

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



*View sports leagues starting on
page 62*

FALL 2025



MONTGOMERY COUNTY
Recreation

IN THIS GUIDE

The information in this GUIDE is current as of Aug. 1, 2025. Changes to programs may occur.

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FALL
2025

Explore hundreds of activities and events to help you be healthier and happier!

NOTICE FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place. For more information, email: rec.inclusion@montgomerycountymd.gov





Jump to ActiveMONTGOMERY to register for activities.

REGISTER HERE

Use the clickable link located on the bottom of the pages.

 **Fall 2025**
registration begins

Tuesday, Aug. 12
6:30 a.m.

Registration opens for most fall programs and activities.

9 a.m.

Registration opens for senior programs.

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/
Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School

FREE

Fall FESTIVALS

Bring the whole family and celebrate with us at our annual fall festivals. Activities include pumpkin painting, music, games, crafts, petting zoo and more.



MONTGOMERY COUNTY
Recreation



Upper County outdoor Pool

Pooch Pool Party



Saturday, Aug. 23 - Activity R05092-501

Sunday, Aug. 24 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Pre-registration is required.

Written proof of current rabies

vaccination required for admission!



SCAN



8211 Emory Grove Road, Gaithersburg



MONTGOMERY COUNTY

Recreation

FLOATING

PUMPKIN

PATCH



MONTGOMERY COUNTY
Recreation

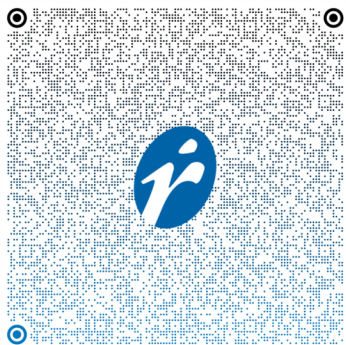


\$5

per
participant

Join Us!

Kids will pick a pumpkin and enjoy a decorating craft. Swimming with your pumpkin will be available for the first hour. Decorating and crafts will be available throughout the event. Children ages 5 and under require an adult in the water with them. One pumpkin per participant.



SCAN

Ages 2-12

Location

Olney Swim Center

Martin Luther King Jr. Swim Center

Silver Spring Recreation and Aquatic Center

Germantown Indoor Swim Center

Dates

Friday, Oct. 17

Saturday, Oct. 18

Sunday, Oct. 19

Friday, Oct. 24

Times

7-8:30 p.m.

Noon-1:30 p.m.

5-6:30 p.m.

7-8:30 p.m.

Activity

R01066-102

R01066-101

R01066-107

R01066-103

Individuals with Disability • Ages 2-15

Olney Swim Center

Saturday, Oct. 18

5-6:30 p.m.

R01066-104



Rec Assist

Financial Assistance Program



Montgomery County Recreation offers financial assistance to those who qualify.
Apply now!



SCAN

For more information, visit mcorec.com/recassist
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY
Recreation



AQUATICS

INDOOR POOLS

Live a Little...Swim a Lot!

Indoor pools will be closed on Thanksgiving and Christmas.

**Eunice Kennedy
Shriver & Sargent
Shriver Aquatic Center
(KSAC)**

240-777-8070
5900 Executive Boulevard
N. Bethesda

Reopening 2026

**Germantown
Indoor Swim Center
(GISC)**

240-777-6830
18000 Central Park Circle
Boyds

**Closed Oct. 18-19
Closed Nov. 15-16
Closed Dec. 12-14**

**Martin Luther King, Jr.
Swim Center (MLK)**

240-777-8060
1201 Jackson Road
Silver Spring

Closed Nov. 1-2

**Olney Indoor
Swim Center (OSC)**

240-777-4995
16605 Georgia Avenue
Olney

Closed Nov. 8-9

**Silver Spring
Recreation and Aquatic
Center (SSRAC)**

240-777-6900
1319 Apple Avenue
Silver Spring

Closed Aug. 30-Sept. 14



AQUATIC RULES AND REGULATIONS

View the pool
rules and regulations.

VIEW HERE 🔍



**KENNEDY SHRIVER AQUATIC CENTER
(KSAC)**

**IS
CLOSED
FOR RENOVATIONS
UNTIL 2026**

CLICK HERE FOR MORE INFORMATION



WATER FITNESS

Abs & Glutes & More

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01001-103	MLKSC	9/8	M	10-10:50 a.m.	\$104
13 Sessions	R01001-104	MLKSC	9/10	W	10-10:50 a.m.	\$104
12 Sessions	R01001-1500	SSRAC	9/18	Th	11-11:50 a.m.	\$96
8 Sessions	R01001-1002	WGOP	10/14	Tu,Th	5:30-6:20 p.m.	\$64
10 Sessions	R01001-1001	WGOP	9/9	Tu,Th	5:30-6:20 p.m.	\$80

Aqua Cardio Challenge

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01004-102	MLKSC	9/7	Su	4-4:50 p.m.	\$104
13 Sessions	R01004-101	MLKSC	9/9	Tu	8:30-9:20 p.m.	\$104
13 Sessions	R01004-103	MLKSC	9/12	F	9-9:50 a.m.	\$104

Aqua Cardio Dance

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01003-103	MLKSC	9/11	Th	10-10:50 a.m.	\$104
12 Sessions	R01003-101	OSC	9/7	Su	9:05-9:55 a.m.	\$96
12 Sessions	R01003-1501	SSRAC	9/17	W	10-10:50 a.m.	\$96

Aqua Fit

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01085-178	MLKSC	9/9	Tu	10-10:50 a.m.	\$104
12 Sessions	R01085-1502	SSRAC	9/15	M	1-1:50 p.m.	\$96
12 Sessions	R01085-1500	SSRAC	9/16	Tu	6-6:50 p.m.	\$96
12 Sessions	R01085-1503	SSRAC	9/17	W	1-1:50 p.m.	\$96
12 Sessions	R01085-1501	SSRAC	9/19	F	11-11:50 a.m.	\$96

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WATER FITNESS

Aqua Lite

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01005-103	OSC	9/8	M	10-10:50 a.m.	\$104
13 Sessions	R01005-104	OSC	9/10	W	10-10:50 a.m.	\$104
13 Sessions	R01005-105	OSC	9/12	F	10-10:50 a.m.	\$104
12 Sessions	R01005-1501	SSRAC	9/15	M	11-11:50 a.m.	\$96
12 Sessions	R01005-1500	SSRAC	9/17	W	11-11:50 a.m.	\$96

Aqua Spin

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01006-113	GISC	9/9	Tu	8-8:50 a.m.	\$143
13 Sessions	R01006-114	GISC	9/11	Th	8-8:50 a.m.	\$143
10 Sessions	R01006-116	MLKSC	9/13	Sa	8:10-9 a.m.	\$110
10 Sessions	R01006-108	MLKSC	9/13	Sa	5:10-6 p.m.	\$110
13 Sessions	R01006-115	MLKSC	9/9	Tu	7:30-8:20 a.m.	\$143
13 Sessions	R01006-111	MLKSC	9/9	Tu	11-11:50 a.m.	\$143
13 Sessions	R01006-107	MLKSC	9/10	W	9-9:50 a.m.	\$143
13 Sessions	R01006-106	MLKSC	9/11	Th	11-11:50 a.m.	\$143
13 Sessions	R01006-112	MLKSC	9/11	Th	8:30-9:20 p.m.	\$143
13 Sessions	R01006-109	MLKSC	9/12	F	7:30-8:20 a.m.	\$143
13 Sessions	R01006-110	MLKSC	9/12	F	7:30-8:20 p.m.	\$143
11 Sessions	R01006-1506	SSRAC	9/20	Sa	9:30-10:20 a.m.	\$121
12 Sessions	R01006-1500	SSRAC	9/15	M	7:30-8:20 p.m.	\$132
12 Sessions	R01006-1501	SSRAC	9/16	Tu	12:30-1:20 p.m.	\$132
12 Sessions	R01006-1502	SSRAC	9/17	W	7:30-8:20 p.m.	\$132
12 Sessions	R01006-1503	SSRAC	9/18	Th	9-9:50 a.m.	\$132
12 Sessions	R01006-1505	SSRAC	9/19	F	12:30-1:20 p.m.	\$132

Aqua Yo-Lates

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01007-101	MLKSC	9/12	F	10-10:50 a.m.	\$104
12 Sessions	R01007-1500	SSRAC	9/16	Tu	11-11:50 a.m.	\$96

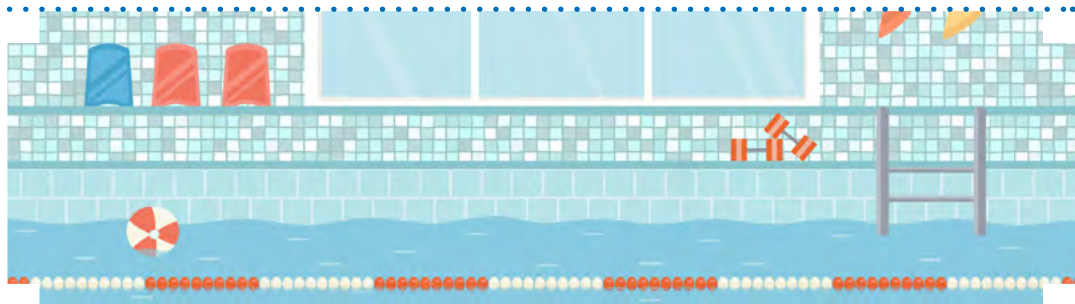
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WATER FITNESS

Deep Water Running

Ages 12 and up



Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01008-130	GISC	9/13	Sa	10-10:50 a.m.	\$64
13 Sessions	R01008-107	GISC	9/8	M	10-10:50 a.m.	\$104
13 Sessions	R01008-110	GISC	9/8	M	7:50-8:40 p.m.	\$104
13 Sessions	R01008-106	GISC	9/9	Tu	10-10:50 a.m.	\$104
13 Sessions	R01008-108	GISC	9/10	W	10:30-11:20 a.m.	\$104
13 Sessions	R01008-109	GISC	9/11	Th	10-10:50 a.m.	\$104
10 Sessions	R01008-127	MLKSC	9/13	Sa	9-9:50 a.m.	\$80
13 Sessions	R01008-121	MLKSC	9/8	M	Noon-12:50 p.m.	\$104
13 Sessions	R01008-131	MLKSC	9/9	Tu	9-9:50 a.m.	\$104
13 Sessions	R01008-124	MLKSC	9/9	Tu	7:30-8:20 p.m.	\$104
13 Sessions	R01008-126	MLKSC	9/10	W	Noon-12:50 p.m.	\$104
13 Sessions	R01008-122	MLKSC	9/11	Th	7:30-8:20 a.m.	\$104
13 Sessions	R01008-123	MLKSC	9/11	Th	7:30-8:20 p.m.	\$104
13 Sessions	R01008-125	MLKSC	9/12	F	11-11:50 a.m.	\$104
10 Sessions	R01008-129	OSC	9/13	Sa	9:05-9:55 a.m.	\$80
13 Sessions	R01008-111	OSC	9/8	M	7:20-8:10 p.m.	\$104
13 Sessions	R01008-128	OSC	9/8	M	11-11:50 a.m.	\$104
13 Sessions	R01008-112	OSC	9/9	Tu	8:30-9:20 a.m.	\$104
13 Sessions	R01008-113	OSC	9/9	Tu	10:30-11:20 a.m.	\$104
13 Sessions	R01008-119	OSC	9/10	W	6:30-7:20 a.m.	\$104
13 Sessions	R01008-114	OSC	9/10	W	7:20-8:10 p.m.	\$104
13 Sessions	R01008-115	OSC	9/11	Th	9-9:50 a.m.	\$104
13 Sessions	R01008-116	OSC	9/11	Th	11-11:50 a.m.	\$104
13 Sessions	R01008-120	OSC	9/12	F	6:30-7:20 a.m.	\$104
13 Sessions	R01008-118	OSC	9/12	F	6:20-7:10 p.m.	\$104
11 Sessions	R01008-1505	SSRAC	9/20	Sa	10:30-11:20 a.m.	\$88
11 Sessions	R01008-1506	SSRAC	9/21	Su	11:10 a.m.-Noon	\$88
12 Sessions	R01008-1508	SSRAC	9/15	M	10-10:50 a.m.	\$96
12 Sessions	R01008-1501	SSRAC	9/16	Tu	10-10:50 a.m.	\$96
12 Sessions	R01008-1500	SSRAC	9/16	Tu	7:05-7:55 p.m.	\$96
12 Sessions	R01008-1503	SSRAC	9/18	Th	10-10:50 a.m.	\$96
12 Sessions	R01008-1502	SSRAC	9/18	Th	7:15-8:05 p.m.	\$96
12 Sessions	R01008-1504	SSRAC	9/19	F	9-9:50 a.m.	\$96

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WATER FITNESS

Hi/Lo Cardio Fusion

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01009-1500	SSRAC	9/19	F	10-10:50 a.m.	\$96

Water Aerobics

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01010-105	GISC	9/11	Th	7:50-8:40 p.m.	\$96
13 Sessions	R01010-108	GISC	9/10	W	9:30-10:20 a.m.	\$104
13 Sessions	R01010-102	OSC	9/9	Tu	9:30-10:20 a.m.	\$104
13 Sessions	R01010-101	OSC	9/9	Tu	7:20-8:10 p.m.	\$104
13 Sessions	R01010-103	OSC	9/11	Th	10-10:50 a.m.	\$104
13 Sessions	R01010-104	OSC	9/11	Th	7:20-8:10 p.m.	\$104

Water Exercise

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
13 Sessions	R01011-105	MLKSC	9/8	M	9-9:50 a.m.	\$104
13 Sessions	R01011-102	OSC	9/8	M	9-9:50 a.m.	\$104
13 Sessions	R01011-103	OSC	9/10	W	9-9:50 a.m.	\$104
13 Sessions	R01011-104	OSC	9/12	F	9-9:50 a.m.	\$104
12 Sessions	R01011-1502	SSRAC	9/16	Tu	9-9:50 a.m.	\$96
12 Sessions	R01011-1501	SSRAC	9/18	Th	6-6:50 p.m.	\$96


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INFORMATION ABOUT SWIM LESSONS



Registration will begin Aug. 12 at 6:30 a.m. for County residents.

Please note the following:

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

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the Martin Luther King Jr. Indoor Swim Center and Silver Spring Recreation and Aquatic Center indoor pools.

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Courses generally meet for six 30-minute sessions.

Fees range from \$60 to \$66 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in swim classes on the following page.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a pro-rated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatic lessons or any other Montgomery County Recreation program.



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



GUIDANCE FOR SWIM LESSONS

Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3 years)

Preschool (Ages 3-5)

On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.

Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

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

Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.

Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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.

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

Advanced

Youth (Ages 6-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle), back crawl, breaststroke and be comfortable in deep water.

This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breaststroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35-minute sessions. Group size is limited to 10 students per instructor.

FOR MORE INFORMATION, CLICK HERE.

**PARENT-ASSISTED SWIM LESSONS****WATERBABIES****AGES
6-18 MONTHS**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01063-1200	GISC	9/23	Tu,Th	5-5:30 p.m.	\$60
6 Sessions	R01063-1201	GISC	10/28	Tu,Th	5-5:30 p.m.	\$60
6 Sessions	R01063-178	MLKSC	9/6	Sa	11:40 a.m.-12:10 p.m.	\$60
6 Sessions	R01063-179	MLKSC	9/10	W	6:10-6:40 p.m.	\$60
6 Sessions	R01063-180	MLKSC	10/25	Sa	11:40 a.m.-12:10 p.m.	\$60
6 Sessions	R01063-181	MLKSC	10/29	W	6:10-6:40 p.m.	\$60
6 Sessions	R01063-152	OSC	9/7	Su	9:10-9:40 a.m.	\$60
6 Sessions	R01063-153	OSC	9/9	Tu	5:20-5:50 p.m.	\$60
6 Sessions	R01063-154	OSC	10/19	Su	9:10-9:40 a.m.	\$60
6 Sessions	R01063-155	OSC	10/28	Tu	5:20-5:50 p.m.	\$60
6 Sessions	R01063-1502	SSRAC	9/16	Tu	5:10-5:40 p.m.	\$60
6 Sessions	R01063-1503	SSRAC	9/18	Th	9:30-10 a.m.	\$60
6 Sessions	R01063-1504	SSRAC	9/19	F	10:50-11:20 a.m.	\$60
6 Sessions	R01063-1505	SSRAC	9/20	Sa	9:30-10 a.m.	\$60
6 Sessions	R01063-1501	SSRAC	9/21	Su	10:10-10:40 a.m.	\$60
6 Sessions	R01063-1511	SSRAC	11/1	Sa	9:30-10 a.m.	\$60
6 Sessions	R01063-1507	SSRAC	11/2	Su	10:10-10:40 a.m.	\$60
6 Sessions	R01063-1506	SSRAC	11/3	M	6:30-7 p.m.	\$60
6 Sessions	R01063-1508	SSRAC	11/4	Tu	5:10-5:40 p.m.	\$60
6 Sessions	R01063-1509	SSRAC	11/6	Th	9:30-10 a.m.	\$60
6 Sessions	R01063-1510	SSRAC	11/7	F	10:50-11:20 a.m.	\$60

**PARENT-ASSISTED LESSONS**

In parent-assisted classes, only one adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.

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PARENT-ASSISTED SWIM LESSONS

AQUATOTS

**AGES
18 MONTHS-
3 YEARS**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01038-1205	GISC	9/20	Sa	9:15-9:45 am	\$60
6 Sessions	R01038-1206	GISC	9/20	Sa	11:15-11:45 am	\$60
6 Sessions	R01038-1200	GISC	9/23	Tu,Th	5:40-6:10 p.m.	\$60
6 Sessions	R01038-1203	GISC	9/24	W	6:20-6:50 p.m.	\$60
6 Sessions	R01038-1201	GISC	10/28	Tu,Th	5:40-6:10 p.m.	\$60
6 Sessions	R01038-1204	GISC	11/5	W	5:40-6:10 p.m.	\$60
6 Sessions	R01038-178	MLKSC	9/6	Sa	10:20-10:50 a.m.	\$60
6 Sessions	R01038-179	MLKSC	9/7	Su	10-10:30 a.m.	\$60
6 Sessions	R01038-180	MLKSC	9/10	W	5:30-6 p.m.	\$60
6 Sessions	R01038-181	MLKSC	10/25	Sa	10:20-10:50 a.m.	\$60
6 Sessions	R01038-182	MLKSC	10/26	Su	10-10:30 a.m.	\$60
6 Sessions	R01038-183	MLKSC	10/29	W	5:30-6 p.m.	\$60
6 Sessions	R01038-152	OSC	9/7	Su	5:20-5:50 p.m.	\$60
6 Sessions	R01038-153	OSC	9/9	Tu	6-6:30 p.m.	\$60
6 Sessions	R01038-154	OSC	10/19	Su	9:50-10:20 a.m.	\$60
6 Sessions	R01038-155	OSC	10/28	Tu	6-6:30 p.m.	\$60
6 Sessions	R01038-1500	SSRAC	9/15	M	6:30-7 p.m.	\$60
6 Sessions	R01038-1501	SSRAC	9/16	Tu	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1502	SSRAC	9/16	Tu	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1504	SSRAC	9/19	F	9:30-10 a.m.	\$60
6 Sessions	R01038-1505	SSRAC	9/20	Sa	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1503	SSRAC	9/21	Su	9:30-10 a.m.	\$60
6 Sessions	R01038-1511	SSRAC	11/1	Sa	10:10-10:40 a.m.	\$60
6 Sessions	R01038-1509	SSRAC	11/2	Su	9:30-10 a.m.	\$60
6 Sessions	R01038-1506	SSRAC	11/3	M	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1507	SSRAC	11/4	Tu	10:50-11:20 a.m.	\$60
6 Sessions	R01038-1508	SSRAC	11/4	Tu	5:50-6:20 p.m.	\$60
6 Sessions	R01038-1510	SSRAC	11/7	F	9:30-10 a.m.	\$60



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PARENT-ASSISTED SWIM LESSONS

PRESCHOOL**AGES 3-5**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01062-1200	GISC	9/23	Tu,Th	6:20-6:50 p.m.	\$60
6 Sessions	R01062-1201	GISC	10/28	Tu,Th	6:20-6:50 p.m.	\$60
6 Sessions	R01062-178	MLKSC	9/6	Sa	1-1:30 p.m.	\$60
6 Sessions	R01062-179	MLKSC	9/7	Su	Noon-12:30 p.m.	\$60
6 Sessions	R01062-180	MLKSC	9/10	W	6:50-7:20 p.m.	\$60
6 Sessions	R01062-181	MLKSC	10/25	Sa	1-1:30 p.m.	\$60
6 Sessions	R01062-182	MLKSC	10/26	Su	Noon-12:30 p.m.	\$60
6 Sessions	R01062-183	MLKSC	10/29	W	6:50-7:20 p.m.	\$60
6 Sessions	R01062-152	OSC	9/7	Su	10:30-11 a.m.	\$60
6 Sessions	R01062-153	OSC	9/9	Tu	6:40-7:10 p.m.	\$60
6 Sessions	R01062-154	OSC	10/19	Su	10:30-11 a.m.	\$60
6 Sessions	R01062-155	OSC	10/28	Tu	6:40-7:10 p.m.	\$60
6 Sessions	R01062-1500	SSRAC	9/15	M	5:50-6:20 p.m.	\$60
6 Sessions	R01062-1501	SSRAC	9/16	Tu	9:30-10 a.m.	\$60
6 Sessions	R01062-1502	SSRAC	9/16	Tu	4:30-5 p.m.	\$60
6 Sessions	R01062-1504	SSRAC	9/19	F	10:10-10:40 a.m.	\$60
6 Sessions	R01062-1503	SSRAC	9/19	F	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1505	SSRAC	9/21	Su	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1511	SSRAC	11/2	Su	11:30 a.m.-Noon	\$60
6 Sessions	R01062-1506	SSRAC	11/3	M	5:50-6:20 p.m.	\$60
6 Sessions	R01062-1507	SSRAC	11/4	Tu	9:30-10 a.m.	\$60
6 Sessions	R01062-1508	SSRAC	11/4	Tu	4:30-5 p.m.	\$60
6 Sessions	R01062-1510	SSRAC	11/7	F	10:10-10:40 a.m.	\$60
6 Sessions	R01062-1509	SSRAC	11/7	F	11:30 a.m.-Noon	\$60

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FREE

RECFIT PASS

SIGN UP TODAY AND ACCESS



FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY
Recreation



BEGINNER SWIM LESSONS

LEVEL 1

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-1200	GISC	9/20	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01051-1201	GISC	9/20	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01051-1208	GISC	9/20	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01051-1202	GISC	9/21	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01051-1203	GISC	9/21	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01051-1209	GISC	9/21	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01051-1210	GISC	9/21	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01051-1204	GISC	9/22	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1206	GISC	9/23	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01051-1212	GISC	9/23	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1213	GISC	9/23	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1215	GISC	9/24	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1205	GISC	11/3	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-1211	GISC	11/3	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-1216	GISC	11/5	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-179	MLKSC	9/6	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01051-180	MLKSC	9/6	Sa	11-11:30 a.m.	\$66
6 Sessions	R01051-181	MLKSC	9/6	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01051-182	MLKSC	9/6	Sa	1-1:30 p.m.	\$66
6 Sessions	R01051-122	MLKSC	9/7	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01051-123	MLKSC	9/7	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01051-183	MLKSC	9/7	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01051-184	MLKSC	9/8	M	5:30-6 p.m.	\$66
6 Sessions	R01051-185	MLKSC	9/8	M	6:50-7:20 p.m.	\$66
6 Sessions	R01051-186	MLKSC	9/9	Tu	5:30-6 p.m.	\$66
6 Sessions	R01051-187	MLKSC	9/9	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01051-188	MLKSC	9/10	W	6:10-6:40 p.m.	\$66
6 Sessions	R01051-189	MLKSC	9/11	Th	5:30-6 p.m.	\$66
6 Sessions	R01051-190	MLKSC	9/11	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01051-191	MLKSC	10/25	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01051-192	MLKSC	10/25	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01051-193	MLKSC	10/25	Sa	11-11:30 a.m.	\$66
6 Sessions	R01051-194	MLKSC	10/25	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01051-195	MLKSC	10/25	Sa	1-1:30 p.m.	\$66
6 Sessions	R01051-196	MLKSC	10/26	Su	10:40-11:10 a.m.	\$66

