

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



WINTER 2013-14

RECREATION AND PARKS PROGRAMS

SKATING &
HOCKEY

BASKETBALL

INDOOR TENNIS

MARTIAL ARTS

NATURE & SCIENCE

TINY TOTS

BOTANICAL ART

DIVING

HIKES & HISTORY

CLUB REC

:

and much more!



BAUER HOLIDAY CRAFT SHOW

ADMISSION IS FREE!
Ample Parking Available

SATURDAY, DECEMBER 7
10:00AM-4:00PM



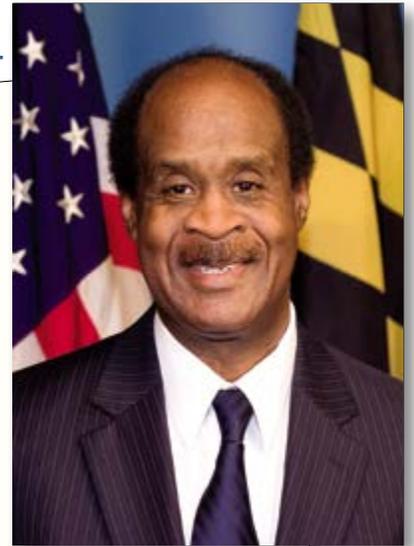
There Will Be An Assortment Of Wonderful Vendors Showcasing Their Artistic Talents And Creativity. Items For Purchase Include Fiber Arts, Holiday Items, Jewelry, Photography, Pottery, Woodwork, And More!

**BAUER DRIVE
COMMUNITY RECREATION CENTER**
14625 Bauer Drive • Rockville, MD 20853
240.777.6922

FROM THE COUNTY EXECUTIVE



Winter 2013



Dear Montgomery County Resident:

This Winter issue of the Recreation and Parks Guide is filled with hundreds of ways to get the new year off to a great start. Whether you want physically active options or quieter, creative activities the Recreation Department has some great programs planned.

As the Be Active Montgomery! campaign continues, the Recreation Department is providing a variety of fun ways to help you stay active. Whether you are interested in aquatics, cardio fitness and dance classes, or sports programs, you can find the perfect choice that fits your level of activity. To keep your creative juices flowing, you might try one of the arts classes such as pottery, painting or cartooning.

When the temperatures are too cold to be outside, don't forget that our Community Recreation Centers and Indoor Aquatic facilities are the perfect way to keep up with exercise through the chilly winter months. With weight rooms, gymnasiums, waterslides and tumble buckets, staying fit and active can be fun.

One of the exciting programs starting this upcoming year is the senior transportation initiative. This new program will provide expanded access for senior adults to County facilities and programs. Our five Senior Centers will serve as the bases for the initiative and provide a flexible, fixed-route senior bus service in local neighborhoods with limited door-to-door pickup and drop-off for the most-in-need riders. This strong partnership between County agencies and the non-profit community provides increased opportunities for seniors to be able to access the wonderful programs and services at our Senior Centers.

As you prepare for the holidays, I sincerely wish the best for you and your family and look forward to seeing you in the new year. Meanwhile, Take Care, Be Safe and Be Active!

Sincerely,

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

Isiah Leggett,
County Executive

A Look Inside...

Winter 2013-2014
Recreation and Parks Programs



Montgomery County Recreation
4010 Randolph Rd., Silver Spring, MD 20902
240-777-6840
www.montgomerycountymd.gov/rec

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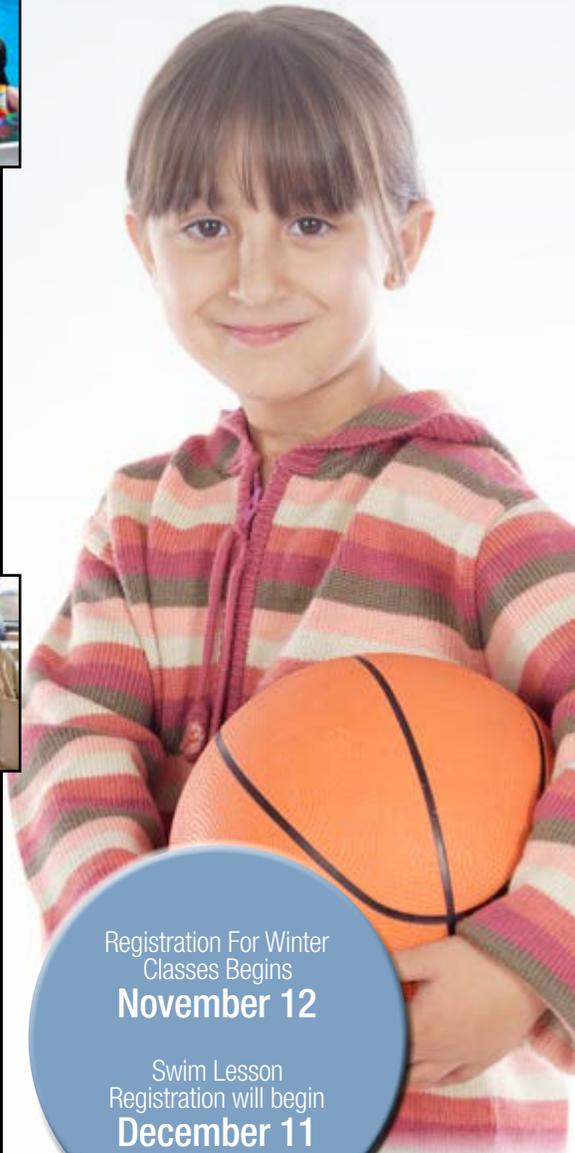
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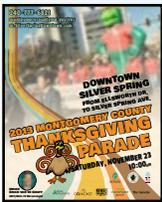


Cooking
pg. 44



Registration For Winter
Classes Begins
November 12

Swim Lesson
Registration will begin
December 11



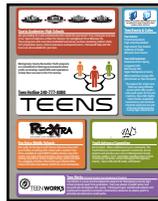
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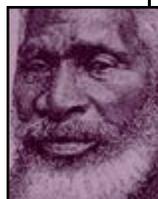
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Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos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

Individuals with disabilities are encouraged to register for programs offered by Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of summer programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program (programs listed on pages 1 to 104), please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov. If you are registering for a Montgomery Parks program (listed on pages 105 to 151), please call Parks General Information at 301-495-2595.



Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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Registration for many
Montgomery Parks
WINTER classes opens
November 14/15

For Ice & Tennis dates,
please see p. 97

Montgomery Parks

The Maryland-National Capital Park and Planning Commission
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | www.MontgomeryParks.org



CLUB REC

Monday-Friday • 3:00-6:00pm • \$60/month

Damascus Community Recreation Center

25520 Oak Drive
Damascus, MD 20872

Grades K-8

364747 November
364748 December
364749 January
364750 February
364751 March
364752 April
364753 May
364754 June

East County Community Recreation Center

310 Gateshead Manor Way
Silver Spring, MD 20904

Grades K-8

364737 November
364738 December
364739 January
364740 February
364741 March
364742 April
364743 May
364744 June

Gwendolyn Coffield Community Recreation Center

2450 Lyttonville Road
Silver Spring, MD 20910

Grades K-8

365537 November
365538 January
365539 February
365540 March
365541 April
365542 May
365543 June

Long Branch Community Recreation Center

8700 Piney Branch Road
Silver Spring, MD 20906

Grades K-5

364757 November
364758 December
364759 January
364760 February
364761 March
364762 April
364763 May
364764 June

Mid County Community Recreation Center

2004 Queensguard Road
Silver Spring, MD 20906

Grades K-5

364413 November
364414 December
364416 January
364417 February
364418 March
364419 April
364420 May
364421 June

Marilyn J. Praisner Community Recreation Center

14906 Old Columbia Parkway
Burtonsville, MD 20866

Grades K-5

364392 November
364393 December
364394 January
364395 February
364396 March
364397 April
364398 May
364399 June

Plum Gar Community Recreation Center

19561 Scenery Drive
Germantown, MD 20874

Grades K-5

365550 November
365551 December
365552 January
365553 February
365554 March
365556 April
365557 May
365558 June

Upper County Community Recreation Center

8201 Emory Grove Road
Gaithersburg, MD 20877

Grades K-8

364094 November
364095 December
364096 January
364097 February
364098 March
364101 April
364102 May
364103 June

White Oak Community Recreation Center

1700 April Lane
Silver Spring, MD 20904

Grades K-5

364080 November
364081 December
364082 January
364083 February
364084 March
364085 April
364086 May
364087 June

Homework Time, Sports & Games,
Arts & Crafts, Computer Access,*
Special Events And More!

* East County, Long Branch and Mid-County Do Not Have Computer Access.

For more information, please contact the community centers listed above.
Visit montgomerycountymd.gov/rec to register.





12 Ways to have Fun this WINTER

Kick off the Holiday Season at the Montgomery County Thanksgiving Parade!

Saturday, November 23, in downtown Silver Spring, 10am to noon.
See back cover.

Find a unique gift for that special someone at the Bauer Drive Holiday Craft Show.

Check out this annual juried event on the inside front cover.

Like the smell of wet fur? Scuba with Santa.

Have your picture taken underwater with Scuba gear or a quick photo while you hold your breath. See info on page 29.

For our seniors: Zumba Gold

Ditch the workout and join the Zumba Gold Party at various Senior Centers. Listings start on page 72.

Jingle, Jingle!

Get in the holiday spirit and join us. Community Centers holiday celebrations listed on pages 6-7.

INSANITY – just what the doctor ordered.

A strength training fusion class, incorporating functional training and plyometric into a circuit style class. Classes listed on page 48.

I get a TURBOKICK out of you!

Get hooked on the Turbo high with cardio kickboxing and body-sculpting dance moves. Check it out on page 49.

Help is at hand to deal with Holiday Frenzy or Post-Holiday BLAHS -Mindfulness Meditation

See details on page 50.

Learn a skill...Save a Life!

Get First Aid and CPR Certification.

Interactively learn how to properly R.E.A.C.T in an emergency situation. Read more on page 50.

This Chic ain't too Shabby.

Bring old furniture back to life, saving you money when decorating your home. Classes are on page 36.

All Hat and No Cattle? That's OK with us.

Urban Line Dance at both Wheaton Community Recreation Center and Plum Gar Community Recreation Center. Learn line dance steps and patterns. See page 42.

Get in Touch with your Inner Polar Bear.

Individuals with disabilities, their families and friends are invited to the Polar Bear Swim at the Germantown Indoor Swim Center. No personal care provided. See details on page 86.

Annual Jingle Bell Breakfast

Long Branch Senior Center

Wednesday
December 18, 2013
10:30am-12:30pm

Enjoy holiday music and a delicious continental breakfast of bagels, spreads, juice, veggies, coffee and tea.

No charge, but please reserve by December 16

240-777-6975

8700 Piney Branch Rd
Silver Spring, MD 20901



Just for the

Winter Wonderland

December 14, 2013 • 11:30am-2:30pm

Lawton Community Recreation Center
4301 Willow Lane, Chevy Chase • 240-777-6855

Free to the public, but one non-perishable canned good donation is appreciated! Light refreshments, holiday themed arts and crafts, face painting and a performance of Rufus the Red-Nosed Raindog by Blue Sky Puppet Theatre.



SANTA'S WORKSHOP

December 21, 2013 • 1:00pm-4:00pm

Get ready for the holidays! Come join us as we do crafts and play games. Santa will be making an appearance and will be available for pictures.

Pre-registration is requested.

Course #365235

240-777-6820

Mid-County Community
Recreation Center
2004 Queensguard Road
Silver Spring, MD 20906



New Year's Resolution: Be Active Montgomery!



Open House and Demonstrations
at Montgomery County Recreation
Centers throughout the County
in early January, 2014.
Watch for details.

Active Adults Jingle Bell Fun

Longwood
Community Recreation Center
December 16, 2013 • 12:00pm

Catered Lunch and the
"Rear View Mirror Band"

Tickets go on sale
November 18

\$12 per ticket
\$20 per couple

For details, call
240-777-6920



FAMILY GAME & MOVIE NIGHT

WHEATON COMMUNITY
RECREATION CENTER

FEBRUARY 28, 2014
6:00PM-9:00PM.

FREE!



RECORD

BREAKFAST WITH SANTA

December 21, 2013

9:00am-11:00am

East County Community Center

A hearty breakfast of sausage, eggs, pastries, juice and milk. Enjoy the arts & crafts, give-aways and music.

Ages 3-7: \$3

8 & older: \$5

Picture with Santa: \$5



BAUER HOLIDAY CRAFT SHOW

Saturday, December 7, 2013 • 10:00am-4:00pm

Admission is FREE.

Perfect for your holiday gifts!

Ample free parking, Rain or Shine. Shop till you drop, or find a unique gift for that special someone at the Bauer Drive Holiday Craft Show.

Bauer Drive Community Recreation Center

14625 Bauer Drive • Rockville, MD 20853

240-777-6922



Holiday Park Senior Center

3950 Ferrara Drive, Wheaton

240-777-4999



Season's Greetings with Dale Jarrett

Happy Hanukkah too!

Tuesday, December 3 • 1:15pm

\$1.00 at the door

Take Two

Monday, December 9 • 1:15pm

Holiday and Seasonal Music

By Donna and Russ Miller
Keyboard, drums, vocals,
saxophone & trumpet. FREE

Dance Club Friday With Mike Surratt

A program of holiday dance tunes

Friday, December 13 • 1:15-3:15

FEE: \$5.00 at the door

Holidays and High Fashion

Think About the World of Fashion and the Impressionists

Joan Hart, art historian

Thursday December 19 • 1:15pm

FREE

Have a Jazzy Holiday Season

Christiana Drapkin Trio

Friday, December 20 • 1:15pm

FREE

Happy New Year

Music by Ray Greene and Steffi Offutt

Thursday, January 2 • 1:15pm

FREE

2014 LONG BRANCH FUTSAL TOURNAMENT

FRIDAY NIGHTS IN JANUARY

DON'T MISS THE BEST FUTSAL PLAYERS FROM ACROSS THE DOWN COUNTY AREA OF MONTGOMERY COUNTY. OPEN TO MONTGOMERY COUNTY HIGH SCHOOL STUDENTS. TEAMS LIMITED TO 10 PLAYERS. FOR INFORMATION, CALL 240-777-8080.



montgomerycountymd.gov/rec • 240-777-6821
Hablamos Español 240-777-6839

be active montgomery!



New Year's Resolution: Be Active Montgomery!

Open House and Demonstrations at
Montgomery County Recreation Centers
throughout the County in early January, 2014.
Watch for details.

IT DOESN'T HAVE TO BE HARD TO STAY
ACTIVE IN THE WINTER! MAKE IT EASY
ON YOURSELF AND YOUR LOVED ONES
WITH MONTGOMERY COUNTY RECREATION
GIFT CARDS FOR THE HOLIDAYS.

DON'T FORGET TO INCLUDE YOURSELF
WITH A MONTGOMERY COUNTY
RECREATION GIFT CARD OR
3, 6, OR 12 MONTH POOL PASS!

Have An Affair With Recreation!

Planning a Party? Want that Wedding?
Ready for a Reception? Must have a Meeting?

Reserve one of Montgomery County's Community Recreation Centers.
Our Community Recreation Centers are located throughout
Montgomery County and many are situated in beautifully landscaped
locales that will enhance your event.

You will find them not only nearby and
convenient, but surprisingly affordable.

Your rental will include tables and
chairs, a caterer's kitchen(at select locations)
and ample free parking. Bring your
wedding planner, event planner, or
work directly with us. Come for a tour.

If you live in Montgomery County,
there is a Recreation Center near you.

Get started by visiting
montgomerycountymd.gov/rec or
call 240.777.4980.



*It's easy to have an affair with
Montgomery County Recreation...*

*just get in touch
and we'll make it happen.*





Aquatics

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

INDOOR POOLS

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

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

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

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

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, Senior, 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.

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.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 152.

Instructors:

Wellness Network: Linda Costello	301-924-3488	wellnet1@aol.com
H2O Fitness: Peggy Brower	301-603-1328	browsers4@aol.com

Water Boot Camp

Are you ready for an X-Treme Workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because your work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

9 Sessions		\$48
Instructor: Peggy Brower		
368722	MLK Swim Ctr	1/3 F 7:00am-7:50am
Instructor: Network, Inc Wellness		
368721	Germantown ISC	1/2 Th 10:30am -11:20am
368718	Oiney Swim Ctr	1/3 F 1:30pm-2:20pm
368720	Germantown ISC	1/7 Tu 10:30am -11:20am

Pre-Natal

The pool is where a pregnant woman wants to be! This fun (and challenging) aqua workout will tone your body by using the water for resistance training. Additional benefits: you're weightless when you're in the water (PRICELESS!), and water workouts help reduce swelling! A great class for Pre-Natal Moms.

9 Sessions		\$59
Instructor: Peggy Brower		
368515	Germantown ISC	1/3 F 9:30am -10:20am

Aqua Mommy

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.

9 Sessions		\$59
Instructor: Peggy Brower		
368514	Germantown ISC	1/3 F 10:30am -11:20am

Abs & Glutes

Shallow water class with high energy packed with power that will sculpt your abs and glutes. Gloves are recommended and can be purchased at class.

9 Sessions		\$48
Instructor: Peggy Brower		
368510	MLK Swim Ctr	1/6 M 10:00am -10:50am
368511	MLK Swim Ctr	1/8 W 10:00am -10:50am

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.

9 Sessions		\$48
Instructor: Peggy Brower		
368512	MLK Swim Ctr	1/5 Su 5:00pm-5:50pm
Instructor: Network, Inc Wellness		
368513	Oiney Swim Ctr	1/7 Tu 7:00pm-7:50pm

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.

9 Sessions		\$48
Instructor: Peggy Brower		
368524	MLK Swim Ctr	1/2 Th 9:30am -10:20am
368526	Germantown ISC	1/2 Th 7:40pm-8:30pm
368518	MLK Swim Ctr	1/3 F 7:00pm-7:50pm
368517	Germantown ISC	1/6 M 9:30am -10:20am
368523	MLK Swim Ctr	1/7 Tu 9:30am -10:20am
368525	Germantown ISC	1/7 Tu 7:40pm-8:30pm
Instructor: Network, Inc Wellness		
368519	Oiney Swim Ctr	1/5 Su 9:00am-9:50am
368521	Oiney Swim Ctr	1/6 M 8:00pm-8:50pm
368520	Oiney Swim Ctr	1/8 W 8:00pm-8:50pm

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.

9 Sessions		\$48
Instructor: Peggy Brower		
368516	MLK Swim Ctr	1/3 F 10:00am -10:50am

FIND US FAST ON YOUR SMARTPHONE



Check out our land fitness classes too!

Held at

Aquatic Facilities

Body Sculpting pg. 51

Pilates pg. 50

Zumba pg. 46





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.

9 Sessions				\$48
Instructor:Peggy Brower				
368534	MLK Swim Ctr	1/2	Th	7:30am-8:20am
368540	Kennedy Shriver Aq Ctr	1/2	Th	10:00am -10:50am
368536	MLK Swim Ctr	1/3	F	11:00am -11:50am
368538	Kennedy Shriver Aq Ctr	1/3	F	8:30am-9:20am
368535	MLK Swim Ctr	1/6	M	1:00pm-1:50pm
368558	Germantown ISC	1/6	M	10:30am -11:20am
368533	MLK Swim Ctr	1/7	Tu	7:30am-8:20am
368539	Kennedy Shriver Aq Ctr	1/7	Tu	10:00am -10:50am
368530	MLK Swim Ctr	1/8	W	1:00pm-1:50pm
368557	Germantown ISC	1/8	W	10:30am -11:20am
Instructor:Network, Inc Wellness				
368532	MLK Swim Ctr	1/2	Th	7:00pm-7:50pm
368542	Kennedy Shriver Aq Ctr	1/2	Th	7:30pm-8:20pm
368545	Olney Swim Ctr	1/2	Th	8:00pm-8:50pm
368546	Olney Swim Ctr	1/2	Th	8:30am-9:20am
368548	Olney Swim Ctr	1/2	Th	10:30am -11:20am
368556	Germantown ISC	1/2	Th	9:30am -10:20am
368552	Olney Swim Ctr	1/3	F	6:00pm-6:50pm
368543	Kennedy Shriver Aq Ctr	1/6	M	8:30am-9:20am
368549	Olney Swim Ctr	1/6	M	7:00pm-7:50pm
368553	Germantown ISC	1/6	M	7:40pm-8:30pm
368531	MLK Swim Ctr	1/7	Tu	7:00pm-7:50pm
368541	Kennedy Shriver Aq Ctr	1/7	Tu	7:30pm-8:20pm
368544	Olney Swim Ctr	1/7	Tu	8:30am-9:20am
368547	Olney Swim Ctr	1/7	Tu	10:30am -11:20am
370282	Olney Swim Ctr	1/7	Tu	8:00pm-8:50pm
368555	Germantown ISC	1/7	Tu	9:30am -10:20am
368537	Kennedy Shriver Aq Ctr	1/8	W	8:30am-9:20am
368550	Olney Swim Ctr	1/8	W	7:00pm-7:50pm
368551	Olney Swim Ctr	1/8	W	1:30pm-2:20pm
368554	Germantown ISC	1/8	W	8:30pm-9:20pm

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.

9 Sessions				\$48
Instructor:Peggy Brower				
368710	Kennedy Shriver Aq Ctr	1/2	Th	8:30am-9:20am
368709	Kennedy Shriver Aq Ctr	1/7	Tu	8:30am-9:20am
Instructor:Network, Inc Wellness				
368708	MLK Swim Ctr	1/2	Th	8:00pm-8:50pm
368714	Olney Swim Ctr	1/2	Th	7:00pm-7:50pm
368716	Olney Swim Ctr	1/2	Th	9:30am -10:20am
368712	Kennedy Shriver Aq Ctr	1/3	F	9:30am -10:20am
368713	Kennedy Shriver Aq Ctr	1/6	M	9:30am -10:20am
368747	Germantown ISC	1/6	M	8:30pm-9:20pm
368707	MLK Swim Ctr	1/7	Tu	8:00pm-8:50pm
368715	Olney Swim Ctr	1/7	Tu	9:30am -10:20am
368711	Kennedy Shriver Aq Ctr	1/8	W	9:30am -10:20am
368717	Germantown ISC	1/8	W	7:40pm-8:30pm

Water Exercise for Arthritis

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

9 Sessions				\$48
Instructor:Network, Inc Wellness				
368736	MLK Swim Ctr	1/2	Th	10:30am -11:20am
368739	Kennedy Shriver Aq Ctr	1/3	F	11:00am -11:50am
368742	Olney Swim Ctr	1/3	F	10:00am -10:50am
368737	Kennedy Shriver Aq Ctr	1/6	M	11:00am -11:50am
368740	Olney Swim Ctr	1/6	M	10:00am -10:50am
368735	MLK Swim Ctr	1/7	Tu	10:30am -11:20am
368738	Kennedy Shriver Aq Ctr	1/8	W	11:00am -11:50am
368741	Olney Swim Ctr	1/8	W	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.

9 Sessions				\$48
Instructor:Peggy Brower				
368731	Kennedy Shriver Aq Ctr	1/2	Th	11:30am -12:20pm
368725	MLK Swim Ctr	1/3	F	9:00am-9:50am
368727	Germantown ISC	1/3	F	9:30am -10:20am
368723	MLK Swim Ctr	1/6	M	9:00am-9:50am
368728	Kennedy Shriver Aq Ctr	1/6	M	8:30pm-9:20pm
368729	Kennedy Shriver Aq Ctr	1/7	Tu	11:30am -12:20pm
368724	MLK Swim Ctr	1/8	W	9:00am-9:50am
368726	Germantown ISC	1/8	W	9:30am -10:20am
368730	Kennedy Shriver Aq Ctr	1/8	W	8:30pm-9:20pm
Instructor:Network, Inc Wellness				
368733	Olney Swim Ctr	1/3	F	9:00am-9:50am
368734	Olney Swim Ctr	1/6	M	9:00am-9:50am
368732	Olney Swim Ctr	1/8	W	9:00am-9:50am

RecWeb . . .
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montgomerycountymd.gov/rec

DIVING

Montgomery Dive Club (MDC) offers professional instruction in the olympic sport of diving 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. Additional fees will be charged for insurance and team meet fees. For further information visit montgomerydiveclub.org or email MDCBeavers@gmail.com.

FIND US FAST ON
YOUR SMARTPHONE



Diving High School

Our High School group is perfect for divers interested in trying out for their High School Diving Team, or who want to improve their performance at Metro, Regional and State Championship Meets. Primary focus is on 1-meter spring-board, but other equipment is used to build skills. Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

367613	Kennedy Shriver Aq Ctr	1/6	M	8:00pm - 9:30pm
367616	Germantown ISC	1/6	M	8:30pm - 10:00pm
367617	Germantown ISC	1/8	W	8:30pm - 10:00pm
367614	Kennedy Shriver Aq Ctr	1/9	Th	8:00pm - 9:30pm
367615	MLK Swim Ctr	1/10	F	7:00pm - 9:00pm

Diving Springs Lessons

This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable swimming in deep water. Additional fees include \$20.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$135

Instructor: Doug Beavers

367628	Olney Swim Ctr	1/6	M	5:00pm - 5:45pm
367634	Kennedy Shriver Aq Ctr	1/6	M	4:15pm - 5:00pm
367626	Germantown ISC	1/7	Tu	4:00pm - 4:45pm
367627	Germantown ISC	1/7	Tu	4:45pm - 5:30pm
367629	Olney Swim Ctr	1/8	W	5:00pm - 5:45pm
367635	Kennedy Shriver Aq Ctr	1/8	W	4:15pm - 5:00pm
367631	Germantown ISC	1/9	Th	4:00pm - 4:45pm
367632	Germantown ISC	1/9	Th	4:45pm - 5:30pm
367636	Kennedy Shriver Aq Ctr	1/10	F	4:15pm - 5:00pm
367630	MLK Swim Ctr	1/12	Su	10:30am - 11:15am
367633	MLK Swim Ctr	1/12	Su	11:15am - 12:00pm

Diving Masters

It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join the Rusty Springs! Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

367618	Kennedy Shriver Aq Ctr	1/6	M	8:00pm - 9:30pm
367619	Kennedy Shriver Aq Ctr	1/9	Th	8:00pm - 9:30pm

Diving Springs Team (Open)

This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$100.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

367638	Germantown ISC	1/6	M	4:00pm - 5:30pm
367639	Kennedy Shriver Aq Ctr	1/6	M	5:00pm - 6:30pm
367640	Kennedy Shriver Aq Ctr	1/6	M	6:30pm - 8:00pm
367653	Olney Swim Ctr	1/6	M	5:45pm - 7:15pm
367657	Germantown ISC	1/6	M	5:30pm - 7:00pm
367666	MLK Swim Ctr	1/6	M	7:00pm - 8:30pm
367641	Kennedy Shriver Aq Ctr	1/7	Tu	6:00pm - 7:30pm
367642	Kennedy Shriver Aq Ctr	1/7	Tu	4:30pm - 6:00pm
367643	MLK Swim Ctr	1/7	Tu	5:30pm - 7:00pm
367648	Germantown ISC	1/7	Tu	5:30pm - 7:00pm
367645	Kennedy Shriver Aq Ctr	1/8	W	5:00pm - 6:30pm
367650	Kennedy Shriver Aq Ctr	1/8	W	6:30pm - 8:00pm
367654	Olney Swim Ctr	1/8	W	5:45pm - 7:15pm
367660	Germantown ISC	1/8	W	5:30pm - 7:00pm
367661	Germantown ISC	1/8	W	4:00pm - 5:30pm
367667	MLK Swim Ctr	1/8	W	7:00pm - 8:30pm
367646	Kennedy Shriver Aq Ctr	1/9	Th	6:00pm - 7:30pm
367649	MLK Swim Ctr	1/9	Th	5:30pm - 7:00pm
367655	Kennedy Shriver Aq Ctr	1/9	Th	4:30pm - 6:00pm
367662	Germantown ISC	1/9	Th	5:30pm - 7:00pm
367647	Kennedy Shriver Aq Ctr	1/10	F	5:00pm - 6:30pm
367651	Kennedy Shriver Aq Ctr	1/10	F	6:30pm - 8:00pm
367663	Germantown ISC	1/10	F	4:00pm - 5:30pm
367665	Germantown ISC	1/10	F	5:30pm - 7:00pm
367652	MLK Swim Ctr	1/11	Sa	7:00pm - 8:30pm
367656	MLK Swim Ctr	1/12	Su	9:00am - 10:30am
367664	Kennedy Shriver Aq Ctr	1/12	Su	8:30am - 10:00am

Human Springs Team - Homeschool Edition

These 90-minute classes are great for kids with experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

\$260

Instructor: Doug Beavers

368560	MLK Swim Ctr	1/6	M	11:30am - 1:00pm
368561	MLK Swim Ctr	1/8	W	11:30am - 1:00pm
368562	MLK Swim Ctr	1/10	F	11:30am - 1:00pm





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 Fall/Winter session runs September 9th, 2013 to March 23rd, 2014. Visit our web site at www.rmcswwimming.com.

Germantown Indoor Swim Center

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

MINIS			
361289	Fall/Winter	FULL	\$810
	Monday, Wednesday, Friday, Sunday		5:15pm-6:00pm 5:30pm-6:30pm 7:00am-8:00am
Recommended attendance: 2/week			

JUNIORS			
361291	Fall/Winter	FULL	\$830
	Monday, Thursday, Friday, Sunday		6:00pm-7:00pm 6:30pm-7:30pm 7:00am-8:00am
Recommended attendance: 2/week			

ADVANCED JUNIORS - Coaches Invite Only			
361292	Fall/Winter	FULL	\$1200
	Tuesday, Wednesday, Thursday, Friday, Sunday		6:00pm-7:30pm 5:00pm-6:30pm 5:30pm-7:00pm 7:00am-8:30am
Minimum practices required: 3/week			

SENIORS			
361294	Fall/Winter	FULL	\$1200
	Monday, Tuesday, Thursday, Friday, Sunday		7:00pm-8:00pm 4:45am-6:15am 5:00pm-6:00pm 3:30pm-5:00pm 6:30am-8:00am
Recommended attendance: 3/week			

ADVANCED SENIORS - Coaches Invite Only			
361295	Fall/Winter	FULL	\$1500
	Monday, Wednesday, Tuesday, Thursday, Tuesday, Friday, Saturday		3:30pm-6:15pm 4:45am-6:30am 3:30pm-5:00pm 3:30pm-5:30pm 5:30am-8:30am
Minimum practices required: 6/week			

NDG - Coaches Invite Only			
361293	Fall/Winter	FULL	\$1500
	Monday, Wednesday, Tuesday, Wednesday, Thursday, Saturday		5:15pm-7:30pm 5:30pm-7:30pm 4:45am-6:30am 5:30pm-7:00pm 6:30am-10:00am
Minimum practices required: 5/week			

NTG - Coaches Invite Only			
361296	Fall/Winter	FULL	\$1850
	Monday, Wednesday, Friday, Monday, Wednesday, Tuesday, Thursday, Friday, Saturday		4:45am-6:30am 3:30pm-6:00pm 3:30pm-6:30pm 3:30pm-5:30pm 6:30am-10:00am
Minimum practices required: 7/week			

Olney Swim Center

For information call Herb Poe at 240-777-4995 or herb.poe@montgomerycountymd.gov.

MINIS			
361281	Fall/Winter	FULL	\$810
	Tuesday, Thursday, Friday		6:00pm-7:00pm
Recommended attendance: 2/week			

JUNIOR 1			
361282	Fall/Winter	FULL	\$800
	Tuesday, Thursday, Sunday		6:00pm-7:00pm 8:00am-9:00am
Recommended attendance: 2/week			

JUNIOR 2 - Coaches Invite Only			
361283	Fall/Winter	FULL	\$830
	Monday, Wednesday, Friday, Sunday		6:00pm-7:00pm 5:00pm-6:00pm 7:30am-8:30am
Minimum practices required: 3/week			

ADVANCED JUNIORS - Coaches Invite Only			
361284	Fall/Winter	FULL	\$1200
	Tuesday, Thursday, Friday, Wednesday, Sunday		5:00pm-6:00pm 5:00pm-7:00pm 7:30am-9:00am
Minimum practices required: 3/week			

SENIORS			
361286	Fall/Winter	FULL	\$1200
	Tuesday, Wednesday, Friday, Thursday, Saturday		3:45pm-5:00pm 3:45pm-6:00pm 7:30am-9:00am
Recommended attendance: 3/week			

ADVANCED SENIORS - Coaches Invite Only			
361287	Fall/Winter	FULL	\$1500
	Mon., Tues., Weds., Thur., Tuesday, Thursday, Friday, Saturday		4:00pm-6:00pm 4:45am-6:15am 4:00pm-5:30pm 5:30am-7:30am
Minimum practices required: 6/week			

NDG - Coaches Invite Only			
361285	Fall/Winter	FULL	\$1500
	Monday, Friday, Tuesday, Thursday, Sunday		5:00pm-7:00pm 4:30pm-7:00pm 7:00am-9:00am
Minimum practices required: 5/week			

NTG - Coaches Invite Only			
361288	Fall/Winter	FULL	\$1850
	Monday, Wednesday, Friday, Monday, Wednesday, Tuesday, Thursday, Friday, Saturday		4:45am-6:15am 3:45pm-7:00pm 3:45pm-6:00pm 6:00am-9:00am
Minimum practices required: 7/week			



Martin Luther King, Jr.

Swim Center

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

MINIS		
361273	Fall/Winter	\$810
	Monday	5:00pm-6:00pm
	Wednesday, Friday	4:30pm-5:30pm
Recommended attendance: 2/week.		

JUNIOR I		
361274	Fall/Winter	\$800
	Tuesday, Thursday	5:00pm-6:00pm
	Sunday	8:30am-9:30am
Recommended attendance: 2/week.		

JUNIOR 2-Coaches Invite Only		
361275	Fall/Winter	\$830
	Monday	6:00pm-7:00pm
	Wednesday	5:30pm-6:45pm
	Friday	5:30pm-6:30pm
	Sunday	8:15am-9:30am
Minimum practices required: 3/week		

ADVANCED JUNIORS-Coaches Invite Only		
361276	Fall/Winter	\$1200
	Monday, Wednesday	5:30pm-7:00pm
	Friday	5:00pm-7:00pm
	Sunday	7:00am-9:00am
Minimum practices required: 3/week		

SENIORS		
361278	Fall/Winter	\$1200
	Monday	5:30pm-7:00pm
	Tuesday, Thursday	3:30pm-5:00pm
	Wednesday	5:00pm-7:00pm
	Friday	3:30pm-4:30pm
	Saturday	7:30am-9:00am
Recommended attendance: 3/week.		

ADVANCED SENIORS-Coaches Invite Only		
361279	Fall/Winter	\$1500
	Monday & Friday	4:45am-6:15am
	Mon., Tues., Thur.	3:30pm-6:00pm
	Wednesday	3:30pm-5:30pm
	Saturday	6:00am-8:30am
Minimum practices required: 6/week Required practices: Wednesday PM and Saturday AM.		

NDG-Coaches Invite Only		
361277	Fall/Winter	\$1500
	Monday	4:00pm-6:30pm
	Tuesday, Thursday	4:15pm-7:00pm
	Wednesday	4:45am-6:00am
	Friday	4:00pm-5:30pm
	Sunday	6:00am-9:00am
Minimum practices required: 5/week		

NTG-Coaches Invite Only		
361280	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:15am
	Monday	3:45pm-6:45pm
	Tuesday, Thursday	4:30pm-7:00pm
	Wednesday	3:45pm-6:15pm
	Friday	3:45pm-5:30pm
	Saturday	6:00am-9:00am
Minimum practices required: 7/week. Required practices: Mon. PM and Tues., Thur., Fri., Sat. AM.		

Kennedy Shriver Aquatic Center

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

MINIS		
361264	Fall/Winter	\$810
	Monday, Wednesday	6:00pm-6:45pm
	Tuesday, Thursday	5:00pm-6:00pm
Recommended attendance: 2/week.		

JUNIORS		
361265	Fall/Winter	\$830
	Monday, Wednesday	5:00pm-6:00pm
	Friday	5:15pm-6:15pm
	Sunday	8:45am-10:00am
Recommended attendance: 2/week.		

ADVANCED JUNIORS-Coaches Invite Only		
361266	Fall/Winter	\$1200
	Tuesday, Thursday	6:00pm-7:30pm
	Wednesday	6:15pm-7:30pm
	Friday	6:00pm-7:15pm
	Sunday	7:00am-9:00am
Minimum practices required: 3/week		

SENIOR TEAM (OPTION A)		
361268	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Monday, Wednesday	3:30pm-5:00pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TEAM (OPTION B)		
361269	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Tuesday, Thursday	3:30pm-5:00pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TEAM (OPTION C)		
361270	Fall/Winter	\$1200
	Monday	4:45am-6:15am
	Monday, Wednesday	6:45pm-8:15pm
	Friday	3:30pm-5:45pm
	Sunday	6:00am-8:00am
Recommended attendance: 3/week.		

SENIOR TRAINING GROUP-Coaches Invite Only		
362067	Fall/Winter	\$1400
	Monday, Thursday	4:45am-6:15am
	Monday, Wednesday	6:00pm-8:15pm
	Friday	3:45pm-5:15pm
	Sunday	6:00am-8:45am
Minimum practices required: 5/week. Required practice: Sunday.		

ADVANCED SENIORS-Coaches Invite Only		
361271	Fall/Winter	\$1500
	Mon., Tues., Wed., Thur.	3:30pm-5:30pm
	Tuesday, Friday	4:45am-6:15am
	Sunday	6:00am-8:00am
Minimum practices required: 6/week. Required practice: Friday.		

NDG -Coaches Invite Only		
361267	Fall/Winter	\$1500
	Monday	6:00pm-7:00pm
	Tues., Thur., Fri.	5:30pm-7:30pm
	Wednesday	4:45am-6:15am
	Saturday	5:30am-8:00am
Minimum practices required: 5/week.		

NTG -Coaches Invite Only		
361272	Fall/Winter	\$1850
	Monday, Wednesday, Friday	4:45am-6:30am
	Mon., Tues., Thur., Fri.	3:00pm-6:00pm
	Wednesday	3:00pm-6:15pm
	Saturday	5:30am-8:00am
Minimum practices required: 7/week.		



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.

367457	1 day per week	12/29	\$95
367458	2 days per week	12/29	\$135
367459	3 days per week	12/29	\$175
367460	4 days per week	12/29	\$215
367461	5 days per week	12/29	\$255

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

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 Fall swim team member.

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills. At the Olney Swim Center, all participants and parents should attend the first class at 7:00pm. Students will be evaluated and assigned groups and start times. The group times at Olney are 7:00-7:45pm or 7:45-8:30pm.

\$200

Instructor: Clinics MSTC

366804	Olney Swim Ctr	12/2	M, W	7:00pm-8:30pm
366807	MLK Swim Ctr	12/2	M, W	7:00pm-7:50pm
366805	Germantown ISC	1/9	Th, Tu	7:30pm-8:20pm
366806	Kennedy Shriver Aq Ctr	1/9	Th, Tu	7:30pm-8:20pm

Montgomery Stroke & Turn Clinic

Ages 5- 18. This information is for the 2013-2014 session. MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 20, 2013 and run to May 18, 2014. There will be no clinic on December 1, 22, & 29, February 2, April 13 & 20, and three other Sundays which will be announced at the first session. Registration began July 2, 2013.

22 Sessions

\$345

Instructor: Clinics MSTC

358113	Olney Swim Ctr	10/20	Su	7:00pm-8:00pm
358116	MLK Swim Ctr	10/20	Su	6:00pm-7:00pm
358117	MLK Swim Ctr	10/20	Su	7:00pm-8:00pm



SCUBA

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 Olney, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveatsleep@yahoo.com.

8 Sessions

\$250

Instructor: Scott Hagedorn

369979 Olney Swim Ctr 2/17 M 7:00pm-10:00pm

Instructor: Joseph Lodmell

368748 MLK Swim Ctr 2/5 W 7:00pm-10:00pm



SAFETY TRAINING

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. 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 363031		December-2013	
Session 1	Thursday, Dec. 26	11:00am	5:00pm
Session 2	Friday, Dec. 27	11:00am	5:00pm
Course 363032		February-2014	
Session 1	Saturday, Jan. 25	10:00am	4:00pm
Session 2	Sunday, Jan. 26	10:00am	4:00pm
Course 363033		April-2014	
Session 1	Saturday, Mar. 1	10:00am	4:00pm
Session 2	Sunday, Mar. 2	10:00am	4:00pm
Course 363034		April-2014	
Session 1	Tuesday, Apr. 1	5:00pm	9:00pm
Session 2	Wednesday, Apr. 2	5:00pm	9:00pm
Session 3	Thursday, Apr. 3	5:00pm	9:00pm
Course 364288		May-2014	
Session 1	Saturday, May 10	10:00am	4:00pm
Session 2	Sunday, May 11	10:00am	4:00pm
Course 366954		May-2014	
Session 1	Thursday, May 22	8:00am	8:00pm
Course 366955		May-2014	
Session 1	Tuesday, May 27	8:00am	8:00pm
Course 366956		June-2014	
Session 1	Monday, June 9	8:00am	8:00pm
Course 363037		June-2014	
Session 1	Tuesday, Jun. 17	5:00pm	9:00pm
Session 2	Wednesday, Jun. 18	5:00pm	9:00pm
Session 3	Thursday, Jun. 19	5:00pm	9:00pm
Course 363038		July-2014	
Session 1	Tuesday, July 8	10:00am	4:00pm
Session 2	Wednesday, July 9	10:00am	4:00pm

POOL OPERATOR REVIEW COURSE **\$80**

MCR-Office (Theatre)

Session	Date	Begins	Ends
Course 363042		December-2013	
Session 1	Thursday, Dec. 26	11:00am	3:00pm
Course 363035		January-2014	
Session 1	Saturday, Jan. 25	10:00am	2:00pm
Course 363043		March-2014	
Session 1	Saturday, Mar. 1	10:00am	2:00pm
Course 364289		April-2014	
Session 1	Tuesday, Apr. 1	5:00pm	9:00pm
Course 363039		May-2014	
Session 1	Saturday, May 10	10:00am	2:00pm
Course 366657		May-2014	
Session 1	Thursday, May 22	8:00am	12:00pm
Course 366658		May-2014	
Session 1	Tuesday, May 27	8:00am	12:00pm
Course 366659		June-2014	
Session 1	Monday, June 9	8:00am	12:00pm
Course 364290		June-2014	
Session 1	Tuesday, June 17	5:00pm	9:00pm
Course 363040		July-2014	
Session 1	Tuesday, July 8	10:00am	2:00pm



LIFEGUARD TRAINING INSTRUCTOR **\$295**

This course will train students to be an American Red Cross certified Lifeguard Training and CPR for the Professional Rescuer Instructor. Students MUST possess strong swimming and rescue skills. Although possession of current ARC Lifeguard Training, CPR/FPR and First Aid certifications is not required, it is strongly encouraged. The successful candidate will possess the knowledge contained in these courses. Attendance is mandatory at all sessions. Students must be at least 17 years old. Additional fees will need to be paid directly to the Red Cross.

Germantown Indoor Swim Center

Session	Date	Begins	Ends
Course 362964		December-2013	
Session 1	Friday, December 20	6:00pm	10:00pm
Session 2	Sunday, December 22	9:00am	5:00pm
Session 3	Monday, December	6:00pm	10:00pm
Session 4	Thursday, December 26	6:00pm	10:00pm
Session 4	Friday, December 27	6:00pm	10:00pm
Session 5	Sunday, December 29	9:00am	5:00pm
Session 6	Monday, December 30	6:00pm	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 Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check.

The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1min 40sec.

The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.



BE A HERO!

OUR LIFEGUARDING CLASSES OFFER THE TRAINING YOU NEED TO BECOME A RED CROSS CERTIFIED LIFEGUARD.

Germantown Indoor Swim Center

Session	Date	Begins	End
LGT 2: Course 362721 January-2014			
Pre-Course	Friday, Jan. 3	7:30pm	9:00pm
Session 1	Sunday, Jan. 5	9:30am	12:30pm
Session 2	Sunday, Jan. 5	1:00pm	4:00pm
Session 3	Wednesday, Jan. 8	6:30pm	9:30pm
Session 4	Sunday, Jan. 12	9:30am	12:30pm
Session 5	Sunday, Jan. 12	1:00pm	4:00pm
Session 6	Wednesday, Jan. 15	6:30pm	9:30pm
Session 7	Wednesday, Jan. 22	6:30pm	9:30pm
Session 8	Sunday, Jan. 26	9:30am	12:30pm
Session 9	Sunday, Jan. 26	1:00pm	4:00pm

LGT 3: Course 362722 February-2014			
Pre-Course	Friday, Feb. 14	7:30pm	9:00pm
Session 1	Sunday, Feb. 16	9:30am	12:30pm
Session 2	Sunday, Feb. 16	1:00pm	4:00pm
Session 3	Wednesday, Feb. 19	6:30pm	9:30pm
Session 4	Sunday, Feb. 23	9:30am	12:30pm
Session 5	Sunday, Feb. 23	1:00pm	4:00pm
Session 6	Wednesday, Mar. 26	6:30pm	9:30pm
Session 7	Sunday, Mar. 2	9:30am	12:30pm
Session 8	Sunday, Mar. 2	1:00pm	4:00pm
Session 9	Wednesday, Mar. 5	6:30pm	9:30pm
Session 10*	Sunday, Mar. 9	9:30am	4:00pm

*Inclement weather make-up day

Session	Date	Begins	Ends
LGT 4: Course 362723 March-2014			
Pre-Course	Friday, Mar. 14	7:30pm	9:00pm
Session 1	Sunday, Mar. 16	9:30am	12:30pm
Session 2	Sunday, Mar. 16	1:00pm	4:00pm
Session 3	Wednesday, Mar. 19	6:30pm	9:30pm
Session 4	Wednesday, Mar. 26	6:30pm	9:30pm
Session 5	Sunday, Mar. 30	9:30am	12:30pm
Session 6	Sunday, Mar. 30	1:00pm	4:00pm
Session 7	Wednesday, Apr. 2	6:30pm	9:30pm
Session 8	Sunday, Apr. 6	9:30am	12:30pm
Session 9	Sunday, Apr. 6	1:00pm	4:00pm

LGT5: Course 362724 April-2014			
MCPS-Spring Break			
Pre-Course	Friday, Apr. 11	7:30pm	9:00pm
Session 1	Sunday, Apr. 13	9:30am	12:30pm
Session 2	Sunday, Apr. 13	1:00pm	4:00pm
Session 3	Monday, Apr. 14	2:00pm	5:00pm
Session 4	Monday, Apr. 14	5:30pm	9:00pm
Session 5	Tuesday, Apr. 15	2:00pm	5:00pm
Session 6	Tuesday, Apr. 15	5:30pm	9:00pm
Session 7	Wednesday, Apr. 16	2:00pm	5:00pm
Session 8	Wednesday, Apr. 16	5:30pm	9:00pm
Session 9	Thursday, Apr. 17	6:00pm	9:00pm

LGT 6: Course 362725 June-2014			
Pre-Course	Friday, June 13	7:30pm	9:00pm
Session 1	Sunday, June 15	9:30am	12:30pm
Session 2	Sunday, June 15	1:00pm	4:00pm
Session 3	Monday, June 16	2:00pm	5:00pm
Session 4	Monday, June 16	5:30pm	9:00pm
Session 5	Tuesday, June 17	2:00pm	5:00pm
Session 6	Tuesday, June 17	5:30pm	9:00pm
Session 7	Wednesday, June 18	2:00pm	5:00pm
Session 8	Wednesday, June 18	5:30pm	9:00pm
Session 9	Thursday, June 19	6:00pm	9:00pm



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.



Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 2: Course 363681 December-2013			
Pre-Course	Friday, Dec. 20	7:00pm	9:30pm
Session 1	Monday Dec. 23	9:00am	12:00pm
Session 2	Monday Dec. 23	1:00pm	5:00pm
Session 3	Thursday Dec. 26	9:00am	12:00pm
Session 4	Thursday Dec. 26	1:00pm	5:00pm
Session 5	Friday Dec. 27	9:00am	12:00pm
Session 6	Friday Dec. 27	1:00pm	5:00pm
Session 7	Saturday Dec. 28	9:00am	12:00pm
Session 8	Saturday Dec. 28	1:00pm	5:00pm
Session 9	Sunday Dec. 30th	9:00am	12:00pm

Session	Date	Begins	Ends
LGT 3: Course 363677 January-2014			
Pre-Course	Friday Jan. 3	7:00pm	9:30pm
Session 1	Sunday Jan. 5	9:00am	12:00pm
Session 2	Sunday Jan. 5	1:00pm	5:00pm
Session 3	Wednesday Jan. 8	6:30pm	9:30pm
Session 4	Sunday Jan. 12	9:00am	12:00pm
Session 5	Sunday Jan. 12	1:00pm	5:00pm
Session 6	Wednesday Jan. 15	6:30pm	9:30pm
Session 7	Sunday Jan. 19	9:00am	12:00pm
Session 8	Sunday Jan. 19	1:00pm	5:00pm
Session 9	Wednesday Jan. 22	6:30pm	9:30pm

Session	Date	Begins	Ends
LGT 4: Course 363680 Feb. / Mar.-2014			
Pre-Course	Friday, Feb. 28	7:00pm	9:30pm
Session 1	Sunday, Mar. 2	9:00am	12:00pm
Session 2	Sunday, Mar. 2	1:00pm	5:00pm
Session 3	Wednesday, Mar. 5	6:30pm	9:30pm
Session 4	Friday, Mar. 7	6:30pm	9:30pm
Session 5	Sunday, Mar. 9	9:00am	12:00pm
Session 6	Sunday, Mar. 9	1:00pm	5:00pm
Session 7	Wednesday, Mar. 12	6:30pm	9:30pm
Session 8	Sunday, Mar. 16	9:00am	12:00pm
Session 9	Sunday, Mar. 16	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 5: Course 363678 April-2014			
MCPS-Spring Break			
Pre-Course	Friday, Apr. 11	7:00pm	9:30pm
Session 1	Saturday, Apr. 12	8:30am	12:00pm
Session 2	Saturday, Apr. 12	1:00pm	5:00pm
Session 3	Monday, Apr. 14	8:30am	12:00pm
Session 4	Monday, Apr. 14	1:00pm	5:00pm
Session 5	Wednesday, Apr. 16	8:30am	12:00pm
Session 6	Wednesday, Apr. 16	1:00pm	5:00pm
Session 7	Thursday, Apr. 17	8:30am	12:00pm
Session 8	Thursday, Apr. 17	1:00pm	5:00pm
Session 9	Friday, Apr. 18	8:30am	12:00pm

Session	Date	Begins	Ends
LGT 6: Course 363679 April-2014			
Pre-Course	Friday, Apr. 11	7:00pm	9:30pm
Session 1	Sunday, Apr. 13	9:00am	12:00pm
Session 2	Sunday, Apr. 13	1:00pm	5:00pm
Session 3	Monday, Apr. 14	5:00pm	9:30pm
Session 4	Wednesday, Apr. 16	5:00pm	9:30pm
Session 5	Thursday, Apr. 17	5:00pm	9:30pm
Session 6	Friday, Apr. 18	5:00pm	9:30pm
Session 7	Saturday, Apr. 19	9:00am	12:00pm
Session 8	Saturday, Apr. 19	1:00pm	3:00pm

Session	Date	Begins	Ends
LGT 7: Course 363682 June-2014			
Pre-Course	Thursday, Jun. 19	7:00pm	9:30pm
Session 1	Friday, Jun. 20	9:00am	12:00pm
Session 2	Friday, Jun. 20	1:00pm	5:00pm
Session 3	Monday, Jun. 23	9:00am	12:00pm
Session 4	Monday, Jun. 23	1:00pm	5:00pm
Session 5	Tuesday, Jun. 24	9:00am	12:00pm
Session 6	Tuesday, Jun. 24	1:00pm	5:00pm
Session 7	Wednesday, Jun. 25	9:00am	12:00pm
Session 8	Wednesday, Jun. 25	1:00pm	5:00pm
Session 9	Friday, Jun.27	9:00am	12:00pm

FIND US FAST ON YOUR SMARTPHONE



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.



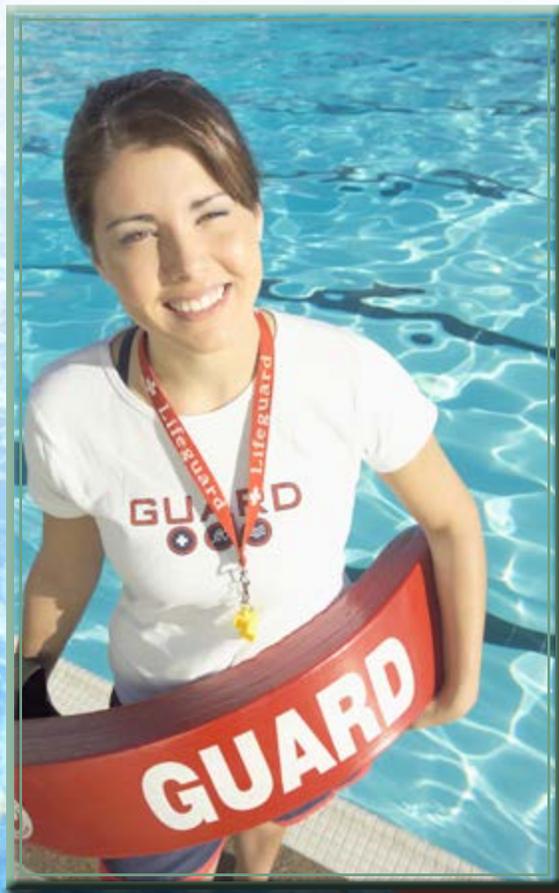
Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 2: Course 363414			
MCPs Winter Break			
Pre-course	Friday, Dec 20	7:00pm	9:30pm
Session 1	Sunday, Dec 22	9:00am	12:00pm
Session 2	Sunday, Dec 22	12:30pm	4:00pm
Session 3	Monday, Dec 23	9:00am	12:00pm
Session 4	Monday, Dec 23	12:30pm	4:00pm
Session 5	Thursday, Dec 26	9:00am	12:00pm
Session 6	Thursday, Dec 26	12:30pm	4:00pm
Session 7	Friday, Dec 27	9:00am	12:00pm
Session 8	Friday, Dec 27	12:30pm	4:00pm
Session 9	Monday, Dec 30	9:00am	3:00pm
LGT 3: Course 362729			
January 2014			
Pre-course	Thursday, Jan 9	7:00pm	9:30pm
Session 1	Sunday, Jan 12	9:00am	1:00pm
Session 2	Monday, Jan 13	6:00pm	9:30pm
Session 3	Thursday, Jan 16	6:00pm	9:30pm
Session 4	Sunday, Jan 19	9:00am	1:00pm
Session 5	Monday, Jan 20	6:00pm	9:30pm
Session 6	Thursday, Jan 23	6:00pm	9:30pm
Session 7	Sunday, Jan 26	9:00am	1:00pm
Session 8	Monday, Jan 27	6:00pm	9:30pm
Session 9	Thursday, Jan 30	6:00pm	9:30pm

Session	Date	Begins	Ends
LGT 4: Course 362730			
Feb/Mar 2014			
Pre-course	Thursday, Feb 20	7:00pm	9:30pm
Session 1	Monday, Feb 24	6:00pm	9:30pm
Session 2	Thursday, Feb 27	6:00pm	9:30pm
Session 3	Sunday, Mar 2	9:00am	1:00pm
Session 4	Monday, Mar 3	6:00pm	9:30pm
Session 5	Thursday, Mar 6	6:00pm	9:30pm
Session 6	Sunday, Mar 9	9:00am	1:00pm
Session 7	Monday, Mar 10	6:00pm	9:30pm
Session 8	Thursday, Mar 13	6:00pm	9:30pm
Session 9	Sunday, Mar 16	9:00am	1:00pm

Session	Date	Begins	Ends
LGT 5: Course 362731			
MCPs Spring Break			
Pre-course	Friday, Apr 11	7:00pm	9:30pm
Session 1	Monday, Apr 14	9:00am	12:00pm
Session 2	Monday, Apr 14	12:30pm	4:00pm
Session 3	Tuesday, Apr 15	9:00am	12:00pm
Session 4	Tuesday, Apr 15	12:30pm	4:00pm
Session 5	Wednesday, Apr 16	9:00am	12:00pm
Session 6	Wednesday, Apr 16	12:30pm	4:00pm
Session 7	Thursday, Apr 17	9:00am	12:00pm
Session 8	Thursday, Apr 17	12:30pm	4:00pm
Session 9	Friday, Apr 18	9:00am	3:00pm

Session	Date	Begins	Ends
LGT 6: Course 263734			
June-2014			
Pre-course	Friday, Jun 13	7:00pm	9:30pm
Session 1/2	Saturday, Jun. 14	9:00am	1:00pm
Session 3/4	Monday, Jun. 16	4:30pm	9:00pm
Session 4/5	Tuesday, Jun 17	4:30pm	9:00pm
Session 5/6	Wednesday, Jun 18	4:30pm	9:00pm
Session 6/7	Thursday, Jun 19	4:30pm	9:00pm
Session 7/8	Friday, Jun 20	4:30pm	9:00pm
Session 9	Saturday, Jun 21	9:00am	1:00pm



Olney Swim Center

Session	Date	Begins	Ends
LGT 2: Course 362737			
January-2014			
Pre-course	Friday, Jan. 3	6:30pm	9:00pm
Session 1	Sunday, Jan. 5	9:00am	12:30pm
Session 2	Sunday, Jan. 5	1:00pm	5:00pm
Session 3	Wednesday, Jan. 8	6:30pm	10:00pm
Session 4	Sunday, Jan. 12	9:00am	12:30pm
Session 5	Sunday, Jan. 12	1:00pm	5:00pm
Session 6	Wednesday, Jan. 15	6:30pm	10:00pm
Session 7	Sunday, Jan. 19	9:00am	12:30pm
Session 8	Sunday, Jan. 19	1:00pm	5:00pm
Session 9	Wednesday, Jan. 22	6:30pm	10:00pm
Session 10	Sunday, Jan. 26	9:00am	2:00pm

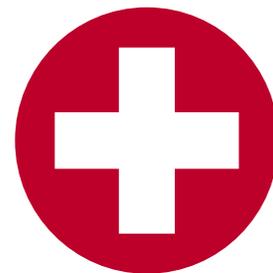
Session	Date	Begins	Ends
LGT 3: Course 362738			
February-2014			
Pre-course	Sunday, Feb. 2	2:00pm	4:00pm
Session 1	Wednesday, Feb. 5	6:30pm	10:00pm
Session 2	Sunday, Feb. 9	8:00am	11:30am
Session 3	Sunday, Feb. 9	12:00pm	3:30pm
Session 4	Wednesday, Feb. 12	6:30pm	10:00pm
Session 5	Sunday, Feb. 16	8:00am	11:30am
Session 6	Sunday, Feb. 16	12:00pm	3:30pm
Session 7	Wednesday, Feb. 19	6:30pm	10:00pm
Session 8	Sunday, Feb. 23	8:00am	11:30am
Session 9	Sunday, Feb. 23	12:00pm	3:30pm
Session 10	Wednesday, Feb. 26	6:30pm	10:00pm

Session	Date	Begins	Ends
LGT 4: Course 362739			
March-2014			
Pre-course	Saturday, Mar. 1	4:00pm	6:30pm
Session 1	Wednesday, Mar 5	6:30pm	10:00pm
Session 2	Friday, Mar. 7	6:30pm	10:00pm
Session 3	Wednesday, Mar 12	6:30pm	10:00pm
Session 4	Saturday, Mar. 15	9:00am	12:30pm
Session 5	Saturday, Mar. 15	1:00pm	5:00pm
Session 6	Wednesday, Mar 19	6:30pm	10:00pm
Session 7	Saturday, Mar. 22	9:00am	12:30pm
Session 8	Saturday, Mar. 22	1:00pm	5:00pm
Session 9	Wednesday, Mar 26	6:30pm	10:00pm
Session 10	Saturday, Mar. 29	9:00am	2:00pm

Session	Date	Begins	Ends
LGT 5: Course 362740			
April-2014			
MCPS Spring Break			
Pre-course	Wednesday, Apr. 9	7:00pm	9:30pm
Session 1	Saturday, Apr. 12	9:00am	12:30pm
Session 2	Saturday, Apr. 12	1:00pm	5:00pm
Session 3	Sunday, Apr. 13	9:00am	12:30pm
Session 4	Sunday, Apr. 13	1:00pm	5:00pm
Session 5	Monday, Apr. 14	9:00am	12:30pm
Session 6	Monday, Apr. 14	1:00pm	5:00pm
Session 7	Tuesday Apr. 15	9:00am	12:30pm
Session 8	Tuesday Apr. 15	1:00pm	5:00pm
Session 9	Wednesday, Apr. 16	9:00am	12:30pm
Session 10	Wednesday, Apr. 16	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 6: Course 363803			
June-2014			
Pre-course	Wednesday, June 11	6:30pm	9:00pm
Session 1	Saturday, June 14	9:00am	12:30pm
Session 2	Saturday, June 14	1:00pm	5:00pm
Session 3	Sunday, June 15	9:00am	12:30pm
Session 4	Sunday, June 15	1:00pm	5:00pm
Session 5	Monday, June 16	9:00am	12:30pm
Session 6	Monday, June 16	1:00pm	5:00pm
Session 7	Tuesday, June 17	9:00am	12:30pm
Session 8	Tuesday, June 17	1:00pm	5:00pm
Session 9	Wednesday, June 18	9:00am	12:30pm
Session 10	Wednesday, June 18	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 7: Course 363804			
July-2014			
Pre-course	Wednesday, July 2	6:30pm	9:00pm
Session 1	Wednesday, July 9	6:30pm	10:00pm
Session 2	Friday, July 11	6:30pm	10:00pm
Session 3	Saturday, July 12	9:00am	12:30pm
Session 4	Saturday, July 12	1:00pm	5:00pm
Session 5	Sunday, July 13	9:00am	12:30pm
Session 6	Sunday, July 13	1:00pm	5:00pm
Session 7	Wednesday, July 16	6:30pm	10:00pm
Session 8	Friday, July 18	6:30pm	10:00pm
Session 9	Saturday, July 19	9:00am	12:30pm
Session 10	Saturday, July 19	1:00pm	5:00pm



LIFEGUARD

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



Swim Lessons

Indoor Swim Lesson
Registration Will Begin

December 11
at 6:30am
for Residents

December 12 at 6:30am
for Non-Residents
No registrations will be processed
before this time.

