up	3 Classes	\$48	8/11	Sa	11:15am-11:45am

Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates
Learn forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stops, back swizzles with a two-foot glide, intro to back C-cuts, forward crossovers on a figure eight, and forward edges.

Equipment required: Same as Hockey 1, plus cup.

Cabin John Ice Rink

203850	8-13yrs	6 Classes	\$144	6/23	Sa	8:30am-9:15am
200335	8-13yrs	3 Classes	\$72	8/11	Sa	8:30am-9:15am

Hockey 2 (cont.)

Wheaton Ice Arena

See blue box at left for info on how to register to use hockey equipment free of charge for the duration of your Hockey 2 course at Wheaton Ice...

199821	4 & up	6 Classes	\$96	6/24	Su	1:15pm-1:45pm
199822	4 & up	3 Classes	\$48	8/5	Su	1:15pm-1:45pm

Hockey 3

Prerequisite: Passed Alpha or above in hockey skates

We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turns and backward one-foot glides.

Equipment required: Same as Hockey 2, with curved stick (vs. flat stick). Recommended: Hockey pants, shoulder pads.

Cabin John Ice Rink

203849	8-13yrs	6 Classes	\$144	6/23	Sa	8:30am-9:15am
200343	8-13yrs	3 Classes	\$72	8/11	Sa	7:45am-8:30am

Wheaton Ice Arena

199855	4 & up	6 Classes	\$144	6/24	Su	1:45pm-2:30pm
199856	4 & up	3 Classes	\$72	8/5	Su	1:45pm-2:30pm

Hockey: Teen/Adult

Prerequisite: Pre-Alpha Plus
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing.

Full gear required (rental hockey skates available).

Cabin John Ice Rink

203812	12 & up	6 Classes	\$144	6/21	Th	8:30pm-9:15pm
200345	12 & up	3 Classes	\$72	8/9	Th	8:30pm-9:15pm

Power Skating for Hockey

Prerequisite: Alpha (Level 3) OR Passed Mitey Mites 2 or Hockey 2
Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power, and technique. *Full gear required.*

Cabin John Ice Rink

203813	4 & up	6 Classes	\$96	6/21	Th	6:15pm-6:45pm
200365	4 & up	3 Classes	\$48	8/9	Th	6:15pm-6:45pm

Wheaton Ice Arena

199907	4 & up	6 Classes	\$96	6/24	Su	1:15pm-1:45pm
199908	4 & up	3 Classes	\$48	8/5	Su	1:15pm-1:45pm

Introduction to Goaltending

Prerequisite: Mitey Mites 2 or Hockey 2

Interested in becoming a goalie? This introductory level course will teach you the basic skills.

Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, hockey gloves, elbow pads, cup, hockey skates (rentals available). Recommended: Hockey pants, shoulder pads.

Cabin John Ice Rink

203815	4 & up	6 Classes	\$96	6/21	Th	5:00pm-5:30pm
203814	4 & up	6 Classes	\$96	6/26	Tu	5:00pm-5:30pm
200366	4 & up	3 Classes	\$48	8/9	Th	5:00pm-5:30pm



ICE HOCKEY

FATHER'S DAY SKATE

Dads skate FREE with one regular price admission!

WHEATON ICE
Sunday, June 17
11am-1pm

CABIN JOHN
Father's Day
raffle, too!
Sunday, June 17
12:30-2:30pm





ICE HOCKEY

Passing & Shooting, Beginner

Prerequisite: Pre-Alpha/Mitey Mites 1/Hockey 1

This specialty class will help you learn the basic hockey stance, stick curve/lie preferences, optimal hand and foot positioning, weight transfer, and how to pass and shoot from a stationary position. *Full gear and caged hockey helmet required; no game experience needed.*

Cabin John Ice Rink

203816	4 & up	6 Classes	\$96	6/21 Th	5:00pm- 5:30pm
203817	4 & up	6 Classes	\$96	6/23 Sa	8:00am- 8:30am
200371	4 & up	3 Classes	\$48	8/11 Sa	8:00am- 8:30am

Passing & Shooting, Intermediate

Prerequisite: Passed Mitey Mites 2/Hockey 2

You've learned the basics of passing and shooting—now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills.

Full gear/caged hockey helmets required; no game experience needed.

Cabin John Ice Rink

208899	4 & up	6 Classes	\$144	6/23 Sa	8:30am- 9:15am
208900	4 & up	6 Classes	\$96	6/26 Tu	6:15pm- 6:45pm
208901	4 & up	3 Classes	\$48	8/9 Th	5:00pm- 5:30pm

Scrimmage 1 *Recommended for skaters enrolled in Mitey Mites 3, Hockey 2 or higher*

Learn the rules of hockey through this hands-on instructional class! As kids play in a series of scrimmages, they'll learn the key elements and rules of the game, and enhance their skating and hockey skills at the same time. *Full gear and caged hockey helmet required.*

Cabin John Ice Rink

203649	4-8yrs	6 Classes	\$144	6/23 Sa	8:30am- 9:15am
203699	9-13yrs	6 Classes	\$144	6/23 Sa	7:45am- 8:30am

Scrimmage 2 *Prerequisite: Passed Scrimmage 1*

After players have learned hockey's key elements and rules in Scrimmage one, they'll now focus on learning game strategies in this course. *Full gear required.*

Cabin John Ice Rink

203749	4-8yrs	6 Classes	\$144	6/22 F	5:30pm- 6:15pm
203750	9-13yrs	6 Classes	\$144	6/22 F	6:15pm- 7:00pm



The Washington Capitals SUMMER STREET HOCKEY TOUR

is coming to Olney Manor Skatepark! It's going to be a great afternoon with members of the Streetcaps™ and Slapshot as your hosts.



STREET

STREETCAPS™



3 STATIONS

- FREE LESSONS in stickhandling, passing and shooting
- SHOOTING CAGE Practice your new skills in the inflatable Caps cage
- GAME ON! Play a practice game with kids at your age & skill level



MEET SLAPSHOT!

PRIZES & GIVEAWAYS

Wear your sneakers; we'll have all the equipment you'll need. Kids under 18 will need a parent or guardian there to sign a waiver for you. Open to all ages...and it's FREE!