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BEGINNER SWIM LESSONS

LEVEL 1

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-147	MLKSC	10/26	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01051-197	MLKSC	10/26	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01051-198	MLKSC	10/27	M	5:30-6 p.m.	\$66
6 Sessions	R01051-199	MLKSC	10/27	M	6:50-7:20 p.m.	\$66
6 Sessions	R01051-124	MLKSC	10/28	Tu	5:30-6 p.m.	\$66
6 Sessions	R01051-125	MLKSC	10/28	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01051-148	MLKSC	10/29	W	6:10-6:40 p.m.	\$66
6 Sessions	R01051-149	MLKSC	10/30	Th	5:30-6 p.m.	\$66
6 Sessions	R01051-153	OSC	9/7	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01051-159	OSC	9/8	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-160	OSC	9/8	M	7-7:30 p.m.	\$66
6 Sessions	R01051-162	OSC	9/10	W	5:40-6:10 p.m.	\$66
6 Sessions	R01051-163	OSC	9/10	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-154	OSC	9/11	Th	6-6:30 p.m.	\$66
6 Sessions	R01051-155	OSC	9/11	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01051-152	OSC	9/13	Sa	10:30-11 a.m.	\$66
6 Sessions	R01051-156	OSC	10/19	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01051-170	OSC	10/20	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-171	OSC	10/20	M	7-7:30 p.m.	\$66
6 Sessions	R01051-173	OSC	10/22	W	5:40-6:10 p.m.	\$66
6 Sessions	R01051-174	OSC	10/22	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-157	OSC	10/30	Th	6-6:30 p.m.	\$66
6 Sessions	R01051-158	OSC	10/30	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01051-1511	SSRAC	9/15	M	7:10-7:40 p.m.	\$66
6 Sessions	R01051-1501	SSRAC	9/16	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01051-1503	SSRAC	9/19	F	10:10-10:40 a.m.	\$66
6 Sessions	R01051-1502	SSRAC	9/18	Th	10:50-11:20 a.m.	\$66
6 Sessions	R01051-1500	SSRAC	9/18	Th	6:30-7 p.m.	\$66
6 Sessions	R01051-1504	SSRAC	9/20	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-1509	SSRAC	11/1	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-1506	SSRAC	11/4	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01051-1507	SSRAC	11/6	Th	10:50-11:20 a.m.	\$66
6 Sessions	R01051-1505	SSRAC	11/6	Th	6:30-7 p.m.	\$66
6 Sessions	R01051-1508	SSRAC	11/7	F	10:10-10:40 a.m.	\$66
6 Sessions	R01051-1510	SSRAC	11/7	F	11:30 a.m.-Noon	\$66

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BEGINNER SWIM LESSONS

LEVEL 2

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-1205	GISC	9/20	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01052-1200	GISC	9/20	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01052-1206	GISC	9/20	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01052-1207	GISC	9/21	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01052-1201	GISC	9/21	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01052-1208	GISC	9/21	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01052-1209	GISC	9/22	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1202	GISC	9/22	M	6:20-6:50 p.m.	\$66
6 Sessions	R01052-1203	GISC	9/23	Tu,Th	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1213	GISC	9/24	W	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1211	GISC	10/28	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01052-1212	GISC	10/28	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01052-1210	GISC	11/3	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-1214	GISC	11/5	W	5:40-6:10 p.m.	\$66
6 Sessions	R01052-179	MLKSC	9/6	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01052-178	MLKSC	9/6	Sa	11-11:30 a.m.	\$66
6 Sessions	R01052-181	MLKSC	9/6	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01052-180	MLKSC	9/6	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01052-123	MLKSC	9/7	Su	10-10:30 a.m.	\$66
6 Sessions	R01052-182	MLKSC	9/7	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01052-183	MLKSC	9/7	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01052-184	MLKSC	9/8	M	5:30-6 p.m.	\$66
6 Sessions	R01052-185	MLKSC	9/8	M	6:10-6:50 p.m.	\$66
6 Sessions	R01052-186	MLKSC	9/9	Tu	5:30-6 p.m.	\$66
6 Sessions	R01052-187	MLKSC	9/9	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01052-188	MLKSC	9/10	W	6:50-7:20 p.m.	\$66
6 Sessions	R01052-189	MLKSC	9/11	Th	6:10-6:50 p.m.	\$66
6 Sessions	R01052-190	MLKSC	9/11	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01052-191	MLKSC	10/25	Sa	9:40-10:10 a.m.	\$66
6 Sessions	R01052-192	MLKSC	10/25	Sa	11-11:30 a.m.	\$66
6 Sessions	R01052-193	MLKSC	10/25	Sa	11:40 a.m.-12:10 p.m.	\$66



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BEGINNER SWIM LESSONS

LEVEL 2

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-194	MLKSC	10/25	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01052-147	MLKSC	10/26	Su	10-10:30 a.m.	\$66
6 Sessions	R01052-195	MLKSC	10/26	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01052-196	MLKSC	10/26	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01052-197	MLKSC	10/27	M	5:30-6 p.m.	\$66
6 Sessions	R01052-198	MLKSC	10/27	M	6:10-6:40 p.m.	\$66
6 Sessions	R01052-199	MLKSC	10/28	Tu	5:30-6 p.m.	\$66
6 Sessions	R01052-124	MLKSC	10/28	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01052-125	MLKSC	10/29	W	6:50-7:20 p.m.	\$66
6 Sessions	R01052-148	MLKSC	10/30	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01052-149	MLKSC	10/30	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01052-153	OSC	9/8	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-156	OSC	9/8	M	6:20-7:10 p.m.	\$66
6 Sessions	R01052-158	OSC	9/10	W	7-7:30 p.m.	\$66
6 Sessions	R01052-152	OSC	9/13	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01052-162	OSC	10/20	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-163	OSC	10/20	M	7-7:30 p.m.	\$66
6 Sessions	R01052-165	OSC	10/22	W	7-7:30 p.m.	\$66
6 Sessions	R01052-154	OSC	10/28	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01052-155	OSC	10/30	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01052-1502	SSRAC	9/16	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1500	SSRAC	9/18	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1503	SSRAC	9/19	Fri	10:50-11:20 a.m.	\$66
6 Sessions	R01052-1504	SSRAC	9/21	Su	9:30-10 a.m.	\$66
6 Sessions	R01052-1501	SSRAC	9/21	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1506	SSRAC	11/2	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1507	SSRAC	11/4	Tu	6:30-7 p.m.	\$66
6 Sessions	R01052-1510	SSRAC	11/6	Th	11:30 a.m.-Noon	\$66
6 Sessions	R01052-1505	SSRAC	11/6	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01052-1508	SSRAC	11/7	Fri	10:50-11:20 a.m.	\$66


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BEGINNER SWIM LESSONS

LEVEL 3

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01053-1200	GISC	9/20	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01053-1201	GISC	9/21	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01053-178	MLKSC	9/6	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01053-179	MLKSC	9/7	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01053-180	MLKSC	9/9	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01053-181	MLKSC	9/11	Th	7:30-8 p.m.	\$66
6 Sessions	R01053-182	MLKSC	10/25	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01053-183	MLKSC	10/26	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01053-184	MLKSC	10/28	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01053-186	MLKSC	10/30	Th	7:30-8 p.m.	\$66
6 Sessions	R01053-154	OSC	9/7	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01053-155	OSC	9/9	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01053-153	OSC	9/10	W	7-7:30 p.m.	\$66
6 Sessions	R01053-157	OSC	9/11	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01053-152	OSC	9/13	Sa	9:10-9:40 a.m.	\$66
6 Sessions	R01053-156	OSC	10/19	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01053-1501	SSRAC	9/16	Tu	6:30-7 p.m.	\$66
6 Sessions	R01053-1500	SSRAC	9/18	Th	6:30-7 p.m.	\$66
6 Sessions	R01053-1502	SSRAC	9/20	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01053-1503	SSRAC	9/21	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01053-1506	SSRAC	11/1	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01053-1507	SSRAC	11/2	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01053-1505	SSRAC	11/4	Tu	6:30-7 p.m.	\$66
6 Sessions	R01053-1504	SSRAC	11/6	Th	6:30-7 p.m.	\$66



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BEGINNER SWIM LESSONS

LEVEL 4
AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01054-1200	GISC	9/21	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01054-1201	GISC	9/21	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01054-178	MLKSC	9/7	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01054-179	MLKSC	9/9	Tu	7:30-8 p.m.	\$66
6 Sessions	R01054-180	MLKSC	9/11	Th	7:30-8 p.m.	\$66
6 Sessions	R01054-181	MLKSC	10/26	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01054-182	MLKSC	10/28	Tu	7:30-8 p.m.	\$66
6 Sessions	R01054-183	MLKSC	10/30	Th	7:30-8 p.m.	\$66
6 Sessions	R01054-153	OSC	9/7	Su	10:30-11 a.m.	\$66
6 Sessions	R01054-152	OSC	9/13	Sa	9:50-10:20 a.m.	\$66
6 Sessions	R01054-154	OSC	10/19	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01054-1501	SSRAC	9/16	Tu	6:30-7 p.m.	\$66
6 Sessions	R01054-1500	SSRAC	9/18	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01054-1502	SSRAC	9/20	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01054-1503	SSRAC	9/21	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01054-1505	SSRAC	11/4	Tu	5:50-6:20 p.m.	\$66
6 Sessions	R01054-1504	SSRAC	11/6	Th	5:50-6:20 p.m.	\$66


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YOUTH SWIM LESSONS

LEVEL 1

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01045-1205	GISC	9/21	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01045-1206	GISC	9/22	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-1203	GISC	9/24	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-1200	GISC	10/28	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01045-1201	GISC	10/28	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01045-1207	GISC	11/3	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-1208	GISC	11/3	M	6:20-6:50 p.m.	\$66
6 Sessions	R01045-1204	GISC	11/5	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-178	MLKSC	9/6	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01045-179	MLKSC	9/6	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01045-180	MLKSC	9/7	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01045-181	MLKSC	9/8	M	6:10-6:40 p.m.	\$66
6 Sessions	R01045-182	MLKSC	9/9	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01045-183	MLKSC	9/11	Th	5:30-6 p.m.	\$66
6 Sessions	R01045-184	MLKSC	10/25	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01045-189	MLKSC	10/25	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01045-185	MLKSC	10/26	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01045-186	MLKSC	10/27	M	6:10-6:40 p.m.	\$66
6 Sessions	R01045-187	MLKSC	10/28	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01045-188	MLKSC	10/30	Th	5:30-6 p.m.	\$66
6 Sessions	R01045-156	OSC	9/8	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-158	OSC	9/10	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-159	OSC	9/11	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01045-152	OSC	9/13	Sa	9:10-9:40 a.m.	\$66
6 Sessions	R01045-163	OSC	10/20	M	6:20-6:50 p.m.	\$66
6 Sessions	R01045-165	OSC	10/22	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-166	OSC	10/22	W	7-7:30 p.m.	\$66
6 Sessions	R01045-167	OSC	10/30	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01045-153	OSC	10/30	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01045-1500	SSRAC	9/17	W	7:10-7:40 p.m.	\$66
6 Sessions	R01045-1501	SSRAC	9/18	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01045-1502	SSRAC	9/20	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01045-1503	SSRAC	9/21	Su	9:30-10 a.m.	\$66
6 Sessions	R01045-1506	SSRAC	11/1	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01045-1507	SSRAC	11/2	Su	9:30-10 a.m.	\$66
6 Sessions	R01045-1504	SSRAC	11/5	W	4:30-5 p.m.	\$66
6 Sessions	R01045-1505	SSRAC	11/6	Th	5:50-6:20 p.m.	\$66

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YOUTH SWIM LESSONS

LEVEL 2

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01046-1203	GISC	9/21	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01046-1204	GISC	9/22	M	6:20-6:50 p.m.	\$66
6 Sessions	R01046-1205	GISC	9/23	Tu, Th	5-5:30 p.m.	\$66
6 Sessions	R01046-1201	GISC	9/24	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-1200	GISC	10/28	Tu, Th	5:40-6:10 p.m.	\$66
6 Sessions	R01046-1202	GISC	11/5	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-178	MLKSC	9/6	Sa	11-11:30 a.m.	\$66
6 Sessions	R01046-179	MLKSC	9/6	Sa	11-11:30 a.m.	\$66
6 Sessions	R01046-190	MLKSC	9/6	Sa	1-1:30 p.m.	\$66
6 Sessions	R01046-180	MLKSC	9/7	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01046-181	MLKSC	9/9	Tu	7:30-8 p.m.	\$66
6 Sessions	R01046-182	MLKSC	9/10	W	5:30-6 p.m.	\$66
6 Sessions	R01046-183	MLKSC	9/11	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01046-184	MLKSC	10/25	Sa	11-11:30 a.m.	\$66
6 Sessions	R01046-186	MLKSC	10/25	Sa	1-1:30 p.m.	\$66
6 Sessions	R01046-185	MLKSC	10/26	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01046-187	MLKSC	10/28	Tu	7:30-8 p.m.	\$66
6 Sessions	R01046-188	MLKSC	10/29	W	5:30-6 p.m.	\$66
6 Sessions	R01046-189	MLKSC	10/30	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01046-155	OSC	9/8	M	7-7:30 p.m.	\$66
6 Sessions	R01046-157	OSC	9/9	Tu	6-6:30 p.m.	\$66
6 Sessions	R01046-156	OSC	9/10	W	5:40-6:10 p.m.	\$66
6 Sessions	R01046-152	OSC	9/11	Th	6-6:30 p.m.	\$66
6 Sessions	R01046-153	OSC	9/13	Sa	9:50-10:20 a.m.	\$66
6 Sessions	R01046-154	OSC	9/13	Sa	11:50 a.m.-12:20 p.m.	\$66
6 Sessions	R01046-159	OSC	10/20	M	6:20-6:50 p.m.	\$66
6 Sessions	R01046-161	OSC	10/22	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-158	OSC	10/28	Tu	6-6:30 p.m.	\$66
6 Sessions	R01046-162	OSC	10/30	Th	6-6:30 p.m.	\$66
6 Sessions	R01046-1500	SSRAC	9/17	W	5:10-5:40 p.m.	\$66
6 Sessions	R01046-1501	SSRAC	9/18	Th	5:50-6:20 p.m.	\$66
6 Sessions	R01046-1502	SSRAC	9/20	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01046-1503	SSRAC	9/21	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01046-1508	SSRAC	11/1	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01046-1506	SSRAC	11/1	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01046-1507	SSRAC	11/2	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01046-1505	SSRAC	11/6	Th	4:30-5 p.m.	\$66

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YOUTH SWIM LESSONS

LEVEL 3

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01047-1200	GISC	9/20	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01047-1201	GISC	9/20	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01047-1202	GISC	9/21	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01047-1203	GISC	9/21	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01047-178	MLKSC	9/6	Sa	1-1:30 p.m.	\$66
6 Sessions	R01047-179	MLKSC	9/7	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01047-180	MLKSC	9/8	M	6:50-7:20 p.m.	\$66
6 Sessions	R01047-181	MLKSC	9/9	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01047-182	MLKSC	9/11	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01047-183	MLKSC	10/25	Sa	1-1:30 p.m.	\$66
6 Sessions	R01047-184	MLKSC	10/26	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01047-185	MLKSC	10/27	M	6:50-7:20 p.m.	\$66
6 Sessions	R01047-186	MLKSC	10/28	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01047-187	MLKSC	10/30	Th	8:10-8:50 p.m.	\$66
6 Sessions	R01047-153	OSC	9/7	Su	10:30-11 a.m.	\$66
6 Sessions	R01047-152	OSC	9/13	Sa	10:30-11 a.m.	\$66
6 Sessions	R01047-154	OSC	9/13	Sa	11:50 a.m.-12:20 p.m.	\$66
6 Sessions	R01047-155	OSC	10/19	Su	10:30-11 a.m.	\$66
6 Sessions	R01047-1500	SSRAC	9/16	Tu	5:50-6:20 p.m.	\$66
6 Sessions	R01047-1501	SSRAC	9/18	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01047-1502	SSRAC	9/20	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01047-1503	SSRAC	9/21	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01047-1506	SSRAC	11/1	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01047-1507	SSRAC	11/2	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01047-1504	SSRAC	11/5	W	7:10-7:40 p.m.	\$66
6 Sessions	R01047-1505	SSRAC	11/6	Th	5:10-5:40 p.m.	\$66



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YOUTH SWIM LESSONS

LEVEL 4
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01048-1200	GISC	9/20	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01048-1201	GISC	9/20	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01048-1202	GISC	9/21	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01048-1203	GISC	9/21	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01048-178	MLKSC	9/6	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01048-179	MLKSC	9/7	Su	10-10:30 a.m.	\$66
6 Sessions	R01048-180	MLKSC	9/9	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01048-181	MLKSC	10/25	Sa	12:20-12:50 p.m.	\$66
6 Sessions	R01048-182	MLKSC	10/26	Su	10-10:30 a.m.	\$66
6 Sessions	R01048-183	MLKSC	10/28	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01048-153	OSC	9/7	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01048-152	OSC	9/13	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01048-154	OSC	10/19	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01048-1500	SSRAC	9/21	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01048-1501	SSRAC	9/17	W	6:30-7 p.m.	\$66
6 Sessions	R01048-1502	SSRAC	9/18	Th	4:30-5 p.m.	\$66
6 Sessions	R01048-1503	SSRAC	9/21	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01048-1508	SSRAC	11/1	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01048-1504	SSRAC	11/2	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01048-1507	SSRAC	11/2	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01048-1505	SSRAC	11/5	W	6:30-7 p.m.	\$66



Montgomery Stroke and Turn Clinic (MSTC)

Registration for MSTC begins

Aug. 12

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YOUTH SWIM LESSONS

ADVANCED

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01057-119	GISC	9/20	Sa	9:15-9:50 a.m.	\$90
6 Sessions	R01057-120	GISC	9/20	Sa	9:55-10:30 a.m.	\$90
6 Sessions	R01057-121	GISC	9/20	Sa	10:35-11:10 a.m.	\$90
6 Sessions	R01057-107	MLKSC	9/7	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-110	MLKSC	10/26	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-102	OSC	9/7	Su	10:40-11:15 a.m.	\$90
6 Sessions	R01057-103	OSC	9/7	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-101	OSC	9/9	Tu	7:20-7:55 p.m.	\$90
6 Sessions	R01057-105	OSC	10/19	Su	10:40-11:15 a.m.	\$90
6 Sessions	R01057-106	OSC	10/19	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-104	OSC	10/21	Tu	7:20-7:55 p.m.	\$90
6 Sessions	R01057-1500	SSRAC	9/15	M	5:15-5:50 p.m.	\$90
6 Sessions	R01057-1501	SSRAC	9/21	Su	9:30-10:05 a.m.	\$90
6 Sessions	R01057-1502	SSRAC	9/21	Su	10:15-10:50 a.m.	\$90
6 Sessions	R01057-1504	SSRAC	11/2	Su	9:30-10:05 a.m.	\$90
6 Sessions	R01057-1505	SSRAC	11/2	Su	10:15-10:50 a.m.	\$90
6 Sessions	R01057-1503	SSRAC	11/3	M	5:15-5:50 p.m.	\$90

HOMESCHOOL PROGRAMS

Swim Lessons and Recreational Swim for Homeschoolers

Ages 4-14

Sessions	Level	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	Beginner	R01060-178	MLKSC	9/10	W	10-10:30 a.m.	\$48
6 Sessions	Beginner	R01060-182	MLKSC	10/29	W	10-10:30 a.m.	\$48
6 Sessions	Intermediate	R01060-179	MLKSC	9/10	W	10:30-11 a.m.	\$48
6 Sessions	Intermediate	R01060-183	MLKSC	10/29	W	10:30-11 a.m.	\$48
6 Sessions	Advanced	R01060-180	MLKSC	9/10	W	11-11:30 a.m.	\$48
6 Sessions	Advanced	R01060-184	MLKSC	10/29	W	11-11:30 a.m.	\$48
6 Sessions	Recreational Swim	R01060-181	MLKSC	9/10	W	10-11:30 a.m.	\$54
6 Sessions	Recreational Swim	R01060-185	MLKSC	10/29	W	10-11:30 a.m.	\$54

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ADULT SWIM LESSONS

LEVEL 1

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01039-1200	GISC	9/20	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01039-1201	GISC	9/21	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01039-1202	GISC	9/22	M	5:40-6:10 p.m.	\$66
6 Sessions	R01039-1204	GISC	11/5	W	5:40-6:10 p.m.	\$66
6 Sessions	R01039-1203	GISC	11/3	M	5:40-6:10 p.m.	\$66
6 Sessions	R01039-178	MLKSC	9/6	Sa	11-11:30 a.m.	\$66
6 Sessions	R01039-179	MLKSC	9/7	Su	10-10:30 a.m.	\$66
6 Sessions	R01039-180	MLKSC	9/9	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01039-181	MLKSC	10/25	Sa	11-11:30 a.m.	\$66
6 Sessions	R01039-182	MLKSC	10/26	Su	10-10:30 a.m.	\$66
6 Sessions	R01039-183	MLKSC	10/28	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01039-152	OSC	9/7	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01039-153	OSC	9/9	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01039-154	OSC	9/11	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01039-155	OSC	10/19	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01039-156	OSC	10/28	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01039-1501	SSRAC	9/16	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01039-1502	SSRAC	9/16	Tu	4:30-5 p.m.	\$66
6 Sessions	R01039-1500	SSRAC	9/18	Th	4:30-5 p.m.	\$66
6 Sessions	R01039-1504	SSRAC	11/4	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01039-1505	SSRAC	11/4	Tu	4:30-5 p.m.	\$66
6 Sessions	R01039-1503	SSRAC	11/6	Th	4:30-5 p.m.	\$66


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ADULT SWIM LESSONS

LEVEL 2

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01040-1200	GISC	9/20	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01040-1201	GISC	9/21	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01040-1202	GISC	9/22	M	6:20-6:50 p.m.	\$66
6 Sessions	R01040-1203	GISC	11/3	M	6:20-6:50 p.m.	\$66
6 Sessions	R01040-1204	GISC	11/5	W	6:20-6:50 p.m.	\$66
6 Sessions	R01040-178	MLKSC	9/6	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01040-179	MLKSC	9/9	Tu	8:10-8:40 p.m.	\$66
5 Sessions	R01040-180	MLKSC	9/11	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01040-181	MLKSC	10/25	Sa	10:20-10:50 a.m.	\$66
6 Sessions	R01040-182	MLKSC	10/28	Tu	8:10-8:50 p.m.	\$66
6 Sessions	R01040-183	MLKSC	10/30	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01040-152	OSC	9/7	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01040-153	OSC	10/19	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01040-1501	SSRAC	9/16	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1500	SSRAC	9/18	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1502	SSRAC	9/18	Th	10:10-10:40 a.m.	\$66
6 Sessions	R01040-1504	SSRAC	11/4	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1503	SSRAC	11/6	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01040-1505	SSRAC	11/6	Th	10:10-10:40 a.m.	\$66