Indoor courses meet for six 30-minute sessions. 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.

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 November 25, 2013.



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

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.

Please note the following:

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

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

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

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

(Ages 6 mo - 18 mo)

Aquatots (Ages 18 mo - 3yr) Pre-

School (Ages 3yr-5yr)

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

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.

Level 1

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

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.

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

Level 3

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.
Parents DO NOT accompany children.

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.

Level 4

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

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

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can swim 1 length of front and back crawl, 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 Objectives:

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

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)

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.



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

368419	1/4	Sa	10:25am -10:55am
368420	1/12	Su	9:45am -10:15am

Kennedy Shriver Aquatic Center

367142	1/5	Su	9:40am -10:10am
367143	1/5	Su	11:40am -12:10pm
367144	1/6	M	9:00am-9:30am
367145	1/9	Th	9:00am-9:30am
367140	1/11	Sa	10:20am -10:50am
367141	1/11	Sa	11:40am -12:10pm

Martin Luther King Swim Center

367795	1/5	Su	10:00am -10:30am
367796	1/5	Su	10:40am -11:10am
367797	1/7	Tu	9:30am -10:00am
367798	1/7	Tu	4:30pm-5:00pm

Olney Swim Center

368055	1/6	M	6:20pm-6:50pm
368056	1/8	W	7:35pm-8:05pm
367978	1/11	Sa	11:30am -12:00pm

AQUATOTS

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl 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

368264	1/4	Sa	11:45am -12:15pm
368265	1/4	Sa	12:25pm -12:55pm
368268	1/8	W	6:10pm-6:40pm
368266	1/12	Su	11:05am -11:35am
368267	1/12	Su	12:25pm -12:55pm

Kennedy Shriver Aquatic Center

367058	1/5	Su	9:00am-9:30am
367059	1/5	Su	11:00am -11:30am
367060	1/6	M	10:00am -10:30am
367061	1/7	Tu	9:00am-9:30am
367062	1/7	Tu	10:00am -10:30am
367063	1/8	W	9:00am-9:30am
367064	1/8	W	6:10pm-6:40pm
367065	1/9	Th	10:00am -10:30am
367066	1/9	Th	5:30pm-6:00pm
367067	1/10	F	9:00am-9:30am
367056	1/11	Sa	9:00am-9:30am
367057	1/11	Sa	12:20pm -12:50pm

Martin Luther King Swim Center

367756	1/5	Su	11:20am -11:50am
367759	1/6	M	5:10pm-5:40pm
367758	1/7	Tu	10:10am -10:40am
367757	1/9	Th	5:10pm-5:40pm

Olney Swim Center

367908	1/7	Tu	5:55pm-6:25pm
368060	1/8	W	5:40pm-6:10pm
367909	1/9	Th	5:15pm-5:45pm
367906	1/11	Sa	10:10am -10:40am
367907	1/12	Su	10:10am -10:40am



Get in the know...

NOW

RECREATION ALERTS



Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov!

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

368414	1/4	Sa	11:05am -11:35am
368415	1/4	Sa	1:05pm-1:35pm
368418	1/8	W	5:30pm-6:00pm
368416	1/12	Su	10:25am -10:55am
368417	1/12	Su	11:45am -12:15pm

Kennedy Shriver Aquatic Center

367134	1/5	Su	10:20am -10:50am
367135	1/5	Su	1:00pm-1:30pm
367136	1/7	Tu	3:30pm-4:00pm
367137	1/7	Tu	6:10pm-6:40pm
367138	1/9	Th	9:30am -10:00am
367139	1/9	Th	10:30am -11:00am
367132	1/11	Sa	11:00am -11:30am
367133	1/11	Sa	1:00pm-1:30pm

Martin Luther King Swim Center

367791	1/5	Su	12:00pm -12:30pm
367792	1/6	M	5:50pm-6:20pm
367793	1/8	W	5:50pm-6:20pm
367794	1/9	Th	9:30am -10:00am

Olney Swim Center

368057	1/6	M	7:00pm-7:30pm
368058	1/6	M	7:35pm-8:05pm
367974	1/7	Tu	6:30pm-7:00pm
367977	1/7	Tu	5:15pm-5:45pm
367976	1/8	W	6:20pm-6:50pm
367975	1/9	Th	5:55pm-6:25pm
367970	1/11	Sa	9:30am -10:00am
367971	1/11	Sa	10:50am -11:20am
367972	1/12	Su	9:30am -10:00am
367973	1/12	Su	10:50am -11:20am

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

368269	1/4	Sa	9:45am -10:15am
368270	1/4	Sa	11:05am -11:35am
368271	1/4	Sa	11:45am -12:15pm
368272	1/4	Sa	12:25pm -12:55pm
368273	1/4	Sa	1:05pm-1:35pm
368278	1/6	M	5:30pm-6:00pm
368279	1/8	W	5:30pm-6:00pm
368274	1/12	Su	11:45am -12:15pm
368275	1/12	Su	12:25pm -12:55pm
368276	1/12	Su	10:25am -10:55am
368277	1/12	Su	11:05am -11:35am
368280	1/14	Tu, Th	5:00pm-5:30pm
368281	1/14	Tu, Th	5:00pm-5:30pm
368282	1/14	Tu, Th	5:00pm-5:30pm
368283	2/11	Tu, Th	6:20pm-6:50pm
368284	2/11	Tu, Th	6:20pm-6:50pm
368285	2/11	Tu, Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

367085	1/5	Su	9:00am-9:30am
367086	1/5	Su	10:20am -10:50am
367087	1/5	Su	12:20pm -12:50pm
367088	1/5	Su	1:00pm-1:30pm
367089	1/6	M	9:30am -10:00am
367090	1/6	M	6:10pm-6:40pm
367092	1/7	Tu	6:10pm-6:40pm
367094	1/8	W	9:30am -10:00am
367093	1/9	Th	3:30pm-4:00pm
367095	1/9	Th	5:30pm-6:00pm
367081	1/11	Sa	9:00am-9:30am
367082	1/11	Sa	9:40am -10:10am
367083	1/11	Sa	10:20am -10:50am
367084	1/11	Sa	1:00pm-1:30pm
367091	1/11	Sa	9:00am-9:30am

FIND US FAST ON YOUR SMARTPHONE



Not sure what level is right for your child? We offer screening!

Call the pool of your choice to set up a skills evaluation for your child.



PRE-BEGINNER LEVEL 1

Martin Luther King Swim Center

367760	1/5	Su	10:40am -11:10am
367761	1/5	Su	11:20pm -11:50pm
367772	1/5	Su	10:00am -10:30am
367762	1/6	M	4:30pm-5:00pm
367764	1/7	Tu	4:30pm-5:00pm
367765	1/7	Tu	5:10pm-5:40pm
367766	1/7	Tu	5:50pm-6:20pm
367763	1/8	W	4:30pm-5:00pm
367767	1/8	W	5:10pm-5:40pm
367768	1/8	W	5:50pm-6:20pm
367769	1/9	Th	4:30pm-5:00pm
367770	1/9	Th	5:10pm-5:40pm
367771	1/9	Th	6:30pm-7:00pm

Olney Swim Center

367936	1/6	M	6:20pm-6:50pm
367938	1/6	M	7:00pm-7:30pm
368059	1/6	M	7:35pm-8:05pm
367930	1/7	Tu	5:55pm-6:25pm
367931	1/7	Tu	5:55pm-6:25pm
367932	1/7	Tu	6:30pm-7:00pm
367939	1/7	Tu	5:15pm-5:45pm
367937	1/8	W	6:20pm-6:50pm
367934	1/9	Th	5:55pm-6:25pm
367935	1/9	Th	6:30pm-7:00pm
367918	1/11	Sa	9:30am -10:00am
367919	1/11	Sa	10:10am -10:40am
367920	1/11	Sa	10:50am -11:20am
367921	1/11	Sa	11:30am -12:00pm
367922	1/11	Sa	12:10pm -12:40pm
367923	1/11	Sa	12:50pm-1:20pm
367924	1/12	Su	9:30am -10:00am
367925	1/12	Su	9:30am -10:00am
367926	1/12	Su	10:10am -10:40am
367927	1/12	Su	10:50am -11:20am
367928	1/12	Su	11:30am -12:00pm
367929	1/12	Su	11:30am -12:00pm

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 and back without support. Class size is limited to 6 students.

6 Sessions \$57

Germantown Indoor Swim Center

368286	1/4	Sa	9:45am -10:15am
368287	1/4	Sa	10:25am -10:55am
368288	1/4	Sa	11:45am -12:15pm
368294	1/6	M	6:10pm-6:40pm
368295	1/8	W	6:10pm-6:40pm
368289	1/12	Su	9:45am -10:15am
368290	1/12	Su	10:25am -10:55am
368291	1/12	Su	11:05am -11:35am
368292	1/12	Su	11:45am -12:15pm
368293	1/12	Su	12:25pm -12:55pm
368296	1/14	Tu, Th	6:20pm-6:50pm
368297	1/14	Tu, Th	6:20pm-6:50pm
368298	1/14	Tu, Th	6:20pm-6:50pm
368299	2/11	Tu, Th	5:00pm-5:30pm
368300	2/11	Tu, Th	5:00pm-5:30pm
368301	2/11	Tu, Th	5:00pm-5:30pm

Kennedy Shriver Aquatic Center

367101	1/5	Su	9:00am-9:30am
367102	1/5	Su	9:40am -10:10am
367103	1/5	Su	11:40am -12:10pm
367104	1/5	Su	12:20pm -12:50pm
367109	1/5	Su	9:00am-9:30am
367105	1/6	M	5:30pm-6:00pm
367106	1/7	Tu	9:30am -10:00am
367107	1/7	Tu	5:30pm-6:00pm
367108	1/8	W	5:30pm-6:00pm
367110	1/10	F	9:30am -10:00am
367097	1/11	Sa	9:00am-9:30am
367098	1/11	Sa	9:40am -10:10am
367099	1/11	Sa	11:40am -12:10pm
367100	1/11	Sa	12:20pm -12:50pm



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 web page at montgomerycountymd.gov/rec.

Martin Luther King Swim Center

367773	1/5	Su	9:15am-9:45am
367774	1/5	Su	10:40am -11:10am
367775	1/5	Su	11:20am -11:50am
367776	1/5	Su	12:00pm -12:30pm
367777	1/6	M	4:30pm-5:00pm
367778	1/6	M	5:10pm-5:40pm
367779	1/6	M	5:50pm-6:20pm
367780	1/7	Tu	5:10pm-5:40pm
367783	1/8	W	5:10pm-5:40pm
367781	1/9	Th	10:10am -10:40am
367782	1/9	Th	5:50pm-6:20pm

Olney Swim Center

367952	1/6	M	6:20pm-6:50pm
367954	1/6	M	7:35pm-8:05pm
367949	1/7	Tu	5:55pm-6:25pm
367950	1/7	Tu	6:30pm-7:00pm
368054	1/7	Tu	5:15pm-5:45pm
367953	1/8	W	7:00pm-7:30pm
367956	1/8	W	6:20pm-6:50pm
367951	1/9	Th	5:55pm-6:25pm
367955	1/9	Th	5:15pm-5:40pm
367940	1/11	Sa	9:30am -10:00am
367941	1/11	Sa	10:10am -10:40am
367942	1/11	Sa	10:50am -11:20am
367943	1/11	Sa	12:10pm -12:40pm
367944	1/11	Sa	12:50pm-1:20pm
367945	1/12	Su	9:30am -10:00am
367946	1/12	Su	10:10am -10:40am
367947	1/12	Su	10:50am -11:20am
367948	1/12	Su	11:30am -12:00pm

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

368302	1/4	Sa	9:45am -10:15am
368303	1/4	Sa	10:25am -10:55am
368304	1/4	Sa	12:25pm -12:55pm
368308	1/6	M	5:30pm-6:00pm
368305	1/12	Su	11:05am -11:35am
368306	1/12	Su	11:45am -12:15pm
368307	1/12	Su	12:25pm -12:55pm
368309	1/14	Tu, Th	5:40pm-6:10pm
368310	1/14	Tu, Th	5:40pm-6:10pm
368311	2/11	Tu, Th	5:40pm-6:10pm
368312	2/11	Tu, Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

367115	1/5	Su	9:40am -10:10am
367116	1/5	Su	10:20am -10:50am
367117	1/5	Su	11:00am -11:30am
367118	1/5	Su	1:00pm-1:30pm
367119	1/6	M	5:30pm-6:00pm
367120	1/7	Tu	4:10pm-4:40pm
367121	1/8	W	5:30pm-6:00pm
367122	1/8	W	6:10pm-6:40pm
367124	1/9	Th	6:10pm-6:40pm
367125	1/9	Th	4:50pm-5:20pm
367123	1/10	F	10:30am -11:00am
367112	1/11	Sa	11:00am -11:30am
367113	1/11	Sa	11:40am -12:10pm
367114	1/11	Sa	1:00pm-1:30pm

Martin Luther King Swim Center

367784	1/5	Su	10:00am -10:30am
367785	1/5	Su	11:20am -11:50am
367786	1/7	Tu	6:30pm-7:00pm
367787	1/8	W	4:30pm-5:00pm

Olney Swim Center

367963	1/6	M	7:00pm-7:30pm
367965	1/7	Tu	6:30pm-7:00pm
367964	1/8	W	7:35pm-8:05pm
367957	1/11	Sa	10:10am -10:40am
367958	1/11	Sa	11:30am -12:00pm
367959	1/11	Sa	12:50pm-1:20pm
367960	1/12	Su	9:30am -10:00am
367961	1/12	Su	10:10am -10:40am
367962	1/12	Su	11:30am -12:00pm

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





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 crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

Germantown Indoor Swim Center

368410	1/4	Sa	9:45am -10:15am
368432	1/4	Sa	11:05am -11:35am
368412	1/12	Su	11:05am -11:35am
368413	1/12	Su	10:25am -10:55am

Kennedy Shriver Aquatic Center

367129	1/5	Su	11:00am -11:30am
367130	1/5	Su	11:40am -12:10pm
367127	1/11	Sa	11:00am -11:30am
367128	1/11	Sa	12:20pm -12:50pm

Martin Luther King Swim Center

367788	1/5	Su	10:00am -10:30am
367789	1/9	Th	4:30pm -5:00pm
367790	1/9	Th	6:30pm -7:00pm

Olney Swim Center

367968	1/8	W	7:00pm -7:30pm
367966	1/11	Sa	9:30am -10:00am
367969	1/11	Sa	12:10pm -12:40pm
367967	1/12	Su	10:50am -11:20am

YOUTH LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ 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

368421	1/4	Sa	10:25am -10:55am
368422	1/4	Sa	1:05pm -1:35pm
368424	1/6	M	6:10pm -6:40pm
368423	1/12	Su	10:25am -10:55am
368425	1/14	Tu, Th	5:40pm -6:10pm

Kennedy Shriver Aquatic Center

367147	1/5	Su	9:40am -10:10am
367146	1/11	Sa	1:00pm -1:30pm

Martin Luther King Swim Center

367799	1/5	Su	10:00am -10:30am
367802	1/5	Su	9:15am -9:45am
367800	1/7	Tu	6:30pm -7:00pm
367801	1/9	Th	5:50pm -6:20pm

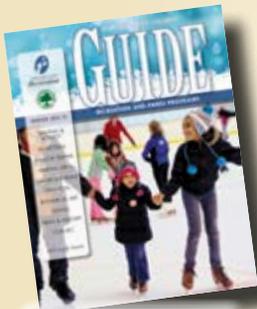
Olney Swim Center

367981	1/6	M	6:20pm -6:50pm
367982	1/7	Tu	5:15pm -5:45am
367980	1/9	Th	6:30pm -7:00pm
367979	1/11	Sa	12:50pm -1:20pm
367983	1/11	Sa	10:10am -10:40am



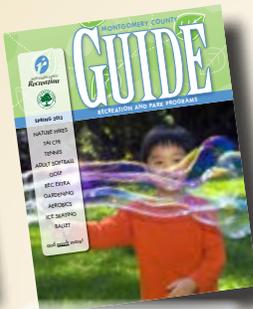
When Is the Guide Available?

*Dates are approximate and subject to change.



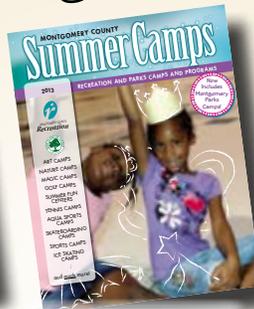
Winter 2013/2014

November 1, 2013
Registration begins
November 12, 2013



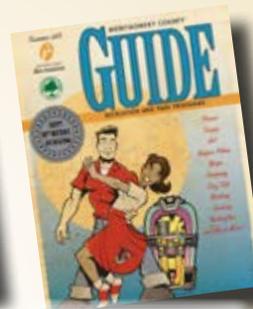
Spring 2014

January 31, 2014
Registration begins
February 10, 2014



Summer Camps 2013

January 10, 2014
Registration begins
January 21, 2014



Summer 2013

May 2, 2014
Registration begins
May 12, 2014



Fall 2013

August 8, 2014
Registration begins
August 18, 2014

Where Can
I Get The
Guide?

Online:

www.MontgomeryCountyMD.gov/rec

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

Montgomery County Recreation facilities

Most Montgomery County government buildings

Subscribe:

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

Montgomery Parks facilities

Most Montgomery County libraries

YOUTH LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ 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 and back without spout. Class size is limited to 8 students.

6 Sessions \$52

Germantown Indoor Swim Center

368426	1/4	Sa	12:25pm -12:55pm
368427	1/4	Sa	1:05pm-1:35pm
368430	1/8	W	5:30pm-6:00pm
368428	1/12	Su	9:45am -10:15am
368429	1/12	Su	11:45am -12:15pm
368431	2/11	Tu, Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

367151	1/5	Su	11:40am -12:10pm
367152	1/5	Su	12:20pm -12:50pm
367149	1/11	Sa	10:20am -10:50am
367150	1/11	Sa	12:20pm -12:50pm

Martin Luther King Swim Center

367803	1/5	Su	11:20am -11:50am
367804	1/5	Su	12:00pm -12:30pm
367805	1/7	Tu	5:50pm-6:20pm
367806	1/7	Tu	7:50pm-8:20pm
367807	1/9	Th	7:50pm-8:20pm

Olney Swim Center

367986	1/8	W	7:35pm-8:05pm
367987	1/9	Th	5:15pm-5:45pm
367984	1/11	Sa	10:50am -11:20am
367985	1/12	Su	9:30am -10:00am

YOUTH LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ 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

368460	1/4	Sa	11:05am -11:35am
368463	1/8	W	6:10pm-6:40pm
368461	1/12	Su	10:25am -10:55am
368462	1/12	Su	11:45am -12:15pm

Kennedy Shriver Aquatic Center

367157	1/5	Su	10:20am -10:50am
367154	1/11	Sa	9:40am -10:10am
367155	1/11	Sa	11:00am -11:30am
367156	1/11	Sa	11:40am -12:10pm

Martin Luther King Swim Center

367808	1/5	Su	10:40am -11:10am
367809	1/5	Su	12:00pm -12:30pm
367810	1/7	Tu	7:10pm-7:40pm
367811	1/9	Th	7:10pm-7:40pm
367812	1/9	Th	7:50pm-8:20pm

Olney Swim Center

367991	1/6	M	7:00pm-7:30pm
367990	1/8	W	7:00pm-7:30pm
367988	1/11	Sa	11:30am -12:00pm
367989	1/12	Su	10:10am -10:40am



Dive with Scuba Santa!

Sunday, December 8, 2013 • Noon -4:00pm

Olney Swim Center

Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa.

Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

Call 240-777-4995 for details.

Fee: Non-perishable food equal to \$5 or more is suggested.
Cash donations are also accepted.

All contributions benefit Manna Food Center.





YOUTH LEVEL 4

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

368465	1/4	Sa	12:25pm -12:55pm
368466	1/12	Su	11:05am -11:35am
368467	1/12	Su	12:25pm -12:55pm

Kennedy Shriver Aquatic Center

367160	1/5	Su	11:00am -11:30am
367161	1/5	Su	12:20pm -12:50pm
367162	1/5	Su	1:00pm-1:30pm
367159	1/11	Sa	11:40am -12:10pm

Martin Luther King Swim Center

367813	1/5	Su	12:00pm -12:30pm
367814	1/5	Su	10:40am -11:10am
367815	1/7	Tu	7:50pm-8:20pm

Olney Swim Center

367996	1/6	M	7:35pm-8:05pm
367995	1/9	Th	7:10pm-7:40pm
367992	1/11	Sa	12:10pm -12:40pm
367993	1/12	Su	10:10am -10:40am
367994	1/12	Su	10:50am -11:20am

YOUTH LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

368469	1/4	Sa	11:45am -12:15pm
368470	1/12	Su	11:05am -11:35am

Kennedy Shriver Aquatic Center

367164	1/5	Su	1:00pm-1:30pm
367163	1/11	Sa	1:00pm-1:30pm

Martin Luther King Swim Center

367816	1/5	Su	10:00am -10:30am
367817	1/7	Tu	7:10pm-7:40pm

Olney Swim Center

367999	1/7	Tu	7:10pm-7:40pm
368000	1/11	Sa	9:30am -10:00am
367997	1/12	Su	10:50am -11:20am
367998	1/12	Su	11:30am -12:00pm

YOUTH LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ 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

Germantown ISC			
368471	1/4	Sa	1:05pm-1:35pm
368472	1/12	Su	9:45am -10:15am

Kennedy Shriver Aquatic Center

367166	1/5	Su	12:20pm -12:50pm
367165	1/11	Sa	12:20pm -12:50pm

Martin Luther King Swim Center

367818	1/5	Su	11:20am -11:50am
367819	1/9	Th	7:10pm-7:40pm

Olney Swim Center

368002	1/11	Sa	12:50pm-1:20pm
368001	1/12	Su	11:30am -12:00pm

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

368254	1/4	Sa	11:05am -11:35am
368256	1/6	M	5:30pm-6:00pm
368255	1/12	Su	10:25am -10:55am

Kennedy Shriver Aquatic Center

367072	1/9	Th	8:30pm-9:00pm
367073	1/11	Sa	11:00am -11:30am

Martin Luther King Swim Center

367704	1/5	Su	12:00pm -12:30pm
367705	1/9	Th	8:30pm-9:00pm

Olney Swim Center

367910	1/9	Th	6:30pm-7:00pm
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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 and back without support. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

368257 1/4 Sa 10:25am -10:55am
 368259 1/6 M 6:10pm-6:40pm
 368258 1/12 Su 9:45am -10:15am

Kennedy Shriver Aquatic Center

367075 1/11 Sa 10:20am -10:50am
 367076 1/11 Sa 10:20am -10:50am

Martin Luther King Swim Center

367706 1/5 Su 10:40am -11:10am
 367707 1/7 Tu 8:30pm-9:00pm

Olney Swim Center

367912 1/7 Tu 7:10pm-7:40pm
 367911 1/11 Sa 12:10pm -12:40pm

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

368260 1/4 Sa 9:45am -10:15am
 368261 1/12 Su 12:25pm -12:55pm

Kennedy Shriver Aquatic Center

367077 1/11 Sa 9:40am -10:10am

Martin Luther King Swim Center

367754 1/7 Tu 8:30pm-9:00pm

Olney Swim Center

367914 1/9 Th 7:10pm-7:40pm
 367913 1/11 Sa 11:30am -12:00p

ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

368262 1/4 Sa 11:45am -12:15pm
 368263 1/12 Su 11:45am -12:15pm

Kennedy Shriver Aquatic Center

367078 1/5 Su 11:40am -12:10pm
 367079 1/7 Tu 8:30pm-9:00pm

Martin Luther King Swim Center

367755 1/9 Th 8:30pm-9:00pm

Olney Swim Center

367916 1/9 Th 7:45pm-8:15pm
 367915 1/11 Sa 10:50am -11:20am

ADULT LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

367080 1/8 W 8:30pm-9:00pm

Olney Swim Center

367917 1/7 Tu 7:45pm-8:15pm

ADULT SWIM FOR CONDITIONING 1

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

Kennedy Shriver Aquatic Center

367054 1/6 M 8:30pm-9:00pm

ADULT SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

367055 1/6 M 8:30pm-9:00pm





ADAPTED AQUATICS

MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. These courses will be offered in the Fall, Winter and Spring. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination of the following: physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Instructors will lead participants through a range of water experiences that encourage independence in the water, socializing and specific swimming or exercise skills and routines. To ensure success in these programs, we do need families/caregivers to commit their assistance. It is important you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. Then head through the locker rooms. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for the Adapted Aquatics. PARENT/CAREGIVER MUST ENTER THE WATER AND PARTICIPATE IN THE CLASS.

Lessons-Volunteer Assisted

This is a learn-to-swim program for the children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

6 Sessions				\$55
369879	Kennedy Shriver Aq Ctr	1/4	Sa	9:45am-10:25am
369880	Kennedy Shriver Aq Ctr	1/4	Sa	10:35am-11:15am

Lessons-Level 1 • Ages 14 & Up

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

6 Sessions				\$59
369883	Kennedy Shriver Aq Ctr	1/6	M	10:45am-11:15am
369897	Kennedy Shriver Aq Ctr	1/10	F	10:45am-11:15am

Lessons-Level 1 • Ages 7-13

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

6 Sessions				\$59
369890	MLK Swim Center	1/6	M	4:00pm-4:30pm
369884	Olney Swim Center	1/6	M	5:40pm-6:10pm
369885	Germantown ISC	1/7	Tu	4:15pm-4:45pm

Water Exercise Adaptive • Ages 14 & Up

This is an exercise program for individuals with physical and/or developmental disabilities. If you need to get into shape, then this slow paced class, done in shallow water is for you. This course will allow the participant the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

9 Sessions				\$63
369896	MLK Swim Center	1/12	Su	4:00pm-4:50pm
369895	MLK Swim Center	1/6	M	11:00am-11:50am
369892	Kennedy Shriver Aq Ctr	1/7	Tu	1:00pm-1:50pm
369894	Germantown ISC	1/8	W	11:30am-12:20pm
369893	Kennedy Shriver Aq Ctr	1/9	Th	1:00pm-1:50pm

WORKOUT THIS WINTER!



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

The TOTAL REC Pass is the easy way to have access to all Montgomery County Recreation facilities, including:

All Indoor Aquatic Centers • Basketball Courts
Fully Equipped Weight/Exercise Rooms • Pool Tables

Save MONEY! Buy your pass online at recweb.montgomerycountymd.gov

Classes

CLASSES

**Classes Will Not Meet On
December 23-January 1
January 17 - February 20
Except Aquatic Classes And Break Camps**





ARTS & CRAFTS

YOUTH



FIND US FAST ON YOUR SMARTPHONE



Adventures in Art

Ages 5-11: 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: Tatiana Martin		
363740	Longwood CRC	1/11 Sa 10:15am -11:15am
363741	Upper County CRC	1/11 Sa 12:00pm-1:00pm

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: Tatiana Martin		
363744	Longwood CRC	1/11 Sa 2:00pm-3:00pm

Cartooning with Young Rembrandts

Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor.

6 Sessions		\$80
Instructor: Michele Young Rembrandts		
364116	Wheaton CRC	1/13 M 6:30pm-7:30pm
364117	Germantown CRC	1/15 W 5:00pm-6:00pm

Draw and Clay

Ages 4- 9: JAN. class will study the various kinds of whales in the ocean, each child will choose their favorite and draw, sculpt and paint it. This is an educational as well as creative class! FEB. class will study the American Eagle and why it is such an important symbol for our nation. We will learn about this bird's habitat as well how to draw sculpt and paint the American Eagle. \$10 material fee due to instructor for session class.

4 Sessions		\$39
Instructor: Yolanda Prinsloo		
369219	Germantown CRC	1/7 Tu 5:15pm-6:15pm
369218	Bauer Drive CRC	1/8 W 5:30pm-6:30pm
369221	Germantown CRC	2/4 Tu 5:15pm-6:15pm
369220	Bauer Drive CRC	2/5 W 5:30pm-6:30pm

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		
362252	Germantown CRC	1/6 M 6:30pm-7:30pm
8 Sessions		\$72
Instructor: Pyper H. Dixon		
362253	White Oak CRC	1/8 W 6:30pm-7:30pm

Drawing with Young Rembrandts

Ages 6-12: Must be six by the start of class. Encourage your child's enthusiasm for drawing as we present lessons that encompass a fascinating world of color, pattern, and design, some of which will include a component of art history. We will learn various styles of drawing such as portraits, still life, graphics, perspective and more! Students will strengthen their knowledge and skills with color as well. You'll be amazed at what your children can achieve and how their confidence will grow.

6 Sessions		\$80
Instructor: Michele Young Rembrandts		
364122	Potomac CRC	1/14 Tu 5:00pm-6:00pm
364121	Longwood CRC	1/16 Th 5:00pm-6:00pm

Let's Draw! Beginning/Intermediate

Ages 9 & 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.

8 Sessions		\$128
Instructor: Pyper H. Dixon		
362275	East County CRC	1/11 Sa 10:15am -12:15pm

Modern Masterpieces (painting)

Ages 6-13: 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.

8 Sessions		\$64
Instructor: Pyper H. Dixon		
362296	Germantown CRC	1/7 Tu 6:30pm-7:30pm
362297	White Oak CRC	1/9 Th 6:30pm-7:30pm
362298	East County CRC	1/11 Sa 1:00pm-2:00pm

Sunday Studio II w/CREATE

Ages 7-10: This studio class caters to the more sophisticated palette of the older artist. Students focus their interests in drawing, painting, and sculpture in a fun, encouraging, and creative environment. They will bring home two and three-dimensional projects they will be proud to share! \$25 material fee due instructor at the beginning of the first class.

8 Sessions		\$120
Instructor: Create Art Center		
364110	Create Arts Center	1/26 Su 11:30am-1:00pm



FINE ARTS

Acrylic Painting Techniques

Ages 14 & 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 due to instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

10 Sessions \$170
 Instructor: Margaret Deskin
 362241 Bauer Drive CRC 1/11 Sa 10:30am -12:30pm

Chinese Watercolors

18 & Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

10 Sessions \$170
 Instructor: Helene Sze McCarthy
 364107 Blair, Montgomery HS 1/8 W 7:30pm-9:30pm

Drawing Kids and Animals w/ Kritt

Ages 17 & Up: You'll be thrilled at how easy this is. From portraits to sketches of the entire body, you can do it all. Sketch your kids at play, or draw your cat or dog (or bird, turtle, etc.!) Create family heirlooms! Learn to do subjects who pose and how to do quick sketches of those who won't sit (or stay!). Call 301-989-1799 for supply list.

8 Sessions \$136
 Instructor: Penny Kritt
 364048 Kritt Studio 1/6 M 10:00am -12:00pm
 364049 Kritt Studio 1/6 M 7:00pm-9:00pm

Oil or Acrylic Painting- Your Choice

Ages 18 & 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.

8 Sessions \$144
 Instructor: Doris Haskel
 364435 Norwood LP 1/6 M 9:45am -11:45am
 10 Sessions \$180
 Instructor: Doris Haskel
 364436 Norwood LP 1/7 Tu 9:45am -11:45am
 364437 Norwood LP 1/8 W 9:45am -11:45am

Painting from A to Z

Ages 10 & Up: All levels: 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.

9 Sessions \$152
 Instructor: Vivienne Cho
 362365 Bauer Drive CRC 1/7 Tu 11:00am-1:00pm

NEW Paint like Van Gogh with Merlot

Ages 21 & Up: All levels: Express your artistic creativity on canvas! Enjoy a few glasses of red or white wine and mingling while you create your individual masterpiece. Instruction, beverages, and all supplies provided.

1 Session \$49
 Instructor: Vivienne Cho
 363105 Bauer Drive CRC 1/23 Th 7:00pm-9:30pm
 363108 Jane E. Lawton CRC 1/30 Th 7:00pm-9:30pm
 363104 Potomac CRC 2/6 Th 6:00pm-8:30pm

Right Brain Drawing Beginner

Ages 13 & 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 \$25 for materials fee due to instructor.

7 Sessions \$119
 Instructor: Yolanda Prinsloo
 364126 Potomac CRC 1/6 M 5:30pm-7:00pm

Right Brain Drawing Advanced

Ages 13 & Up: For those who 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
 364124 Potomac CRC 1/6 M 7:15pm-8:45pm

Sketching with Charcoal

Ages 16 & Up: Learn the art of charcoal drawing through sketching still life with a Fine Artist. Practice sketching quick sketches as well as longer drawings. Use of vine charcoal, black conte, umber conte and white conte will be demonstrated. Exploration of composition, light and dark, form and space. A material fee of \$20 is due to the instructor at the first class. Any questions? Email valeriehaber@msn.com.

2 Sessions \$45
 Instructor: Valerie Haber
 362017 Plum Gar CRC 2/12 W 10:00am -12:00pm

Stone Sculpture

Ages 16 & Up: Basic Instruction in the use of stone tools and the types of stones. Learn to hammer, chisel, sand and finish. Furnish your own tools, supplies and stone. Necessary tools and materials will be discussed at the first class. Bring gloves and safety glasses or goggles to first class for hands on experience.

10 Sessions \$170
 Instructor: Annamya Ruppert
 368104 Ross Boddy CRC 2/19 W 7:00pm-9:00pm





JEWELRY

Beginning Wire Work

Ages 12 & 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.

1 Session \$35
Instructor: Donna Weeks
363228 Bauer Drive CRC 1/15 W 7:00pm-9:00pm

Kumihimo

Ages 12 & Up: This is an ancient Japanese technique and the word means a gathering of threads. We'll be using a round disk, lots of silk and satin cording and beads to learn the basic 8 strand technique. You'll also learn how to finish off your project using wire and a clasp. Easy to do and a good technique to use for making necklaces, and more. \$12 material fee due to instructor at class.

1 Session \$35
Instructor: Donna Weeks
363233 Bauer Drive CRC 3/5 W 7:00pm-9:00pm

Jewelry Basics

Ages 12 & 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. \$10 material fee due to instructor in class.

1 Session \$35
Instructor: Donna Weeks
363227 Bauer Drive CRC 1/29 W 7:00pm-9:00pm

Jewel Girlz

Ages 12 & Up: The Jewel Girlz session will teach a unique curriculum and program to deliver a youth-friendly and fun art education with a focus on beadwork to youth. The central focus of the lessons is to teach beading and entrepreneurship skills that inspire and develop creativity and ingenuity. The curriculum incorporates the concepts of math, science, technology, and art to explore and teach fundamental principles of beadwork. \$35 material fee due to instructor in class.

4 Sessions \$75
Instructor: Renee Prioleau
364135 Mid County CRC 3/5 W 4:30pm-5:30pm

MORE ARTS & CRAFTS

Bath and Beauty Products

Ages 12 & 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: Donna Weeks
363224 Bauer Drive CRC 2/12 W 7:00pm-9:00pm

NEW Shabby Chic Furniture Painting

Ages 16 & Up: Did you inherit Grandma's old worn furniture and it's collecting dust in your garage? Did you find a piece of furniture at a yard sale or thrift store and need some ideas on how to make it pretty, chic, and unique? This class will teach you how to bring old furniture back to life using non-toxic paint, saving you money when decorating your home. Bring a small piece of furniture that you can complete and take home at the end of class (e.g. chair, end table, etc.). Bring your own lunch. Please email the instructor a picture of your furniture piece prior to class for approval (ThriftDiving@gmail.com). \$30 materials fee due to instructor, includes all paint and materials.

1 Session \$115
Instructor: Serena Appiah
369215 Germantown CRC 1/11 Sa 9:30am-2:30pm
369216 Longwood CRC 2/22 Sa 10:30am-3:30pm
369217 Potomac CRC 3/29 Sa 10:30am-3:30pm



Shabby Chic

POTTERY

Introduction to Pottery

Ages 16 & Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn handbuilding and wheel throwing, decorating, and glazing. \$30 material fee due to instructor at class. Covers 25 lbs of clay, glazes, slips and other consumables.

10 Sessions \$170
 Instructor: Pamela Reid
 364040 White Oak CRC 1/8 W 6:30pm-8:30pm

Pottery-Mini Session

Ages 16 & Up: For the novice and the experienced potter. Beginning students will work on hand building projects, and for the experienced, our well equipped studio has ample pottery wheels to practice and improve their skills. Wear old clothes and bring a towel and apron to the first class. \$5 material fee due to instructor at class.

4 Sessions \$96
 Instructor: Angela Schreiber
 363714 Sligo Creek ES 1/7 Tu 7:00pm -10:00pm
 363713 Sligo Creek ES 1/9 Th 9:30am -12:30pm
 Instructor: Margaret Dickerson
 363712 Sligo Creek ES 1/13 M 7:00pm -10:00pm

Handcrafted Pottery

Beginner/Intermediate

Ages 16 & Up: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$30 material fee due to instructor at class.

10 Sessions \$170
 Instructor: Pamela Reid
 364029 Wheaton CRC 1/8 W 10:00am -12:00pm

Handcrafted Pottery

Ages 15 & Up: All levels: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Bring an old towel. A \$30 material fee due to the instructor at first class.

8 Sessions \$200
 Instructor: Valerie Haber
 362018 Germantown CRC 1/8 W 6:00pm-9:00pm

Handcrafted Pottery All Levels

Ages 16 & Up: All Levels: Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$30 material fee due to instructor at the first class.

10 Sessions \$170
 Instructor: Pamela Reid
 364020 Wheaton CRC 1/9 Th 7:00pm-9:00pm
 364021 White Oak CRC 1/9 Th 6:30pm-8:30pm

Youth Pottery

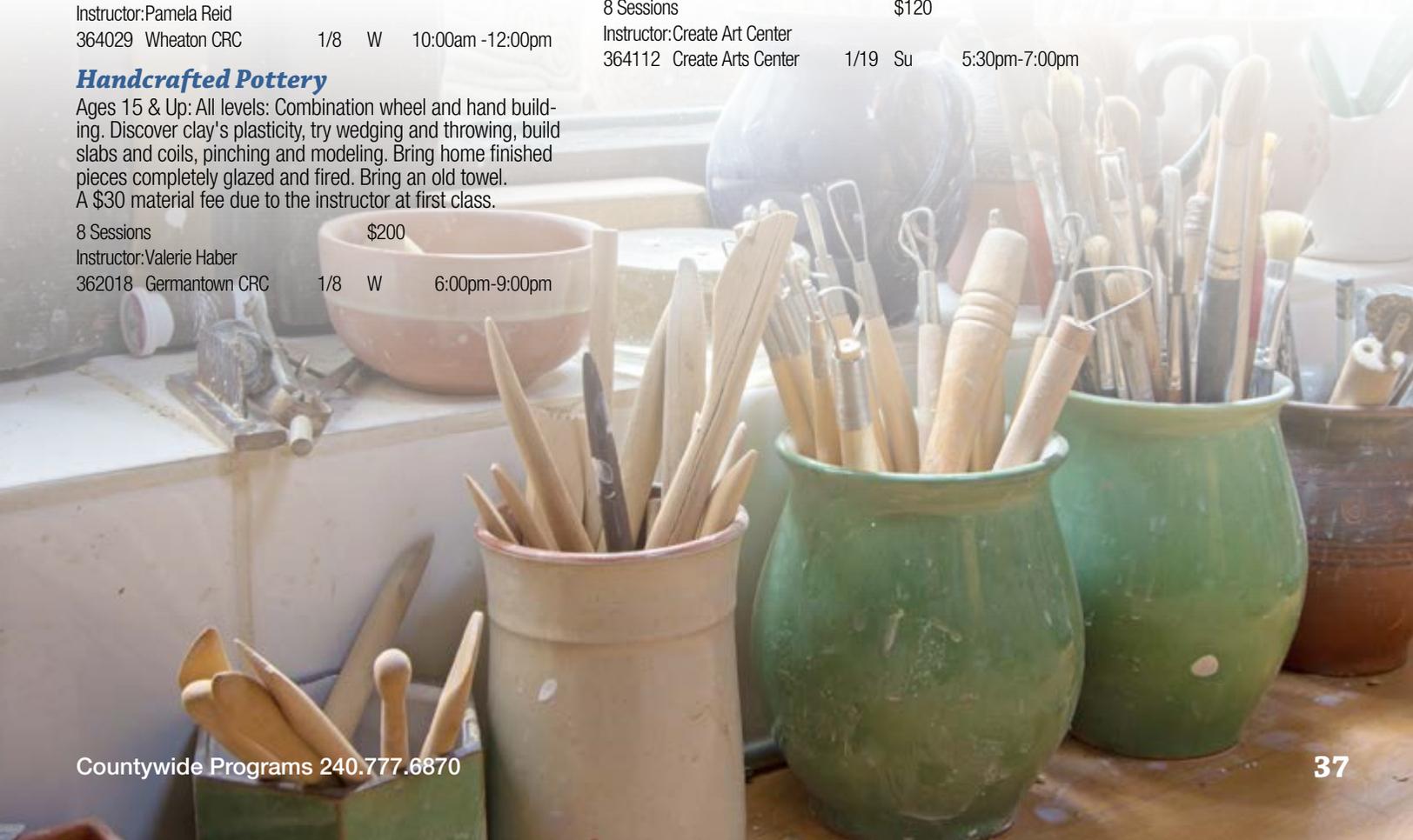
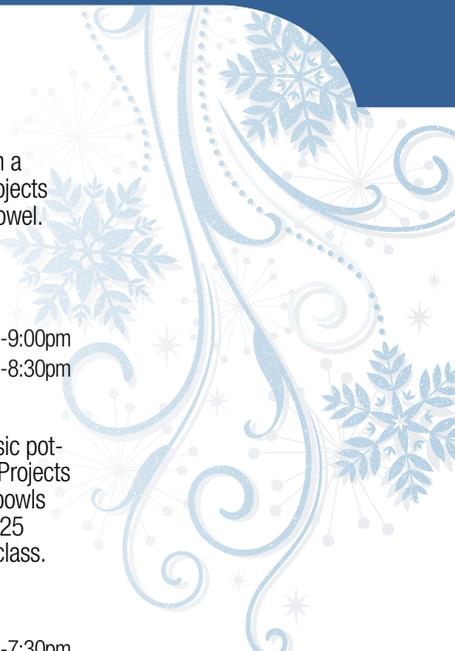
Ages 11-17: In this class we will focus on all the basic pottery techniques from hand-building to wheel-work. Projects are based on student interest such as Clay jewelry, bowls and sculpture. We use Stoneware clay and glazes. \$25 material fee due to the instructor on the first day of class.

8 Sessions \$129
 Instructor: Yolanda Prinsloo
 364128 Jane E. Lawton CRC 1/9 Th 5:30pm-7:30pm

Family Pottery with CREATE

Ages 6 & Up: Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! Cost is per person and adult registration is required with the registration of a child. \$25 material fee due per person on the first day of class.

8 Sessions \$120
 Instructor: Create Art Center
 364112 Create Arts Center 1/19 Su 5:30pm-7:00pm





DANCE

YOUTH



Comprehensive Classical Ballet Adv. Beg

Ages 7-10: Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. 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 sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

8 Sessions \$72
Instructor: Kim Bell
363729 Jane E. Lawton CRC 1/18 Sa 11:15am -12:00pm

Comprehensive Classical Ballet

Ages 4-6: Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls black short sleeve leotard, pink, footed tights and leather ballet slippers. Boys black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

8 Sessions \$72
Instructor: Kim Bell
363721 Jane E. Lawton CRC 1/18 Sa 10:15am -11:00am

Ballet

Ages 5-9: 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.

8 Sessions \$80
Instructor: Grace Oleson
361717 White Oak CRC 1/13 M 4:30pm-5:15pm
361714 Potomac CRC 1/14 Tu 4:30pm-5:15pm
361716 Germantown CRC 1/15 W 4:30pm-5:15pm
361715 Wheaton CRC 1/16 Th 4:30pm-5:15pm

Ballet

Ages 5-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential.

9 Sessions \$81
Instructor: Kahina Haynes
364059 Germantown CRC 1/11 Sa 11:00am -12:00pm

Ballet All Levels

Ages 9-12: All Levels: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. Beginning with barre work, the class proceeds to center work and movement which travel across the floor.

9 Sessions \$81
Instructor: Kahina Haynes
370279 Upper County CRC 1/8 W 7:15pm-8:15pm
364057 Potomac CRC 1/9 Th 6:15pm-7:15pm

Tap, Ballet & Jazz Intermediate

Ages 8-15: 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.

8 Sessions \$72
Instructor: Rowena DeLuca
364802 Marilyn J. Praisner CRC 1/11 Sa 12:00pm-1:00pm

Tap, Ballet & Jazz Beginner

Ages 4-6 & 7-15: 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.

8 Sessions \$72
Instructor: Rowena DeLuca
Ages 4-6
364799 Mid County CRC 1/6 M 6:00pm-7:00pm
364798 Marilyn J. Praisner CRC 1/11 Sa 10:00am -11:00am
Ages 7-15
364800 Marilyn J. Praisner CRC 1/11 Sa 11:00am -12:00pm

NEW Imagine Dance

This is a unique approach to dance using principles of perceptual motor development, creative movement and the Isadora Duncan philosophy of dance, including the importance of breath, organic movement, and appreciation of nature and the arts, musicality, and personal expression. Imagery, dance games, improvisation and dance skills are combined to create a joyous, meaningful and fun-filled experience. This class is perfect for parents looking to give their child an inspiring, 'whole child' experience in dance!

8 Sessions \$125
Instructor: Valerie Durham
Ages 4 - 7
370384 Bauer Drive CRC 1/14 Tu 5:00pm-6:00pm
Ages 8 - 13
370383 Bauer Drive CRC 1/14 Tu 4:00pm- 5:00pm

Capoeira Youth

Ages 7-12: Students will learn basic Capoeira movements. Capoeira is a dance mixed with light acrobatics martial art and music. Participants form a roda (circle) and take turns playing instruments, singing, and dancing in pairs in the center of the circle. The game is marked by fluid dance play. Capoeira helps develop your reflexes, your cardio, increase self-confidence and encourage team building.

8 Sessions \$79
Instructor: Roberto Roda Movements
364451 Marilyn J. Praisner CRC 1/7 Tu 7:30pm-8:30pm
364449 White Oak CRC 1/8 W 7:00pm-8:00pm
364450 Bauer Drive CRC 1/9 Th 8:30pm-9:30pm



Hip Hop for Kids!

Ages 6-8: This class is designed to introduce the Hip-Hop culture through the element of dance. Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class will begin with a basic warm-up to stretch and tone the body, followed by across the floor progressions, concluded with a fun and energetic routine.

4 Sessions	\$39				
Instructor:Kahina Haynes					
364072	White Oak CRC	1/14	Tu	6:15pm -7:00pm	
364073	White Oak CRC	2/11	Tu	6:15pm -7:00pm	
8 Sessions	\$72				
Instructor:Kahina Haynes					
364071	White Oak CRC	1/14	Tu	6:15pm -7:00pm	
9 Sessions	\$81				
Instructor:Kahina Haynes					
364070	Upper County CRC	1/8	W	6:15pm-7:15pm	

Hip Hop for KidZ!

Ages 9-12: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

8 Sessions	\$72				
Instructor:Kahina Haynes					
370280	Potomac CRC	1/9	Th	7:30pm-8:30pm	
364091	Germantown CRC	1/11	Sa	12:00pm-1:00pm	
364088	Bauer Drive CRC	1/27	M	5:15pm-6:00pm	

Bollywood Kids

Ages 6-10: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions? Call Kumud Mathur at 301-299-3334.

7 Sessions	\$95				
Instructor:Kumud Mathur					
363736	Potomac CRC	1/14	Tu	6:30pm-7:15pm	



Bollywood Kids

BALLROOM

Instructors:

Joe Kim	301-774-3126
Rebecca McKinney	202-669-7723
Tony Seleme.....	202-386-2060
Tom Woll	703-591-3839

REGISTRATION IS PER PERSON.

Ballroom I Beginners (Couples)

Ages 16 & 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. Instructors: Joe Kim 301-774-3126, Tony Seleme 202-386-2060, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839. Registration is per student, must have a partner registered in the class to attend.

8 Sessions	\$75				
Instructor:Joe Kim					
364342	Olny ES	1/10	F	7:30pm-8:30pm	
Instructor:Tony Seleme					
364339	Bauer Drive CRC	1/6	M	7:15pm-8:15pm	
Instructor:Rebecca Phyllis McKinney					
364341	Bethesda ES	1/6	M	7:00pm-8:00pm	
Instructor:Thomas Woll/ Ann Basso					
364340	Wheaton CRC	1/22	W	7:00pm-8:00pm	

Ballroom II (Couples)

Ages 16 & 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. For further information please contact your instructor directly. Instructors: Joe Kim 301-774-3126, Tony Seleme 202-386-2060, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839. Registration is per student.

8 Sessions	\$75				
Instructor:Joe Kim					
364349	Olny ES	1/10	F	8:30pm-9:30pm	
Instructor:Tony Seleme					
364350	Bauer Drive CRC	1/6	M	8:15pm-9:15pm	
Instructor:Rebecca Phyllis McKinney					
364351	Bethesda ES	1/6	M	8:00pm-9:00pm	
Instructor:Thomas Woll/ Ann Basso					
364348	Wheaton CRC	1/22	W	8:00pm-9:00pm	

Ballroom III (Couples)

Ages 16 & 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. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered partner to participate in the class.

8 Sessions	\$75				
Instructor:Thomas Woll/ Ann Basso					
364415	Gwendolyn Coffield CRC	1/21	Tu	7:45pm-8:45pm	

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Ballroom IV (Couples)

Ages 16 & 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. Instructor: Thomas Woll, 703-591-3839. All registration fees are per person, a registered partner is required for this class.

8 Sessions \$75
Instructor: Thomas Woll/Ann Basso
364427 Mid County CRC 1/23 Th 7:45pm-8:45pm

Ballroom Practice & Party (Couples)

Age 17 & 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. Instructor: Tony Seleme 202-386-2060. Registration is per person, students must have a registered partner to attend the class.

10 Sessions \$150
Instructor: Tony Seleme
364405 Holiday Park Sr Ctr 1/10 F 7:00pm -10:00pm

NEW Ballroom Survival

Ages 18 & Up: The cruise, the wedding, that special event; it can be a jungle out there without the right dance moves. Ballroom Survival is a ballroom dance class offered to individuals or couples. Designed to teach you the basics of the Foxtrot, Swing, and Salsa, the most popular formal event dances, this class will surely get you in shape for your next special occasion. This is a beginner course. Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$72
Instructor: Nick Short/Olga Yarashevich
369212 Avant Garde Studio 1/18 Sa 12:00pm -12:45pm



Ballroom Wedding Dance (Couples)

Ages 18 & 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. Registration fee is per person, must have a registered partner to attend the class.

7 Sessions \$67
Instructor: Thomas Woll/Tony Dunn
364408 Potomac CRC 1/13 M 7:00pm-8:00pm
10 Sessions \$95
Instructor: Tony Seleme
364409 Holiday Park Sr Ctr 1/7 Tu 9:00pm-10:00pm

Dance for the Special Occasion (Singles and Couples)

Ages 18 & 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.

8 Sessions \$75
Instructor: Herb Fredricksen
364445 Germantown CRC 1/15 W 7:45pm-8:45pm

DC Hand Dancing (Singles and Couples)

Ages 18 & 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.

8 Sessions \$75
Instructor: Thomas Woll/Tony Dunn
364423 Potomac CRC 1/15 W 7:00pm-8:00pm

Swing (Couples)

Ages 17 & Up: Beginner. Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. For further information, please call the instructor Tony Selemy at 202-386-2060 for the Tuesday class or Rebecca McKinney at 202-669-7723 for the Thursday Registration fee is per person, students must have a registered partner to attend.

10 Sessions \$95
Instructor: Tony Seleme
364401 Holiday Park Sr Ctr 1/7 Tu 7:00pm -8:00pm
Instructor: Rebecca Phyllis McKinney
364400 Jane E. Lawton CRC 1/9 Th 8:00pm-9:00pm

INTERNATIONAL

Folk Bhangra/Bollywood

Ages 11 & Up: Beginner/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

7 Sessions \$95
 Instructor: Kumud Mathur
 363732 Potomac CRC 1/14 Tu 7:30pm-8:15pm

International Folk Dancing

Ages 17 & 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 or e-mail diamonddancecircle@comcast.net.

4 Sessions \$30
 Instructor: Phyllis Diamond
 362108 Jane E. Lawton CRC 3/3 M 7:30pm-9:45pm

7 Sessions \$52
 Instructor: Phyllis Diamond
 362107 Jane E. Lawton CRC 2/3 M 7:30pm-9:45pm

10 Sessions \$75
 Instructor: Phyllis Diamond
 362105 Jane E. Lawton CRC 1/6 M 7:30pm-9:45pm

LATIN DANCE

Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners. For more info, call Tony Seleme at 202-386-2060.

10 Sessions \$95
 Instructor: Tony Seleme
 364403 Holiday Park Sr Ctr 1/7 Tu 8:00pm-9:00pm

Latin Salsa (Singles & Couples)

Ages 17 & Up: Beginner. 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. Students change partners frequently. Tom Woll may be reached for further information at 703-591-3839.

8 Sessions \$75
 Instructor: Thomas Woll/Tony Dunn
 364425 Potomac CRC 1/15 W 8:00pm-9:00pm

Latin Tango (Couples)

Age 17 & Up: Beginner/Intermediate. American & International Standard Tango. Questions? call Rebecca at 202-669-7723.

8 Sessions \$75
 Instructor: Rebecca Phyllis McKinney
 364385 Bethesda ES 1/6 M 9:00pm -10:00pm
 371132 Jane E. Lawton CRC 1/6 Th 7:00pm -8:00pm

Latin Salsa & Merengue Beginner (Single & Couples)

Ages 17 & Up: Beginner. The class includes partner dance, solo free style, and practice to mini choreographed routine. Students will learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

8 Sessions \$75
 Instructor: Joe Kim
 364429 Barnsley, Lucy ES 1/8 W 7:30pm-8:30pm

Latin Salsa & Merengue Inter/Adv (Single & Couples)

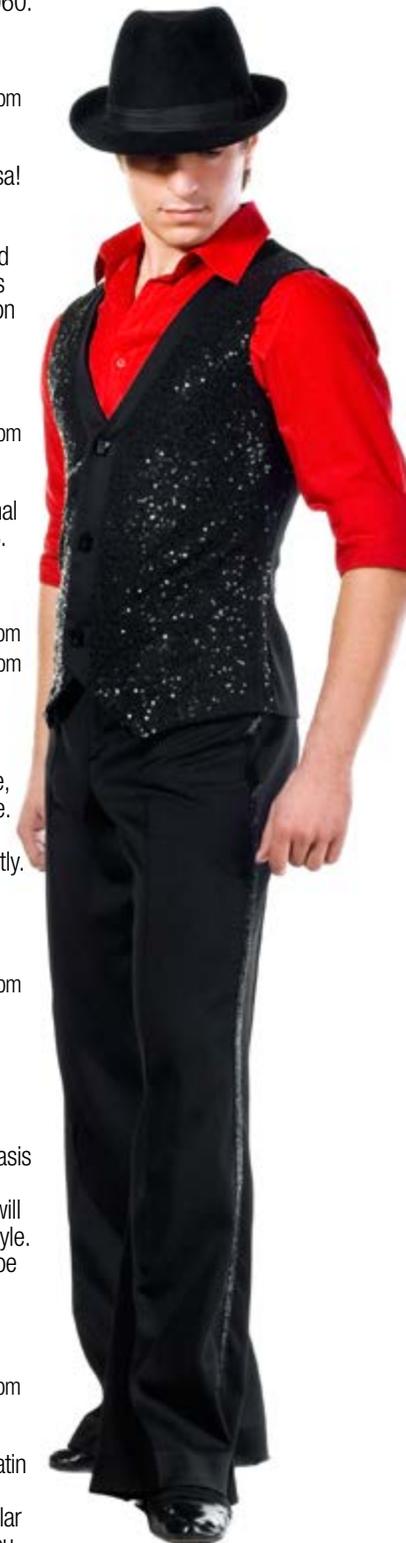
Ages 17 & Up: Intermediate/Advanced. Prerequisite: Salsa beginner class or solid basic knowledge. Review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently. For more info, call Joe at 301-774-3126. This class does not require a partner.