SATURDAY, JULY 21

11AM-1PM

OLNEY MANOR SKATEPARK

Date & time subject to change; visit web for updates

16601 Georgia Avenue | Olney, MD 20832 |
301-905-3095 | www.OlneyManorSkate.com


SKATEPARK

16601 Georgia Avenue • Olney, MD 20832 • 301-905-3095

www.OlneyManorSkate.com • Twitter **olneymanorsk8** • Facebook **OMSkate**


SUMMER SKATEBOARD CAMP

Come on out to Olney Manor Skatepark for some extreme skateboarding fun this summer! Professional instructors from American Inline Skating will teach you how to push, ride, tack turn ollie, kick flip, grind, stall, drop in and get air. Everyone will be grouped by age and ability, so you'll be with other kids who skate at your level. Required equipment: Skateboard, helmet designed for skateboarding, elbow and knee pads, wrist guards, water and snack. Please print your ParkPASS registration confirmations for important details regarding cancellations, etc.

Olney Manor Skatepark

178400	6-13yrs	5 Classes	\$170	6/18- 6/22	M-F	8:30am- Noon
178401	6-13yrs	5 Classes	\$170	6/25- 6/29	M-F	8:30am- Noon
178402	6-13yrs	4 Classes	\$136	7/2- 7/6*	M,Tu,Th,F	8:30am- Noon
178403	6-13yrs	5 Classes	\$170	7/9- 7/13	M-F	8:30am- Noon
178404	6-13yrs	5 Classes	\$170	7/16- 7/20	M-F	8:30am- Noon
178405	6-13yrs	5 Classes	\$170	7/23- 7/27	M-F	8:30am- Noon
178406	6-13yrs	5 Classes	\$170	7/30- 8/3	M-F	8:30am- Noon
178407	6-13yrs	5 Classes	\$170	8/6- 8/10	M-F	8:30am- Noon
178408	6-13yrs	5 Classes	\$170	8/13- 8/17	M-F	8:30am- Noon
178409	6-13yrs	5 Classes	\$170	8/20- 8/24	M-F	8:30am- Noon

* No camp Wednesday, July 4

SUMMER INLINE SKATING CAMP

Learn how to gear up, stand up, skate, stop, avoid falling down, turn, crossover, skate backwards, negotiate obstacles and skate safely. We'll play skating games, and take skating tours around the park, too. Required equipment: inline skates, helmet, knee and elbow pads, wrist guards, water and snack. Please print your ParkPASS confirmation for important details regarding cancellations, etc.

Olney Manor Skatepark

178399	6-13yrs	5 Classes	\$170	7/30- 8/3	M-F	8:30am- Noon
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Party @ the Skatepark!

Want to have a party at the Skatepark? For \$50 an hour, you can book yourself a pretty awesome party place. For more information or to check possible dates for your event, email Atuya.Cornwell@MontgomeryParks.org. Download an application online at www.OlneyManorSkate.com

Sign up for the brand-new

OLNEY SKATEPARK LEAGUE

Every other sport has leagues and competitions, so why not skateboarding? Every Thursday night from June 28 through August 2 (except July 5), Olney Manor Skatepark will feature a different mix of fun and challenging skateboarding contests for you and your friends.

Each team will have 3-5 players. All team members will compete individually and earn points for their team. We'll keep track of each team's score throughout the 5-week season, then name the Skatepark League Champions (complete with trophies) at the summer's end. Have fun, win prizes, and earn bragging rights!

Talk with your friends if you'd like them to be on your team, and ask them to sign up, too. Or if you like, we'll put you with 3-4 others skaters at a similar skill level. Each skater will need to register and pay separately in ParkPASS. As you register, you'll get a prompt that will ask for the names of the skaters you'd like to be on a team with. **No league play Thursday, July 5*

Olney Manor Skatepark

207999	12-18yrs	5 Classes	\$68	6/28- 8/2	Th	8:00- 9:00pm
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2012 SKATE FEES

Same
as last
year!

Entrance Fees

Day Pass (1 Visit)	\$ 5.00
15-Visit Pass (FSP)	\$33.00
30-Visit Pass (FSP)	\$60.00
45-Visit Pass (FSP)	\$81.00
2012 Season Pass.....	\$85.00
(unlimited visits for one season)	

• 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes (FSP) may be used by both you and your guests. You have to be there for your guests to use your pass.

• 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes have *no expiration date* and are good from season to season until all visits are used.



Summer Fun@



Health, Fitness & Fun Day

Sunday, June 10
1pm-4pm
FREE
See website for details!

Come inside the air-conditioned "bubble" at Wheaton Indoor Tennis on June 10 and enjoy...

- **Free Tennis Classes**
Cardio for Kids, Cardio for Adults, Parent & Child Tennis
- **Activities & Information**
- **Giveaways & Prizes**
- **On-the-spot registration** for Summer Classes, Camps & Clinics

Plus, meet representatives from these great tennis, health and fitness organizations:



Half-Price Holidays

Monday, May 28 and
Wednesday, July 4

Come on out on Memorial Day and Independence Day (July 4) and play tennis at half the regular cost!

Just \$7.50/hour for court time, from 6am to 4pm (holiday hours).

Register online at ParkPASS.org or call us.



Time for Tennis Camp!



Summer is fast approaching, and your kids need something fun and healthy to occupy their time. Spots are still available in these great Tennis and "Tennis and..." camps:

- **Tennis & Ice Skating Camp**
- **Tennis & So Much More**
- **Tennis & Golf Camp**
- **Tennis Boot Camp**

Five-day camps are available at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Center.

See page 138 for all the details, and sign up today at ParkPASS.org!

Pauline Betz Addie Tennis Center | 301-765-8650 | CabinJohnTennis.com
Wheaton Indoor Tennis | 301-905-3030 | WheatonTennis.com





Pauline Betz Addie Tennis Center
at Cabin John Regional Park
 7801 Democracy Blvd.
 Bethesda, MD 20817
 301-765-8650
 CabinJohnTennis.com

Wheaton Indoor Tennis
 Wheaton Regional Park
 11715 Orebaugh Avenue
 Wheaton, MD 20902
 301-905-3030
 WheatonTennis.com



Tennis Clinic: Beginner/Beginner Plus

Designed for students with minimal playing experience. We'll warm up first, review important basics like your grip, court etiquette and basic safety rules, and work on the fundamentals of hitting techniques: ground shots, lobs volleys, serves, and overhead skills.

