

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



FALL 2020 • SESSION II



MONTGOMERY COUNTY
Recreation

In This Guide



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 **VIRTUAL CLASSES AVAILABLE**

Staying home?
Virtual classes are now available.
Register today.

OUTDOOR CLASSES AVAILABLE 

All in-person activities will take place outdoors.
Access to buildings will not be permitted.
Face masks are required.

 **Registration for Fall Session II is now UNDERWAY** 

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AQUATICS

Water Fitness

Abs & Glutes & More

Ages 12 & Up 9 Sessions \$59
Instructor: H2O Fitness

84246 MLK 10/12 M 10:30-11:20 a.m.

Ages 12 & Up 10 Sessions \$65

84249 KSAC 10/6 Tu 9:30-10:20 a.m.

84250 KSAC 10/8 Th 9:30-10:20 a.m.

84247 MLK 10/7 W 10:30-11:20 a.m.

Aqua Cardio Dance

Ages 12 & Up 10 Sessions \$65
Instructor: H2O Fitness

84278 MLK 10/6 Tu 10:30-11:20 a.m.

84279 MLK 10/8 Th 10:30-11:20 a.m.

Aqua Lite

Ages 12 & Up 10 Sessions \$65
Instructor: Wellness Network

84284 KSAC 10/5 M 10:30-11:20 a.m.

84285 KSAC 10/7 W 10:30-11:20 a.m.

84281 OSC 10/5 M 10:30-11:20 a.m.

84282 OSC 10/7 W 10:30-11:20 a.m.

84283 OSC 10/9 F 10:30-11:20 a.m.



Aqua Spin

Ages 12 & Up 10 Sessions \$85
Instructor: Wellness Network

84293 KSAC 10/6 Tu 1-1:50 p.m.

84294 KSAC 10/7 W 1-1:50 p.m.

84295 KSAC 10/8 Th 1-1:50 p.m.

84297 KSAC 10/9 F 9:30-10:20 a.m.

84296 KSAC 10/9 F 1-1:50 p.m.

84287 MLK 10/6 Tu 11:30am-12:20pm

84290 MLK 10/7 W 9:30-10:20 a.m.

84286 MLK 10/8 Th 11:30am-12:20pm

84292 MLK 10/9 F 9:30-10:20 a.m.

Aqua YO-Lates

Ages 12 & Up 10 Sessions \$65
Instructor: H2O Fitness

84298 MLK 10/9 F 10:30-11:20 a.m.

Important Pool Notice

Due to an ongoing construction project at the MLK Indoor Swim Center, there is currently no access to indoor public amenities. Entry and restrooms will be available through the outdoor pool. Personal items can be stored on the pool deck.