8 Sessions \$75
 Instructor: Joe Kim
 364431 Barnsley, Lucy ES 1/8 W 8:30pm-9:30pm

NEW Latin Club Dancing

Ages 18 & Up: Beginner. Don't be a wallflower any longer. Latin Dance Club is offered to individuals or couples. Designed to teach you the basics of Salsa and Merengue, the most popular Latin nightclub dances, it will give you the confidence that you so desire. Questions? Call Avant Garde at 301-881-1436.

8 Sessions \$72
 Instructor: Nick Short/ Don Beedie
 369211 Avant Garde Studio 1/14 Tu 7:30pm-8:15pm





MORE DANCE

Chicago Steppin

18 & Up: Steppin is an urban African-America form of Swing Dance that originated in Chicago. This partner dance has 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. No partner is required. Materials fee of \$2 is due to the instructor at the first class.

5 Sessions				\$49
Instructor: Jeffery Brown				
364054	East County CRC	1/8	W	7:15pm-8:45pm
364055	East County CRC	2/12	W	7:15pm-8:45pm
10 Sessions				\$79
Instructor: Jeffery Brown				
364053	East County CRC	1/8	W	7:15pm-8:45pm

Urban Line Dance

Ages 16 & Up: This introduces you to the basic patterns and steps for line dancing by a certified Line Dancing Instructor. Learn basic beginning level line dance step patterns and gradually progress to 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. For more info, please call Peytrienne McCormick at 301.379.5937.

8 Sessions				\$60
Instructor: Peytrienne McCormick				
364016	Wheaton CRC	1/7	Tu	6:00pm-7:00pm
364017	Plum Gar CRC	1/8	W	6:30pm-7:30pm

US/Mexican Border Dances (Singles and Couples)

Ages 18 & Up: Grab a partner or come as a single and explore over 200 years of dancing with a man who collects and keeps alive these spirited dances. Dances will include rhythms called Mariachi, Norteno, Conjunto, Ranchero, Tex-Mex, even Cajun. Since the days of the Alamo a vibrant exchange of music and dance that has taken place along this border territory. The instructor has taught for the Smithsonian Institution and the Friends of the Kennedy Center for many years. No partner or experience is required.

8 Sessions				\$75
Instructor: Herb Fredricksen				
364440	Germantown CRC	1/15	W	6:30pm-7:30pm

TAP

Tap Dance for Adults Intermediate

Ages 16 & Up: A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

8 Sessions				\$72
Instructor: Rowena DeLuca				
364786	Marilyn J. Praisner CRC	1/10	F	12:30pm-1:30pm

Tap Dance for Adults

Ages 16 & Up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6pm-7pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm-7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7pm-8pm and will focus on intermediate steps and combination. Advance class will be held from 8pm-9pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

8 Sessions				\$72
Instructor: Rowena DeLuca				
364791	Capital View-Hwd LP	1/8	W	6:00pm-7:00pm
364792	Capital View-Hwd LP	1/8	W	6:30pm-7:30pm
364793	Capital View-Hwd LP	1/8	W	7:00pm-8:00pm
364794	Capital View-Hwd LP	1/8	W	8:00pm-9:00pm



Volunteer This Winter!

- 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.



MUSIC

GUITAR

Guitar Level I

Ages 9 & Up: Beginner. Tune up and start playing your favorite 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. Questions? Call Brian at 301-320-6999.

8 Sessions \$144
 Instructor: Brian Gross
 362076 Bauer Drive CRC 1/8 W 7:00pm-8:00pm

Guitar Songs

Ages 9 & Up: You pick the songs! Learn to play your favorite songs, more strumming patterns, and more chords, including barre and power chords. Bring to 1st class a list of 3-4 songs that you want to learn, a fully strung guitar, electronic tuner, and pencil. Prerequisite: Guitar Level I or knowledge of basic chords and strumming patterns. Guitar Level 2 students welcome. Questions? Call Brian at 301-320-6999.

8 Sessions \$144
 Instructor: Brian Gross
 362082 Bauer Drive CRC 1/8 W 8:00pm-9:00pm

PIANO

Group Piano Beginner

Ages 18 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

8 Sessions \$120
 Instructor: Elizabeth Duncan
 363694 Holiday Park Sr Ctr 1/7 Tu 10:15am -11:05am
 363695 Holiday Park Sr Ctr 1/7 Tu 7:00pm-7:50pm

Group Piano Advanced Beginner

Ages 18 & Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

8 Sessions \$120
 Instructor: Jeffrey Binckes
 363664 Holiday Park Sr Ctr 1/6 M 10:15am -11:05am
 363666 Holiday Park Sr Ctr 1/6 M 2:30pm-3:20pm
 Instructor: Elizabeth Duncan
 363665 Holiday Park Sr Ctr 1/7 Tu 9:15am -10:05am

Group Piano Intermediate

Ages 18 & Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

8 Sessions \$120
 Instructor: Jeffrey Binckes
 363685 Holiday Park Sr Ctr 1/6 M 7:00pm-7:50pm
 363689 Holiday Park Sr Ctr 1/6 M 11:15am -12:05pm
 363690 Holiday Park Sr Ctr 1/6 M 12:30pm-1:20pm
 Instructor: Elizabeth Duncan
 363686 Holiday Park Sr Ctr 1/7 Tu 11:15am -12:05pm
 363687 Holiday Park Sr Ctr 1/7 Tu 8:00pm-8:50pm
 363688 Holiday Park Sr Ctr 1/7 Tu 1:15pm-2:05pm

Group Piano Advanced

Ages 18 & Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods. Emphasis on duet, two piano literature and solo performance.

8 Sessions \$120
 Instructor: Jeffrey Binckes
 363659 Holiday Park Sr Ctr 1/6 M 1:30pm-2:20pm

Group Piano Popular Favorites

Ages 18 & Up: A fun and exciting approach to music and piano! No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Wherever you fit, come and make music in a relaxed and enjoyable environment. Students should have a piano or keyboard available for practice.

8 Sessions \$120
 Instructor: Elizabeth Duncan
 363701 Holiday Park Sr Ctr 1/7 Tu 12:15pm-1:05pm

Exploring Music and Piano Level IA

Ages 5-10: Participants should plan to continue throughout the 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. \$15 material fee due to instructor.

8 Sessions \$200
 Instructor: Geiza Dourado
 363246 Golden School of Music 1/13 M 5:45pm-6:45pm
 9 Sessions \$225
 Instructor: Geiza Dourado
 363244 Golden School of Music 1/18 Sa 12:00pm-1:00pm

Exploring Music and Piano Level IB

Ages 5-10: Prerequisite Level IA. Contains all the elements of Exploring Music and Piano 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. \$15 material fee due to instructor.

8 Sessions \$200
 Instructor: Geiza Dourado
 363266 Golden School of Music 1/13 M 5:15pm-6:15pm
 9 Sessions \$225
 Instructor: Geiza Dourado
 363265 Golden School of Music 1/18 Sa 12:30pm-1:30pm



COOKING

WINE & DINE-ADULTS

Wine & Dine-Great Bargain Wines

21 & Up: Great tasting, easy on the pocketbook wines is our theme. Whether you're drinking from the newest stemless goblets, a coffee mug, mason jar or exclusive Riedel crystal goblets, nothing tastes as satisfying as a good bargain. In this class, we'll have at least 9 of the best bets for wine that doesn't cost an arm and a leg, divided by country. All wines will cost less than \$20 at Montgomery County Liquor Stores. Our recipes include Chicken Supreme (chicken in cream sauce with mushrooms) over egg noodles, and a traditional French Quiche and Meatballs in a Blueberry barbecue sauce. Take home recipes and extensive wine notes provided. \$25 food/wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 369781 Ross Boddy CRC 2/7 F 7:00pm -10:00pm

Wine & Dine-

Finally! Local Wines We Can Believe In

Ages 21 & Up: At last we have local wines; locally owned, grown, vented, bottled and sold in Montgomery County by a local vineyard producing a quality product. We will taste nine different new vintages from Sugarloaf Mountain Vineyard located in Comus, MD. Josh Parker, Promotions Director for Sugarloaf Mountain Vineyard, will be available to discuss this year's bottlings. We will be doing a Cheese, Ham and Onion quiche to match with our white wine selections; a sausage and seafood paella to taste with our full bodied whites and lighter reds; and finally a pasta with an Agrodolce meatball and sauce. Take home recipes and wine tasting notes will be provided. \$25 food and wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 369782 Ross Boddy CRC 3/7 F 7:00pm -10:00pm

Italian Wines and Fare

Ages 21 & Up: A few years ago, Chef Davis traveled to Parma, Italy to attend the professional Barilla Academie of Cooking and returned with a newfound appreciation for Italian cuisine. Our menu selections will include a rustic Tuscan white bean soup paired with rustic reds from the same region. Then we'll tackle asparagus with wine: we'll match Tagliatelle Pasta with Asparagus and Gorgonzola Sauce. An oil-poached piece of halibut finished with fennel and tomatoes will wrap up this extravagant Italian menu. We'll match these three wonderful recipes with nine different Italian wines. Take home recipes and extensive wine notes provided. So schedule the babysitter and plan your monthly date night. \$25 food and wine fee due instructor at class time.

1 Sessions \$55
 Instructor: James Davis
 369779 Ross Boddy CRC 1/10 F 7:00pm -10:00pm

COOKING SKILLS

Knife Skills Class

Ages 18 & Up: 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, or purchase new ones (with a discount) from the complete line of professional knives that we have available. You will peel, slice and chop, and separate and de-bone a chicken. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$18 food fee due Instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369787 Ross Boddy CRC 2/15 Sa 10:30am-2:30pm

Cooking Skills I

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. You will learn knife skills including how to slice, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise. And you will fix a first class lunch, including a Shrimp and Cheese Grits first course, Tuscan Roast Pork with Apples and Vegetables, a salad with homemade dressing and a fruit cobbler for dessert. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369783 Ross Boddy CRC 1/18 Sa 10:30am-2:30pm

Cooking Skills II

Age 15 & Up: First, you will prepare a delightful appetizer recipe of Caramelized Fennel and Onions on Toasted Crostini (Italian Bruschetta) and an entree of Ancho Chili and Coffee Braised Short Ribs of Beef for your introduction to the use of a pressure cooker accompanied by Smushed Oven Fried Potatoes. And to top it off, a Fresh Apple galette. Kitchen Skills One is not a pre-requisite, but this class is not for the novice or beginner cook. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369785 Ross Boddy CRC 2/1 Sa 10:30am-2:30pm

GENERAL COOKING

Be Your Own Personal Chef

Ages 15 & Up: You will cook with the experts and learn how to prepare 2 weeks' worth of food at a time AND how to save money in the process. Schedule your every-other-Saturday cook day; shop, cook, package, label and store really good food for your family. A heavy emphasis is placed on organization and food safety. We will prepare a full lunch, so come with an appetite. Take home recipes for 2 weeks worth of meals including side dishes. \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369791 Ross Boddy CRC 3/29 Sa 10:30am-2:30pm

It's a Southern Living Magazine

Mardi Gras Party!

Ages 15 & Up: It's Carnival time in New Orleans, the nation's party, and who could do it better than *Southern Living Magazine*? We'll start with Hot Crawfish Dip followed by Fresh Fried Oysters served with our own homemade cocktail sauce. Then a popular Cajun entrée: Crab-and-Shrimp Etouffee. For dessert, we'll have a New Orleans' signature dish: Bananas Foster. This class features take home recipes as well as plenty to eat! \$20 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369789 Ross Boddy CRC 3/1 Sa 10:30am-2:30pm

Creative Italian Cooking

Ages 15 & Up: You don't have to be a professionally trained chef in order to be a creative cook. And we prove it in this class where we will prepare a homemade Focaccia (Italian Flat Bread) with your choice of toppings, followed by a creamy Asparagus Soup with Parmesan Custards. Our main course will be Agrodolce Meatballs served with Italian Green Peas and Mushrooms. For dessert, how about Zeppoli, (real Italian doughnuts) with Ice Cream. Sign up early. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369788 Ross Boddy CRC 2/22 Sa 10:30am-2:30pm

Kid's Kitchen: Food, Fun, And Fitness

Ages 10-15: Learn practical messages about nutrition, physical activity, and good health that are simple, interactive, and fun. Participants will engage in hands-on food and fitness activities and prepare delicious recipes from all the food groups (grains, fruits, vegetables, dairy and meat) to develop a healthy lifestyle of eating and exercise. A \$15 material fee is due to the instructor on the first day of class.

1 Sessions \$65
 Instructor: Renee Prioleau
 368868 White Oak CRC 2/15 Sa 10:00am -12:00pm
 368866 Mid County CRC 3/15 Sa 10:00am -12:00pm

The Winter Dinner Party

Ages 15 & Up: Time to call a few friends and family and plan the first dinner party of the winter season. We'll start with an Asparagus Soup with a Parmesan Custard for our first course, followed by a Blanquette de Veau (Veal Stew) served over homemade noodles. Dessert will be one a Lemon Panna Cotta with Blackberry Sauce. We eat what we cook. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369784 Ross Boddy CRC 1/25 Sa 10:30am-2:30pm

Classic French

Ages 15 & Up: French cuisine has a very simple secret: find the best meats and vegetables, treat them with care, season them carefully and DON'T MESS WITH THEM. Following those standards, we will prepare a salad with homemade dressing garnished with fresh goat cheese, pecans and beautiful red raspberries. Next, a traditional Beouf Bourguignonne served over homemade noodles. This is the ultimate French comfort food! And for dessert, a wonderful Pear and Walnut Tarte Tatin, served with Whipped Cream. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369790 Ross Boddy CRC 3/15 Sa 10:30am-2:30pm

Country Cookin'

Ages 15 & Up: Explore the wonders of American Southern food. From the deep south, we'll do real Louisiana Buttermilk Fried Chicken accompanied by Collard Greens and Pinto Beans. To finish, we'll fix a fruit cobbler with ice cream. This class features take home recipes as well as plenty to eat! \$18 food fee due instructor at class time.

1 Sessions \$50
 Instructor: James Davis
 369792 Ross Boddy CRC 3/18 Tu 6:30pm-9:30pm

Real Thai, Real Good

Ages 15 & Up: Always one of the most popular classes we offer, this will also be a Thai class to remember! Impress your friends and family with Fried Pork Wontons for an appetizer, served with a delightfully spicy Asian dipping sauce; then on to Chicken in Coconut Soup or Tom Kha Gai. You will have your choice of Pad Thai with pork, chicken, shrimp (or any combination). And finally, a traditional Thai dessert, Sweet Sticky Rice with fresh Mango Slices. Bring an appetite and join us. \$18 food fee due instructor at class time.

1 Sessions \$65
 Instructor: James Davis
 369786 Ross Boddy CRC 2/11 Tu 6:30pm-9:30pm



FITNESS & WELLNESS

AEROBIC DANCE



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Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises, and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: former professional dancer, ACE certified owner of Fitness Care LLC and 35+ year experience. Questions? Call 301-942-5168.

9 Sessions \$72
Instructor: Esther Brunner
368885 Luxmanor ES 1/7 Tu 7:15pm-8:15pm

Dance & Fitness

Ages 16 & Up (13-15 if accompanied by a parent/guardian): Complete cardiovascular aerobic workout for all those who love music and movement-women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions? Email dancenfitness@verizon.net.

20 Sessions \$140
Instructor: Elaine Waldstreicher
368901 Mid County CRC 1/6 M, W 7:30pm-8:30pm
Instructor: Jinjér Azuree
368900 Jane E. Lawton CRC 1/6 M, W 6:00pm-7:00pm
Instructor: Lois Antos
368897 Veirs Mill LP 1/7 Tu, Th 9:30am -10:30am
Instructor: Alice Donnelly
368898 Potomac CRC 1/7 Tu, Th 6:00pm-7:00pm
Instructor: Katy Weimers
368899 Rock View ES 1/7 Tu, Th 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 16 & Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday -Thursday or Saturday during our regular classes and keep dancing at a different location! Questions? Email dancenfitness@verizon.net.

10 Sessions \$70
Instructor: Katy Weimers
369629 Veirs Mill LP 1/11 Sa 9:00am -10:00am

Jacki Sorensen's Aerobic Dance

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions? Call Karin at 240-207-3091.

10 Sessions \$70
Instructor: Karin Baker
368909 Potomac CRC 1/7 Tu 9:00am -10:00am
368910 Potomac CRC 1/9 Th 9:00am -10:00am

Zumba

Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party!

9 Sessions \$48
Instructor: Peggy Brower
368746 MLK Swim Ctr 1/2 Th 8:30am-9:20am
368745 MLK Swim Ctr 1/7 Tu 8:30am-9:20am
Instructor: Network, Inc Wellness
368744 Olney Swim Ctr 1/2 Th 7:00pm-7:50pm
368743 Olney Swim Ctr 1/7 Tu 7:00pm-7:50pm

Zumba with Step-n-Sweat Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout' and join the Zumba party. This latin based cardio workout will have you burning up to 1000 calories an hour while having fun. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course, line dances. Questions? contact Cheryl at chicks2@mindspring.com or 301-642-0612. There's a Party going on in this Zumba class, so come and join us!!!!

5 Sessions \$30
Instructor: Step-n-Sweat Fitness
369345 White Oak CRC 1/7 Tu 7:00pm-8:00pm
369346 White Oak CRC 1/9 Th 7:00pm-8:00pm
369347 Longwood CRC 1/9 Th 7:00pm-8:00pm
369348 Mid County CRC 1/11 Sa 10:30am -11:30am
369349 White Oak CRC 2/18 Tu 7:00pm-8:00pm
369350 White Oak CRC 2/20 Th 7:00pm-8:00pm
369351 Longwood CRC 2/20 Th 7:00pm-8:00pm
369352 Mid County CRC 2/22 Sa 10:30am -11:30am

Zumba Fitness with Definition

Ages 16 & Up: Zumba mixes Latin and International rhythms, music, and steps to get energy levels pumping, your whole body moving, and burns calories! It is cardiovascular aerobic exercise that is sure to give you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions? Contact Juliet at (301) 229-7555 or Juliet@wellnesscorporatesolutions.com.

20 Sessions \$160
Instructor: Juliet Rodman
369281 Clara Barton CRC 1/6 M, F 9:15am -10:15am
369369 Clara Barton CRC 1/7 Tu, Th 6:30pm-7:30pm

Zumba-DanceFIT by Mel

Ages 16 & Up (13-15 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! Questions? Contact Melissa at 301-318-9379 or myzumba.n.u@gmail.com.

8 Sessions \$80
Instructor: DanceFit by Mel
369328 Marilyn J. Praisner CRC 1/13 M 6:00pm-7:00pm

10 Sessions \$100
Instructor: DanceFit by Mel
369334 Bauer Drive CRC 1/11 Sa 9:15am -10:15am
369337 Germantown CRC 1/14 Tu 7:15pm-8:15pm
369329 Marilyn J. Praisner CRC 1/15 W 6:00pm-7:00pm
369338 Germantown CRC 1/16 Th 7:15pm-8:15pm
369339 Potomac CRC 1/18 Sa 9:30am -10:30am

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

ACT provides a vigorous, easy to follow coed class for ages 16 & Up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Program is designed to allow self pacing for those who wish to work at low impact steps.

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

Passes available for 12, 18, 24, and 36 classes-your choice!

Pass is valid for 3 months from the first class attended.

Take your access card and receipt to any class location and check-in with front desk staff.

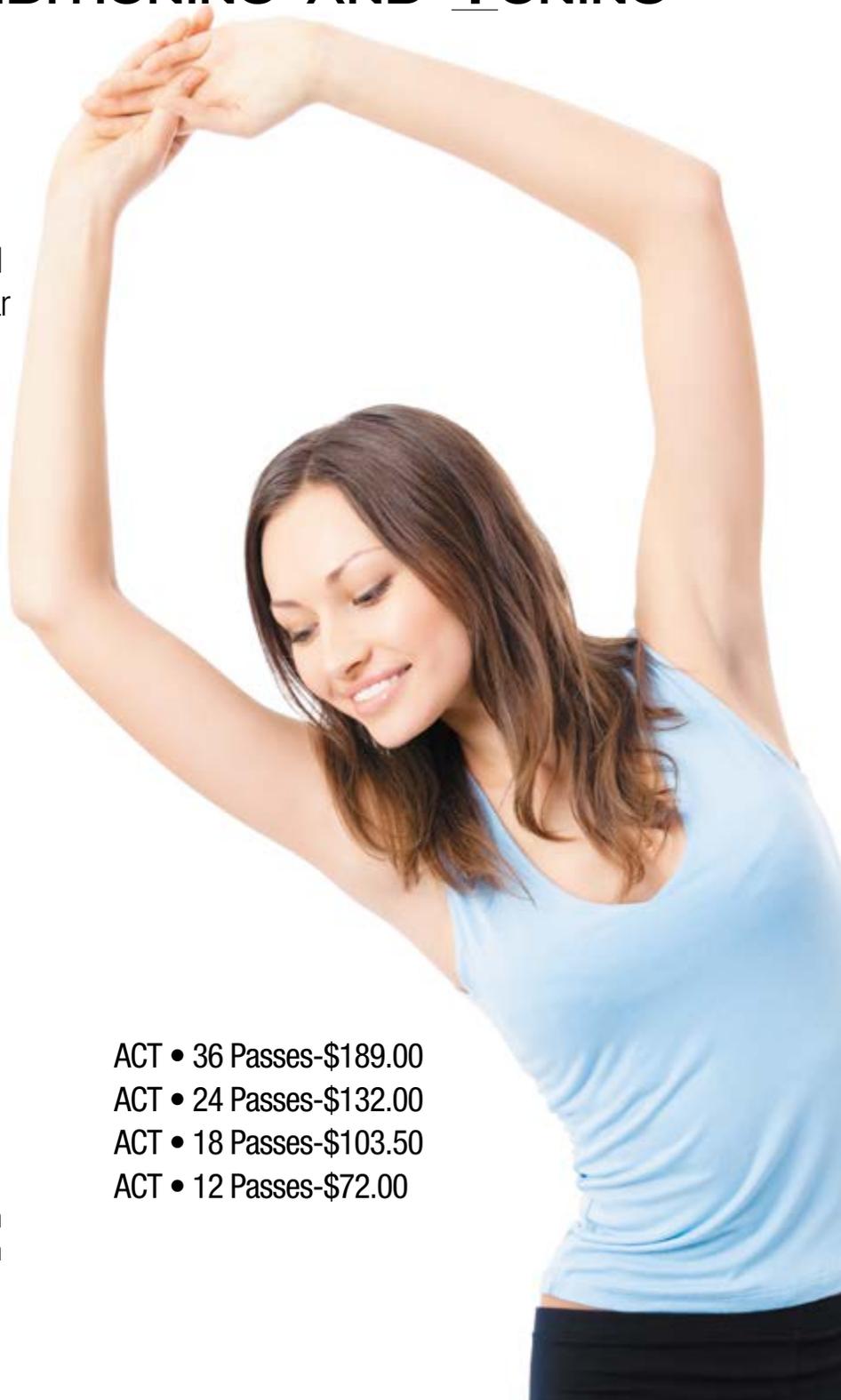
<u>Location</u>	<u>Days</u>	<u>Times:</u>
Wheaton CRC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm
Wheaton CRC	Sa	9:00am-10:00am
Wheaton CRC	Su	9:30am-10:30am

ACT • 36 Passes-\$189.00

ACT • 24 Passes-\$132.00

ACT • 18 Passes-\$103.50

ACT • 12 Passes-\$72.00





AEROBIC EXERCISE

FIND US FAST ON YOUR SMARTPHONE



Better Bodies by Jerry

Adults: 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. Questions? Contact GettingFitwithJerry@comcast.net.

10 Sessions				\$70
Instructor: Jerry Palazzo				
368878	Churchill, Winston HS	1/14	Tu	5:45pm-6:45pm
368879	Churchill, Winston HS	1/16	Th	5:45pm-6:45pm

Dynaerobics

Ages 16 & Up (13-15 if accompanied by parent or 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. Questions? Contact Ferhan at FerhanDoyle@aol.com.

20 Sessions				\$140
Instructor: Lee Berry				
369630	Wyngate ES	1/6	M, W	6:00pm-7:00pm
Instructor: Nancy Dameron				
369631	Cloverly ES	1/6	M, W	6:30pm-7:30pm
Instructor: Gail Oring				
369632	Bauer Drive CRC	1/7	Tu, Th	6:00pm-7:00pm

Dynaerobics & Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30min of class gives special attention 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. Questions? Contact Ferhan at FerhanDoyle@aol.com.

10 Sessions				\$61
Instructor: Regina Gaither				
369636	Bauer Drive CRC	1/11	Sa	10:15am -11:30am

NEW Insanity

Ages 16 & Up (14-15 if accompanied by parent or guardian): This is a strength training fusion class, incorporating functional training and plyometric into a circuit style class. This is the ideal class for those looking to get RESULTS! Insanity will help participants lose fat, increase muscle strength, and promote the development of a lean toned figure. Athletes will love this workout too! Questions? Email Jacki at smilenbaby@hotmail.com.

11 Sessions				\$88
Instructor: Jacki Enos				
369325	Oakland Terrace ES	1/7	Tu	6:30pm-7:30pm
369326	Oakland Terrace ES	1/9	Th	6:30pm-7:30pm

Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091.

10 Sessions				\$70
Instructor: Karin Baker				
368911	Potomac CRC	1/10	F	9:00am -10:00am

Jazzmatazz Low Impact Aerobics

Ages 16 & 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.

10 Sessions				\$70
Instructor: Betsy Saunders				
368888	Wheaton CRC	1/7	Tu	7:15pm-8:15pm
368889	Wheaton CRC	1/9	Th	7:15pm-8:15pm

Jazzmatazz Aerobics Light

Ages 16 & 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.

10 Sessions				\$70
Instructor: Betsy Saunders				
368886	Bauer Drive CRC	1/7	Tu	9:30am -10:30am
368887	Bauer Drive CRC	1/9	Th	9:30am -10:30am

Kelley's Complete Fitness Workout

Ages 13 & Up: A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions? Contact Pam at: 301-774-6342.

8 Sessions				\$67
Instructor: Pamela Kelley				
369183	Wheaton CRC	1/13	M	9:15am -10:30am
369187	Longwood CRC	1/13	M	7:15pm-8:30pm
11 Sessions				\$92
Instructor: Pamela Kelley				
369185	Bauer Drive CRC	1/8	W	9:10am -10:25am
369186	Longwood CRC	1/8	W	7:15pm-8:30pm
369184	Wheaton CRC	1/9	Th	9:15am -10:30am

Movin' with Millie: Aerobics & Exercise

Ages 16 & Up: Set to positive, upbeat music, Movin' with Millie: Aerobics and Exercise is a unique exercise experience, beginning 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, and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions? Call Millie at 301-588-3577 or email at mtrimble3@juno.com.

11 Sessions				\$85
Instructor: Mildred Norwood Trimble				
369639	Pilgrim Hills LP	1/8	W	9:30am -10:45am
369640	Pilgrim Hills LP	1/10	F	9:30am -10:45am

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MORE FITNESS & WELLNESS

Change Your Mind, Change Your Body

Ages 30 & Up (Women Only): Takes a comprehensive, holistic and very compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. Jody Miller, Registered Clinical Exercise Physiologist, works with participants to achieve weight loss and fitness goals, ultimately reducing the risk of chronic disease and promoting a long and healthy life. Workshop is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight. It addresses the needs of every fitness level, with a focus on the health and life issues of women ages 30 and up. The most unique aspect of the Change Your Mind, Change Your Body philosophy is that it takes into consideration individual life circumstances so that every participant can personalize their experience.

10 Sessions \$325
 Instructor: Jody Miller
 369174 Davis Library 1/8 W 6:30pm-7:45pm

Group Personal Training

Ages 14 & 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.

4 Sessions \$70
 Instructor: Fred Mosby
 368882 Germantown CRC 1/25 Sa 11:00am-12:00pm
 368883 Germantown CRC 2/22 Sa 11:00am-12:00pm

HulalaFit!

Ages 16 & Up (13-15 if accompanied by parent or guardian): 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 Jeanne@hulalafit.com or visit www.hulalafit.com.

8 Sessions \$64
 Instructor: Jeanne M. Lieder
 369182 Bauer Drive CRC 1/16 Th 7:15pm-8:15pm

Knockout Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian): Super charge your workout with a one-two punch! Challenge yourself with a unique blend of non-stop intense cardio boxing and body sculpts combinations. This interval cardio-strength workout will redefine and create the body you want with pure muscle, explosive plyometric, speed, agility, and flexibility. It's fitness that will knock you out! Weighted gloves optional. Bring a mat for floor core. Questions? Contact Jeanne@koworkout.com or visit www.koworkout.com.

8 Sessions \$64
 Instructor: Jeanne M. Lieder
 370130 Bauer Drive CC 1/14 Tu 7:15pm-8:15pm

Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine, this workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

7 Sessions \$69
 Instructor: Kumud Mathur
 368702 Potomac CRC 1/14 Tu 11:15am-12:00pm

NEW Turbokick

Ages 16 & Up (14-15 if accompanied by parent or guardian): Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned-and have a blast doing it! It's high intensity, fast-paced, and totally addicting! For more info, contact Jacki at: smilenbaby@hotmail.com.

11 Sessions \$88
 Instructor: Jacki Enos
 369327 Oakland Terrace ES 1/8 W 6:30pm-7:30pm

Your Pelvic Floor- Keeping It Healthy

Ages 18 & Up: When you cough, exercise, or laugh, is your bladder in distress? Do you feel you always need to use the bathroom? These are signs of pelvic floor weakness. Your pelvic floor needs strength just like your other muscles to function. Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses the common pelvic floor problems many people experience. Exercises to improve the strength and function of the pelvic floor will be taught. These exercises will include alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Sessions \$30
 Instructor: Restore Motion
 369644 Restore Motion 2/12 W 7:00pm-8:30pm
 369645 Restore Motion 2/27 Th 11:30am-1:00pm





MEDITATION

Learn to Meditate

Ages 18 & Up: For those who want to establish a regular non-denominational meditation practice. In each session, we will practice different forms of guided meditation, with short periods of silence woven through and time for reflection afterwards. Meditation techniques will include awareness of thoughts, breath, body, and words or mantras. Some meditation experience is helpful, but not required. Come join us to practice meditation in this peaceful environment. For further info, contact instructor at joy@seeking-peace.com.

3 Sessions \$45
Instructor: Joy Rains
369192 Davis Library 1/23 Th 7:00pm-8:00pm

Meditation and Qigong for Health

Ages 16 & Up (13-15 if accompanied by parent or guardian): 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 your 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. For more information contact TCCII at info@tccii.com.

10 Sessions \$120
Instructor: Traditional Chinese Culture Institute
369196 White Oak CRC 1/9 Th 8:00pm-9:00pm

NEW Mindfulness Meditation

Ages 18 & Up: Mindfulness meditation is ideal for cultivating greater awareness of the unity of mind and body. The practice works by helping students to achieve a better understanding of what is happening right now-whether positive, negative or neutral-not what they want to happen or what they think should be happening. Mindfulness meditation helps practitioners stop worrying about forces not under their control. Indeed, we learn that the idea of control is an illusion. We will use mindfulness techniques including full body scan, seated meditation, walking meditation and even eating meditation to give students an introduction to the possibilities inherent in these techniques. For more info, call Jerry at: 301-540-8091 or email at mongo2@usa.net

5 Sessions \$45
Instructor: Jerry Hartman
369305 Damascus CRC 1/7 Tu 7:15pm-8:15pm
369306 Damascus CRC 2/18 Tu 7:15pm-8:15pm

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PILATES

Stability Ball Workout

Ages 16 & 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 \$120
Instructor: Fred Mosby
368881 Germantown CRC 1/21 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.

9 Sessions \$69
Instructor: Peggy Brower
368705 Kennedy Shriver Aq Ctr 1/4 Sa 8:30am-9:30am



CPR/FIRST AID/+AED

NEW First Aid and CPR Certification

Ages 13 & Up: This class is intended to shine the light on the importance of knowing First Aid and CPR. You will interactively learn how to properly R.E.A.C.T in an emergency situation, accurately perform CPR, and how to administer first aid. By the end of this class you will be educated and certified to potentially save a life. Whether you are doing this for your job, your family or for your own personal reason you have made the right choice. For more information email me at firstaideducators@gmail.com. A \$10 material fee is due to instructor at class.

1 Sessions \$45
Instructor: Tiquia Bennett
369222 White Oak CRC 1/15 W 6:00pm-8:30pm
369224 Germantown CRC 1/25 Sa 10:00am-12:30pm
369223 Marilyn J. Praisner CRC 2/8 Sa 10:30am-1:00pm
369225 Upper County CRC 2/11 Tu 6:00pm-8:30pm
369228 Jane E. Lawton CRC 2/15 Sa 10:00am-12:30pm
369227 Potomac CRC 2/16 Su 10:00am-12:30pm
369226 Longwood CRC 3/8 Sa 10:30am-1:00pm

STRENGTH TRAINING & 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.

9 Sessions \$48

Instructor: Network, Inc Wellness

368529 Kennedy Shriver Aq Ctr 1/2 Th 6:30pm-7:20pm

368528 Kennedy Shriver Aq Ctr 1/7 Tu 6:30pm-7:20pm

Body Sculpt

Ages 16 & Up: Build Strength, Increase Flexibility, and learn Stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Customer interested in observing a class before registering are welcome. Call Karin Baker with any questions (240) 207-3091.

9 Sessions \$63

Instructor: Karin Baker

368912 Damascus CRC 1/6 M 5:45pm-6:30pm

10 Sessions \$70

Instructor: Karin Baker

368913 Damascus CRC 1/8 W 5:45pm-6:30pm

Bone Builders-Plus

Adult: 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 your bone health, this is the class for you! Questions? Email GettingFitwithJerry@comcast.net.

8 Sessions \$56

Instructor: Jerry Palazzo

368874 Jane E. Lawton CRC 1/13 M 10:00am -11:00am

10 Sessions \$70

Instructor: Jerry Palazzo

368876 Potomac CRC 1/14 Tu 3:00pm-4:00pm

368875 Jane E. Lawton CRC 1/15 W 10:00am -11:00am

368877 Potomac CRC 1/16 Th 3:00pm-4:00pm

Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. Get ready for spring and train like a hurricane! For more information visit: <http://www.category4fitness.com> or contact Tommy @ tommywiz@category4fitness.com.

8 Sessions \$84

Instructor: Thomas Witz

369652 Germantown CRC 1/13 M 7:30pm-8:30pm

10 Sessions \$105

Instructor: Thomas Witz

369653 Germantown CRC 1/15 W 7:30pm-8:30pm

369654 Germantown CRC 1/18 Sa 9:00am -10:00am

18 Sessions \$190

Instructor: Thomas Witz

369655 Germantown CRC 1/13 M, W 7:30pm-8:30pm

369657 Germantown CRC 1/13 M, Sa 7:30pm-8:30pm

20 Sessions \$211

Instructor: Thomas Witz

369656 Germantown CRC 1/15 W, Sa 7:30pm-8:30pm

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 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.

22 Sessions \$154

Instructor: Juliet Rodman

369279 Clara Barton CRC 1/7 Tu, Th 9:15am -10:15am

Dynaerobics Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or 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. Questions? contact Ferhan at FerhanDoyle@aol.com.

20 Sessions \$140

Instructor: Gina Dols

369637 Bauer Drive CRC 1/6 M, W 6:00pm-7:00pm





The Ultimate Boxing Boot Camp for Youth and Adults

Youth ages 10-15 & Adult ages 16 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com.

8 Sessions				\$83
Instructor: Larry Johnson				
369368	Bethesda-CCC HS	1/13	M	5:45pm-7:00pm
369363	White Oak CRC	1/14	Tu	5:45pm-7:00pm
369364	Wheaton CRC	1/15	W	5:30pm-6:45pm
369365	Plum Gar CRC	1/16	Th	6:30pm-7:45pm
369366	Kingsview MS	1/17	F	5:30pm-6:45pm
369367	Marilyn J. Praisner CRC	1/18	Sa	11:15am -12:30pm

The Dynamic Ab Challenge for Youth and Adults

Youth ages 6-15 & Adult ages 16 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions? call Larry at: 240-424-1306 or email Johnson-L@hotmail.com.

8 Sessions				\$50
Instructor: Larry Johnson				
369361	Bethesda-CC HS	1/6	M	7:00pm-7:45pm
369359	White Oak CRC	1/14	Tu	7:00pm-7:45pm
369362	Kingsview MS	1/17	F	7:00pm-7:45pm
369360	Marilyn J. Praisner CRC	1/18	Sa	12:30pm-1:15pm

**Make
fitness a
family
activity!**

**Boxing
Boot Camp
and
Dynamic Ab
Challenge
are perfect
for the
whole
family.**



Boxing Boot Camp

YOUTH CLASSES

Baton 1 Beginner

Ages 4-10: Beginner. Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com.

8 Sessions				\$50
Instructor: Julianna Duda				
369355	Clemente, Roberto MS	1/13	M	6:00pm-6:45pm
369356	Damascus CRC	1/15	W	5:00pm-5:45pm



YOGA

Easy Yoga with Moira Martin

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. 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/towel and wear comfortable clothing. Questions? call Moira at 301-493-9065.

9 Sessions \$128
 Instructor: Moira Martin
 368914 Jane E. Lawton CRC 1/16 Th 9:30am -10:45am

Evening Yoga

Ages 18 & Up: 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. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

11 Sessions \$110
 Instructor: Robin Morris
 368915 Wisconsin Place CRC 1/8 W 6:15pm-7:15pm

Essential Yoga for Beginners

Ages 16 & Up: This is a beginning yoga class that is suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breath and foundational yogic concepts. Perfect for first time and continuing students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or tijhealth@earthlink.net for further information.

10 Sessions \$100
 Instructor: Tamara Johnson
 370529 Gwendolyn Coffield CRC 1/9 Th 6:00pm - 7:00pm

Gentle Yoga

Ages 16 & Up (14-15 if accompanied by 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

11 Sessions \$80
 Instructor: Irene Bopp
 370379 Bauer Drive CRC 1/7 Tu 6:15pm - 7:15pm

Hatha Yoga and Stress Management 2

Age 18 & Up: Intermediate/Advanced. Prerequisite-beginner class with Cooper.

11 Sessions \$143
 Instructor: Suzana Cooper
 369191 Jane E. Lawton CRC 1/10 F 9:45am -11:00am

Hatha Yoga and Stress Management Beginning/Continuing

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

8 Sessions \$117
 Instructor: Suzana Cooper
 369189 Wisconsin Place CRC 1/11 Sa 9:45am -11:00am
 11 Sessions \$143
 Instructor: Suzana Cooper
 369190 Jane E. Lawton CRC 1/8 W 9:45am -11:00am

Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once, are to be used at home or office. Participants are provided with one body massage ball. A material fee of \$22 paid to instructor is due. Please wear non-restrictive clothing and bring a water bottle to class. Location: Potomac Methodist Church, 9908 South Glen Road. For more info, call Maggie at 301-365-2424, email Maggie@yogaplus.com or visit www.yogaplus.com.

1 Sessions \$40
 Instructor: Maggie Wong
 369172 Yoga Plus-Potomac 1/12 Su 3:00pm-5:00pm
 369173 Yoga Plus-Potomac 2/9 Su 3:00pm-5:00pm

Vini Yoga

Ages 14 & Up: For continuing and beginning students. 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? Contact Pat at: 301-251-1058.

10 Sessions \$125
 Instructor: Pat Miller
 369283 Potomac CRC 1/16 Th 9:15am -10:30am
 369284 Potomac CRC 1/16 Th 6:30pm-7:45pm

Vini Yoga Intermediate

Ages 14 & Up: For continuing students. 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.

8 Sessions \$100
 Instructor: Pat Miller
 369285 Potomac CRC 1/13 M 6:30pm-7:45pm



Vini Easy Going Yoga

For Seniors and All Others 14 & 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.

10 Sessions \$125
Instructor: Pat Miller
369282 Potomac CRC 1/16 Th 10:45am -12:00pm

Yoga Basics

Ages 16 & Up (13-15 if accompanied by parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing 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: Irene54@aol.com.

8 Sessions \$80
Instructor: Irene Bopp
368904 Bauer Drive CRC 1/7 Tu 7:30pm-8:30pm
368907 Mid County CRC 1/8 W 7:00pm-8:00pm
368905 Marilyn J. Praisner CRC 1/9 Th 10:30am -11:30am
368906 Paint Branch HS 1/9 Th 7:00pm-8:00pm

Yoga Fundamentals

Ages 16 & Up: For beginning and continuing students. Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions? Contact Nancy at: yogawithnancy@gmail.com.

11 Sessions \$140
Instructor: Nancy Neves
369198 Bauer Drive CRC 1/7 Tu 10:45am -12:00pm

Yoga for Stress Relief

Ages 16 & Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breath awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact Hannah at Hannah@HannahLeatherbury.com or 770-712-3179 for further information.

10 Sessions \$140
Instructor: Hannah E. Leatherbury
368880 Long Branch CRC 1/8 W 6:30pm-7:45pm

Yoga & Free Weights

Ages 16 & Up: Yoga postures and movements for core muscle strengthening, flexibility, balance and relaxation; and weights for upper body toning. This is a mixed level class; the class is adjusted to meet the abilities and needs of the participants. Class location: Carderock clubhouse. 8200 Hamilton Spring Ct. Bethesda. For more info, contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit www.yogaplus.com.

10 Sessions \$150
Instructor: Oi Kam Maggie Wong
369168 Yoga Plus-Bethesda 1/7 Tu 9:00am -10:30am
369169 Yoga Plus-Bethesda 1/9 Th 9:00am -10:30am

Yoga for Relaxation

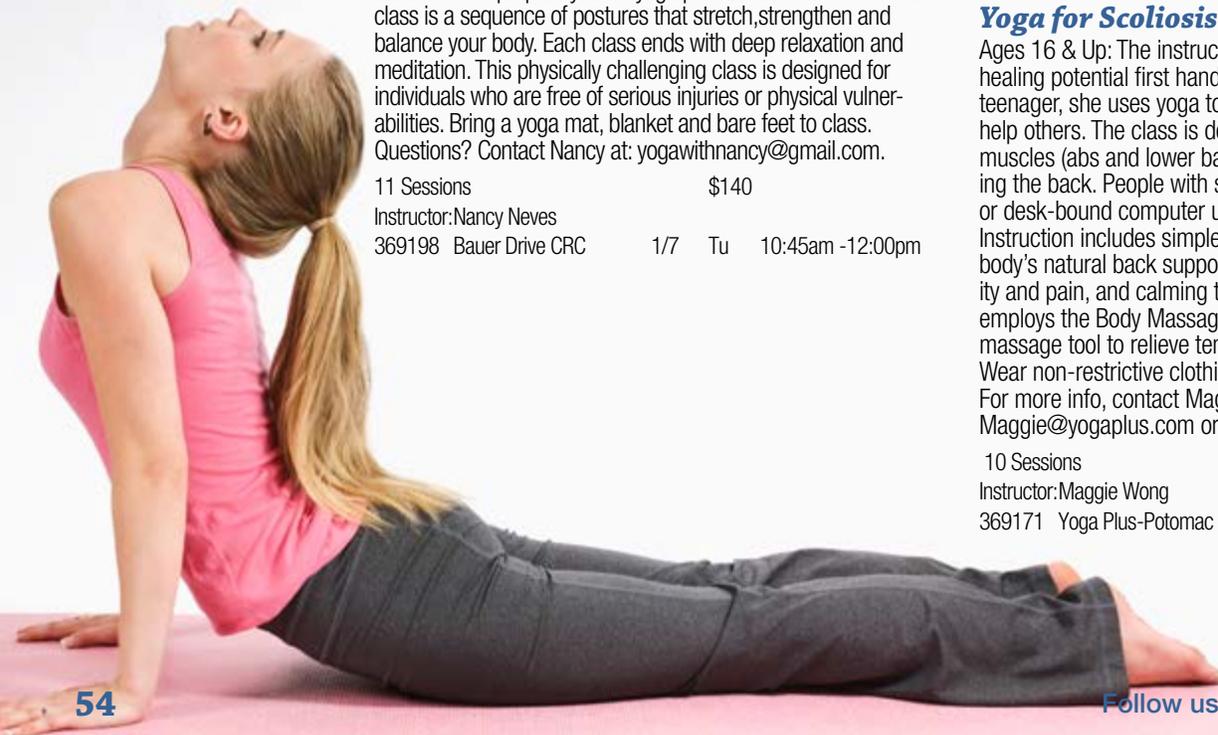
Ages 18 & Up: Beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed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

11 Sessions \$110
Instructor: Robin Morris
368916 Wisconsin Place CRC 1/8 W 9:30am -10:30am

Yoga for Scoliosis & Healthy Back

Ages 16 & Up: The instructor, Maggie Wong, knows yoga's healing potential first hand. Diagnosed with scoliosis as a teenager, she uses yoga to manage her condition and to help others. The class is dedicated to strengthening the core muscles (abs and lower back) that are essential for supporting the back. People with scoliosis, back pain, posture issues or desk-bound computer users will benefit from this class., Instruction includes simple exercises for strengthening the body's natural back support structures, addressing inflexibility and pain, and calming the mind. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. Wear non-restrictive clothing and bring a yoga mat to class. For more info, contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit www.yogaplus.com.

10 Sessions \$150
Instructor: Maggie Wong
369171 Yoga Plus-Potomac 1/9 Th 7:30pm-9:00pm



MARTIAL ARTS

KARATE/JUJITSU

Karate Do and Iaido Beginners

Ages 6-13: Tues. Ages 16 & Up: Thurs. 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 at bskofmc@gmail.com.

8 Sessions	\$55
Instructor: Salvador Cortes	
369428 Kensington-Parkwood ES 1/14	Tu 7:00pm-8:00pm
369429 Kensington-Parkwood ES 1/16	Th 7:00pm-8:00pm

Karate Do and Iaido II Intermediate

Ages 10 & 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 at bskofmc@gmail.com.

8 Sessions	\$55
Instructor: Salvador Cortes	
369430 Kensington-Parkwood ES 1/14	Tu 8:00pm-9:00pm

Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Further inquiries: bskofmc@gmail.com.

8 Sessions	\$55
Instructor: Salvador Cortes	
369431 Kensington-Parkwood ES 1/16	Th 8:05pm-9:00pm

Vovinam Martial Arts

Ages 6 & Up: Be among the firsts to learn this exotic martial art that is growing rapidly around the world. Learn to defend using your hands, elbows, kicks, throws, escape & levering, joints locks, choke holds, and submissions. Weapons include knives, swords, machete, staff, axes, folding fan and others. Vovinam techniques are simple, effective, and artistic. Anyone 6 and older can learn it. Parents can join class with kids too. Each 90 minute class will wear you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations. Questions? Call 301-204-3118 or vovinammd@gmail.com.

11 Sessions	\$109
Instructor: Yanni Nguyen	
368865 Montgomery Village MS 1/7	Tu 6:00pm-7:30pm
368863 Darnestown ES 1/9	Th 7:00pm-8:30pm
368860 Eastern MS 1/11	Sa 1:00pm-2:30pm
368861 Plum Gar CRC 1/11	Sa 10:15am -11:45am

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 must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC & Dufief ES, Beginners may attend later time at other sites.

10 Sessions	\$49
Instructor: Company Staff: TKA, Inc.	
369697 Longwood CRC 1/6	M 7:00pm-8:00pm
369698 Upper County CRC 1/6	M 6:00pm-7:00pm
369699 Upper County CRC 1/6	M 7:00pm-8:00pm
369700 Wheaton CRC 1/6	M 7:00pm-8:00pm

11 Sessions	\$54
Instructor: Company Staff: TKA, Inc.	
369701 Germantown CRC 1/7	Tu 6:00pm-7:00pm
369702 Germantown CRC 1/7	Tu 7:00pm-8:00pm
369703 Mid County CRC 1/7	Tu 7:00pm-8:00pm
369704 Damascus CRC 1/8	W 6:00pm-7:00pm
369705 Damascus CRC 1/8	W 7:00pm-8:00pm
369706 Bauer Drive CRC 1/8	W 6:00pm-7:00pm
369707 Bauer Drive CRC 1/8	W 7:00pm-8:00pm
369708 Potomac CRC 1/8	W 7:00pm-8:00pm
369709 Resnik, Judith A. ES 1/8	W 6:00pm-7:00pm
369710 Resnik, Judith A. ES 1/8	W 7:00pm-8:00pm
369711 Clara Barton CRC 1/8	W 7:00pm-8:00pm
369712 Neelsville MS 1/8	W 7:00pm-8:00pm
369721 Potomac CRC 1/8	W 6:00pm-7:00pm
369713 Marilyn J. Praisner CRC 1/9	Th 6:00pm-7:00pm
369714 Marilyn J. Praisner CRC 1/9	Th 7:00pm-8:00pm
369715 DuFief ES 1/9	Th 6:00pm-7:00pm
369716 DuFief ES 1/9	Th 7:00pm-8:00pm
369717 Poole, John MS 1/9	Th 7:00pm-8:00pm
369718 Rolling Terrace ES 1/9	Th 6:00pm-7:00pm
369719 Rolling Terrace ES 1/9	Th 7:00pm-8:00pm
369720 Bethesda ES 1/9	Th 7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13-Adult: 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. All locations accept beginning through advanced students. New students accepted before the 3rd class.

10 Sessions	\$72
Instructor: Company Staff: TKA, Inc.	
369723 Upper County CRC 1/6	M 8:00pm-9:30pm
369724 Wheaton CRC 1/6	M 8:00pm-9:30pm

11 Sessions	\$79
Instructor: Company Staff: TKA, Inc.	
369725 Germantown CRC 1/7	Tu 8:00pm-9:30pm
369726 Damascus CRC 1/8	W 8:00pm-9:30pm
369727 Bauer Drive CRC 1/8	W 8:00pm-9:30pm
369728 Potomac CRC 1/8	W 8:00pm-9:30pm
369729 Neelsville MS 1/8	W 8:00pm-9:30pm
369730 Bethesda ES 1/9	Th 8:00pm-9:30pm
369731 Marilyn J. Praisner CRC 1/9	Th 8:00pm-9:30pm
369732 DuFief ES 1/9	Th 8:00pm-9:30pm
369733 Rolling Terrace ES 1/9	Th 8:00pm-9:30pm

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Karate/Jujitsu Club

Ages 13-Adult: 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.

11 Sessions \$37
 Instructor: Company Staff: TKA, Inc.
 369734 Holiday Park Sr Ctr 1/10 F 7:00pm-8:00pm

Kung Fu Basics-Shaolin

Ages 16 & Up: Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting -- for example, running shoes NOT recommended).

11 Sessions \$80
 Instructor: Bess Siegal
 368872 Cabin John MS 1/7 Tu 8:30pm-9:30pm

Thunder Taekwondo

Ages 11 & Up: Class is specifically designed to improve the focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop advanced taekwondo techniques, and prepare for the competitive side of Olympic Taekwondo A material fee of \$50 is due on the first day of class.

4 Sessions \$85
 Instructor: Nury Criollo
 369684 White Oak CRC 1/13 M 7:30pm-8:30pm
 369689 White Oak CRC 2/24 M 7:30pm-8:30pm
 5 Sessions \$95
 Instructor: Nury Criollo
 369685 Wisconsin Place CRC 1/15 W 7:30pm-8:30pm
 369683 Greenwood ES 1/16 Th 7:30pm-8:30pm
 369722 Wisconsin Place CRC 2/26 W 7:30pm-8:30pm
 369693 Greenwood ES 2/27 Th 7:30pm-8:30pm

Thunder Taekwondo Little Dragons

Ages 5-7: This program is for children ages 5 through 7 years of age. It is specifically designed to improve the child's focus, motor skills, teamwork, and self-confidence in order to perform daily life task as well as develop beginner taekwondo techniques. A \$50 material fee is due to the instructor on the first day of class.

4 Sessions \$75
 Instructor: Nury Criollo
 369647 White Oak CRC 1/13 M 5:30pm-6:00pm
 369666 White Oak CRC 2/24 M 5:30pm-6:00pm
 5 Sessions \$85
 Instructor: Nury Criollo
 369648 Greenwood ES 1/16 Th 5:30pm-6:00pm
 369646 Wood MS 1/18 Sa 9:15am-9:45am
 369651 Greenwood ES 2/27 Th 5:30pm-6:00pm
 369649 Wood MS 3/1 Sa 9:15am-9:45am

Thunder Taekwondo Kid Dragons

Ages 8-10: This program is specifically designed to improve the child's focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop intermediate taekwondo techniques, and preparing for competitions in order to develop sportsmanship. A material fee of \$50 is due on the first day of class.

4 Sessions \$80
 Instructor: Nury Criollo
 369668 White Oak CRC 1/13 M 6:15pm-7:15pm
 369674 White Oak CRC 2/24 M 6:15pm-7:15pm
 5 Sessions \$90
 Instructor: Nury Criollo
 369669 Greenwood ES 1/16 Th 6:15pm-7:15pm
 369667 Wood MS 1/18 Sa 10:00am-11:00am
 369673 Wood MS 3/1 Sa 10:00am-11:00am
 6 Sessions \$90
 Instructor: Nury Criollo
 369672 Greenwood ES 2/27 Th 6:15pm-7:15pm



AIKIDO

Aikido Beginning

Ages 12 & Up: Beginner/Intermediate. 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.

9 Sessions \$71
 Instructor: William Fairweather
 369370 Ross Boddy CRC 1/6 M 7:00pm-8:30pm

Aikido Continuing

Ages 12 & 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.

9 Sessions \$99
 Instructor: William Fairweather
 369378 Ross Boddy CRC 1/8 W 7:00pm-9:00pm

KENDO

Kendo

Ages 12 & 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

8 Sessions \$69
 Instructor: Shiro Shintaku
 369381 Tilden MS 1/16 Th 7:00pm-8:00pm

TAI CHI

Tai Chi, Beginning

Ages 16 & Up (13-15 if accompanied by parent or guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth @ 240-676-8428

8 Sessions	\$80				
Instructor: Andy Schettino					
369175 Bauer Drive CRC	1/6	M	7:00pm-8:00pm		
9 Sessions	\$90				
Instructor: Andy Schettino					
369177 Potomac CRC	1/7	Tu	6:45pm-7:45pm		
Instructor: Lon Holland					
369176 Wheaton CRC	1/8	W	7:00pm-8:00pm		

Tai Chi, Continuing

Ages 16 & Up (13-15 if accompanied by parent or guardian): Continuing Students Level II.

8 Sessions	\$80				
Instructor: Andy Schettino					
369178 Bauer Drive CRC	1/6	M	8:00pm-9:00pm		
9 Sessions	\$90				
Instructor: Andy Schettino					
369180 Potomac CRC	1/7	Tu	7:45pm-8:45pm		
Instructor: Lon Holland					
369179 Wheaton CRC	1/8	W	8:00pm-9:00pm		

Tai Chi, Beginning with Miriam

Ages 16 & Up: A Chinese meditative and martial art, offers health benefits for all ages. It reduces stress, builds balance, joint flexibility, strength, and enhances internal health/energy. Come and experience the relaxing and health-building benefits of Tai Chi. Wear loose fitting clothing and flat sole shoes. Questions? Contact Miriam at mdelaglio@hotmail.com.

10 Sessions	\$100				
Instructor: Miriam Delaglio					
369188 Upper County CRC	1/14	Tu	7:00pm-8:00pm		

Tai Chi

Ages 18 & Up: Beginner. Anyone from senior citizens with existing ailments to athletes can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more information contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com

8 Sessions	\$96				
Instructor: Louise Liu					
368892 Wisconsin Place CRC	1/17	F	10:00am -11:00am		
9 Sessions	\$108				
Instructor: Louise Liu					
368890 White Oak CRC	1/14	Tu	10:00am -11:00am		
368891 Germantown CRC	1/14	Tu	6:00pm-7:00pm		

Tai Chi Chuan

Ages 18 & 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? Email Jack at: jrvivona@yahoo.com.

8 Sessions	\$80				
Instructor: Jack Vivona					
368917 Damascus CRC	1/15	W	8:00pm-9:00pm		

Tai Chi Chuan, Intermediate

Ages 16 & Up: Deepen your Tai Chi with new forms and exercises to expand and enrich your practice. This class is open to anyone who successfully completed the basic curriculum and acquired a working knowledge of Chen Tai Chi's 13-posture and 36-posture forms. Talk to the instructor if you are unsure about your level. This class will focus on fine-tuning your forms and on developing some of the more subtle body mechanics involved in the practice of Tai Chi. This class will feature the original Chen Family Style of Taijiquan and will be taught by TCCII Instructors.

10 Sessions	\$120				
Instructor: Traditional Chinese Culture Institute					
369197 Wisconsin Place CRC	1/7	Tu	7:30pm-8:30pm		

Tai Chi and QiGong for Mind-Body Connection

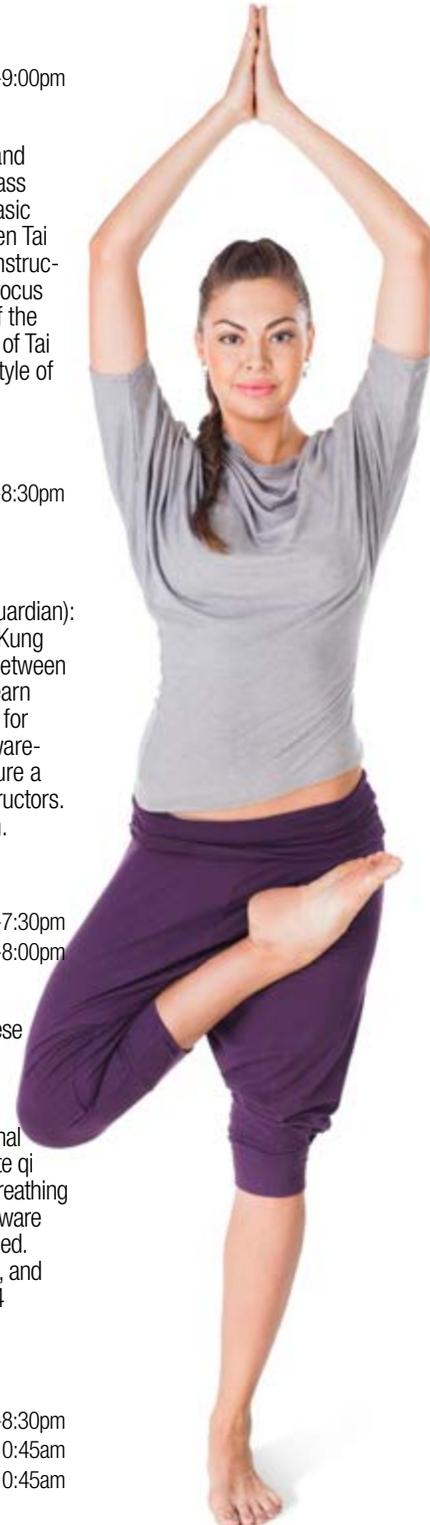
Ages 16 & Up (13-15 if accompanied by parent or guardian): Experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing 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.