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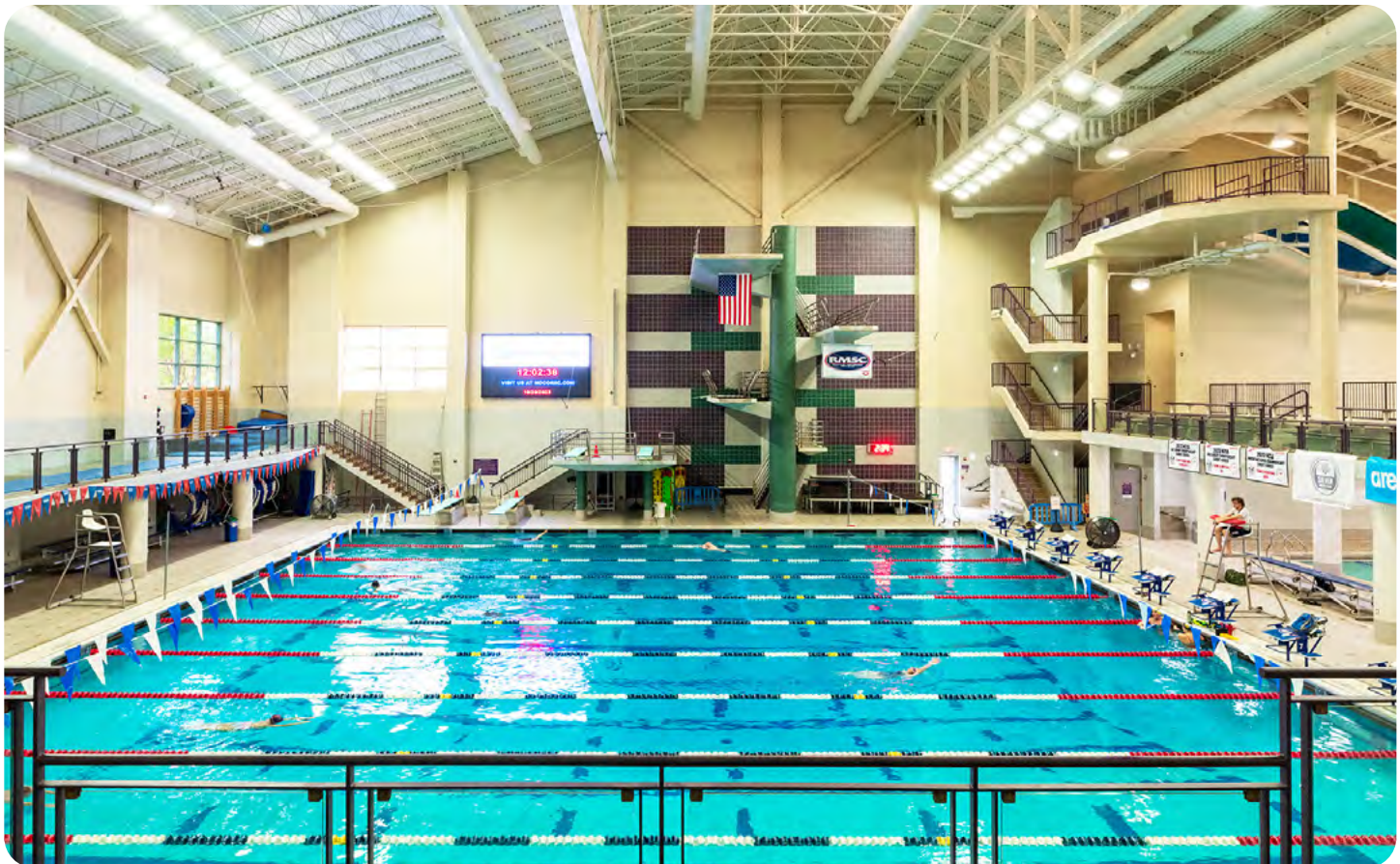


ADULT SWIM LESSONS

LEVEL 3

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01041-1200	GISC	9/20	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01041-1201	GISC	9/21	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01041-178	MLKSC	9/6	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01041-179	MLKSC	9/11	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01041-180	MLKSC	10/25	Sa	11:40 a.m.-12:10 p.m.	\$66
6 Sessions	R01041-182	MLKSC	10/30	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01041-152	OSC	9/7	Su	10:30-11 a.m.	\$66
6 Sessions	R01041-153	OSC	10/19	Su	10:30-11 a.m.	\$66
6 Sessions	R01041-1500	SSRAC	9/15	M	4:30-5 p.m.	\$66
6 Sessions	R01041-1501	SSRAC	9/17	W	4:30-5 p.m.	\$66
6 Sessions	R01041-1502	SSRAC	9/19	F	9:30-10 a.m.	\$66
6 Sessions	R01041-1503	SSRAC	11/7	F	8:50-9:20 a.m.	\$66
6 Sessions	R01041-1504	SSRAC	11/4	Tu	7:10-7:40 p.m.	\$66


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ADULT SWIM LESSONS

LEVEL 4

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01042-1200	GISC	9/20	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01042-1201	GISC	9/21	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01042-178	MLKSC	9/7	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01042-180	MLKSC	10/26	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01042-181	MLKSC	10/30	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01042-152	OSC	9/7	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01042-153	OSC	10/19	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01042-1500	SSRAC	9/15	M	5:10-5:40 p.m.	\$66
6 Sessions	R01042-1501	SSRAC	9/17	W	5:50-6:20 p.m.	\$66
6 Sessions	R01042-1503	SSRAC	11/3	M	6:30-7 p.m.	\$66



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ADAPTED SWIM LESSONS

Swim Lessons for Individuals with Disabilities

Ages 4-17

This is a learn-to-swim program for children ages 4 to 17 who have disabilities.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01061-152	OSC	9/13	Sa	12:30-1 p.m.	\$66
6 Sessions	R01061-153	OSC	9/13	Sa	1:10-1:40 p.m.	\$66
6 Sessions	R01061-1500	SSRAC	9/20	Sa	10:30-11 a.m.	\$66
6 Sessions	R01061-1501	SSRAC	9/20	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01061-1503	SSRAC	11/8	Sa	10:30-11 a.m.	\$66
6 Sessions	R01061-1504	SSRAC	11/8	Sa	11:10-11:40 a.m.	\$66

Adapted Aquatics Swim Clinic

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01061-1506	SSRAC	9/20	Sa	11 a.m. -Noon	\$135
12 Sessions	R01061-1507	SSRAC	9/20	Sa	Noon-1 p.m.	\$135



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info email:

rec.inclusion@montgomerycountymd.gov



Looking for more

THERAPEUTIC RECREATION activities?

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DEVELOPMENTAL SWIM

Montgomery Stroke and Turn Clinic (MSTC)

Ages 5-18

Designed to improve the ability to swim the four competitive strokes and learn the correct starts and turn.

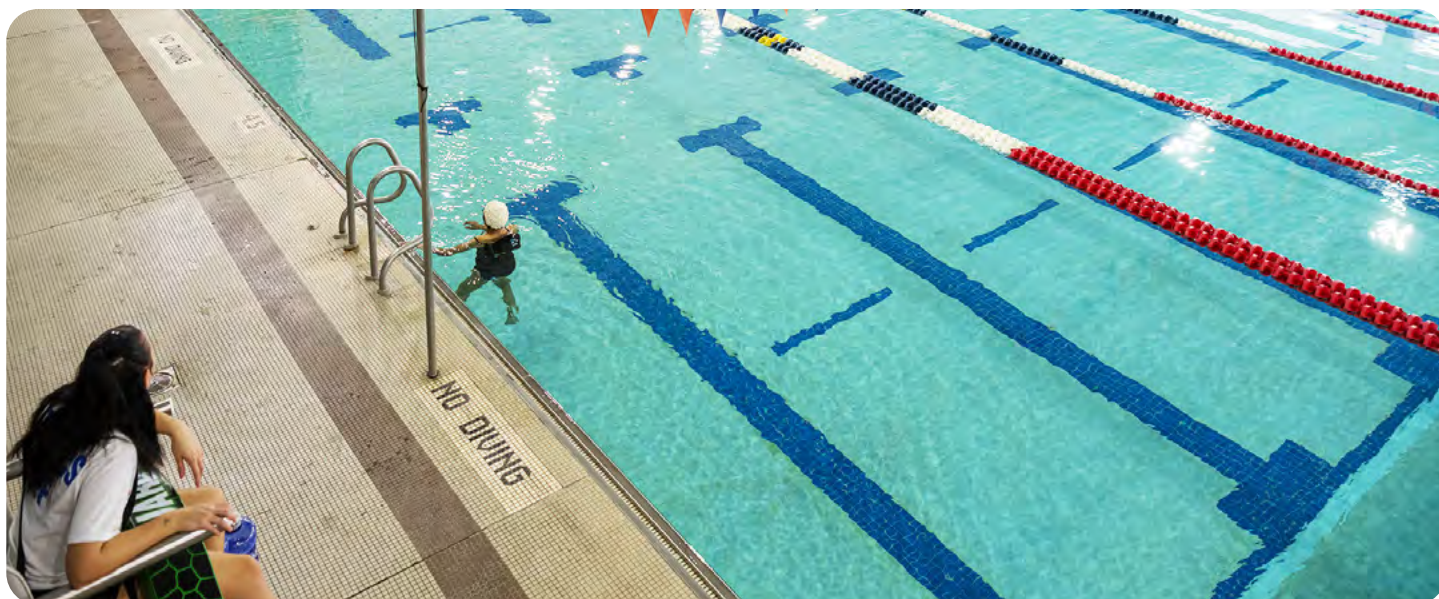
Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
24 Sessions	R01033-6114	GISC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6115	GISC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6116	GISC	10/5	Su	6:55-7:45 p.m.	\$560
24 Sessions	R01033-6117	OSC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6118	OSC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6119	OSC	10/5	Su	6:55-7:45 p.m.	\$560
24 Sessions	R01033-6120	MLKSC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6121	MLKSC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6122	MLKSC	10/5	Su	6:55-7:45 p.m.	\$560

SwiMontgomery

Ages 6-13

SwiMontgomery is a developmental program for kids 13 and under who have an interest in competitive swimming.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
18 Sessions	R01032-102	GISC	9/23	Tu,Th	7:45-8:30 p.m.	\$360
18 Sessions	R01032-104	MLKSC	9/15	M,W	7:30-8:15 p.m.	\$360
18 Sessions	R01032-103	OSC	9/15	M,W	7:15-8 p.m.	\$360
18 Sessions	R01032-1500	SSRAC	9/22	M,W	6:15-7 p.m.	\$360



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DIVING

Level 1: Learn to Dive

Ages 5-10

Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
5 Sessions	R01012-128	GISC	10/31	F	4:30-5:15 p.m.	\$80
6 Sessions	R01012-101	GISC	9/8	M	4:30-5:15 p.m.	\$96
6 Sessions	R01012-102	GISC	9/10	W	4:30-5:15 p.m.	\$96
6 Sessions	R01012-103	GISC	9/12	F	4:30-5:15 p.m.	\$96
6 Sessions	R01012-127	GISC	10/27	M	4:30-5:15 p.m.	\$96
6 Sessions	R01012-126	GISC	10/29	W	4:30-5:15 p.m.	\$96
6 Sessions	R01012-1500	SSRAC	9/22	M	5-5:45 p.m.	\$96
6 Sessions	R01012-1501	SSRAC	9/22	M	4:15-5 p.m.	\$96
6 Sessions	R01012-1504	SSRAC	9/23	Tu	4:15-5 p.m.	\$96
6 Sessions	R01012-1506	SSRAC	9/24	W	4:15-5 p.m.	\$96
6 Sessions	R01012-1507	SSRAC	9/24	W	5-5:45 p.m.	\$96
6 Sessions	R01012-1502	SSRAC	11/3	M	4:15-5 p.m.	\$96
6 Sessions	R01012-1503	SSRAC	11/3	M	5-5:45 p.m.	\$96
6 Sessions	R01012-1505	SSRAC	11/4	Tu	4:15-5 p.m.	\$96
6 Sessions	R01012-1508	SSRAC	11/5	W	4:15-5 p.m.	\$96
6 Sessions	R01012-1509	SSRAC	11/5	W	5-5:45 p.m.	\$96

Level 2: Intermediate Diving

Ages 7-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
11 Sessions	R01013-103	GISC	9/12	F	5:15-6:45 p.m.	\$330
12 Sessions	R01013-101	GISC	9/8	M	5:15-6:45 p.m.	\$360
12 Sessions	R01013-102	GISC	9/10	W	5:15-6:45 p.m.	\$360
12 Sessions	R01013-1500	SSRAC	9/22	M	5:45-7:15 p.m.	\$360
12 Sessions	R01013-1501	SSRAC	9/23	Tu	5-6:30 p.m.	\$360
12 Sessions	R01013-1502	SSRAC	9/24	W	5:45-7:15 p.m.	\$360
12 Sessions	R01013-1503	SSRAC	9/25	Th	4:15-5:45 p.m.	\$360
12 Sessions	R01013-1504	SSRAC	9/26	F	4:30-6 p.m.	\$360

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Level 3: Advanced Diving

Ages 7-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01014-1500	SSRAC	9/25	Th	5:45-7:15 p.m.	\$396
12 Sessions	R01014-1501	SSRAC	9/26	F	6-7:30 p.m.	\$396

High School Diving

Ages 13-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01076-102	GISC	9/8	M	6:30-8 p.m.	\$396
12 Sessions	R01076-103	GISC	9/10	W	6:30-8 p.m.	\$396
12 Sessions	R01076-1500	SSRAC	9/22	M	7-8:30 p.m.	\$396
12 Sessions	R01076-1501	SSRAC	9/24	W	7-8:30 p.m.	\$396

Masters Diving

Ages 19 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01017-102	GISC	9/10	W	6:30-8 p.m.	\$396
12 Sessions	R01017-1500	SSRAC	9/22	M	7-8:30 p.m.	\$396
12 Sessions	R01017-1501	SSRAC	9/24	W	7-8:30 p.m.	\$396

National Development Program Team (NDP)

Ages 6-18 • Invitational Only

Activity	Location	Start Date	Day(s)	Time
R01016-1201	GISC	9/9	Tu,W,Th	6-7:30 p.m.

Junior Olympic Diving Team (JO)

Ages 6-18 • Invitational Only

Teams	Activity	Location	Start Date	Day(s)
JO Silver - 3 days	R01015-1012	GISC	9/8	M-F
JO Red - 4 days	R01015-1014	GISC	9/8	M-F
JO Blue - 5 days	R01015-1016	GISC	9/8	M-F

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MASTERS



MASTERS SWIMMING



ACTIVITY CODE: R01058

Ancient Mariners

GISC

Su: 10 a.m.-Noon

MLK Swim Center

M, W: 8:30-10 p.m.

Olney Swim Center

Sa: 8:30-10 p.m.

Tu,Th: 8:30-10 p.m.

Silver Spring RAC

Tu,Th: 6:30-8 a.m.

Germantown Masters

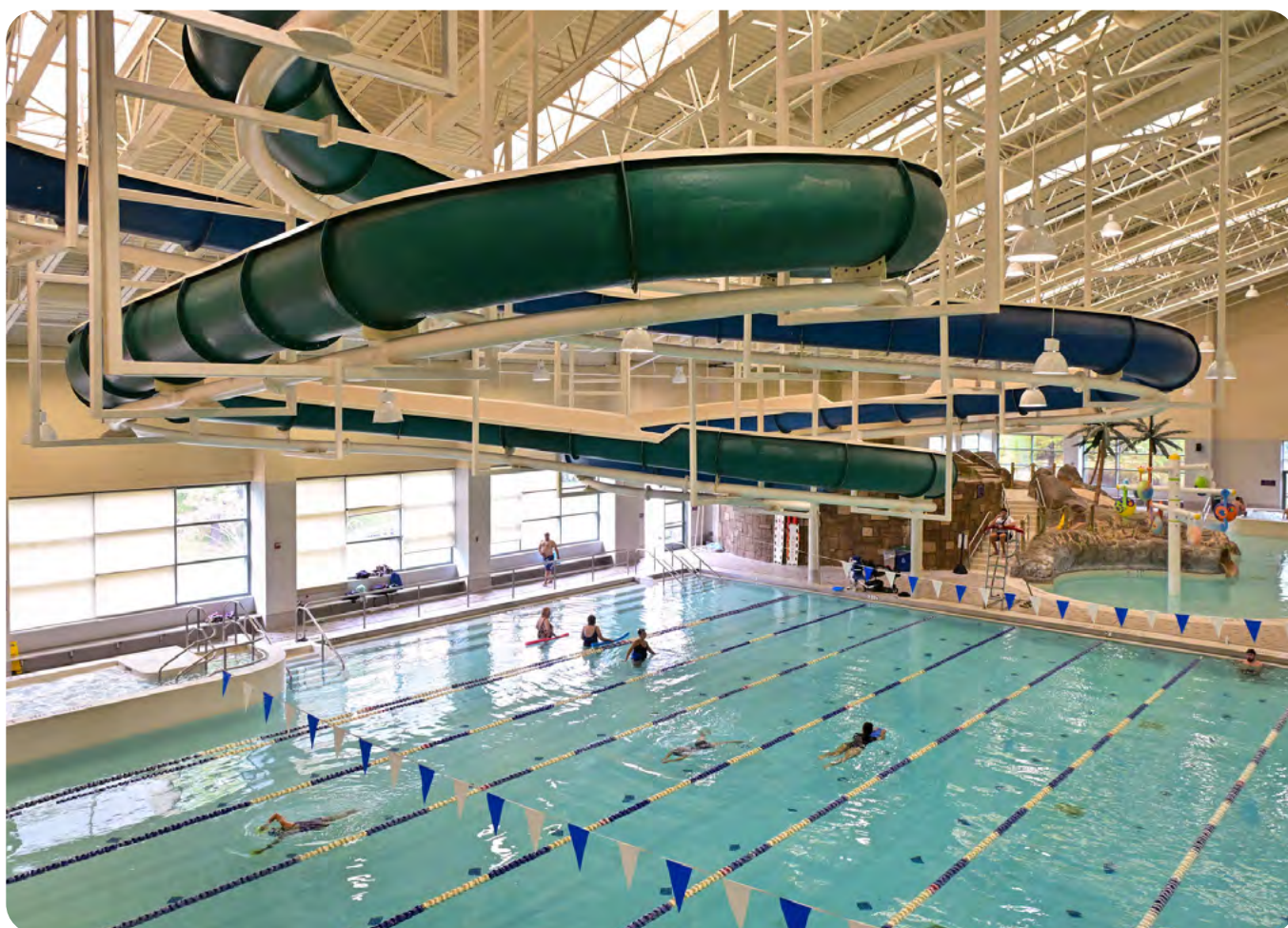
GISC

M,W,F: 6:30-7:30 a.m.

Tu,Th: 8:30-10 p.m.

FALL 2025 SCHEDULE

Register on ActiveMontgomery.org



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GERMANTOWN INDOOR SWIM CENTER

TR SWIM PARTY

\$5

PER PARTICIPANT

18000 CENTRAL PARK CIRCLE, BOYDS

SATURDAY, SEPT. 20  6-8 P.M.

THERAPEUTIC RECREATION



This event is designed for individuals with disabilities and their families! Enjoy a welcoming and inclusive environment. Swimming will be available from 6 - 7:30 p.m. with pizza served at 7 p.m. **Registration is encouraged as space is limited.**



Activity

R06010-203



MONTGOMERY COUNTY
Recreation



SCUBA

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01028-101	MLKSC	9/3	W	7-10 p.m.	\$265
8 Sessions	R01028-102	OSC	9/8	M	7-10 p.m.	\$265

WATER POLO

Splashball: Learn to Play

Ages 10-14

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
14 Sessions	R01079-1501	SSRAC	9/21	Su	3:45-5 p.m.	\$215
13 Sessions	R01079-1502	SSRAC	9/24	W	4:45-6 p.m.	\$200

High School Prep

Ages 14-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
18 Sessions	R01079-1503	WGOP	9/2	TuTh	4-5:30 p.m.	\$125

Adult Water Polo

Ages 18 and up

Sessions	Activity	Location	Start Date	Dates/Times	Fee
30 Sessions	R01079-1500	WGOP SSRAC	9/10 9/21	W - 7:15-9 p.m. Su - 5:15-7 p.m.	\$150



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MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US IN AQUATICS

LIFEGUARD



SCAN THE QR





LIFEGUARDING TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the online component must be completed in order to be certified. Students must be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The first date listed is the pre-course. You must pass the pre-course to continue.

The pre-course consists of:

1. 150 meter swim (front crawl or breaststroke), tread water for two minutes using only legs, and swim 50 meters.
 2. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams.

Cost for the course is \$195.

Lifeguarding: In-Person

Activity	Location	Start Date	Day(s)
R01034-6216	GISC	10/5/25	W,Su
R01034-6219	GISC	2/22/26	W,Su
R01034-6220	GISC	3/14/26	M-Th,Sa,Su
R01034-6223	GISC	6/7/26	M,W,Sa,Su
R01034-300	OSC	10/26/25	Tu,F,Su
R01034-301	OSC	12/20/25	M-W,F,Sa
R01034-302	OSC	2/8/26	M,Tu,F,Su
R01034-303	OSC	3/3/26	Tu,F,Sa
R01034-306	OSC	4/10/26	F-Su
R01034-307	OSC	4/21/26	Tu,F,Sa
R01035-6517	SSRAC	12/21/25	M-W,Sa,Su

Lifeguarding: Blended Learning

Activity	Location	Start Date	Day(s)
R01034-6217	GISC	12/21/25	M-W,Sa,Su
R01034-6218	GISC	1/4/26	W,Su
R01034-6221	GISC	4/11/26	W,Sa,Su
R01034-6222	GISC	4/25/26	W,Sa,Su
R01034-6224	GISC	6/20/26	M,Tu,Sa,Su
R01034-6225	GISC	7/19/26	M,Tu,Sa,Su
R01034-6300	MLKSC	9/19/25	F-Su
R01034-6301	MLKSC	11/12/25	W,Su
R01034-6302	MLKSC	12/19/25	M,Tu,F,Su
R01034-6303	MLKSC	3/6/26	F-Su
R01034-6304	MLKSC	3/25/26	Tu-Th
R01034-6305	MLKSC	4/17/26	F-Su
R01034-6306	MLKSC	5/1/26	F-Su
R01034-6307	MLKSC	6/3/26	W,Su
R01034-304	OSC	3/18/26	M,Tu,Sa,Su
R01034-305	OSC	3/25/26	M,W,F,Sa
R01034-308	OSC	5/27/26	W,F-Su
R01034-6536	SSRAC	10/3/25	Th-Su
R01034-6537	SSRAC	2/13/26	Th-Su
R01034-66538	SSRAC	2/13/26	Th-Su
R01034-6538	SSRAC	2/27/26	Th-Su
R01034-6539	SSRAC	5/1/26	Th-Su
R01034-6540	SSRAC	5/29/26	Th-Su

The date listed is the pre-course swim session only.

Scan the QR code on page 39 to see complete class information.