Pauline Betz Addie Tennis / Cabin John

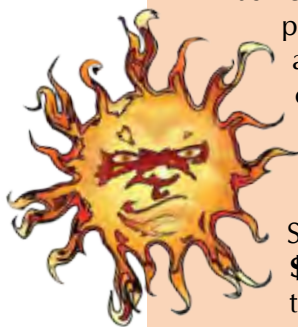
194599	7-12yrs	5 Classes	\$125	6/25	M-F	10am-Noon
194899	7-12yrs	4 Classes	\$100	7/2	M,Tu,Th,F	10am-Noon
194900	7-12yrs	5 Classes	\$125	7/9	M-F	10am-Noon
194949	7-12yrs	5 Classes	\$125	7/16	M-F	10am-Noon
194999	7-12yrs	5 Classes	\$125	7/23	M-F	10am-Noon
195000	7-12yrs	5 Classes	\$125	7/30	M-F	10am-Noon
195001	7-12yrs	5 Classes	\$125	8/6	M-F	10am-Noon
195002	7-12yrs	5 Classes	\$125	8/13	M-F	10am-Noon

Tennis Clinic: Intermediate/Advanced

In this clinic, we'll work to help you perfect your ground strokes, volleys and service techniques; and focus on strategy, conditions and footwork. *Intermediate/Advanced Clinic students should understand how tennis is played, when and where to hit which stroke, and how to keep score; be able to hit ground strokes, lobs, volleys, serves, service returns and overheads; and rally from the baseline for at least 10 minutes.*

Pauline Betz Addie Tennis / Cabin John

194649	7-12yrs	5 Classes	\$125	6/25	M-F	Noon- 2pm
195049	7-12yrs	4 Classes	\$100	7/2	M,Tu,Th,F	Noon- 2pm
195050	7-12yrs	5 Classes	\$125	7/9	M-F	Noon- 2pm
195051	7-12yrs	5 Classes	\$125	7/16	M-F	Noon- 2pm
195052	7-12yrs	5 Classes	\$125	7/23	M-F	Noon- 2pm
195053	7-12yrs	5 Classes	\$125	7/30	M-F	Noon- 2pm
195054	7-12yrs	5 Classes	\$125	8/6	M-F	Noon- 2pm
195055	7-12yrs	5 Classes	\$125	8/13	M-F	Noon- 2pm



It's never too hot to play tennis in the air-conditioned comfort of **Wheaton Indoor Tennis**. Get an off-season contract (May—September) for just **\$12/hour** (regular spot time rate \$15/hour).

USTA 10 and Under Tennis



This ground-breaking new program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis...*and* have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts sized just right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's *not* remedial and not just for beginners—it's real tennis, tailored to a child's size (just like other youth sports like soccer, basketball and baseball have done for years).

Classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up for a class today at www.ParkPASS.org

• Ages 4-6

Pauline Betz Addie Tennis / Cabin John

198699	4-6yrs	6 Classes	\$132	6/30	Sa	9:00a- 10:00am
198700	4-6yrs	6 Classes	\$132	6/30	Sa	11:00am- Noon
198701	4-6yrs	6 Classes	\$132	7/1	Su	11:00am- Noon
198702	4-6yrs	6 Classes	\$132	7/1	Su	Noon- 1:00pm

Wheaton Indoor Tennis

198729	4-6yrs	6 Classes	\$108	6/30	Sa	9:00-10:00am
198730	4-6yrs	6 Classes	\$108	6/30	Sa	10:00-11:00am
198731	4-6yrs	6 Classes	\$108	6/30	Sa	1:00- 2:00pm
198732	4-6yrs	6 Classes	\$108	7/1	Su	10:00-11:00am
201549	4-6yrs	6 Classes	\$108	7/1	Su	4:00- 5:00pm

• Ages 7-10

Pauline Betz Addie Tennis / Cabin John

198713	7-10yrs	6 Classes	\$132	6/30	Sa	10:00-11:00am
198714	7-10yrs	6 Classes	\$132	6/30	Sa	6:00- 7:00pm
198715	7-10yrs	6 Classes	\$132	7/1	Su	1:00- 2:00pm
198721	7-10yrs	6 Classes	\$132	7/1	Su	11:00am- Noon

Wheaton Indoor Tennis

198757	7-10yrs	6 Classes	\$108	6/30	Sa	9:00-10:00am
198752	7-10yrs	6 Classes	\$108	7/1	Su	3:00- 4:00pm
198758	7-10yrs	6 Classes	\$108	7/1	Su	9:00-10:00am
198759	7-10yrs	6 Classes	\$108	7/1	Su	11:00am-Noon

TENNIS REGISTRATION DATES

Registration
opens
MAY 14/15*
for all
OUTDOOR
classes...

JUNE 11/12*
for all
INDOOR classes

* First date listed above is for Montgomery County residents; on second date classes are open to all.



NEW!

Mommy and Me Tennis

Parents, join your toddler on the tennis court for fun together! Create connections with your child through exciting tennis games that develop motor skills, hand-eye coordination, and racquet skills. We'll also give you some fun games to take home and practice with your child. A wonderful time will be had by all! Fee covers one parent and one child; please register the child only.

Wheaton Indoor Tennis

204399 3-5yrs 6 Classes \$126 6/30 Sa 4:00- 5:00pm

Parent & Child Tennis

Bring your 5-8 year-old and have fun learning fundamental tennis skills together. We'll teach Beginner/ Beginner Plus level skills and drills that can be continued outside of class. Fee covers one parent and one child; please register the child only.

Pauline Betz Addie Tennis / Cabin John

194806 5-8yrs 6 Classes \$144 6/30 Sa Noon- 1:00pm

194807 5-8yrs 6 Classes \$144 7/1 Su 3:00- 4:00pm

194808 5-8yrs 6 Classes \$144 7/1 Su Noon- 1:00pm

Wheaton Indoor Tennis

201402 5-8yrs 6 Classes \$126 6/30 Sa 11:00am-Noon

201403 5-8yrs 6 Classes \$126 6/30 Sa Noon- 1:00pm

201401 5-8yrs 6 Classes \$126 7/1 Su 2:00- 3:00pm

Parent & Pre-Teen Tennis

For parents and their 9- to 12-year-old children; see "Parent & Child Tennis" for class description. Have fun learning tennis together! Fee covers one parent and one child; register child only.

Pauline Betz Addie Tennis / Cabin John

194810 9-12yrs 6 Classes \$144 6/30 Sa 2:00- 3:00pm

194811 9-12yrs 6 Classes \$144 7/1 Su Noon- 1:00pm

Wheaton Indoor Tennis

2014812 9-12yrs 6 Classes \$126 6/30 Sa Noon- 1:00pm

201449 9-12yrs 6 Classes \$126 7/1 Su Noon- 1:00pm

Beginner Tennis

Designed for students who have never played tennis. You'll learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; as well as safety rules and how to keep score.