10 Sessions	\$120				
Instructor: Traditional Chinese Culture Institute					
369194 Wisconsin Place CRC	1/7	Tu	6:30pm-7:30pm		
369195 White Oak CRC	1/9	Th	7:00pm-8:00pm		

Tai Chi Chuan and Qigong

Ages 18 & Up: Continuing Students & Beginners. These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more info, contact Louise @ 301-528-1174 or louiseliu.taichi@gmail.com.

9 Sessions	\$135				
Instructor: Louise Liu					
368894 Jane E. Lawton CRC	1/15	W	7:15pm-8:30pm		
368895 Germantown CRC	1/16	Th	9:30am -10:45am		
368896 Germantown CRC	1/18	Sa	9:30am -10:45am		





SCHOOL BREAK

Coach Doug Club Holiday

Ages 3-13: Ages 3 -5 Half Day, Ages 5 -13 Full Day. Your Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to hang out with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, kickball and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! A \$10 materials fee is due on first day of camp.

Winter Break

Instructor: Coach Doug Academy, Inc

3 Sessions Half Day		\$60
364025 Cabin John MS	12/23 M, Th, F	9:30am -12:30pm
3 Sessions Full Day		\$115
364026 Cabin John MS	12/23 M, Th, F	9:30am - 3:30pm

Spring Break

Instructor: Coach Doug Academy, Inc

5 Sessions Half Day		\$99
369121 Potomac CRC	4/14 M-F	9:30am -12:30pm
5 Sessions Full Day		\$198
369122 Potomac CRC	4/14 M-F	9:30am-3:30pm

Coach Doug Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

Winter Break

Instructor: Coach Doug Academy, Inc

3 Sessions AM Care		\$16
365385 Cabin John MS	12/23 M, Th, F	7:00am - 9:30am
3 Sessions PM Care		\$20
365384 Cabin John MS	12/23 M, Th, F	3:30pm - 6:00pm

Spring Break

Instructor: Coach Doug Academy, Inc

5 Sessions Morning		\$32
369123 Potomac CRC	4/14 M-F	7:30am-9:30am
5 Sessions Evening		\$39
369124 Potomac CRC	4/14 M-F	3:30pm-6:00pm

Abrakadoodle: Great Big, Messy Art

Ages 3-5: Oh, go ahead and make a mess! That's what this camp is all about-messy art and creative imagination-expanding experiences! Everything we do is messy: sticky spaghetti designs, paint that fizzes and POPS, messy portraits that match our own messy faces, squeeze art and African mud painting! These happy creative experiments will spark our imaginations. A \$45 Materials fee is due to instructor at first class.

5 Sessions		\$225
Instructor: Abrakadoodle		
368810 Meadowbrook LP	4/14 M-F	9:00am -12:00pm

TINY TOTS

ARTS AND CRAFTS

Sunday Studio with CREATE

Age 4-6: Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Over the course class students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.

8 Sessions		\$110
Instructor: Create Arts Center		
369146 Create Arts Center	1/26 Su	10:00am -11:00am

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$28 materials fee due to instructor. Adult participation required.

7 Sessions		\$80
Instructor: Abigail Dion		
369580 Potomac CRC	1/27 M	10:15am -11:00am
369582 Germantown CRC	1/28 Tu	10:15am -11:00am
369584 Bauer Drive CRC	1/29 W	10:15am -11:00am
369590 Jane E. Lawton CRC	1/30 Th	10:15am -11:00am
369585 Potomac CRC	1/31 F	10:30am -11:15am
369586 Bauer Drive CRC	2/1 Sa	9:15am -10:00am
369587 Germantown CRC	2/1 Sa	10:15am -11:00am

Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your pre-schooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. We provide a nurturing and strong learning environment that expands preschoolers image vocabulary as they draw familiar images. Adult participation not required.

6 Sessions		\$68
Instructor: Young Rembrandts		
368699 Germantown CRC	1/13 M	10:15am -11:00am
368700 Wheaton CRC	1/14 Tu	10:15am -11:00am
368701 Potomac CRC	1/16 Th	10:15am -11:00am

Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

6 Sessions		\$70
Instructor: Joan E. Clowes		
368663 Wisconsin Place CRC	1/31 F	10:15am -11:00am
8 Sessions		\$80
Instructor: Joan E. Clowes		
368660 Longwood CRC	1/13 M	10:15am -11:00am
368665 Jane E. Lawton CRC	1/21 Tu	10:00am -10:45am
368661 Potomac CRC	1/22 W	10:00am -10:45am



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. Ballet slippers are required.

8 Sessions		\$80
Instructor: Grace Oleson		
368965	White Oak CRC	1/13 M 3:30pm-4:15pm
368962	Potomac CRC	1/14 Tu 3:30pm-4:15pm
368963	Germantown CRC	1/15 W 3:30pm-4:15pm
368964	Wheaton CRC	1/16 Th 3:30pm-4:15pm

Pre-Ballet by Dansez! Dansez!

Ages 2-5: This class introduces students to dance, movement and basic ballet techniques and terminology. Rhythm and coordination are emphasized. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required. Dance outfit is optional and can be purchased at studio for \$53.

8 Sessions		\$80
Instructor: Dansez! Dansez!		
368680	Dansez! Dansez! Studio	1/27 M 10:00am -10:30am

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.

10 Sessions		\$100
Instructor: Betsy Saunders		
369490	Long Branch CRC	1/11 Sa 10:15am -11:00am

Bollywood for Tots

Ages 1½-3 and 3-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning Sound track 'Jai Ho' from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334. Ages 1.5-3 class at 11:15am. ages 3-5 class at 5:15/5:30pm only.

7 Sessions		\$105
Instructor: Kumud Mathur		
369291	Potomac CRC	1/14 Tu 5:30pm-6:15pm
369290	Potomac CRC	1/16 Th 11:15am -12:00pm

Pre-Hip Hop by Dansez! Dansez!

Ages 2-5: This is a high energy dance class, fun and upbeat. It allows your children to move freely, using their own body movement styles. Children participate at their own pace.

9 Sessions		\$90
Instructor: Dansez! Dansez!		
368682	Dansez! Dansez! Studio	1/24 F 10:00am -10:30am
369170	Dansez! Dansez! Studio	1/24 F 4:30pm-5:00pm

Pre-Jazz by Dansez! Dansez!

Ages 2-5: This class teaches basic jazz movements and terminology. Rhythm patterns are introduced to improve creativity and encourage development of motor skills and footwork. Dance outfit not required but can be purchased at studio for \$40.

9 Sessions		\$90
Instructor: Dansez! Dansez!		
368681	Dansez! Dansez! Studio	1/22 W 10:00am -10:30am

Pre-Tap by Dansez! Dansez!

Ages 2-5: This class introduces students to basic tap movement, techniques and terminology. Rhythm and coordination are emphasized. We use a safe method to promote fun and great learning techniques. Tap Shoes are required. Dance outfit required and be purchased at studio for \$55 on first day of class.

9 Sessions		\$90
Instructor: Dansez! Dansez!		
368683	Dansez! Dansez! Studio	1/22 W 11:00am -11:30am

PERFORMING ARTS

Act It Out (Class)

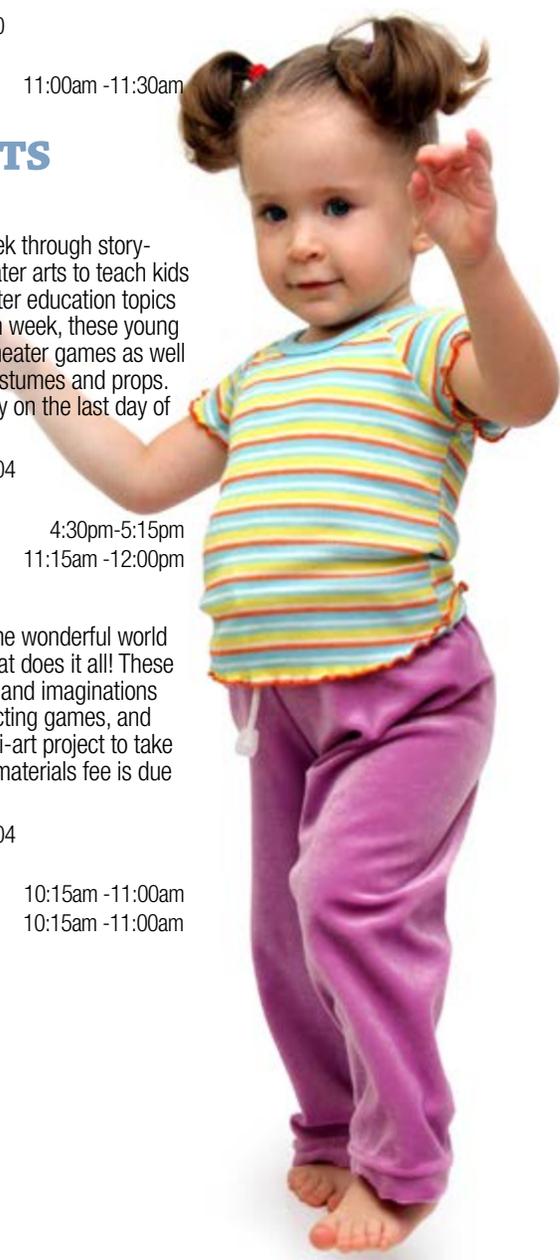
Ages 4 -6: Take an adventure every week through story-books in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

8 Sessions		\$104
Instructor: Care Actor		
369483	Potomac CRC	1/22 W 4:30pm-5:15pm
369482	Jane E. Lawton CRC	1/25 Sa 11:15am -12:00pm

Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

8 Sessions		\$104
Instructor: Care Actor		
369484	Potomac CRC	1/21 Tu 10:15am -11:00am
369485	Jane E. Lawton CRC	1/25 Sa 10:15am -11:00am





MORE TINY TOTS

Kinderstunde

Ages 1-5: Spa + Spiel + Bastelei, Lieder + Tanze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & up) um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. Beginners to native speakers are welcome! Parent Participation required.

8 Sessions \$88
Instructor: Ines Kuperberg
369110 Germantown CRC 1/16 Th 9:45am -10:30am

Little Scientists:

Beakers and Brushes Workshops

Ages 3-6: Bring your child to this one day workshop, where they will experience a full art and science lesson the Scribbles & Works way! We will conduct a chemistry lesson using hands on methods and science materials. Then we will transition to our art segment where we will create a tactile work of art. This is a great way to find how truly awesome Scribbles & Works classes really are! Check us out at scribblesandworks.com. A \$5.00 materials fee is due to instructor.

1 Sessions \$25
Instructor: Scribbles and Works
369691 Longwood CRC 2/11 Sa 12:00pm-1:30pm
370353 Germantown CRC 1/18 Sa 1:00pm-2:30pm
369690 Potomac CRC 1/18 Sa 10:00am-11:30am
369694 Germantown CRC 3/15 Sa 11:15am-12:45am

Little Scientists:

Markers & Microscopes

Ages 3-6: Markers and Microscopes. In this fun and hands-on workshop, your preschooler will participate in art and science activities revolving around Biology and Plant Life. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material Fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

6 Sessions \$135
Instructor: Scribbles and Works
369677 Damascus CRC 2/4 Tu 1:00pm-2:30pm
369675 Potomac CRC 2/4 Tu 3:30pm-5:00pm
369678 Longwood CRC 2/5 W 4:00pm-5:30pm
370352 Germantown CRC 2/6 Th 4:00pm-5:30pm

Little Scientists: Magnets & Murals

Ages 3-6: In this third series of science classes from Scribbles & Works, students will engage in several physics experiments. Students will explore motion, magnetism, and light. A new lesson happens in each session. Students will follow each science lesson by creating a work of art using different mediums. Quality children's literature will guide us as we transition to creating a tactile work of art. Check out more information at scribblesandworks.com. A \$20 Materials fee is due to instructor on the first day.

6 Sessions \$135
Instructor: Scribbles and Works
369695 White Oak CRC 1/30 Th 4:00pm-5:30pm

Mad Science:

Sensational Science for Tots

Ages 3-6: In Sensational Science, children will harness heat energy, learn the science behind cotton candy, and explore the properties of both light and color. Your Mad Scientist will experiment with magnets and examine curious optical illusions. Each child will mix chemicals to make their own slime and analyze its properties! Children will get to know their taste buds better and witness a hair-raising demonstration of static electricity! Each hands-on class includes an awesome take-home project and home lab with fun facts and exciting experiments to do with Mom and Dad. A \$30 materials fee is due at first class.

6 Sessions \$119
Instructor: Mad Science
369664 Potomac CRC 1/22 W 1:00pm-1:45pm
369662 Plum Gar CRC 1/25 Sa 10:15am-11:00am
369663 White Oak CRC 1/25 Sa 10:15am-11:00am
369661 Potomac CRC 1/26 Su 11:00am-11:45am

Young Readers-

Banana's About Books

Ages 3-5: Through the wonderful world of books, your little one will explore arts and crafts, music, dance, dramatization and more. Each week features a developmentally appropriate book to help foster a love of reading. Creative play activities will introduce math, geography and science while building social skills. A \$20 material fee due to the instructor on the first day of class. Parent participation may be required based on their child's needs. Participant must be 3 to enroll in the class.

6 Sessions \$125
Instructor: Evelyn Kyere
369634 Potomac CRC 1/15 W 11:00am-11:45am
8 Sessions \$125
Instructor: Evelyn Kyere
369633 Wisconsin Place CRC 1/13 M 10:00am-10:45am
369638 Damascus CRC 1/15 W 12:15pm-1:00pm
369635 Plum Gar CRC 1/17 F 10:00am-10:45am

Young Readers:

Mommy's Time Off Enrichment Class

Ages 4-6: Need a little time to run a few errands or just give yourself some quiet time, then take advantage of Mommy's Time Off class. Your preschooler will enjoy fun-filled activities based on a different theme each week. Children will be exposed to developmentally appropriate art, literature, and music as they are inspired to become young scholars. It's educational, fun and gives you a little time to relax. Adult participation is not required. A \$20 material fee is due to the instructor on the first day of class.

8 Sessions \$149
Instructor: Evelyn Kyere
369658 Germantown CRC 1/13 M 2:30pm-3:45pm
369659 Damascus CRC 1/15 W 1:30pm-2:45pm



Luces, Camara, Espanol!

Ages 18 months-2 yrs & 3-5 yrs: Luces, Camara, Espanol! This class has it all! Children will be fully immersed in the target language; while working on fine and gross motor skills. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments and more! They will complete projects and participate in puppetry as well. All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. Parent Participation Required for 18 months-2 years Mommy and Me course. For more information, please contact Miss Cristina at 240-550-2797.

7 Sessions	\$100				
Instructor: Maria Rhoe					
369015	Bauer Drive CRC	1/27	M	9:15am -10:15am	
8 Sessions	\$115				
Instructor: Maria Rhoe					
369010	Potomac CRC	1/17	F	9:15am -10:15am	
369012	Wisconsin Place CRC	1/18	Sa	9:45am -10:45am	
369013	Wisconsin Place CRC	1/18	Sa	10:45am -11:45am	

Thunder Taekwondo Tiny Dragons

Ages 2 1/2- 4: It is specifically designed to improve focus skill, motor skills, and attention span in order to perform daily life task as well as develop basic taekwondo techniques. A \$35.00 materials fee is due to instructor at first class.

5 Sessions	\$90				
Instructor: Nury Criollo					
368672	Potomac CRC	1/8	W	10:00am -10:30am	
368669	Bauer Drive CRC	1/9	Th	2:00pm-2:30pm	
368670	Mid County CRC	1/10	F	10:00am -10:30am	
368677	White Oak CRC	1/13	M	10:15am -10:45am	
368671	Wisconsin Place CRC	1/18	Sa	12:15pm -12:45pm	
369641	Wood MS	1/18	Sa	8:30am-9:00am	

Mini Passports:

Awesome Asian Adventure

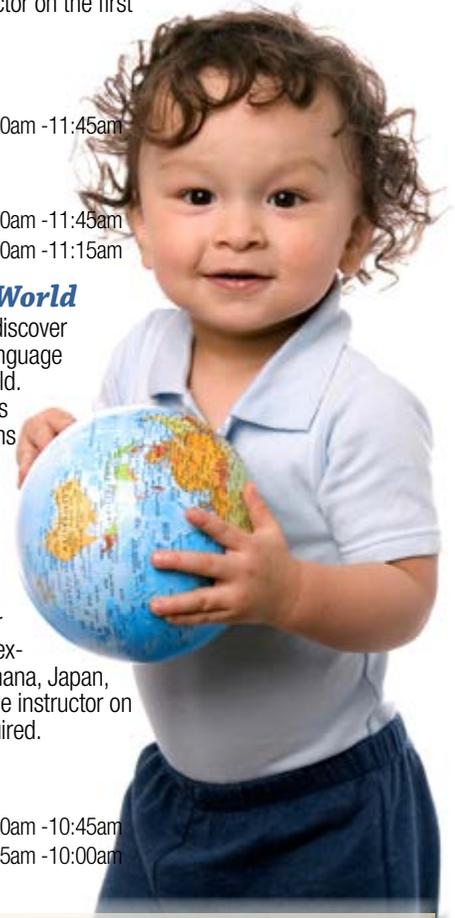
Ages 3-5: Let's Go! Grab your photo passports and join us on the ultimate awesome adventure to Asia where we'll discover and make connections via the music, art, stories, geography, and culture of China, Thailand, Japan, and India. Each session is an exciting, interactive, imaginative experience, and we can't wait for you to innovate, create, and learn with us. Each child receives a photo passport and completes a creative photo journal documenting their exciting adventure! \$15 materials fee due to instructor on the first day of class; adult participation is not required.

7 Sessions	\$92				
Instructor: Passport Kidz!					
369500	Bauer Drive CRC	1/27	M	11:00am -11:45am	
8 Sessions	\$105				
Instructor: Passport Kidz!					
369498	Jane E. Lawton CRC	1/16	Th	11:00am -11:45am	
369499	Potomac CRC	1/21	Tu	10:30am -11:15am	

Passport Tots: All Around The World

Ages 1-3: Join us for a new adventure as we discover and explore the exciting world of music, art, language and movement, from countries around the world. Young explorers are captivated and engaged as they create their own masterpieces and rhythms using the materials and instruments from countries from around the world. Each class is an exciting adventure fusing culture, language, movement, art and music to stimulate both fine and gross motor skills, as well as cognitive development; each child will receive an individual photo passport, and a new stamp for their passport, representative of each country explored. Passport Tots will discover Australia, Ghana, Japan, Portugal and India. \$15 materials fee due to the instructor on the first day of class. Adult participation is required.

8 Sessions	\$105				
Instructor: Passport Kidz!					
369496	Jane E. Lawton CRC	1/16	Th	10:00am -10:45am	
369497	Potomac CRC	1/21	Tu	9:15am -10:00am	



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**



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 of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

8 Sessions					\$106
Instructor:	Golden School of Music				
369294	Golden School of Music	1/13	M	10:15am -11:00am	
369296	Wheaton Regional Library	1/13	M	10:30am -11:15am	

9 Sessions					\$120
Instructor:	Golden School of Music				
369297	Wisconsin Place CRC	1/14	Tu	10:15am -11:00am	
369298	Golden School of Music	1/15	W	10:15am -11:00am	
369301	Gwendolyn Coffield CRC	1/17	F	10:00am -10:45am	
369302	Potomac CRC	1/17	F	10:15am -11:00am	
369303	Golden School of Music	1/18	Sa	10:00am -10:45am	

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.

8 Sessions					\$144
Instructor:	Golden School of Music				
369307	Golden School of Music	1/13	M	12:45pm-1:45pm	

9 Sessions					\$162
Instructor:	Golden School of Music				
369308	Golden School of Music	1/16	Th	5:00pm-6:00pm	
369309	Golden School of Music	1/18	Sa	11:00am -12:00pm	

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 his/ her own level in this mixed-age, developmentally appropriate setting. 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 also call 240-777-6870 to let us know you plan to bring a sibling.

8 Sessions					\$150
Instructor:	Music Together				
368690	White Oak CRC	1/13	M	10:15am -11:00am	
368686	Wheaton-Claridge LP	1/15	W	10:00am -10:45am	
368688	Mid County CRC	1/18	Sa	10:15am -11:00am	
368689	Mid County CRC	1/18	Sa	11:15am -12:00pm	

Music Together with Miri

Ages 0-5: As a family in one of our classes, you and your child will have the opportunity to play musically each week under the guidance of one of our early childhood music specialists. Wiggling, singing, and laughing with your child is so much fun! Each weekly class includes finger plays, singing, chanting, props, small and large movement activities, instrument exploration, play-along jam and free dance. Young children learn through play and experimentation and by watching and listening to the grownups they love. Parents don't need to have music skills-they just need a desire to play and have fun with their children! Award-winning Music Together CDs and Songbook are required for each family at a cost of \$43 payable by cash or check to Music Together with Miri and are due to the instructor at the first class. For more information, go to www.mtwithmiri.com or call the instructor at (301)758-0304. Infants under 8 months may attend free with a paying sibling, but must register.

8 Sessions					\$134
Instructor:	Music Together				
368697	Damascus CRC	1/15	W	10:15am -11:00am	



PLAYTIME & MOVEMENT

Funfit Tots

A fun-filled adult/child high-energy exercise 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. A \$5.00 material fee is due to the instructor at the first class. Adult participation required!

Ages 1-2 years

7 Sessions	\$84
Instructor:Funfit	
369310 Wheaton CRC	1/27 M 9:30am -10:15am
369311 Germantown CRC	1/27 M 10:15am -11:00am
9 Sessions	\$108
Instructor:Funfit	
369312 Bauer Drive CRC	1/21 Tu 9:30am -10:15am
369320 White Oak CRC	1/21 Tu 10:15am -11:00am
369313 Potomac CRC	1/22 W 9:30am -10:15am
369315 Jane E. Lawton CRC	1/22 W 9:45am -10:30am
369316 Mid County CRC	1/23 Th 10:15am -11:00am
369317 Wisconsin Place CRC	1/23 Th 9:45am -10:30am
369318 Wisconsin Place CRC	1/23 Th 10:30am -11:15am
369324 Jane E. Lawton CRC	1/24 F 9:45am -10:30am
369398 Plum Gar CRC	1/24 F 10:15am -11:00am
369322 Tilden MS	1/25 Sa 9:30am -10:15am

Ages 2-3 years

7 Sessions	\$84
Instructor:Funfit	
369382 Wheaton CRC	1/27 M 10:15am -11:00am
369383 Germantown CRC	1/27 M 11:00am -11:45am
9 Sessions	\$108
Instructor:Funfit	
369384 Bauer Drive CRC	1/21 Tu 10:15am -11:00am
369385 Potomac CRC	1/22 W 11:00am -11:45am
369386 Jane E. Lawton CRC	1/22 W 11:15am -12:00pm
369387 Wisconsin Place CRC	1/23 Th 11:15am -12:00pm
369399 Plum Gar CRC	1/24 F 11:00am -11:45am
369390 Tilden MS	1/25 Sa 10:15am -11:00a

18 months-4 years

9 Sessions	\$108
Instructor:Funfit	
369371 Bauer Drive CRC	1/21 Tu 11:00am -11:45am
369376 White Oak CRC	1/21 Tu 11:00am -11:45am
369394 Jane E. Lawton CRC	1/22 W 10:30am -11:15am
369395 Potomac CRC	1/22 W 11:00am -11:45am
369377 Mid County CRC	1/23 Th 11:00am -11:45am
369375 QO Valley Park	1/25 Sa 10:15am -11:00am

Funfit Shining Stars

Ages: 3-5: Bringing your little ones into the next level of game play through cooperative play, simple instructions, game rules and strategies, your kids will learn to experience a higher level of games with slightly more complexity than our Tots Classes. Recommended for kids that play well on their own without a parent and are respectful to others without aggression. A sample of games & equipment include circle & movement games, tag, ball games, more challenging parachute games, silly dances & hoops, balls, tunnels, balloons, balance beams, parachutes and more. Parents welcome, but not required. Child must be 3 years old at start of class to participate. \$5.00 material fee is due to instructor on first day of class.

7 Sessions	\$84
Instructor:Funfit	
369392 Germantown CRC	1/27 M 9:30am -10:15am

Mama Goose on the Loose

Ages 6 months-36 months : What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information go to mamagoose@verizon.net

5 Sessions	\$50
Instructor:Laura Lunking	
369488 Bauer Drive CRC	1/18 Sa 9:45am -10:30am
8 Sessions	\$80
Instructor:Laura Lunking	
369487 Plum Gar CRC	1/14 Tu 10:15am -11:00am
369486 Mid County CRC	1/15 W 11:00am -11:45am
369489 Bauer Drive CRC	1/16 Th 9:45am -10:30am

Gymnastics Tumbling Format

Ages 3-5: 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	\$72
Instructor:Denise Schattenberg	
368667 QO Valley Park	1/27 M 11:00am -11:45am
368668 Upper County CRC	1/27 M 1:00pm-1:45pm

Gymnastics-Parent & Child

Ages 2-3½: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions	\$140
Instructor:Gymnastics of America, Inc.	
369492 Gymnastics of America	1/23 Th 9:45am -10:30am

Gymnastics-Pre School

Ages 4-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions	\$140
Instructor:Gymnastics of America, Inc.	
369493 Gymnastics of America	1/21 Tu 9:45am -10:30am
369740 Gymnastics of America	1/24 F 9:45am -10:30am





SPORTS & FITNESS

Coach Doug Pre Wee Wanna Be

Ages 18 months to 36 months: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$10.00 materials fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions				\$59
Instructor: Coach Doug Academy, Inc				
369111	Jane E. Lawton CRC	1/13	M	9:30am -10:15am
369112	Germantown CRC	1/14	Tu	9:30am -10:15am
369113	Bauer Drive CRC	1/15	W	9:30am -10:15am
369114	Potomac CRC	1/16	Th	9:30am -10:15am
369115	Damascus CRC	1/17	F	10:00am -10:45am

Coach Doug Wee Wanna Be Soccer And Tennis

Ages 3-5: 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. \$10.00 materials fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions				\$69
Instructor: Coach Doug Academy, Inc				
369140	Jane E. Lawton CRC	1/13	M	11:00am -11:45am
369141	Germantown CRC	1/14	Tu	11:00am -11:45am
369142	Bauer Drive CRC	1/15	W	11:00am -11:45am
369143	Potomac CRC	1/16	Th	11:00am -11:45am
369144	Damascus CRC	1/17	F	11:30am -12:15pm
369145	Cold Spring ES	1/18	Sa	3:30pm-4:15pm

Coach Doug Wee Wanna Be

Ages 3-5: 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. \$10.00 materials fee is due to Instructor. Call 301-983-2690 for additional information.

8 Sessions				\$77
Instructor: Coach Doug Academy, Inc				
369131	Jane E. Lawton CRC	1/13	M	10:15am -11:00am
369132	Germantown CRC	1/14	Tu	10:15am -11:00am
369133	Bauer Drive CRC	1/15	W	10:15am -11:00am
369134	Potomac CRC	1/16	Th	10:15am -11:00am
369135	Damascus CRC	1/17	F	10:45am -11:30am
369137	Oakland Terrace ES	1/18	Sa	9:30am -10:15am
369138	Oakland Terrace ES	1/18	Sa	10:15am -11:00am
369139	Cold Spring ES	1/18	Sa	1:15pm-2:00pm

Coach Doug Sports School

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T- ball, lacrosse and more. No Parent Participation required. \$10.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions				\$77
Instructor: Coach Doug Academy, Inc				
369125	Jane E. Lawton CRC	1/13	M	4:15pm-5:00pm
369126	Germantown CRC	1/14	Tu	4:15pm-5:00pm
369128	Damascus CRC	1/17	F	4:15pm-5:00pm
369129	Oakland Terrace ES	1/18	Sa	11:00am -11:45am
369130	Cold Spring ES	1/18	Sa	2:00pm-2:45pm
9 Sessions				\$77
Instructor: Coach Doug Academy, Inc				
369127	Potomac CRC	1/21	Tu, Th	4:15pm-5:00pm

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. \$10.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions				\$77
Instructor: Coach Doug Academy, Inc				
369117	Germantown CRC	1/14	Tu	5:00pm-5:45pm
369118	Damascus CRC	1/17	F	5:00pm-5:45pm
369119	Oakland Terrace ES	1/18	Sa	11:45am -12:30pm
369120	Cold Spring ES	1/18	Sa	2:45pm-3:30pm
9 Sessions				\$77
Instructor: Coach Doug Academy, Inc				
369116	Potomac CRC	1/16	Th, Tu	5:00pm-5:45pm

UK Elite Petite Soccer

Ages 2-3 and Ages 3-5: 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. 2-3 year olds parent participation is required.

8 Sessions				\$120
Instructor: U.K. Elite				
2-3 Years Old				
368678	Wisconsin Place CRC	1/24	F	9:45am -10:30am
3-5 Years Old				
368679	Wisconsin Place CRC	1/24	F	10:30am -11:30am



XCITING XTRAS

Dramatic Kids!

Ages 7-10: This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter! Throughout the class, these fine actors will engage in improvisational theater, acting techniques, & scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

8 Sessions \$115
 Instructor:Pooja Chawla
 369397 Potomac CRC 1/22 W 5:30pm-6:30pm

Gemology I Introductory

Ages 18 & Up: Want to know about those gems you have on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Organized around the Mohs' scale of hardness, this is an introduction to gemstone study. Hands-on specimens and examples to examine during class.

11 Sessions \$105
 Instructor:Timothy Morgan
 369593 Potomac CRC 1/9 Th 10:00am -12:15pm

Gemology (Advanced)

Ages 10 & Up: Prerequisite: Beginner. Interested in gemstones, but already know a little something about them? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens to 'play' with each morning.

11 Sessions \$105
 Instructor:Timothy Morgan
 369594 Potomac CRC 1/8 W 10:00am -12:15pm

Mad Science: Experimentamania

Ages 6-10: Through the course of Funky Forces and more, children will play engineer, chemist-and stunt pilot! Children will investigate physics fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves!

6 Sessions \$119
 Instructor:Mad Science
 369735 Brooke Grove ES 1/8 W 3:30pm-4:30pm
 369736 Bells Mill ES 1/9 Th 3:10pm-4:10pm
 369737 Kensington-Parkwood ES 1/10 F 3:15pm-4:15pm

Red Sprinkle Modeling and Runway 101

Ages 7-13: Modeling and Runway 101 offers the basics to modeling and runway training. Students are exposed to the secrets of top modeling, including posing techniques, body etiquette, and presentation. Also learn all the latest runway trends! Hands-on training is done during the duration this course, and students will even work with live models. This class will totally enhance the appearance and self esteem of all participants, and spark their interest into the fashion industry! A material fee of \$25 is due to the instructor on the first day of class.

4 Sessions \$75
 Instructor:Red Sprinkle
 369591 East County CRC 1/14 Tu 6:00pm-7:00pm

Red Sprinkle DIY Fashion 101

Ages 7 & Up: Join the colorful and exciting world of fashion by joining this course! Students will gain hands-on tools to exploring the secrets of the fashion industry. Course includes all the tricks of DIY (Do-It-Yourself) to create your own at-home fashionista!. A material fee of \$25 is due to the instructor on the first day of class.

4 Sessions \$75
 Instructor:Red Sprinkle
 369588 Germantown CRC 1/16 Th 6:00pm-7:00pm

Red Sprinkle -Fashion Style 101

Ages 7-13: Acquire the skills, inspiration, and motivation to pursue your dreams, and become the next star in the fashion industry. Consider Red Sprinkle Fashion Boot Camp as the first 'stitch' in your very stylish future! Learn the secrets of fashion trends and styling, with classes that focus on hands-on training, in a fun environment. Gain all the tools needed to become the next fashion star!. A material fee of \$25 is due to the instructor on the first day of class.

6 Sessions \$150
 Instructor:Red Sprinkle
 369579 Longwood CRC 1/11 Sa 12:30pm-1:30pm





The

SPORTS Pages

FIND US FAST ON YOUR SMARTPHONE



INSTRUCTIONAL SPORTS

FENCING

Fencing with Mohebban Beginner I

Ages 9 & Up: Beginner Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$20 material fee due to instructor.

8 Sessions				\$86
Instructor: Gitty Mohebban				
369407	Frost, Robert MS	1/13	M	5:30pm-6:30pm
10 Sessions				\$105
Instructor: Gitty Mohebban				
369408	Clemente, Roberto MS	1/15	W	5:30pm-6:30pm
369409	Parkland MS	1/17	F	5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 9 & Up: Advanced Beginner. Curriculum will be student skill dependent. \$20 material fee due to instructor.

8 Sessions				\$86
Instructor: Gitty Mohebban				
369410	Frost, Robert MS	1/13	M	6:30pm-7:30pm
10 Sessions				\$105
Instructor: Gitty Mohebban				
369411	Clemente, Roberto MS	1/15	W	6:30pm-7:30pm
369412	Parkland MS	1/17	F	6:30pm-7:30pm

Fencing with Mohebban Intermediate

Ages 9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

8 Sessions				\$86
Instructor: Gitty Mohebban				
369413	Frost, Robert MS	1/13	M	7:30pm-8:30pm
10 Sessions				\$105
Instructor: Gitty Mohebban				
369414	Clemente, Roberto MS	1/15	W	7:30pm-8:30pm

Fencing with Mohebban Practices & Club

Ages 13 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

10 Sessions				\$105
Instructor: Gitty Mohebban				
369415	Parkland MS	1/17	F	7:30pm-8:30pm

SPORTS SKILLS

Cheerleading

Ages 6-9: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self-esteem, coordination, and team work. Poms will be supplied for use at class.

7 Sessions				\$98
Instructor: Lori Zagami				
368873	Olney ES	1/28	Tu	5:00pm-6:00pm

Cheerleading by One on One

Ages 5-12: One-on-One's experienced Cheerleading staff provides a fun and positive introduction to the sport of Cheerleading! Children will work on cheer dance motions, jumps, posture, flexibility and conditioning. Friends and family are invited to attend the session-ending Pep Rally, where kids will showcase their new-found talent. Each child receives a t-shirt.

10 Sessions				\$120
Instructor: Inc One on One Basketball				
369427	Greenwood ES	1/14	Tu	5:00pm-6:00pm
369426	Potomac CRC	1/16	Th	5:00pm-6:00pm

Table Tennis/Ping Pong

Come and learn to play table tennis or improve your table tennis skills from professional coaches at the Maryland Table Tennis Center. Table tennis is a challenging, exciting, demanding, stimulating, tactical sport that is played at the Olympic Games and in every country in the world. Table tennis is not only a fun and safe way to exercise, but it also helps kids develop quickness & agility, and improve their hand-and-eye coordination, concentration, mental strength and much more! The class will cover all aspects of table tennis, including the strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork, and serving. Students will also learn the rules and about the various types of equipment. Classes will be roughly 2/3 instructional, 1/3 organized games. Players would be grouped by age and ability. Material Fee of \$10 due the first day of class.

9 Sessions				\$148
Instructor: Maryland Table Tennis Center				
368703	Md. Table Tennis Center	1/23	Th	6:00pm-7:00pm



GYMNASTICS

Gymnastics-Ages 6-8

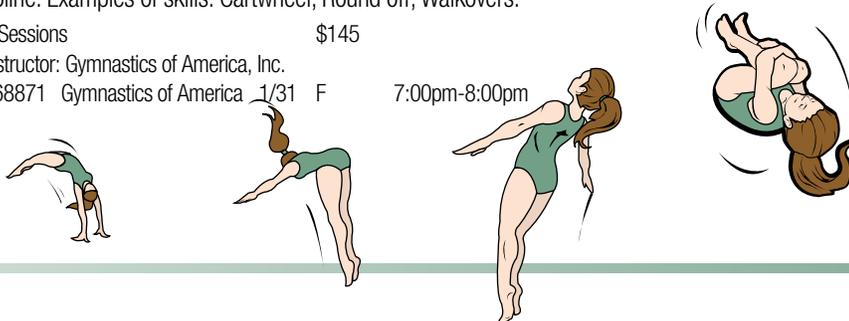
Ages 6-8: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, Balance beam skills such as front and backward walk and more, Bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions \$140
 Instructor:Gymnastics of America, Inc.
 369353 Gymnastics of America 1/27 M 3:30pm-4:30pm
 369354 Gymnastics of America 1/29 W 3:30pm-4:30pm

Gymnastics- Girls and Boys

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

7 Sessions \$145
 Instructor: Gymnastics of America, Inc.
 368871 Gymnastics of America 1/31 F 7:00pm-8:00pm



BASKETBALL

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions \$100
 Instructor:Inc One on One Basketball
 369418 Wisconsin Place CRC 1/13 M 4:00pm-5:00pm
 369419 Clarksburg ES 1/13 M 4:00pm-5:00pm
 369416 Greenwood ES 1/16 Th 3:05pm-4:05pm
 369422 Sligo Creek ES 1/16 Th 3:30pm-4:30pm
 369417 Potomac ES 1/17 F 3:30pm-4:30pm
 369423 Woodlin ES 1/17 F 3:15pm-4:15pm

Coach Rich Basketball For Ages 6-8

Ages 6-8: This program for boys and girls is appropriate for all experience and skill levels. Many young players are overwhelmed by the speed and complexity of basketball. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions \$140
 Instructor:Rich Sandler
 369379 Plum Gar CRC 1/8 W 6:00pm-7:00pm

Coach Rich Basketball For Ages 9-11

Ages 9-11: This program is the next step for players that have at least some experience and conceptual understanding of basketball; however, this program is absolutely appropriate for all skill levels. Each one-hour class is divided into two components. The first component will focus on fundamental skill building, and the second will be non-stop live game play! Players will be coached on the primary as well as the 'next level up' skills and fundamentals. Additionally, live game play time will increase as this program progresses.

10 Sessions \$140
 Instructor:Rich Sandler
 369380 Plum Gar CRC 1/8 W 7:00pm-8:00pm

MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork.

6 Sessions \$90
 Instructor:Jazz Perazic's MD Sports
 369400 Olney ES 1/22 W 3:30pm-4:45pm
 369401 Kensington-Pkwd ES 1/24 F 3:05pm-4:20pm

MD Sports All Star Skills Clinic

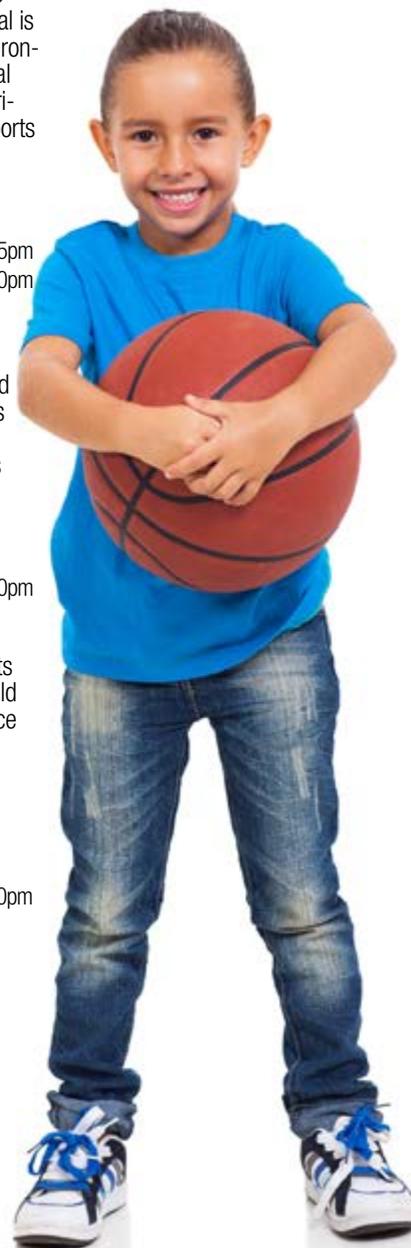
Ages 8-17: Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions \$140
 Instructor:Jazz Perazic's MD Sports
 369403 Kingsview MS 1/31 F 7:00pm-9:00pm

MD Sports Rim Rockers

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions \$90
 Instructor:Jazz Perazic's MD Sports
 369406 Oakland Terrace ES 1/23 Th 6:00pm-7:00pm



YOU GOT GAME?

It's not too late ...

Call for Availability

HOOP IT UP THIS WINTER!

- ✓ **Instructional Basketball - Grades K-2**
- ✓ **Youth-Kids Leagues - Grades 3-8**
- ✓ **Rising Star Leagues - Grades 5-8**
- ✓ **High School Leagues - Grades 9-12: Team Registration Only**
- ✓ **Adult and Senior Leagues: Team Registration Only**

**Programs located throughout
Montgomery County**

For more information visit us at montgomerycountymd.gov/rec
or contact the Adult Sports Programs Office at (240) 777-6870
or the Youth Sports Programs Office at (240) 777-6810

INSTRUCTIONAL WINTER BASKETBALL (K-2)

This non-competitive league for beginners emphasizes basic skills and fundamentals of basketball, fun and good sportsmanship. Teams are assigned to the closest available gym. Includes four practices at the location and time you are placed and four low key scrimmages. Scrimmages may be played at alternate sites, at varying times, but on the assigned day.

Players who register as individuals will be assigned to teams as space allows. Placement of individuals is contingent on sufficient registrations to form a team and recruitment of a volunteer coach.

To register a preformed team, you must call 240-777-6870 for a coach's packet, or visit at montgomerycountymd.gov/rec then submit an official roster with registration forms and payment for a minimum of 8 and a maximum of 12 players from the same private school or MCPS elementary school district, and a volunteer coach. NOTE: MCR reserves the right to add players to rosters.

After teams have been formed, coaches will contact players on/or before the first practice of the season to confirm location and time.

Practices begin the weekend of January 4 & 5, 2014.

FEE: \$80.00 Per Player (County residents)

\$95.00 (Non-County residents)

Fee includes eight one-hour sessions, team shirt and individual trophy.

Instructional teams may be scheduled hourly as follows:

Saturdays: 9:00am-6:00pm

Sundays: 12:00pm-6:00pm

**Deadline
To Register:
November 29**

Kindergarten

364842	Boys	Saturday	North
364845	Boys	Saturday	West
364854	Boys	Saturday	East
364840	Girls	Saturday	North
364843	Girls	Saturday	West
364852	Girls	Saturday	East

1st Grade

364834	Boys	Saturday	North
364835	Boys	Saturday	West
364836	Boys	Saturday	East
364841	Boys	Sunday	West
364837	Girls	Saturday	North
364838	Girls	Saturday	West
364839	Girls	Saturday	East
364844	Girls	Sunday	West

2nd Grade

364846	Boys	Saturday	North
364847	Boys	Saturday	West
364848	Boys	Saturday	East
364853	Boys	Sunday	West
364849	Girls	Saturday	North
364850	Girls	Saturday	West
364851	Girls	Saturday	East
364855	Girls	Sunday	West

***North:**
Poolesville, Germantown,
Gaithersburg, Damascus, etc.

***West:**
Potomac, Bethesda,
Chevy Chase, North Potomac,
Kensington, Rockville, etc.

***East:**
Silver Spring, Wheaton,
Briggs Chaney, Olney,
Burtonsville, etc.





YOUTH WINTER BASKETBALL (GRADES 3-8)

Separate leagues for boys and girls for each grade. Team standings are not recorded in 3rd & 4th grade leagues. Minimum playing time for 3rd thru 6th grade, two quarters, 7th and 8th grade one quarter minimum.

Program emphasis is on skill development, fundamental strategy and sportsmanship. Players who register as individuals will be assigned to a beginner team closest to their school or neighborhood, as space allows.

Placement of individuals on a team is contingent upon sufficient registration to form a team and recruitment of a volunteer coach. Individual registrants will be not notified of placement after registration deadline, November 8, 2013.

Registration deadline: NOVEMBER 8, 2013. (Note: MCR reserves the right to add players to rosters with less than the maximum). After teams have been formed, coaches will contact players on or before DECEMBER 2, 2013 to announce practice schedules and locations. All teams practice once a week (weekdays only).

Teams may have no more than 3 players on their roster who participate on any select team, including Rising Stars (MCPS middle school basketball players are exempt).

Games begin the weekend of JANUARY 11, 2014.

Please Note: For each league, a player must be enrolled in at least the lowest grade listed. Players may "play up" one grade when they meet the minimum requirements. Example: A 4th grade student may register in the 5th grade league; however, players may not register in a league below their grade level. Players may register for only one MCR league, except as noted. Players may not wear (or cover over) jewelry of any type.

3rd Grade-5th Grade
6th Grade-8th Grade

\$80 per player (\$95 NR)
\$95 (\$110 NR)

Down County-Bethesda

364199	Boys	3rd Grade	Sunday
364201	Boys	4th Grade	Sunday
364203	Boys	5th Grade	Sunday
364205	Boys	6th Grade	Sunday
364207	Boys	7th Grade	Sunday
364209	Boys	8th Grade	Sunday
364200	Girls	3rd Grade	Saturday
364211	Girls	3rd Grade	Sunday
364202	Girls	4th Grade	Saturday
364212	Girls	4th Grade	Sunday
364204	Girls	5th Grade	Saturday
364206	Girls	6th Grade	Sunday
364208	Girls	7th Grade	Sunday
364210	Girls	8th Grade	Saturday

Down County-Potomac

364213	Boys	3rd Grade	Saturday
364215	Boys	4th Grade	Saturday
364217	Boys	5th Grade	Saturday
364219	Boys	6th Grade	Saturday
364221	Boys	7th Grade	Sunday
364223	Boys	8th Grade	Saturday
364214	Girls	3rd Grade	Saturday
364216	Girls	4th Grade	Saturday
364218	Girls	5th Grade	Saturday
364220	Girls	6th Grade	Saturday
364222	Girls	7th Grade	Sunday
364224	Girls	8th Grade	Saturday

Upper/East County

364237	Boys	3rd Grade	Saturday
364239	Boys	4th Grade	Saturday
364241	Boys	5th Grade	Saturday
364243	Boys	6th Grade	Saturday
364245	Boys	7th Grade	Saturday
364247	Boys	8th Grade	Saturday
364238	Girls	3rd Grade	Saturday
364240	Girls	4th Grade	Saturday
364242	Girls	5th Grade	Saturday
364244	Girls	6th Grade	Saturday
364246	Girls	7th Grade	Saturday
364248	Girls	8th Grade	Saturday

Mid/East County

364225	Boys	3rd Grade	Saturday
364227	Boys	4th Grade	Saturday
364229	Boys	5th Grade	Saturday
364231	Boys	6th Grade	Saturday
364233	Boys	7th Grade	Saturday
364235	Boys	8th Grade	Saturday
364226	Girls	3rd Grade	Saturday
364228	Girls	4th Grade	Saturday
364230	Girls	5th Grade	Saturday
364232	Girls	6th Grade	Saturday
364234	Girls	7th Grade	Saturday
364236	Girls	8th Grade	Saturday

Upper/West County

364188	Boys	3rd Grade	Saturday
364190	Boys	4th Grade	Saturday
364192	Boys	5th Grade	Saturday
364194	Boys	6th Grade	Saturday
364196	Boys	7th Grade	Saturday
364198	Boys	8th Grade	Saturday
364187	Girls	3rd Grade	Saturday
364189	Girls	4th Grade	Saturday
364191	Girls	5th Grade	Saturday
364193	Girls	6th Grade	Saturday
364195	Girls	7th Grade	Saturday
364197	Girls	8th Grade	Saturday

Elementary students will play in the region based on their middle school cluster.

* Down County-Bethesda includes N. Bethesda MS, Pyle MS, Tilden MS, and Westland MS.

* Down County-Potomac includes Cabin John MS, Frost MS, and Hoover MS.

* Mid /East County includes Argyle MS, Banneker MS, Briggs Chaney MS, Eastern MS, Farquhar MS, Key MS, Lee MS, Loiderman MS, Newport MS, Parkland MS, Rosa Parks MS, Redland MS, SSI, Sligo MS, Takoma Park MS, White Oak MS and Wood MS.

* Upper/East County includes Baker MS, Damascus MS, Gaithersburg MS, Neelsville MS, Rocky Hill MS and Shady Grove MS.

*Upper/West County includes Clemente MS, Kingsview MS, MLK MS, Montgomery Village MS, Poole MS, and Ridgeview MS.

HIGH SCHOOL WINTER BASKETBALL

Practices begin December 2 and Games begin weekend of January 11, 2014.

Each League will have an intermediate and advanced division. Teams must play in the grade level of their oldest player. Please indicate on your registration form the grade level of your team, boys or girls, intermediate or advanced. The league director reserves the right to place a team in the appropriate division based on last year's record.

Intermediate Level-Finished below 500 the prior season-one or less select players on roster.

Advanced Level-Finished above 500 the prior season-no more than 3 select players on roster.

FEES: \$800 per team / Non-County fee \$920 (50% of roster lives out of county) The fee includes 2 IAABO officials for 8 games, practice, game shirts, staff, and the facility for games, awards and game equipment.

GAME DAYS

Saturdays (9am-6pm) All Girls Leagues • Boys: 10th and 12th Grade
Sundays (12pm-6pm) Boys: 9th and 11th Grade

REGISTRATION

All team registration forms and full payment with roster must be in Montgomery County Recreation's Registration Office no later than Friday, November 8, 2013. The following items are required:

- A. Team Registration Form-all pertinent information must be filled out including detailed information on the main contact and a phone number for a 2nd adult from the team. You can also use the form to pay the league fee by credit card.
- B. Roster-Please fill out the roster and return it to the league office. Practices times will be given out after your roster and registration forms are received. Additions and or deletions can be made to this roster before the 3rd game.
- C. Individual Player Registration Forms-each player must have a registration form completed and signed by their parent. The registration form must be in the league office before that player can participate in a league game.
- D. Standards for Spectator Behavior-both parents and or guardians must carefully read this information and sign on the bottom of the document. The form must be in the league office before the player can participate in a league game.

LEAGUE RULES AND ELIGIBILITY

(Teams that play in the advanced division may have no more than 3 select players on their roster. A minimum of 8 players are required to have a team with a maximum of 12)* A select player plays on a team with tryouts-school JV or Varsity. No jewelry of any kind may be worn during the game.*

Intermediate

364171	Girls	9th Grade
364172	Boys	9th Grade
364175	Girls	10th Grade
364176	Boys	10th Grade
364179	Girls	11th Grade
364180	Boys	11th Grade
364183	Girls	12th Grade
364184	Boys	12th Grade

Advanced

364173	Girls	9th Grade
364174	Boys	9th Grade
364177	Girls	10th Grade
364178	Boys	10th Grade
364181	Girls	11th Grade
364182	Boys	11th Grade
364185	Girls	12th Grade
364186	Boys	12th Grade



WINTER ADULT BASKETBALL

THE ADULT BASKETBALL SEASON WILL BEGIN THE SECOND WEEK IN JANUARY AND FINISH LATE MARCH. FOR DETAILS ON LEVEL OF PLAY, GYM LOCATIONS, LEAGUE FEES AND ANY OTHER DETAILS, PLEASE CALL COUNTYWIDE PROGRAMS AT 240-777-6870.





Active Adult Programs 55+



WINTER 2014

Montgomery County Recreation has many diverse ways for 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 winter line up!

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most 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

WHITE OAK SENIOR CENTER

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944
(Nutritional Lunch on M, W, F)

55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult 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 at least two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our programs are diverse and offer exciting activities 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 offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations.

Check us out at any of our locations. We're sure to have something for everyone! Our locations, days & times include:

Bauer Drive Seniors

Mon. & Wed. 10:00am-2:00pm
Bauer Drive Community Recreation Center
14625 Bauer Drive
Rockville, MD 20853
240-777-6922

Bethesda/Chevy Chase Seniors

Mon. & Wed. 10:00am-2:00pm
Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

Clara Barton Seniors

Mon. & Wed. 10:00am-2:00pm
Clara Barton Neighborhood Recreation Center
7425 MacArthur Blvd.
Cabin John, MD 20818
240-777-4910

Clarksburg Seniors**

Community of Faith United Methodist Church
22420 Frederick Road
Clarksburg, MD 20871
301-916-3899

Coffield Seniors

Tues., Wed. & Thurs. 10:00am-2:00pm
Gwendolyn Coffield Community Recreation Center
2450 Lyttonville Road
Silver Spring, MD 20910
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 Recreation Center
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8093

Germantown Seniors+

Mon. & Thurs. 10:00am-2:00pm
Germantown Community Recreation Center
18905 Kingsview Road
Germantown, MD 20874
240-777-8098

Longwood/Olney Seniors

Mon. & Wed. 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

Mid-County Seniors*

Tues. & Thurs. 10:00am-2:00pm
Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Plum Gar Seniors

Tues. & Fri. 10:00am-2:00pm
Plum Gar Community Recreation Center
19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Potomac Seniors

Tues. 10:00am-2:00pm & Fri. 10:00am-1:00pm
Potomac Community Recreation Center
11315 Falls Road
Potomac, MD 20854
240-777-6960

Praisner Seniors* +

Tues. & Thurs. 10:00am-2:00pm
Marilyn J. Praisner Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Ross Boddy/Sandy Spring Seniors* +

Wed. & Thurs. 10:00am-2:00pm
Ross Boddy Community Center
18529 Brooke Road
Sandy Spring, MD 20860
240-777-8050

+ 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.



55+ ACTIVE ADULT PROGRAMS

The Department of Recreation offers a variety of classes, programs, and special events, at twelve community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this fall. Please call the center for more information.

BAUER DRIVE COMMUNITY RECREATION CENTER

14625 Bauer Drive
Rockville, MD 20853
240-777-6922

The Bauer Drive Community Recreation Center offers a variety of exercise and sports programs for seniors. Call the center for information on registration requirements, fees, etc.

SeniorFit Exercise Program*

Mon & Wed • 9-9:50am, 10-10:50am; Fri • 9:15-10am
*Participants must register through Holy Cross Hospital and obtain a Montgomery County Recreation Access Card.

Tai Chi for Seniors*

Mondays • 10:00-10:45am; free program.
*Participants must register through Holy Cross Hospital and obtain a Montgomery County Recreation Access Card.

Senior Volleyball

Monday & Wednesday • 10:30am-12:30pm
Participants must obtain an MCR Gym pass.

Senior Basketball

Tuesday & Thursday • 9:00am-12:00pm
Participants must obtain a MCR Gym pass.

Microflyers

Monday & Wednesday • 12:30-2:30pm
Microflyers is a model plane flying group that consists mainly of seniors but is inclusive to anyone who is interested. Participants must obtain a MCR Gym pass.

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

7425 MacArthur Boulevard
Cabin John, MD 20818
240-777-4910

The Senior Sensations at the Clara Barton Community Center are a fun, active group. We meet each Monday and Wednesday from 10:00am-2:00pm. Attendance and programs are FREE. Come join us for coffee, tea, snacks and gab. Along with our Senior Shape exercise classes on Mondays and Wednesdays, we also have Senior Weight classes on Fridays sponsored by Suburban Hospital. We also offer drop-in bi-weekly table tennis and bi-weekly and drop-in bridge games. Enjoy walks with us through the Cabin John Historical neighborhood; the latest movies with popcorn; monthly birthday and holiday parties.

What is coming up for you? More holiday, birthday parties and luncheons; formal tea; museum visits; picnics; bowling; lunch at local restaurants; games with prizes; the latest movies with popcorn; lectures on travel, current events and health; games with prizes; and the new, who is that baby contest.

Additional health activities are Chair Yoga with Jo on the fourth Wednesday of the month and Blood Pressure Screenings on the third Wednesday of the month.

EAST COUNTY COMMUNITY RECREATION CENTER

3310 Gatehead Manor Way,
Silver Spring
240-777-8090

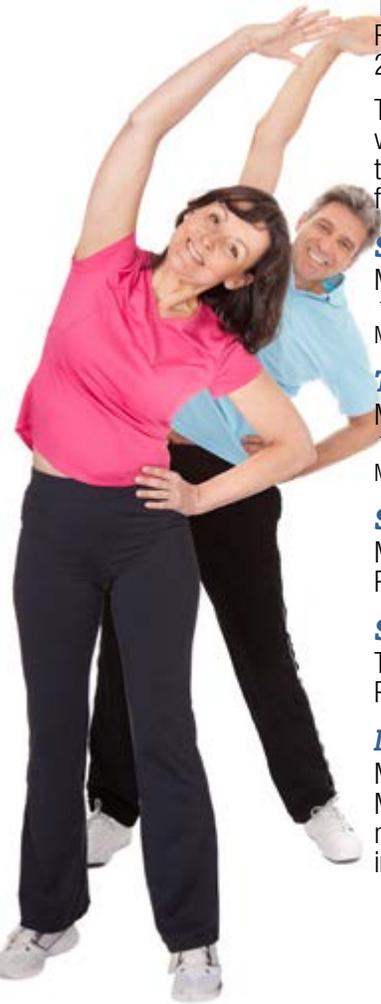
Along with our exercise classes, weekly programs, and social activities, we have several special activities scheduled for late this fall and winter. Some highlights include:

Chip & Andrea

November 22, 2013 • 11:00am-12:00pm
Celebrate the Thanksgiving holiday with a performance by Chip & Andrea.

Computer Classes for Active Adults

Fridays • 11:30am-12:30pm
In our Computer Lab. Pre-registration required.



Bone Builders Growing Like Crazy!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here are the community center locations we are currently offering classes at:

Mid County	Tues and Thurs	1:00pm-2:00pm
Lawton	Tues and Thurs	9:15am -10:15am
Potomac	Tues and Thurs	9:00am -10:00am
	Tues and Thurs	10:00am-11:00am
Coffield	Tues and Thurs	9:30am -10:15am
Wisconsin Place	Mon and Thurs	10:00am-10:45am
	Tues and Thurs	11:15am-12:00pm
Wheaton CRC	Tues and Thurs	1:00pm-2:00pm
White Oak	Weds and Fri	2:00pm-3:00pm

GERMANTOWN COMMUNITY RECREATION CENTER

18905 Kingsview Road
Germantown, MD 20874
240-777-8095

The Germantown Senior Program takes place every Monday and Thursday from 10:00 am to 2:00 pm and offers a variety of fun activities, including: Holiday Luncheons, Mah Jongg, Arts and Crafts, health & wellness classes, lectures, and making new friends. There is an English class every Monday and Thursday from 11:00 am to 11:30 am & a Spanish class from 11:30 am to 12:00 noon. The Germantown Community Center also offers the Senior Fit exercise class on Tuesday's from 1:45 pm to 2:30 pm and Thursdays from 11:30 am to 12:15 pm. Unless noted, all of the senior programs are free to those 55 and over.