Deep Water Running

Ages 12 & Up **9 Sessions** **\$59**

Instructor: H2O Fitness

84302 MLK 10/12 M 12:30-1:20 p.m.

Ages 12 & Up **10 Sessions** **\$65**

84299 KSAC 10/6 Tu 10:30-11:20 a.m.

84300 KSAC 10/8 Th 10:30-11:20 a.m.

84301 KSAC 10/9 F 10:30-11:20 a.m.

Ages 12 & Up **10 Sessions** **\$65**

84303 MLK 10/6 Tu 9:30-10:20 a.m.

84305 MLK 10/8 Th 9:30-10:20 a.m.

84307 MLK 10/9 F 11:30am-12:20 p.m.

84308 MLK 10/7 W 12:30-1:20 p.m.

Ages 12 & Up **10 Sessions** **\$65**

Instructor: Wellness Network

84312 GISC 10/5 M 10:30-11:20 a.m.

84315 GISC 10/5 M Noon-12:50 p.m.

84311 GISC 10/6 Tu 10:30-11:20 a.m.

84313 GISC 10/7 W 10:30-11:20 a.m.

84324 GISC 10/7 W Noon-12:50 p.m.

84314 GISC 10/8 Th 10:30-11:20 a.m.

98988 GISC 10/9 F 9:30-10:20 a.m.

84309 KSAC 10/5 M Noon-12:50 p.m.

84310 KSAC 10/7 W Noon-12:50 p.m.

84316 OSC 10/5 M Noon-12:50 p.m.

84317 OSC 10/6 Tu 8:30-9:20 a.m.

84318 OSC 10/6 Tu 10:30-11:20 a.m.

84320 OSC 10/7 W Noon-12:50 p.m.

84321 OSC 10/8 Th 8:30-9:20 a.m.

84322 OSC 10/8 Th 10:30-11:20 a.m.

84324 OSC 10/9 F Noon-12:50 p.m.

Hi/Lo Cardio Fusion

Ages 12 & Up **10 Sessions** **\$65**

Instructor: H2O Fitness

84336 KSAC 10/9 F 11:30am-12:20pm.

Water Aerobics

Ages 12 & Up **10 Sessions** **\$65**

Instructor: Wellness Network

98990 GISC 10/6 Tu 11:30am-12:20pm.

84383 GISC 10/8 Th 11:30am-12:20pm.

84384 KSAC 10/5 M 10:30-11:20 a.m.

84385 KSAC 10/7 W 9:30-10:20 a.m.

84386 OSC 10/6 Tu 9:30-10:20 a.m.

84388 OSC 10/8 F 9:30-10:20 a.m.

Water Exercise

Ages 12 & Up **9 Sessions** **\$59**

Instructor: H2O Fitness

84390 MLK 10/12 M 9:30-10:20 a.m.

Ages 12 & Up **10 Sessions** **\$65**

84393 KSAC 10/6 Tu 11:30am-12:20pm.

84394 KSAC 10/8 Th 11:30am-12:20pm.

Ages 12 & Up **9 Sessions** **\$65**

Instructor: Wellness Network

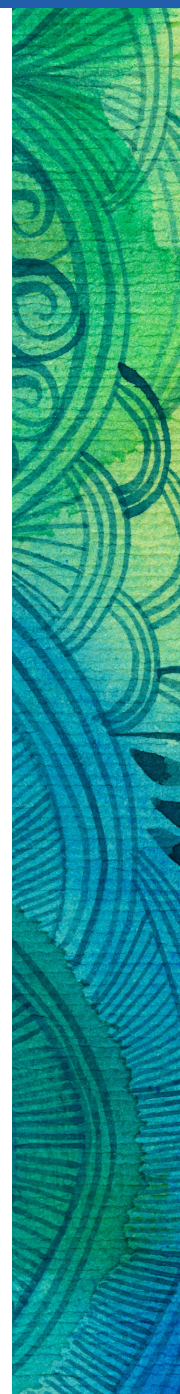
98995 GISC 10/5 M 9:30-10:20 a.m.

84395 GISC 10/7 W 9:30-10:20 a.m.

84396 OSC 10/5 M 9:30-10:20 a.m.

84397 OSC 10/7 W 9:30-10:20 a.m.

84398 OSC 10/9 F 9:30-10:20 a.m.



AQUATICS

ARTS & CRAFTS

AbraKadoodle: Draw Rah Rah Art
 Ages 5-12 6 Sessions \$78
 Instructor: Stephanie Burke
 89895 Virtual Class 11/4 W 4-4:45 p.m.

AbraKadoodle: Studio 1 Art
 Ages 5-12 8 Sessions \$104
 Instructor: Nancy Delasos
 94550 Virtual Class 10/26 M 3:30-4:30 p.m.

AbraKadoodle: Doodle Drawing
 Ages 3-5 6 Sessions \$78
 Instructor: Stephanie Burke
 89914 Virtual Class 10/28 W 11-11:45 a.m.



COOKING

Future Chefs
 Ages 7-14 4 Sessions \$125
 Instructor: Future Resource Learning
 90052 Virtual Class 10/20 Tu 4-5:30 p.m.