• Beginner, USTA

For pre-teen beginners, we've taken the exciting new "10 and Under Tennis" program and adapted it for kids 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate. Within an hour kids are rallying, having fun and psyched for more. They're playing *real* tennis and having *real* fun. See p.139 for more details on "10 and Under Tennis," and sign up today!

Pauline Betz Addie Tennis / Cabin John

194773 11-13yrs 6 Classes \$132 6/30 Sa 1:00- 2:00pm

Wheaton Indoor Tennis

201300 11-13yrs 6 Classes \$108 6/30 Sa 1:00- 2:00pm

201299 11-13yrs 6 Classes \$108 7/1 Su 1:00- 2:00pm

• Beginner, Teen

Pauline Betz Addie Tennis / Cabin John

198961 13-17yrs 6 Classes \$132 6/30 Sa 1:00- 2:00pm

198962 13-17yrs 6 Classes \$132 7/1 Su 1:00- 2:00pm

Wheaton Indoor Tennis

198965 13-17yrs 6 Classes \$108 7/1 Su 1:00- 2:00pm

• Beginner, Adult

Pauline Betz Addie Tennis / Cabin John

194769 18 & up 6 Classes \$132 7/1 Su 11:00am- Noon

Wheaton Indoor Tennis

201250 18 & up 6 Classes \$108 6/30 Sa 2:00- 3:00pm

201251 18 & up 6 Classes \$108 6/30 Sa 10:00-11:00am

• Beginner, Senior

Designed for adults 55 and older who have never played tennis, or have had minimal instruction. Your instructor will

go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable and rewarding.

Pauline Betz Addie Tennis / Cabin John

204149 55 & up 6 Classes \$132 7/1 Su 2:00- 3:00pm

Wheaton Indoor Tennis

204159 55 & up 6 Classes \$108 6/30 Sa 10:00-11:00am

185152 55 & up 6 Classes \$108 5/14 M 2:00- 3:00pm

185158 55 & up 6 Classes \$108 5/14 M 6:00- 7:00pm



CUSTOM TENNIS CLASSES

Do you have friends, family members, classmates, or a church or scout group looking for a fun and healthy group activity? Tennis is excellent cardiovascular exercise and promotes good hand-eye coordination, balance and strength. Call us at Wheaton Indoor Tennis or Pauline Betz Addie Tennis Center in Bethesda, and we'll work together to create a custom tennis class just for you.

CONTACT Wheaton: Justin.Reid@MontgomeryParks.org (301-905-3030); Pauline Betz Addie: John.Metzger@MontgomeryParks.org (301-765-8650) or Gino.Tomasello@MontgomeryParks.org (301-765-8652).

First Intermediate Tennis

Learn how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. We'll also work on service returns and approach shots.

• First Intermediate, Youth

Pauline Betz Addie Tennis / Cabin John

194797	5-8yrs	6 Classes	\$132	6/30	Sa	2:00- 3:00pm
194798	5-8yrs	6 Classes	\$132	6/30	Sa	5:00- 6:00pm
194799	5-8yrs	6 Classes	\$132	7/1	Su	1:00- 2:00pm

Wheaton Indoor Tennis

201400	5-8yrs	6 Classes	\$108	6/30	Sa	10:00-11:00am
194800	5-8yrs	6 Classes	\$108	7/1	Su	10:00-11:00am

• First Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

194788	9-12yrs	6 Classes	\$132	6/30	Sa	Noon- 1:00pm
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Wheaton Indoor Tennis

194789	9-12yrs	6 Classes	\$108	6/30	Sa	2:00- 3:00pm
201353	9-12yrs	6 Classes	\$108	7/1	Su	9:00-10:00am

• First Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

194793	13-17yrs	6 Classes	\$132	6/30	Sa	10:00-11:00am
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Wheaton Indoor Tennis

194794	13-17yrs	6 Classes	\$108	6/30	Sa	Noon- 1:00pm
201399	13-17yrs	6 Classes	\$108	7/1	Su	5:00- 6:00pm

• First Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

194787	18 & up	6 Classes	\$132	6/27	W	11:00am-Noon
198151	18 & up	6 Classes	\$132	6/28	Th	11:00am-Noon
194784	18 & up	6 Classes	\$132	6/30	Sa	9:00-10:00am
194785	18 & up	6 Classes	\$132	6/30	Sa	2:00- 3:00pm

Wheaton Indoor Tennis

201352	18 & up	6 Classes	\$108	6/30	Sa	11:00- Noon
201351	18 & up	6 Classes	\$108	7/1	Su	Noon- 1:00pm

Intermediate Tennis, Senior

Designed for adults 55 and older who have played tennis and taken some lessons in the past, and want to get back into the game or brush up. In Intermediate Tennis, you'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis, and work on consistency.

Pauline Betz Addie Tennis / Cabin John

204200	55 & up	6 Classes	\$132	6/30	Sa	9:00-10:00am
204249	55 & up	6 Classes	\$132	7/3	Tu	11:00am-Noon

Wheaton Indoor Tennis

204199	55 & up	6 Classes	\$108	6/30	Sa	3:00- 4:00pm
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Second Intermediate Tennis

Students will learn how to hit ground strokes, lobs, volleys, serves, service returns and overheads, and rally from the baseline for a total of 10 minutes.

• Second Intermediate, Youth

Pauline Betz Addie Tennis / Cabin John

194822	5-8yrs	6 Classes	\$132	6/30	Sa	6:00- 7:00pm
198999	5-8yrs	6 Classes	\$132	7/1	Su	3:00- 4:00pm

Wheaton Indoor Tennis

201450	5-8yrs	6 Classes	\$108	7/1	Su	3:00- 4:00pm
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• Second Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

194826	9-12yrs	6 Classes	\$132	6/30	Sa	1:00- 2:00pm
194827	9-12yrs	6 Classes	\$132	6/30	Sa	3:00- 4:00pm

Wheaton Indoor Tennis

194828	9-12yrs	6 Classes	\$108	6/30	Sa	2:00- 3:00pm
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• Second Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

194830	13-17yrs	6 Classes	\$132	6/30	Sa	4:00- 5:00pm
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Wheaton Indoor Tennis

194831	13-17yrs	6 Classes	\$108	6/30	Sa	3:00- 4:00pm
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• Second Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

198200	18 & up	6 Classes	\$132	6/26	Tu	Noon- 1:00pm
198199	18 & up	6 Classes	\$132	6/27	W	Noon- 1:00pm
194825	18 & up	6 Classes	\$132	6/28	Th	Noon- 1:00pm
194823	18 & up	6 Classes	\$132	6/30	Sa	11am- Noon
194824	18 & up	6 Classes	\$132	6/30	Sa	5:00- 6:00pm

Wheaton Indoor Tennis

201452	18 & up	6 Classes	\$108	6/30	Sa	1:00- 2:00pm
201451	18 & up	6 Classes	\$108	7/1	Su	2:00- 3:00pm

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

Learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situation analysis, and mental toughness training, too. Please have a thorough understanding of tennis, including offensive and defensive shots.