JANE E. LAWTON COMMUNITY RECREATION CENTER

4301 Willow Lane
Chevy Chase, MD 20815
240-777-6855

The Lawton Community Center offers a variety of health & wellness programs, exercise, Montgomery College Life-long Learning classes, and lectures of interest to seniors on a regular basis. Highlights for this fall include two classes, Tai Chi & Zumba Gold, being offered in conjunction with Suburban Hospital. Pre-registration is required and there are fees for both. Please call the Center for more information or Suburban Hospital at 301-896-3939 to register or for additional details.

Intro to Bone Builders

Tuesday & Thursday • 9:15am-10:15am
FREE, but pre-registration required.

Bone Builders Plus

Monday & Wednesday • 10:00am-11:00am
11 sessions \$77

Zumba Gold (Suburban Hospital)

Tuesday's
October 1st-October 29th and November 12th:
\$60 Please call 301 896-3939 to register

Senior Shape (Suburban Hospital)

Tuesday & Friday October 1st- December 27th: \$30
Please call 301 896-3939 to register

Fall Senior Social/Movie Day

Friday, November 1 • 3:00pm-5:00pm
Enjoy a movie and refreshments while mingling with friends!

LONGWOOD COMMUNITY CENTER

19300 Georgia Avenue
Brookeville, MD 20833
240-777-6920

The Longwood 55+ Active Adult Program takes place every Monday and Wednesday from 10 am-2:00 pm.

Tai Chi

Mondays • 9:30am

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. To register, visit MedStarMontgomery.org/classes or call 301-774-8881. Instructor lead.

NEW Senior 55+ Exercise Class

Tuesdays • 9:00am & Wednesdays • 10:00am
Focuses on increasing flexibility, balance, coordination, and cardiovascular endurance. To register, visit MedStarMontgomery.org/classes or call 301-774-8881.

Zumba Gold

Wednesdays • 9:00am

Designed to encourage cardio activity and exercise with Latin and International music and dance. (DVD Instructed)

Bone Builders

Mon. & Weds • 11:00am

Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular commitment, muscular strength, balance and bone density. All participants must pre-register. 2 day per week commitment is mandatory.

Today In The News!

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

55+ Active Adults Open Gym

Monday & Tuesday • 10:00am to 2:00pm
Wednesday & Thursday • 12:00pm to 3:00pm
\$30/yr for Open Gym Membership. Open Gym is included in the Senior Sneaker Membership.

Other events at Longwood:

Jingle Bell Fun

December 16 • 12:30

with Catered Lunch and entertainment by Rearview Window. Tickets required. Call for more information.

Name the Top People & News Stories of 2013

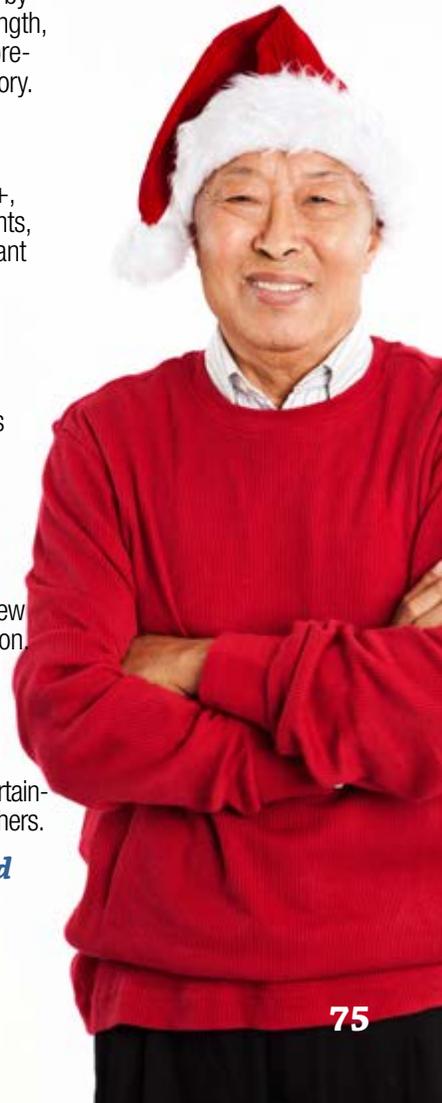
January 6 • 12:30pm

Make your lists of who was the best in sports, entertainment, news and personalities and compare with others.

Geography Makes the World Go Round

February 3 • 12:30pm

Dave Rowland will facilitate this interesting & educational workshop.





MID-COUNTY COMMUNITY RECREATION CENTER

2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

The Mid-County Community Recreation Center offers a 55+ Active Adult Program every Tuesday and Thursday from 10:00am-2:00pm.

Soul Line Dancing

Tuesdays • 10:00am

Soul line dancing is a dance class that allows individuals to learn basic line dances in a fun relaxed environment. Come learn the newest line dances while socializing with friends!

Chair Aerobics

Tuesdays & Thursdays • 10:00am

Chair aerobics in a fun way to get a great cardio workout in a safe and healthy way. (DVD instructed)

Tai Chi

Tuesdays • 11:00am

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both the body and mind.

Bone Builders

Tuesdays & Thursdays • 1:00pm

Relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular commitment, muscular strength, balance and bone density. All participants must pre-register. Two day a week commitment is mandatory.

Zumba Gold

Thursdays • 10:00am

Join us as we dance and sweat to Latin music! Zumba is a great form of cardio exercise. (DVD instructed)

Movies

Thursdays • 11:00am

Come watch movies with friends on Thursday mornings. Please call the center the morning of to find out what the feature film will be!

Bridge

Thursdays • 11:00am

This is a great way to play cards with friends.

PLUM GAR COMMUNITY RECREATION CENTER

19561 Scenery Drive
Germantown, MD 20876
240-777-4919

Look for classes, programs in health, fitness, nutrition, arts, music & sports. Call the center for more information.

PRAISNER

COMMUNITY RECREATION CENTER

14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

The Praisner Community Center Active Adult Program meets on Tuesdays and Thursdays from 10:00am-2:00pm.

Drop in any Tuesday or Thursday, have a cup of coffee or tea and a pastry. Meet the staff and your fellow active adults, see what we have to offer and pick up a copy of our monthly calendar of events. Each month will have one or more of the following activities scheduled-----live entertainment, travelogues, speakers on health, food, finance, seasonal and theme parties or movies.

Door to door bus transportation (within designated boundaries) to and from the center as well as a nutritious lunch are available on Thursdays. Some activities for those 55+ are also available other weekdays. Most activities are free or charge a nominal fee such as Senior Sneaker Exercise.

ROSS BODDY/SANDY SPRING COMMUNITY RECREATION CENTER

Ross Boddy Community Center
18529 Brooke Road
Sandy Spring, MD 20860
240-777-8050

The Ross Boddy Seniors participant in a variety of exercise and wellness, arts & crafts, health & adult related seminars & classes, and a nutrition lunch program on Wednesday's & Thursday's between 10:00am & 2:00pm.

WHEATON NEIGHBORHOOD RECREATION CENTER

11711 Georgia Avenue
Wheaton, MD 20902
240-777-8057

The Wheaton Community Center offers several programs on a regular basis for seniors 55 and over. A few highlights include:

Senior Volleyball

Mondays & Thursdays • 12:30pm-2:30pm

Senior Fit

Mondays & Wednesdays • 11:00am-11:45pm

Bone Builders

Tuesdays & Thursdays • 1:00pm-2:00pm



SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers 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 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 CRC** M, W • 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am
- Ross Boddy CRC** T, Th • 9:00am-9:45am
- Coffield CRC** T, Th • 10:30am-11:15am
- East County CRC** M, W, F • 10:45am-11:30am
- Germantown CRC** T • 1:45pm-2:30pm, Th, 11:30am-12:15pm
- Mid-County CRC** F • 11:00pm-11:45pm
- Long Branch SC** M, W • 12:00pm-12:45pm
- Praisner CRC** 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 NRC** M, W • F 11:00am-11:45am
- White Oak CRC** T, F • 9:00am-9:45am

Better Bones

- Long Branch SC** W, F • 1:00pm-2:00pm
- Schweinhaut SC** M, Th • 2:00pm-3:00pm
- White Oak SC** W, Th • 2:00pm-3:00pm



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 & Lawton Community Centers and Holiday Park and Schweinhaut Senior Centers. Call Suburban Hospital at 301-896-3939 or the centers for more information.

Aerobics/ Stretch/ Stretch Training

- Clara Barton CRC** M, F 11:00am-11:45am • 1/2-3/28
- Potomac CRC** T, F 10:00am-10:45am • 1/7-3/28

Senior Shape Weight Training

- Schweinhaut SC** T 10:00am-10:45am • 1/7-3/25
- Lawton CRC** T, F 12:00pm-12:45am • 1/7-3/28
- Clara Barton CRC** F 1:00pm-1:45pm • 1/3-3/28
- Holiday Park SC** F 11:00am-11:45am • 1/3-3/28

Senior Shape Advanced Weight Training

- Holiday Park SC** F 10:00am-10:45am • 1/3-3/28

Senior Shape Stability Ball

- Holiday Park SC** M 9:00am-9:45am • 1/6-3/28
- Schweinhaut SC** T 11:00am-11:45am • 1/7-3/28

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 NRC | BAUER DRIVE CRC | ROSS BODDY CRC | COFFIELD CRC |
| DAMASCUS CRC | EAST COUNTY CRC | GERMANTOWN CRC | LAWTON CRC |
| LONG BRANCH CRC | LONGWOOD CRC | MID-COUNTY CRC | POTOMAC CRC |
| MARILYN J. PRAISNER CRC | UPPER COUNTY CRC | WHEATON NRC | WHITE OAK CRC |
| WISCONSIN PLACE CRC | PLUM GAR CRC | | |



SPECIAL ACTIVITIES AND EVENTS

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M-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 lunches are served every weekday.

Holiday Luncheon

Thursday, December 12th, 2013 • Noon
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.

Celebrating The Holiday Spirit

Thursday, December 12th, 2013 • 1:00pm
with Christiana Drapkin as Organ Grinder Lola.
Cost: FREE

Holiday Program Celebration

Thursday, December 19th, 2013 • 1:00pm
The Damascus Senior Center will have a program to celebrate the up and coming Holiday Season. There will be live singing, dancing, comedy and other fun activities. Please join us at this special time of year for some Holiday cheer. Cost: FREE

WII Winter Games

Fridays, February 7 & 2, 2014 • 1:00pm
The Damascus Senior Staff will host WII Winter Games for the first time. Zuleyma will lead this event both days and will plan a lot of different fun filled activities. Call for more information.

Valentine's Day Luncheon

Friday, February 14th, 2014 • Noon
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.

Senorita Sunshine

Friday, February 14th, 2014, 1:00pm
The Damascus Senior Center will provide a wonderful entertainer for all the ladies for Valentines Day. Senorita Sunshine will make her first appearance this year. Cost: FREE

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!

Jingle Bell Breakfast

Wednesday, December 18 • 10:30 am.
Enjoy a delicious continental breakfast of bagels and muffins, spreads, pastries, juice coffee and tea. Free.

January is Exercise Month at the Long Branch Senior Center

Start the New Year by reaching your fitness potential!! Every day at noon, we will offer a free exercise class adaptable to all levels. Join us for Senior Fitness, Seated Volleyball, Zumba and more. Also, sign up for our monthly gym walking contests, where prizes are given based on laps completed.

Computer Classes

Exercise your minds at our Computer Classes which will be held Tuesdays and Thursdays, beginning Tues. January 6th. 2 sessions of 4 classes each will be held in January. Beginning Classes from 10:30 – 11:30, and Intermediate from 11:30 – 12:30. Cost per 4 class session is \$12. Register at reception desk on second floor.

Spanish Classes

Practice your Spanish with Native Speaker Waldo Pinto:
Mondays at noon • Conversation
Tuesdays at noon • Beginning Spanish
Fridays at 11 • Advanced
Free

Valentine's Day and Friendship Party

Thursday, February 13th • 11:00am
Bring a friend and dance to the rhythms of DJ Francisco Miranda. Special Valentine's treats will be served with our nutritious lunch. Sign up at registration desk on the second floor. \$2.00

RecWeb . . .
Easy, Fast, Secure!
montgomerycountymd.gov/rec

WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring
240-777-6944

Hours: 9:00am-3:00pm. M-F

Oasis is now holding classes at the White Oak Senior Center. Please call the center for more information.

White Oak Senior Center Demo Week!

January 6-January 10

Come and view our classes for free to get your year started out right! All classes will be free of charge to anyone 50 or older!

Free Transportation Coming To White Oak Senior Center!

Beginning the third week of January, we will be offering free transportation to our center on a scheduled basis to those in the selected area. If you live in the area and are interested in our new transportation services, please contact us at 240-777-6944.

Living By Design Goal Assessments

As a part of your experience at the White Oak Senior Center, we will offer you an opportunity to share your purpose and ambitions for the year. Our mission is to design programs with you in mind. We ask all of our participants to fill out a goal assessment form to allow us to help you reach your goal. Throughout the year, our staff will check in with you and revisit your yearly goals and see how you've progressed. This process will allow us to help you live your life according to your design.

Living by Design Fitness Assessments

We will offer all of our members an opportunity to have a Senior Fitness Assessment to make you aware of where you are physically. Our classes are designed to help you with your fitness goals. Our goal is to assess and reassess annually to gauge fitness improvement.

Downsizing & Organization Series

Weds., February 5, 12, 19 & 26 • 1:30pm-3:00pm

Four sessions to help you downsize and de-clutter while you organize for a cleaner and clearer space. Learn how to fold that darn fitted sheet and put it neatly in your linen closet? We will have a specialist come in and give you tips on de cluttering and tools to maintain your space.

What is a CCRC?

Every Third Wednesday • 1:30pm-3:00pm
Beginning January 15th, we will have facilities of different levels of care come out and share their services. Our first Continuing Care Retirement Community will educate you on what services they can provide for you now or in the future.

Investment Classes

Wednesday, January 8th • 2:00pm-3:30pm

Most of us would like to be better investors. Come & sharpen your investment skills.

Which IPAD should I buy?

Do I even need one?

Wednesday, January 22nd • 2:00pm-3:00pm

Did you get an IPAD for Christmas and don't know how to use it? Would you like to purchase an IPOD or tablet but are unsure on which one to get? Come in and solve the mystery of your new gadget.

White Oak Golden Award Ceremony!

Thursday, January 30th • 1:30pm-3:30pm

This is a ceremony that celebrates the excellence of our members! Our entire team of staff members and instructors will vote to select the nominees and winners for each of our classes. Some of the categories are: White Oak Woman/Man of the year, Senior Sneaker award, Super woman/ man, can't keep a good man/woman down, best class attendance, most improved, inspirational award and many more! There will be a reception to follow. Join us as we celebrate you!

Arthritis Chair Exercise

Mondays • 1:15pm-2:15pm

Anyone can get the physical movement needed to boost energy and relieve arthritis pain. This fitness program is a 60-minute balanced exercise routine proven to ease arthritis no matter what shape and age you are in now. Instructor: Maria Elena Analuisa

Better Balance

Thursdays • 11:00am-11:45am

Low impact movements designed to help you improve your ability to control your balance more efficiently in your day-to-day activities. Instructor: Shememe Williams

Yoga (Gentle Yoga)

Fridays • 1:00pm-2:00pm

Gentle and slower paced practice to allow ease of participation for people of all sizes, ages, and fitness levels. Class removes fears or challenges in doing yoga, while assisting with stress reduction and weight management. Bring yoga mat, yoga block and blanket. *\$5.00 drop-in, pay as you attend. Instructor: Jane Adams

Healthy Heart Aerobics

Fridays • 1:30pm-2:30pm

Low impact aerobics exercise to help strengthen the heart and lungs geared to give you more energy and help manage weight. Instructor: Maria Analuisa

Lifestyle Coaching Series

Vegan Living*

Thursdays • 11:30am-12:45pm

Sessions share helpful information on meal-planning, do's and don'ts of veganism, preparing balanced and nutritional meals without animal meat or animal by-products, benefits of raw foods and "going" organic. Wellness Coaching* Group participants learn the benefits of lifestyle changes, such as healthy food choices and preparation. \$2.00 per session.





MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm

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, a Network Niche 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.....

Baltimore Symphony Orchestra presents The Monument Piano Trio

Monday, December 9 • 1:00pm
Described as “an ensemble in the truest form of the word”, the Monument Piano Trio was founded in 2004 by three friends who love and embrace chamber music. Coming from different award-winning musical backgrounds, each artist in the ensemble brings a unique style to the group, creating a distinctive sound that critics have called “one intricately voiced stream of music, taking the audience through lands of wonder, worry, pleasure and pain.” Presented through the generosity of the Baltimore Symphony Orchestra and Montgomery County Government.

Holiday Magic in Song

Monday, December 16 • 1:00pm
Margo Hope serenades you with a program of holiday jazz in the flavor of Etta James, Ella Fitzgerald, Natalie Cole, Nat King Cole, and others. Accompanied by jazz pianist Bob Diener. Guest artist Chuck Holden.

The Retro Rockets

Monday, December 23 • 1:00pm
One of Baltimore’s best retro bands, specializing in music of the 50’s, 60’s and 70’s. Retro Rockets covers artists such as Chuck Berry, Etta James, The Drifters, Elvis, Del Shannon and more! Wear your dancing shoes, or sit back and relax as you enjoy songs like “Goody Goody”, “Hand-Jive”, “More” and so many more.



Celebrate 2014 in Style

Wednesday, January 8 • 1:00pm
Bring in the New Year with music, merriment, and much good cheer! Enjoy “bubbly”, hors’d’oeuvres, New Year’s goodies, and extraordinary entertainment by Billy Finch. His spotlight performance will serenade you down Memory Lane and tickle you into laughing out loud. Billy’s singing and style of Frank Sinatra has been described as “right on the money”. Purchase tickets from the Reception Desk at the Center -- \$4.00 in advance (by Monday January 6), or \$7.00 at the door. Space limited. Cocktail attire requested but not required .

How Oklahoma Changed the Broadway Musical 1940 - 1949

Monday, February 10 • 1:00pm
Steve Friedman, our Broadway Expert, returns to broaden our knowledge of Broadway. The Broadway Musical scene was seeing change. The music alone was not enough to satisfy the audience; they wanted an integrated story and meaningful plot. This program includes a discussion of how the musical evolved and how Rogers and Hammerstein among others created the modern art form. Live song as part of the presentation. Sponsored by the Himmelfarb Mobile University

What you didn’t know or perhaps you did and want to know more....

Author, Author!

Wednesday, December 4 • 1:00pm
It’s astounding how many authors have led lives that are stranger than fiction! Come hear the intriguing and fascinating tales of – not by – thirty-five amazing authors. Presented by Activities to Go. Free.

A Healthier and More Knowledgeable You....

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.
Every Wednesday, 10:00am-2:00pm
(with the exception of the first Wednesday)

“Know Your Numbers”

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 an educational life-health-seminar on the first Wednesday of each month. See ‘Happenings’- Schweinhaut’s monthly newsletter for monthly topics or call Center Reception Desk.

Tis The Season to Be Jolly

December 4 • 10:30am-11:15am

Join the Suburban Hospital HeartWell Nurse in discussing strategies for stress management during this special but hectic season. Tips for entertaining, holiday menu makeovers, and managing stress will be included. Free.

Discussion Group-Maximizing You!

Thursdays • 11:00am

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.

Go Safely!

AARP Driver Education Class

Monday, Dec. 16 & Feb. 10 • 10:00am-3:00pm

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$12.00 check to AARP. No cash.

Shape Up Now....

You Can Do It Chair Yoga

Thursdays • 10:30am

Fee: \$30.00 for six sessions Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to find out when the next session will begin and to register for this new offering.

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 • 10:00am 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

Tuesdays & Thursdays • 12:30pm

Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Play in an ACBL sanctioned game open to all seniors. Bring a partner and work together to win! Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays & Thursdays • 11:00am

Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.

Get Your Game On!

Tuesdays • 10:00-Noon

Rummikub games galore or perhaps some other board games to enjoy. We have lots of board games or bring your own to share. Its lots of fun for all!

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.

Ladies in Lavender

Monday, December 2 • 1:00pm

Two sisters at their beach house in Cornwall for some relaxation are interrupted when a mystery man washes up on the beach and they decide to nurse him back to health. Turns out he's a violinist headed for America when his ship encountered trouble. Starring Judi Dench and Maggie Smith.

Broadway: The American Musical I, II, III

Mondays • 1:00pm

January 6 (Part I) • Jan. 13 (Part II) Jan. 27 (Part III) Julie Andrews hosts this comprehensive chronicle of the American musical in a three-part series that captures a century of Broadway through interviews, archival footage, personal writings, newsreels and home movies. Florenz Ziegfeld, Irving Berlin, George M. Cohan, Jerome Kern, Cole Porter, the Gershwins, Rodgers and Hammerstein and Stephen Sondheim are just a few of the featured icons, along with dozens of musicals – from "Porgy and Bess" to "Chicago".

Divine Secrets of the Ya-Ya Sisterhood

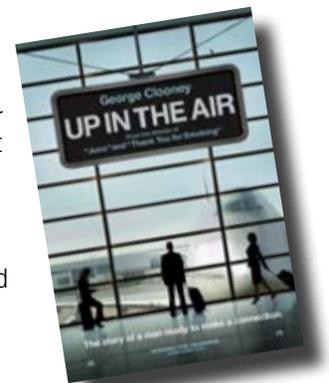
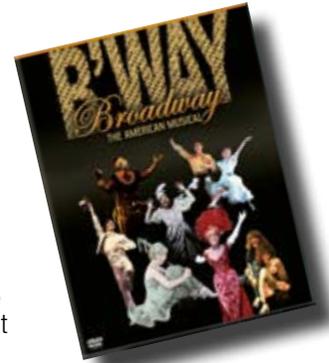
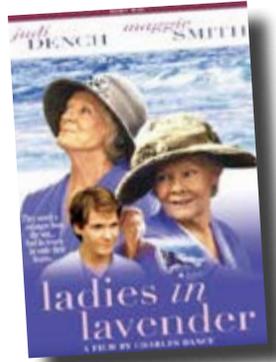
Monday, February 3 • 1:00pm

Sandra Bullock, Ashley Judd, Ellen Burstyn, James Garner and Maggie Smith star in this Southern-fried comedy, based on Rebecca Well's best-selling novel, which follows a group of lifelong friends over decades of ups and downs. Forced to resort to intervention to help their friend's daughter, Siddalee (Bullock), cope and forgive her eccentric mother (Burstyn) for inflicting years of pain and embarrassment. The Ya-Yas don't hold anything back.

Up in the Air

Monday, March 3 • 1:00pm

Ryan Bingham (George Clooney) racks up miles flying around the country firing employees on behalf of companies. But he faces losing the job he savors to recent college grad Natalie Keener (Anna Kendrick) – and losing the ability to escape emotional ties to anything.





HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F

The center offers a variety of social and educational classes and programs for adults age 55+. Exercise classes include a variety of fitness dance classes such as Zumba Gold, Cardio Rhythm, Easy Fit Dancing and Intermediate levels of Ballroom Dancing. Strength Training and Yoga classes, while include exercises geared at fall prevention and improved balance. Enrichment classes include drawing and painting, art and music appreciation, writing workshops, computer use and photography. Lectures and seminars in health are sponsored by local hospitals and wellness providers. Learn more about the ever changing but always welcoming services available at Holiday Park by visiting their web site at: holidaypark.us. Enjoy seeing pictures of our senior center happenings at Holiday Park Senior Center on Facebook.

Holiday Park Exercise Classes

sponsored by Holiday Park Seniors, Inc.

Pre-registration required classes:

Zumba

Zumba Gold

Zumba Toning

Zumba Wake-Up Call

Zumba class offerings are Monday, Wednesday, Thursday & Friday

Cardio Fit-

Low Impact Aerobics and Strength Training with Joanne Zoladz

Bone Building with Joanne Zoladz. Meets Wed.or Fri.

Line Dancing Beg., Int., and Adv. classes with Lynn Osbourne

Stability Ball with Matt Rundell

International Folk Dancing with Sharon Katz; Fridays

Ballroom Dancing advanced beginner and intermediate levels with Amy and Ron Wagaman, meets on Wednesday afternoons

Ballroom Basics 3 sessions with Tom Sellner

Pilates with Anne Contee

Yoga with Anne Contee and Sandi Rothwell

**Call HPSC at 240-777-4999 for January start dates*

Drop-in Workouts

Tai Chi

Tai Chi Sword

Easy Fit Dancing-\$2.00 per class

RecWeb . . .
Easy, Fast, Secure!
montgomerycountymd.gov/rec

Health Programs and Lectures

Prostate Screenings Update

Thursday, Jan. 23, 2014 • 1:15pm

Sponsored by Suburban Hospital & Johns Hopkins Medicine

Headaches and Aging

Thursday, Jan. 30, 2014 • 1:15pm

Sponsored by Suburban Hospital & Johns Hopkins Medicine

Dr. John Melmet of Silver Spring Medical Ctr. will be speaking.

Keeping Your Heart Healthy

Thursday, February 13, 2014 • 1:15pm.

Sponsored by Adventist HealthCare

Managing Your Blood Pressure

Thursday, March 13, 2014 • 1:15pm

Sponsored by Suburban Hospital & Johns Hopkins Medicine

Dance Club Friday

Live music, meet new friends, everyone is welcome, light refreshments are served at the break.

Dances are from 1:15pm-3:15pm unless otherwise noted.

The fee is \$5.00 at the door, HPSI members pay \$3.00.

Music by Mike Surratt

January 10 • February 7 • March 7

Music by Gina DiSimone & the Moaners

January 31

Music by the Retro Rockets

February 14 • March 21

Music by the Night and Day Band

January 24

Music Performances

All performances begin at 1:15pm unless noted.

Happy New Year

with Steffi Offutt and Ray Greene

Music from the Great American Songbook

Thursday, January 2 • 1:15pm-2:15pm

FEE at the door: \$1.00

Music by Rearview Mirror

Thursday, January 16 • 1:15pm-2:30pm

FEE at the door: \$1.00

ISIS: A Classical Music Program

Friday January 31 • 1:15pm

FEE at the door: \$1.00

Music by Ellis Woodward

Thursday, February 20 • 1:15pm-2:15pm

FEE at the door: \$1.00

Music by Jess Palidofski

Friday, Feb. 28 • 1:15pm-2:15pm

FEE at the door: \$1.00

Music by Steve Gellman

Saint Patrick's Day, Monday, March 17 • 1:15pm

FREE.

Follow us on Facebook and Twitter!

Suburban Hospital Partner Programs

Senior Shape Program

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3689. The fee is \$30 per class for 3-month session from October to December.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-11:00am

Holiday Park Senior Center

Fridays • 11:00am-11:45 am

Clara Barton Community Center

Fridays • 1:00pm-1:45 pm

Jane E. Lawton Community Center

Tuesdays & Fridays • 12:15pm-1:00pm

Aerobics/Strength Training/Stretching

Clara Barton Community Center

Mondays & Wednesdays • 11:00am-11:45am

Potomac Community Center

Tuesdays & Fridays • 10:00am-10:45am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

Advanced Weight Training

Holiday Park Senior Center

Fridays • 10:00am-10:45am

Community Health Seminars

Once a month at various community and senior centers, seminars are given on various health topics. For more info, call 301-896-3939 or visit www.suburbanhospital.org.

Did You Know???

that Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball locations:

Bauer Drive Community Recreation Center

Senior Basketball on Tuesdays and Thursdays from 9:00am to 12:00pm

Longwood Community Recreation Center

Senior Basketball

Mondays & Tuesdays • 10:00am -3:00pm

Wednesdays and Thursdays • 12:00pm-3:00pm.

Open Gym Volleyball locations:

Bauer Drive

Community Recreation Center

Senior Volleyball held

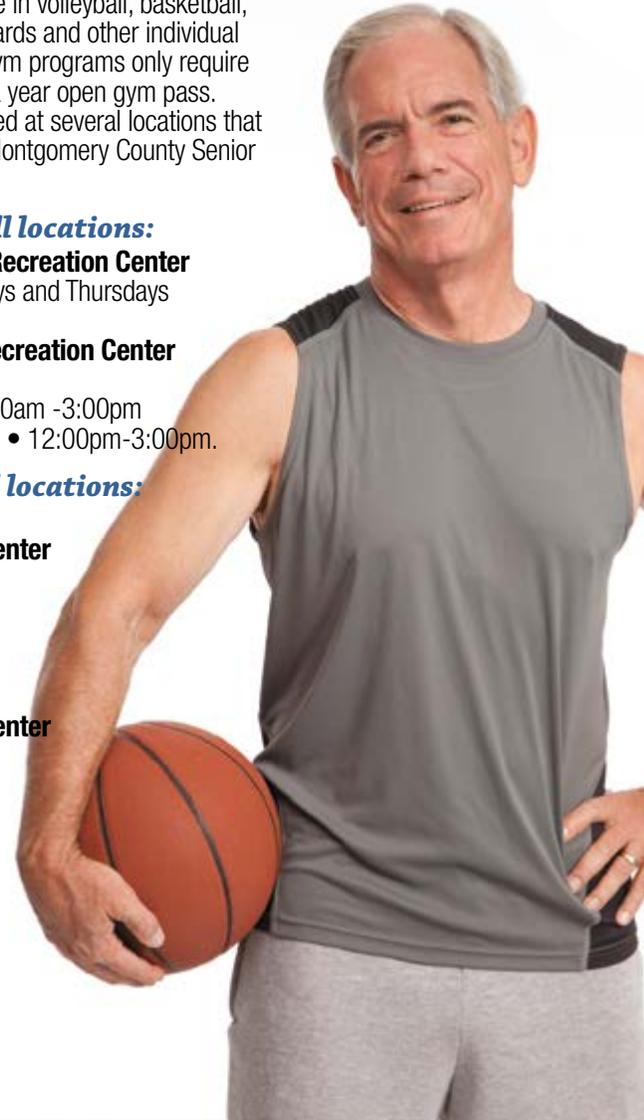
Mondays & Wednesdays,
10:30am-12:30pm.

Mid-County

Community Recreation Center

Senior Volleyball held

Fridays 12:00pm-2:00pm.



New Year's Resolution Weeks!

Montgomery County Senior Centers will be sponsoring open houses, demo days, & other events during the month of January 2014 to showcase the programs & activities that take place at their locations. Check with the center nearest you for more details. At press time, the White Oak and Holiday Park Senior Centers were sponsoring a week long series of events from January 6-January 10. Come in and see their programs, classes and services offered at each location. Try something new with no obligation before you register. It's a great way to start the new year right!



EXCEL

BEYOND THE BELL

Laugh. Learn. Achieve.



Montgomery County
Public Schools



Locations

Argyle Middle School
Col. E. Brooke Lee Middle School
Forest Oak Middle School
A. Mario Loiederman Middle School
Roberto Clemente Middle School
Neelsville Middle School

Program Overview

Activities include creative arts, recreational sports, academic support, science, technology, engineering, mathematics, and more. Program days end at 5:15 p.m., providing an additional hour of programming for students.

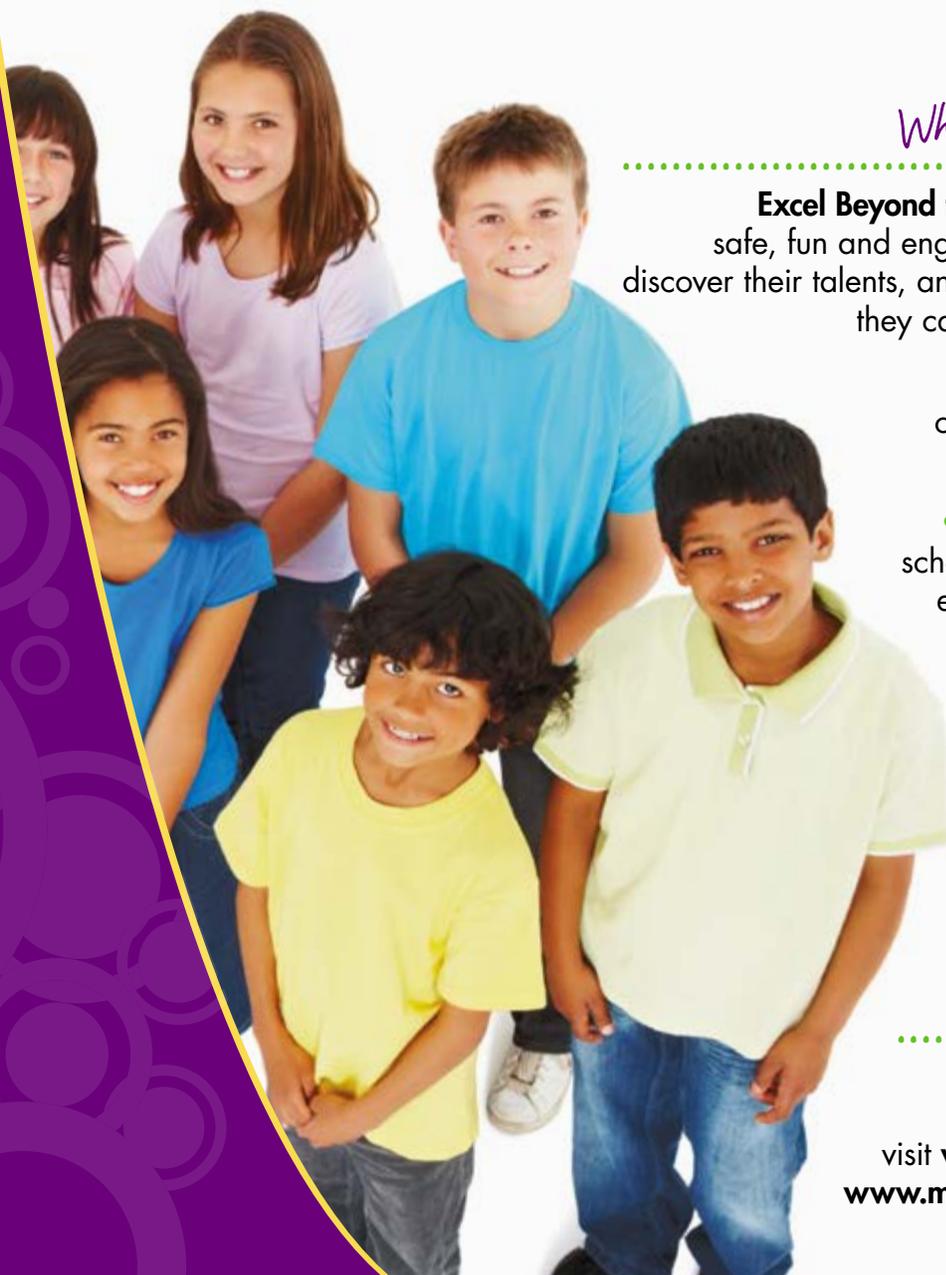
The programs are FREE and include a hot meal and transportation home.

Why Excel Beyond the Bell?

Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Children are nurtured in a compassionate, consistent and cooperative environment.
- A site coordinator and after school liaison are on-site daily to ensure your child is safe when you can't be with them.
- Children and youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about
Excel Beyond the Bell:
visit www.excelbeyondthebell.org,
www.montgomerycountymd.gov/rec
or call **240-777-6881**





Sports Academies-High Schools

Are you looking for a safe environment after school for your teens? If so, come join us at one of our Sports Academies at Blair HS, Einstein HS, Springbrook HS or Wheaton HS. These programs offer more than basketball and soccer; we have mentoring, fashion clubs, SAT preparation, dance, cultural awareness and special events. Homework help and SSL hours are also available for your teen.



Follow us on Twitter and Facebook or visit our website for more information about locations, dates and times.

Teen Events & Cafes

Teen Events:

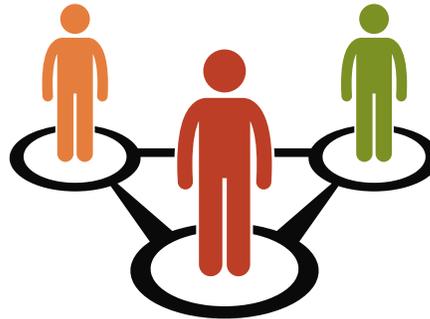
- Futsal tournaments
- High school basketball
- High school flag football
- Audacity of Hoops
- Wheaton Stars Soccer

Teen Café locations:

- Downtown Silver Spring
- Longwood CRC
- Mid County CRC
- Upper Montgomery County
- White Oak/East County CRC (also known as Teen Escapes)

Throughout the school year, There are many different events which offer youth a safe youth space for fun and creativity. Open Mic Nights, Talent Shows, basketball tournaments, and carnivals. Contests and prizes are part of the fun for Montgomery County high school teens!

Montgomery County Recreation Youth programs are committed to fostering environments where youth can develop overall skills and experiences to help them succeed in the 21st century.



Teen Hotline 240-777-8080

TEENS



Rec Extra-Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!



TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works (formerly Student Teen Employment Program)

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.



THERAPEUTIC RECREATION

ARTS

Beginning Handbuilt Pottery for Adults

Teens and adults, ages 18 and up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due instructor. 1staff to 10 participants. No personal care provided.

8 Sessions				\$70
Instructor:Pamela Reid				
366864	Wheaton CRC	1/8	W	1:30pm-2:30pm
366865	Wheaton CRC	1/8	W	2:30pm-3:30pm
366866	Ross Boddy CRC	1/9	Th	10:30am -11:30am
366868	Ross Boddy CRC	1/9	Th	1:00pm-2:00pm

Kaleidoscope Art

Ages 13 and Up with disabilities: A structured program of offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions				\$45
Instructor:				
366879	Plum Gar CRC	1/11	Sa	12:30pm-2:00pm

Watercolor and Drawing Exploration

Ages 18 and Up with disabilities. Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore. Artist should be able to follow one and two-step instruction. \$15 materials fee due instructor.

8 Sessions				\$70
Instructor:Vivienne Cho				
366925	Wheaton CRC	1/9	Th	10:00am -10:45am



SPECIAL EVENTS

Ages 15 and Up with disabilities: Theme Dances: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Party decorations make this dance complete. Dressing to the theme is encouraged but not required. Transportation must be arranged prior to the event. Bring ID for check-in. A registration form is required. All dancers pay \$8.00 pre-registered or \$10 at the door.



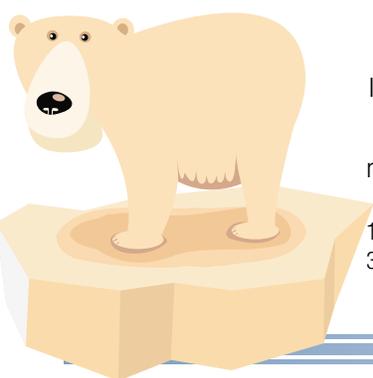
PAJAMA PARTY DANCE

Wear your favorite flannel pajamas, robe and fuzzy slippers for a night of laughing and dancing.
Saturday, January 25, 2014
 7:00pm-10:00pm
 Holiday Park Senior Center
 Course #366913



Shamrock Shuffle

Wear green for a little Luck o'the Irish tonight.
Saturday, March 15, 2014
 7:00pm-10:00pm
 Holiday Park Senior Center
 Course #366914



POLAR BEAR SWIM

Individuals with disabilities, their families and friends. Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! All attendants must register and have swim attire to be on the deck. No personal care provided. Don't wait in line, pre-register!

1 Session				\$4
366916	Germantown ISC	3/1	Sa	7:30pm-9:30pm

SANTA'S HOLIDAY WORKSHOP

For families of Individuals with disabilities. Santa is visiting Tinsel Town! Have your picture taken with him while his helpers lead fun craft activities in a low key environment. Music, games and refreshments too! Please preregister, space is limited. Doors open at 11:00am.

1 Session				Free
371029	Wheaton CRC	12/21	Sa	11:00am-1:00pm

LEISURE SKILL CLASSES

Jamboree

Ages 6-10 within the Autism Spectrum. Bouncing balls, waving parachutes, music and movement enhances social development in a structured setting. Participants are encouraged to use their words, should be able to follow simple instructions, understand basic rules, and toilet independently. Bring a bag lunch. 1 staff to 3 participants.

8 Sessions \$60
366878 Wheaton CRC 1/11 Sa 10:00am-1:00pm

TR BIG Game Nights

Ages 13 and Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Board games, theme nights, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Meets 1/10, 1/24, 2/14, 2/28, 3/14.

5 Sessions \$40
366911 Wheaton CRC 1/10 F 7:00pm-9:30pm

On The Move

Teens and young adults, ages 16-24 who are currently attending or have attended Learning For Independence (LFI) or School Community Base (SCB) in high school. Center/ Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80
366887 Bauer Drive CRC 1/18 Sa 12:00pm-4:00pm

TR Yoga Basics

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80
Instructor: Irene Bopp
366918 Bauer Drive CRC 1/7 Tu 4:30pm-5:30pm
366919 White Oak CRC 1/9 Th 2:00pm-3:00pm

TR Zumba

Ages 13 and Up with disabilities: Every class is a party! Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40
366921 Wheaton CRC 1/9 Th 6:00pm-6:50pm
10 Sessions \$50
369739 Holiday Park Sr Ctr 1/11 Sa 10:00am-10:50am

Karate for Individuals with Disabilities

Ages 6 and up; youth, adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movement and drills. Wear loose fitting clothes or white GI(uniform) New students attend the 9:00am class

10 sessions \$90
Instructor Company Staff TKA Inc
366881 Holiday Park Sr Ctr 1/11 Sa 9:00am-9:45am
366882 Holiday Park Sr Ctr 1/11 Sa 10:00am-10:45am

TR Basketball League

Ages 18 & Up with disabilities: Team Pre-Registration Required (minimum 8, max 15 per team) A registration form must be submitted for each participant. Each agency must provide a team manager/coach.

8 sessions \$50
370479 Mid County CRC 1/12 Su 12:30pm-3:00pm

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.

8 Sessions \$40
366900 Wheaton CRC 1/6 M 7:00pm-8:00pm
366901 Potomac CRC 1/9 Th 7:00pm-8:00pm
366902 Damascus CRC 1/9 Th 7:00pm-8:00pm
366903 Bauer Drive CRC 1/9 Th 7:00pm-8:00pm

Turn the Beat Around

Ages 13 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

8 Sessions \$40
366922 Upper County CRC 1/8 W 7:00pm-8:00pm
366923 Wheaton CRC 1/9 Th 7:00pm-8:00pm
10 Sessions \$40
369738 Holiday Park Sr Ctr 1/11 Sa 11:00am -12:00pm

Belt Buckle Busters

Ages 15 and Up with disabilities. Get motivated to eat healthy, exercise, and improve your body! Weekly weigh-ins, games, and group tips on healthy living and exercise. Participants should be able to independently follow two-step instructions. 1 staff to 10 participants.

8 Sessions \$35
366869 Wheaton CRC 1/7 Tu 7:00pm-8:00pm

Moving With Multiple Sclerosis

Ages 18 and Up with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48
366885 Germantown CRC 1/12 Su 1:00pm-2:00pm

FIND US FAST ON YOUR SMARTPHONE



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.





THERAPEUTIC RECREATION

TR AQUATICS

Additional Adaptive Aquatic classes are available through the Aquatics Team. See page 32 for more details.

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			\$40	
366860	MLK Swim Ctr	1/7	Tu	8:00pm-9:00pm
366862	Germantown ISC	1/8	W	8:30pm-9:30pm
366863	Olney Swim Ctr	1/10	F	7:00pm-8:00pm
360721	Olney Swim Ctr	1/10	F	8:00pm-9:00pm

TR Swimming with Physical Disabilities

This is a swimming and aquatic exercise class for people with MS and other disabilities who want work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided.

8 Sessions			\$48	
366917	Kennedy Shriver Aq Ctr	1/9	Th	8:30pm-9:30pm

MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion. rec.mainstream@montgomerycountymd.gov

REC Web

Online Registration... Anytime! Anywhere!

- Check program availability
- Register for programs and memberships
- Pay your account balance using your VISA or MasterCard



FIND US FAST ON YOUR SMARTPHONE



TRIPS AND TOURS



Please Note: Due to the WSSC work at Holiday Park parking areas, All Winter 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

SENIOR OUTDOOR ADVENTURES IN RECREATION

Plan to SOAR this Winter!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. Registration begins at 8:30 a.m on November 12, 2013.

Ski Trip at Whitetail Mountain Resort Mercersburg, PA

Join in the fun at Whitetail Mountain Resort in Mercersburg, PA for our annual ski trip. The fee listed below is for transportation only. The lift ticket and equipment rental fee are paid directly to Whitetail upon arrival. Transportation by van or bus, depending on size of registration. Inclement weather date: Wednesday, January 29, 2014.

Fee: \$25

355006 Weds., January 22 Leave 8:00 am, Return 4:30pm

And Coming this Spring....

Currently, the Cherry Blossom Cruise, York, PA, Barnes Foundations, and Nationals and Orioles Baseball Games are among the many exciting trips in the planning stages.

Waiting for Warmer Weather?

Look for other FEET (Family Entertainment & Exciting Trips) Trips in the planning stages:

Spring Festivals, Kennedy Center Shows, Ocean City Springfest, Amusement Park Trips, Art Museums, Dinner Theates and many more exciting family and adult trips.

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 November 12, 2013. at 8:30am.

For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Family Snow Tubing at Whitetail Mountain Resort

Snow Tubing at Whitetail Mountain Resort- Snow Tubing is fun for all ages. It is even more fun in a group with your family and friends at Whitetail Adventure Snow Tubing Park. If you like to sled, you'll love snow Tubing! It is one of the fastest growing winter sports in America because everyone can do it! It is all the thrills of sledding without the long hike back up the hill! No lessons. No equipment. We provide the tube- you have the fun! Off to the side from the Ski Mountains, the snow tubing area offers 10 'groomed lanes'. The lanes are all side by side and vary from one smooth descent down the hill to several up and down hills during the descent. All riders must be 5 years of age to ride the large runs. A special 'Kiddie' tubing run is available for children 2 to 4 years of age. All riders must read and sign a release form. Riders under 18 years of age must have a parent/guardian signature. Dress appropriately, warm clothing including gloves, hat and winter footwear are advised. After some quality tubing, slip inside and enjoy a nice cup of cocoa or one of our delicious food items on your own or stay by our fire pit on our outdoor patio. Price includes Transportation and Admission to the tubing park.

Fee: \$59

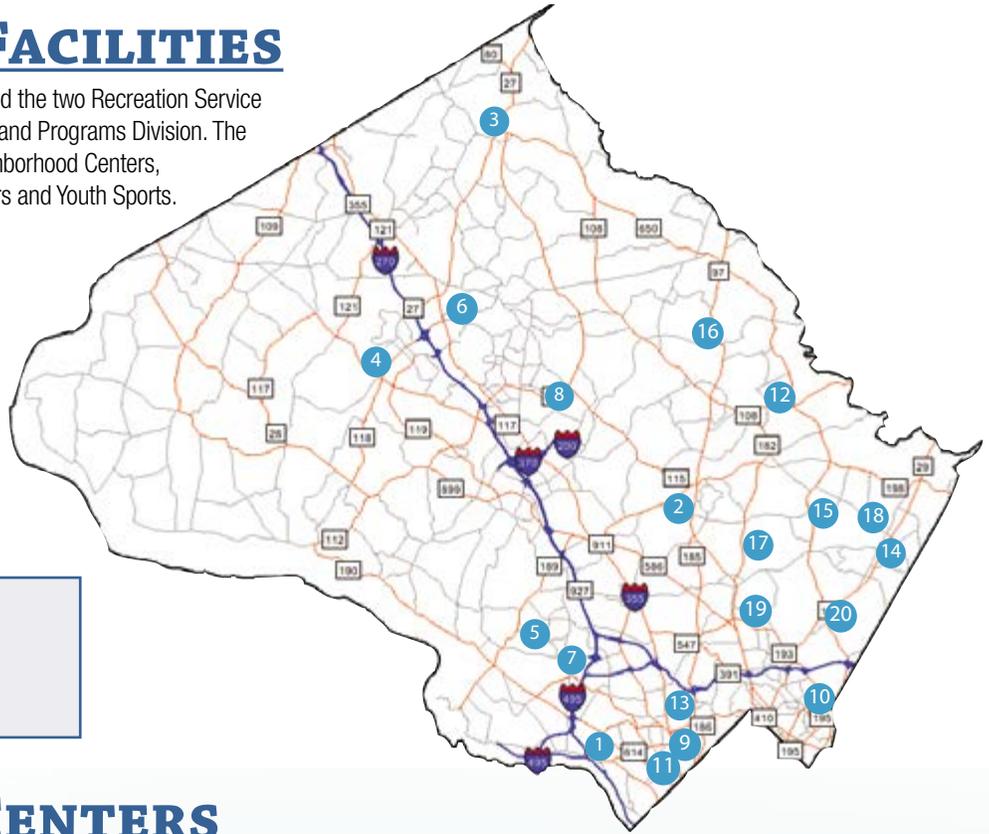
370180 Sat., February 22 Leave 8:00am, Return 3:30pm



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, Fall Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS
240-777-4980
3950 Ferrara Dr., Wheaton



Aquatic Centers: See page 10.
Senior & Senior Neighborhood Centers: See page 72.
Facility Locations: See page 96.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 1 Clara Barton NRC** 240-777-4910
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 CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 7 Scotland NRC** **Closed for Renovations**
7700 Scotland Drive,
- 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 Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonville 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

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 Bells Mill ES..... 8225 Bells Mill RD, Potomac, 20854
 Bethesda ES..... 5011 Moorland LN, Bethesda, 20814
 Brooke Grove ES..... 2700 Spartan RD, Olney, 20832
 Clarksburg ES..... 13530 Redgrave PL, Clarksburg, 20871
 Cloverly ES..... 800 Briggs Chaney RD, Silver Spring, 20904
 Cold Spring ES..... 9201 Falls Chapel WAY, Potomac, 20854
 Darnestown ES..... 15030 Turkey Foot RD, Gaithersburg, 20878
 DuFief ES..... 15001 DuFief DR, Gaithersburg, 20878
 Greenwood ES..... 3336 Gold Mine RD, Brookeville, 20833
 Kensington-Parkwood ES..... 710 Saul RD, Kensington, 20895
 Luxmanor ES..... 6201 Tilden LN, Rockville, 20852
 Oakland Terrace ES..... 2720 Plyers Mill RD, Silver Spring, 20902
 Olney ES..... 3401 Queen Mary DR, Olney, 20832
 Potomac ES..... 10311 River RD, Rockville, 20854
 Resnik, Judith A. ES..... 7301 Hadley Farms DR, Gaithersburg, 20879
 Rock View ES..... 3901 Denfeld AVE, Kensington, 20895
 Rolling Terrace ES..... 705 Bayfield ST, Takoma Park, 20912
 Sligo Creek ES..... 500 Schuyler RD, Silver Spring, 20910
 Woodlin ES..... 2101 Luzerne AVE, Silver Spring, 20910
 Wyngate ES..... 9300 Wadsworth DR, Bethesda, 20817

Middle Schools

Cabin John MS..... 10701 Gainsborough RD, Potomac, 20854
 Clemente, Roberto MS..... 18808 Waring Station RD, Germantown, 20874
 Eastern MS..... 300 University BLVD, Silver Spring, 20901
 Frost, Robert MS..... 9201 Scott DR, Rockville, 20850
 Kingsview MS..... 18909 Kingsview RD, Germantown, 20874
 Montgomery Village MS..... 19300 Watkins Mill RD, Gaithersburg, 20879
 Neelsville MS..... 11700 Neelsville Church RD, Germantown, 20874
 Newport Mill MS..... 11311 Newport Mill RD, Kensington, 20895
 Parkland MS..... 4610 West Frankford DR, Rockville, 20853
 Poole, John MS..... 17014 Tom Fox AVE, Poolesville, 20837
 Pyle, Thomas W. MS..... 6311 Wilson LN, Bethesda, 20817
 Ridgeview MS..... 16600 Raven Rock DR, Gaithersburg, 20878
 Tilden MS..... 11211 Old Georgetown RD, Rockville, 20852
 White Oak MS..... 12201 New Hampshire AVE, Silver Spring, 20904
 Wood MS..... 14615 Bauer DR, Rockville, 20853

High Schools

Bethesda-Chevy Chase HS... 4301 East West Highway, Bethesda, 20814
 Blair, Montgomery HS..... 51 University BLVD E, Silver Spring, 20901
 Churchill, Winston HS..... 11300 Gainsborough RD, Potomac, 20854
 Einstein, Albert HS..... 11135 Newport Mill Rd, Kensington, 20895
 Johnson, Walter HS..... 6400 Rock Spring DR, Bethesda, 20814
 Kennedy, John F. HS..... 1901 Randolph RD, Silver Spring, 20902
 Paint Branch HS..... 14121 Old Columbia PIKE, Burtonsville, 20866
 Whitman, Walt HS..... 7100 Whittier BLVD, Bethesda, 20817

Libraries

Davis Community Library 6400 Democracy BLVD, Bethesda, 20817
 Wheaton Regional Library ... 11701 Georgia AVE, Wheaton, 20902

Parks

Capital View-Homewood LP .. 2929 Edgewood RD, Kensington, 20895
 Norwood Local Park..... 4700 Norwood DR, Chevy Chase, 20815
 Olney Manor Rec, Park 16601 Georgia AVE, Olney, 20832
 Pilgrim Hills Local Park..... 1615 E Randolph RD, Colesville, 20904
 Quince Orchard Valley NP 12015 Suffolk TER, Gaithersburg, 20878
 Tanglewood Neigh Park 2868 Schubert DR, Colesville, 20904
 Veirs Mill Local Park..... 4425 Garrett Park RD, Wheaton, 20906
 Wheaton-Claridge LP..... 11901 Claridge RD, Wheaton, 20902

Recreation Facilities

Bauer Drive CRC..... 14625 Bauer DR, Rockville, 20853
 Clara Barton NRC..... 7425 MacArthur BLVD, Cabin John, 20818
 Damascus CRC 25520 Oak DR, Damascus, 20872
 East County CRC..... 3310 Gateshead Manor WAY, Silver Spring, 20904
 Germantown CRC..... 18905 Kingsview DR, Germantown, 20874
 Good Hope NRC..... 14715 Good Hope RD, Silver Spring, 20905
 Gwendolyn Coffield CRC 2450 Lyttonsville RD, Silver Spring, 20910
 Holiday Park SC 3950 Ferrara DR, Wheaton, 20906
 Jane E. Lawton CRC 4301 Willow LN, Chevy Chase, 20815
 Long Branch CRC 8700 Piney Branch RD, Silver Spring, 20901
 Longwood CRC..... 19300 Georgia AVE, Brookeville, 20833
 MCRD Offices..... 4010 Randolph RD, Silver Spring, 20902
 Marilyn J. Praisner CRC 14906 Old Columbia PKY, Burtonsville, 20866
 Mid County CRC 2004 Queensguard RD, Silver Spring, 20906
 Plum Gar CRC 19561 Scenery Drive, Germantown, 20874
 Potomac CRC 11315 Falls RD, Potomac, 20854
 Ross Boddy CRC..... 18529 Brooke RD, Sandy Spring, 20860
 Schweinhaut SC 1000 Forest Glen RD, Silver Spring, 20901
 Germantown ISC..... 18000 Central Park Cir, Boyds, 20841
 Kennedy Shriver AC 5900 Executive BLVD, N. Bethesda, 20814
 Martin Luther King SC..... 1201 Jackson RD, Silver Spring, 20904
 Olney Swim Center 16601 Georgia AVE, Olney, 20832
 Upper County CRC..... 8201 Emory Grove RD, Gaithersburg, 20877
 Wheaton NRC..... 11711 Georgia AVE, Wheaton, 20902
 White Oak CRC..... 1700 April LN, Silver Spring, 20904
 Wisconsin Place CRC..... 5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Avant Garde Dance Ctr..... 5268 M Nicholson LN, N. Bethesda, 20895
 Create Arts Center 816 Thayer AVE, Silver Spring, 20910
 Dansez! Dansez! Studio 8020 Norfolk AVE, Bethesda, 20814
 Golden School of Music 8004 A Norfolk AVE, Bethesda, 20814
 Gymnastics of America, Inc. 9168 Gaither RD, Gaithersburg, 20877
 Kritt Studio 14817 Brownstone DR, Burtonsville, 20866
 Maryland Table Tennis Ctr... 18761 Q Frederick RD, Gaithersburg, 20879
 Restore Motion 5410 Edson LN # 350, Rockville, 20850
 Yoga Plus-Bethesda..... 8200 Hamilton Springs CT, Bethesda, 20817
 Yoga Plus-Potomac..... 9908 S Glen RD, Potomac, 20854



MONTGOMERY PARKS • WINTER 2013 -2014



Nature Programs

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- 113 Brookside Nature Center
- 117 Locust Grove Nature Center
- 119 Meadowside Nature Center

Sports Programs

- 126 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 141 South Germantown Driving Range
(registration for November clinics open now)
- 142 Tennis @ Pauline Betz Addie and Wheaton Indoor

More to Do in the Parks

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- inside back Parks & Recreation Registration Form
- cover *Fill out green section for Parks classes*

REGISTRATION OPENS

- ...**NOVEMBER 14/15*** for
 - Brookside Gardens
 - all Nature Centers

for **ICE SKATING & HOCKEY**
 ...**DEC. 20/21* - JAN. 7**
for WINTER I Session
 ...**FEB. 20/21* - FEB. 26**
for WINTER II Session

for **INDOOR TENNIS**
 ...**NOVEMBER 24/25***
for WINTER I Session
 ...**JANUARY 22/23***
for WINTER II Session

** Registration is open to Montgomery County residents one day early for all classes; next day registration is open to all.*



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Winter 2013-2014

Dear Montgomery County Resident,

In the 2013 Fall Program Guide, I outlined some of the many ways that you can make a difference in how your parks and trails, playgrounds, park facilities and green spaces in Montgomery County are planned, designed, and built/revitalized/protected. (I'm sure you've already torn that letter out of the Fall Guide and taped it to your refrigerator ☺. If not, you can go to www.MontgomeryParks.org/Guide and print out the page to keep as a reference). Now I'm going to get specific about one way to be heard.

Community meetings are one of the easiest and most effective ways to see what's on our schedule and have your say about it. We mail out notices and post notices on our website every time a community meeting is scheduled, but attendance is often quite small. You can make a significant impact by attending and speaking up! Here are two quickly approaching community meetings—if they concern your neighborhood or you have something to say about the project, we hope you'll attend.

Community Meeting on Caroline Freeland Park Facility Plan

Wednesday, November 6, 7-9pm at Bethesda Library

You're invited to come review renovation plans for Caroline Freeland Park and provide input on park usage and potential improvements. We'll discuss opportunities to improve the park as an amenity for the local community, as well as the need to improve connections to the Bethesda Central Business District.