ARTS

CRAFTS, DRAWING AND PAINTING



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	10	Abrakadoodle Painting Step by Step	R05001-102	Wheaton	10/4	Sa	12:15-1 p.m.	\$260
3-5	10	Abrakadoodle Pets and Puppies	R05001-101	Wheaton	10/4	Sa	11:15 a.m.-Noon	\$260
5-10	12	Adventures in Art	R05004-101	Bauer Drive	9/13	Sa	10:30-11:30 a.m.	\$225
10-16	12	Art Studio	R05006-101	Bauer Drive	9/13	Sa	Noon-1 p.m.	\$225
12-18	12	Art Studio II	R05006-103	Bauer Drive	9/13	Sa	1:15-2:15 p.m.	\$225
5-12	7	Cartoon Drawing with Young Rembrandts	R05129-106	Wheaton	10/28	Tu	6:30-7:30 p.m.	\$143
4-9	8	Draw and Clay	R05037-101	Germantown	9/16	Tu	5:15-6:15 p.m.	\$158
4-9	8	Draw and Clay	R05037-102	Bauer Drive	9/17	W	5:45-6:45 p.m.	\$158
4-9	8	Draw and Clay	R05037-104	Upper County	9/18	Th	6-7 p.m.	\$158
4-9	8	Draw and Clay	R05037-103	North Potomac	9/20	Sa	10-11 a.m.	\$158
5-12	7	Drawing with Young Rembrandts	R05129-102	North Potomac	9/8	M	6-7 p.m.	\$154
5-12	7	Drawing with Young Rembrandts	R05129-101	Germantown	9/17	W	6-7 p.m.	\$154
5-12	7	Drawing with Young Rembrandts	R05129-104	North Potomac	10/27	M	6-7 p.m.	\$154
5-12	6	Drawing with Young Rembrandts	R05129-103	Germantown	11/5	W	6-7 p.m.	\$142
5-12	6	Elementary Drawing with Young Rembrandts	R05129-105	Wheaton	9/9	Tu	6:30-7:30 p.m.	\$124
6-14	8	Learning Art from the Masters	R05087-101	Germantown	9/16	Tu	6:30-7:30 p.m.	\$158
6-14	8	Learning Art from the Masters	R05087-102	North Potomac	9/20	Sa	11:30 a.m.-12:30 p.m.	\$158
18 and up	13	Oil or Acrylic Painting Open Studio	R05002-101	Lawton	9/8	M	1-4 p.m.	\$117
18 and up	8	Right Brained Drawing All Levels	R05038-101	Potomac	9/22	M	5:45-7:15 p.m.	\$183
16 and up	10	The Art of Drawing	R05038-102	Bauer Drive	9/15	M	6-8 p.m.	\$200



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ARTS

POTTERY AND CERAMICS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
17 and up	9	Beginner Pottery Wheel and Hand Building	R05093-120	North Potomac	9/9	Tu	6-8 p.m.	\$240
17 and up	9	Beginner Pottery Wheel and Hand Building	R05093-121	North Potomac	9/9	Tu	10 a.m.-1 p.m.	\$310
17 and up	10	Beginner Pottery Wheel and Hand Building	R05093-122	North Potomac	9/10	W	10 a.m.-1 p.m.	\$340
17 and up	10	Beginner Pottery Wheel and Hand Building	R05093-123	Ross Boddy	9/10	W	6-8 p.m.	\$240
17 and up	11	Beginning Clay	R05093-117	Wheaton	9/9	Tu	10 a.m.-1 p.m.	\$420
17 and up	10	Handcrafted Pottery	R05093-107	White Oak	9/8	M	6-9 p.m.	\$340
17 and up	10	Handcrafted Pottery	R05093-119	Wheaton	9/11	Th	10 a.m.-1 p.m.	\$385
17 and up	13	Handcrafted Pottery Open Studio	R05093-104	North Potomac	9/8	M	6-8:45 p.m.	\$430
17 and up	10	Handcrafted Pottery Open Studio	R05093-106	White Oak	9/9	Tu	10 a.m.-1 p.m.	\$340
17 and up	8	Handcrafted Pottery Open Studio	R05093-111	Sligo Creek ES	9/11	Th	10 a.m.-2 p.m.	\$420
17 and up	11	Handcrafted Pottery Open Studio	R05093-118	Wheaton	9/10	W	10 a.m.-1 p.m.	\$420
17 and up	10	Handcrafted Pottery Open Studio / Hand Built Pottery	R05093-101	Ross Boddy	9/24	W	10:30 a.m.-1:30 p.m.	\$345
17 and up	10	Handcrafted Pottery Open Studio / Hand Built Pottery	R05093-103	North Potomac	9/24	W	5:30-8:30 p.m.	\$345
17 and up	10	Handcrafted Pottery Open Studio / Hand Built Pottery	R05093-102	Ross Boddy	9/25	Th	5:30-8:30 p.m.	\$345
17 and up	11	Intro to Wheel and Open Studio	R05093-116	Ross Boddy	9/15	M	5:30-8:30 p.m.	\$420
17 and up	12	Introduction to Pottery	R05093-112	Ross Boddy	9/13	Sa	10:30 a.m.-1:30 p.m.	\$455
17 and up	10	Introduction to Pottery	R05093-113	Ross Boddy	9/16	Tu	5:30-8:30 p.m.	\$385
17 and up	8	Introductory Pottery	R05093-105	North Potomac	9/25	Th	6-8:45 p.m.	\$280
17 and up	9	Pottery at Sligo	R05093-108	Sligo Creek ES	9/9	Tu	6-9 p.m.	\$380
17 and up	8	Pottery at Sligo	R05093-109	Sligo Creek ES	9/9	Tu	10 a.m.-2 p.m.	\$420
17 and up	9	Pottery at Sligo	R05093-110	Sligo Creek ES	9/10	W	10 a.m.-2 p.m.	\$470
17 and up	2	Pottery Workshop: Ornaments!	R05093-126	North Potomac	12/3	W	11 a.m.-1 p.m.	\$100
17 and up	2	Pottery Workshop: Ornaments!	R05093-127	Ross Boddy	12/11	Th	11 a.m.-1 p.m.	\$100
17 and up	2	Pottery Workshop: Serving Platter and Spoon	R05093-124	Ross Boddy	11/6	Th	11 a.m.-1 p.m.	\$100
17 and up	2	Pottery Workshop: Serving Platter and Spoon	R05093-125	North Potomac	12/2	Tu	11 a.m.-1 p.m.	\$100

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COOKING



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-13	7	Latin Cooking	R05029-102	Silver Spring	11/1	Sa	1-2 p.m.	\$195
5-10	9	Tiny Chefs: Stix n' Snacks	R05029-105	Silver Spring	9/26	F	4-5 p.m.	\$282

CPR, AED AND FIRST AID

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
13 and up	1	CPR, AED and First Aid	R05032-101	Life Rescue Training	9/13	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-102	Life Rescue Training	10/4	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-103	Life Rescue Training	11/1	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-104	Life Rescue Training	12/6	Sa	10 a.m.-2 p.m.	\$89

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
10-13	1	Safe Sitter	R05099-102	North Potomac	9/13	Sa	10 a.m.-2:30 p.m.	\$145



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DANCE

BALLET

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Adult Ballet and Stretch	R05010-102	North Potomac	9/30	Tu	11-11:50 a.m.	\$144
3-5	8	Ballet	R05010-101	North Potomac	9/30	Tu	10-10:45 a.m.	\$136
4-5	8	Ballet	R05010-103	North Potomac	10/1	W	4:30-5:15 p.m.	\$136
5-6	8	Ballet	R05010-104	North Potomac	10/1	W	5:20-6:05 p.m.	\$136
6-8	8	Ballet	R05010-105	North Potomac	10/1	W	6:15-7:05 p.m.	\$144
7-9	8	Creative Movement for Kids	R05010-108	North Potomac	9/27	Sa	12:30-1:20 p.m.	\$144
5-7	12	Jazzmatazz Pre Ballet	R05010-107	Long Branch	9/20	Sa	11:15 a.m.-12:15 p.m.	\$180
3-4	12	Jazzmatazz Preschool Dance	R05010-106	Long Branch	9/20	Sa	10:15-11 a.m.	\$168

BALLROOM

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Ballroom I Couples	R05011-101	Lawton	9/15	M	7-7:55 p.m.	\$110
18 and up	10	Ballroom I Couples	R05011-103	Wheaton	9/18	Th	7-7:55 p.m.	\$110
18 and up	10	Ballroom II Couples	R05011-102	Lawton	9/15	M	8-8:55 p.m.	\$110
18 and up	10	Ballroom II Couples	R05011-104	Wheaton	9/18	Th	8-8:55 p.m.	\$110
18 and up	10	Ballroom III Couples	R05011-105	Coffield	9/16	Tu	7:30-8:30 p.m.	\$110

LINE DANCING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Urban Line Dance	R05121-101	Wheaton	9/30	Tu	6-7 p.m.	\$80
18 and up	8	Urban Line Dance	R05121-102	Good Hope	10/1	W	6-7 p.m.	\$80

PLAYTIME AND MOVEMENT

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	8	Ballet Tap Jazz	R05338-102	North Potomac	9/20	Sa	10:30-11:15 a.m.	\$220
3-5	8	Ballet Tap Jazz	R05338-105	White Oak	9/20	Sa	10:30-11:15 a.m.	\$220
3-5	8	Ballet Tap Jazz	R05338-108	Wisconsin Place	9/20	Sa	10:30-11:15 a.m.	\$220
5-9	8	Pop Stars	R05338-103	North Potomac	9/20	Sa	11:30 a.m.-12:15 p.m.	\$220
5-9	8	Pop Stars	R05338-106	White Oak	9/20	Sa	11:30 a.m.-12:15 p.m.	\$220
5-9	8	Pop Stars	R05338-107	Wisconsin Place	9/20	Sa	11:30 a.m.-12:15 p.m.	\$220
1-3	8	Toddler and Me	R05338-101	North Potomac	9/20	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-104	White Oak	9/20	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-109	Wisconsin Place	9/20	Sa	9:30-10:15 a.m.	\$220

TAP

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Tap Dance I	R05336-101	Lawton	9/11	Th	4:50-5:50 p.m.	\$110
18 and up	10	Tap Dance II	R05336-102	Lawton	9/11	Th	6-7 p.m.	\$110

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EDUCATIONAL



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	1	Introduction to Dog Ownership	R05372-101	Mid-County	10/18	Sa	3:30-4:30 p.m.	\$25
18 and up	1	Responsible Pet Ownership: A Family Guide	R05372-102	Wheaton	10/18	Sa	2-3 p.m.	\$25

FITNESS
AEROBIC DANCE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	24	Dance and Fitness	R05035-105	Rock View ES	9/8	M,W	6:30-7:30 p.m.	\$192
18 and up	24	Dance and Fitness	R05035-106	Praisner	9/8	M,W	6:30-7:30 p.m.	\$192
18 and up	24	Dance and Fitness	R05035-107	Bauer Drive	9/8	M,W	5-6 p.m.	\$192
18 and up	24	Dance and Fitness	R05035-102	Veirs Mill LP	9/9	Tu,Th	9:30-10:30 a.m.	\$192
18 and up	24	Dance and Fitness	R05035-103	Rock View ES	9/9	Tu,Th	6:30-7:30 p.m.	\$192
18 and up	12	Dance and Fitness	R05035-104	Wheaton	9/13	Sa	9:15-10:15 a.m.	\$96
18 and up	12	Jacki Sorensen's Aerobic Dance	R05059-101	Potomac	9/9	Tu	9-10 a.m.	\$132
18 and up	11	Jacki Sorensen's Aerobic Dance	R05059-102	Potomac	9/11	Th	9-10 a.m.	\$121

BODY SCULPTING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	25	Definition Body Sculpting Virtual and In Person	R05016-101	Clara Barton	9/9	Tu,Th	9:15-10 a.m.	\$250
18 and up	13	Definition Body Sculpting Virtual and In Person	R05016-102	Clara Barton	9/9	Tu	9:15-10 a.m.	\$130
18 and up	12	Definition Body Sculpting Virtual and In Person	R05016-103	Clara Barton	9/11	Th	9:15-10 a.m.	\$120

PILATES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	13	Jazzmatazz Aerobics with Pilates Mat	R05061-101	Wheaton	9/9	Tu	7:15-8:30 p.m.	\$156
16 and up	24	Jazzmatazz Aerobics with Pilates Mat	R05061-103	Wheaton	9/9	Tu,Th	7:15-8:30 p.m.	\$264
16 and up	11	Jazzmatazz Aerobics with Pilates Mat	R05061-102	Wheaton	9/11	Th	7:15-8:30 p.m.	\$132
16 and up	11	Pilates w/WBG Sports and Fitness	R05091-104	Silver Spring	9/18	Th	7-8 a.m.	\$110

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FITNESS

TOTAL BODY CONDITIONING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	10	Adult Boxing and Kickboxing	R05342-102	Lawton	9/20	Sa	11 a.m.-Noon	\$100
16 and up	7	Basic Barre	R05327-101	Wheaton	9/9	Tu	7:15-8:15 p.m.	\$84
16 and up	5	Basic Barre	R05327-103	Wheaton	9/13	Sa	9:15-10:15 a.m.	\$60
16 and up	5	Basic Barre	R05327-104	Wheaton	9/13	Sa	10:25-11:25 a.m.	\$60
16 and up	6	Basic Barre	R05327-102	Wheaton	11/4	Tu	7:15-8:15 p.m.	\$72
16 and up	3	Basic Barre	R05327-105	Wheaton	11/8	Sa	9:15-10:15 a.m.	\$36
16 and up	3	Basic Barre	R05327-106	Wheaton	11/8	Sa	10:25-11:25 a.m.	\$36
16 and up	12	Boxing	R05342-103	Silver Spring	9/16	Tu	5-6 p.m.	\$96
18 and up	13	Cardio Blast	R05018-110	Wheaton	9/8	M	7-7:55 p.m.	\$104
18 and up	12	Cardio Blast	R05018-111	Wheaton	9/10	W	7-7:55 p.m.	\$96
7 and up	12	Fit Family Boxing and Kickboxing	R05342-104	Bauer Drive	9/18	Th	7-8 p.m.	\$120
16 and up	12	HIIT (High Intensity Interval Training)	R05018-103	Silver Spring	9/17	W	6:30-7:25 p.m.	\$96
50 and up	12	Kelley's 50+ Complete Fitness	R05072-103	Wheaton	9/8	M	9:15-10:30 a.m.	\$120
50 and up	11	Kelley's 50+ Complete Fitness	R05072-104	Wheaton	9/11	Th	9:15-10:30 a.m.	\$110
18 and up	13	Kelley's Complete Fitness	R05072-102	Bauer Drive	9/10	W	9:10-10:25 a.m.	\$130
18 and up	13	Lift to Live+: Group Circuit Fitness Training	R05018-107	Silver Spring	9/15	M	5-6 p.m.	\$195
18 and up	12	Lift to Live+: Group Circuit Fitness Training	R05018-108	Silver Spring	9/17	W	6:30-7:30 a.m.	\$180

ZUMBA

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	12	Zumba with Ingrid	R05132-108	Good Hope	9/10	W	6:45-7:45 p.m.	\$120
16 and up	11	Zumba with Ingrid	R05132-105	Wheaton	9/13	Sa	10:30-11:30 a.m.	\$110
16 and up	9	Zumba with Andria	R05132-107	Germantown	9/18	Th	7-8 p.m.	\$81
16 and up	10	Zumba with Tru 2 Fitness Health	R05132-104	Potomac	9/27	Sa	10:30-11:30 a.m.	\$120
16 and up	14	Zumba Fitness with Michelle	R05132-101	Mid-County	9/8	M	6:15-7:15 p.m.	\$140
16 and up	13	Zumba Fitness with Michelle	R05132-102	Mid-County	9/10	W	6:15-7:15 p.m.	\$130
16 and up	13	Zumba Fitness with Michelle	R05132-103	Bauer Drive	9/13	Sa	9:15-10:15 a.m.	\$130
18 and up	10	Zumba Gold with Sharon	R05132-110	Lawton	9/8	M	11:15 a.m.-12:15 p.m.	\$100

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HEALTH AND WELLNESS

YOGA

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	11	All Levels Yoga (Beginner/Continuing)	R05128-123	Potomac	9/11	Th	5-6 p.m.	\$198
16 and up	12	Essential Yoga for Beginners with Tamara	R05128-110	Coffield	9/11	Th	6-7 p.m.	\$132
18 and up	13	Gentle Yoga with Nancy	R05128-109	Mid-County	9/10	W	10:45 a.m.-Noon	\$195
60 and up	12	Hatha Yoga and Stress Management with Suzana	R05128-113	Lawton	9/12	F	9:45-11 a.m.	\$168
16 and up	13	Yoga with Sylvia	R05128-114	Damascus	9/10	W	6-7 p.m.	\$104
21 and up	13	Yoga for Vitality	R05128-112	North Potomac	9/9	Tu	9:30-10:30 a.m.	\$169
21 and up	12	Yoga for Vitality	R05128-124	North Potomac	9/11	Th	9:30-10:30 a.m.	\$156
18 and up	11	Yoga: Function and Flow	R05128-105	Good Hope	9/8	M	5:30-6:15 p.m.	\$165
18 and up	12	Yoga I/II with Hannah	R05128-119	Wheaton	9/10	W	7-8 p.m.	\$216
18 and up	13	Yoga I: Restore and Recharge Yoga with Hannah	R05128-101	Wheaton	9/8	M	7-8 p.m.	\$230
16 and up	12	Yoga with Sylvia	R05128-122	Plum Gar	9/11	Th	6-7 p.m.	\$96
18 and up	12	Yoga with Tru 2 Fitness Health	R05128-111	Potomac	9/12	F	11:30 a.m.-12:30 p.m.	\$144



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MARTIAL ARTS



AIKIDO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
13 and up	13	Aikido	R05005-101	Ross Boddy	9/8	M	7-8:30 p.m.	\$117
14 and up	12	Hokkon-ho-Budo: Karate and Aikido	R05005-102	Lawton	9/10	W	6-8 p.m.	\$100

KARATE-JUJITSU

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	24	Okinawan Karate	R05357-101	Silver Spring	9/15	M,Th	7-8:30 p.m.	\$155
13 and up	14	TKA Adult Karate	R05070-101	Upper County	9/8	M	8-9:30 p.m.	\$168
13 and up	13	TKA Adult Karate	R05070-102	Wheaton	9/8	M	7:30-9 p.m.	\$156
13 and up	12	TKA Adult Karate	R05070-103	Germantown	9/16	Tu	8-9:30 p.m.	\$144
13 and up	13	TKA Adult Karate	R05070-104	Mid-County	9/9	Tu	7:30-9 p.m.	\$156
13 and up	13	TKA Adult Karate	R05070-105	Damascus	9/10	W	8-9:30 p.m.	\$156
13 and up	13	TKA Adult Karate	R05070-106	Bauer Drive	9/10	W	8-9:30 p.m.	\$156
13 and up	12	TKA Adult Karate	R05070-107	Bethesda ES	9/11	Th	8-9:30 p.m.	\$144
13 and up	12	TKA Adult Karate	R05070-108	Praisner	9/11	Th	7:30-9 p.m.	\$144
13 and up	13	TKA Karate Jujitsu Club	R05070-109	White Oak	9/12	F	7:30-8:30 p.m.	\$65
13 and up	13	TKA Karate Jujitsu Club 2	R05070-110	White Oak	9/12	F	8:30-9:30 p.m.	\$65
6-12	13	TKA Youth Karate All Levels	R05066-111	Clara Barton	9/10	W	6:30-7:30 p.m.	\$130
6-12	12	TKA Youth Karate All Levels	R05066-116	Praisner	9/11	Th	6:30-7:30 p.m.	\$120
6-12	12	TKA Youth Karate All Levels	R05066-117	Bethesda ES	9/11	Th	7-8 p.m.	\$120
6-12	14	TKA Youth Karate Beginner through Orange Belts	R05066-101	Upper County	9/8	M	6-7 p.m.	\$140
6-12	13	TKA Youth Karate Beginner through Orange Belts	R05066-107	Mid-County	9/9	Tu	6:30-7:30 p.m.	\$130
6-12	13	TKA Youth Karate Beginner through Orange Belts	R05066-109	Damascus	9/10	W	6-7 p.m.	\$130
6-12	12	TKA Youth Karate Beginner through Orange Belts	R05066-105	Germantown	9/16	Tu	6-7 p.m.	\$120
6-12	12	TKA Youth Karate Orange Belt and Higher	R05066-115	Potomac	9/10	W	7-8 p.m.	\$120
6-12	12	TKA TKA Youth Karate Beginner and Advanced White Belts	R05066-114	Potomac	9/10	W	6-7 p.m.	\$120
6-12	13	TKA Youth Karate Beginner through White Belts	R05066-112	Bauer Drive	9/10	W	6-7 p.m.	\$130
6-12	13	TKA Youth Karate Advanced White Belts and Higher	R05066-104	Wheaton	9/8	M	6:30-7:30 p.m.	\$130
6-12	14	TKA Youth Karate Yellow Belt and Higher	R05066-102	Upper County	9/8	M	7-8 p.m.	\$140

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MARTIAL ARTS

KARATE-JUJITSU

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	13	TKA Youth Karate Yellow Belt and Higher	R05066-108	Mid-County	9/9	Tu	6:30-7:30 p.m.	\$130
6-12	13	TKA Youth Karate Intermediate	R05066-110	Damascus	9/10	W	7-8 p.m.	\$130
6-12	13	TKA Youth Karate Intermediate	R05066-113	Bauer Drive	9/10	W	7-8 p.m.	\$130
6-12	12	TKA Youth Karate Intermediate	R05066-106	Germantown	9/16	Tu	7-8 p.m.	\$120
6-12	13	TKA Youth Karate New Beginners Only	R05066-103	Wheaton	9/8	M	5:45-6:30 p.m.	\$130
5-11	9	Zen Budo Youth Karate	R05360-101	Silver Spring	10/9	Th	7-7:45 p.m.	\$98

SELF-DEFENSE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14 and up	24	Practical Self Defense	R05095-101	Wisconsin Place	9/15	M,Th	7-8 p.m.	\$120

TAI CHI

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	10	Tai Chi Beginning	R05112-101	Bauer Drive	9/8	M	7-8 p.m.	\$100
16 and up	10	Tai Chi Continuing	R05112-102	Bauer Drive	9/8	M	8-9 p.m.	\$100



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MUSIC

GUITAR



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-12	10	Beginner Kids Guitar	R05053-103	School of Music	9/19	F	5:30-6:20 p.m.	\$160
8-12	10	Intermediate Kids Guitar	R05053-106	School of Music	9/20	Sa	5:30-6:20 p.m.	\$160
13 and up	10	Beginner Adult Guitar	R05053-101	School of Music	9/15	M	8-8:50 p.m.	\$160
13 and up	10	Intermediate Adult Guitar	R05053-102	School of Music	9/18	Th	8-8:50 p.m.	\$160
13 and up	10	Advanced Adult Guitar	R05053-107	School of Music	9/20	Sa	8-8:50 p.m.	\$160
5-12	5	Groovy Guitar	R05053-104	Silver Spring	9/26	F	7-8 p.m.	\$138

PIANO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Poppin Piano	R05089-101	Bauer Drive	9/24	W	7-8 p.m.	\$161
5-12	5	Poppin Piano	R05089-102	Silver Spring	9/26	F	6-7 p.m.	\$138
5-12	5	Poppin Piano	R05089-103	Bauer Drive	11/5	W	7-8 p.m.	\$138
5-12	5	Poppin Piano	R05089-104	Silver Spring	11/7	F	6-7 p.m.	\$138

PLAYTIME AND MOVEMENT

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
1-5	10	Instrument Explorers	R05379-101	Silver Spring	9/20	Sa	10-10:50 a.m.	\$195
1-5	10	Instrument Explorers	R05379-102	Silver Spring	9/20	Sa	11-11:50 a.m.	\$195
3mos.-4yrs	10	Music Together	R05085-101	Wheaton	9/11	Th	10:30-11:15 a.m.	\$305
3mos.-4yrs	10	Music Together	R05085-102	Wheaton	9/11	Th	11:30 a.m.-12:15 p.m.	\$305
3mos.-4yrs	10	Music Together	R05085-103	Mid-County	9/13	Sa	10-10:45 a.m.	\$305
3mos.-4yrs	10	Music Together	R05085-104	Mid-County	9/13	Sa	11-11:45 a.m.	\$305
3mos.-4yrs	10	Music Together	R05085-105	Silver Spring	9/20	Sa	9:15-10 a.m.	\$305
3mos.-4yrs	10	Music Together	R05085-106	Silver Spring	9/20	Sa	10:15-11 a.m.	\$305
3mos.-4yrs	10	Music Together	R05085-107	Silver Spring	9/20	Sa	11:15 a.m.-Noon	\$305

VIOLIN

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Viva Violin	R05359-101	Longwood	9/27	Sa	10-11 a.m.	\$161



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S.T.E.A.M.