• Advanced, Teen

Pauline Betz Addie Tennis / Cabin John

198949	13-17yrs	6 Classes	\$144	6/30	Sa	Noon- 1:00pm
198950	13-17yrs	6 Classes	\$144	6/30	Sa	4:00- 5:00pm

Wheaton Indoor Tennis

198955	13-17yrs	6 Classes	\$120	7/1	Su	4:00- 5:00pm
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• Advanced, Adult

Pauline Betz Addie Tennis / Cabin John

194755	18 & up	6 Classes	\$144	6/30	Sa	11:00am-Noon
194756	18 & up	6 Classes	\$144	7/1	Su	1:00- 2:00pm

Wheaton Indoor Tennis

201200	18 & up	6 Classes	\$120	6/30	Sa	11:00am-Noon
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Tennis in 4 Languages

Look for the little blue globe symbol—this marks a class that will be taught in four different languages at Wheaton Indoor Tennis:

ENGLISH
SPANISH
GERMAN
FRENCH

If English isn't your first language and you'd like to learn or improve your tennis game, sign up for one of these multi-language lesson times and have a ball! Also great for people who play tennis and would like to brush up on their skills in one of these languages.



Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis / Cabin John

194783	18 & up	6 Classes	\$144	6/26	Tu	10:00- 11:00am
198149	18 & up	6 Classes	\$144	6/27	W	10:00- 11:00am
198150	18 & up	6 Classes	\$144	6/28	Th	10:00- 11:00am
194778	18 & up	6 Classes	\$144	6/30	Sa	10:00- 11:00am
198899	18 & up	6 Classes	\$144	6/30	Sa	3:00- 4:00pm
194779	18 & up	6 Classes	\$144	7/1	Su	2:00- 3:00pm
199049	18 & up	6 Classes	\$144	7/1	Su	3:00- 4:00pm

Wheaton Indoor Tennis

201349	18 & up	6 Classes	\$120	6/30	Sa	9:00-10:00am
201350	18 & up	6 Classes	\$120	7/1	Su	11:00am- Noon

Kids' Cardio Tennis

This group tennis training activity features action-based drills and games for children of all skill levels. It emphasizes movement and fun using music and pedometers. With age-appropriate equipment in an encouraging environment, this class will help kids develop tennis and athletic skills, and improve overall health and fitness.

Wheaton Indoor Tennis

204349	6-12yrs	6 Classes	\$120	6/30	Sa	4:00- 5:00pm
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Teen Cardio Tennis

Just for teens! See "Cardio Tennis" description above.

Wheaton Indoor Tennis

194834	13-17yrs	6 Classes	\$120	6/30	Sa	3:00- 4:00pm
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Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of these core strokes. The result? Better shots! Different classes cover different strokes, so sign up for them all and get your game in gear!

• Groundstrokes

Wheaton Indoor Tennis

204449	18 & up	6 Classes	\$120	6/25	M	6:00- 7:00am
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• Net Play

Wheaton Indoor Tennis

204451	18 & up	6 Classes	\$120	6/29	F	6:00- 7:00am
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• Serve and Return

Wheaton Indoor Tennis

204450	18 & up	6 Classes	\$120	6/27	W	6:00- 7:00am
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Rent the SMASH!

Pauline Betz Addie Tennis Center has a brand-new, high-tech ball machine! It shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

Rent the Smash for \$10/hour (in addition to regular court time fees). Sign up at the front desk.



For complete descriptions of these camps and important details about pick-up and drop-off locations, necessary medical forms and things to send with your campers, please be sure to check the ParkPASS listing online.

Tennis & Ice Skating Camp

Master the fundamentals of two great sports in one week! Under the direction of a USPTA coach, we'll use fun, interactive games on the outdoor courts in the morning to learn tennis rules, scoring, etiquette, terminology and techniques. In the afternoon, we'll move inside to learn basic ice skating techniques—falling down and getting up, marching, swizzles, snowplow stops and more—with open skating sessions and a professional skating lesson each day.

Cabin John Regional Park Meet at outdoor courts B2 & B3

172755	8-13yrs	5 Classes	\$250	6/18- 22	M-F	9am- 3pm
172754	8-13yrs	4 Classes	\$200	7/2- 6*	M,Tu,Th,F	9am- 3pm
172756	8-13yrs	5 Classes	\$250	7/30- 8/3	M-F	9am- 3pm
172757	8-13yrs	5 Classes	\$250	8/13- 17	M-F	9am- 3pm

Tennis & Golf Camp

Get into the swing of things this summer with tennis *and* golf camp! We'll start our day at Pauline Betz Addie Tennis Center learning basic tennis strokes, rules and etiquette. Then we'll head up to S. Germantown Driving Range and spend the afternoon learning golf basics like how to hold the club, putting, short chipping, golf etiquette and rules.

Pauline Betz Addie Tennis / Cabin John

172399	9-13yrs	5 Classes	\$300	6/25-29	M-F	9am- 4pm
172599	9-13yrs	5 Classes	\$300	7/16-20	M-F	9am- 4pm
172600	9-13yrs	5 Classes	\$300	7/30- 8/3	M-F	9am- 4pm
172601	9-13yrs	5 Classes	\$300	8/13-17	M-F	9am- 4pm

Tennis & So Much More!

There's something for everyone in this camp! For half of each day, we'll learn tennis basics with pro instructors. The rest of the day will be chock-full of fun, ice skating at Wheaton Ice Arena, goofing around at the Splash Playground in South Germantown, miniature golf, outdoor games and "so much more."

Wheaton Indoor Tennis

172649	6-12yrs	4 Classes	\$200	7/2- 6*	M,Tu,Th,F	9am- 5pm
172650	6-12yrs	5 Classes	\$250	7/16-20	M-F	9am- 5pm
172651	6-12yrs	5 Classes	\$250	7/30- 8/3	M-F	9am- 5pm
172652	6-12yrs	5 Classes	\$250	8/13- 17	M-F	9am- 5pm

Tennis Boot Camp

Do you have the right stuff to be a tennis champion? Take a week to really focus on the sport in this fun and challenging week-long camp. Using games, personal instruction and drills, we'll teach beginning/intermediate level players all the basics of tennis. Add some footwork drills and cardio exercise, and your inner champion is sure to emerge!