Community Meeting on Rock Creek Trail Facility Plan

Wednesday, November 13, 7-9pm at Meadowbrook Park Activity Building

We'll discuss proposed renovations to Rock Creek Hiker-Biker Trail, including opportunities to enhance the natural environment along the trail, reduce the frequency of trail maintenance, and improve safety, pavement conditions, drainage and accessibility.

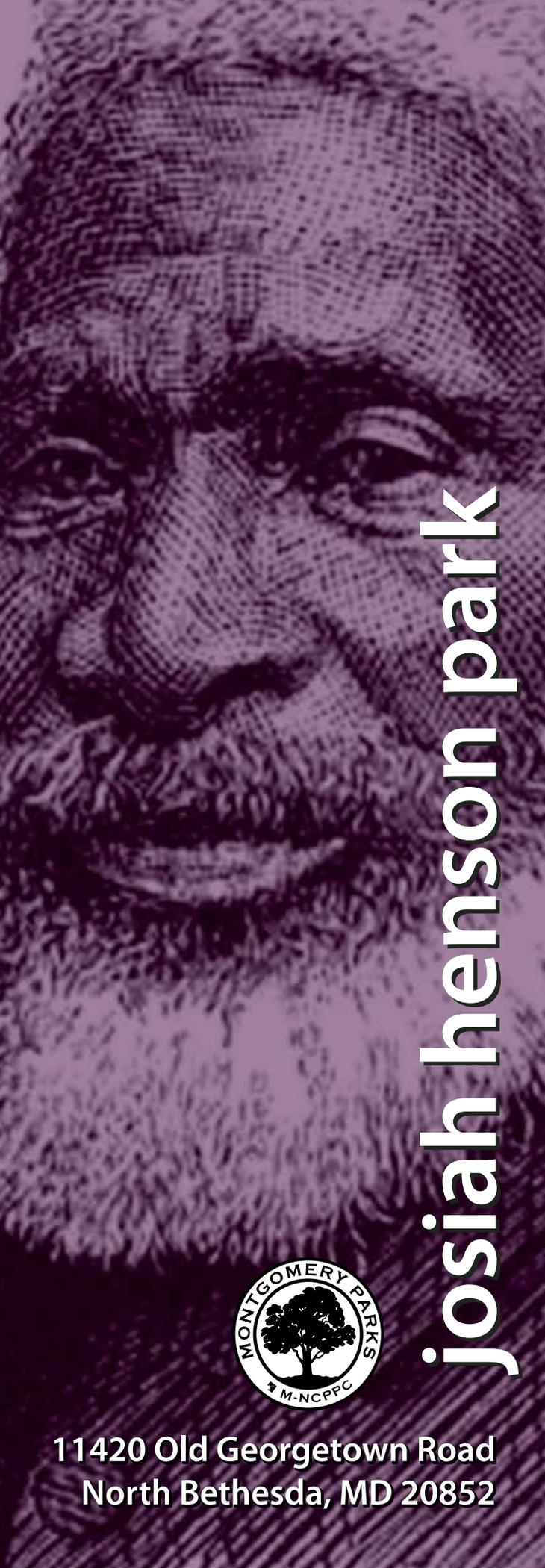
Go to www.ParkProjects.org for more information about these two meetings. On that same page, you'll find information on projects that are actively soliciting public input, detailed profiles and updates on projects at all stages of development, other public meetings as they're scheduled, and the name, email and phone number of the Project Manager in charge of each project. We're serious about accountability.

We know parks are important to you (witness the hue and cry over the recent national parks shutdown!). Please take the time to voice your opinion, and help make Montgomery Parks the best it can be.

Françoise M. Carrier
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper



josiah henson park



11420 Old Georgetown Road
North Bethesda, MD 20852

Celebrate Black History Month

FREE GUIDED TOURS

Saturdays | February 1, 8, 15, 22

“A Walk in Father Henson’s Footsteps”

Noon - 4:00 pm | Last tour begins 3:00 pm

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Walk the grounds where Henson toiled as a slave on the Isaac Riley plantation. Learn about his extraordinary life, which inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*.

SPOKEN WORD POETRY EVENT

Saturday, February 22

Lyrical Rhythms: The Sounds of Freedom

3:00 - 4:00 pm | Free Admission

Close out our Black History Month celebration with our annual poetry event. Create and share your own "sounds of freedom" in the form of original poetry. Only self-guided tours are offered during the program. A reception with light refreshments immediately follows.

HistoryInTheParks.org
301-650-4373

Parking for Josiah Henson Park events is available
ONLY at the Kennedy Shriver Aquatic Center,
5900 Executive Blvd., North Bethesda.



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 recorded info • 301-762-1888 in season
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 www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.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 Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE

South Germantown Driving Range ParkPASS
South Germantown Recreational Park
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Looking for the perfect spot for a wedding, anniversary, family reunion, retirement party, business meeting or retreat? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.com or www.BrooksideGardens.org

Lodge at Little Seneca Creek with new event tent!
14500-A Clopper Road, Boyds, MD 20841
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.LodgeatSeneca.com

Rockwood Manor ParkPASS
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.RockwoodManor.com

Woodlawn Manor Park
16501 Norwood Road, Sandy Spring, MD 20860
301-563-7500 • EventCenters@MontgomeryParks.org
www.ParkEventCenters.com or www.WoodlawnManor.com

FUTSAL

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
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

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 and Planning Commission).*

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

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 Glenallen 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

Wheaton Sports Pavilion

Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com

200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, league play and more.

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

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 ParkPASS

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center ParkPASS

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 at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: www.ParkPASS.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery 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

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**

When you see the words
"ParkPASS"...

When you see the words **"ParkPASS"** next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the **ParkPASS** online registration system.

You can also open a new **ParkPASS** account at these locations. Facility hours vary; please call before stopping by.

To open your free **ParkPASS** account online, visit **www.ParkPASS.org**



Connect *with* Parks

Find out about all kinds of things to do
and explore in Montgomery Parks!



- 🔌 Subscribe to the **Guide**
- 🔌 Join the conversation on **Facebook**
- 🔌 **Tweet** with us
- 🔌 Sign up for an **e-newsletter**
- 🔌 Learn about **park/playground** projects in your neighborhood

Tell us how we're doing!

www.MontgomeryParks.org/Connect





Come Play in the Parks *Sweepstakes*

Win a **\$100**



Parks Gift Card*



Visit www.facebook.com/MontgomeryParks,
"Like" our page, and you could win a **\$100**
Montgomery Parks Gift Card!*



You'll "Like" Our Page If You Love...

Parks! • Nature • Ice Skating • Trees • Gardening • Hiking • Camping • Tennis
Volunteering • Photography • Entomology • Boating • Fishing • Kayaking
Cooking • Botanical Art • Animals • Ecology • Cycling • Ice Hockey
Miniature Trains • Carousels • Flower Arranging • Butterflies • Natural Science
Birds • Streams • Playgrounds • Picnics • Montgomery County History
Skateboarding • Geology • Archaeology

"Like"
Montgomery Parks
to enter!

* "LIKE" the Montgomery Parks Facebook page between November 1 and November 30, and enter to win a \$100 Montgomery Parks Gift Card. Contest ends at 11:59pm November 30, 2013, and the winner will be notified via email and posted on our Facebook page December 2. Must be 16 years or older to enter; one entry per person, please. What can you do with your Gift Card? See p.123 or visit www.MontgomeryParks.org/GiftCards



www.MontgomeryParks.org

www.facebook.com/MontgomeryParks



Special Events

Brookside Gardens



Fall Harvest Scavenger Hunt

Friday, November 15

Have some fall season harvest fun throughout the gardens. Follow the colorful leaf trail as you hunt for seasonal clues and participate in fun activities, exercises and crafts. Guided garden walks leave on the half hour beginning at 10:00am. Last walk leaves at 12:00pm. An adult must walk with each child and assist in the activities. Please register for a time. Friday, November 15; ages 2-6; fee: \$5/child

#247649 – 10:00am #247651 – 11:00am #247653 – 12:00pm
#247650 – 10:30am #247652 – 11:30am



Holiday Greens Sale

Sponsored by Friends of Brookside Gardens

Saturday, December 7, 9:00am-3:00pm
Visitors Center

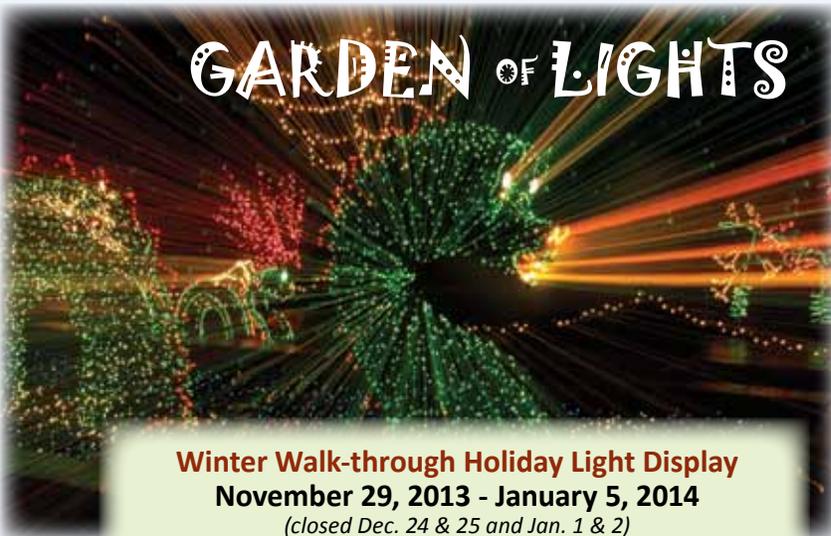
GREEN MATTERS SYMPOSIUM

Gardening in a Shifting Climate

Friday, February 28 | 8:30am-4:00pm



Our weather is changing. This becomes especially apparent when gardening: plants that have flourished for years are failing; planting dates are no longer as reliable. What is a gardener to do? Join us for *Green Matters: Gardening in a Shifting Climate*. Hear from a variety of professionals on how we can adapt and learn how to successfully garden with such changeable weather. Visit www.BrooksideGreen.org for more information. Register early at www.ParkPASS.org; Course number 248349. Location: Silver Spring Civic Center. Fee: \$89.



GARDEN OF LIGHTS

Winter Walk-through Holiday Light Display

November 29, 2013 - January 5, 2014

(closed Dec. 24 & 25 and Jan. 1 & 2)

Walk through a winter wonderland illuminated with more than one million colorful twinkling LED lights shaped into original art forms of flowers, animals, natural elements and more!

HOURS OF OPERATION: Sunday - Thursday 5:30 - 9:00pm
(Friday - Saturday until 10:00pm)

ADMISSION: \$20 per car (M-Th) and \$25 per car (F-Su)
Please view our website for posted Bus/Van/Limo rates.

Show Information Line: 301-962-1453

Photo by Judith McArthur

Philadelphia FLOWER SHOW

A perennial favorite, the Philadelphia International Flower Show is always a crowd-pleaser. Bring along your paintbrushes this year for "ARTiculture"—an ode to the gardens that inspired master artists throughout the ages. Be inspired as you explore acres of great gardens and learn from the world's most celebrated growers and florists. Fee includes coach transportation and entrance fee. Your lunch/dinner may be purchased at the show. Fee: \$89; registration required.

Tuesday, March 4, 7:00am-7:00pm
Course number 245851

Thursday, March 6,
10:30am-10:30pm
Course number 245852



Winter Display and Train Exhibit

The train exhibit opens with the Garden of Lights on Friday, Nov. 29 at 5:30pm and runs through Jan. 5, 2014. Parts of the North House may be closed during display change from Nov. 25–Dec. 6. Both houses will be open during the day at no cost from Dec. 7–Jan. 5 from 10:00am-5:00pm. Brookside Gardens Conservatory



Brookside

GARDENS





1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Adult Programs

Shading in Detail: Seed Pods

Switch out from the everyday and indulge in the absorbing art of illustrating in detail with the forgiving medium of graphite pencil. Instruction will cover pencil grades, papers, value study and graphite rendering techniques that define the finest of details. This is an important part of botanical art instruction—a forerunner to creating this art in color.

248951 18 & up 1 Class \$88 12/14 Sa 9:30am-3:00pm

Botanical with Color Basics



Curious about the botanical watercolor painting techniques? Watch as the teacher describes a technique, then paints the transparent watercolor washes used for painting leaves and petals—flat washes, graded washes—shadow washes, while dexterously working the brush to paint shadow shapes, achieving both defined and blurred edges. Beautiful! After

each demonstration, participants try the technique on pieces of watercolor paper supplied. Classes in this “Look & Learn” series are limited in order to provide optimum viewing of the demonstrations at the teacher’s desk (no big mirrors or high-tech devices). Minimal art materials are required. A small class fee for watercolor paper must be paid to the teacher at class.

249199 18 & up 1 Class \$35 2/2 Su 10:00am-12:00pm

Calligraphy for Botanicals: Pointed Pen

Add finesse to your botanicals and nature journals with calligraphy based on the elegant Copperplate style. Learn the basics for using various nibs, the oblique pen holder and different inks. Exercises explore the different strokes that underpin this style. Practice pen strokes on pre-lined paper, progress to papers used for botanicals and explore others of your choice, as well as papers provided. Instruction includes layout and how to place your lettering in order to enhance your botanical art. Time permitting, lettering in color will be discussed and demonstrated. By end of class you should have the ability and knowledge to create basic pointed pen labeling. Class program sheet available with registration. General art materials for this course are listed online as noted above. Lettering Kit at \$45 (supplied by the instructor) is required and must be purchased at the first class.

Fridays, Feb. 7, 14, 21 & March 7

249200 18 & up 5 Classes \$210 2/7 F 10:00am-1:00pm

Draw and Paint: Dancing Lady Orchid

Take your next step into botanical art with this workshop that will focus on painting techniques suited to this subject. Students will benefit greatly by having some carefully drawn observational studies of their own (yellow flowering) Dancing Lady Orchid to bring to class. Instruction will include various painting warm up exercises and painting demonstrations to see you well placed to continue to develop your botanical painting study at home.

Thursdays, Feb. 13 & 20

249201 18 & up 2 Classes \$175 2/13 Th 10:00am-3:30pm

Painting 103

Every student of botanical art yearns for the day they can apply color, but first a little knowledge and mastery of basic techniques and applications must be acquired. Brush-handling skills, varied watercolor wash techniques, color study (and exercises to increase color perception) that see you mixing a full range of colors from just three selected pigments—magical! This initial instruction in color mixing, color composition as well as structural composition comes together in a fun and final exercise using botanical elements. Prerequisites: Drawing 101 & 102.

Tuesdays, February 18, 25 & March 4, 11

248902 18 & up 4 Classes \$245 2/18 Tu 10:00am-1:30pm

Shading Basics

This class will simplify shading into basic forms. You will learn how to predict where the light will fall using a single light source, and explore different types of shading techniques. This class is open to all artists. Bring seed pods to work with; a materials list will be available upon registration.

249202 18 & up 1 Class \$62 2/22 Sa 10:00am-1:30pm

FREE Winter Lecture Series

Thanks to the generous support of the Friends of Brookside Gardens, we offer an excellent FREE lecture series in spring and fall. Space is limited, please register in advance.



Beautiful Buffets

Plan to join us once again for this very popular program on holiday entertaining. Adrienne Cook and Danielle Navidi demonstrate new and creative recipes for entertaining with an eye towards healthy eating. Additionally, Karen Nelson Kent will intertwine a variety of options for setting an elegant table or buffet with cutting edge ideas for fast and fabulous decor using flowers, foliage and seasonal accessories.

248604 18 & up 1 Class Free 12/6 F 10:00am-11:30am



A World of Flavor

Herbs and spices are a fixture in our kitchens, but how often do we think about the global sources of these humble ingredients? Take a worldwide tour of fragrant plants while making pomander ball ornaments for the holiday with citrus and cloves.

248849 All Ages 1 Class
\$18 12/11 W
1:00pm-2:30pm



Flower Power Happy Hours

Come to Brookside for an after-work floral pick-me-up with your co-workers or friends. Enjoy a relaxed atmosphere with music, refreshments, and flower arranging guaranteed to make you feel better! Please bring a box or container to transport your design. FOBG \$49



Seasonal Chic

With the holiday season upon us, now is a perfect time to add something special to your home with a simple but chic long-lasting holiday design made from seasonal flowers, foliage and accessories. This is a great opportunity to check one gift off your holiday list. Take one design home for yourself or to share. Deadline to register is 12/3.

248800 18 & up 1 Class \$54 12/17 Tu 6:30pm- 8:00pm

Let the Sunshine In

It's been said that February is the shortest month that lasts the longest! What better time to gather with friends and bring some color into your world by designing an arrangement with bright and beautiful blossoms! Share some flower power with a friend. Each student will complete one design to let the sunshine in. Deadline to register is 1/28.

248801 18 & up 1 Class \$54 2/11 Tu 6:30pm- 8:00pm

A Richmond Christmas

Step back in time to a Victorian Christmas with a visit to Maymont, the opulent Revival home of James Henry and Sallie May Dooley. Enjoy a guided tour through the mansion and explore the expansive grounds, decorated for the season. Across town, we'll head to the GardenFest of Lights at Lewis Ginter Botanical Garden. Discover the dazzling flower displays and holiday decorations throughout the Conservatory and grounds. We will dine at the Gardens and watch as the grounds transform into a winter wonderland of holiday lights, guaranteed to get you in the spirit! Fee includes coach transportation, entrance fees, boxed lunch and dinner.



248299 18 & up 1 Class \$130 12/10 Tu 11:00am-11:00pm

Holiday Centerpiece

Join us to make a long-lasting, festive centerpiece using fresh greens surrounding a candle and adorned with seasonal decorations - make one for yourself and one for a friend. Fee includes all materials for two centerpieces. FOBG \$44

248850 18 & up 1 Class \$49 12/20 F 10:00am-12:00pm

248851 18 & up 1 Class \$49 12/20 F 1:00pm- 3:00pm

Cleaner, Greener Home

January is the time for New Year's resolutions! How about resolving to have a cleaner, greener home? Learn more about the little ways you can minimize your home's impact on the environment while creating your own citrus cleaner using environmentally friendly ingredients. FOGR \$15

248852 18 & up 1 Class \$18 1/8 W 1:00pm- 2:30pm

Fairy Gardens

Fairy Gardens are becoming increasingly popular in the home for many reasons: their miniature plants, tiny accessories and minuscule maintenance needs, to name a few. Create a one-of-a-kind indoor container to take home. FOBG \$44

248853 18 & up 1 Class \$49 1/17 F 10:00am-12:00pm

248854 18 & up 1 Class \$49 1/17 F 1:00pm- 3:00pm

Food Gardening and Climate Change

We know our climate is changing, and getting warming with more extreme weather events. How does the food gardener prepare to meet the challenges of growing in the age of climate change? FOBG \$15

248855 18 & up 1 Class \$18 1/21 Tu 6:30pm- 8:30pm

Seed Starting for the Veggie Garden

Get a jump on the season, save money, grow what you want and maximize production! Class will cover everything from lights to soils to seed starting strategies, to get you started for 2014. FOBG \$15

248857 18 & up 1 Class \$18 2/18 Tu 6:30pm- 8:30pm

Garden Walks and Demos

Gain an insider's knowledge on the seasonal happenings at Brookside Gardens. Staff and our highly trained, knowledgeable guides will offer you a depth of knowledge in the following programs that you won't get anywhere else. Dress for the weather and wear comfortable shoes. FOBG \$5

Walk: Spring Forward Conservatory Tour

It may be cold and drab outside, but in our Conservatory it's warm and green! Join Kathy Stevens for a tropical tour and enjoy the blossoming spring display.

248556 18 & up 1 Class \$6 2/21 F 1:00pm- 2:30pm



All About Air Plants

Tillandsias are quite the popular house-plant these days, especially since they require no soil! Learn more about their tropical origin, and other houseplants, while putting together a tillandsia creation to take home. FOBG \$15

248856 18 & up 1 Class

\$18 2/5 W

1:00pm- 2:30pm

GREEN MATTERS SYMPOSIUM:

Gardening in a Shifting Climate

Our weather is changing. This becomes especially apparent when gardening: plants that have flourished for years are failing; planting dates are no longer as reliable. What is a gardener to do? Join us Friday, February 28th for *Green Matters: Gardening in a Shifting Climate*. Hear from a variety of professionals on how we can adapt and learn how to successfully garden with such changeable weather. Visit www.BrooksideGreen.org for more information.

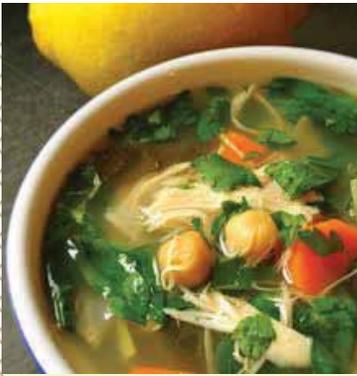
Register early at www.ParkPASS.org

Location: Silver Spring Civic Center

248349 18 & up 1 Class \$89 2/28 F 8:30am- 4:00pm



Green Matters
Environment • Ethics • Education



Cooking in the GARDENS

Join Brookside Gardens for this delectable series of cooking classes, focusing on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared before you, using the Cook Sisters own easy-to-follow recipes that you can try at home.

Seasonal Sides

Join the Cook Sisters for a class on side dishes that will comfort and inspire. Come for a mixture of vegetarian, vegan and dairy-free recipes. FOBG \$28
248003 18 & up 1 Class \$32 12/18 W
12:00pm- 1:30pm

Feeling Fruity, Nearly Nutty

Fruit and nuts are the basis for savory winter dishes. Learn new ways to incorporate these tasty and nutritious ingredients into your seasonal menus.
248004 18 & up 1 Class \$32 1/22 W
12:00pm- 1:30pm

Season-Spanning Soups

Go gently from the comfort of rich winter soups to the zing of spring potages with great new soup recipes from the Cook Sisters' repertoire. FOBG \$28
248005 18 & up 1 Class \$32 2/19 W
12:00pm- 1:30pm

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Children's Programs

Saturday Morning Story Time

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Each week a different story will be read followed by a hands-on craft. Saturdays through December 14, 10:00am 3-6yrs. Free, no registration required.

Fall Harvest Scavenger Hunt

Have some fall season harvest fun throughout the gardens. Follow the colorful leaf trail as you hunt for seasonal clues and participate in fun activities, exercises and crafts. Guided garden walks leave on the half-hour beginning at 10:00am. Last walk leaves at 12:00pm. An adult must walk with each child and assist in the activities. Please register for a time.

247649	2-6yrs	\$5	11/15	F	10:00am
247650	2-6yrs	\$5	11/15	F	10:30am
247651	2-6yrs	\$5	11/15	F	11:00am
247652	2-6yrs	\$5	11/15	F	11:30am
247653	2-6yrs	\$5	11/15	F	12:00pm



Flower Buds

This once-a-month series will meet the second Monday of every month. We will feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent. Younger siblings are welcome but will not be able to partake in craft making.

247602	3-5yrs	1 Class	\$5	12/9	M
10:30am-12:00pm					
247603	3-5yrs	1 Class	\$5	1/13	M
10:30am-12:00pm					
247604	3-5yrs	1 Class	\$5	2/10	M
10:30am-12:00pm					



Nature Movie Nights

During the dark and cold evenings of winter, join Brookside Gardens for a series of documentaries that will remind you of the beauty of our planet and the green days to come. Join in a light discussion about what we see, and even try your hand at some trivia. We'll provide the popcorn! FOBG: \$5



Planet Earth: Temperate Forests and Jungles

A side-by-side comparison of the unique tree-based ecosystems found in our

own backyard, and across the equator.

248599 All Ages 1 Class \$6 1/10 F 6:30pm- 9:00pm

Planet Earth: Great Plains and Living Together

Gain a greater appreciation for the modest plant that feeds billions: grass. Reflect on how we can preserve our world while we live among such vast diversity.

248600 All Ages 1 Class \$6 2/7 F 6:30pm- 9:00pm

Disneynature's "Wings of Life"

Learn from a flower's perspective the importance of pollination and the many fascinating pollinators in our world.

248601 All Ages 1 Class \$6 3/7 F 6:30pm- 9:00pm

The Friends of the Agricultural History Farm Park invite you to a free holiday celebration

Christmas on the Farm



December 14 & 15 • Noon-5pm

Enjoy the simple pleasures of the holidays!

- Turn-of-the-century decorations
- Free live Christmas music and caroling
- Homemade baked goods for sale
- Free hayrides (weather permitting)
- Children's activities
- Free hot cider and ginger cookies



18400 Muncaster Road, Derwood, MD 20855
301-670-4661 | www.FriendsoftheFarmPark.org

Friends of 
The Agricultural History Farm Park, Inc.



Calling all history buffs, inquisitive geeks and the generally curious

Group Historic Sites Tours

Tues - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ HistoryInTheParks.org



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.

Nature Programs

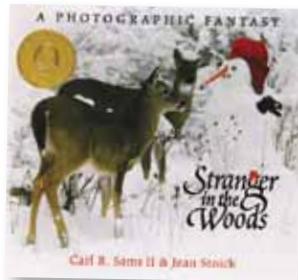
in Black Hill Regional Park

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Stranger in the Woods Story Time

The birds, deer, and other wildlife all want to know who has been in their woods! Come listen to the classic *Stranger in the Woods* story read aloud. If we are lucky we will make our own "Stranger" outside in the snow. If not, we'll make our own winter magic inside. FOBH \$4



256749 1-5yrs 1 Class \$5 12/7 Sa 10:00am-11:00am

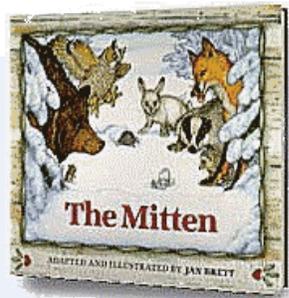
Snowman Celebration

Come celebrate all things snowman! We will go on a hunt around the Visitors Center for "snow" balls, make a "snow" man and read a snowman story. If there is wintery precipitation on the ground, we will make a real snowman together! FOBH \$4

256900 4-10yrs 1 Class \$5 12/14 Sa 2:00pm-3:30pm

Time For Tots

Enjoy a seasonal story, then go outside to explore nature with a Park Naturalist. FOBH \$4



The Mitten

Find out what happens when woodland animals find a magic mitten in the woods! Enjoy a reading of *The Mitten* and then make a special mitten craft. 257118 1-5yrs 1 Class \$5 1/7 Tu 9:30am-10:30am

In the Snow: Who's Been Here?

The woods are cold and lonely as the children hike in the story, *In the Snow: Who's Been Here?* But signs of animal life are everywhere. We'll help them find the clues and then go outside to look for clues ourselves. Please dress for the weather. 258399 1-5yrs 1 Class \$5 1/22 W 9:30am-10:30am

Winter Trees Story Time

Let's learn about all of the beautiful winter trees around us by reading about them. You will learn how to identify trees and how important these trees are to the animals that live in the woods. We will then go outside to practice identifying them. Please dress for the weather. FOBH \$4

257232 5-10yrs 1 Class \$5 2/15 Sa 2:00pm-3:00pm

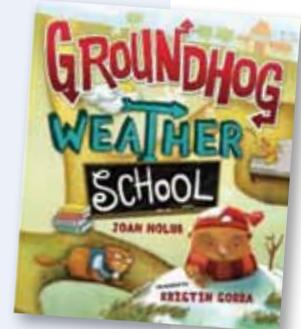
Snowflakes All Around

Take a pause from shoveling and celebrate the unique perfection of snowflakes! We will read the story of *Snowflake Bentley*, and look more closely at the structure of snowflakes, then make a craft. If Mother Nature cooperates we may even be able to collect our own snowflakes. FOBH \$4

257200 6-12yrs 1 Class \$5 1/26 Su 1:00pm-2:00pm

Groundhog Weather School

We'll read the story *Groundhog Weather School* where a groundhog professor teaches other groundhogs to accurately predict the weather. We'll make our own weather predicting tools and go outside to use them. Please dress for the weather. 258400 1-5yrs 1 Class \$5 2/3 M 9:30am-10:30am



Camping with the Presidents

We'll read *Camping with the Presidents* while sitting in a tent so we know what it felt like for President Theodore Roosevelt and John Muir to camp together. After that, we'll make our very own blanket tents, hopefully outside. Please dress for the weather. 258401 1-5yrs 1 Class \$5 2/20 M 9:30am-10:30am



Birthday Parties at Black Hill Nature Programs!
Call 301-528-3492 for more information.



Programs for All

All attending must register and pay. Children must be accompanied by an adult.

Winter Tree ID Hike

A tree's uniqueness is deeper than its leaves! Take a winter walk and learn how to identify different tree species by bark and branching. Take home a handmade ID book of tree bark rubbings. FOBH \$4
256799 5 & up 1 Class \$5 12/8 Su 11:00am-12:00pm

Nature Programs
in Black Hill Regional Park

Science Sunday

Icy
Science is awesome, messy, and fun! On Icy Science Sunday, we will take a close look at the science and structure of ice crystals. We will experiment with ice and go outside to look for ice crystals in nature. You will get to go home with the start of your very own crystal project. FOBH \$6
257201 6 & up 1 Class \$7 1/26 Su 3:00pm-4:30pm

Ooey Gooley
Science is awesome, messy, and fun! We may get messy and we will have a scientific good time. For this Ooey, Gooley Science Sunday we are going to get messy by making things like slime and silly putty. We will use our ooey gooley experiments to talk about the science of liquids, solids, and polymers. You will get to take some ooey gooley experiments home with you. FOBH \$6
257243 6 & up 1 Class \$7 2/16 Su 3:00pm-4:30pm



Eagle Watching at Conowingo Dam

Conowingo Dam in Harford County is a terrific area to observe bald eagles feeding in the waters below the dam. Travel by van with a Montgomery Parks Naturalist to enjoy a day of eagle watching on the Susquehanna River. Dress in layers for the weather, and bring a bagged lunch. FOBH \$25
256853 16 & up 1 Class \$30 12/11 W 8:00am-4:30pm

Family Scavenger Hunt

Bring the family to Black Hill Visitor Center to hunt for natural treasures! Drop by the Visitor Center to pick up a scavenger hunt sheet, receive some helpful hints, and then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required; drop in any time during program hours!
257100 All Ages 1 Class Free 12/15 Su 1:30pm-3:30pm

Gifts For The Birds

Give a gift to the birds! Make a bird feeder or bird cake that will help wildlife and bring beauty to your backyard. FOBH \$4
257049 All Ages 1 Class \$5 12/15 Su 12:00pm-1:00pm

Make It and Take It

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated.

Nature's Gifts

Nature gives us many wonderful gifts. Drop by the Nature Center and make a nature-inspired gift or ornament for that special someone.
258402 All Ages 1 Class \$2 12/14 Sa 10:00am-12:00pm

Groundhogs

We'll have easy-to-make seasonal crafts that you can make and take home. It's almost Groundhog Day—will we have six more weeks of winter? Make your own groundhog craft that you can take outside to make your own weather prediction.
258403 1 & up 1 Class \$2 2/1 Sa 1:30pm-3:30pm

Backyard Birding

Learn which seed is preferred by which bird, and where to place your feeders, then make treats or a feeder for your backyard feathered friends. Please dress for outside bird watching. FOBH \$4

257151 3 & up 1 Class \$5 1/11 Sa 10:00am-11:00am
257152 3 & up 1 Class \$5 2/23 Su 3:00pm-4:00pm

A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Learn the local history behind our resident eagles. We'll also visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds. FOBH \$6

257153 6 & up 1 Class \$7 1/12 Su 1:00pm-2:30pm
257156 6 & up 1 Class \$7 2/22 Sa 10:00am-11:30am

Winter Birding at Black Hill

Join us as we enjoy the great winter birding that can be found just a short drive away at Black Hill Regional Park. Many species of ducks, tundra swans from Canada, and even bald eagles are possible. After viewing the lake from the Visitor Center deck, we'll drive to other observation areas. Spotting scope provided. FOBH \$11 Black Hill Visitor Center
257157 15 & up 1 Class \$12 1/18 Sa 8:30am-11:00am

Family Day at the Visitor Center

School's off today, so bring the kids to the Visitor Center for an afternoon of nature fun. Friends of Black Hill Nature Programs will be on hand to show you how to use our popular nature boxes, and Volunteer Naturalists will lead short nature walks with hands-on activities and games. Drop in anytime between 1-4 pm for the fun! This program is free, but please register so we'll have enough materials and help for all.
257158 1 & up 1 Class Free 1/20 M 1:00pm-4:00pm

Waterfowl Viewing at Sunset

Join us at sunset on the back deck of the Visitor Center for wonderful waterfowl viewing. We'll provide scopes and binoculars, and hot cocoa to warm you. Please dress for the weather. Not appropriate for children under 8. FOBH \$5
257202 10 & up 1 Class \$5 1/29 W 4:30pm-5:30pm
257203 8 & up 1 Class \$5 2/19 W 5:00pm-6:00pm



Nature Programs
in Black Hill Regional Park



“What happened to my program?”

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!

Christmas Bird Count at Black Hill Regional Park

Join us for the 114th Annual Audubon Christmas Bird Count. It is the longest-running Citizen Science survey in the world. We will have fun as we flock together to survey birds on and around the lake. An expert birder from the Montgomery County Bird Club will be helping us with identification. Our results from Black Hill Regional Park will be entered into the Audubon database and will provide critical data on bird population trends. Participants should be dressed for hiking in cold, winter conditions. Younger children must be able to hike 1-2 miles or can be carried.

257115 3 & up 1 Class Free 1/4 Sa 10:00am-12:00pm

Christmas Bird Count at Ten Mile Creek

Join us for the 114th Annual Audubon Christmas Bird Count. It is the longest running Citizen Science survey in the world. We will have fun as we flock together to survey birds on and around the lake. An expert birder from the Montgomery County Bird Club will be helping us with identification. Our results for Ten Mile Creek will be entered into the Audubon database and will provide critical data on bird population trends. Participants should be dressed for hiking in cold, winter conditions. Younger children must be able to hike 1-2 miles or can be carried.

257117 3 & up 1 Class Free 1/5 Su 10:00am-12:30pm



Winter Picnic

Do you have cabin fever? Do you dream of having a lovely summer picnic? Then join us for an indoor picnic! We'll do activities that will remind us of the wonderful things spring and summer bring, and also start seedlings for everyone to take home. Bring a lunch and a blanket on which to sit. FOBH \$6

257231 All Ages 1 Class \$7 2/15 Sa 11:30am- 1:00pm

Garden Art for Winter

Does looking at your garden in winter make you pine away for the bright colors of spring and summer? Come make colorful garden art that will brighten up your garden no matter what time of year it is. FOBH \$9

257237 All Ages 1 Class \$10 2/16 Su 1:00pm- 2:00pm

Cabin Branch Winter Hike

Join a naturalist to hike around the pond where Cabin Branch Creek enters little Seneca Lake. We will walk out on the rock jetty to see which winter waterfowl are visiting, check on the beaver lodge, and if we're lucky, spot a pileated woodpecker or eagle flying overhead. Dress for the weather and wear good hiking boots. Meet at the gravel parking lot across from the boat launch area. FOBH \$4

257249 All Ages 1 Class \$5 2/22 Sa 1:00pm- 2:30pm

Adults

Registration required unless otherwise noted.

Harpers Ferry National Historical Park Trip

Let's go see the town that John Brown made famous. Take in the majestic winter sights from Jefferson Rock and Virginius Island. Check out the museums and bring your binoculars to see if you can catch a sight of the bald eagles. Bring your lunch or grab lunch in one of the delicious cafes in town. Please dress in layers for the weather. Meet at the Black Hill Visitor Center. FOBH \$25

257199 18 & up 1 Class \$30 1/25 Sa 9:00am- 4:00pm

Valentines Evening in the Park

Celebrate Valentine's Day and a full moon with a horse drawn wagon ride through Black Hill Regional Park. While you wait for your turn in the wagon, snuggle next to your loved ones at a campfire with s'mores and hot chocolate. Please bring a chair and a blanket. FOBH \$24

257227 18 & up 1 Class \$25 2/14 F 7:00pm- 9:00pm

Comet ISON

Since its discovery last year, astronomers have been closely watching Comet ISON as it races toward the inner solar system later this year. Because it was discovered so far out, and seems unusually bright, hopes have been high that this comet might put on a truly memorable sight—or it may not (it is still too soon to tell!). If this comet does put on the show as some have predicted, we hope to schedule a spur-of-the-moment viewing program. Black Hill Regional Park is one of the best places in Montgomery County to view the night sky. Sign up now to join us on a November or early December date (TBD). We will call or email you as a possible date gets closer.

257112 All Ages 1 Class Free TBD 5:00pm- 6:30pm

Waterfowl Festival

Bring the whole family for a day filled with activities, demonstrations, and exhibits to celebrate the wondrous water birds that call Little Seneca Lake home during the winter. Try your hand at carving a decoy. Make a bird bonnet to look like a hooded merganser or a bufflehead. Learn about wood duck nest box Citizen Science initiatives. Join guided birding excursions to catch a glimpse of marine ducks, swans, and maybe even the Black Hill eagles! All attendees must register.

257220 All Ages 1 Class \$1 2/9 Su 12:00pm- 4:00pm



MONTGOMERY PARKS

Summer Camp EXPOS



Archaeology
Animals
Birds
Bugs
Botanical Art
Butterflies
Cooking
Dinosaurs
Fishing
Gardening
Ice Skating
Ice Hockey
Science
Skateboard
Tennis
Water

Here's your chance to talk one-on-one with Montgomery Parks Naturalists and experienced recreation professionals. Get all the information you need to make a decision you'll feel good about for your children this summer!

SENECA LODGE
Sunday, February 9
11am-3pm
14500-A Clopper Road
Boyd's, MD 20841
301-563-7510

CABIN JOHN ICE RINK
Saturday, March 15
9am-Noon
10610 Westlake Drive
Rockville, MD 20852
301-765-8620

WHEATON ICE ARENA
Sunday, March 16
11am-3pm
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000

FEATURING

- "Early Bird" pricing on select camps**
- On-site camp registration**
- Hands-on activities for the kids**
- Door prizes**

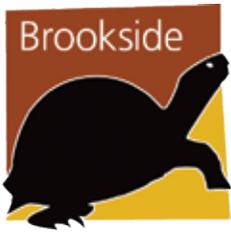
Montgomery Parks offers reasonably priced full- and half-day camps in locations throughout Montgomery County, for children age 1½ to 18. Our camper to counselor ratio is 10 to 1, and summer camp standards are vigorously upheld. Fill their summer with fun, learning and adventure in a Montgomery Parks summer camp!

More than 75 camps in 2014!

**The Natural Choice for
Summer Camps**

www.MontgomeryParks.org/Camps





Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday, 1–5pm. Trails open daily, dawn to dusk.

Children

Registration is required and all children must be accompanied by an adult unless otherwise noted.

Cozy Winter Nature Tales

Now that the weather is colder, enjoy an exciting tale about nature in the cozy comfort of the Nature Center. Each month focuses on a different feature of winter: from wild animals to weather to winter fun! We'll listen to a different story related to the month's topic at each program.

Animals in Winter

Join us by our cozy hearth for an enchanting story about different wild animals each week and what they do in the winter.

252450	3-6yrs	1 Class	Free	12/1	Su	3:00pm- 3:30pm
252451	3-6yrs	1 Class	Free	12/8	Su	3:00pm- 3:30pm
252452	3-6yrs	1 Class	Free	12/15	Su	3:00pm- 3:30pm
252453	3-6yrs	1 Class	Free	12/22	Su	3:00pm- 3:30pm
252454	3-6yrs	1 Class	Free	12/29	Su	3:00pm- 3:30pm

Winter Weather

Watch the weather from our big window while listening to a different story each week about some of the wonders of winter weather like, snowflakes and ice.

252455	3-6yrs	1 Class	Free	1/5	Su	3:00pm- 3:30pm
252456	3-6yrs	1 Class	Free	1/12	Su	3:00pm- 3:30pm
252457	3-6yrs	1 Class	Free	1/19	Su	3:00pm- 3:30pm
252458	3-6yrs	1 Class	Free	1/26	Su	3:00pm- 3:30pm

Winter Fun

Enjoy stories about winter and find out some different ways that you can have winter fun each week.

252459	3-6yrs	1 Class	Free	2/2	Su	3:00pm- 3:30pm
252460	3-6yrs	1 Class	Free	2/9	Su	3:00pm- 3:30pm
252461	3-6yrs	1 Class	Free	2/16	Su	3:00pm- 3:30pm

Keeping Warm in Winter

Did you know that animals grow their own winter coats? See and touch real animal furs. Find out about the different ways the animals that live outdoors keep warm when it is snowy and cold.

253601	3-6yrs	1 Class	Free	12/8	Su	2:00pm- 2:30pm
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Brookside Tot Times

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

Squirrels Are Nuts!

Squirrels are active and often amusing all year long. Let's watch them, learn about them, imitate them, and enjoy them in this squirrely class.

254352	3-6yrs	1 Class	\$6	12/18	Th	10:30am-11:15am
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Warm & Cold

We like being warm, and we're not alone! Let's use our sense of touch to experience temperature and learn how other animals stay warm too!

254350	3-6yrs	1 Class	\$6	1/3	F	10:30am-11:15am
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Wild Music

Ducks do it. Frogs do it. Even crickets do it. Can you make wild music too? Come and find out!

254351	3-6yrs	1 Class	\$6	1/31	F	10:30am-11:15am
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It's Time for Snow

There may or may not be snow on the ground but that won't stop us from learning about and having fun with snow!

253462	3-6yrs	1 Class	\$5	12/10	Tu	10:30am-11:30am
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Discovery Time: Snow White Animals

As the temperatures drop we dress in warm clothes and coats. But how do animals survive in the cold? Let's find out by doing a few indoor experiments, and then heading outside for a wintry hike.

253499	3-6yrs	1 Class	\$5	12/18	W	10:30am-11:30am
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Brookside Wild Hunters

Take a break from indoor activities to learn how the animals that live outside all year long are managing to hunt and capture their prey. See teeth that pierce, talons that clench, pelts that conceal, and other adaptations designed to turn the hunted into the hunter. Then practice your own predatory skills outside!

254499	6-12yrs	1 Class	\$5	12/28	Sa	3:30pm- 4:30pm
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Birthday Parties at Brookside Nature Center
Call 301-962-1480 for more information.





Nature Center
in Wheaton Regional Park

A Winter Adventure

School's out, so let's run and play on the trails at Brookside Nature Center! We'll experiment with different ways of using our senses of sight, smell and touch on this hike, all designed to give us a unique experience of the winter world.

254551 6-10yrs 1 Class \$5 1/8 W 4:00pm-5:00pm

Nature from Our Window: Birds

Learn about birds that stay here during the winter while you stay warm and cozy in the Nature Center. We'll look at different birds at the feeders outside our windows and discover who they are, what they look like, and how they survive winter.

253549 3-6yrs 1 Class Free 1/12 Su 2:00pm-2:30pm

Take to the Air

What have we learned about flight from our animal friends? Come and have some fun with physics as we investigate the forms and forces of flight.

257899 7-12yrs 1 Class \$6 1/21 Tu 1:00pm-2:00pm

Trees in Winter

Would you like to know what happens to trees in winter? Join us as we look at samples of trees and wood up close and find out how animals—from insects to squirrels to birds—use trees when the weather is cold.

253602 3-6yrs 1 Class Free 1/26 Su 2:00pm-2:30pm

The Nature of Winter Weather

Have you ever wondered what happens at the Nature Center during snowstorms, ice storms and blizzards? Learn about different kinds of winter weather and find out how nature makes snowflakes and icicles.

257999 3-6yrs 1 Class Free 2/2 Su 2:00pm-2:30pm

Nature Prints

It's true! Nature prints! No cursive here, just remarkable impressions created with paints, feathers, leaves, flower petals, and other organic materials. Read nature's distinct handwriting as it adorns notecards and bookmarks we make and take home.

254550 8 & up 1 Class \$8 2/8 Sa 3:00pm-4:15pm

Valentine Treat for the Birds

Make a heart-shaped seed treat for your backyard birds! Learn which seed is preferred by what bird and where to position your treat. This program may include the use of nut or nut products.

252499 3-12yrs 1 Class \$6 2/11 Tu 1:30pm-2:30pm

Maple Sugaring Time

Learn the history of maple sugaring, then follow the sap from the tree to table with our maple sugaring demonstration. Do you think you can pick out real maple syrup from the artificial syrups? Take our syrupy taste test and find out!

252462 3-12yrs 1 Class \$6 2/28 F 2:00pm-3:00pm



Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

New Moon Club

Who comes out when the sun goes down? Find out by joining us for a treat around the campfire and a hike to discover the woods at night. We'll focus on our senses to better understand the woods. Please register and pay for all attendees.

Are You Scent-sible?

What smells are there in the woods at night? What do they reveal? Come and prepare to be nosy!

252501 5 & up 1 Class \$6 1/2 Th 5:30pm-6:30pm

Glowing Eyes

Who is that hiding in the woods? Can you tell by just by eye shine?

252502 5 & up 1 Class \$6 1/30 Th 5:30pm-6:30pm

Natural and Unnatural Sounds

On this early winter hike we'll listen for park inhabitants who are active during the colder months.

252500 5 & up 1 Class \$6 12/1 Su 5:30pm-6:30pm



Winter Solstice Celebration at Brookside

Rediscover winter at Brookside Nature Center's Solstice Celebration with activities and crafts that highlight different cultural traditions of the year's shortest day. Calm yourself with a spiral walk, sip hot cider by the fire, make lanterns to light up the night, and enjoy the shadow-puppet theater's presentation of *Shingebiss and the North Wind*. Pre-registration is appreciated but not required.

252449 3 & up 1 Class \$5 12/21 Sa 12:00pm-5:00pm

Sticks and Stones Craft Time

The holiday season is so awash with glitz and glamour that it's easy to overlook the beauty inherent in simple sticks and stones. We'll highlight the features of these humble materials with paints and glue and creative minds.

254500 7 & up 1 Class \$8 12/31 Tu 11:00am-12:00pm



Nature Center
in Wheaton Regional Park

**Campfire Lunch:
Happy New Year
Hoot**

Join us to celebrate the New Year around the old campfire. Since our theme is owls, the event is guaranteed to be a real "hoot!" Bring your own lunch; we provide the s'mores. Please register and pay for all attendees.



253700 2 & up 1 Class \$6 1/9 Th 11:00am-12:00pm

**Campfire Lunch:
The Big Pancake Brunch**

Pancakes and hot syrup prepared over an open fire are utterly irresistible! Accompany them with hot sausage and you have a meal fit for a cold winter morning. Please register and pay for all attendees.

253751 3 & up 1 Class \$6 1/28 Tu 11:00am-12:00pm

Naturally Lovely

Plants and their essences nourish us in countless ways. We'll take advantage of their gifts by making customized perfume, lip balm, glycerin soap and facial scrubs, all guaranteed to bring us a waft of summer in winter's chill.

254549 8 & up 1 Class \$15 1/11 Sa 3:00am-4:15am

Family Time: Groundhog's Day Out

Will the groundhog be up and about by tomorrow morning? Join us to learn more about groundhogs and why they have their own special day.

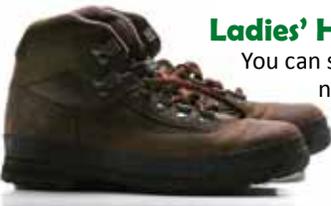
253752 1 & up 1 Class Free 2/1 Sa 11:00am-12:00pm

Shining Rocks, Crystals and Energy

Have you ever wondered why some rocks glow in the dark or why crystals sparkle? Learn about different crystals and rocks and the special kinds of energy that make things glow. See some of the beautiful rocks and crystals from our collection. Take home a free rock or mineral specimen.

253600 2 & up 1 Class Free 2/9 Su 2:00pm-2:30pm

Adults



Ladies' Hike Out

You can see through the forest now. The trails are frozen hard, errant snowflakes wander through the air, and the best way to stay warm outside

is to move! Come explore the winter landscapes of Montgomery County with us. Each month highlights a different trail and habitat which we'll hike vigorously, pausing here and there to examine the unique features of this quiet, subdued season. Please dress for the weather. Directions to the trailhead will be provided.

Magruder Branch

Boardwalks aren't just for the beach! The Magruder Branch Trail has several of them traversing the marshes bordering this forested stream in Damascus. On our back and forth walk, we'll enjoy mainly level, paved surfaces as we observe the immense importance of freshwater wetlands.

254400 18 & up 1 Class Free 12/28 Sa 9:30am-10:45am

Rock Creek Regional Park

Let's hike around the lake! We'll cover about 3 miles as we wind our way around Lake Frank and its surrounding forest. En route we'll search for overwintering waterfowl, tracks, and, yes, early signs of spring!

254449 18 & up 1 Class Free 2/23 Su 9:30am-10:30am

Sugarloaf

With a few rigorous climbs and outstanding vistas, our 3 - 4 mile hike on Sugarloaf will keep us warm and invigorated - just what we need in the depths of winter! Wear sturdy footwear and bring a snack.

254401 18 & up 1 Class Free 1/25 Sa 9:30am-11:00am

Mom's Time Out

Moms, take some time out for you and enjoy a relaxing day at the "nature spa." Enjoy creating your own relaxing hand and facial treatments using natural ingredients in our two-part series. What to do about the kids? Bring them along and let us give them their own special separate hour of fun activities while you indulge in pampering.

Natural Facials

253903 18 & up 1 Class \$15 2/7 F 1:30pm-2:30pm

Natural Hand Treatments

253902 18 & up 1 Class \$15 1/17 F 1:30pm-2:30pm

Project Learning Tree

Saturday, December 14
9:00 am – 3:30pm

Calling All Elementary School Teachers!

If you love nature and would like to integrate environmental issues and activities into your curriculum, join us for this one-day workshop. *Project Learning Tree* is an award-winning environmental education program designed for teachers and other educators. Through this workshop and with the materials provided, you will learn how to construct a framework for students to apply scientific processes and creative thinking skills to resolve environmental problems, and encourage students to become responsible, productive and participatory members of society. At PLT, the goal is to teach students *how* to think, not *what* to think about complex environmental issues. Bring a bag lunch; we'll provide beverages. Registration closes December 1.



Brookside Nature Center

258999 18 & up 1 Class \$30 12/14 Sa 9:00am – 3:30pm

Winter Solstice Celebrations



Brookside Nature Center

Rediscover winter with activities and crafts that highlight different cultural traditions of the year's shortest day. Calm yourself with a spiral walk, sip hot cider by the fire, make lanterns to light up the night, and enjoy the shadow-puppet theater's presentation of *Shingebiss and the North Wind*. Pre-registration is appreciated but not required.

252449 3 & up 1 Class \$5 12/21 Sa 12:00pm-5:00pm

Locust Grove Nature Center

Join us on the eve of the solstice for a traditional evening celebration of the first day of winter, the year's longest night, and return of the sun. In ancient cultures, the solstice heralded the return of spring and was cause for great fires and feasts. We'll keep things a little more low-key with a campfire, cider, lantern making, candle lighting, and stories. Please register and pay for all attendees.

253408 3 & up 1 Class \$5 12/20 F 7:00pm-8:30pm

Meadowside Nature Center

On this longest night of the year come share the light and warmth of the campfire ring at Meadowside. We'll tell tales of winter, make lanterns to light our way and enjoy a toasty marshmallow treat. Please register all participants; fee is for children only.

254812 3 & up 1 Class \$5 12/21 Sa 7:00pm-8:00pm

Brookside Nature Center

Maple Sugar Festival

Stop by to experience an American tradition!

Watch the whole maple sugaring process from start to finish. See sap drip from the trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. But, that's not all! Maple-themed crafts, food, games, music, activities and displays are included in this family friendly festival.

252463 2 & up 1 Class \$5 2/23 Su 11:00am-4:00pm





Nature Center
in Cabin John Regional Park

Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org
Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Children

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Home Sweet Home

What makes a home a home? Join us as we learn about homes for animals and plants, and then take a hike to go look for habitats. To celebrate the holidays, we'll decorate a birdhouse ornament to take home and enjoy over the holidays. Please dress for the weather.

253405 2-4yrs 1 Class \$5 12/4 W 10:15am-11:15am

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds.

Outdoor activities are included in every program, so please dress for the weather.

Winter Wonderland

253386 2-4yrs 1 Class \$5 12/18 W 10:15am-11:00am

Fur and Feathers

253387 2-4yrs 1 Class \$5 1/8 W 10:15am-11:00am

Where Did Everyone Go?

253388 2-4yrs 1 Class \$5 1/22 W 10:15am-11:00am

Hide and Seek

253389 2-4yrs 1 Class \$5 2/5 W 10:15am-11:00am

Fancy Feet

253390 2-4yrs 1 Class \$5 2/19 W 10:15am-11:00am

Holiday Wrappings

Make festive wrapping paper, cards and gift tags using sponges, stamps and natural materials. Bring a gift to wrap.

254649 6-10yrs 1 Class \$5 12/22 Su 2:00pm- 3:00pm

Winter Break Hike: C&O Canal

Get some fresh air and exercise this holiday season! We will walk from Pennyfield Lock to Violette's Lock and back (about 2 miles) on the towpath. Expect to see and hear a variety of woodpeckers, and join the search for winter wildlife in the canal and the Potomac River.

253463 5-12yrs 1 Class \$5 12/23 M 10:00am-11:00am

Preschool Nature Adventures

Enjoy hands-on activities, make new friends and have fun while exploring nature. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.

Winter Wonderland

253391 3-5yrs 1 Class \$5 12/18 W 1:15pm- 2:00pm

Fur and Feathers

253392 3-5yrs 1 Class \$5 1/8 W 1:15pm- 2:00pm

Where Did Everyone Go?

253399 3-5yrs 1 Class \$5 1/22 W 1:15pm- 2:00pm

Hide and Seek

253401 3-5yrs 1 Class \$5 2/5 W 1:15pm- 2:00pm

Fancy Feet

253402 3-5yrs 1 Class \$5 2/19 W 1:15pm- 2:00pm

Winter I Spy.....

Can you find signs of winter animals? Can you identify trees by their bark? Do you know where the insects are in December? Take a hike and learn what happens to plants and animals in the winter. Make an I Spy picture about some of the things you saw or learned!

253649 6-10yrs 1 Class \$5 12/26 Th 1:00pm- 2:00pm

Green Leaves in WINTER?? Really?

Don't all leaves fall off in the fall? Find out which trees and other plants keep their leaves all winter and why. Read a story about winter trees, then take a hike with a naturalist to find plants in the woods with leaves! Find out why these trees are important to wildlife. Make an ID book to use on your own hikes!

253699 4-8yrs 1 Class \$5 12/27 F 1:00pm- 2:00pm

Winter Solstice Celebration

Join us on the eve of the solstice for a traditional evening celebration of the first day of winter, the year's longest night, and return of the sun. In ancient cultures, the solstice heralded the return of spring and was cause for great fires and feasts. We'll keep things a little more low-key with a campfire, cider, lantern making, candle lighting, and stories. Please register and pay for all attendees.

253408 3 & up 1 Class \$5 12/20 F 7:00pm- 8:30pm

Full Moon Hike

Enjoy a crisp winter night hiking through the woods and meadow by the light of the full moon. We'll stop to listen to the snaps and pops in the winter woods and may catch the call of a barred owl. Please register and pay for all attendees.

253407 5 & up 1 Class \$3 12/17 Tu 7:00pm- 8:00pm

New Moon Hike

This is the darkest night of the month. Join us at the campground to experience the dark under the trees, and then explore the clearings to see the stars and maybe a planet or two! Print ParkPass confirmation receipt for specific directions to the campground. Please register and pay for all attendees.

253850 5 & up 1 Class \$3 1/30 Th 6:30pm- 7:30pm





Nature Center
in Cabin John Regional Park



Birthday Parties at Locust Grove Nature Center

Call 301-765-8668 for more information.



Winter Stories

Join us on a chilly winter day for some fun, silly stories. Then we'll go on a short hike to explore nature's wintery wonders.

254699 3-6yrs 1 Class
\$5 2/4 Tu
10:30am-11:30am



Explore WILD MONTGOMERY

Wild Montgomery Programs

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 advance registration. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Friday Foray: Monocacy Aqueduct

We'll cross the historic Monocacy Aqueduct and enjoy a leisurely 2-3 mile walk on the C&O Canal towpath.

253349 18 & up 1 Class Free 12/13 F
10:00am-12:00pm

Friday Foray: Seneca Creek Greenway

The Seneca Creek Greenway trail starts at the Potomac River and extends to Germantown. We'll start at the beginning of the trail, near Riley's Lock on the Potomac, and head upstream on a 3-4 mile hike along Seneca Creek.

253350 18 & up 1 Class Free 2/21 F
10:00am-12:00pm

Mice Are Nice... and Other Rodents, Too!

Find out which rodents live in our meadows and woods, what makes a rodent a rodent, and how they fit into food webs. Learn how to draw a mouse, or make a felt mouse puppet.

253750 6-9yrs 1 Class \$6 12/30 M 10:30am-11:30am

Ice Is Nice

Imagine living below ice! Find out why some animals and plants need ice to survive the winter. We'll take ice outside to see what happens. Make a natural "frozen" aquascape to keep forever. Dress warmly for winter!

253799 2-4yrs 1 Class \$7 1/15 W 10:15am-11:15am

Have a Heart

Why do animals need hearts? Are animal hearts like human hearts? How does a heart work; how fast does it beat? We'll go outdoors to watch winter birds and guess how fast their hearts beat. Make a heart hat to wear because "you gotta have a heart"!

253899 2-4yrs 1 Class \$5 2/12 W 10:15am-11:15am

Full Moon Family Hike

Hike through the woods and meadow by the light of the full moon. We'll stop to listen for the calls of barred owls, and look for other nocturnal creatures.

253900 3-12yrs 1 Class \$5 2/14 F 7:00pm-8:00pm

Programs for All

All attending must register and pay.
Children must be accompanied by an adult.

Teasel Animals

Come find out what teasel is! The dried flower heads of this non-native plant can be used to make animal shapes. Glue teasel, twigs, and other plant materials together to make fun forest creatures.

253406 5 & up 1 Class \$5 12/14 Sa 11:00am-12:00pm

Gifts for the Animals

Don't forget our furry and feathered friends during the holidays! Join us to make treats and gifts for our wild neighbors. We'll decorate a special gift tree for Locust Grove's birds and squirrels. Please register and pay for all attendees.

253599 3 & up 1 Class \$3 12/24 Tu 11:00am-12:00pm

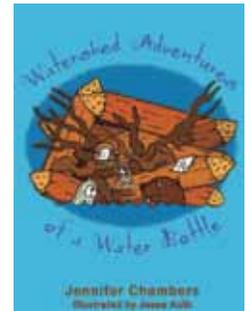
Campfire Lunch

School's out today! Join us for a campfire lunch. Bring a picnic lunch, or hot dogs to cook over the fire (you bring the dogs and buns, we provide ketchup and mustard). We'll have all you need to make s'mores. Please register and pay for all attendees.