ENGINEERING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	6	Snapology Attackbot (BattleBot) Robotics	R05039-108	Damascus	11/1	Sa	10:30 a.m.-Noon	\$250
6-12	6	Snapology Creature Creator Robotics	R05039-105	Germantown	9/20	Sa	9-10:30 a.m.	\$250
7-14	7	Snapology Developing Engineers	R05039-102	Wheaton	10/27	M	6-7 p.m.	\$133
6-12	6	Snapology Foundational Engineering	R05039-101	Wheaton	9/8	M	6-7 p.m.	\$114
6-12	6	Snapology Real World Robotics	R05039-106	Germantown	9/20	Sa	10:30 a.m.-Noon	\$250
7-14	7	Snapology Robotics	R05039-103	Wheaton	9/10	W	6-7 p.m.	\$133
6-12	6	Snapology Space War Robotics	R05039-107	Damascus	11/1	Sa	9-10:30 a.m.	\$250
4-6	6	Snapology STEM Park	R05039-104	Wheaton	11/5	W	6-7 p.m.	\$114

GEMOLOGY

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Gemology II Advanced	R05049-102	Potomac	9/17	W	10 a.m.-12:15 p.m.	\$100

MEDICAL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	8	Future Surgeons	R05308-101	East County	9/8	M	6-7 p.m.	\$283
5-12	8	Future Surgeons	R05308-102	White Oak	9/29	M	6-7 p.m.	\$283



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FREE AND LOW-COST PROGRAMS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-106	Olney Manor RP	9/10	W	4-5 p.m.	\$25
5-7	5	Goats on Wheels Beginner Skateboarding	R05363-102	Damascus	9/12	F	4-5 p.m.	\$25
6-10	5	Instructional Lacrosse Clinic	R05341-101	Bauer Drive LP	9/13	Sa	11 a.m.-12:15 p.m.	\$25
1-4	11	Music and Movement	R03025-110	Wisconsin Place	9/12	F	10:30-11:15 a.m.	FREE
5-8	5	Play Montgomery Youth Basketball Skills Clinic	R05320-120	Germantown	9/15	M	5-6 p.m.	\$25
5-8	4	Play Montgomery Youth Basketball Skills Clinic	R05320-121	Germantown	10/27	M	5-6 p.m.	\$50
5-9	3	Preseason Basketball Skills Clinic Play Montgomery (Grades K-2)	R05012-211	Wheaton	12/6	Sa	10-11 a.m.	\$25
8-12	3	Preseason Basketball Skills Clinic Play Montgomery (Grades 3-5)	R05012-212	Wheaton	12/6	Sa	11 a.m.-Noon	\$25
10-15	3	Preseason Basketball Skills Clinic Play Montgomery (Grades 6-8)	R05012-213	Wheaton	12/6	Sa	Noon-1 p.m.	\$25
5-8	9	Play Montgomery Youth Pickleball Clinic	R05320-103	East County	10/6	M	5-6 p.m.	\$25
6-13	14	Vovinam Martial Arts	R05126-105	Plum Gar	9/8	M	6-7 p.m.	FREE
6-13	13	Vovinam Martial Arts	R05126-103	Long Branch	9/13	Sa	10-11 a.m.	FREE
13 and up	13	Vovinam Martial Arts	R05126-102	Long Branch	9/10	W	7-8:30 p.m.	FREE
6-8	6	Youth Cricketball Academy	R05364-205	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE
13-16	6	Youth Cricketball Academy	R05364-207	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE
18 and up	8	Zumba with Sonia!	R03008-107	Wheaton	9/3	M,W	5:30-6:30 p.m.	\$20

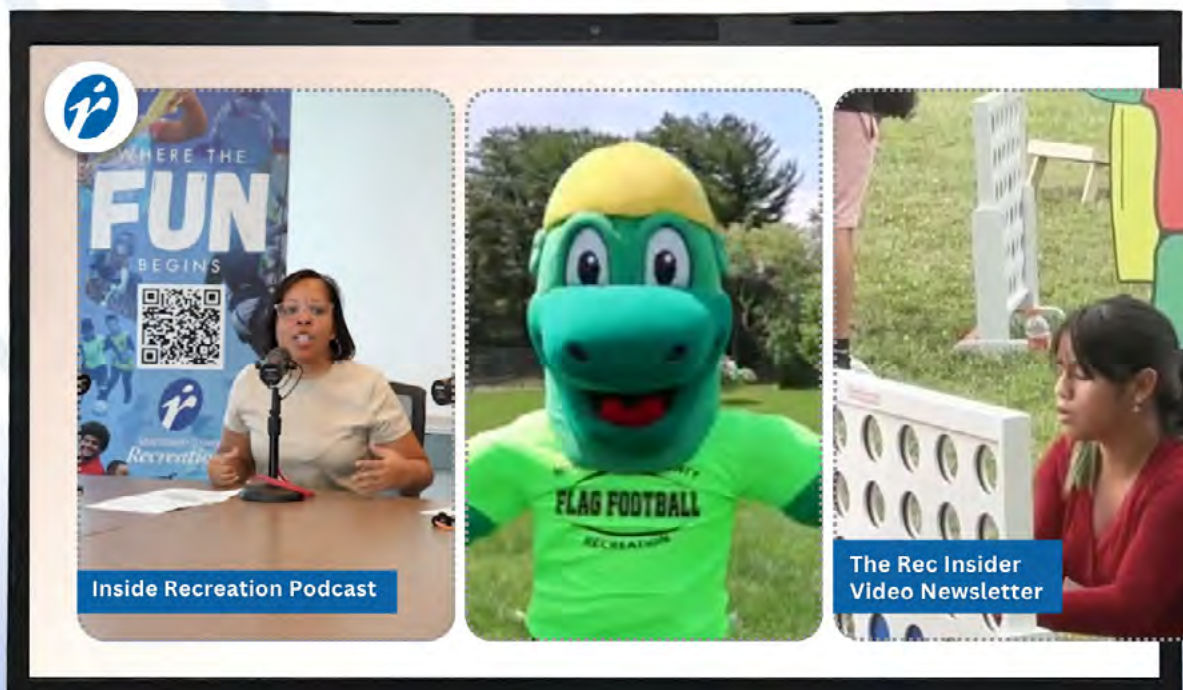


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SPORTS



BADMINTON

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
9 and up	12	Badminton Beginner/Adv Beginner	R05008-101	Bauer Drive	9/13	Sa	9:30-10:30 a.m.	\$157
10 and up	12	Badminton Intermediate	R05008-102	Bauer Drive	9/13	Sa	10:30 a.m.-12:30 p.m.	\$235
11 and up	12	Badminton Advanced	R05008-103	Bauer Drive	9/13	Sa	12:45-1:45 p.m.	\$240

BASKETBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
4-5	6	Jump Start Little Hoop Stars Basketball	R05012-161	Silver Spring	9/20	Sa	Noon-12:55 p.m.	\$135
4-5	6	Jump Start Little Hoop Stars Basketball	R05012-163	Silver Spring	11/1	Sa	Noon-12:55 p.m.	\$135
6-8	6	Jump Start Hoop Stars Basketball	R05012-162	Silver Spring	9/20	Sa	1-2 p.m.	\$135
6-8	6	Jump Start Hoop Stars Basketball	R05012-164	Silver Spring	11/1	Sa	1-2 p.m.	\$135
5-8	6	MCR Basketball Skills and Drills	R05012-104	North Potomac	9/13	Sa	Noon-1 p.m.	\$83
5-8	5	MCR Basketball Skills and Drills	R05012-114	North Potomac	11/1	Sa	Noon-1 p.m.	\$72
9-12	6	MCR Basketball Skills and Drills	R05012-103	North Potomac	9/13	Sa	1-2:30 p.m.	\$133
9-12	6	MCR Basketball Skills and Drills	R05012-106	Germantown	9/15	M	6:30-8 p.m.	\$133
9-12	6	MCR Basketball Skills and Drills	R05012-109	Tilden MS	9/17	W	6:30-8 p.m.	\$133
9-12	6	MCR Basketball Skills and Drills	R05012-105	Cabin John MS	9/18	Th	6:30-8 p.m.	\$133
9-12	7	MCR Basketball Skills and Drills	R05012-116	Germantown	10/27	M	6:30-8 p.m.	\$154
9-12	6	MCR Basketball Skills and Drills	R05012-119	Tilden MS	10/29	W	6:30-8 p.m.	\$133
9-12	6	MCR Basketball Skills and Drills	R05012-115	Cabin John MS	10/30	Th	6:30-8 p.m.	\$133
9-12	5	MCR Basketball Skills and Drills	R05012-113	North Potomac	11/1	Sa	1-2:30 p.m.	\$112
5-8	5	Play Montgomery Youth Basketball Skills Clinic	R05320-120	Germantown	9/15	M	5-6 p.m.	\$75
5-8	4	Play Montgomery Youth Basketball Skills Clinic	R05320-121	Germantown	10/27	M	5-6 p.m.	\$50
5-8	9	Play Montgomery Youth Pickleball Clinic	R05320-103	Germantown	10/6	M	5-6 p.m.	\$75
5-8	3	Preseason Basketball Skills Clinic: Play Montgomery	R05012-211	Wheaton	12/6	Sa	10-11 a.m.	\$25
8-12	3	Preseason Basketball Skills Clinic: Play Montgomery	R05012-212	Wheaton	12/6	Sa	11 a.m.-Noon	\$25
10-15	3	Preseason Basketball Skills Clinic: Play Montgomery	R05012-213	Wheaton	12/6	Sa	Noon-1 p.m.	\$25



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SPORTS

CHEER AND POMPS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-10	8	Elementary PomPons	R05021-101	Wootton HS	9/8	M	5:30-6:30 p.m.	\$160
4-10	8	Baton Beginner I	R05021-103	Bauer Drive	9/11	Th	5:45-6:45 p.m.	\$160

CRICKET

Ages	# of Games	League Division	Activity	Location	Start Date	Day(s)	Time	Fee
6-8	6	Youth Cricketball Academy	R05364-205	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE
9-12	6	Youth Cricketball Academy	R05364-206	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE
13-16	6	Youth Cricketball Academy	R05364-207	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE
6-16	6	Girls Youth Cricketball Academy	R05364-208	Calverton-Galway LP	Year-round	Sa	9 a.m.-Noon	FREE

LACROSSE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-10	5	Instructional Lacrosse Clinic	R05341-101	Bauer Drive LP	9/13	Sa	11 a.m.-12:15 p.m.	\$25
10-14	5	Instructional Lacrosse Clinic	R05341-102	Bauer Drive LP	9/13	Sa	12:30-1:45 p.m.	\$25

MULTI-SPORTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
1-3	10	Coach Doug Pre Coach Doug Wee Wanna Be	R05025-105	Bauer Drive	9/24	W	9:30-10:15 a.m.	\$145
1-3	10	Coach Doug Pre Coach Doug Wee Wanna Be	R05025-107	Potomac	9/25	Th	9:30-10:15 a.m.	\$145
1-3	10	Coach Doug Pre Coach Doug Wee Wanna Be	R05025-101	Germantown	9/30	Tu	9:30-10:15 a.m.	\$145
4-7	10	Coach Doug Seasonal Sports	R05025-115	Oakland Terrace ES	9/20	Sa	11-11:45 a.m.	\$145
4-7	10	Coach Doug Seasonal Sports	R05025-109	Potomac	9/25	Th	4:15-5 p.m.	\$145
4-7	10	Coach Doug Seasonal Sports	R05025-103	Germantown	9/30	Tu	4:15-5 p.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-113	Oakland Terrace ES	9/20	Sa	9:30-10:15 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-114	Oakland Terrace ES	9/20	Sa	10:15-11 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-112	Potomac	9/21	Su	10:15-11 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-106	Bauer Drive	9/24	W	10:30-11:15 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-108	Potomac	9/25	Th	10:15-11 a.m.	\$145
3-5	10	Coach Doug Wee Wanna Be	R05025-102	Germantown	9/30	Tu	10:30-11:15 a.m.	\$145



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PICKLEBALL CLASSES



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	3	Beginner	R05261-112	North Potomac	9/8	M	Noon-1:30 p.m.	\$90
16 and up	2	Beginner	R05261-104	Coffield	9/10	W	6:30-8:30 p.m.	\$80
18 and up	3	Beginner	R05261-142	Lawton	9/10	W	11 a.m.-12:30 p.m.	\$90
18 and up	1	Beginner	R05261-135	Longwood	10/11	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	2	Beginner	R05261-122	Potomac	10/14	Tu	Noon-2 p.m.	\$80
16 and up	2	Beginner	R05261-139	Coffield	10/22	W	6:30-8:30 p.m.	\$80
18 and up	3	Beginner	R05261-143	Lawton	10/29	W	11 a.m.-12:30 p.m.	\$90
18 and up	1	Beginner	R05261-137	Longwood	11/1	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Beginner	R05261-115	North Potomac	11/3	M	Noon-1:30 p.m.	\$90
18 and up	2	Beginner	R05261-124	Potomac	12/2	Tu	Noon-2 p.m.	\$80
16 and up	2	Beginner	R05261-140	Coffield	12/3	W	6:30-8:30 p.m.	\$80
18 and up	3	Beginner	R05261-144	Lawton	12/3	W	11 a.m.-12:30 p.m.	\$90
18 and up	1	Beginner	R05261-154	Longwood	12/6	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	1	Beginner 1.0	R05261-133	Longwood	9/13	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Beginner 1.0	R05261-145	Silver Spring	9/15	M	6-7:15 p.m.	\$75
18 and up	1	Beginner 1.0	R05261-128	Ross Boddy	9/16	Tu	6-8:30 p.m.	\$55
18 and up	1	Beginner 1.0	R05261-152	Ross Boddy	10/14	Tu	6-8:30 p.m.	\$55
18 and up	1	Beginner 1.0	R05261-146	Silver Spring	10/27	M	6-8:30 p.m.	\$55
18 and up	2	Intermediate	R05262-116	Potomac	9/30	Tu	Noon-2 p.m.	\$80
18 and up	3	Intermediate	R05262-131	Silver Spring	10/6	M	7:15-8:30 p.m.	\$75
18 and up	3	Intermediate	R05262-112	North Potomac	11/3	M	1:30-3 p.m.	\$90
18 and up	2	Intermediate	R05262-117	Potomac	11/18	Tu	Noon-2 p.m.	\$80
18 and up	2	Intermediate	R05262-113	North Potomac	12/8	M	1:30-3 p.m.	\$60
18 and up	3	Advanced Beginner	R05262-126	Lawton	9/10	W	12:30-2 p.m.	\$90
18 and up	3	Advanced Beginner	R05262-127	Lawton	10/8	W	11 a.m.-12:30 p.m.	\$90
18 and up	3	Advanced Beginner 1.5-2.0	R05262-129	Silver Spring	9/15	M	7:15-8:30 p.m.	\$75
18 and up	3	Advanced Beginner 1.5-2.0	R05262-130	Silver Spring	10/6	M	6-7:15 p.m.	\$75



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PICKLEBALL CLINICS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	1	Beginner Skills and Drills	R05261-131	Ross Boddy	9/23	Tu	6-8:30 p.m.	\$55
16 and up	3	Advanced Beginner Skills and Drills	R05262-123	Coffield	9/24	W	6:30-8 p.m.	\$90
16 and up	3	Advanced Beginner Skills and Drills	R05262-124	Coffield	11/5	W	6:30-8 p.m.	\$90
18 and up	3	Advanced Beginner Skills and Drills	R05261-113	North Potomac	9/8	M	1:30-3 p.m.	\$90
18 and up	1	Advanced Beginner Skills and Drills	R05261-134	Longwood	9/27	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	1	Advanced Beginner Skills and Drills	R05261-153	Ross Boddy	10/21	Tu	6-8:30 p.m.	\$55
18 and up	1	Advanced Beginner Skills and Drills	R05261-136	Longwood	10/25	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Advanced Beginner Skills and Drills	R05262-128	Lawton	10/29	W	12:30-2 p.m.	\$90
18 and up	2	Advanced Beginner Skills and Drills	R05261-158	Potomac	11/4	Tu	Noon-2 p.m.	\$80
18 and up	1	Advanced Beginner Skills and Drills	R05261-138	Longwood	11/15	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	2	Advanced Beginner Skills and Drills	R05261-157	North Potomac	12/8	M	Noon-1:30 p.m.	\$60
18 and up	1	Advanced Beginner Skills and Drills	R05261-155	Longwood	12/13	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Advanced Beginner/Intermediate Skills and Drills	R05262-134	Silver Spring	11/3	M	6-7 p.m.	\$65
18 and up	3	Advanced Beginner/Intermediate Skills and Drills	R05262-138	Silver Spring	12/1	M	6-7 p.m.	\$65
18 and up	1	Intermediate Skills and Drills	R05262-121	Longwood	9/20	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Intermediate Skills and Drills	R05262-136	Lawton	10/8	W	12:30-2 p.m.	\$90
18 and up	1	Intermediate Skills and Drills	R05262-122	Longwood	10/18	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	1	Intermediate Skills and Drills	R05262-137	Longwood	11/8	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Intermediate Skills and Drills	R05262-135	Lawton	12/3	W	12:30-2 p.m.	\$90
18 and up	1	Drop Shots	R05263-102	North Potomac	9/29	M	1-3 p.m.	\$40
18 and up	1	Intermediate Volley	R05263-105	North Potomac	10/20	M	1-3 p.m.	\$40

PICKLEBALL TOURNAMENTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	1	Beginner King and Queen Tournament	R05348-107	Ross Boddy	9/30	Tu	6-8:45 p.m.	\$25
18 and up	1	Intermediate King and Queen Tournament	R05348-108	Ross Boddy	10/7	Tu	6-8:45 p.m.	\$25



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SPORTS



SOCCER

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18-36 mos.	6	Chickadee Soccer (Parent/Child)	R05103-121	Lawton	9/13	Sa	10-10:40 a.m.	\$115
18-36 mos.	6	Chickadee Soccer (Parent/Child)	R05103-151	Lawton	9/13	Sa	11-11:40 a.m.	\$115
18-36 mos.	6	Chickadee Soccer (Parent/Child)	R05103-152	Lawton	11/1	Sa	10-10:40 a.m.	\$115
2-6	10	Coach Doug Soccer	R05025-116	Oakland Terrace ES	9/20	Sa	11:45 a.m.-12:30 p.m.	\$145
2-6	10	Coach Doug Soccer	R05025-110	Potomac	9/25	Th	5-5:45 p.m.	\$145
2-6	10	Coach Doug Soccer	R05025-104	Germantown	9/30	Tu	5-5:45 p.m.	\$145
3-5	10	Coach Doug Soccer	R05025-111	Potomac	9/21	Su	9:30-10:15 a.m.	\$145
3-5	5	CORE Grassroots Soccer Clinic	R05103-135	Longwood	9/20	Sa	2-2:45 p.m.	\$105
3-5	5	CORE Grassroots Soccer Clinic	R05103-137	Germantown	9/21	Su	10-10:45 a.m.	\$105
3-5	5	CORE Grassroots Soccer Clinic	R05103-131	Bauer Drive	9/27	Sa	10-10:45 a.m.	\$105
3-5	5	CORE Grassroots Soccer Clinic	R05103-133	Potomac	9/27	Sa	2-2:45 p.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-136	Longwood	9/20	Sa	3-3:50 p.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-138	Germantown	9/21	Su	11-11:50 a.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-132	Bauer Drive	9/27	Sa	11 a.m.-11:50 p.m.	\$105
6-8	5	CORE Grassroots Soccer Clinic	R05103-134	Potomac	9/27	Sa	3-3:50 p.m.	\$105
3-4	6	Jump Start Hummingbirds Soccer	R05103-111	Silver Spring	9/20	Sa	9:30-10:25 a.m.	\$135
3-4	6	Jump Start Hummingbirds Soccer	R05103-113	Silver Spring	11/1	Sa	9:30-10:25 a.m.	\$135
5-6	6	Jump Start Hummingbirds Soccer	R05103-112	Silver Spring	9/20	Sa	10:30-11:30 a.m.	\$135
5-6	6	Jump Start Hummingbirds Soccer	R05103-114	Silver Spring	11/1	Sa	10:30-11:30 a.m.	\$135



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SPORTS

VOLLEYBALL



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	6	Adult Volleyball Clinic	R05124-142	Good Hope	9/30	Tu	6:30-8:30 p.m.	\$198
18 and up	6	Adult Volleyball Clinic	R05124-143	Good Hope	11/11	Tu	6:30-8:30 p.m.	\$198
14-17	6	Level 1 Skills Development Clinic	R05124-135	Wheaton	9/4	Th	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-127	Bauer Drive	9/5	F	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-115	Mid-County	9/8	M	8-9 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-111	Potomac	9/9	Tu	7:30-8:30 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-131	Bauer Drive	10/24	F	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-139	Wheaton	10/30	Th	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-146	Mid-County	11/3	M	8-9 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-119	Potomac	11/4	Tu	7:30-8:30 p.m.	\$119
14-17	6	Level 2 Skills Development Clinic	R05124-136	Wheaton	9/4	Th	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-128	Bauer Drive	9/5	F	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-116	Mid-County	9/8	M	8-9 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-112	Potomac	9/9	Tu	7:30-8:30 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-132	Bauer Drive	10/24	F	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-140	Wheaton	10/30	Th	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-147	Mid-County	11/3	M	8-9 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-120	Potomac	11/4	Tu	7:30-8:30 p.m.	\$139
6-8	6	Jump Start Volleyball	R05124-161	Silver Spring	11/1	Sa	2:30-3:30 p.m.	\$135
9-12	7	Jump Start Volleyball	R05124-162	Silver Spring	11/1	Sa	3:30-4:30 p.m.	\$135



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SPORTS

VOLLEYBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-11	6	Skills Development Clinic	R05124-101	Germantown	9/3	W	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-133	Wheaton	9/4	Th	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-125	Bauer Drive	9/5	F	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-113	Mid-County	9/8	M	6-7 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-109	Potomac	9/9	Tu	6:30-7:30 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-129	Bauer Drive	10/24	F	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-105	Germantown	10/29	W	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-137	Wheaton	10/30	Th	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-144	Mid-County	11/3	M	6-7 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-117	Potomac	11/4	Tu	6:30-7:30 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-102	Germantown	9/3	W	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-134	Wheaton	9/4	Th	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-126	Bauer Drive	9/5	F	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-114	Mid-County	9/8	M	7-8 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-110	Potomac	9/9	Tu	6:30-7:30 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-130	Bauer Drive	10/24	F	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-106	Germantown	10/29	W	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-138	Wheaton	10/30	Th	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-145	Mid-County	11/3	M	7-8 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-118	Potomac	11/4	Tu	6:30-7:30 p.m.	\$119
14-17	6	Skills Development Clinic	R05124-103	Germantown	9/3	W	7:45-8:45 p.m.	\$119
14-17	6	Skills Development Clinic	R05124-107	Germantown	10/29	W	7:45-8:45 p.m.	\$119



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SPORTS LEAGUES

BASKETBALL

Youth 3 v 3 Boys and Girls

Activity	# of Weeks	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05293-101	4	Boys 10U	Wheaton	8-10	10/3	F	6-8 p.m.	\$45
R05295-101	4	Boys 12U	Wheaton	11-12	10/3	F	6-8 p.m.	\$45
R05294-101	4	Girls 10U	Upper County	8-10	10/3	F	6-8 p.m.	\$45
R05296-101	4	Girls 12U	Wheaton	11-12	10/3	F	6-8 p.m.	\$45

Youth Instructional - Grades K-2

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05152-201	8	Boys West (Free Agent)	West County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05140-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05149-201	8	Co-Rec North (Free Agent)	North County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05155-201	8	Girls West (Free Agent)	West County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05153-201	8	Boys West (Free Agent)	West County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05141-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05150-201	8	Co-Rec North (Free Agent)	North County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05156-201	8	Girls West (Free Agent)	West County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05136-201	8	Boys Mid/East (Free Agent)	Mid/East County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05145-201	8	Boys North (Free Agent)	North County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05154-201	8	Boys West (Free Agent)	West County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05139-201	8	Girls Mid/East (Free Agent)	East County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05148-201	8	Girls North (Free Agent)	North County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05157-201	8	Girls West (Free Agent)	West County	2	1/10	Sa	9 a.m.-6 p.m.	\$40