DANCE

Ballet
Ballet for Adults
 Ages 16 & Up 6 Sessions \$70
 Instructor: Robyn Lindsey
 89887 Virtual Class 11/5 Th 7:15-8:15 p.m.

Hip-Hop
Commotion Hip-Hop Dance
 Ages 10-15 6 Sessions \$75
 Instructor: Bonnie Slawson
 92460 Virtual Class 11/5 Th 5-6 p.m.

Hippo Hippo
 Ages 3-5 5 Sessions \$35
 Instructor: Robyn Lindsey
 89902 Virtual Class 10/28 W 5-5:30 p.m.
 89903 Virtual Class 10/31 Sa 10-10:30 a.m.

Performing Arts
Bollywood Dance Fitness
 Ages 14 & Up 6 Sessions \$79
 Instructor: Kumud Mathur
 93941 Virtual Class 11/10 Tu 6-6:45 p.m.

ARTS & CRAFTS · COOKING · DANCE

FITNESS

Zumba

Ages 16 & Up 6 Sessions \$30
Instructor: Ingrid Higgins

89414 Virtual Class 11/14 Sa 10-11 a.m.

Tai Chi

Ages 18 & Up 7 Sessions \$70
Instructor: Yanni Nguyen

93557 Virtual Class 10/29 Th 6:15-7:15 p.m.

Vovinam Martial Arts

Ages 6 & Up 7 Sessions \$70
Instructor: Yanni Nguyen

93559 Virtual Class 10/29 Th 5-6 p.m.

MARTIAL ARTS

Karate/Jujitsu

Karate - Youth Adv. White and Orange Belts

Ages 6-12 7 Sessions \$70
Instructor: TKA Inc.

93563 Virtual Class 11/10 Tu 6:30-7:30 p.m.

Karate - Youth Yellow and Red Belts

Ages 6-12 7 Sessions \$70
Instructor: TKA Inc.

93565 Virtual Class 11/2 M 6:30-7:30 p.m.

Karate - Youth Green Belts and Higher

Ages 6-12 6 Sessions \$60
Instructor: TKA Inc.

93564 Virtual Class 11/5 Th 6:30-7:30 p.m.

Karate - Adult White Through Red Belts

Ages 13 & Up 7 Sessions \$70
Instructor: TKA Inc.

93562 Virtual Class 11/10 Tu 7:45-8:45 p.m.

Karate - Adult Green Through Blue Belts

Ages 13 & Up 7 Sessions \$70
Instructor: TKA Inc.

93561 Virtual Class 11/2 M 7:45-8:45 p.m.

Karate - Adult Brown Belts

Ages 13 & Up 6 Sessions \$60
Instructor: TKA Inc.

93560 Virtual Class 11/5 Th 7:45-8:45 p.m.



FITNESS • MARTIAL ARTS

MUSIC

Mini Musicians, Movers & Shakers

Ages 2-5 6 Sessions \$55
 Instructor: Music In Me Foundation International
 98977 Virtual Class 11/5 Th 9:30-10 a.m.

Learn Now Music: Groovy Guitar

Ages 5-12 6 Sessions \$169
 Instructor: Learn Now Music
 89889 Virtual Class 10/28 W 4-5 p.m.

Learn Now Music: Poppin Piano

Ages 5-12 6 Sessions \$169
 Instructor: Learn Now Music
 89891 Virtual Class 10/26 M 3:30-4:30 p.m.

Learn Now Music: Viva Violin

Ages 5-12 6 Sessions \$169
 Instructor: Learn Now Music
 89893 Virtual Class 10/29 Th 4-5 p.m.

SPORTS

Learn to Skate: Session 2

Ages 7-11 10 Sessions \$50
 Instructor: Nancy Delasos
 98978 Damascus CRC 10/2 F 5-6:30 p.m.