Pauline Betz Addie Tennis / Cabin John

172602	9-13yrs	4 Classes	\$200	7/2- 7/6*	M,Tu,Th,F	9am- 4pm
172603	9-13yrs	5 Classes	\$250	7/9- 7/13	M-F	9am- 4pm
172604	9-13yrs	5 Classes	\$250	7/23- 7/27	M-F	9am- 4pm
172605	9-13yrs	5 Classes	\$250	8/6- 8/10	M-F	9am- 4pm

Wheaton Indoor Tennis

172549	5-12yrs	5 Classes	\$250	6/25- 6/29	M-F	9am- 5pm
172550	5-12yrs	5 Classes	\$250	7/9- 7/13	M-F	9am- 5pm
172551	5-12yrs	5 Classes	\$250	7/23- 7/27	M-F	9am- 5pm
172552	5-12yrs	5 Classes	\$250	8/6- 8/10	M-F	9am- 5pm

* No camp on Wednesday, July 4

Cabin John Regional Park
10610 Westlake Drive
Rockville, MD 20852

Norwood Local Park
4700 Norwood Road
Bethesda, MD 20815

Olney Manor Recreational Park
16601 Georgia Avenue
Olney, MD 20832

South Germantown
Recreational Park
18056 Central Park Circle
Boysds, MD 20841

Wheaton Regional Park
11717 Orebaugh Avenue
Wheaton, MD 20902

Outdoor Tennis Court Locations

*In case of inclement weather on your Outdoor Lesson days,
please call us at 301-765-8650.*



OUTDOOR USTA 10 AND UNDER TENNIS

This wonderful new tennis program will change the way kids 10 and under learn and play tennis from here on out. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

The classes listed here are held outdoors; for indoor 10 and Under Tennis classes, see page 135. Visit www.10andUnderTennis.com for more information, and sign up today at www.ParkPASS.org!



...for Ages 7-10

Cabin John Regional Park

197469	7-10yrs	6 Classes	\$90	6/18	M&W	5:00- 6:00pm
197471	7-10yrs	6 Classes	\$90	6/19	Tu&Th	5:00- 6:00pm
197470	7-10yrs	6 Classes	\$90	7/9	M&W	5:00- 6:00pm
197472	7-10yrs	6 Classes	\$90	7/10	Tu&Th	5:00- 6:00pm
198099	7-10yrs	6 Classes	\$90	7/30	M&W	5:00- 6:00pm
198100	7-10yrs	6 Classes	\$90	7/31	Tu&Th	5:00- 6:00pm

Norwood Local Park

197484	4-6yrs	6 Classes	\$90	6/14	Th	4:00- 5:00pm
197499	7-10yrs	6 Classes	\$90	6/14	Th	5:00- 6:00pm
197483	7-10yrs	6 Classes	\$90	6/18	M	4:00- 5:00pm

Olney Manor Recreational Park

197461	7-10yrs	6 Classes	\$90	6/18	M&W	5:00- 6:00pm
197463	7-10yrs	6 Classes	\$90	6/19	Tu&Th	5:00- 6:00pm
197462	7-10yrs	6 Classes	\$90	7/9	M&W	5:00- 6:00pm
197464	7-10yrs	6 Classes	\$90	7/10	Tu&Th	5:00- 6:00pm
198049	7-10yrs	6 Classes	\$90	7/30	M&W	5:00- 6:00pm
198050	7-10yrs	6 Classes	\$90	7/31	Tu&Th	5:00- 6:00pm

...for Ages 4-6

Cabin John Regional Park

197450	4-6yrs	6 Classes	\$90	6/18	M&W	4:00- 5:00pm
197457	4-6yrs	6 Classes	\$90	6/19	Tu&Th	4:00- 5:00pm
197456	4-6yrs	6 Classes	\$90	7/9	M&W	4:00- 5:00pm
197458	4-6yrs	6 Classes	\$90	7/10	Tu&Th	4:00- 5:00pm
197949	4-6yrs	6 Classes	\$90	7/30	M&W	4:00- 5:00pm
197950	4-6yrs	6 Classes	\$90	7/31	Tu&Th	4:00- 5:00pm

Olney Manor Recreational Park

197449	4-6yrs	6 Classes	\$90	6/18	M&W	4:00- 5:00pm
197454	4-6yrs	6 Classes	\$90	6/19	Tu&Th	4:00- 5:00pm
197451	4-6yrs	6 Classes	\$90	7/9	M&W	4:00- 5:00pm
197455	4-6yrs	6 Classes	\$90	7/10	Tu&Th	4:00- 5:00pm
197999	4-6yrs	6 Classes	\$90	7/30	M&W	4:00- 5:00pm
198000	4-6yrs	6 Classes	\$90	7/31	Tu&Th	4:00- 5:00pm

South Germantown Recreational Park

197473	4-6yrs	6 Classes	\$90	6/18	M&W	4:00- 5:00pm
197475	4-6yrs	6 Classes	\$90	6/19	Tu&Th	4:00- 5:00pm
197481	4-6yrs	6 Classes	\$90	6/23	Sa	9:00-10:00am
197474	4-6yrs	6 Classes	\$90	7/9	M&W	4:00- 5:00pm
197476	4-6yrs	6 Classes	\$90	7/10	Tu&Th	4:00- 5:00pm
198001	4-6yrs	6 Classes	\$90	7/30	M&W	4:00- 5:00pm
198002	4-6yrs	6 Classes	\$90	7/31	Tu&Th	4:00- 5:00pm

Wheaton Regional Park

197452	4-6yrs	6 Classes	\$90	6/18	M&W	4:00- 5:00pm
197459	4-6yrs	6 Classes	\$90	6/19	Tu&Th	4:00- 5:00pm
197453	4-6yrs	6 Classes	\$90	7/9	M&W	4:00- 5:00pm
197460	4-6yrs	6 Classes	\$90	7/10	Tu&Th	4:00- 5:00pm
197951	4-6yrs	6 Classes	\$90	7/30	M&W	4:00- 5:00pm
197952	4-6yrs	6 Classes	\$90	7/31	Tu&Th	4:00- 5:00pm

...for Ages 7-10 (cont.)