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SPORT LEAGUES

BASKETBALL

Youth Boys - Grades 3-8

Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05162-201	8	Boys Mid/East (Free Agent)	Mid/East County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05174-201	8	Boys North (Free Agent)	North County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05186-201	8	Boys West - Saturday (Free Agent)	West County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05196-201	8	Boys West - Sunday (Free Agent)	West County	3	1/11	Su	Noon-6 p.m.	\$85
R05163-201	8	Boys Mid/East (Free Agent)	Mid/East County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05175-201	8	Boys North (Free Agent)	North County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05187-201	8	Boys West - Saturday (Free Agent)	West County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05197-201	8	Boys West - Sunday (Free Agent)	West County	4	1/11	Su	Noon-6 p.m.	\$85
R05164-201	8	Boys Mid/East (Free Agent)	Mid/East County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05176-201	8	Boys North (Free Agent)	North County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05188-201	8	Boys West - Saturday (Free Agent)	West County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05198-201	8	Boys West - Sunday (Free Agent)	West County	5	1/11	Su	Noon-6 p.m.	\$85
R05165-201	8	Boys Mid/East (Free Agent)	Mid/East County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05177-201	8	Boys North (Free Agent)	North County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05189-201	8	Boys West - Saturday (Free Agent)	West County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05199-201	8	Boys West - Sunday (Free Agent)	West County	6	1/11	Su	Noon-6 p.m.	\$85
R05166-201	8	Boys Mid/East (Free Agent)	Mid/East County	7	1/10	Sa	9 a.m.-6 p.m.	\$85
R05178-201	8	Boys North (Free Agent)	North County	7	1/10	Sa	9 a.m.-6 p.m.	\$85
R05200-201	8	Boys West - Sunday (Free Agent)	West County	7	1/11	Su	Noon-6 p.m.	\$85
R05167-201	8	Boys Mid/East (Free Agent)	Mid/East County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05179-201	8	Boys North (Free Agent)	North County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05190-201	8	Boys Saturday (Free Agent)	West County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05201-201	8	Boys Sunday (Free Agent)	West County	8	1/11	Su	Noon-6 p.m.	\$85

High School Boys - Grades 9-12

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05209-201	8	Boys Intermediate (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05208-201	8	Boys Advanced (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05211-201	8	Boys Intermediate (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05210-201	8	Boys Advanced (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05213-201	8	Boys Intermediate (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05212-201	8	Boys Advanced (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05215-201	8	Boys Intermediate (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85
R05214-201	8	Boys Advanced (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85

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SPORTS LEAGUES

BASKETBALL

Youth Girls - Grades 3-8



Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05168-201	8	Girls Mid/East (Free Agent)	Mid/East County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05180-201	8	Girls North (Free Agent)	North County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05191-201	8	Girls West - Saturday (Free Agent)	West County	3	1/10	Sa	9 a.m.-6 p.m.	\$85
R05202-201	8	Girls West - Sunday (Free Agent)	West County	3	1/11	Su	Noon-6 p.m.	\$85
R05169-201	8	Girls Mid/East (Free Agent)	Mid/East County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05181-201	8	Girls North (Free Agent)	North County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05192-201	8	Girls West - Saturday (Free Agent)	West County	4	1/10	Sa	9 a.m.-6 p.m.	\$85
R05203-201	8	Girls West - Sunday (Free Agent)	West County	4	1/11	Su	Noon-6 p.m.	\$85
R05170-201	8	Girls Mid/East (Free Agent)	Mid/East County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05182-201	8	Girls North (Free Agent)	North County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05193-201	8	Girls West - Saturday (Free Agent)	West County	5	1/10	Sa	9 a.m.-6 p.m.	\$85
R05204-201	8	Girls West - Sunday (Free Agent)	West County	5	1/11	Su	Noon-6 p.m.	\$85
R05171-201	8	Girls Mid/East (Free Agent)	Mid/East County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05183-201	8	Girls North (Free Agent)	North County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05194-201	8	Girls West - Saturday (Free Agent)	West County	6	1/10	Sa	9 a.m.-6 p.m.	\$85
R05205-201	8	Girls West - Sunday (Free Agent)	West County	6	1/11	Su	Noon-6 p.m.	\$85
R05172-201	8	Girls Mid/East (Free Agent)	Mid/East County	7	1/10	Sa	9 a.m.-6 p.m.	\$85
R05184-201	8	Girls North (Free Agent)	North County	7	1/10	Sa	9 a.m.-6 p.m.	\$85
R05206-201	8	Girls West - Sunday (Free Agent)	West County	7	1/11	Su	Noon-6p.m.	\$85
R05173-201	8	Girls Mid/East (Free Agent)	Mid/East County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05185-201	8	Girls North (Free Agent)	North County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05195-201	8	Girls West - Saturday (Free Agent)	West County	8	1/10	Sa	9 a.m.-6 p.m.	\$85
R05207-201	8	Girls West - Sunday (Free Agent)	West County	8	1/11	Su	Noon-6 p.m.	\$85

High School Girls - Grades 9-12

Activity	# of Weeks	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05217	8	Girls Intermediate (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05216	8	Girls Advanced (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05219	8	Girls Intermediate (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05218	8	Girls Advanced (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05221	8	Girls Intermediate (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05220	8	Girls Advanced (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05223	8	Girls Intermediate (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85
R05222	8	Girls Advanced (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85

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SPORT LEAGUES

BASKETBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05232-101	6+1 Playoff	Mens Basketball League	Bauer Drive	9/21	Su	3-9:30 p.m.	\$725
R05013-101	6+1 Playoff	Womens Basketball League	Wood MS	9/20	Sa	9 a.m.-Noon	\$130
R05013-104	10	Womens Basketball Drop-In	Bauer Drive	9/21	Su	10 a.m.-Noon	\$80
R05013-105	5	Womens Basketball Drop-In	Bauer Drive	9/21	Su	10 a.m.-Noon	\$40
R05013-106	5	Womens Basketball Drop-In	Bauer Drive	10/26	Su	10 a.m.-Noon	\$40

NFL FLAG FOOTBALL LEAGUE

Youth - Ages 8-17

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05287-105	5	Girls 14U (Free Agent)	Wheaton HS	12-14	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-106	5	Co-Rec 8U (Free Agent)	Damascus	6-8	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-101	5	Co-Rec 8U (Free Agent)	Wheaton HS	6-8	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-102	5	Co-Rec 10U (Free Agent)	Wheaton HS	8-10	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-107	5	Co-Rec 11U (Free Agent)	Damascus	8-11	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-103	5	Co-Rec 12U (Free Agent)	Wheaton HS	10-12	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-104	5	Co-Rec 14U (Free Agent)	Wheaton HS	12-14	9/7	Su	8 a.m.-5 p.m.	\$60
R05287-108	5	Co-Rec 14U (Free Agent)	Damascus	12-14	9/7	Su	8 a.m.-5 p.m.	\$60

PICKLEBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05310-101	6	Ladder League 20-25	Bauer Drive	9/8	M	6-10 p.m.	\$65
R05310-102	7	Ladder League 20-25	Bauer Drive	10/27	M	6-10 p.m.	\$75
R05311-101	6	Ladder League 25-30	Bauer Drive	9/8	M	6-10 p.m.	\$65
R05311-102	7	Ladder League 25-30	Bauer Drive	10/27	M	6-10 p.m.	\$75
R05312-101	6	Ladder League 30-35+	Bauer Drive	9/8	M	6-10 p.m.	\$65
R05312-102	7	Ladder League 30-35+	Bauer Drive	10/27	M	6-10 p.m.	\$75
R05316-101	6	Ladder League 25-30	Longwood	9/11	Th	6-9:30 p.m.	\$65
R05316-102	6	Ladder League 25-30	Longwood	10/30	Th	6-9:30 p.m.	\$65
R05315-101	6	Ladder League 30-35+	Longwood	9/11	Th	6-9:30 p.m.	\$65
R05315-102	6	Ladder League 30-35+	Longwood	10/30	Th	6-9:30 p.m.	\$65
R05348-109	6	Ladder League 25-35+	Ross Boddy	10/8	Tu	6-9 p.m.	\$65
R05384-101	6	Ladder League 25-35+	Silver Spring	11/3	M	6-8:30 p.m.	\$65



SPORTS LEAGUES

SOCCER

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05282-101	8	18+ Mens	Multiple	18 and up	9/7	Su	9 a.m.-6 p.m.	\$1,299
R05282-102	8	18+ Free Agent Pool	Multiple	18 and up	9/7	Su	9 a.m.-6 p.m.	FREE
R05276-101	8	40+ Mens	Ridge Road RP	40 and up	9/7	Su	Noon-9 p.m.	\$1,350
R05276-102	8	40+ Free Agent Pool	Ridge Road RP	40 and up	9/7	Su	Noon-9 p.m.	FREE
R05349-101	8	55+ Mens	Multiple	55 and up	9/6	Sa	9 a.m.-6 p.m.	\$1,125
R05349-102	8	55+ Free Agent Pool	Multiple	55 and up	9/6	Sa	9 a.m.-6 p.m.	FREE
R05281-101	8	65+ Mens	North Potomac	65 and up	9/7	Su	9 a.m.-3 p.m.	\$962
R05281-102	8	65+ Free Agent Pool	North Potomac	65 and up	9/7	Su	9 a.m.-3 p.m.	FREE
R05285-101	8	Womens 25+	North Potomac	25 and up	9/6	Sa	9 a.m.-5 p.m.	\$962
R05285-102	8	Womens 25 + Free Agent Pool	North Potomac	25 and up	9/6	Sa	9 a.m.-5 p.m.	FREE
R05286-101	8	Womens 40+	Laytonia RP	40 and up	9/3	W	7-10:30 p.m.	\$1,299
R05286-102	8	Womens 40 + Free Agent Pool	Laytonia RP	40 and up	9/3	W	7-10:30 p.m.	FREE

SOFTBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05245-101	12	Co-Rec Monday DH	Cabin John RP	9/8	M	6-10:30 p.m.	\$885
R05246-101	12	Co-Rec Wednesday DH	Cabin John RP	9/3	W	6-10:30 p.m.	\$885
R05326-101	12	Co-Rec Thursday DH	Wheaton RP	9/4	Th	6-10:30 p.m.	\$885
R05248-101	12	Co-Rec Thursday DH	Ridge Rd RP	9/4	Th	6-10:30 p.m.	\$885
R05236-101	12	Mens Free Agent sign up	Multiple	7/7	M-F	6-10:30 p.m.	\$885
R05325-101	12	Mens Sunday C/D & D	Cabin John RP	9/7	Su	9 a.m.-1 p.m.	\$885
R05237-101	12	Mens Wednesday C/D & D	Olney Manor RP	9/3	W	6-10:30 p.m.	\$885
R05242-101	12	Mens Thursday C/D & D	Cabin John RP	9/4	Th	6-10:30 p.m.	\$885
R05240-101	12	Mens Thursday D	Olney Manor RP	9/4	Th	6-10:30 p.m.	\$885
R05252-101	12	Senior Mens 50+ Tuesday	Olney Manor RP	9/2	Tu	6-10:30 p.m.	\$885
R05251-101	12	Senior Mens 55+ Thursday	Olney Manor RP	9/4	Th	7-10:30 p.m.	\$885
R05254-101	10	Womens 40 + Monday DH	Multiple	9/8	M	6-10:30 p.m.	\$734
R05236-102	12	Womens Free Agent sign up	Multiple	7/7	M-F	6-10:30 p.m.	\$885



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SPORT LEAGUES

ULTIMATE FRISBEE LEAGUE High School - Ages 14-18

Activity	# of Weeks	League Division	Location	Start Date	Day(s)	Time	Fee
R05119-101	5	High School	North Four Corners LP	9/21	Su	9 a.m.-1 p.m.	\$55

VOLLEYBALL Youth - Ages 10-17

Activity	# of Weeks	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05319-104	8	HERtime2shine Co-Rec	East County	10-11	9/27	Sa	1-3 p.m.	\$80
R05319-101	8	HERtime2shine Co-Rec	East County	12-13	9/27	Sa	3-9 p.m.	\$80
R05319-105	8	HERtime2shine Co-Rec	Wheaton	12-13	9/28	Su	10:30 a.m.-2:30 p.m.	\$80
R05319-102	8	HERtime2shine Co-Rec	Mid-County	14-17	9/28	Su	10 a.m.-6 p.m.	\$80
R05319-103	8	HERtime2Shine Girls Only	Plum Gar	14-17	10/4	Sa	10 a.m.-6 p.m.	\$80

Adult - Ages 18 and up

Activity	# of Weeks	League Division	Location	Start Date	Day(s)	Time	Fee
R05255-103	8	Co-Rec Intermediate	Silver Spring	9/21	Su	Noon-5 p.m.	\$425
R05255-104	8	Co-Rec Intermediate Free Agent Sign Up	Silver Spring	9/21	Su	Noon-5 p.m.	\$50
R05255-101	8	Co-Rec Advanced	Silver Spring	9/21	Su	Noon-5 p.m.	\$425
R05255-102	8	Co-Rec Advanced Free Agent Sign Up	Silver Spring	9/21	Su	Noon-5 p.m.	\$50

MONTGOMERY COUNTY RECREATION

REC REFEREES & SCOREKEEPERS WANTED

2025-26

The Recreation Department is seeking officials for the 2025-26 season. For more information, contact Rec.Sports@montgomerycountymd.gov.


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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-8	6	Adaptive Athletes Basketball Skills and Drills Clinic Elementary School	R06044-101	North Potomac	9/24	W	5:30-6:20 p.m.	\$30
9-11	6	Adaptive Athletes Basketball Skills and Drills Elementary School	R06044-102	North Potomac	9/24	W	6:30-7:20 p.m.	\$30
11-14	6	Adaptive Athletes Basketball Skills and Drills Clinic Middle School	R06044-103	North Potomac	11/5	W	5:30-6:20 p.m.	\$30
14-21	6	Adaptive Athletes Basketball Skills and Drills Clinic High School	R06044-104	North Potomac	11/5	W	6:30-7:20 p.m.	\$30
6-11	5	Bake and Take	R06007-104	North Potomac	11/9	Su	12:30-2 p.m.	\$50
12-21	5	Bake and Take	R06007-114	North Potomac	11/9	Su	2:30-4 p.m.	\$50
15 and up	1	BIG Game Night	R06004-101	White Oak	10/17	F	6:30-8:30 p.m.	\$10
15 and up	1	BIG Game Night	R06004-102	White Oak	11/21	F	6:30-8:30 p.m.	\$10
15 and up	1	BIG Game Night	R06004-103	White Oak	12/19	F	6:30-8:30 p.m.	\$10
12-21	6	Co-Ed Dance with Poms	R06038-101	Wootton HS	11/10	M	5:15-6 p.m.	\$30
7-11	6	Co-Ed Dance with Poms	R06038-102	Wootton HS	11/10	M	6:15-7 p.m.	\$30
13-21	6	Co-Ed Volleyball Skills and Scrimmage	R06033-101	Mid-County	9/29	M	6-6:50 p.m.	\$30
5-8	5	Creative Drama: Magic Suitcase (American Sign Language)	R06048-101	Mid-County	9/30	Tu	4-5 p.m.	\$25
7-11	8	Creative Drama: Up, Up, and Away!	R06048-102	Long Branch	10/16	Th	5:30-6:20 p.m.	\$40
17 and up	10	Create with Clay	R05093-114	Ross Boddy	9/15	M	11 a.m.-Noon	\$156
17 and up	10	Create with Clay	R05093-115	Ross Boddy	9/15	M	1:30-2:30 p.m.	\$156



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info email:

rec.inclusion@montgomerycountymd.gov

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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-14	6	Dance Creation: Create Your Own Dance Moves	R06020-102	Germantown	10/5	Su	2-2:30 p.m.	\$30
6-14	6	Drama: Facial Expressions	R06020-100	Upper County	10/2	Th	6:30-7:15 p.m.	\$30
15 and up	6	Drama: Facial Expressions	R06020-101	Upper County	10/2	Th	7:15-8 p.m.	\$30
11-21	5	Indoor Bocce Ball	R06018-101	North Potomac	11/9	Su	4:15-5 p.m.	\$25
6-14	8	Kaleidoscope Art	R06009-101	Good Hope	10/15	W	5-6 p.m.	\$35
15 and up	8	Kaleidoscope Art	R06009-102	Good Hope	10/15	W	6:15-7:15 p.m.	\$35
18 and up	8	Mindful Movements	R06032-101	Wheaton	10/6	M	6-6:45 p.m.	\$40
6-14	6	Movin' Like a Yogi	R06024-100	Germantown	10/1	W	6:30-7:15 p.m.	\$30
15 and up	6	Movin' Like a Yogi	R06024-101	Germantown	10/1	W	7:15-8 p.m.	\$30
8-13	6	Musical Games	R06040-105	Bauer Drive	9/20	Sa	11-11:50 a.m.	\$30
8-13	6	Musical Games	R06040-109	Silver Spring	11/1	Sa	11-11:50 a.m.	\$30
7-12	8	Neural Movement Fitness and Focus	R06045-103	Wheaton	10/4	Sa	1-1:50 p.m.	\$40
13-21	8	Neural Movement Fitness and Focus	R06045-104	Wheaton	10/4	Sa	2-2:45 p.m.	\$40
6-14	6	Paint and Punch	R06009-100	Germantown	10/5	Su	1-1:45 p.m.	\$30
15 and up	3	Paint and Punch	R06009-103	Plum Gar	10/18	Sa	12:30-1:30 p.m.	\$15

ENJOY RECREATION WITHOUT BARRIERS

Montgomery County Recreation's Therapeutic Recreation (TR) programs offer a wide range of activities and events for individuals with disabilities and their families to enjoy throughout the year.

WATCH THE VIDEO



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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
12-18	6	Pickleball	R06042-101	Bauer Drive	11/2	Su	Noon-12:45 p.m.	\$30
19 and up	6	Pickleball	R06042-102	Bauer Drive	11/2	Su	1-1:45 p.m.	\$30
9-18	1	Rock-reaction: Indoor Rock Climbing for Youth with Disabilities	R06043-101	North Potomac	9/10	W	6-8 p.m.	\$5
9-18	1	Rock-reaction: Indoor Rock Climbing for Youth with Disabilities	R06043-102	White Oak	10/9	Th	6-8 p.m.	\$5
6-14	9	Seasonal Sports Skills	R06019-101	Oakland Terrace ES	9/20	Sa	12:30-1:15 p.m.	\$45
15 and up	9	Seasonal Sports Skills	R06019-102	Potomac	9/21	Su	11-11:45 a.m.	\$45
6-11	6	Sensory Beat Bash! Group Drumming	R06036-101	Wheaton	9/12	F	5-5:50 p.m.	\$30
12-21	6	Sensory Beat Bash! Group Drumming	R06036-102	Wheaton	9/12	F	6-6:50 p.m.	\$30
6-11	6	Sensory Beat Bash! Group Drumming	R06036-105	Praisner	11/7	F	5-5:50 p.m.	\$30
12-21	6	Sensory Beat Bash! Group Drumming	R06036-106	Praisner	11/7	F	6-6:50 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-101	Bauer Drive	9/30	Tu	5:30-6:15 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-102	Wheaton	9/29	M	5:45-6:30 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-103	Plum Gar	9/30	Tu	5:30-6:15 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-104	Bauer Drive	11/11	Tu	5:30-6:15 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-105	Wheaton	11/10	M	5:45-6:30 p.m.	\$30
6-12	6	Sensory Friendly Karate	R06047-106	Plum Gar	11/11	Tu	5:30-6:15 p.m.	\$30
4-8	6	Sensory Music and Movement	R06040-101	Bauer Drive	9/20	Sa	10-10:50 a.m.	\$30
4-8	6	Sensory Music and Movement	R06040-102	Upper County	11/6	Th	6-6:45 p.m.	\$30



ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

[VIEW ADAPTED SWIM LESSONS](#)

THE REC INSIDER



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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	6	Sing and Swim	R06040-108	Silver Spring	11/1	Sa	Noon-2 p.m.	\$40
18 and up	8	Soccer	R06011-101	Potomac	9/28	Su	12:30-2:30 p.m.	\$50
14-21	6	Song Lab	R06040-106	Bauer Drive	9/20	Sa	Noon-12:50 p.m.	\$30
14-21	6	Song Lab	R06040-107	Silver Spring	11/1	Sa	10-10:50 a.m.	\$30
6-14	6	Sunday Funday Brain Games	R06020-603	Germantown	10/5	Su	2:30-3 p.m.	\$30
8-12	5	Tennis	R06049-101	Layhill Village LP	9/21	Su	11-11:50 a.m.	\$25
13-21	5	Tennis	R06049-102	Layhill Village LP	9/21	Su	Noon-12:50 p.m.	\$25
2 and up	1	TGIF - Totally Great Inclusive Fun Family Night	R06005-101	Bauer Drive	10/3	F	6-8 p.m.	\$5
2 and up	1	TGIF - Totally Great Inclusive Fun Family Night	R06005-102	Bauer Drive	11/7	F	6-8 p.m.	\$5
15 and up	8	Turn the Beat Around	R06026-101	Praisner	10/8	W	7:30-8:15 p.m.	\$40
18 and up	10	Virtual Moving with Mike: Seated Exercise	R06015-104	Virtual Class	9/21	Su	1-2 p.m.	\$50
15 and up	8	TR Virtual Stretch 'n Tone	R06015-102	Virtual Class	10/9	Th	7-7:45 p.m.	FREE
15 and up	8	Zam Dance	R06030-101	Bauer Drive	10/7	Tu	5-6 p.m.	\$40
10 and up	8	Zam Dance	R06030-102	North Potomac	10/9	Th	5-6 p.m.	\$40
15 and up	8	Zumba	R06025-101	Germantown	10/7	Tu	7-8 p.m.	\$40
18 and up	5	Zumba Dance Party Fun	R06025-103	White Oak	9/8	M	1-1:45 p.m.	\$25
18 and up	5	Zumba Dance Party Fun	R06025-104	White Oak	10/13	M	1-1:45 p.m.	\$25



View flyers and register for activities



Stay up-to-date with Rec



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SPECIAL EVENTS



Join us this fall for various special events made for individuals with disabilities.

TR Family

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2 and up	Family Spooktacular Saturday	R06008-101	White Oak	10/25	Sa	3-5 p.m.	FREE
6-18	Parents Night Off: Chefs and Chill	R06046-101	Silver Spring	11/7	F	6-8:30 p.m.	\$10
2 and up	Sunday Funday Family Swim	R06010-101	MLKSC	11/16	Su	Noon-4 p.m.	\$5
2 and up	Santa's Workshop	R06029-101	Wheaton	12/13	Sa	1-3 p.m.	FREE

TR Dance-Themed Parties

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	Glow Dance	R06051-101	Upper County	9/19	F	1-2:30 p.m.	FREE
15 and up	Monster Mash Dance	R06014-102	White Oak	10/25	Sa	6-9 p.m.	\$10
15 and up	New Year's Celebration Dance	R06014-103	Bauer Drive	12/27	Sa	6-9 p.m.	\$10

TR Social

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
15 and up	Karaoke Night	R06014-101	Upper County	9/27	Sa	6-9 p.m.	\$10
18 and up	Cupcakes 'n Canvas	R06006-102	Bauer Drive	10/11	Sa	1-4 p.m.	\$10
18 and up	Friendsgiving	R06006-103	Good Hope	11/15	Sa	5-8 p.m.	\$10
18 and up	Holiday Celebration	R06006-104	Wheaton	12/13	Sa	3:30-6 p.m.	\$10


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KIDSDAYOUT

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

Fall 2025-Spring 2026
Multiple Locations



Search this code
on ActiveMontgomery.org

Activity R03045 🔍



WINTER BREAK CAMPS

DECEMBER 2025

VIEW CAMPS



55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
6	Chalk Pastel*	R07095-165	Silver Spring	10/9	Th	12:30-2:30 p.m.
3	Cardmaking	R07095-118	Schweinhaut	9/13	Sa	9:30 a.m.-2:30 p.m.
24	Ceramic Class	R07098-105	Schweinhaut	9/2	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramic Class*	R07098-106	Silver Spring	9/17	W	Noon-3:30 p.m.
13	Drawing Club*	R07052-111	Damascus CRC	9/3	W	2-3 p.m.
2	Evening Crafters	R07095-120	North Potomac	10/15	W	5:15-6:45 p.m.
13	Fun with Art	R07052-105	Schweinhaut	9/3	W	10 a.m.-Noon
11	Intro to Drawing	R07095-102	Wheaton	9/4	Th	11 a.m.-Noon
11	Jewelry Club (Non-Instructional)	R07117-102	Wheaton	9/4	Th	1-2:30 p.m.
12	Mosaics*	R07095-138	Damascus CRC	9/2	Tu	9:30-11:30 a.m.
2	Origami Class	R07096-103	Schweinhaut	10/6	M	1-3 p.m.
11	Painting with Acrylics	R07095-103	Wheaton	9/5	F	11 a.m.-1 p.m.
6	Watercolor	R03027-187	Lawton	9/2	Tu	1-2:30 p.m.
3	Watercolor Art*	R07095-150	North Potomac	10/14	Tu	10 a.m.-Noon
12	Watercolor Painting	R07052-104	Long Branch	9/9	Tu	10-11 a.m.
6	Watercolor Painting*	R07095-163	Damascus CRC	9/29	M	10 a.m.-Noon
6	Watercolor Painting	R07095-164	Silver Spring	10/6	M	12:30-2:30 p.m.
8	Watercolor Painting	R03027-169	Mid-County	10/22	W	10:30-11:45 a.m.