Coach Doug Seasonal Sports Class

Ages 2-6 5 Sessions \$40
 Instructor: Coach Doug Academy
 92268 Virtual Class 11/12 Th 9:30-10:05 a.m.

Poms

Ages 10-14 6 Sessions \$90
 Instructor: Commotion Dance
 92456 Virtual Class 11/10 Th 9:30-10:05 a.m.

S.T.E.A.M.

Playtime & Language

Arts & Handwriting Fun

Ages 4-7 6 Sessions \$210
 Instructor: Art of Handwriting

89844 Virtual Class 11/5 Th 4:30-5:30 p.m.

Spanish for Youth

Ages 5-8 8 Sessions \$80
 Instructor: Maria Rhoe

92269 Virtual Class 11/5 M,W 4:30-5:15 p.m.

Budding Entrepreneurs

Ages 8-12 6 Sessions \$89
 Instructor: Sparks Business Academy

97756 Virtual Class 11/2 M 4:30-5:30 p.m.

Bulls & Bears Stock Market Club

Ages 9-13 6 Sessions \$89
 Instructor: Spark Business Academy

97763 Virtual Class 11/4 W 3:30-4:30 p.m.

Sports Management

Ages 10-14 6 Sessions \$89
 Instructor: Spark Business Academy

97759 Virtual Class 11/4 W 4:30-5:30 p.m.

MUSIC · SPORTS · S.T.E.A.M.



Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.



THERAPEUTIC RECREATION

Fitness

TR Yoga Basics

Ages 15 & Up **\$60**
 96229 Virtual Class 10/14 W 4-5 p.m.

Walk This Way

All Ages **FREE**
 84453 Wheaton Regional 10/17 Sa 10:30am-Noon
 84454 MLK OP 10/31 Sa 10:30am-Noon

Sports

TR Skills Clinic: Soccer

Ages 9-13 **3 Sessions FREE**
 93942 Bauer Drive CRC 10/10 Sa 3-3:45 p.m.

Ages 13-20 **3 Sessions FREE**
 93570 Bauer Drive CRC 10/10 Sa 2-2:45 p.m.



Special Events

Santa's Village

All Ages **FREE**
 101112 Holiday Park SC 12/5 Sa 1-3 p.m.

TGIF- Totally Virtual

Ages 3 & Up **FREE**
 89995 Virtual Event 11/6 F 5-5:50 p.m.
 89996 Virtual Event 12/4 F 5-5:50 p.m.

TR BIG Family Games

Ages 5 & Up **FREE**
 96650 Holiday Park SC 10/17 Sa 1-3 p.m.

TR BIG Games

Ages 18 & Up **FREE**
 97517 Holiday Park SC 10/17 Sa 4-6 p.m.

TR Sip 'n Paint

Ages 13-17 **FREE**
 93324 Holiday Park SC 10/10 Sa 1-2:15 p.m.

Ages 18 & Up **FREE**
 93319 Holiday Park SC 10/10 Sa 3-4:15 p.m.

TR Virtual Dance Party- Monster Mash

Ages 5 & Up **FREE**
 96519 Virtual Event 10/31 Sa 6-7:30 p.m.



THERAPEUTIC RECREATION

55+ ADULTS

ARTS & CRAFTS

Coffee or Tea: Sip-n-Paint
 Ages 55 & Up 1 Session \$30
 97643 Praisner CRC 10/9 F 9-10:30 a.m.

Feeling Crafty: Bead It Kits
 Ages 55 & Up 4 Sessions \$25
 97518 Virtual Class 10/1 Th 10-11 a.m.

Feeling Crafty: Celebrating the Colors of Fall Kits
 Ages 55 & Up 4 Sessions \$25
 97522 Virtual Class 10/29 Th 10-11 a.m.

Feeling Crafty: Hooray for the Holidays Kits
 Ages 55 & Up 3 Sessions \$25
 97524 Virtual Class 12/3 Th 10-11 a.m.