South Germantown Recreational Park

197477	7-10yrs	6 Classes	\$90	6/18	M&W	5:00- 6:00pm
197480	7-10yrs	6 Classes	\$90	6/19	Tu&Th	5:00- 6:00pm
197482	7-10yrs	6 Classes	\$90	6/23	Sa	10:00-11:00am
197478	7-10yrs	6 Classes	\$90	7/9	M&W	5:00- 6:00pm
197479	7-10yrs	6 Classes	\$90	7/10	Tu&Th	5:00- 6:00pm
198101	7-10yrs	6 Classes	\$90	7/30	M&W	5:00- 6:00pm
198102	7-10yrs	6 Classes	\$90	7/31	Tu&Th	5:00- 6:00pm

Wheaton Regional Park

197467	7-10yrs	6 Classes	\$90	6/18	M&W	5:00- 6:00pm
197465	7-10yrs	6 Classes	\$90	6/19	Tu&Th	5:00- 6:00pm
197468	7-10yrs	6 Classes	\$90	7/9	M&W	5:00- 6:00pm
197466	7-10yrs	6 Classes	\$90	7/10	Tu&Th	5:00- 6:00pm
198052	7-10yrs	6 Classes	\$90	7/30	M&W	5:00- 6:00pm
198051	7-10yrs	6 Classes	\$90	7/31	Tu&Th	5:00- 6:00pm



Beginner, Teens & Adults (Outdoor)

If you've never played tennis, this is the course for you! You'll learn warm-up exercises, how to properly grip a racquet, basic stroke technique, and court etiquette. Please bring your own racquet/s, water and appropriate footwear.

Cabin John Regional Park

196749	13 & up	6 Classes	\$90	6/18	M&W	9:00-10:00am
196750	13 & up	6 Classes	\$90	6/18	M&W	6:00- 7:00pm
196753	13 & up	6 Classes	\$90	6/19	Tu&Th	9:00-10:00am
196799	13 & up	6 Classes	\$90	7/9	M&W	9:00-10:00am
196849	13 & up	6 Classes	\$90	7/9	M&W	6:00- 7:00pm
196801	13 & up	6 Classes	\$90	7/10	Tu&Th	9:00-10:00am
196800	13 & up	6 Classes	\$90	7/30	M&W	9:00-10:00am
196850	13 & up	6 Classes	\$90	7/30	M&W	6:00- 7:00pm
196802	13 & up	6 Classes	\$90	7/31	Tu&Th	9:00-10:00am

Olney Manor Recreational Park

196752	13 & up	6 Classes	\$90	6/18	M&W	6:00- 7:00pm
196758	13 & up	6 Classes	\$90	7/9	M&W	6:00- 7:00pm
196899	13 & up	6 Classes	\$90	7/30	M&W	6:00- 7:00pm

South Germantown Recreational Park

196757	13 & up	6 Classes	\$90	6/18	M&W	6:00- 7:00pm
196751	13 & up	6 Classes	\$90	6/23	Sa	11:00am- Noon
196949	13 & up	6 Classes	\$90	7/9	M&W	6:00- 7:00pm
196950	13 & up	6 Classes	\$90	7/30	M&W	6:00- 7:00pm

Wheaton Regional Park

196759	13 & up	6 Classes	\$90	6/18	M&W*	6:00- 7:00pm
196999	13 & up	6 Classes	\$90	7/9	M&W	6:00- 7:00pm
197000	13 & up	6 Classes	\$90	7/30	M&W	6:00- 7:00pm

Intermediate, Teens/Adult (Outdoor)

Students in Intermediate tennis classes should understand how tennis is played, know when and where to hit which stroke, how to keep score, and the difference between doubles and singles. You'll learn service returns and approach shots. Please bring your own rackets, water and appropriate footwear.

Cabin John Regional Park

197049	13 & up	6 Classes	\$90	6/18	M&W	10:00-11:00am
197058	13 & up	6 Classes	\$90	6/19	Tu&Th	6:00- 7:00pm
197101	13 & up	6 Classes	\$90	6/19	Tu&Th	10:00-11:00am
197099	13 & up	6 Classes	\$90	7/9	M&W	10:00-11:00am
197102	13 & up	6 Classes	\$90	7/10	Tu&Th	10:00-11:00am
197200	13 & up	6 Classes	\$90	7/10	Tu&Th	6:00- 7:00pm
197100	13 & up	6 Classes	\$90	7/30	M&W	10:00-11:00am
197103	13 & up	6 Classes	\$90	7/31	Tu&Th	10:00-11:00am
197349	13 & up	6 Classes	\$90	7/31	Tu&Th	6:00- 7:00pm

Olney Manor Recreational Park

197054	13 & up	6 Classes	\$90	6/19	Tu&Th	6:00- 7:00pm
197055	13 & up	6 Classes	\$90	7/10	Tu&Th	6:00- 7:00pm
197350	13 & up	6 Classes	\$90	7/31	Tu&Th	6:00- 7:00pm

South Germantown Recreational Park

197056	13 & up	6 Classes	\$90	6/19	Tu&Th	6:00- 7:00pm
197057	13 & up	6 Classes	\$90	6/23	Sa	Noon-1:00pm
197399	13 & up	6 Classes	\$90	7/10	Tu&Th	6:00- 7:00pm
197400	13 & up	6 Classes	\$90	7/31	Tu&Th	6:00- 7:00pm

Wheaton Regional Park

197059	13 & up	6 Classes	\$90	6/19	Tu&Th	6:00- 7:00pm
197401	13 & up	6 Classes	\$90	7/10	Tu&Th	6:00- 7:00pm
197402	13 & up	6 Classes	\$90	7/31	Tu&Th	6:00- 7:00pm

Cardio Tennis (Outdoor)

For players of all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

Cabin John Regional Park

195099	18 & up	6 Classes	\$90	6/18	M&W	7:00- 8:00pm
195101	18 & up	6 Classes	\$90	6/19	Tu&Th	7:00- 8:00pm
195100	18 & up	6 Classes	\$90	7/9	M&W	7:00- 8:00pm
195102	18 & up	6 Classes	\$90	7/10	Tu&Th	7:00- 8:00pm
195149	18 & up	6 Classes	\$90	7/30	M&W	7:00- 8:00pm
195301	18 & up	6 Classes	\$90	7/31	Tu&Th	7:00- 8:00pm

Norwood Local Park

195116	18 & up	6 Classes	\$90	6/14	Th	Noon- 1:00pm
195115	18 & up	6 Classes	\$90	6/17	Su	3:00- 4:00pm
195113	18 & up	6 Classes	\$90	6/18	M	10:00-11:00am
196699	18 & up	6 Classes	\$90	6/18	M	5:00- 6:00pm
195114	18 & up	6 Classes	\$90	6/23	Sa	10:00-11:00am