253800 3 & up 1 Class \$5 1/21 Tu 12:00pm-1:00pm

Book Reading: Watershed Adventures of a Water Bottle

Join Jennifer Chambers, local author and environmental educator, for a reading of her children's story, *Watershed Adventures of a Water Bottle*. The story follows a water bottle's journey in the Chesapeake Bay watershed and Atlantic Ocean, as it meets animals along the ride. Each animal—from the water strider insect to the loggerhead turtle—



teaches the water bottle about itself, its origins and its journey, and about other pollutants in the watershed. Jennifer Chambers will lead a fun water strider activity after the reading. Books will be available for sale and signing, with 100% of the profit going to the Chesapeake Bay Trust and the Surfrider Foundation's *Rise Above Plastics* program. Please register all attendees.

253849 5 & up 1 Class Free 1/25 Sa 10:00am-11:00am

Spring into February!

Believe it or not, spring is already happening in February! We'll hike to search for signs of spring even though it feels like winter will never end.

254700 5 & up 1 Class Free 2/1 Sa 11:00am-1:00pm

Adults

New Beginnings

Join us for a lively discussion of how some of our local wildlife brings in the New Year. There is a surprising amount of amorous activity going on in the dead of winter. Learn about the love lives of some your closest animal neighbors.

253753 18 & up 1 Class Free 1/3 F 7:00pm-8:00pm



Nature Center
in Rock Creek Regional Park

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.

Children

Registration is required and children must be accompanied by an adult unless otherwise noted.

Tyke Hikes

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home.

Nutty Hike

We'll learn about and look for nuts that have fallen from the trees.

254820 2-3yrs 1Class \$5 12/18 W 10:30am-11:15am

Who's Been Here?

We'll look for signs of animals as we hike throughout the forest.

254821 2-3yrs 1Class \$5 1/15 W 10:30am-11:15am

Oh My Deer

Learn about and search through the winter woods for white-tailed deer.

254822 2-3yrs 1Class \$5 1/29 W 10:30am-11:15am

Little Owl in Winter

A few owls stay in Maryland all winter. We'll learn about the ones that do and make a finger-puppet just for you!

254814 2-3yrs 1Class \$5 2/19 W 10:30am-11:15am

The Great Migration Challenge

As birds of summer vanish from our yards and woodlands, have you ever wondered where they go and how they find their way? Find out how through a story, game, and craft.

254749 4-6yrs 1Class \$5 12/19 Th 10:30am-11:30am

A Day of Winter Fun

Spend a winter's day at Meadowside! We'll hike trails looking for signs of wildlife, cook lunch over an open fire, conduct a few icy experiments, and create a nifty New Year's noisemaker. We'll provide the fixin's for lunch and a snack, but please bring a water bottle. Dress for the weather!

254813 6-10yrs 1Class \$45 12/30 M 9:00am-3:00pm

Otus Rockin' New Year

Celebrate the New Year by making party hats and noise makers. One minute to noon, we will begin our countdown and ring in the New Year with cider and a visit from our mascot Otus the Owl.

254750 2-10yrs 1Class \$5 12/31 Tu 11:30am-12:15pm

The Mitten

Hear a story about a lost mitten and the forest animals who find it, hike to find hidden visitors around the Nature Center, then make and take home a special mitten.

254805 3-5yrs 1Class \$5 1/8 W 11:00am-12:00pm

Winter Wonders Scavenger Hike

What can you see, hear, or feel on a winter walk through the woods? We will look for tracks, listen for birds, and feel the soft needles of a pine tree on this seasonal scavenger hike using all our senses!

254825 3-5yrs 1Class \$5 1/14 Tu 10:30am-11:30am

Otus the Owl Winter Storytime

Listen to some seasonal stories and meet our mascot, Otus the Owl. Bring your camera!

254817 2-10yrs 1Class \$3 1/21 Tu 10:00am-10:45am

Knock, Knock... Woodpeckers!

What is that knock-knock-knocking in the woods? Read a story, learn about these fascinating birds, and make a fun woodpecker-friendly feeder to take home.

254826 3-5yrs 1Class \$5 1/23 Th 10:30am-11:30am

Groundhog Day

Will the groundhog see his shadow? Will spring be early or late? Find out how the groundhog became a weather forecaster, and make a craft to take home.

254752 3-5yrs 1Class \$5 1/31 F 10:30am-11:30am

Which Beak Is Best?

Birds' beaks may be large or small, heavy or light, short or long. Each kind of beak is used for eating a particular type of food. Learn how birds use their beaks through stories, games, and a craft.

254753 4-6yrs 1Class \$5 2/5 W 1:00pm-2:00pm

Owl Be Your Valentine!

Discover which species of owl has a heart-shaped face, and learn how an owl brings its sweetheart a valentine treat! We'll visit one of Meadowside's owls, and then share the love by making some owl valentines for friends and family!

254828 3-5yrs 1Class \$5 2/12 W 10:30am-11:30am

Edible Ornaments for Wildlife

Make some fun ornaments you can hang on a tree outside your home, and see what wildlife comes to enjoy them. You can enjoy looking at your beautifully decorated tree, and the wildlife will enjoy the delicious decorations!

254823 3-5yrs 1Class \$5 12/17 Tu 1:30pm-2:30pm



“What happened to my program?”

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!



Is Spring Just Around the Corner?

We'll read a story about Frog and Toad, then take a hike to see if spring is just around the corner.

254810 3-5yrs 1 Class \$5 2/26 W 11:00am-12:00pm

"Tea" Time with Otus

Listen to a story, sip some hot chocolate and meet our mascot, Otus the Owl. Bring your camera!

254819 2-10yrs 1 Class \$5 2/28 F 2:00pm-2:45pm

Programs for All

Unless otherwise noted, all attending must register and pay and children must be accompanied by an adult.

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us give the native plants room to grow by removing the invasive non-natives. Bring yourself, your family, or your group (call us if you're bringing a group). Bring leather gloves if you have them or borrow ours. This is an SSL-approved project. No registration required.

254801 8 & up 1 Class Free 12/14 Sa 10:00am-11:00am

254802 8 & up 1 Class Free 1/18 Sa 10:00am-11:00am

254803 8 & up 1 Class Free 2/22 Sa 10:00am-11:00am

Pine and Apple Decoration

An easy-to-make craft that you can take home! Using an apple and evergreens, make a fun winter table decoration that smells like the woods and looks great, too! Registration required.

254804 3 & up 1 Class \$5 12/14 Sa 2:00pm-3:00pm

Birds of a Feather Wreath

Looking for that special gift for the bird lover in your life? Spend some time crafting a delightful wreath of paper "feathers"! As we create, we will learn all about *real* feathers—one of nature's most intriguing adaptations.

254811 10 & up 1 Class \$8 12/21 Sa 2:00pm-3:30pm

Campfire: Winter Solstice

On this longest night of the year come share the light and warmth of the campfire ring at Meadowside. We'll tell tales of winter, make lanterns to light our way and enjoy a toasty marshmallow treat. Please register all participants; fee is for children only.

254812 3 & up 1 Class \$5 12/21 Sa 7:00pm-8:00pm

Chalk Play

To celebrate Martin Luther King, Jr. Day, come by the Nature Center and use our colorful sidewalk chalk to fill our parking lot with images of your dreams for the future! No registration required; weather permitting!

254806 All Ages 1 Class FREE 1/18 Sa 1:00pm-2:00pm

Owls in Love Campfire

We'll hike along Rock Creek stream valley calling for barred, barn and screech owls, then end our evening with hot cocoa, and roasted marshmallows. Please register and pay for all attendees.

254754 6 & up 1 Class \$5 2/15 Sa 5:30pm-7:30pm

Hand Clapping Games

Stop by to learn and share a traditional, cooperative game with African roots that can be played anywhere! We'll teach Miss Mary Mack. If you know a clapping game, you can share it with us! No registration required.

254809 5 & up 1 Class Free 2/22 Sa 2:00pm-2:30pm

Scouts

Girl Scout Brownies: Senses Badge

Explore your five senses, and compare them with those in the animal world. Test your sense of smell to a turkey vulture's. How does your eyesight compare to an owl's? Learn how animals use their keen senses to survive, explore your own senses, and participate in fun activities and crafts as you earn your Senses badge!

254824 6-10yrs 1 Class \$15 1/4 Sa 9:30am-11:00am

Webelo Scientist Activity Badge

We'll do scientific experiments and test some famous laws of science, explore how planes fly, and learn how the brain can play tricks on us.

254751 7-10yrs 1 Class \$25 1/11 Sa 9:30am-12:00pm



Teens

Registration is required unless otherwise noted.



Whether crawling through caves, hiking the Appalachian Trail or caring for owls, hawks and eagles, Eco-TEEN Montgomery gets teens outdoors learning about their environment while making a difference through environmentally based service learning projects. Eco-TEEN Montgomery is all about exploring something new, helping the environment, making new friends and (most of all) having fun.

Blackwater National Wildlife Refuge

There's no school today, so join us as we travel to Blackwater National Wildlife Refuge on the Eastern Shore. The Refuge's 27,000 acres are composed mainly of rich tidal marshes, freshwater ponds, and mixed evergreen and deciduous forests. In January, great horned owls are incubating eggs, while bald eagles are rebuilding their nests high in Loblolly Pines. We'll explore by van and on foot what the Refuge has to offer this time of year! Bring bag lunch and beverage, wear walking shoes, and dress for the weather! Registration required.

254807 14-17yrs 1 Class \$25 1/21 Tu 9:30am-3:30pm



Raptors

Join us every Saturday at 10am, 12 Noon, and 3pm for an exciting raptor experience. No registration required and programs are free, but please call in advance if you'd like to bring a group. Programs

are held rain or shine! Special winter break dates include: Dec. 24th, 26th, and 27th.

Vulture Enrichment

Vultures are smart! Come see Meadowside's resident vulture play with her food at our weekly vulture enrichment session. This activity meets at the Raptor Walkway behind the Nature Center from 10 - 10:30 am.

Raptor Lunchtime and Talk

Observe Meadowside's resident raptors during their feeding time and learn some of the stories about the raptors on exhibit. Meet at the Raptor Walkway behind the Nature Center from Noon - 12:30pm.

Raptors of Rock Creek LIVE!

Discover what makes raptors unique and meet one of our resident raptors live and up close. Meet at Meadowside's campfire ring from 3 - 3:20pm.



Make It and Take It

Get crafty at Meadowside! Drop by and create a seasonal delight to take home with you. Crafts are easy to make and will focus on re-using everyday objects along with found natural materials. No registration required. Exact change appreciated.

Winter Birds

Some birds stay here all winter. Let's learn about a few and make them something good to eat. No registration required.

254816 All Ages 1 Class \$2 1/25 Sa 11:00am-2:00pm

Quilt Square

Some stories of the Underground Railroad link quilt patterns with messages for runaway slaves. Stop by and learn the name of some quilt patterns. Then make a paper quilt square using paper and glue, and take it home with you!

254808 All Ages 1 Class \$2 2/22 Sa 12:30pm-1:30pm

Adults

Registration is required unless otherwise noted.

Valentines Geocaching Adventure

Couples that play together stay together, so come to Meadowside for a pre-Valentine's Day date. Geocaching is a modern-day treasure hunt using GPS technology to hide and seek hidden containers or caches. Hide your own homemade valentine for your sweetheart to find, then enjoy searching for another hidden geocache near Meadowside. Dress for the weather and wear sturdy shoes for hiking.

254827 18 & up 1 Class \$10 2/1 Sa 10:00am-11:30am

Nature Matters

Lecture Series

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments at 6:45 pm, then the one-hour lecture begins at 7 pm, followed by a Q & A session.

Rehabbing Raptors at Owl Moon Raptor Center

Meadowside is pleased to have Master Wildlife Rehabilitator Suzanne Shoemaker share her experiences and stories from working with raptors at the Owl Moon Raptor Center (OMRC), in Boyds, MD. Suzanne is the founder and operator of OMRC and an expert on animal behavior, animal adaptations, and ecology. Two of Meadowside's birds will be present at the lecture – both rehabilitated by Suzanne!

254815 14 & up 1 Class Free 1/15 W 6:45pm-8:30pm

Project OwlNet and Tracking the Elusive Saw-whet Owl

Project OwlNet serves as an information clearinghouse for the rapidly growing network of owl-migration researchers in North America and abroad. Co-founder and director Steve Huy will discuss the goals and success of Project OwlNet as the program enters its 20th year. Northern Saw-whet Owls have long been a primary focus of the Project, and Steve will share information about this little-known owl's natural history and migratory journey through Maryland.

254818 14 & up 1 Class Free 2/12 W 6:45pm-8:30pm



Volunteer Opportunities

at Meadowside Nature Center

If you like helping people and enjoy learning about local wildlife, you'll love volunteering at Meadowside Nature Center. We're looking for friendly faces to greet visitors, answer questions, check in program participants, and more. This is a once a week, six-month commitment. You must be 16 or older; SSL-approved.

Share Your Green Thumb

Meadowside needs help with the planting and upkeep of our interpretive and native gardens.

Volunteer gardeners work a few hours a week during the growing season. You must be 18 or older.

For more information about these opportunities, visit www.MeadowsideNature.org



...on the Ice

Both rinks have party rooms available to rent at very reasonable hourly rates. You may also rent the Studio Rink at Cabin John Ice or the rink at Wheaton Ice Arena for private parties.

www.CabinJohnIce.com | 301-765-8620

www.WheatonIceArena.com | 301-905-3000

...on the Field

Rent Wheaton Sports Pavilion and have a soccer, lacrosse or futsal party! Reserve the beautiful new covered 200' x 85' field for games, the spacious party room, or both. Basic and Deluxe Party options are available.

www.WheatonSportsPavilion.com | 301-905-3070

...in Nature

The Nature Centers and Brookside Gardens offer affordable party packages based on nature themes kids love like reptiles, eagles and hawks, campfires, and garden fairies. Fun and educational!

www.BlackHillNature.org

www.BrooksideNatureCenter.org

www.LocustGroveNature.org

www.MeadowsideNature.org

www.BrooksideGardens.org

...on the Courts

From 8pm-midnight on most Saturdays, rent half or all of the courts at Pauline Betz Addie Tennis Center or Wheaton Indoor Tennis for your private party. Just \$25 a court! (3 court/2-hour minimum).

www.CabinJohnTennis.com

301-765-8650

www.WheatonTennis.com

301-905-3030

...at the Trains

The trains and carousel are put to bed for the winter, but you can rent Party Rooms at Cabin John and Wheaton Train Stations (and the Carousel Party Room at Wheaton) all winter. Off-season rates through March 31!

www.CabinJohnTrain.com | 301-765-8670

www.WheatonTrainandCarousel.com | 301-942-6703

For specific rates, packages and other details, please visit the websites listed above or call the facility. For weddings and more formal get-togethers, please visit www.ParkEventCenters.com

Party ⁱⁿ the Parks!

Got a birthday, quinceañera, bar or bat mitzvah, going-away party or holiday get-together coming up? Montgomery Parks is the natural choice for your special day!



www.MontgomeryParks.org



Give the Gift of **PLAY** this Holiday Season!

Purchase Montgomery Parks Gift Cards and give a whole world of fun, learning and adventure!

Here are just some of the great things Parks Gift Cards can buy:

- Skating lessons and public sessions
- Nature Center classes
- Tennis lessons and spot time
- Brookside Gardens' Gift Shop items; gardening, cooking, and botanical art classes; admissions to *Garden of Lights*
- SkatePark admissions
- Ice and tennis Pro Shop merchandise
- Range cards and lessons at the Driving Range
- Miniature train and carousel rides
- Kayak, canoe and rowboat rentals
- Splash Park and Miniature Golf admissions
- Campsite rentals *and more!*



Give a Gift Card and a copy of the latest Montgomery County Program GUIDE wrapped up together!

Your friends and family members will have a great time looking through the **Parks** section of the GUIDE and marking things they'd like to do with their card.

Gift Cards can be purchased at most Montgomery Parks facilities in any denomination and never expire. For all the details, please visit our website.

www.MontgomeryParks.org/GiftCards



Deer Population Management



Deer Management
Operations 2013-14

These parks are closed sunrise to sunset on the dates noted:

- Blockhouse Point Conservation Park (Darnestown)
November 5, 19 & 26; December 17
- Bucklodge Forest Conservation Park (Boyd's)
November 8, December 6, January 4
- Great Seneca Stream Valley Park (Gaithersburg)
October 30, November 13 & 20; December 18
- Hoyles Mill Conservation Park (Boyd's)
November 2, 9, 15 & 23; December 7 & 13;
January 3, 11, 17 & 25
- Little Bennett Regional Park (Clarksburg)
December 10, 11, 12 & 13
- Little Seneca Stream Valley Park (Boyd's)
November 9 & 23; January 3
- North Germantown Greenway (Clarksburg)
October 30, November 13 & 20; December 18
- Rachel Carson Conservation Park (Olney)
October 28; November 18 & 25; December 16
- Woodstock Equestrian Park (Beallsville)
November 8 & 16; December 6 & 21; January 4 & 18

This park is closed to public access year-round

- Goshen Recreation Park (Goshen)

These parks are closed 6pm to 6am daily, January 10–February 28:

- Agricultural History Farm Park (Derwood) *Including attached segments of Rock Creek Stream Valley Units 12 & 16*
- Black Hill Regional Park (Boyd's)
- Cabin John Regional Park (Bethesda) **tentative*
- Needwood Golf Course (Rockville)
- North Branch Stream Valley Park Units 2 & 3 (Norbeck)
- North Branch Stream Valley Park Unit 4 (Olney)
- Northwest Branch Recreation Park (Aspen Hill)
Including Layhill Local Park in Wheaton
- Northwest Branch Stream Valley Park Unit 7 (Norwood)
- Northwest Golf Course (Wheaton)
- Rock Creek Regional Park (Rockville)
- Rock Creek Stream Valley Park Unit 2 (Bethesda/Chevy Chase)
- Rock Creek Stream Valley Park Unit 7 (Aspen Hill)
- Sligo Creek Golf Course (Silver Spring)
- Wheaton Regional Park (Wheaton)
- Woodlawn Special Park (Sandy Spring)

For more information, visit www.ParksDeerManagement.org

PARKS ALERT

Get Park & Facility Closures,
Program and Event Cancellations,
and Athletic Field Notifications

Be the first to know! Sign up now at
www.MontgomeryParks.org



Volunteers In Parks?

Who? Why? Naturally!

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!

- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement

- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

How?



Search by interest at ParksVolunteers.org



Montgomery Parks doesn't close down in the winter...and it's never too early to recruit for the spring! The *Garden of Lights* at Brookside Gardens, the *Winter Solstice Celebrations* at our Nature Centers and the *Maple Sugar Festival* at Brookside Nature Center are just a few of our short-term volunteer opportunities. To find these and more, click on the "Special Events & Projects" link on our website.

If you'd like to find a more long-term volunteer opportunity, we may have just what you're looking for! Here are just a few of the positions we're looking to fill:

- Bluebird Monitors
- Boat Captains
- Bussard Farmhouse Volunteer Guide
- Butterfly Meadow Gardeners
- Camp Counselors
- Gardeners
- Gift Shop Assistants
- Ice Skating Instructor Assistant
- Master Naturalist Training
- Nature/Visitor Center Hosts
- Naturalist Aides
- Nature Exploration Area Stewards
- Nature Program Specialists
- Nature Story Time Volunteers
- Oakley Cabin Special Event Assistant
- Trail Groundskeepers
- Underground Railroad Guides



For more information or to apply, visit our website or call:
www.ParksVolunteers.org 301-495-2504





Destination Sochi!

Celebrate the 2014 Winter Olympics at Cabin John and Wheaton Ice

"Let the Games Begin!" Olympic Skate

THURSDAY, FEBRUARY 6

The 2014 Winter Olympic Games open in Sochi, Russia tomorrow. Come skate and celebrate with us at Cabin John Ice Rink and Wheaton Ice Arena!

Skating | **Raffles for great prizes** | **Games** | **Specials** | **and more!**
\$6.50 per person includes admission and skates

Cabin John Ice Rink 4:30-6:15pm
Wheaton Ice Arena 4:30-6:00pm

Olympic Fever Specials

FRIDAY, FEBRUARY 7—SUNDAY, FEBRUARY 23

Every day of the Winter Olympics, something special will be going on at Cabin John and Wheaton Ice! Here are just a few of the things we have planned:

- Discounts on Pro Shop items
- Special skating sessions
- Olympic specials in our Snack Bars
- Trivia contests
- Skating games

We'll feature something different every one of the 17 days of the games, so come on by and celebrate with us!

For more details on both events, please visit the rinks' web sites.



sochi.ru
2014 



Cabin John Ice Rink

10610 Westlake Drive | Rockville, MD 20852 | www.CabinJohnIce.com | 301-765-8620



WheatonIceArena.com

11717 Orebaugh Avenue | Wheaton, MD 20902 | www.WheatonIceArena.com | 301-905-3000





Cabin John Ice Rink
 10610 Westlake Drive
 Rockville, MD 20852
 301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
 11717 Orebaugh Avenue
 Wheaton, MD 20902
 301-905-3000
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Like Cabin John Ice, Wheaton Ice and Montgomery Parks on  ...  @WheatonIce

ICE SKATING & HOCKEY GROUP LESSONS Registration Info

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)

REGISTRATION DATES

- **WINTER 1** registration opens **DEC. 20** for MoCo residents and **DEC. 21** for all, and runs through **JAN. 7, 2014**.
- **WINTER II** registration opens **FEB. 20** for MoCo residents and **FEB. 21** for all, and runs through **FEB. 26**.
- Beginning January 8 (WINTER 1) and February 27 (WINTER 2), you may register in person only at the rink (a non-refundable \$10 service fee applies).
- Classes run January 9 through February 19 (WINTER 1) and February 28 through April 10 (WINTER 2).

COURSE FEES COVER

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 public sessions (depending on your class). 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.

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. At the end of each class, the instructor will tell each student if he or she is ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- 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.



DATES TO NOTE

Holiday hours and closures

- Closed Thanksgiving (November 28)
- December 24: Close early at 3pm
- Closed Christmas day (December 25)
- December 31: Close early at 3pm
- January 1: Open late at Noon

No classes

- November 28-December 1

SPECIAL NEEDS

Montgomery Parks encourages and supports the participation of individuals with disabilities. In order to make reasonable accommodations based on individuals' needs and abilities, please register at least two weeks before class starts, and request accommodation at that time.



Ice Skating

Parent and Tot Ice Skating

Skating is 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. Parents will need basic skating skills in order to skate with their child. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Lists sessions for Cabin John Ice Rink.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Lists sessions for Wheaton Ice Arena.

Storytime Tot Skate

Act out a different classic children's story each week while learning how to skate. During storytime, you'll learn how to fall down, get up, march in place, march forward, glide, and dip. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Lists sessions for Cabin John Ice Rink.

Snowplow Sam (was Tot Ice Skating)

"Snowplow Sam" levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate! Time with Snowplow Sam will help preschool children become comfortable on the ice.

Snowplow Sam 1

Learn how to sit and stand up with skates on (off and on the ice); march in place; march forward; march, then glide on two feet; and dip in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Price, Date, Day, Time. Lists sessions for Cabin John Ice Rink.

Big Fun...Little Price!

Stay-at-home parents, get a group together and come skating at Cabin John or Wheaton Ice! Our Parent & Tot Skating Sessions are designed especially for you and your toddlers (4 & under).

- Supervised games on ice
Fun kids' music!
No big kids hogging the ice (this is your session!)
Great exercise for you both
Just \$3.50 for you and your tot! (Includes admission and skates)

Parent & Tot Skates

Cabin John Ice Wednesdays & Fridays, 10:15-11:15am
Wheaton Ice Fridays, 11:15am-12:15pm

Snowplow Sam 1 (cont.) Wheaton Ice Arena

254899	3-5yrs	6 Classes	\$96	1/9	Th	4:30pm- 5:00pm
254900	3-5yrs	6 Classes	\$96	1/9	Th	5:00pm- 5:30pm
254901	3-5yrs	6 Classes	\$96	1/9	Th	5:30pm- 6:00pm
254902	3-5yrs	6 Classes	\$96	1/10	F	4:45pm- 5:15pm
254903	3-5yrs	6 Classes	\$96	1/11	Sa	10:15am-10:45am
254904	3-5yrs	6 Classes	\$96	1/11	Sa	10:45am-11:15am
254905	3-5yrs	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
254906	3-5yrs	6 Classes	\$96	1/11	Sa	12:30pm- 1:00pm
254907	3-5yrs	6 Classes	\$96	1/11	Sa	1:45pm- 2:15pm
254908	3-5yrs	6 Classes	\$96	1/12	Su	11:00am-11:30am
254909	3-5yrs	6 Classes	\$96	1/12	Su	12:00pm-12:30pm
254910	3-5yrs	6 Classes	\$96	1/12	Su	1:00pm- 1:30pm
254911	3-5yrs	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
254912	3-5yrs	6 Classes	\$96	1/12	Su	2:45pm- 3:15pm
257263	3-5yrs	6 Classes	\$96	3/1	Sa	10:15am-10:45am
257264	3-5yrs	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
257265	3-5yrs	6 Classes	\$96	3/1	Sa	12:30pm- 1:00pm
257266	3-5yrs	6 Classes	\$96	3/2	Su	11:00am-11:30am
257299	3-5yrs	6 Classes	\$96	3/2	Su	11:30am-12:00pm
257300	3-5yrs	6 Classes	\$96	3/2	Su	1:00pm- 1:30pm
257301	3-5yrs	6 Classes	\$96	3/2	Su	2:00pm- 2:30pm
257302	3-5yrs	6 Classes	\$96	3/2	Su	2:45pm- 3:15pm
257303	3-5yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm
257304	3-5yrs	6 Classes	\$96	3/6	Th	5:00pm- 5:30pm

Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1 (Tot 1)

Learn how to march followed by a long glide; how to dip while moving; and backward wiggles. We'll also cover the rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

253227	3-5yrs	6 Classes	\$96	1/9	Th	4:00pm- 4:30pm
253228	3-5yrs	6 Classes	\$96	1/10	F	1:00pm- 1:30pm
257364	3-5yrs	6 Classes	\$96	1/10	F	4:00pm- 4:30pm
253229	3-5yrs	6 Classes	\$96	1/11	Sa	8:30am- 9:00am
253230	3-5yrs	6 Classes	\$96	1/11	Sa	11:00am-11:30am
253231	3-5yrs	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
253232	3-5yrs	6 Classes	\$96	1/11	Sa	3:15pm- 3:45pm
253233	3-5yrs	6 Classes	\$96	1/12	Su	11:30am-12:00pm
253235	3-5yrs	6 Classes	\$96	1/12	Su	2:15pm- 2:45pm
253223	3-5yrs	6 Classes	\$96	1/13	M	12:30pm- 1:00pm
253224	3-5yrs	6 Classes	\$96	1/13	M	3:45pm- 4:15pm
253225	3-5yrs	6 Classes	\$96	1/14	Tu	10:00am-10:30am
257476	3-5yrs	6 Classes	\$96	2/28	F	9:45am-10:15am
253988	3-5yrs	6 Classes	\$96	2/28	F	1:00pm- 1:30pm
257365	3-5yrs	6 Classes	\$96	2/28	F	4:00pm- 4:30pm
253989	3-5yrs	6 Classes	\$96	3/1	Sa	8:30am- 9:00am
253990	3-5yrs	6 Classes	\$96	3/1	Sa	11:00am-11:30am
253991	3-5yrs	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
253992	3-5yrs	6 Classes	\$96	3/1	Sa	3:15pm- 3:45pm
253993	3-5yrs	6 Classes	\$96	3/2	Su	11:30am-12:00pm
253995	3-5yrs	6 Classes	\$96	3/2	Su	2:15pm- 2:45pm
253983	3-5yrs	6 Classes	\$96	3/3	M	12:30pm- 1:00pm
253984	3-5yrs	6 Classes	\$96	3/3	M	3:45pm- 4:15pm
253985	3-5yrs	6 Classes	\$96	3/4	Tu	10:00am-10:30am
253986	3-5yrs	6 Classes	\$96	3/5	W	5:00pm- 5:30pm
253987	3-5yrs	6 Classes	\$96	3/6	Th	4:00pm- 4:30pm

Snowplow Sam 2 (cont.) Wheaton Ice Arena

254913	3-5yrs	6 Classes	\$96	1/9	Th	4:30pm- 5:00pm
254914	3-5yrs	6 Classes	\$96	1/10	F	4:45pm- 5:15pm
254915	3-5yrs	6 Classes	\$96	1/11	Sa	11:15am-11:45am
254916	3-5yrs	6 Classes	\$96	1/11	Sa	1:00pm- 1:30pm
254917	3-5yrs	6 Classes	\$96	1/12	Su	11:30am-12:00pm
254918	3-5yrs	6 Classes	\$96	1/12	Su	3:15pm- 3:45pm
257149	3-5yrs	6 Classes	\$96	2/28	F	4:45pm- 5:15pm
257150	3-5yrs	6 Classes	\$96	3/1	Sa	11:15am-11:45am
257204	3-5yrs	6 Classes	\$96	3/1	Sa	1:00pm- 1:30pm
257205	3-5yrs	6 Classes	\$96	3/1	Sa	1:45pm- 2:15pm
257206	3-5yrs	6 Classes	\$96	3/2	Su	11:30am-12:00pm
257207	3-5yrs	6 Classes	\$96	3/2	Su	12:00pm-12:30pm
257208	3-5yrs	6 Classes	\$96	3/2	Su	3:15pm- 3:45pm
257209	3-5yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm
257210	3-5yrs	6 Classes	\$96	3/6	Th	5:30pm- 6:00pm

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2 (Tot 2)

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

253238	3-5yrs	6 Classes	\$96	1/10	F	1:00pm- 1:30pm
257368	3-5yrs	6 Classes	\$96	1/10	F	4:00pm- 4:30pm
253239	3-5yrs	6 Classes	\$96	1/11	Sa	8:30am- 9:00am
253240	3-5yrs	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
257409	3-5yrs	6 Classes	\$96	1/11	Sa	3:15pm- 3:45pm
253241	3-5yrs	6 Classes	\$96	1/12	Su	12:00pm-12:30pm
253236	3-5yrs	6 Classes	\$96	1/13	M	12:30pm- 1:00pm
253237	3-5yrs	6 Classes	\$96	1/14	Tu	10:00am-10:30am
257349	3-5yrs	6 Classes	\$96	1/15	W	5:00pm- 5:30pm
253998	3-5yrs	6 Classes	\$96	2/28	F	1:00pm- 1:30pm
257366	3-5yrs	6 Classes	\$96	2/28	F	4:00pm- 4:30pm
253999	3-5yrs	6 Classes	\$96	3/1	Sa	8:30am- 9:00am
254000	3-5yrs	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
257410	3-5yrs	6 Classes	\$96	3/1	Sa	3:15pm- 3:45pm
254001	3-5yrs	6 Classes	\$96	3/2	Su	12:00pm-12:30pm
254002	3-5yrs	6 Classes	\$96	3/2	Su	2:15pm- 2:45pm
253996	3-5yrs	6 Classes	\$96	3/3	M	12:30pm- 1:00pm
253997	3-5yrs	6 Classes	\$96	3/4	Tu	10:00am-10:30am
257367	3-5yrs	6 Classes	\$96	3/5	W	5:00pm- 5:30pm

Wheaton Ice Arena

254919	3-5yrs	6 Classes	\$96	1/9	Th	4:30pm- 5:00pm
254920	3-5yrs	6 Classes	\$96	1/11	Sa	11:15am-11:45am
254921	3-5yrs	6 Classes	\$96	1/11	Sa	1:00pm- 1:30pm
254922	3-5yrs	6 Classes	\$96	1/12	Su	11:30am-12:00pm
254923	3-5yrs	6 Classes	\$96	1/12	Su	3:15pm- 3:45pm
257213	3-5yrs	6 Classes	\$96	2/28	F	4:45pm- 5:15pm
257214	3-5yrs	6 Classes	\$96	3/1	Sa	11:15pm-11:45pm
257216	3-5yrs	6 Classes	\$96	3/1	Sa	1:00pm- 1:30pm
257217	3-5yrs	6 Classes	\$96	3/2	Su	11:30am-12:00pm
257218	3-5yrs	6 Classes	\$96	3/2	Su	3:15pm- 3:45pm
257219	3-5yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm



Ice Skating

VETERAN'S DAY SKATE

Sunday, November 10

Military men and women, we salute you! Please visit either rink and enjoy **free skating and skate rentals** at all Public Sessions today. **Cabin John Ice will present a patriotic skating show during their 12:30 and 4:30 sessions.* Offer is open to all military personnel (active duty and veterans) and their families.

CABIN JOHN ICE
8:30-10am, 12:30-2:30pm,* 4:30-6:30pm*

WHEATON ICE
11am-12:45pm and 2:45-4:45pm





Ice Skating

Basic Skills 1 - 8

(formerly Pre-Alpha level through Intro to Freestyle)

"Basic Skills" classes teach the fundamentals of skating. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, and dip. We'll also cover forward swizzles, backward wiggles, snowplow stops, a two-foot hop, and the rocking horse. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 8 columns: Class ID, Age Group, Classes, Cost, Days, Frequency, Time. Lists various class offerings for Cabin John Ice Rink.

Basic 1 Cabin John Ice (cont.)

Table with 8 columns: Class ID, Age Group, Classes, Cost, Days, Frequency, Time. Continuation of Cabin John Ice classes.

Wheaton Ice Arena

Table with 8 columns: Class ID, Age Group, Classes, Cost, Days, Frequency, Time. Lists various class offerings for Wheaton Ice Arena.

Basic 2 Prerequisite: Passed Basic 1 (Pre-Alpha, Youth) or Snowplow Sam 3 (Tot 3)

Learn forward one foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half swizzle pumps in a straight line.

Cabin John Ice Rink

Table with 8 columns: Class ID, Age Group, Classes, Cost, Days, Frequency, Time. Lists various class offerings for Cabin John Ice Rink.

Basic 2 Cabin John Ice (cont.)

254027	4-12yrs	6 Classes	\$96	3/1	Sa	12:45pm- 1:15pm
257406	4-12yrs	6 Classes	\$96	3/1	Sa	1:45pm- 2:15pm
254028	4-12yrs	6 Classes	\$96	3/1	Sa	3:15pm- 3:45pm
254029	4-12yrs	6 Classes	\$96	3/2	Su	12:00pm-12:30pm
254030	4-12yrs	6 Classes	\$96	3/2	Su	1:00pm- 1:30pm
254031	4-12yrs	6 Classes	\$96	3/2	Su	2:45pm- 3:15pm
254018	4-12yrs	6 Classes	\$96	3/3	M	4:15pm- 4:45pm
254019	4-12yrs	6 Classes	\$96	3/4	Tu	4:00pm- 4:30pm
257502	4-12yrs	6 Classes	\$96	3/4	Tu	6:00pm- 6:30pm
254020	4-12yrs	6 Classes	\$96	3/5	W	4:00pm- 4:30pm
257553	4-12yrs	6 Classes	\$96	3/5	W	5:30pm- 6:00pm
254021	4-12yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm

Wheaton Ice Arena

255567	4-12yrs	6 Classes	\$96	1/9	Th	5:00pm- 5:30pm
255568	4-12yrs	6 Classes	\$96	1/10	F	5:15pm- 5:45pm
255599	4-12yrs	6 Classes	\$96	1/11	Sa	10:15am-10:45am
255600	4-12yrs	6 Classes	\$96	1/11	Sa	11:15am-11:45am
255649	4-12yrs	6 Classes	\$96	1/11	Sa	1:45pm- 2:15pm
255699	4-12yrs	6 Classes	\$96	1/12	Su	12:00pm-12:30pm
255749	4-12yrs	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
255751	4-12yrs	6 Classes	\$96	1/12	Su	4:00pm- 4:30pm
257233	4-12yrs	6 Classes	\$96	2/28	F	5:15pm- 5:45pm
257234	4-12yrs	6 Classes	\$96	3/1	Sa	10:15am-10:45am
257235	4-12yrs	6 Classes	\$96	3/1	Sa	11:15am-11:45am
257236	4-12yrs	6 Classes	\$96	3/1	Sa	1:00pm- 1:30pm
257238	4-12yrs	6 Classes	\$96	3/2	Su	12:00pm-12:30pm
257239	4-12yrs	6 Classes	\$96	3/2	Su	2:00pm- 2:30pm
257240	4-12yrs	6 Classes	\$96	3/2	Su	3:15pm- 3:45pm
257241	4-12yrs	6 Classes	\$96	3/6	Th	5:00pm- 5:30pm
257242	4-12yrs	6 Classes	\$96	3/6	Th	5:30pm- 6:00pm

Basic 3 Prerequisite: Passed Basic 2 (Pre-Alpha Plus)

We'll cover forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and a two-foot spin.

Cabin John Ice Rink

253276	4-12yrs	6 Classes	\$96	1/9	Th	4:30pm- 5:00pm
253277	4-12yrs	6 Classes	\$96	1/10	F	4:00pm- 4:30pm
253278	4-12yrs	6 Classes	\$96	1/11	Sa	9:00am- 9:30am
253279	4-12yrs	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
253280	4-12yrs	6 Classes	\$96	1/11	Sa	1:15pm- 1:45pm
253281	4-12yrs	6 Classes	\$96	1/12	Su	12:00pm-12:30pm
253282	4-12yrs	6 Classes	\$96	1/12	Su	2:45pm- 3:15pm
253273	4-12yrs	6 Classes	\$96	1/13	M	4:15pm- 4:45pm
253274	4-12yrs	6 Classes	\$96	1/14	Tu	4:00pm- 4:30pm
253275	4-12yrs	6 Classes	\$96	1/15	W	4:30pm- 5:00pm
254036	4-12yrs	6 Classes	\$96	2/28	F	4:00pm- 4:30pm
257480	4-12yrs	6 Classes	\$96	2/28	F	6:15pm- 6:45pm
254037	4-12yrs	6 Classes	\$96	3/1	Sa	9:00am- 9:30am
254038	4-12yrs	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
254039	4-12yrs	6 Classes	\$96	3/1	Sa	1:15pm- 1:45pm
254040	4-12yrs	6 Classes	\$96	3/2	Su	12:00pm-12:30pm
254041	4-12yrs	6 Classes	\$96	3/2	Su	2:45pm- 3:15pm
254032	4-12yrs	6 Classes	\$96	3/3	M	4:15pm- 4:45pm
254033	4-12yrs	6 Classes	\$96	3/4	Tu	4:00pm- 4:30pm
254034	4-12yrs	6 Classes	\$96	3/5	W	4:30pm- 5:00pm
254035	4-12yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm

Wheaton Ice Arena

255802	4-12yrs	6 Classes	\$96	1/9	Th	5:30pm- 6:00pm
255849	4-12yrs	6 Classes	\$96	1/10	F	5:45pm- 6:15pm
255851	4-12yrs	6 Classes	\$96	1/11	Sa	10:15am-10:45am
255852	4-12yrs	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
255899	4-12yrs	6 Classes	\$96	1/11	Sa	1:45pm- 2:15pm
255900	4-12yrs	6 Classes	\$96	1/12	Su	1:30pm- 2:00pm
255901	4-12yrs	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
255949	4-12yrs	6 Classes	\$96	1/12	Su	4:00pm- 4:30pm
257244	4-12yrs	6 Classes	\$96	2/28	F	5:45pm- 6:15pm
257245	4-12yrs	6 Classes	\$96	3/1	Sa	10:15am-10:45am
257247	4-12yrs	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
257248	4-12yrs	6 Classes	\$96	3/1	Sa	1:45pm- 2:15pm
257250	4-12yrs	6 Classes	\$96	3/2	Su	1:30pm- 2:00pm
257251	4-12yrs	6 Classes	\$96	3/2	Su	2:00pm- 2:30pm
257252	4-12yrs	6 Classes	\$96	3/2	Su	4:00pm- 4:30pm
257253	4-12yrs	6 Classes	\$96	3/6	Th	5:30pm- 6:00pm

Basic 4 Prerequisite: Passed Basic 3 (Alpha)

Learn forward outside and inside edges on a circle, forward crossovers, forward outside three-turns, backward half swizzle pumps on a circle, backward stroking, and a backward snowplow stop.

Cabin John Ice Rink

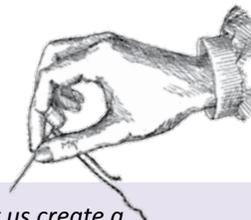
253286	4-12yrs	6 Classes	\$96	1/9	Th	4:30pm- 5:00pm
253287	4-12yrs	6 Classes	\$96	1/10	F	4:00pm- 4:30pm
253288	4-12yrs	6 Classes	\$96	1/11	Sa	9:30am-10:00am
253289	4-12yrs	6 Classes	\$96	1/11	Sa	12:15pm-12:45pm
253290	4-12yrs	6 Classes	\$96	1/11	Sa	2:45pm- 3:15pm
253291	4-12yrs	6 Classes	\$96	1/12	Su	12:30pm- 1:00pm
253292	4-12yrs	6 Classes	\$96	1/12	Su	2:15pm- 2:45pm
253283	4-12yrs	6 Classes	\$96	1/13	M	4:15pm- 4:45pm
253284	4-12yrs	6 Classes	\$96	1/14	Tu	4:30pm- 5:00pm
253285	4-12yrs	6 Classes	\$96	1/15	W	4:30pm- 5:00pm
254046	4-12yrs	6 Classes	\$96	2/28	F	4:00pm- 4:30pm
254047	4-12yrs	6 Classes	\$96	3/1	Sa	9:30am-10:00am
254048	4-12yrs	6 Classes	\$96	3/1	Sa	12:15pm-12:45pm
254049	4-12yrs	6 Classes	\$96	3/1	Sa	2:45pm- 3:15pm
254050	4-12yrs	6 Classes	\$96	3/2	Su	12:30pm- 1:00pm
254051	4-12yrs	6 Classes	\$96	3/2	Su	2:15pm- 2:45pm
254042	4-12yrs	6 Classes	\$96	3/3	M	4:15pm- 4:45pm
254043	4-12yrs	6 Classes	\$96	3/4	Tu	4:30pm- 5:00pm
254044	4-12yrs	6 Classes	\$96	3/5	W	4:30pm- 5:00pm
254045	4-12yrs	6 Classes	\$96	3/6	Th	4:30pm- 5:00pm

Wheaton Ice Arena

256349	4-12yrs	6 Classes	\$96	1/9	Th	6:45pm- 7:15pm
256350	4-12yrs	6 Classes	\$96	1/11	Sa	10:45am-11:15am
256399	4-12yrs	6 Classes	\$96	1/12	Su	1:30pm- 2:00pm
257254	4-12yrs	6 Classes	\$96	2/28	F	5:45pm- 6:15pm
257255	4-12yrs	6 Classes	\$96	3/1	Sa	10:45am-11:15am
257256	4-12yrs	6 Classes	\$96	3/2	Su	1:30pm- 2:00pm
257257	4-12yrs	6 Classes	\$96	3/6	Th	6:45pm- 7:15pm



Ice Skating



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 classmates, scouts, etc. Just give us a call! We'll be happy to put together a class that fits you to a "T"! Minimum of four (4) participants, please.

Mindy Shibben
Cabin John Ice
301-765-8627

Gina Finney
Wheaton Ice
301-905-3001



Ice Skating

Basic 5 Prerequisite: Passed Basic 4 (Beta)

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, a beginning one-foot spin, a hockey stop, and the side toe hop.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253296, 253297, 257407, 253299, 253293, 253294, 253295, 254055, 254056, 257408, 254058, 254052, 254053, 254054.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256400, 256449, 256450, 257423, 257424, 257425.

Basic 6 Prerequisite: Passed Basic 5 (Gamma)

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, a T-stop, bunny hops, a forward spiral on a straight line, and a forward lunge.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253303, 253304, 253305, 253306, 253300, 253307, 253301, 254062, 254063, 254064, 254065, 254059, 254066, 254060.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256499, 256500, 256501, 257449, 257450, 257451.

Basic 7 Prerequisite: Passed Basic 6 (Delta)

We'll cover the forward inside open mohawk, the backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253310, 253311, 253312, 253313, 253314, 253308, 253309, 254070, 254071, 254072, 254073, 254067, 254068, 254069.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256049, 256099, 256149, 257452, 257453.

Basic 8 Prerequisite: Passed Basic 7 (Intro to Freestyle)

Skaters will learn moving forward outside and inside three-turns on a circle, combination step sequence, a one-foot upright spin, waltz jump, and a mazurka.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 257358, 254599, 254600, 257400, 254075, 254076, 257399, 254074, 257359.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256150, 256199, 256200, 257455, 257456, 257457.

FRIENDSHIP SKATE

Celebrate National Skating Month! Skate two-for-one with a friend... just \$6.50 for both of you (2 admissions and 2 skate rentals).

FRIDAY, JANUARY 24

CABIN JOHN ICE

4:30-6PM

WHEATON ICE

4:45-6:15PM

& 8:15-10:15PM

Free Skate Curriculum (was Freestyle)

The Freeski levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Free Skate 1 *Prerequisite: Basic 8*

Skaters will work on advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from 2-3 back crossovers, and half flip.

Cabin John Ice Rink

253316	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
253317	5 & up	6 Classes	\$144	1/11	Sa	3:45pm- 4:30pm
253315	5 & up	6 Classes	\$144	1/13	M	6:15pm- 7:00pm
253318	5 & up	6 Classes	\$144	1/15	W	6:30pm- 7:15pm
254078	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am
254079	5 & up	6 Classes	\$144	3/1	Sa	3:45pm- 4:30pm
254077	5 & up	6 Classes	\$144	3/3	M	6:15pm- 7:00pm
254080	5 & up	6 Classes	\$144	3/5	W	6:30pm- 7:15pm

Wheaton Ice Arena

256249	5 & up	6 Classes	\$96	1/9	Th	6:15pm- 6:45pm
257125	5 & up	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
257460	5 & up	6 Classes	\$96	3/2	Su	1:00pm- 1:30pm
257461	5 & up	6 Classes	\$96	3/6	Th	6:15pm- 6:45pm

Free Skate 2

Prerequisite: Passed Free Skate 1 (Freestyle 1)

Skaters will learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chasse sequence, waltz threes, beginning back spin, waltz jump, side toe hop, waltz jump sequence, and toe-loop.

Cabin John Ice Rink

253320	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
253321	5 & up	6 Classes	\$144	1/11	Sa	3:45pm- 4:30pm
253319	5 & up	6 Classes	\$144	1/13	M	7:00pm- 7:45pm
257352	5 & up	6 Classes	\$144	1/15	W	6:30pm- 7:15pm
254082	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am
254083	5 & up	6 Classes	\$144	3/1	Sa	3:45pm- 4:30pm
254081	5 & up	6 Classes	\$144	3/3	M	7:00pm- 7:45pm
257353	5 & up	6 Classes	\$144	3/5	W	6:30pm- 7:15pm

Wheaton Ice Arena

256250	5 & up	6 Classes	\$96	1/9	Th	6:15pm- 6:45pm
257467	5 & up	6 Classes	\$96	3/6	Th	6:15pm- 6:45pm

Free Skate 3

Prerequisite: Passed Free Skate 2 (Freestyle 2)

We'll cover forward and backward crossovers in figure 8 pattern, waltz 8, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump-toe loop combo or salchow-toe loop combination sequence on a circle.

Cabin John Ice Rink

253323	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
253322	5 & up	6 Classes	\$144	1/13	M	7:45pm- 8:30pm
254085	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am
254084	5 & up	6 Classes	\$144	3/3	M	7:45pm- 8:30pm

Free Skate 3 (cont.) *Wheaton Ice Arena*

256299	5 & up	6 Classes	\$96	1/9	Th	6:15pm- 6:45pm
257468	5 & up	6 Classes	\$96	3/6	Th	6:15pm- 6:45pm

Free Skate 4

Prerequisite: Passed Free Skate 3 (Freestyle 3)

Learn a spiral sequence, forward power three-turns, continuous backward progressive chasse sequence on a circle, sit spin, loop jump, and waltz jump-loop jump combo.

Cabin John Ice Rink

253325	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
253324	5 & up	6 Classes	\$144	1/13	M	7:45pm- 8:30pm
254087	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am
254086	5 & up	6 Classes	\$144	3/3	M	7:45pm- 8:30pm

Wheaton Ice Arena

256649	5 & up	6 Classes	\$96	1/9	Th	7:15pm- 7:45pm
257471	5 & up	6 Classes	\$96	3/6	Th	7:15pm- 7:45pm

Free Skate 5

Prerequisite: Passed Free Skate 4 (Freestyle 4)

Skaters learn backward outside three-turn, mohawk into three backward crossovers, a spiral sequence, the forward outside slide chasse swing roll sequence, a camel spin, a forward upright to back scratch spin, loop/loop combination, flip jump and a waltz-falling leaf-toe loop jump sequence.

Cabin John Ice Rink

253326	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
257354	5 & up	6 Classes	\$144	1/15	W	7:15pm- 8:00pm
254088	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am
257355	5 & up	6 Classes	\$144	3/5	W	7:15pm- 8:00pm

Wheaton Ice Arena

256699	5 & up	6 Classes	\$96	1/9	Th	7:15pm- 7:45pm
257472	5 & up	6 Classes	\$96	3/6	Th	7:15pm- 7:45pm

Free Skate 6 *Prerequisite: Passed Free Skate 5 (Freestyle 5)*

We'll cover alternating back crossovers to back outside edges, the five-step mohawk sequence, a camel-sit spin combination, a split or stag jump, a waltz-half loop-salchow, lutz jump, and preparation for the axel.

Cabin John Ice Rink

253327	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
257356	5 & up	6 Classes	\$144	1/15	W	7:15pm- 8:00pm
254089	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am
257357	5 & up	6 Classes	\$144	3/5	W	7:15pm- 8:00pm

Wheaton Ice Arena

256700	5 & up	6 Classes	\$96	1/9	Th	7:15pm- 7:45pm
257473	5 & up	6 Classes	\$96	3/6	Th	7:15pm- 7:45pm

Free Skate 7

Prerequisite: Passed Free Skate 6 (Freestyle 6)

Skaters will learn advanced jumps, combination spins, a footwork sequence, and enhance their fluidity on the ice through practicing moves and edges.

Cabin John Ice Rink

253328	5 & up	6 Classes	\$144	1/11	Sa	11:00am-11:45am
254090	5 & up	6 Classes	\$144	3/1	Sa	11:00am-11:45am

Wheaton Ice Arena

256701	5 & up	6 Classes	\$96	1/9	Th	7:15pm- 7:45pm
257474	5 & up	6 Classes	\$96	3/6	Th	7:15pm- 7:45pm



Free Skating



Sweetheart Skate

FRIDAY, FEBRUARY 14

Bring your sweetheart to the rink and skate together for just **\$6.50** (admission and skates for two).

CABIN JOHN ICE
8-10PM

WHEATON ICE
8:15-10:15PM



Ice Skating

Teen & Adult Curriculum

The Teen and Adult curriculum is designed for skaters age 12 and up. It promotes physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Teen & Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half swizzle pumps on a circle. Bicycle helmets are strongly recommended.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253331, 253332, 253329, 253330, 254094, 254091, 254092, 254093.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256849, 256850, 257411.

Teen & Adult 2

Prerequisite: Passed Teen & Adult 1 (Pre-Alpha Plus) Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, forward chasses on a circle.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253334, 253335, 253333, 254097, 254095, 254096.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256851, 257412, 257427.

Teen & Adult 3

Prerequisite: Passed Teen & Adult 2 (Alpha) Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253337, 253338, 253336, 254100, 254098, 254099.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256852, 257428.

Teen & Adult 4

Prerequisite: Passed Teen & Adult 3 (Beta) Learn forward three turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chassés on a circle.

Cabin John Ice Rink

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 253340, 253341, 253339, 254103, 254101, 254102.

Wheaton Ice Arena

Table with 7 columns: ID, Age, Classes, Cost, Date, Day, Time. Rows include 256901, 257429.

Cabin John Ice Holiday Skating Spectacular. Saturday, December 21 6:30-9:30pm. Don't miss some of the most talented figure skaters in the area as they perform at the annual Cabin John Ice Holiday Skating Spectacular! This free event will feature both individual and exciting group performances. BRING A TOY! We'll collect your generous gifts of new, unwrapped toys and books for Toys for Tots at the door. Includes logos for Toys for Tots and Cabin John Ice Rink.

Specialty Offerings



Ice Skating

Moves/Edges

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS "Moves in the Field" patterns. Each course level has a different prerequisite.

Moves/Edges, Beginner

Prerequisite: Passed Basic 7 (Intro to Freestyle)

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS "Moves in the Field" patterns.

Cabin John Ice Rink

253344	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
254106	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am
253343	8 & up	6 Classes	\$144	1/9	Th	9:15am-10:00am
254105	8 & up	6 Classes	\$144	3/6	Th	9:15am-10:00am

Moves/Edges, Advanced

Prerequisite: Passed Free Skate (Freestyle) 2, or Pre-Preliminary Moves test

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS "Moves in the Field" patterns.

Cabin John Ice Rink

253345	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
254107	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am

Moves/Edges, All Ages

Prerequisite: Passed Basic 7 (Intro to Freestyle)

Wheaton Ice Arena

256549	4 & up	6 Classes	\$96	1/9	Th	6:45pm-7:15pm
257469	4 & up	6 Classes	\$96	3/6	Th	6:45pm-7:15pm

Moves/Edges, Advanced Adult

Prerequisite: Passed Adult 3/Pre-Preliminary Moves test, or equivalent

Wheaton Ice Arena

256599	18 & up	6 Classes	\$96	1/9	Th	6:45pm-7:15pm
257470	18 & up	6 Classes	\$96	3/6	Th	6:45pm-7:15pm

Just Scratch Spins

Prerequisite: Passed Basic 7 (Intro to Freestyle)

Having trouble with the scratch spin? This course is specifically designed to help you master it! We recommend taking it along with your current Free Skate class.

Cabin John Ice Rink

257401	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
257402	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am

Just Axels

Prerequisite: Passed Free Skate 5 (Freestyle 5)

The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

Cabin John Ice Rink

253342	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
254104	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am

Ice Dancing Fundamentals

Prerequisite: Passed Free Skate (Freestyle) 1, or equivalent

Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. We'll combine all these elements doing the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

253346	5 & up	6 Classes	\$144	1/11	Sa	10:15am-11:00am
254108	5 & up	6 Classes	\$144	3/1	Sa	10:15am-11:00am

WHEATON ICE Winter Skating Show 2014

Saturday,
January 18
6:15-8:15pm
FREE

Come see Wheaton Ice Arena's skating stars make magic on the ice! Bring the family and friends and cheer on your favorite skater. The show is FREE and open to the public.

www.WheatonIceArena.com

Wheaton Ice



PUBLIC SKATING SESSIONS

September 8, 2013 - March 30, 2014

Schedule is subject to change

Tuesdays	12:30-2:30pm	Dance
Wednesdays	12:30-2:30pm	CheapSkate
Thursdays	12:30-2:30pm 4:30-6:00pm	Dance CheapSkate
Fridays	11:15am-12:15pm 12:30-2:30pm 4:45-6:15pm 8:15-10:15pm	Parent & Tot Skate* CheapSkate CheapSkate Teen Skate
Saturdays	8:00-10:00am 12:30-2:30pm 4:00-6:00pm	Dance Public Skate Public Skate
Sundays	11:00am-12:45pm 2:45-4:45pm	Family CheapSkate** Public Skate

*Parent & Tot Skates are designed for parents and their children, age 4 and under.

**Family CheapSkates are designed for parents and their children, age 12 and under.

General Guidelines

- Admission and skate rental tickets for Public Skating Sessions may be purchased 30 minutes before a session begins.
- Schedules are subject to change without notice.
- Rink reaches capacity on many weekends and holidays. Please plan to arrive early.
- Children age 8 and under must be accompanied by a person 16 years of age or older.

Holiday Schedule

Closed

Thursday, November 28 (Thanksgiving)

Wednesday, December 25 (Christmas)

Closing Early/Opening Late

Tuesday, December 24 (close at 3pm)

Tuesday, December 31 (close at 3pm)

Wednesday, January 1, 2014 (open at Noon)

ADMISSION FEES

Children (2 & under)	1 free per adult adm.
Tot (age3-4)	\$ 3.50 everyday
Child (age 5.10)	\$ 5.50 weekdays
Regular (age 11 & up)	\$6.50 every day
Seniors (age 60+)	\$ 5.50 weekdays
Weekends/Holidays (ages 5 & up)	\$ 6.50
CheapSkates*/Family CheapSkates*	\$ 6.50
Freestyle	\$12.00
Dance	\$12.00
Stick 'n' Puck	\$12.00
Adult Pick-Up Hockey	\$12.00
Parent & Tot Skate**	\$ 3.50
Skate Rentals	\$ 3.25

Fees for CheapSkates, Family CheapSkates and Parent & Tot Skates** include admission and skate rental; all other admission fees do not include skate rental. Weekend/holiday rates do not apply on national and Montgomery County Public Schools holidays.

** Parent & Tot Skates: Fee covers admission and skate rentals for one parent and one tot (age 4 or younger). \$3.50 for each additional tot.

Please check our monthly calendar

(available at www.WheatonIceArena.com) for exceptions and additions to the schedule, including schedules for Adult Skates (18 and up), Freestyle sessions, Stick 'n' Puck, and Pick-Up Hockey games.

WheatonIceArena.com

11717 Orebaugh Avenue | Wheaton, MD 20902 | www.WheatonIceArena.com | 301-905-3000





Visit www.CabinJohnIce.com for Freestyle and Stick 'n' Puck schedules.

Admission Fees

Children (2 & under)	1 free per adult adm.
Tot (age 3-4)	\$ 3.50 everyday
Child (age 5-10)	\$ 5.50 weekdays
Regular (age 11 & up)	\$ 6.50 every day
Seniors (age 60+)	\$ 5.50 weekdays
Weekends/Holidays (ages 5 & up)	\$ 6.50
CheapSkate*	\$ 6.50
Family Skate	\$ 6.50
Freestyle	\$12.00
Dance	\$12.00
Stick 'n' Puck	\$12.00
Parent & Tot Skate**	\$ 3.50
Skate Rentals	\$ 3.25

Fees for CheapSkates,* Parent & Tot Skates** and \$5 Skates include admission and skate rental; all other admission fees do not include skate rental.
 **Parent & Tot Skates: Fee covers admission and skate rentals for one parent and one tot (age 4 or younger). \$3.50 for each additional tot.
 Weekend/holiday rates do not apply on national and Montgomery County Public Schools holidays.

General Guidelines

- Admission and skate rental tickets for Public Skating Sessions may be purchased 30 minutes before a session begins.
- Schedules are subject to change without notice.
- Rink reaches capacity on many weekends and holidays. Please plan to arrive early.
- Children age 8 and under must be accompanied by a person 16 years of age or older.