Knitting/Crochet
Knit & Crochet Group
 Ages 55 & Up 9 Sessions FREE
 97620 Virtual Class 11/3 Tu 10-11 a.m.

Photography
Photo Club
 Ages 55 & Up 2 Sessions FREE
 97612 Virtual Class 11/11 W 10 a.m.-Noon

DANCE

Hula Dance
 Ages 55 & Up 5 Sessions FREE
 94602 Holiday Park SC 10/2 F 10-10:45 a.m.

NIA Dance Fitness
 Ages 55 & Up 5 Sessions FREE
 94601 Holiday Park SC 10/1 Th 9-9:45 a.m.

International Folk Dance
 Ages 55 & Up 5 Sessions FREE
 97375 Holiday Park SC 10/1 Th 10-10:45 a.m.

Chair Dancing
 Ages 55 & Up 7 Sessions FREE
 97630 Virtual Class 10/29 Th 1-1:45 p.m.

Garba Dance
 Ages 55 & Up 8 Sessions FREE
 97618 Virtual Class 10/22 Th 2-2:55 p.m.

EDUCATIONAL

French Intermediate
 Ages 55 & Up 8 Sessions FREE
 97632 Virtual Class 10/14 W 11:30am-12:30pm

Elementary Spanish for Beginners
 Ages 55 & Up 11 Sessions FREE
 101079 Virtual Class 10/20 Tu 10:30 a.m.-Noon

Type II Diabetes Presentation
 Ages 55 & Up 1 Session FREE
 101115 Virtual Class 10/13 Tu 10-11:30 a.m.

SENIOR PROGRAMS

FITNESS

Bang Fitness

Ages 55 & Up 3 Sessions FREE
 97613 Virtual Class 10/8 Th 11 a.m.-Noon

Ages 55 & Up 7 Sessions FREE
 97614 Virtual Class 10/29 Th 11 a.m.-Noon

Exercising at Home, Staying Motivated

Ages 55 & Up 5 Sessions FREE
 98575 Virtual Class 10/12 M 1:30-2:30 p.m.
 98576 Virtual Class 11/30 M 1:30-2:30 p.m.

Furry Friends Virtual 5K

Ages 55 & Up 1 Session FREE
 97600 Virtual Class 11/5 Th Noon-12:30 p.m.

Strength Training

Exercise At Home Tips for Seniors

Ages 55 & Up 5 Sessions FREE
 97628 Schweinhaut SC 11/10 Tu 9:30-10:30 a.m.

Leg Strength

Ages 55 & Up 1 Session FREE
 96810 Virtual Class 10/8 Th Noon-12:30 p.m.

Seated Stretch & Tone

Ages 55 & Up 4 Sessions FREE
 93614 Virtual Class 10/27 Tu 10-10:30 a.m.

Yoga

Chair Yoga

Ages 55 & Up 3 Sessions FREE
 97607 Virtual Class 10/6 Tu 11 a.m.-Noon

Ages 55 & Up 10 Sessions FREE
 97608 Virtual Class 10/27 Tu 11 a.m.-Noon

Yoga for Vitality

Ages 55 & Up 4 Sessions \$48
 97636 N. Potomac CRC 10/1 Th 11 a.m.-Noon
 97209 N. Potomac CRC 10/29 Th 11 a.m.-Noon

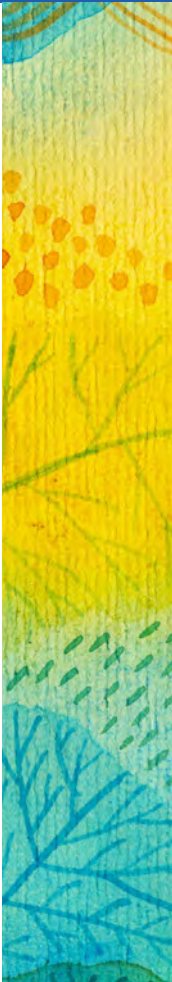
Ages 55 & Up 4 Sessions \$48
 97211 Virtual Class 12/1 Tu 9:30-10:30 a.m.