Olney Manor Recreational Park

195107	18 & up	6 Classes	\$90	6/18	M&W	7:00- 8:00pm
195109	18 & up	6 Classes	\$90	6/19	Tu&Th	7:00- 8:00pm
195108	18 & up	6 Classes	\$90	7/9	M&W	7:00- 8:00pm
195110	18 & up	6 Classes	\$90	7/10	Tu&Th	7:00- 8:00pm
195899	18 & up	6 Classes	\$90	7/30	M&W	7:00- 8:00pm
195900	18 & up	6 Classes	\$90	7/31	Tu&Th	7:00- 8:00pm

South Germantown Recreational Park

195112	18 & up	6 Classes	\$90	6/18	M&W	7:00- 8:00pm
195111	18 & up	6 Classes	\$90	6/19	Tu&Th	7:00- 8:00pm
195949	18 & up	6 Classes	\$90	7/9	M&W	7:00- 8:00pm
195951	18 & up	6 Classes	\$90	7/10	Tu&Th	7:00- 8:00pm
195950	18 & up	6 Classes	\$90	7/30	M&W	7:00- 8:00pm
195952	18 & up	6 Classes	\$90	7/31	Tu&Th	7:00- 8:00pm

Wheaton Regional Park

195103	18 & up	6 Classes	\$90	6/18	M&W	7:00- 8:00pm
195105	18 & up	6 Classes	\$90	6/19	Tu&Th	7:00- 8:00pm
195104	18 & up	6 Classes	\$90	7/9	M&W	7:00- 8:00pm
195106	18 & up	6 Classes	\$90	7/10	Tu&Th	7:00- 8:00pm
195303	18 & up	6 Classes	\$90	7/30	M&W	7:00- 8:00pm
195349	18 & up	6 Classes	\$90	7/31	Tu&Th	7:00- 8:00pm

OUTDOOR LESSON FYIs

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time. Questions? Call us at Pauline Betz Addie Tennis Center, 301-765-8650.



SAVE THE DATE!

Labor Day Tennis Tournament at Wheaton Indoor Tennis

Friday, August 31 through
Sunday, September 2



- Men's, Women's & Mixed Doubles
- 18 & up
- \$25 entry fee
- Trophies for division champs

How to register for a **Montgomery Parks Course** or **Program**



BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supersede this standard policy.

REGISTRATION INFORMATION

MONTGOMERY COUNTY RECREATION

FOUR WAYS TO REGISTER



RECWEB Online registration at
recweb.montgomerycountymd.gov.



FAX 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



MAIL OR DROP OFF



FULL SERVICE IN PERSON

Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 8:30am-4:30pm

PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The next opportunity to apply for financial assistance is June 18, 2012; however, it will not be available to use until July 1, 2012. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. On June 18th, financial assistance application forms will be made available. You may obtain an application by going online at www.montgomerycountymd.gov/rec, calling 240-777-6840, or visiting any recreation office, community center, or swim center.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically 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 due for any outstanding checks and service fees due.

WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written Request</u> :	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Cancellation Policy: Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

DON'T BE CONFUSED!

Montgomery County **RECREATION** and Montgomery County **PARKS** are two separate agencies, with separate customer records, course enrollment guidelines, etc.

But we publish this catalog together, so that you can get information about all the great Montgomery County courses in one handy Program Guide.

- The Guide is color-coded for ease of use:
RECREATION courses are on the **ORANGE** pages.
PARKS courses are on the **GREEN** tabbed pages.
- The Guide's registration form is also color-coded:
RECREATION = **ORANGE**, **PARKS** = **GREEN**



ORANGE =  **MONTGOMERY COUNTY Recreation**

WANT TO ENROLL IN A RECREATION COURSE?

Read the registration information on **PAGE 142**, then fill out the **ORANGE** section of the registration form.

GREEN =



WANT TO ENROLL IN A PARKS COURSE?

Read the registration information on **PAGE 141**, then fill out the **GREEN** section of the registration form.

WANT TO ENROLL IN BOTH A **RECREATION COURSE AND A **PARKS** COURSE?**

1. Make a copy of the registration form.
2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment (see page 141 for details).
3. Fill out the **ORANGE** section for the **RECREATION** course, and fax, mail, or bring the form to the appropriate Recreation location (see page 142 for details).

GOT A QUESTION? CALL US!

301-495-2580
PARKS

240-777-6840
RECREATION





RECREATION REGISTRATION FORM

MAIN CONTACT (18 YEARS +)

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact)

Last Name _____ First Name _____ ☐ Please check if this is a new address/ phone/email.
 Home Phone _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY
Number

Location

Fee

☐ Check or Money Order (payable to MCRD)

☐ VISA ☐ MasterCard

Non-County Residents include an additional \$15 per participant, per activity.

Cardholder Name (print) _____

Number _____

Exp. _____

Program Fee Total

Signature _____ Date _____

Mail to: MCRD, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

FAX to: (240) 777-6818 (Credit Card Payment Only)

Online: recweb.montgomerycountymd.gov

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant 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'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 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. 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.

Participant or Parent/Guardian Signature _____ Date _____



PARKS REGISTRATION FORM

MAIN CONTACT

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name _____ First Name _____ ☐ Please check if this is a new address/ phone/email.
 Home Phone _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY
Number

Location

Fee

Program Fee Total

Save time and money! Register online at ParkPASS.org. To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit www.MontgomeryParks.org for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to 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 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 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.

Participant or Parent/Guardian Signature _____ Date _____



MONTGOMERY COUNTY CELEBRATES

JULY 4TH

ENTERTAINMENT FIREWORKS FREE FUN!

GERMANTOWN GLORY

**South Germantown
Recreational Park**

18041 Central Park Circle, Boyds, MD

7 pm – Live Music

9:15 pm – Fireworks

Food vendors on site

MID-COUNTY SPARKLES

Einstein High School

11135 Newport Mill Rd., Kensington, MD

7:30 pm – Live Music

9:15 pm – Fireworks

Food vendors on site

Raindate, July 5
Fireworks only

For information, call 240-777-6821 or visit montgomerycountymd.gov/rec

Connect *with* Parks

Find out about all kinds of things to do and explore in M-NCPPC, Montgomery Parks!



🔌 Subscribe to the **Guide**

🔌 Join the conversation on **Facebook**

🔌 **Tweet** with us

🔌 Sign up for an **e-news**letter

🔌 Learn about **park/playground** projects in your neighborhood



Tell us how we're doing!
MontgomeryParks.org/connect