*This activity has a fee.

KNITTING AND CROCHET

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-107	Long Branch	9/3	W	1:15-2:15 p.m.
13	Knit and Crochet Group	R07003-101	North Potomac	9/2	Tu	1-3 p.m.
16	Knit and Crochet Workshop	R07003-108	Holiday Park	9/3	W	10-11:30 a.m.
13	MSSC Stitchers	R07003-104	Schweinhaut	9/3	W	1-3 p.m.
10	Needlecraft, Crochet and Sewing Club	R07053-103	Silver Spring	9/19	F	2-4 p.m.
12	Needlecraft Club	R07053-120	Damascus CRC	9/4	Th	10:30 a.m.-12:30 p.m.
22	Needles and Yarn	R07003-102	Wheaton	9/2	M,Tu	1-3 p.m.
12	Quilting Club	R07053-115	Damascus CRC	9/8	M	2-3:45 p.m.

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ARTS

PERFORMING ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
6	Seasoned Players	R07056-102	Schweinhaut	9/3	W	1:30-3:30 p.m.
12	Readers' Theater	R07056-104	Damascus CRC	9/8	M	2:30-3:30 p.m.

PHOTOGRAPHY

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Photography Club	R07001-102	Holiday Park	9/3	W	10 a.m.-Noon

WOOD CARVING-WOODWORKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Woodcarving	R07002-102	Holiday Park	9/5	F	1-3 p.m.

SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.

[VIEW OPEN GYM SCHEDULE](#)

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DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Ballroom Line Dance Practice	R07011-108	Holiday Park	9/8	M	10-10:50 a.m.
13	Ballroom Dance Lessons	R07050-110	Schweinhaut	9/3	W	Noon-1:30 p.m.
12	Ballroom Dancing (Non-Instructional)	R07129-111	Damascus CRC	9/4	Th	1-2:30 p.m.
23	Ballroom/Line Dance	R07011-104	Wheaton	9/3	W,Th	1-2 p.m.
8	Biodanza	R07028-104	Holiday Park	10/3	F	9:45-10:50 a.m.
13	Chinese Classical Folk Dance	R07009-105	North Potomac	9/2	Tu	2-3:30 p.m.
11	Chinese Folk Dance	R07012-106	Wheaton	9/8	M	1-2 p.m.
13	Chinese Folk Dancing	R07009-103	North Potomac	9/3	W	10:30-11:30 a.m.
13	Chinese Folk Dancing	R07009-100	White Oak	9/2	Tu	10:30 a.m.-Noon
15	Chinese Folk Dancing (Beginner)	R07009-118	Holiday Park	9/5	F	11-11:50 am
12	Dance for Posture and Elegance (Mandarin)	R07009-115	North Potomac	9/4	Th	1-3 p.m.
12	International Ballroom Dancing	R07057-101	North Potomac	9/3	W	1-3 p.m.
12	International Folk Dance Instruction Class	R07009-113	North Potomac	9/5	F	12:15-1:15 p.m.
13	Line Dancing	R03027-131	Potomac	9/30	Tu	10:15-11:15 a.m.
13	Line Dancing	R03027-192	Potomac	9/24	W	10:30-11:30 a.m.
12	Line Dancing	R03027-191	Potomac	9/25	Th	10:30-11:30 a.m.
12	Line Dancing	R03027-138	Potomac	9/26	F	10:15-11:15 a.m.
13	Line Dancing	R07011-110	Schweinhaut	9/6	Sa	10:30 am-Noon
10	Line Dancing	R07011-112	North Potomac	9/12	F	1:30-2:15 p.m.
11	Martial Arts Health Dance	R07008-101	North Potomac	9/6	Sa	9:30-11 a.m.
13	Martial Arts Health Dance and Fan	R03027-111	Potomac	9/22	M	10:30-11:30 a.m.
12	Martial Arts Health Dance and Fan	R03027-112	Potomac	9/27	Sa	2-4 p.m.
8	Salsa Dancing	R03027-1100	Mid-County	9/9	Tu	10:30-11:30 a.m.
4	Salsa Dancing	R07012-113	Silver Spring	10/23	Th	10-11 a.m.
12	Soul Line Dance	R07005-110	White Oak	9/4	Th	10:15-11:15 a.m.
8	Superpower Line Dance	R03027-170	Mid-County	9/29	M	1-2 p.m.
8	Superpower Line Dance	R07005-101	Silver Spring	9/16	Tu	12:30-1:30 p.m.
12	Tap Dance	R07007-122	Damascus CRC	9/8	M	11 a.m.-12:30 p.m.
8	Urban Line Dance	R03027-143	Mid-County	10/2	Th	1-2 p.m.

SOAR

DAY TRIPPERS

Mini Trips

View Fall 2025 Trips and Tours



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EDUCATIONAL

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
31	Active Golden Meet and Greet	R07092-107	Holiday Park	9/2	Tu,F	9-10 a.m.
16	Active Living in Spanish- Cafecito y Amistad	R07087-104	Holiday Park	9/8	M	10-10:50 a.m.
7	Arm Chair Adventure	R07088-105	White Oak	9/10	W	12:45-1:45 p.m.
10	Artificial Intelligence Lecture Series	R07105-125	North Potomac	10/13	M,W	2:30-3:30 p.m.
9	Basic English Conversation for Mandarin Speakers	R07061-104	North Potomac	9/15	M	9:30-10:30 a.m.
11	Beginner English	R07061-101	Wheaton	9/5	F	11 a.m.-Noon
13	Beginner Italian Class	R07021-109	Schweinhaut	9/3	W	1-2 p.m.
12	Beginner Plus Spanish	R07015-112	Schweinhaut	9/4	Th	10:30-11:30 a.m.
12	Beginner Spanish	R07015-111	Schweinhaut	9/4	Th	9:30-10:30 a.m.
11	Beginner Spanish	R07118-101	Wheaton	9/8	M	10-11 a.m.
16	Behind the Headlines - Discussion Group	R07063-105	Holiday Park	9/8	M	10-11:25 a.m.
12	Bonjour! Basic French Conversation and Culture	R07019-102	North Potomac	9/9	Tu	2-3 p.m.
4	Book Club	R07065-102	Holiday Park	9/17	W	3-4 p.m.
2	Book Discussion	R07065-105	Schweinhaut	9/9	Tu	1-2:30 p.m.
16	Charla con Arte (Español)	R07087-103	Holiday Park	9/8	M	11-11:50 a.m.
3	Coffee and Conversation with Staff	R07092-108	Schweinhaut	9/18	Th	9:30-10:15 a.m.
62	Coffee Social	R07092-109	Long Branch	9/2	M-F	9-10:30 a.m.
62	Coffee Social	R07092-118	Damascus CRC	9/2	M-F	9-11 a.m.
10	Computer Essentials	R07084-119	Holiday Park	10/14	Tu,Th	10-11:15 a.m.
11	Conversational Spanish	R07015-101	Wheaton	9/5	F	10-11 a.m.
10	Conversational Spanish for Beginners	R07015-113	North Potomac	9/10	W	4-5:30 p.m.
15	Coping with Change	R07076-104	Holiday Park	9/4	Th	10:30-11:30 a.m.
12	Coping with Change	R07076-108	Damascus CRC	9/4	Th	11 a.m.-Noon
12	Coping with Change	R07076-109	North Potomac	9/5	F	10-11 a.m.
16	Coping with Change in Spanish - Superando los Cambios: Grupo de Apoyo Emocional	R07076-105	Holiday Park	9/2	Tu	11-11:50 a.m.
31	Cultural and Positive English Exercise	R07061-109	Holiday Park	9/2	Tu,Th	10 a.m.-Noon
24	English Conversation Group	R07021-110	Schweinhaut	9/4	M,Th	1-2:30 p.m.
11	English Reading and Writing for Mandarin Speakers	R07061-105	North Potomac	9/10	W	9:30-10:15 a.m.
16	Everyday English	R07061-108	Holiday Park	9/3	W	11-11:50 a.m.
31	Everyday English (Basic)	R07061-107	Holiday Park	9/2	Tu,Th	9:50-10:40 a.m.
13	French Conversation	R07019-103	Schweinhaut	9/13	Sa	1-2:30 p.m.

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EDUCATIONAL

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
4	Fire Safety, One Cup of Coffee or Chocolate at a Time	R07092-104	Holiday Park	9/17	W	9:30-11 a.m.
13	Intermediate Italian Class	R07021-107	Schweinhaut	9/3	W	2-3 p.m.
11	Intermediate Spanish	R07118-103	Wheaton	9/2	Tu	10-11 a.m.
10	Jai Ho Discussion and Social Group	R07312-102	North Potomac	9/8	M	11:30 a.m.-1 p.m.
16	Max You	R07043-102	Holiday Park	9/2	Tu	10:30-11:30 a.m.
12	Memoir Writing	R07058-105	Wheaton	9/3	W	10-11:30 a.m.
8	Memoir Writing	R07058-110	Silver Spring	9/18	Th	1-2:30 p.m.
3	Military Discussion Group	R07312-103	Schweinhaut	9/10	W	1-2 p.m.
24	Nutrition 101	R07024-106	Schweinhaut	9/2	Tu,Th	1:30-2:30 p.m.
2	Reader's Delight Book Club	R07078-105	White Oak	9/9	Tu	10:30-11:30 a.m.
6	Rose and Bud - Discussion Group	R07063-106	Holiday Park	9/11	Th	11 a.m.-Noon
12	Sante Senior Circle (Formerly Coping with Change)	R07076-100	White Oak	9/8	M	11-11:50 a.m.
16	Senior Coffee House	R03027-186	Lawton	9/4	Th	9:30 a.m.-12:30 p.m.
25	Tech Tutoring	R07084-128	Long Branch	9/2	Tu,Th	11 a.m.-3 p.m.
13	VASA Support Group (in Vietnamese)	R07111-105	Long Branch	9/5	F	10 a.m.-1 p.m.
8	Wellness Matters	R07028-119	Silver Spring	9/16	Tu	9-10:30 a.m.
10	Wellness Wednesdays with University of MD Nursing Students	R07028-102	North Potomac	9/10	W	9 a.m.-3 p.m.
6	Writers Group	R07058-108	Schweinhaut	9/2	Tu	10 a.m.-Noon
15	Writers Group	R07058-109	Holiday Park	9/5	F	10-11:25 a.m.



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FITNESS

AEROBIC DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Ballet	R07012-103	Wheaton	9/2	Tu	1:30-2:30 p.m.
12	Ballet	R07012-102	Wheaton	9/3	W	2:15-3:15 p.m.
10	Ballet	R07012-133	Silver Spring	9/17	W	10-11 a.m.
13	Cardio Dance Fitness	R07012-139	Wheaton	9/3	W	9:05-9:40 a.m.
17	Cardio Fit	R07012-143	North Potomac	9/3	W	9:15-10:15 a.m.
12	Chinese Dance and Fitness	R07012-107	Wheaton	9/3	W	9-10:45 a.m.
12	Dance Fitness	R07012-136	Schweinhaut	9/8	M	9:30-10:30 a.m.
12	Dance with Me!	R07011-111	Wheaton	9/8	M	9:05-9:55 a.m.
8	Grooves and Moves Dance Fitness	R07012-110	Silver Spring	9/18	Th	2-3 p.m.
4	Jazz Dance	R07012-112	Silver Spring	9/19	F	2-3 p.m.
16	Move and Groove Dance Fitness	R07012-124	Holiday Park	9/8	M	2:30-3:30 p.m.
15	Move and Groove Dance Fitness	R07012-125	Holiday Park	9/3	W	2:30-3:30 p.m.
12	Move to the Beat	R07012-134	Long Branch	9/4	Th	12:45-1:45 p.m.
25	Superpower Dance Circle	R07012-111	Long Branch	9/2	Tu,Th	10-11 a.m.
13	Superpower Dance Circle	R07012-122	Wheaton	9/3	W	11-11:45 a.m.
13	Superpower Dance Circle	R07012-144	Schweinhaut	9/3	W	9-10 a.m.
12	Superpower Dance Circle	R07012-123	White Oak	9/4	Th	12:45-1:45 p.m.
10	Superpower Dance Circle	R07012-132	Silver Spring	9/20	Sa	11 a.m.-Noon
11	Yuan Chi Dance	R07012-108	Wheaton	9/8	M	2:30-4 p.m.


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FITNESS

LOW-IMPACT



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Active Golden Gentle Exercise	R07039-112	Holiday Park	9/5	F	10-10:50 a.m.
8	Balance and Mobility	R07039-132	Silver Spring	9/16	Tu	3-4 p.m.
13	Balance Boom	R07060-100	White Oak	9/3	W	11 a.m.-Noon
9	Balance Boom with Everest Wellness	R07039-115	Silver Spring	9/15	M	10:15-11:15 a.m.
6	Basic Functional Balance Exercise	R07030-102	Schweinhaut	9/5	F	9:30-10:30 a.m.
12	Chairobics	R07066-113	Damascus CRC	9/2	Tu	10-10:45 a.m.
13	Chairobics	R07066-114	Damascus CRC	9/3	W	10-10:45 a.m.
12	Chairobics	R07066-115	Damascus CRC	9/4	Th	10-10:45 a.m.
12	Chairobics	R07066-116	Damascus CRC	9/5	F	10-10:45 a.m.
10	Fitness Boot Camp	R07039-113	Silver Spring	9/20	Sa	9:30-10:30 a.m.
3	Fitness Room Orientation	R07039-131	Damascus CRC	9/8	M	11 a.m.-Noon
12	Full Body Workout	R07041-104	Wheaton	9/2	Tu	9:05-9:55 a.m.
12	Gentle Spin	R07039-100	White Oak	9/8	M	10-11 a.m.
9	Happy Soles (Walking Club)	R07035-123	Wisconsin Place	9/25	Th	10:30-11:30 a.m.
22	Heart Plus Exercise	R07041-107	North Potomac	9/9	Tu,Th	3:30-4:30 p.m.
10	LaBlast Fitness	R03027-189	Longwood	9/18	Th	10-11 a.m.
3	Low Impact Exercise	R07060-133	Schweinhaut	9/12	F	9:30-10:30 a.m.
10	Low Impact Exercise	R03027-182	Clara Barton	9/15	M	11:30 a.m.-12:30 p.m.
13	Low Impact Exercise	R03027-177	Potomac	9/24	W	10:30-11:30 a.m.
24	Low Impact Exercise Video	R07060-111	White Oak	9/4	Th,F	10:30 a.m.-Noon
12	Muscle Up!	R07030-105	Wheaton	9/5	F	1:30-2:30 p.m.
10	Muscle Up!	R07039-114	Silver Spring	9/21	Su	1-2 p.m.
16	Music and Fun Exercise Active Golden	R07039-120	Holiday Park	9/2	Tu	10:30-11:15 a.m.
10	Sit and Be Fit	R07039-117	Silver Spring	9/19	F	1-2 p.m.
36	Stretching Exercises	R07041-108	North Potomac	9/3	M,W,F	9:30-10:45 a.m.
13	Trail Walking Club	R07035-122	Damascus CRC	9/3	W	9:15-10:15 a.m.
12	Walking Club	R07035-121	Damascus CRC	9/8	M	10-11 a.m.
13	Wheaton Walks	R07035-102	Wheaton	9/3	W	9:30-11 a.m.

STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Balance Boom	R07060-100	White Oak	9/3	W	11 a.m.-Noon
3	Cardio Drumming	R07060-183	Schweinhaut	9/17	W	10:30-11:30 a.m.
13	Fall Prevention and Balance Exercise	R07060-102	Long Branch	9/3	W	11 a.m.-Noon
3	Kickboxing	R07060-132	Schweinhaut	9/19	F	9:30-10:30 a.m.
11	Steady Strength	R07060-182	Damascus CRC	9/11	Th	6:15-7:15 p.m.

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FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Zumba	R07070-102	Wheaton	9/2	Tu	11 a.m.-Noon
13	Zumba	R07070-120	Long Branch	9/2	Tu	2-3 p.m.
13	Zumba	R07070-124	Damascus CRC	9/3	W	11 a.m.-Noon
10	Zumba	R03027-190	Longwood	9/3	W	12:45-1:45 p.m.
12	Zumba	R07070-103	Wheaton	9/4	Th	11-11:45 a.m.
12	Zumba	R07070-114	Wheaton	9/5	F	9:45-10:45 a.m.
11	Zumba	R07070-111	North Potomac	9/8	M	9:15-10:15 a.m.
10	Zumba	R03027-139	Clara Barton	9/17	W	3-4 p.m.
9	Zumba	R07070-130	Silver Spring	9/18	Th	6:30-7:30 p.m.
25	Zumba Gold	R07070-100	White Oak	9/2	Tu,Th	9:05-10:05 a.m.
12	Zumba Gold	R07070-128	Damascus CRC	9/4	Th	5-6 p.m.
12	Zumba Gold	R07070-115	Wheaton	9/8	M	1:30-2:30 p.m.
10	Zumba Gold	R03027-188	Longwood	9/16	Tu	11:15 a.m.-12:15 p.m.
10	Zumba Gold	R07071-106	Silver Spring	9/19	F	10-11 a.m.
8	Zumba Gold	R03027-142	Mid-County	9/25	Th	11:15 a.m.-12:15 p.m.
25	Zumba Video	R07070-131	North Potomac	9/2	Tu,Th	9:30-10:15 a.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

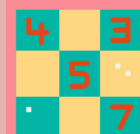
Damascus Senior Center is closed for renovations.

Damascus Senior Center programs and activities will be held at
Damascus Community Recreation Center
 25520 Oak Drive, Damascus

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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
23	American Mah Jongg	R07047-101	Wheaton	9/3	M,W	1-4 p.m.
12	American Mah Jongg	R07047-103	North Potomac	9/4	Th	1-4 p.m.
11	American Mah Jongg	R07047-110	North Potomac	9/8	M	10 a.m.-Noon
16	American Mah Jongg Club	R07047-104	Holiday Park	9/8	M	1-4 p.m.
11	Beginner American Mah Jongg	R07047-162	Damascus CRC	9/3	W	11:30 a.m.-3 p.m.
10	Beginners Bridge	R07074-106	Silver Spring	9/17	W	12:30-2:30 p.m.
25	Beginners Bridge Play	R07074-111	North Potomac	9/2	Tu,Th	1-3 p.m.
13	Bingo	R07085-102	Long Branch	9/2	Tu	1-2 p.m.
23	Bingo	R07085-112	Schweinhaut	9/4	M,Th	10:30-11:30 a.m.
9	Bingo	R07085-111	Silver Spring	9/18	Th	12:30-1:30 p.m.
9	Board Games	R07112-111	Silver Spring	9/15	M	1-3 p.m.
12	Brain Games	R07090-102	White Oak	9/8	M	10-11 a.m.
10	Brain Games	R07090-101	Silver Spring	9/15	M	9:30-10:30 a.m.
12	Bridge Club	R07074-110	Damascus CRC	9/2	Tu	11 a.m.-3 p.m.
12	Canasta Club	R07112-113	Damascus CRC	9/4	Th	12:30-3:30 p.m.
16	Card and Board Game Day	R03027-185	Lawton	9/4	Th	1-3:30 p.m.
12	Chess Club	R07110-104	Schweinhaut	9/8	M	10:30 a.m.-1 p.m.
13	Chinese Mahjong	R07047-108	North Potomac	9/3	W	10 a.m.-Noon
12	Chinese Mahjong	R07047-111	North Potomac	9/5	F	12:15-2:15 p.m.
16	Duplicate Bridge	R07074-107	Holiday Park	9/3	W	12:45-3:45 p.m.
13	Mahjong	R03027-132	Potomac	9/28	Su	Noon-2 p.m.
13	Mahjong	R03027-133	Potomac	9/30	Tu	6:30-8:30 p.m.
15	Open Party Bridge	R07075-103	Holiday Park	9/5	F	12:45-3:30 p.m.
13	Pinochle	R07099-104	Schweinhaut	9/3	W	1-3 p.m.
11	Play for Fun	R07117-108	Wheaton	9/8	M	11 a.m.-Noon
6	Qigong	R03027-156	Mid-County	11/4	Tu	10-11 a.m.
9	Rummikub	R07086-104	Silver Spring	9/18	Th	9:30-11:30 a.m.
10	Rummikub	R07086-107	North Potomac	9/8	M	1:15-3:15 p.m.
78	Rummikub Club	R07086-103	Holiday Park	9/2	M-F	1-4 p.m.
16	Rummikub Club	R07086-106	Holiday Park	9/2	Tu	11 a.m.-2 p.m.
16	Scrabble	R07073-105	Holiday Park	9/3	W	1-3:45 p.m.



55+ PROGRAMS

BONE BUILDERS



VIEW BONE BUILDERS CLASSES

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HEALTH AND WELLNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Blood Pressure Screening	R07108-113	Schweinhaut	9/5	F	1-2 p.m.
3	Blood Pressure Screening	R07108-135	Damascus CRC	9/10	W	10:30-11:30 a.m.
8	Wellness Matters	R07028-119	Silver Spring	9/16	Tu	9-10:30 a.m.
10	Wellness Wednesdays with University of MD Nursing Students	R07028-102	North Potomac	9/10	W	9 a.m.-3 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Mindfulness Art	R07077-103	North Potomac	9/4	Th	10:30-11:30 a.m.
15	Mindfulness Meditation	R07077-106	Holiday Park	9/5	F	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Chair Yoga	R07029-111	Silver Spring	9/15	M	3-4 p.m.
12	Chair Yoga	R07032-105	Wheaton	9/2	Tu	3-4 p.m.
12	Chair Yoga	R07032-114	Long Branch	9/4	Th	9-10 a.m.
12	Chair Yoga	R07029-125	Damascus CRC	9/8	M	9:45-10:45 a.m.
13	Gentle Yoga	R03027-176	Potomac	9/30	Tu	Noon-1 p.m.
12	Laughter Yoga	R07032-103	Wheaton	9/4	Th	10-11 a.m.
12	Seated Yoga	R07032-125	White Oak	9/8	M	12:45-1:45 p.m.
11	Slow Flow Yoga	R07029-107	North Potomac	9/11	Th	2-3 p.m.
13	Yin Yoga	R07032-113	Schweinhaut	9/6	Sa	9:15-10:15 a.m.
13	Yoga	R07029-118	Damascus CRC	9/3	W	2:15-3:15 p.m.
12	Yoga	R07029-117	Damascus CRC	9/5	F	11 a.m.-Noon
11	Yoga	R07032-126	Long Branch	9/8	M	1-2 p.m.
6	Yoga	R03027-183	Lawton	10/7	Tu	11 a.m.-Noon
6	Yoga	R03027-184	Lawton	10/9	Th	10:30-11:30 a.m.
6	Yoga	R03027-168	Mid-County	10/13	M	10-11 a.m.
12	Yoga For All	R07029-110	White Oak	9/5	F	9-10 a.m.
8	Yogalates	R07032-112	Silver Spring	9/16	Tu	6:30-7:30 p.m.
13	Yogalates	R07032-104	Wheaton	9/3	W	9:45-10:45 a.m.
13	Yogalates	R07032-127	Long Branch	9/5	F	1-2 p.m.


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BONEBUILDERS

Fall 2025

SEPT. 2-NOV. 26

FREE
AGES 55+

CLASSES ARE DESIGNED
TO INCREASE
BONE DENSITY.