Zumba

Zumba Gold

Ages 55 & Up 4 Sessions FREE
 97609 Virtual Class 9/30 W 11 a.m.-Noon

Ages 55 & Up 9 Sessions FREE
 97610 Virtual Class 10/28 W 11 a.m.-Noon



Virtual Classes

Now Available

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

Outdoor Classes



All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.

SENIOR PROGRAMS

HEALTH/ WELLNESS

Tips for Preventing Falls

Ages 55 & Up 1 Session FREE
93615 Virtual Class 10/29 Th Noon-12:30 p.m.

Social Groups

Book Talk

Ages 55 & Up 2 Sessions FREE
97617 Virtual Class 11/11 W 1-1:55 p.m.

Evening Book Club

Ages 55 & Up 3 Sessions FREE
94001 Virtual Class 10/21 W 4-4:55 p.m.

Pet Social Hour

Ages 55 & Up 1 Session FREE
97466 Virtual Class 11/3 Tu 11 a.m.-Noon

MUSIC

Name that Tune

Ages 55 & Up 1 Session FREE
93967 Virtual Class 11/5 Th 10:30-11:30 a.m.



SENIOR PROGRAMS



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.

SPECIAL EVENTS

Fashion Show

Ages 55 & Up 4 Sessions FREE
97621 Virtual Event 10/29 Th 1-2 p.m.

Men's Meeting Club

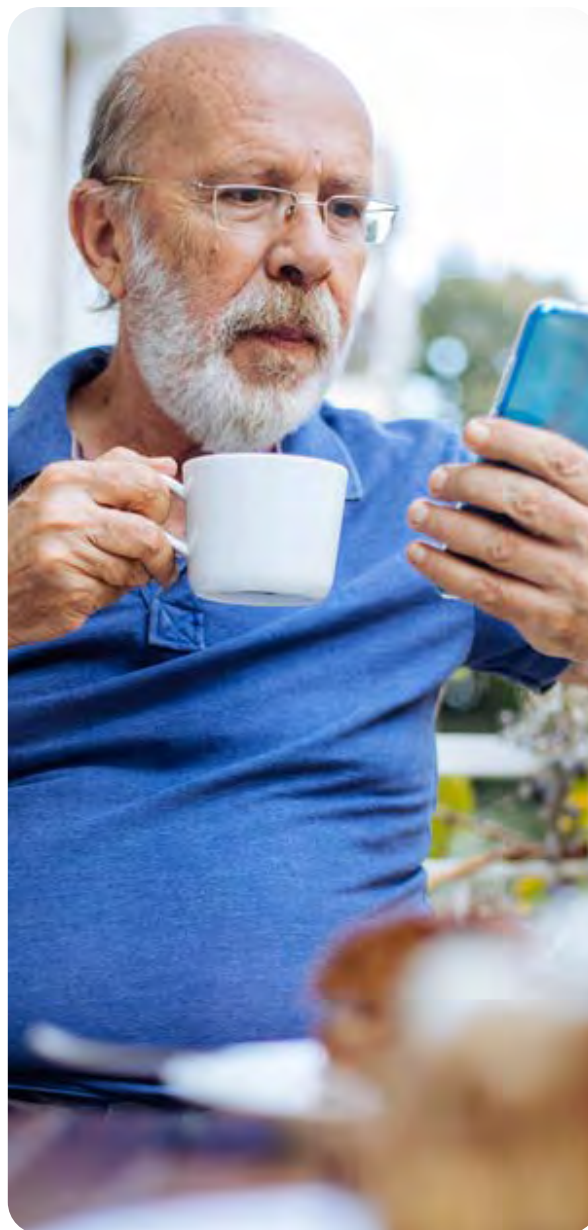
Ages 55 & Up 8 Sessions FREE
97631 Virtual Class 10/30 F 1-2 p.m.