Holiday Schedule

Closed

Thursday, November 28 (Thanksgiving)
 Wednesday, December 25 (Christmas)

Closing Early/Opening Late

Tuesday, December 24 (close at 3pm)
 Tuesday, December 31 (close at 3pm)
 Wednesday, January 1, 2014 (open at Noon)

January 1, 2014

A Full Day of Public Skating!

Rink opens at noon, with Public Sessions at 12:30-2:30pm and 4:30-6:30pm Plus...Stick 'n' Puck and Pick-up Hockey sessions, and our regular Freestyle Sessions!

PUBLIC SKATING SESSIONS

September 8, 2013 - March 30, 2014

Schedule is subject to change

Mondays

8:00-10:00am	Public Skate
10:15am-12:15pm	Adult Skate †
12:30-2:30pm	Public Skate
4:30-6:15pm	\$5 Skate

Tuesdays

8:00-10:00am	CheapSkate
10:15am-1:15pm	Adult Skate †
12:30-1:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Public Skate

Wednesdays

8:00-10:00am	Public Skate
10:15-11:15am	Parent & Tot Skate°
10:30am-12:30pm	Dance
12:30-2:30pm	Public Skate
4:30-6:15pm	\$5 Skate

Thursdays

8:00-10:00am	CheapSkate
10:15am-12:15pm	Adult Skate †
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Adult Skate

Fridays

8:00-10:00am	CheapSkate
10:15-11:15am	Parent & Tot Skate° (except 2/14)
10:30am-12:30pm	Dance
12:30-2:30pm	Public Skate
4:30-6:00pm	Public Skate
8:00-10:00pm	Public Skate

Saturdays

12:00-2:00pm	Public Skate
4:00-6:00pm	Public Skate
8:30-10:30pm	Public Skate (except 12/21)

Sundays

8:30-10:00am	Public Skate
12:30-2:30pm	Family Skate* †
4:30-6:30pm	Public Skate

* Family Skates are designed for parents and their children (12 years old and younger).

† Adult Skates are open to individuals age 16 and up

° Parent & Tot Skates are designed for parents and their children, age 4 and under.



Cabin John Ice Rink

10610 Westlake Drive | Rockville, MD 20852 | www.CabinJohnIce.com | 301-765-8620

cabin john ice



ICE HOCKEY



Parent and Tot Hockey

Prerequisite: Passed Snowplow Sam 1 or 2 (Pre-Alpha, Preschool or Tot 1 or Tot 2)

What's more fun than learning to pass the puck to Mom or Dad? This 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 only the child; fee covers one child and one parent. Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skater's height; rental hockey skates are available.

Cabin John Ice Rink

254147	3-5yrs	6 Classes	\$102	1/11	Sa	8:30am- 9:00am
254149	3-5yrs	6 Classes	\$102	1/11	Sa	10:30am-11:00am
254148	3-5yrs	6 Classes	\$102	1/12	Su	3:15pm- 3:45pm
254110	3-5yrs	6 Classes	\$102	3/1	Sa	8:30am- 9:00am
254112	3-5yrs	6 Classes	\$102	3/1	Sa	10:30am-11:00am
254111	3-5yrs	6 Classes	\$102	3/2	Su	3:15pm- 3:45pm

Wheaton Ice Arena

257107	3-5yrs	6 Classes	\$96	1/11	Sa	10:45am-11:15am
257426	3-5yrs	6 Classes	\$96	3/1	Sa	10:45am-11:15am

Hockey Curriculum

The Hockey curriculum is designed to teach the fundamentals of hockey skating. Proper skating techniques are the primary focus. Skaters will learn the fundamentals needed to be successful in game situations, and how to maneuver faster and be more agile on the ice.

Pre-Hockey

Learn how to sit on the ice and stand up, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating.

Equipment required: Certified (caged) hockey helmet

Cabin John Ice Rink

254150	4-8yrs	6 Classes	\$102	1/9	Th	5:45pm- 6:15pm
254151	4-8yrs	6 Classes	\$102	1/10	F	5:15pm- 5:45pm
254152	4-8yrs	6 Classes	\$102	1/11	Sa	9:30am-10:00am
254155	4-8yrs	6 Classes	\$102	1/11	Sa	1:15pm- 1:45pm
254157	4-8yrs	6 Classes	\$102	1/11	Sa	10:30am-11:00am
254156	4-8yrs	6 Classes	\$102	1/12	Su	3:15pm- 3:45pm
257350	4-8yrs	6 Classes	\$102	1/15	W	5:00pm- 5:30pm
254114	4-8yrs	6 Classes	\$102	2/28	F	5:15pm- 5:45pm
254115	4-8yrs	6 Classes	\$102	3/1	Sa	9:30am-10:00am
254118	4-8yrs	6 Classes	\$102	3/1	Sa	1:15pm- 1:45pm
254120	4-8yrs	6 Classes	\$102	3/1	Sa	10:30am-11:00am
254119	4-8yrs	6 Classes	\$102	3/2	Su	3:15pm- 3:45pm
254113	4-8yrs	6 Classes	\$102	3/6	Th	5:45pm- 6:15pm
254154	9-13yrs	6 Classes	\$102	1/11	Sa	8:30am- 9:00am
254851	9-13yrs	6 Classes	\$102	1/14	Tu	6:00pm- 6:30pm
254117	9-13yrs	6 Classes	\$102	3/1	Sa	8:30am- 9:00am
257549	9-13yrs	6 Classes	\$102	3/4	Tu	6:00pm- 6:30pm

Wheaton Ice Arena

257108	4-8yrs	6 Classes	\$96	1/11	Sa	11:15am-11:45am
257111	4-8yrs	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
257430	4-8yrs	6 Classes	\$96	3/1	Sa	11:15am-11:45am
257465	4-8yrs	6 Classes	\$96	3/2	Su	2:00pm- 2:30pm
257109	9 & up	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
257110	9 & up	6 Classes	\$96	1/12	Su	1:30pm- 2:00pm
257431	9 & up	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
257464	9 & up	6 Classes	\$96	3/2	Su	1:30pm- 2:00pm

Hockey 1

Prerequisite: Passed Pre-Hockey (Pre-Alpha for Hockey)

Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. *Equipment required: Caged helmet, elbow pads, shin guards, hockey gloves, and flat stick cut to skater's height; rental hockey skates are available.*

Cabin John Ice Rink

254158	4-8yrs	6 Classes	\$102	1/9	Th	5:45pm- 6:15pm
254159	4-8yrs	6 Classes	\$102	1/10	F	5:45pm- 6:15pm
254161	4-8yrs	6 Classes	\$102	1/11	Sa	10:00am-10:30am
258899	4-8yrs	6 Classes	\$102	1/11	Sa	8:30am- 9:00am
258902	4-8yrs	6 Classes	\$102	1/12	Su	1:30pm- 2:00pm
254123	4-8yrs	6 Classes	\$102	3/1	Sa	10:00am-10:30am
258900	4-8yrs	6 Classes	\$102	3/1	Sa	8:30am- 9:00am
258901	4-8yrs	6 Classes	\$102	3/2	Su	1:30pm- 2:00pm
254121	4-8yrs	6 Classes	\$102	3/6	Th	5:45pm- 6:15pm
254160	9-13yrs	6 Classes	\$150	1/11	Sa	8:30am- 9:15am
254162	9-13yrs	6 Classes	\$150	1/14	Tu	5:00pm- 5:45pm
254122	9-13yrs	6 Classes	\$150	3/1	Sa	8:30am- 9:15am
254124	9-13yrs	6 Classes	\$150	3/4	Tu	5:00pm- 5:45pm

*Wheaton Ice Arena * See "FREE Hockey Equipment Rentals" on p.139*

256955	4-8yrs	6 Classes	\$96	1/11	Sa	10:15am-10:45am
257113	4 & up	6 Classes	\$96	1/12	Su	2:00pm- 2:30pm
257421	4-8yrs	6 Classes	\$96	3/1	Sa	10:15am-10:45am
257114	9 & up	6 Classes	\$96	1/11	Sa	11:15am-11:45am
257422	9 & up	6 Classes	\$96	3/1	Sa	11:15am-11:45am

Hockey 2

Prerequisite: Passed Hockey 1 (Mitey Mites 2)

Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. *Full hockey gear required.*

Cabin John Ice Rink

254164	4-8yrs	6 Classes	\$150	1/9	Th	6:15pm- 7:00pm
254165	4-8yrs	6 Classes	\$102	1/10	F	5:45pm- 6:15pm
254166	4-8yrs	6 Classes	\$150	1/11	Sa	7:45am- 8:30am
254168	4-8yrs	6 Classes	\$150	1/14	Tu	5:00pm- 5:45pm
254127	4-8yrs	6 Classes	\$102	2/28	F	5:45pm- 6:15pm
254128	4-8yrs	6 Classes	\$150	3/1	Sa	7:45am- 8:30am
257750	4-8yrs	6 Classes	\$102	3/1	Sa	10:30am-11:00am
254130	4-8yrs	6 Classes	\$150	3/4	Tu	5:00pm- 5:45pm
254126	4-8yrs	6 Classes	\$150	3/6	Th	6:15pm- 7:00pm
254167	9-13yrs	6 Classes	\$150	1/11	Sa	8:30am- 9:15am
254169	9-13yrs	6 Classes	\$150	1/14	Tu	7:45pm- 8:30pm
254129	9-13yrs	6 Classes	\$150	3/1	Sa	8:30am- 9:15am
254131	9-13yrs	6 Classes	\$150	3/4	Tu	7:45pm- 8:30pm

*Wheaton Ice Arena * See "FREE Hockey Equipment Rentals" on p.139*

257116	4 & up	6 Classes	\$96	1/11	Sa	11:45am-12:15pm
257458	4 & up	6 Classes	\$96	3/1	Sa	11:45am-12:15pm
257459	4 & up	6 Classes	\$96	3/2	Su	2:00pm- 2:30pm

"FULL HOCKEY GEAR"

INCLUDES

- Caged hockey helmet
 - Shoulder pads
 - Elbow pads
 - Hockey pants
 - Shin guards
 - Hockey gloves
 - Protective cup
 - Curved stick cut to skater's height
 - Hockey skates
- Rental skates are available at no extra charge with your class!

FREE Hockey Equipment Rentals at Wheaton Ice Arena

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment for use at no cost for Hockey 1 or 2 classes. Equipment fits kids ages 4-6 and 6-8, and includes shoulder pads, hockey pants and gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the ParkPASS numbers listed to reserve equipment after registering for Hockey 1 or 2 at Wheaton Ice.



Ice Hockey Equipment Rental: SMALL

256999	4-6yrs	6 Classes	Free	1/11	Sa	10:15am-10:45am
257101	4-6yrs	6 Classes	Free	1/11	Sa	11:45am-12:15pm
257103	4-6yrs	6 Classes	Free	1/12	Su	1:00pm- 1:30pm
257105	4-6yrs	6 Classes	Free	1/12	Su	2:00pm- 2:30pm
257413	4-6yrs	6 Classes	Free	3/1	Sa	10:15am-10:45am
257415	4-6yrs	6 Classes	Free	3/1	Sa	11:45am-12:15pm
257417	4-6yrs	6 Classes	Free	3/2	Su	1:00pm- 1:30pm
257419	4-6yrs	6 Classes	Free	3/2	Su	2:00pm- 2:30pm

Ice Hockey Equipment Rental: LARGE

257099	6-8yrs	6 Classes	Free	1/11	Sa	10:15am-10:45am
257102	6-8yrs	6 Classes	Free	1/11	Sa	11:45am-12:15pm
257104	6-8yrs	6 Classes	Free	1/12	Su	1:00pm- 1:30pm
257106	6-8yrs	6 Classes	Free	1/12	Su	2:00pm- 2:30pm
257414	6-8yrs	6 Classes	Free	3/1	Sa	10:15am-10:45am
257416	6-8yrs	6 Classes	Free	3/1	Sa	11:45am-12:15pm
257418	6-8yrs	6 Classes	Free	3/2	Su	1:00pm- 1:30pm
257420	6-8yrs	6 Classes	Free	3/2	Su	2:00pm- 2:30pm



Hockey 3

Prerequisite: Passed Hockey 2 (Mitey Mites 3)

Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glides, mohawks, and hockey stops. *Full hockey gear required.*

Cabin John Ice Rink

254176	4-8yrs	6 Classes	\$150	1/9	Th	6:15pm- 7:00pm
254171	4-8yrs	6 Classes	\$150	1/10	F	5:45pm- 6:30pm
254172	4-8yrs	6 Classes	\$150	1/11	Sa	7:45am- 8:30am
254174	4-8yrs	6 Classes	\$150	1/14	Tu	6:30pm- 7:15pm
254133	4-8yrs	6 Classes	\$150	2/28	F	5:45pm- 6:30pm
254134	4-8yrs	6 Classes	\$150	3/1	Sa	7:45am- 8:30am
254136	4-8yrs	6 Classes	\$150	3/4	Tu	6:30pm- 7:15pm
254138	4-8yrs	6 Classes	\$150	3/6	Th	6:15pm- 7:00pm
254173	9-13yrs	6 Classes	\$150	1/11	Sa	7:45am- 8:30am
254175	9-13yrs	6 Classes	\$150	1/14	Tu	7:45pm- 8:30pm
254135	9-13yrs	6 Classes	\$150	3/1	Sa	7:45am- 8:30am
254137	9-13yrs	6 Classes	\$150	3/4	Tu	7:45pm- 8:30pm

Wheaton Ice Arena

257122	4 & up	6 Classes	\$96	1/12	Su	1:00pm- 1:30pm
257463	4 & up	6 Classes	\$96	3/2	Su	1:00pm- 1:30pm

Hockey 4

Prerequisite: Passed Hockey 3 (Mitey Mites 4)

Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. *Full hockey gear required.*

Cabin John Ice Rink

254177	4-8yrs	6 Classes	\$150	1/11	Sa	7:45am- 8:30am
254179	4-8yrs	6 Classes	\$150	1/14	Tu	6:30pm- 7:15pm
254139	4-8yrs	6 Classes	\$150	3/1	Sa	7:45am- 8:30am
254141	4-8yrs	6 Classes	\$150	3/4	Tu	6:30pm- 7:15pm
254178	9-13yrs	6 Classes	\$150	1/11	Sa	7:45am- 8:30am
254180	9-13yrs	6 Classes	\$150	1/14	Tu	7:45pm- 8:30pm
254140	9-13yrs	6 Classes	\$150	3/1	Sa	7:45am- 8:30am
254142	9-13yrs	6 Classes	\$150	3/4	Tu	7:45pm- 8:30pm

Wheaton Ice Arena

257124	4 & up	6 Classes	\$96	1/12	Su	1:30pm- 2:00pm
257466	4 & up	6 Classes	\$96	3/2	Su	1:30pm- 2:00pm

Get a FREE Cabin John HOCKEY JERSEY

Get one child's Cabin John Ice Rink jersey for each paid registration for:

- Parent & Tot Hockey
- Pre-Hockey
- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Scrimmage 1





ICE HOCKEY



Hockey: Teen/Adult

Prerequisite: Passed Adult 1 (Pre-Alpha) in hockey skates
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 254170, 254132

Power Skating for Hockey

Prerequisite: Passed Hockey 2 (Mitey Mites 3) or Basic 3 (Alpha) in hockey skates
Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates. Rental hockey skates are available.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 254182, 254144

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 257121, 257462

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 and caged hockey helmets required; no game experience needed.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 257499, 257500

Scrimmage 1

Prerequisite: Passed Hockey 1 (Mitey Mites Hockey 2)
This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. Full gear required.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 254183, 254145, 254184, 254146

No School? parkplayday No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.



Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 245604, 245605, 245606, 245607, 257849, 257850, 257851

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Cost, Frequency, Day, Time. Rows: 244303, 244304, 244305, 244306, 257852, 257853, 257854



18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | **Open through December!**

Let's Golf! Clinics *Sign up today!*

Come learn or brush up on your golf skills at our weekend clinics. We'll teach a different golf skill each weekend. 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 clubs if you'd like. Pre-register online and pay \$30 per clinic; register in person the day of clinic for \$35. Registration is open now.

Beginner Clinic

248458	5-17yrs	1 Class	\$30	11/2	Sa	10:00am-11:00am
248459	5-17yrs	1 Class	\$30	11/9	Sa	10:00am-11:00am
248460	5-17yrs	1 Class	\$30	11/16	Sa	10:00am-11:00am
248461	5-17yrs	1 Class	\$30	11/23	Sa	10:00am-11:00am

Beginner Girls' Clinic

248471	5-17yrs	1 Class	\$30	11/4	Su	10:00am-11:00am
248472	5-17yrs	1 Class	\$30	11/10	Su	10:00am-11:00am
248473	5-17yrs	1 Class	\$30	11/17	Su	10:00am-11:00am
248488	5-17yrs	1 Class	\$30	11/24	Su	10:00am-11:00am

Beginner Adults Clinic

248484	18 & up	1 Class	\$30	11/3	Su	11:00am-12:00pm
248485	18 & up	1 Class	\$30	11/10	Su	11:00am-12:00pm
248486	18 & up	1 Class	\$30	11/17	Su	11:00am-12:00pm
248487	18 & up	1 Class	\$30	11/24	Su	11:00am-12:00pm

Intermediate Clinic

248439	5-17yrs	1 Class	\$30	11/2	Sa	9:00am-10:00am
248440	5-17yrs	1 Class	\$30	11/9	Sa	9:00am-10:00am
248441	5-17yrs	1 Class	\$30	11/16	Sa	9:00am-10:00am
248442	5-17yrs	1 Class	\$30	11/23	Sa	9:00am-10:00am

Intermediate Girls' Clinic

248448	5-17yrs	1 Class	\$30	11/3	Su	9:00am-10:00am
248449	5-17yrs	1 Class	\$30	11/10	Su	9:00am-10:00am
248474	5-17yrs	1 Class	\$30	11/17	Su	9:00am-10:00am

Advanced Clinic

248435	5-17yrs	1 Class	\$30	11/2	Sa	8:00am-9:00am
248436	5-17yrs	1 Class	\$30	11/9	Sa	8:00am-9:00am
248437	5-17yrs	1 Class	\$30	11/16	Sa	8:00am-9:00am
248438	5-17yrs	1 Class	\$30	11/23	Sa	8:00am-9:00am

Advanced Girls' Clinic

248443	5-17yrs	1 Class	\$30	11/3	Su	8:00am-9:00am
248444	5-17yrs	1 Class	\$30	11/10	Su	8:00am-9:00am
248445	5-17yrs	1 Class	\$30	11/17	Su	8:00am-9:00am
248446	5-17yrs	1 Class	\$30	11/24	Su	8:00am-9:00am

Facility Features

- PGA certified instructors
- 40 tee boxes
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- 4 MEGSA stations
- Updated clubhouse with restroom and Direct TV

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%!)

Great Specials

- **Early Bird Special**
Half-price buckets of balls Saturdays and Sundays, 7-9am
- **Lunch Special**
Half-price buckets of balls Monday-Friday, 11am-1pm

South Germantown DRIVING RANGE HOURS

September 1 - November 30*

Monday-Friday	11am-9pm
Saturday & Sunday	8am-10pm

December 1 - December 30*

Monday-Friday	11am-5pm
Saturday	10am-8pm
Sunday	10am-5pm

* Closed Thursday, November 28 and Wednesday, December 25



DECEMBER 1/2 PRICE SPECIAL!

Get 50% off all range balls in December (any size buckets, any time) with a range card!





Sign up for the 3rd Annual Winter Doubles Tournament 2013

Friday, December 20 –
Sunday, December 22



What's the perfect antidote to holiday stress, too much food and too little activity? The Wheaton Indoor Tennis Winter Doubles Tournament, of course!

We'll crown a champion for each division, complete with a trophy to take home and your name engraved on the Wheaton Winter Tennis Tournament plaque on display in the facility.

Entry fee is \$25 per person per event (adults 18 and over). The tournament will feature a main and back draw, so you're guaranteed to play at least two matches. We'll ask you for your partner's name when you sign up.

Skill Levels

Men's or Women's Doubles
3.0 & under | 3.5 | 4.0 | 4.5
Mixed Doubles: 6.0 | 7.0 | 8.0

Match Times

Friday, December 20:	7pm-11pm
Saturday, December 21:	3pm-11pm
Sunday, December 22:	8am-11pm

Will you take home a trophy?

Register today at www.ParkPASS.org

Deadline is Saturday, December 14, 5pm

Register for ParkPASS number 258649



Pauline Betz Addie Tennis Center
at Cabin John Regional Park
 7801 Democracy Blvd.
 Bethesda, MD 20817
 301-765-8650
 www.CabinJohnTennis.com



Wheaton Indoor Tennis
 Wheaton Regional Park
 11715 Orebaugh Avenue
 Wheaton, MD 20902
 301-905-3030
 www.WheatonTennis.com



USTA 10 and Under Tennis



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 that are sized 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 real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!). All equipment is provided in the course fee.

All 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 today!

USTA 10 and Under Tennis: AGES 4-6

Pauline Betz Addie Tennis / Cabin John

250555	4-6yrs	6 Classes	\$132	12/9	M	4:00pm- 5:00pm
250557	4-6yrs	6 Classes	\$132	12/10	Tu	4:00pm- 5:00pm
250549	4-6yrs	6 Classes	\$132	12/14	Sa	9:00am-10:00am
250550	4-6yrs	6 Classes	\$132	12/14	Sa	10:00am-11:00am
250553	4-6yrs	6 Classes	\$132	12/15	Su	11:00am-12:00pm
250554	4-6yrs	6 Classes	\$132	2/2	Su	11:00am-12:00pm
250556	4-6yrs	6 Classes	\$132	2/3	M	4:00pm- 5:00pm
250561	4-6yrs	6 Classes	\$132	2/4	Tu	4:00pm- 5:00pm
250551	4-6yrs	6 Classes	\$132	2/8	Sa	9:00am-10:00am
250552	4-6yrs	6 Classes	\$132	2/8	Sa	10:00am-11:00am

Wheaton Indoor Tennis

253400	4-6yrs	6 Classes	\$108	12/8	Su	9:00am-10:00am
253356	4-6yrs	6 Classes	\$108	12/8	Su	10:00am-11:00am
253357	4-6yrs	6 Classes	\$108	12/9	M	5:00pm- 6:00pm
253358	4-6yrs	6 Classes	\$108	12/10	Tu	4:00pm- 5:00pm
253359	4-6yrs	6 Classes	\$108	12/11	W	4:00pm- 5:00pm
253351	4-6yrs	6 Classes	\$108	12/12	Th	5:00pm- 6:00pm
253352	4-6yrs	6 Classes	\$108	12/13	F	5:00pm- 6:00pm
253353	4-6yrs	6 Classes	\$108	12/14	Sa	9:00am-10:00am
253354	4-6yrs	6 Classes	\$108	12/14	Sa	10:00am-11:00am
253355	4-6yrs	6 Classes	\$108	12/14	Sa	1:00pm- 2:00pm
253403	4-6yrs	6 Classes	\$108	2/2	Su	9:00am-10:00am
253360	4-6yrs	6 Classes	\$108	2/2	Su	10:00am-11:00am
253361	4-6yrs	6 Classes	\$108	2/3	M	5:00pm- 6:00pm
253362	4-6yrs	6 Classes	\$108	2/4	Tu	4:00pm- 5:00pm
253363	4-6yrs	6 Classes	\$108	2/5	W	4:00pm- 5:00pm
253364	4-6yrs	6 Classes	\$108	2/6	Th	5:00pm- 6:00pm
253365	4-6yrs	6 Classes	\$108	2/7	F	4:00pm- 5:00pm
253366	4-6yrs	6 Classes	\$108	2/8	Sa	9:00am-10:00am
253367	4-6yrs	6 Classes	\$108	2/8	Sa	10:00am-11:00am
253368	4-6yrs	6 Classes	\$108	2/8	Sa	1:00pm- 2:00pm

USTA 10 and Under Tennis: AGES 7-10

Pauline Betz Addie Tennis / Cabin John

250568	7-10yrs	6 Classes	\$132	12/9	M	5:00pm- 6:00pm
250563	7-10yrs	6 Classes	\$132	12/10	Tu	5:00pm- 6:00pm
250558	7-10yrs	6 Classes	\$132	12/12	Th	5:00pm- 6:00pm
250559	7-10yrs	6 Classes	\$132	12/14	Sa	9:00am-10:00am
250564	7-10yrs	6 Classes	\$132	12/14	Sa	11:00am-12:00pm
250560	7-10yrs	6 Classes	\$132	12/14	Sa	12:00pm- 1:00pm
251103	7-10yrs	6 Classes	\$132	12/14	Sa	3:00pm- 4:00pm
250567	7-10yrs	6 Classes	\$132	12/15	Su	12:00pm- 1:00pm
250566	7-10yrs	6 Classes	\$132	12/15	Su	2:00pm- 3:00pm
250565	7-10yrs	6 Classes	\$132	12/15	Su	3:00pm- 4:00pm
250574	7-10yrs	6 Classes	\$132	2/2	Su	12:00pm- 1:00pm
250575	7-10yrs	6 Classes	\$132	2/2	Su	2:00pm- 3:00pm
250576	7-10yrs	6 Classes	\$132	2/2	Su	3:00pm- 4:00pm
250569	7-10yrs	6 Classes	\$132	2/3	M	5:00pm- 6:00pm
250570	7-10yrs	6 Classes	\$132	2/4	Tu	5:00pm- 6:00pm
250562	7-10yrs	6 Classes	\$132	2/6	Th	5:00pm- 6:00pm
250571	7-10yrs	6 Classes	\$132	2/8	Sa	9:00am-10:00am
250573	7-10yrs	6 Classes	\$132	2/8	Sa	12:00pm- 1:00pm
251104	7-10yrs	6 Classes	\$132	2/8	Sa	3:00pm- 4:00pm

Wheaton Indoor Tennis

253375	7-10yrs	6 Classes	\$108	12/8	Su	11:00am-12:00pm
253381	7-10yrs	6 Classes	\$108	12/8	Su	12:00pm- 1:00pm
253376	7-10yrs	6 Classes	\$108	12/8	Su	3:00pm- 4:00pm
253377	7-10yrs	6 Classes	\$108	12/10	Tu	4:00pm- 5:00pm
253370	7-10yrs	6 Classes	\$108	12/12	Th	4:00pm- 5:00pm
253371	7-10yrs	6 Classes	\$108	12/13	F	4:00pm- 5:00pm
253369	7-10yrs	6 Classes	\$108	12/14	Sa	9:00am-10:00am
253383	7-10yrs	6 Classes	\$108	12/14	Sa	12:00pm- 1:00pm
253380	7-10yrs	6 Classes	\$108	2/2	Su	11:00am-12:00pm
253382	7-10yrs	6 Classes	\$108	2/2	Su	12:00pm- 1:00pm
253385	7-10yrs	6 Classes	\$108	2/2	Su	3:00pm- 4:00pm
253378	7-10yrs	6 Classes	\$108	2/4	Tu	4:00pm- 5:00pm
253373	7-10yrs	6 Classes	\$108	2/6	Th	4:00pm- 5:00pm
253374	7-10yrs	6 Classes	\$108	2/7	F	5:00pm- 6:00pm
253372	7-10yrs	6 Classes	\$108	2/8	Sa	9:00am-10:00am
253384	7-10yrs	6 Classes	\$108	2/8	Sa	12:00pm- 1:00pm

Classes marked with a globe are taught in four languages: English, Spanish, German & French.



INDOOR Tennis REGISTRATION opens

NOV. 24/25*

for all **WINTER 1** INDOOR lessons and

JAN. 22/23*

for all **WINTER 2** INDOOR lessons

*First registration date listed above is for Montgomery County residents; second date is open to all.



Tennis "Boot Days"

These one-day tennis "boot camps" will help develop your child's inner champion! School's out today, so why not let your young tennis pros take the day to learn and improve their tennis skills? Using games, personal instruction and drills, we'll teach beginning/intermediate level players all the basics: forehand, backhand and overhead strokes, serves and volleys, footwork, scorekeeping, names and meanings of the lines, and more. It's great fun and great exercise, too! Please bring a non-perishable lunch.

Pauline Betz Addie Tennis / Cabin John

252999	5-12yrs	1 Class	\$40	12/23	M	9:00am-5:00pm
258099	5-12yrs	1 Class	\$40	12/30	M	9:00am-5:00pm

Wheaton Indoor Tennis

255499	5-12yrs	1 Class	\$40	12/23	M	9:00am-5:00pm
255549	5-12yrs	1 Class	\$40	12/26	Th	9:00am-5:00pm
255550	5-12yrs	1 Class	\$40	12/27	F	9:00am-5:00pm
255554	5-12yrs	1 Class	\$40	12/30	M	9:00am-5:00pm
255556	5-12yrs	1 Class	\$40	12/31	Tu	9:00am-5:00pm



Parent & Child Tennis

Bring your 5-8 year-old child 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 adult and one child; please register the child only.*

Pauline Betz Addie Tennis / Cabin John

250730	5-8yrs	6 Classes	\$144	12/10	Tu	6:00pm-7:00pm
250731	5-8yrs	6 Classes	\$144	12/11	W	5:00pm-6:00pm
250736	5-8yrs	6 Classes	\$144	12/13	F	5:00pm-6:00pm
250733	5-8yrs	6 Classes	\$144	12/14	Sa	9:00am-10:00am
250999	5-8yrs	6 Classes	\$144	2/4	Tu	6:00pm-7:00pm
251000	5-8yrs	6 Classes	\$144	2/5	W	5:00pm-6:00pm
250737	5-8yrs	6 Classes	\$144	2/7	F	5:00pm-6:00pm
251001	5-8yrs	6 Classes	\$144	2/8	Sa	9:00am-10:00am

Wheaton Indoor Tennis

253459	5-8yrs	6 Classes	\$126	12/8	Su	10:00am-11:00am
253455	5-8yrs	6 Classes	\$126	12/8	Su	2:00pm-3:00pm
253457	5-8yrs	6 Classes	\$126	12/10	Tu	6:00pm-7:00pm
253449	5-8yrs	6 Classes	\$126	12/12	Th	6:00pm-7:00pm
253451	5-8yrs	6 Classes	\$126	12/14	Sa	11:00am-12:00pm
253453	5-8yrs	6 Classes	\$126	12/14	Sa	12:00pm-1:00pm
253460	5-8yrs	6 Classes	\$126	2/2	Su	10:00am-11:00am
253456	5-8yrs	6 Classes	\$126	2/2	Su	2:00pm-3:00pm
253458	5-8yrs	6 Classes	\$126	2/4	Tu	6:00pm-7:00pm
253450	5-8yrs	6 Classes	\$126	2/6	Th	6:00pm-7:00pm
253452	5-8yrs	6 Classes	\$126	2/8	Sa	11:00am-12:00pm
253454	5-8yrs	6 Classes	\$126	2/8	Sa	12:00pm-1:00pm



Tennis & So Much More! Days

Based on our popular Tennis & So Much More Camp, these one-day tennis programs are held when MCPS is off for the

day. For half of the day, we'll learn tennis basics with pro instructors at Wheaton Indoor Tennis. The rest of the day will be chock-full of fun, with activities like ice skating at Wheaton Ice Arena, group games and activities and "so much more." Please bring a non-perishable lunch and water bottle.

Wheaton Indoor Tennis

255557	6-12yrs	1 Class	\$40	1/20	M	9:00am-5:00pm
255558	6-12yrs	1 Class	\$40	1/21	Tu	9:00am-5:00pm
255566	6-12yrs	1 Class	\$40	2/17	M	9:00am-5:00pm

Tennis Play Days

Parents, give your child a really fun, no-pressure introduction to tennis at a USTA Tennis

Play Day! These two-hour events give our youngest players an opportunity to experience the fun of tennis and thrill of competition in a low-key, non-threatening atmosphere. With appropriately sized equipment and courts, kids can build confidence, make friends, improve their skills, get active and have fun! Boys and girls will be placed on informal teams, and racquets will be provided for those who need them. Open to players at all skill levels.

Wheaton Indoor Tennis

255752	4-8yrs	1 Class	\$8	11/23	Sa	3:00pm-5:00pm
255799	4-8yrs	1 Class	\$8	1/25	Sa	3:00pm-5:00pm
255850	4-8yrs	1 Class	\$8	3/8	Sa	3:00pm-5:00pm



Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. 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 adult and one child; please register the child only.*

Wheaton Indoor Tennis

253959	9-12yrs	6 Classes	\$126	12/8	Su	2:00pm-3:00pm
253961	9-12yrs	6 Classes	\$126	12/10	Tu	6:00pm-7:00pm
253954	9-12yrs	6 Classes	\$126	12/12	Th	6:00pm-7:00pm
253957	9-12yrs	6 Classes	\$126	12/14	Sa	11:00am-12:00pm
253960	9-12yrs	6 Classes	\$126	2/2	Su	2:00pm-3:00pm
253962	9-12yrs	6 Classes	\$126	2/4	Tu	6:00pm-7:00pm
253955	9-12yrs	6 Classes	\$126	2/6	Th	6:00pm-7:00pm
253958	9-12yrs	6 Classes	\$126	2/8	Sa	11:00am-12:00pm

Classes marked with a globe are taught in four languages: English, Spanish, German & French.





Beginner Tennis

These classes are 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; plus safety rules and how to keep score.

Beginner Tennis, USTA

For pre-teen beginners, we've taken the exciting "10 and Under Tennis" program and adapted it for kids age 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.

Pauline Betz Addie Tennis / Cabin John

250641	11-13yrs	6 Classes	\$132	12/11	W	7:00pm- 8:00pm
250642	11-13yrs	6 Classes	\$132	12/12	Th	6:00pm- 7:00pm
250643	11-13yrs	6 Classes	\$132	2/5	W	7:00pm- 8:00pm
250644	11-13yrs	6 Classes	\$132	2/6	Th	6:00pm- 7:00pm

Wheaton Indoor Tennis

254200	11-13yrs	6 Classes	\$108	12/11	W	5:00pm- 6:00pm
254199	11-13yrs	6 Classes	\$108	12/14	Sa	1:00pm- 2:00pm
254201	11-13yrs	6 Classes	\$108	2/5	W	5:00pm- 6:00pm
254202	11-13yrs	6 Classes	\$108	2/8	Sa	1:00pm- 2:00pm

Beginner Tennis, TEEN

Pauline Betz Addie Tennis / Cabin John

250639	13-17yrs	6 Classes	\$132	12/8	Su	12:00pm- 1:00pm
250640	13-17yrs	6 Classes	\$132	2/2	Su	12:00pm- 1:00pm

Wheaton Indoor Tennis

254207	13-17yrs	6 Classes	\$108	12/8	Su	1:00pm- 2:00pm
254209	13-17yrs	6 Classes	\$108	12/11	W	6:00pm- 7:00pm
254203	13-17yrs	6 Classes	\$108	12/13	F	6:00pm- 7:00pm
254205	13-17yrs	6 Classes	\$108	12/14	Sa	10:00am-11:00am
254208	13-17yrs	6 Classes	\$108	2/2	Su	1:00pm- 2:00pm
254210	13-17yrs	6 Classes	\$108	2/5	W	6:00pm- 7:00pm
254204	13-17yrs	6 Classes	\$108	2/7	F	6:00pm- 7:00pm
254206	13-17yrs	6 Classes	\$108	2/8	Sa	10:00am-11:00am

Beginner Tennis, ADULT

Pauline Betz Addie Tennis / Cabin John

250632	18 & up	6 Classes	\$132	12/8	Su	11:00am-12:00pm
250636	18 & up	6 Classes	\$132	12/9	M	6:00pm- 7:00pm
250631	18 & up	6 Classes	\$132	12/10	Tu	7:00pm- 8:00pm
250635	18 & up	6 Classes	\$132	12/10	Tu	11:00am-12:00pm
250634	18 & up	6 Classes	\$132	2/2	Su	11:00am-12:00pm
250637	18 & up	6 Classes	\$132	2/3	M	6:00pm- 7:00pm
250633	18 & up	6 Classes	\$132	2/4	Tu	7:00pm- 8:00pm
250638	18 & up	6 Classes	\$132	2/4	Tu	11:00am-12:00pm

Wheaton Indoor Tennis

254255	18 & up	6 Classes	\$108	12/8	Su	11:00am-12:00pm
254263	18 & up	6 Classes	\$108	12/8	Su	4:00pm- 5:00pm
254267	18 & up	6 Classes	\$108	12/9	M	10:00am-11:00am
254259	18 & up	6 Classes	\$108	12/9	M	7:00pm- 8:00pm
254261	18 & up	6 Classes	\$108	12/10	Tu	8:00pm- 9:00pm
254265	18 & up	6 Classes	\$108	12/11	W	7:00pm- 8:00pm
254249	18 & up	6 Classes	\$108	12/12	Th	11:00am-12:00pm
254257	18 & up	6 Classes	\$108	12/13	F	9:00am-10:00am

Beginner Tennis, ADULT

Wheaton Indoor Tennis (cont.)

254251	18 & up	6 Classes	\$108	12/14	Sa	10:00am-11:00am
254253	18 & up	6 Classes	\$108	12/14	Sa	2:00pm- 3:00pm
254256	18 & up	6 Classes	\$108	2/2	Su	11:00am-12:00pm
254264	18 & up	6 Classes	\$108	2/2	Su	4:00pm- 5:00pm
254268	18 & up	6 Classes	\$108	2/3	M	10:00am-11:00am
254260	18 & up	6 Classes	\$108	2/3	M	7:00pm- 8:00pm
254262	18 & up	6 Classes	\$108	2/4	Tu	8:00pm- 9:00pm
254266	18 & up	6 Classes	\$108	2/5	W	7:00pm- 8:00pm
254250	18 & up	6 Classes	\$108	2/6	Th	11:00am-12:00pm
254258	18 & up	6 Classes	\$108	2/7	F	9:00am-10:00am
254252	18 & up	6 Classes	\$108	2/8	Sa	10:00am-11:00am
254254	18 & up	6 Classes	\$108	2/8	Sa	2:00pm- 3:00pm

Class taught in English, Spanish, German & French.

Beginner Tennis, SENIOR

Designed for adults age 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.

Wheaton Indoor Tennis

254301	55 & up	6 Classes	\$108	12/9	M	6:00pm- 7:00pm
254303	55 & up	6 Classes	\$108	12/10	Tu	9:00am-10:00am
254299	55 & up	6 Classes	\$108	12/12	Th	10:00am-11:00am
254302	55 & up	6 Classes	\$108	2/3	M	6:00pm- 7:00pm
254304	55 & up	6 Classes	\$108	2/4	Tu	9:00am-10:00am
254300	55 & up	6 Classes	\$108	2/6	Th	10:00am-11:00am

Intermediate Tennis @Wheaton

In Intermediate courses at Wheaton Indoor Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Intermediate, YOUTH

Wheaton Indoor Tennis

254953	5-8yrs	6 Classes	\$108	12/8	Su	3:00pm- 4:00pm
254949	5-8yrs	6 Classes	\$108	12/11	W	4:00pm- 5:00pm
254951	5-8yrs	6 Classes	\$108	12/13	F	4:00pm- 5:00pm
254954	5-8yrs	6 Classes	\$108	2/2	Su	3:00pm- 4:00pm
254950	5-8yrs	6 Classes	\$108	2/5	W	4:00pm- 5:00pm
254952	5-8yrs	6 Classes	\$108	2/7	F	4:00pm- 5:00pm

Intermediate, PRE-TEEN

Wheaton Indoor Tennis

255001	9-12yrs	6 Classes	\$108	12/11	W	5:00pm- 6:00pm
254999	9-12yrs	6 Classes	\$108	12/13	F	5:00pm- 6:00pm
255003	9-12yrs	6 Classes	\$108	12/14	Sa	2:00pm- 3:00pm
255002	9-12yrs	6 Classes	\$108	2/5	W	5:00pm- 6:00pm
255000	9-12yrs	6 Classes	\$108	2/7	F	5:00pm- 6:00pm
255004	9-12yrs	6 Classes	\$108	2/8	Sa	2:00pm- 3:00pm

HOURS OF OPERATION and dates to note

Pauline Betz Addie Tennis Center

OPEN

Mon.-Fri. 6am-Midnight*
Sat. & Sun. 6am-11pm*

Wheaton Indoor Tennis

OPEN

Sun.-Fri.: 8am-11pm*
Saturday: 8am-8pm*

Holiday Schedule

For both facilities:

- Closed Thursday, November 28 (Thanksgiving)
- Close early (6pm) on Tues. December 24
- Closed Wed. December 25 (Christmas)
- Close early (6pm) on Tues. December 31 (New Year's Eve)
- OPEN Wednesday, January 1, 11am-8pm
- No classes December 22 through January 1



at Pauline Betz Addie Tennis Center

"IN WITH THE NEW"

January 11, 2014 7:00-10:30pm

"On Your MARCH, Get Set, GO!"

March 8, 2014 7:00-10:30pm

Ready for some serious tennis and serious fun? Play tennis, socialize and enjoy delicious refreshments for one low fee at these adult tennis socials, sponsored by MCTA, Tennis Win-Win and Montgomery Parks.

No need to bring a partner—Tennis Win-Win will arrange competitive matches for you with players at your skill level. All players 18 and older are welcome! Fee is \$35 per player. For more information and to register, visit www.MCTATennis.org/new-players.



Intermediate, TEEN

Wheaton Indoor Tennis

Table with 10 rows of tennis class schedules for Intermediate TEEN at Wheaton Indoor Tennis.

Intermediate, ADULT

Wheaton Indoor Tennis

Table with 20 rows of tennis class schedules for Intermediate ADULT at Wheaton Indoor Tennis.

Intermediate, SENIOR

Wheaton Indoor Tennis

Table with 7 rows of tennis class schedules for Intermediate SENIOR at Wheaton Indoor Tennis.

First Intermediate Tennis

@ Pauline Betz Addie

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

First Intermediate, YOUTH

Pauline Betz Addie Tennis / Cabin John

Table with 7 rows of tennis class schedules for First Intermediate YOUTH at Pauline Betz Addie Tennis / Cabin John.

First Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

Table with 7 rows of tennis class schedules for First Intermediate PRE-TEEN at Pauline Betz Addie Tennis / Cabin John.

First Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John

Table with 10 rows of tennis class schedules for First Intermediate TEEN at Pauline Betz Addie Tennis / Cabin John.

First Intermediate, ADULT

Pauline Betz Addie Tennis / Cabin John

Table with 10 rows of tennis class schedules for First Intermediate ADULT at Pauline Betz Addie Tennis / Cabin John.

Second Intermediate Tennis @ Pauline Betz Addie

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Second Intermediate, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

Table with 10 rows of tennis class schedules for Second Intermediate PRE-TEEN at Pauline Betz Addie Tennis / Cabin John.

Second Intermediate, TEEN

Pauline Betz Addie Tennis / Cabin John

Table with 7 rows of tennis class schedules for Second Intermediate TEEN at Pauline Betz Addie Tennis / Cabin John.



Second Intermediate, ADULT

Pauline Betz Addie Tennis / Cabin John

250738	18 & up	6 Classes	\$132	12/11	W	11:00am-12:00pm
250739	18 & up	6 Classes	\$132	12/11	W	6:00pm- 7:00pm
250742	18 & up	6 Classes	\$132	12/12	Th	7:00pm- 8:00pm
250743	18 & up	6 Classes	\$132	12/14	Sa	11:00am-12:00pm
250744	18 & up	6 Classes	\$132	12/15	Su	1:00pm- 2:00pm
250747	18 & up	6 Classes	\$132	2/2	Su	1:00pm- 2:00pm
250740	18 & up	6 Classes	\$132	2/5	W	11:00am-12:00pm
250741	18 & up	6 Classes	\$132	2/5	W	6:00pm- 7:00pm
250745	18 & up	6 Classes	\$132	2/6	Th	7:00pm- 8:00pm
250746	18 & up	6 Classes	\$132	2/8	Sa	11:00am-12:00pm

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

In Advanced Tennis, you'll 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 situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced, YOUTH

Pauline Betz Addie Tennis / Cabin John

250626	5-8yrs	6 Classes	\$144	12/8	Su	1:00pm- 2:00pm
250623	5-8yrs	6 Classes	\$144	12/10	Tu	5:00pm- 6:00pm
250624	5-8yrs	6 Classes	\$144	12/12	Th	5:00pm- 6:00pm
250630	5-8yrs	6 Classes	\$144	2/2	Su	1:00pm- 2:00pm
250627	5-8yrs	6 Classes	\$144	2/4	Tu	5:00pm- 6:00pm
250628	5-8yrs	6 Classes	\$144	2/6	Th	5:00pm- 6:00pm

Wheaton Indoor Tennis

255199	5-8yrs	6 Classes	\$120	12/8	Su	9:00am-10:00am
255200	5-8yrs	6 Classes	\$120	2/2	Su	9:00am-10:00am

Advanced, PRE-TEEN

Pauline Betz Addie Tennis / Cabin John

250611	9-12yrs	6 Classes	\$144	12/11	W	5:00pm- 6:00pm
250612	9-12yrs	6 Classes	\$144	12/14	Sa	1:00pm- 2:00pm
250949	9-12yrs	6 Classes	\$144	2/5	W	5:00pm- 6:00pm
250950	9-12yrs	6 Classes	\$144	2/8	Sa	1:00pm- 2:00pm

Wheaton Indoor Tennis

255249	9-12yrs	6 Classes	\$120	12/10	Tu	5:00pm- 6:00pm
255251	9-12yrs	6 Classes	\$120	12/12	Th	5:00pm- 6:00pm
255250	9-12yrs	6 Classes	\$120	2/4	Tu	5:00pm- 6:00pm
255252	9-12yrs	6 Classes	\$120	2/6	Th	5:00pm- 6:00pm

Advanced, TEEN

Pauline Betz Addie Tennis / Cabin John

250615	13-17yrs	6 Classes	\$144	12/10	Tu	6:00pm- 7:00pm
250620	13-17yrs	6 Classes	\$144	12/11	W	5:00pm- 6:00pm
250619	13-17yrs	6 Classes	\$144	12/14	Sa	2:00pm- 3:00pm
250617	13-17yrs	6 Classes	\$144	2/4	Tu	6:00pm- 7:00pm
250621	13-17yrs	6 Classes	\$144	2/5	W	5:00pm- 6:00pm
250622	13-17yrs	6 Classes	\$144	2/8	Sa	2:00pm- 3:00pm

Wheaton Indoor Tennis

255299	13-17yrs	6 Classes	\$120	12/8	Su	5:00pm- 6:00pm
255301	13-17yrs	6 Classes	\$120	12/10	Tu	5:00pm- 6:00pm
255300	13-17yrs	6 Classes	\$120	2/2	Su	5:00pm- 6:00pm
255302	13-17yrs	6 Classes	\$120	2/4	Tu	5:00pm- 6:00pm

Advanced, ADULT

Pauline Betz Addie Tennis / Cabin John

250603	18 & up	6 Classes	\$144	12/10	Tu	1:00pm- 2:00pm
250609	18 & up	6 Classes	\$144	12/11	W	7:00pm- 8:00pm
250606	18 & up	6 Classes	\$144	12/12	Th	6:00pm- 7:00pm
250605	18 & up	6 Classes	\$288	12/13	F	7:00pm- 9:00pm
250849	18 & up	6 Classes	\$144	2/4	Tu	1:00pm- 2:00pm
250610	18 & up	6 Classes	\$144	2/5	W	7:00pm- 8:00pm
250899	18 & up	6 Classes	\$144	2/6	Th	6:00pm- 7:00pm
250850	18 & up	6 Classes	\$288	2/7	F	7:00pm- 9:00pm

Wheaton Indoor Tennis

255357	18 & up	6 Classes	\$120	12/8	Su	5:00pm- 6:00pm
255351	18 & up	6 Classes	\$120	12/9	M	9:00am-10:00am
255353	18 & up	6 Classes	\$120	12/9	M	7:00pm- 8:00pm
255355	18 & up	6 Classes	\$120	12/11	W	7:00pm- 8:00pm
255359	18 & up	6 Classes	\$120	12/12	Th	7:00pm- 8:00pm
255349	18 & up	6 Classes	\$120	12/13	F	11:00am-12:00pm
255358	18 & up	6 Classes	\$120	2/2	Su	5:00pm- 6:00pm
255352	18 & up	6 Classes	\$120	2/3	M	9:00am-10:00am
255354	18 & up	6 Classes	\$120	2/3	M	7:00pm- 8:00pm
255356	18 & up	6 Classes	\$120	2/5	W	7:00pm- 8:00pm
255360	18 & up	6 Classes	\$120	2/6	Th	7:00pm- 8:00pm
255350	18 & up	6 Classes	\$120	2/7	F	11:00am-12:00pm

Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help your children develop tennis and athletic skills, and improve their overall health and fitness.

Wheaton Indoor Tennis

255401	6-12yrs	6 Classes	\$120	12/9	M	5:00pm- 6:00pm
255402	6-12yrs	6 Classes	\$120	2/3	M	5:00pm- 6:00pm

SPOT TIME Special

\$15 per hour
Monday - Friday
2pm - 4pm

at Wheaton Indoor Tennis

Visit ParkPASS.org to reserve your court time today!



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

Table with 10 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists various tennis classes with details on pricing and scheduling.

Wheaton Indoor Tennis

Table with 10 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists various tennis classes with details on pricing and scheduling.

Tennis Clinic: Junior Advanced Drill Play

Prerequisite: Evaluation by instructor. Designed for players who have the energy and enthusiasm of advanced/older players, but aren't quite ready for sustained play with high school level teams. We'll cover "Advanced" level skills and drills, plus strength and endurance training and transitional phase play. Please call 301-765-8650 (PBA) or 301-905-3030 (Wheaton) to schedule your evaluation with an instructor.

Pauline Betz Addie Tennis / Cabin John

Table with 10 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists various tennis classes with details on pricing and scheduling.

Jr. Advanced Drill Play (cont.)

Wheaton Indoor Tennis

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists two tennis classes with details on pricing and scheduling.

Tennis Clinic: Men's Level 4.0 & Up Drill Play

Prerequisite: Evaluation by instructor

This advanced course for men at USTA Level 4.0 and above will feature drills covering transitional play, baseline hitting, volley and overhead smash; combined with rotating point and game play. Please call 301-765-8650 to schedule your evaluation with an instructor.

Pauline Betz Addie Tennis / Cabin John

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists two tennis classes with details on pricing and scheduling.

Tennis Clinic: Women's Level 3.5 & Up Drill Play

Prerequisite: Evaluation by instructor

This advanced course is for women playing at the USTA level 3.5 and above. It will cover transitional play, baseline hitting, volley and overhead smash, combined with rotating point and game play. Please call 301-765-8650 to schedule your evaluation with an instructor.

Pauline Betz Addie Tennis / Cabin John

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists two tennis classes with details on pricing and scheduling.

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 core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

Groundstrokes

Pauline Betz Addie Tennis / Cabin John

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists two tennis classes with details on pricing and scheduling.

Netplay

Pauline Betz Addie Tennis / Cabin John

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists three tennis classes with details on pricing and scheduling.

Serve and Return

Pauline Betz Addie Tennis / Cabin John

Table with 7 columns: Class ID, Age Group, Classes, Cost, Date, Day, Time. Lists three tennis classes with details on pricing and scheduling.

Rent the SMASH!



Want to practice but don't have a partner? Rent the SMASH at Pauline Betz Addie (PBA) Tennis Center! This high-tech ball machine 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 PBA front desk.



Tennis Round Robin Doubles



Test your tennis prowess, meet

new people and have fun at Wheaton Indoor Tennis on Fridays and Saturdays! You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Round Robin Doubles are offered at two skill levels; please check the course to make sure you're registering for your skill level.

Matchplay Tennis

Prerequisite: Instructor review of student's level of play

Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about. For Matchplay Tennis at Pauline Betz Addie/Cabin John, email Gino.Tomasello@MontgomeryParks.org or call 301-765-8650. For play at Wheaton, email Justin.Reid@MontgomeryParks.org or call 301-905-3030.

Pauline Betz Addie Tennis / Cabin John

250705	18 & up	6 Classes	\$144	12/9	M	8:00pm- 9:00pm
250706	18 & up	6 Classes	\$144	12/9	M	7:00pm- 8:00pm
250712	18 & up	6 Classes	\$144	12/10	Tu	8:00pm- 9:00pm
250713	18 & up	6 Classes	\$144	12/10	Tu	7:00pm- 8:00pm
250723	18 & up	6 Classes	\$144	12/10	Tu	12:00pm- 1:00pm
250707	18 & up	6 Classes	\$144	12/11	W	7:00pm- 8:00pm
250708	18 & up	6 Classes	\$144	12/11	W	8:00pm- 9:00pm
250718	18 & up	6 Classes	\$144	12/11	W	12:00pm- 1:00pm
250709	18 & up	6 Classes	\$144	12/12	Th	7:00pm- 8:00pm
250710	18 & up	6 Classes	\$144	12/12	Th	8:00pm- 9:00pm
250720	18 & up	6 Classes	\$144	12/13	F	7:00pm- 8:00pm
250721	18 & up	6 Classes	\$144	12/13	F	8:00pm- 9:00pm
250714	18 & up	6 Classes	\$144	2/3	M	8:00pm- 9:00pm
250715	18 & up	6 Classes	\$144	2/3	M	7:00pm- 8:00pm
250716	18 & up	6 Classes	\$144	2/4	Tu	7:00pm- 8:00pm
250717	18 & up	6 Classes	\$144	2/4	Tu	8:00pm- 9:00pm
250724	18 & up	6 Classes	\$144	2/4	Tu	12:00pm- 1:00pm
250719	18 & up	6 Classes	\$144	2/5	W	12:00pm- 1:00pm
250722	18 & up	6 Classes	\$144	2/5	W	7:00pm- 8:00pm
250725	18 & up	6 Classes	\$144	2/5	W	8:00pm- 9:00pm
250726	18 & up	6 Classes	\$144	2/6	Th	7:00pm- 8:00pm
250727	18 & up	6 Classes	\$144	2/6	Th	8:00pm- 9:00pm
250728	18 & up	6 Classes	\$144	2/7	F	7:00pm- 8:00pm
250729	18 & up	6 Classes	\$144	2/7	F	8:00pm- 9:00pm

Wheaton Indoor Tennis

255451	18 & up	6 Classes	\$120	12/11	W	8:00pm- 9:00pm
255449	18 & up	6 Classes	\$120	12/12	Th	8:00pm- 9:00pm
255452	18 & up	6 Classes	\$120	2/5	W	8:00pm- 9:00pm
255450	18 & up	6 Classes	\$120	2/6	Th	8:00pm- 9:00pm

Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone while standing still. Your first serves are good, but you'd like to increase their power. You'd like to work on different strokes, increased control, and better shot placement, depth and power.

Wheaton Indoor Tennis

255853	18 & up	1 Session	\$10	12/14	Sa	7:00am- 9:00am
255866	18 & up	1 Session	\$10	12/15	Sa	7:00am- 9:00am
255856	18 & up	1 Session	\$10	1/4	Sa	7:00am- 9:00am
255867	18 & up	1 Session	\$10	1/12	Su	7:00am- 9:00am
255857	18 & up	1 Session	\$10	1/18	Sa	7:00am- 9:00am
255868	18 & up	1 Session	\$10	1/26	Su	7:00am- 9:00am
255858	18 & up	1 Session	\$10	2/1	Sa	7:00am- 9:00am
255869	18 & up	1 Session	\$10	2/9	Su	7:00am- 9:00am
255859	18 & up	1 Session	\$10	2/15	Sa	7:00am- 9:00am
255870	18 & up	1 Session	\$10	2/23	Su	7:00am- 9:00am
255860	18 & up	1 Session	\$10	3/1	Sa	7:00am- 9:00am
255871	18 & up	1 Session	\$10	3/9	Su	7:00am- 9:00am

Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing teamwork skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

Wheaton Indoor Tennis

255855	18 & up	1 Session	\$10	12/8	Su	7:00am- 9:00am
255861	18 & up	1 Session	\$10	12/21	Sa	7:00am- 9:00am
255873	18 & up	1 Session	\$10	1/5	Su	7:00am- 9:00am
255854	18 & up	1 Session	\$10	1/11	Sa	7:00am- 9:00am
255874	18 & up	1 Session	\$10	1/19	Su	7:00am- 9:00am
255862	18 & up	1 Session	\$10	1/25	Sa	7:00am- 9:00am
255875	18 & up	1 Session	\$10	2/2	Su	7:00am- 9:00am
255863	18 & up	1 Session	\$10	2/8	Sa	7:00am- 9:00am
255876	18 & up	1 Session	\$10	2/16	Su	7:00am- 9:00am
255864	18 & up	1 Session	\$10	2/22	Sa	7:00am- 9:00am
255877	18 & up	1 Session	\$10	3/2	Su	7:00am- 9:00am
255865	18 & up	1 Session	\$10	3/8	Sa	7:00am- 9:00am
257123	18 & up	1 Session	\$10	3/15	Sa	7:00am- 9:00am

BROKEN RACQUET?

- We will **RESTRING** and/or **REG RIP** your racquets at both indoor facilities
- Very reasonable rates
- Quick turnaround (one-two days)



This park bench is more
than just a place to sit.



This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

***Make a bench in your park
more than just a place to sit!***



150 *Montgomery Parks*
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at [RaleighLeichter@
MontgomeryParksFoundation.org](mailto:RaleighLeichter@MontgomeryParksFoundation.org) or call 301-495-2567.

www.MontgomeryParksFoundation.org



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 supercede 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 MCR. 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 December, 2013; however, it will not be available to use until January 1, 2014. 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.

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</u> Request:	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 program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the 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 MCR 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 MCR program message line is 240-777-6889. This recording will be updated regarding cancellations for MCR classes, activities and sports programs.



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
 Home Phone _____ Email _____ is a new address/
 Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)	Birth Date (mm/dd/yyyy)	Gender (M/F)	Title	CLASS/ACTIVITY		Fee
				Number	Location	

Check or Money Order (payable to MCR)
 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: MCR, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902 FAX to: (240) 777-6818 (Credit Card Payment Only) Online: recweb.montgomerycountymd.gov
 For registration assistance, please call (240) 777-6840.

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
 Home Phone _____ Email _____ is a new address/
 Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)	Birth Date (mm/dd/yyyy)	Gender (M/F)	Title	CLASS/ACTIVITY		Fee
				Number	Location	

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
 Department of Recreation
 4010 Randolph Road
 Silver Spring, MD 20902

PRSR STD
 US Postage Paid
 Rockville, MD
 Permit No.138

or current resident

240-777-6821

**montgomerycountymd.gov/rec
 m.SilverSpringDowntown.com**

**DOWNTOWN
 SILVER SPRING
 FROM ELLSWORTH DR.
 TO SILVER SPRING AVE.**

**2013 MONTGOMERY COUNTY
 THANKSGIVING
 PARADE**

**SATURDAY, NOVEMBER 23
 10:00 AM**



**EMCEE
 BRIAN VAN DE GRAFF
 ABC7/WJLA-TV Meteorologist**



The Gazette