Tea- Terrific Tea Party

Ages 55 & Up 1 Session FREE
97725 Virtual Class 11/20 F 3-4 p.m.

Virtual Museum Tour

Ages 55 & Up 1 Session FREE
97479 Virtual Tour 11/6 F 10-11 a.m.



REMINDER

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

SENIOR PROGRAMS



PROGRAM LOCATIONS

Bauer Drive Community Recreation Center

TR Skills Clinic: Soccer..... 8

Damascus Community Recreation Center

Learn 2 Skate: Session 2..... 7

Germantown Indoor Swim Center

Aqua YO-Lates..... 3

Deep Water Running..... 4

Water Aerobics..... 4

Water Exercise..... 4

Holiday Park Senior Center

Coffee or Tea: Sip-n-Paint..... 11

Hula Dance..... 11

NIA Dance Fitness..... 11

International Folk Dance..... 11

Santa's Village..... 8

Sip 'n Paint..... 8

TRBIG Family Games..... 8

TR BIG Games..... 8

Kennedy Shriver Aquatic Center

Abs & Glutes & More..... 3

Aqua Lite..... 3

Aqua Spin..... 3

Aqua YO-Lates..... 3

Deep Water Running..... 4

Hi/Lo Cardio Fashion..... 4

Water Aerobics..... 4

Water Exercise..... 4

Martin Luther King, Jr. Swim Center/Outdoor Pool

Abs & Glutes & More..... 3

Aqua Cardio Dance..... 3

Aqua Spin..... 3

Aqua YO-Lates..... 3

Deep Water Running..... 4

Water Exercise..... 4

TR Walk This Way..... 8

Margaret Schweinhaut Senior Center

Exercise At Home Tips for Seniors..... 10

Marilyn J. Praisner Community Recreation Center

Coffee or Tea: Sip-n-Paint..... 9

Nancy H. Dacek North Potomac Community Recreation Center

Yoga for Vitality..... 10

Olney Swim Center

Aqua Lite..... 3

Aqua YO-Lates..... 3

Water Aerobics..... 4

Water Exercise..... 4

Wheaton Regional Park Trail

TR Walk This Way..... 8



VIRTUAL CLASSES

All virtual classes and activities will take place on a virtual platform. A link to join the virtual activity will be provided upon registration in ActiveMontgomery to your preferred email address.



OUTDOOR CLASSES

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.

REMINDER
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FACILITY ADDRESSES



Registration for
Fall Session II
is now
UNDERWAY

Parks

Wheaton Regional Park Trail..... 2000 Shorefield Rd, Silver Spring, 20902

Recreation Facilities

Bauer Drive CRC	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC	25520 Oak Drive, Damascus, 20872
East County CRC	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Germantown Indoor Swim Center	18000 Central Park Circle, Boyds, 20841
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Road, Silver Spring, 20910
Holiday Park SC	3950 Ferrara Drive, Wheaton, 20906
Jane E. Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Kennedy Shriver Aquatic Center	5900 Executive Blvd., N.Bethesda, 20814
Leonard D. Jackson Ken Gar	4111 Plyers Mill Road, Kensington, 20895
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Parkway, Burtonsville, 20866
Martin Luther King Swim Center/Outdoor Pool	1201 Jackson Road, Silver Spring, 20904
Mid-County CRC	2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	3850 Travilah Road, Rockville, 20850
Olney Swim Center.....	16605 Georgia Ave, Olney, MD 20832
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC	11315 Falls Road, Potomac, 20854
Recreation Administrative Office.....	4010 Randolph Road, Silver Spring 20902
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Upper County CRC	8201 Emory Grove Road, Gaithersburg, 20877
Wheaton CRC	11701 Georgia Ave., Wheaton, 20902
White Oak CRC.....	1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC.....	5311 Friendship Blvd., Chevy Chase, 20815