LEARN
MORE

Location	Activity	Date	Days	Time
Bauer Drive 1	R03010-102	9/3	M,W	11:30 a.m.-12:30 p.m.
Bauer Drive 2	R03010-103	9/2	Tu,Th	1:30-2:30 p.m.
Clara Barton	R03010-104	9/8	M,W	1:30-2:30 p.m.
Coffield 1	R03010-105	9/2	Tu,Th	9:15-10:15 a.m.
Coffield 2	R03010-124	9/3	M,W	9:15-10:15 a.m.
Damascus CRC	R03010-122	9/2	Tu,Th	2:30-3:30 p.m.
Germantown 1	R03010-106	9/4	M,Th	1-2 p.m.
Germantown 2	R03010-125	9/4	M,Th	2:15-3:15 p.m.
Lawton	R03010-107	9/2	Tu,Th	9:15-10:15 a.m.
Long Branch	R03010-123	9/3	M,W	9:45-10:45 a.m.
Longwood 1	R03010-108	9/3	M,W	11:15 a.m.-12:15 p.m.
Longwood 2	R03010-109	9/3	M,W	2-3 p.m.
Mid-County	R03010-110	9/2	Tu,Th	1-2 p.m.
North Potomac 1	R03010-111	9/3	M,W	10:45-11:45 a.m.
North Potomac 2	R03010-112	9/2	Tu,Th	10:40-11:40 a.m.
North Potomac 3	R03010-113	9/2	Tu,Th	11:50 a.m.-12:50 p.m.
Potomac 1	R03010-114	9/3	M,W	9-10 a.m.
Potomac 2	R03010-117	9/3	M,W	Noon-1 p.m.
Praisner 1	R03010-115	9/3	M,W	11 a.m.-Noon
Praisner 2	R03010-127	9/3	M,W	2-3 p.m.
Ross Boddy	R03010-128	9/2	Tu,Th	Noon-1 p.m.
Schweinhaut	R03010-119	9/2	Tu,Th	10:30-11:30 a.m.
Silver Spring 1	R03010-121	9/2	Tu,Th	10-11 a.m.
Silver Spring 2	R03010-126	9/15	M,W	1-2 p.m.
Wheaton 1	R03010-116	9/2	Tu,Th	9:15-10:15 a.m.
Wheaton 2	R03010-120	9/3	M,W	11 a.m.-Noon
Wisconsin Place	R03010-118	9/9	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

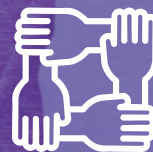
[Click here to view programs.](#)



Fitness and Wellness



Sports and Games



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MONTGOMERY COUNTY
Recreation
WWW.MOCOREC.COM



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[View flyers and register for activities](#)



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[Access online 24/7](#)



View from your desktop, laptop and mobile device.



VISIT WWW.MOCOREC.COM/BULLETIN



MARTIAL ARTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Beginners Tai Chi	R07025-109	Holiday Park	9/3	W	9:30-10:20 a.m.
12	Integral Tai Chi	R07025-100	White Oak	9/5	F	1-2 p.m.
10	Intermediate Tai Chi	R07027-104	Silver Spring	9/19	F	9-10 a.m.
11	Intro to Qigong Flow	R07059-104	North Potomac	9/11	Th	9:30-10:15 a.m.
10	Low Impact Aikido	R07028-110	Wheaton	9/19	F	10:55-11:55 a.m.
13	Qigong	R07059-103	Schweinhaut	9/6	Sa	Noon-1 p.m.
11	Qigong	R07059-101	Wheaton	9/5	F	1-2 p.m.
7	Self-Defense	R07028-103	Wheaton	9/18	Th	2-3 p.m.
15	Self-Defense Tae Kwon Do	R07026-102	Holiday Park	9/5	F	2-3 p.m.
12	Tai Chi	R07025-101	Wheaton	9/5	F	10:45-11:45 a.m.
13	Tai Chi	R07025-130	Damascus CRC	9/2	Tu	11 a.m.-Noon
13	Tai Chi	R07025-117	Long Branch	9/3	W	2-3 p.m.
24	Tai Chi	R03027-101	Potomac	9/30	Tu,Th	10:30-11:45 a.m.
10	Tai Chi - Chen 18	R07027-102	North Potomac	9/19	F	2:30-3:30 p.m.
25	Tai Chi (In Person - Beginners Welcome)	R07025-111	White Oak	9/2	Tu,Th	2-3 p.m.
12	Tai Chi Chuan	R07025-113	Schweinhaut	9/2	Tu	2-3 p.m.
15	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-119	North Potomac	9/12	F	10 a.m.-Noon
16	Tai Chi Exercises	R07025-108	Holiday Park	9/2	Tu	9:30-10:20 a.m.
10	Tai Chi for Beginners	R07025-120	Silver Spring	9/17	W	12:30-1:30 p.m.
5	Tai Chi Beginners 2	R03027-178	Clara Barton	10/22	W	11:30 a.m.-12:30 p.m.
5	Tai Chi Beginners 3	R03027-179	Clara Barton	10/20	M	10-11 a.m.
10	Tai Chi Practice	R07025-118	North Potomac	9/9	Tu	9:30-11 a.m.
16	Tai Chi Sword	R07027-103	Holiday Park	9/8	M	2:30-3:25 p.m.



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MUSIC

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Active Golden Karaoke	R07080-130	Holiday Park	9/5	F	11 am-Noon
16	Active Golden Karaoke	R07080-129	Holiday Park	9/2	Tu	11:20 a.m.-12:10 p.m.
8	African Drumming*	R07115-109	Silver Spring	9/17	W	2-3 p.m.
13	Angklung Music Lessons	R07109-103	Schweinhaut	9/6	Sa	Noon-2 p.m.
13	Chinese Karaoke	R07080-131	North Potomac	9/2	Tu	2-3:30 p.m.
8	Jam Session	R07115-110	Holiday Park	9/3	W	2-3:30 p.m.
11	Let's Practice Ukulele! Club	R07115-102	Wheaton	9/4	Th	1-2 p.m.
4	Piano Club	R07115-107	Holiday Park	9/8	M	2-3:45 p.m.
8	Piano- Intermediate	R07115-105	Silver Spring	9/16	Tu	1:30-2:30 p.m.
12	Sing Along	R07080-106	Long Branch	9/8	M	11 a.m.-Noon
3	Song Circle	R07080-115	Schweinhaut	9/12	F	1:30-3:30 p.m.

*This activity has a fee.

SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Art Show	R07107-109	Holiday Park	9/10	W	1-7 p.m.
1	Boot Camp	R07060-116	White Oak	10/9	Th	6-7:15 p.m.
1	Canvas Creations Workshop*	R07095-166	Silver Spring	10/8	W	12:30-2:30 p.m.
5	Dance Club Friday	R07081-101	Holiday Park	9/26	F	1-3 p.m.
1	Diwali Celebration*	R07107-133	North Potomac	10/17	F	11:30 a.m.-1 p.m.
1	Free Diabetic Shoes by Medicare	R07028-123	North Potomac	11/5	W	10 a.m.-2 p.m.
1	Friendsgiving	R07089-105	Wheaton	11/21	F	11:30 a.m.-1 p.m.
1	Thanksgiving Lunch	R07089-104	Long Branch	11/26	W	11 a.m.-1:30 p.m.
1	Thanksgiving Party	R07107-111	Holiday Park	11/13	Th	1-3 p.m.
1	German Festival Oktoberfest	R07107-118	Holiday Park	9/23	Tu	1-3 p.m.
1	Giselle by the Ballet of Maryland	R07107-120	Holiday Park	10/7	Tu	1-2 p.m.
1	Halloween Costume Contest and Social	R07081-105	North Potomac	10/31	F	12:30-2 p.m.
1	Halloween Party	R07107-126	Holiday Park	10/31	F	1-3 p.m.
1	Hawaiian Party	R07107-108	Holiday Park	9/5	F	1-3 p.m.
1	Herbs for Flavor	R07102-101	North Potomac	10/9	Th	10:30-11:30 a.m.
1	Hispanic Heritage	R07107-124	Holiday Park	10/10	F	1-3 p.m.
1	Hispanic Heritage Lunch and Music	R07089-103	Long Branch	10/22	W	11 a.m.-1:30 p.m.
1	Line Dance	R07107-103	Holiday Park	9/12	F	1-2:30 p.m.
1	Line Dance	R07107-105	Holiday Park	9/24	W	5:30-6:30 p.m.
1	Mid-Autumn Festival	R07107-106	Holiday Park	9/30	Tu	1-3 p.m.
12	New Movie Monday	R07088-100	White Oak	9/8	M	12:30-2 p.m.
1	Outdoor Walking Club Kickoff	R07035-108	White Oak	10/21	Tu	9:30-11:30 a.m.
1	Paint and Sip	R07095-119	North Potomac	10/8	W	4:30-6 p.m.
1	Saxophone-Choir-of-One	R07107-110	Holiday Park	10/28	Tu	1-2 p.m.
1	Street Fair	R07107-107	Holiday Park	9/3	W	5-7 p.m.

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MONTGOMERY COUNTY MARYLAND

Active Aging Week

2025

FOR RESIDENTS 55+



Oct. 6-12  **Go, Grow and Get Active!**



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN

★ SIGNATURE EVENT ★

Monday, Oct. 6

9 a.m. – 2 p.m.

Wellness Programs and Activities • 9 a.m. - Noon
Vendor Fair and Health Screenings • Noon - 2 p.m.

Nancy H. Dacek North Potomac CRC
13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com



Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring • 240-777-6975

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

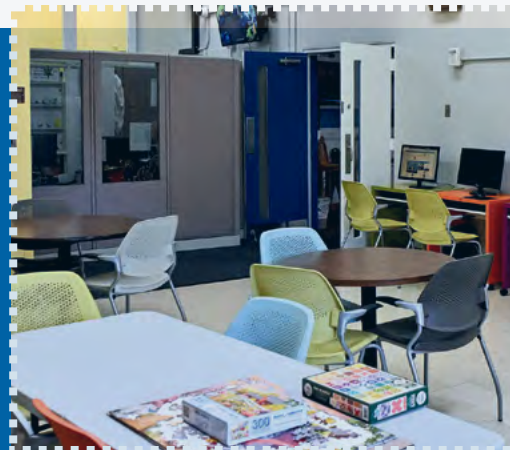
1319 Apple Ave., Silver Spring • 240-777-6900

White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830



Visit mcorec.com/seniors
for more information



SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Seniors Kickball Fun	R07315-100	North Potomac	10/16	Th	9:15-10:30 a.m.
12	Pickleball	R07091-100	White Oak	9/4	Th	10 a.m.-Noon
5	Outdoor Pickleball	R07091-104	North Potomac	9/11	Th	4-6:30 p.m.
12	Newbies and Beginners Pickleball	R07091-112	Schweinhaut	9/4	Th	1-2 p.m.
12	Advanced Beginners Pickleball	R07091-113	Schweinhaut	9/4	Th	2-3 p.m.
12	Intermediate Pickleball	R07091-114	Schweinhaut	9/4	Th	3-4 p.m.
1	Beginners Pickleball	R07091-116	Silver Spring	10/13	M	12:30-2 p.m.
1	Beginners Pickleball	R07091-117	North Potomac	10/23	Th	10-11:30 a.m.
26	Soccer	R07128-101	North Potomac	9/3	W	9:45 am-Noon
8	Soccer	R07128-104	North Potomac	9/4	Th	5:15-7:30 p.m.
26	Soccer	R07128-102	North Potomac	9/5	F	9:45 a.m.-Noon
25	Walking Soccer	R07128-105	North Potomac	9/8	M	9:45 a.m.-Noon
13	Seated Volleyball and Cornhole	R07093-102	Long Branch	9/5	F	10 a.m.-Noon



2025

INFORMATION & REGISTRATION GUIDE



Maryland Senior Olympics



WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



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MINI TRIPS

Class Title	Activity	Location	Start Date	Day(s)	Time
99 Ranch Market	R07101-106	North Potomac	9/15	M	9:30-11:15 a.m.
Active Aging Week at N. Potomac Senior Center	R07101-101	Wheaton	10/6	M	9 a.m.-Noon
Active Aging Week Event at NPCC	R07101-120	Schweinhaut	10/6	M	9:30 a.m.-2 p.m.
Amish Market	R07101-160	Damascus CRC	9/25	Th	9:30-11:30 a.m.
Butler's Orchard	R07101-119	Schweinhaut	10/24	F	9 a.m.-Noon
Crossroads Farmers Market	R07101-195	Long Branch	9/10	W	10:45 a.m.-12:15 p.m.
Damascus Fair	R07101-180	Damascus CRC	9/5	Fri	9:30-11:30 a.m.
Dollar Tree	R07101-165	Damascus CRC	10/20	M	9:30-11:30 a.m.
Dollar Tree	R07101-149	Damascus CRC	11/17	M	9:30-11:30 a.m.
Germantown Library	R07101-158	Damascus CRC	9/11	Th	9:30-11:30 a.m.
Glenstone Museum	R07101-107	North Potomac	9/25	Th	9:30-11:15 a.m.
Kensington Antique Row	R07101-175	Wheaton	9/17	W	9:30 a.m.-1:30 p.m.
Laurel Dutch Country Market	R07101-159	Schweinhaut	9/19	F	9:30 a.m.-Noon
Patel Brothers Indian Marketplace	R07101-105	North Potomac	10/7	Tu	9:30-11:15 a.m.
Patel Brothers Indian Marketplace	R07101-169	Damascus CRC	11/19	W	9:30-11:30 a.m.
Trader Joe's Grocery Store	R07101-154	North Potomac	10/22	W	9:30-11:15 a.m.
Wheaton Mall	R07101-183	Wheaton	10/16	Th	9:30 a.m.-Noon

THE REC INSIDER



SIGN UP

**FOR OUR
NEWSLETTER TODAY!**



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REGISTRATION BEGINS TUESDAY, AUG. 12 AT 9 A.M.

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



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

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

R07082-101 Port Deposit Museums and Donaldson Brown Estate Tour, Port Deposit, MD Th, Sept. 11 • Leave 8 a.m., Return 4 p.m. • Fee: \$99

We will meet our guide for a tour of the Paw Paw Museum and Bainbridge Museum. Then we'll make our way to the Donaldson Brown Center for a historic estate tour followed by lunch at the estate overlooking the Chesapeake Bay and the Susquehanna River. Fee includes transportation, guided tours and lunch. Trip is held rain or shine.

R07082-102 Rocky Gap Casino Resort and Hiking Trails, Flintstone, MD Tu, Oct. 7 • Leave 8 a.m., Return 5 p.m. • Fee: \$69

Enjoy the magnificent fall foliage through the mountains of western Maryland. Try your luck at the Rocky Gap Casino or take advantage of the fall scenery by walking on the trails and dining with majestic lake views. Fee includes transportation. Trip is held rain or shine.

R07082-103 Thomas Jefferson Monticello Estate Tour, Charlottesville, VA W, Oct. 15 • Leave 7 a.m., Return 6 p.m. Fee: \$92

Take a guided Highlights Tour of Thomas Jefferson's home and explore the iconic architecture that Monticello has to offer. We will have lunch on our own at the Monticello Café or the Farm Shop. Visit the Shop at Monticello to get snacks, books and one-of-a-kind gifts and mementos of your visit. Fee includes admission, guided tour and transportation. Trip is held rain or shine.

R07082-104 East Broad Top Railroad Train Ride, Trolley Ride and Museum Shop Tour, Rockhill, PA Th, Oct. 23 • Leave 7 a.m., Return 6 p.m. • Fee: \$114

Ride the rails on America's oldest operating narrow gauge railroad. First, you will experience a train excursion departing from historic Orbisonia Station. Then we will make an outdoor lunch and nature stop at the Colgate Grove Park facility. Following lunch, we will be picked up by train to return to the station where we will board a vintage trolley for a ride along Blacklog Creek. After the vintage trolley ride, we will experience a guided tour of the Machine Shop. Fee includes transportation, train and trolley rides, guided tour and boxed lunch. Trip is held rain or shine.

R07082-105 Luray Caverns, Luray, VA W, Oct. 29 • Leave 7 a.m., Return 5 p.m. • Fee: \$89

Tour the splendor of the caverns as well as the Car and Carriage Caravan Museum and gift shop. Have lunch on your own at the restaurant stop on the way back home. Fee includes admission and transportation. Trip is held rain or shine.

R07082-106 Naval Academy Walking Tour, Annapolis, MD Th, Nov. 13 • Leave 8:30 a.m., Return 4:30 p.m. • Fee: \$79

Take a guided walking tour of the United States Naval Academy and enjoy time on your own, including lunch, in downtown Annapolis and the City Dock. Fee includes admission, guided tour and transportation. Trip is held rain or shine.

R07082-107 National Harbor and Annmarie Sculpture Garden in Lights, MD Th, Dec. 11 • Leave 11 a.m., Return 10 p.m. • Fee: \$84

Shop and dine at National Harbor before heading out to the Annmarie Garden in Lights festival. The sculpture garden is transformed into a twinkling wonderland of glowing light sculptures, wondrous light installations and photo opportunities around every corner. Walk around on your own to do some holiday shopping or enjoy food trucks and other night activities and entertainment. Fee includes admission to the light show and transportation. Trip is weather permitting.

Photo by: East Broad Top Railroad



East Broad Top Railroad Train Ride, Trolley Ride
and Museum Shop Tour, Rockhill, PA

Activity R07082-104, Thursday, Oct. 23



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations.

A day trip is planned with your interests in mind.

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

R07083-101 The Tea Cart, Winchester, VA Th, Sept. 18 • Leave 8:30 a.m., Return 4:30 p.m. • Fee: \$106

Enjoy the memorable and nostalgic Royal Ascot tea service at this historic venue. Nestled in historic downtown Winchester, The Tea Cart brings the Old Water Street Inn to life again since being built in 1840. Fee includes transportation and tea service. Trip is held rain or shine. *Note: The Old Water Street Inn is not wheelchair accessible.*

R07083-102 Occoquan's Fall Arts and Crafts Show, Occoquan, VA Sa, Sept. 27 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$62

Explore more than 200 artisans, makers, crafters, bakers, demos and more. Enjoy an all-you-can-taste experience on your own with many food and drink vendors on hand while watching musicians perform. Fee includes transportation. Trip is weather permitting.

R07083-103 OysterFest at Chesapeake Bay Maritime Museum, St. Michaels, MD Sa, Oct. 25 • Leave 8 a.m., Return 5 p.m. • Fee: \$79

This is an event featuring live music, boat rides, oysters, cooking demos and many varieties of food that you can purchase and enjoy. Fee includes transportation and entrance. Trip is weather permitting.

R07083-104 Peddler's Village Apple Festival, Lahaska, PA Sa, Nov. 1 • Leave 8 a.m., Return 6 p.m. • Fee: \$72

Celebrate apple season in Peddler's Village with vendors, shops, entertainment, food and beverages. Enjoy all the season has to offer in this magical place. Fee includes transportation. Trip is weather permitting.

R07083-105 Noah at Sight & Sound Theatres, Lancaster, PA Th, Nov. 20 • Leave 9 a.m., Return 8 p.m. • Fee: \$162

With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. A pre-show lunch will take place at the newly restored Hershey Farm Restaurant near the theater. Fee includes lunch, show ticket and transportation. Trip is held rain or shine.

R07083-106 Front Porch Tea Room, Hallam, PA Th, Dec. 4 • Leave 9 a.m., Return 5 p.m. • Fee: \$106

Enjoy Full High Tea at this charming tea room where one can take a step back to an era where manners and civility were common. Fee includes transportation and tea service. Trip is held rain or shine.

R07083-107 Million Dollar Quartet Christmas at Majestic Theatre, Gettysburg, PA Su, Dec. 7 • Leave 9 a.m., Return 6 p.m. • Fee: \$92

From the creators of *Million Dollar Quartet*, your favorite rock 'n' roll legends — Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley — return for a brand-new holiday musical experience. Jam-packed with the sounds of the season, the gang is up to their usual antics as we journey through stories of Christmas past, present and future. Enjoy the Gettysburg Christmas Festival in downtown Gettysburg before the show. Fee includes transportation and show ticket. Trip is held rain or shine.

R07083-108 Maryland Holiday Light Spectacular, Timonium, MD Sa, Dec. 13 • Leave 2:30 p.m., Return 9:30 p.m. • Fee: \$84

See more than a million beautiful lights, dozens of holiday displays and oversized snow globes on a half-mile walking trail. A Holiday Village will feature boutiques, shops, food trucks, Santa and other live performers. Fee includes admission and transportation. Trip is weather permitting.

R07083-109 Wicked at Hippodrome Theatre, Baltimore, MD Th, Dec. 18 • Leave 11:30 a.m., Return 6:30 p.m. • Fee: \$169

Set in the mythical land of Oz long before Dorothy's arrival, *Wicked* reveals the hidden history between two young women: the radiant and popular Galinda and the misunderstood outcast Elphaba, born with emerald-green skin. Enjoy time on your own before the show for a bite to eat at a nearby spot. Fee includes transportation and show ticket. Trip is held rain or shine.



CLUB FRIDAY

GAMES • CRAFTS • MOVIES • SPORTS • DJ/DANCING
SPECIAL EVENTS • PRIZES • SNACKS • RAFFLES



Grades 3-6 • CO-ED

Activity R03002

Clara Barton NRC*

Oct. 24 - May 15 | 7-9 p.m.

Germantown CRC*

Oct. 10 - March 27 | 7-9 p.m.

Lawton CRC*

Oct. 17 - April 10 | 7-9:30 p.m.

Longwood CRC*

Oct. 24 - March 13 | 7-9 p.m.



SCAN THE QR

N. Potomac CRC*

Oct. 10 - March 27 | 7-9 p.m.

Potomac CRC*

Oct. 17 - March 13 | 7-9 p.m.

Praisner CRC*

Oct. 10 - March 20 | 7-9 p.m.

***All locations meet
on select Fridays.**

Membership Fee
Varies

Activity Time
Varies



MONTGOMERY COUNTY
Recreation

CLUB ★ FALL 2025 ★

ADVENTURE

Registration begins Tuesday, Aug. 12

After School Program
Half Days Included

LOCATIONS:

Coffield CRC
Damascus CRC
East County CRC
Long Branch CRC
Mid-County CRC

N. Potomac CRC
Plum Gar CRC
Praisner CRC
Upper County CRC
White Oak CRC

Monday ★ Friday
3:30 - 6:30 p.m.

Ages 5-12

\$75

Per Month



Scan QR
to register



★
Join Us!

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



PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reddie Drive, 10th Floor, Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation

FACILITY ADDRESSES

Registration begins Tuesday, Aug. 12 for fall programs.



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view aquatic facilities.](#)

ELEMENTARY SCHOOLS

Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910
Rock View ES.....	3901 Denfeld Ave, Kensington, 20895

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
Tilden MS.....	6300 Tilden Ln, Rockville, 20852
Wood MS.....	14615 Bauer Dr, Rockville 20853

HIGH SCHOOLS

Wootton HS.....	2100 Wootton Pkwy, Rockville, 20850
Wheaton HS.....	12401 Dalewood Dr, Silver Spring, 20906

PARKS

Cabin John RP.....	7400 Tuckerman Ln, Bethesda, 20817
Bauer Drive LP.....	14625 Bauer Dr, Aspen Hill, 20853
Layhill Village LP.....	1920 Queensguard Rd, Wheaton, 20906
Laytonia RP.....	7300 Airpark Rd, Gaithersburg, 20879
Olney Manor RP.....	16601 Georgia Ave, Olney 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Tilden Woods LP.....	6800 Tilden Ln, Rockville, 20852
Wheaton RP.....	2000 Shorefield Rd, Silver Spring, 20902

OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852

RECREATION FACILITIES

Recreation Administrative Office.....	2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC.....	14625 Bauer Drive, Rockville, 20853
Clara Barton NRC.....	7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC.....	25520 Oak Drive, Damascus, 20872
East County CRC.....	3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC.....	18905 Kingsview Drive, Germantown, 20874
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC.....	2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Pike, Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring, 20906
NancyH.DacekNorthPotomacCRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Silver Spring RAC.....	1319 Apple Ave., Silver Spring, 20910
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

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/ Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School



WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams
are here to help!



HOURS OF OPERATION

Monday - Friday

8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



VISIT US

8:30 a.m.-4:30 p.m.

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

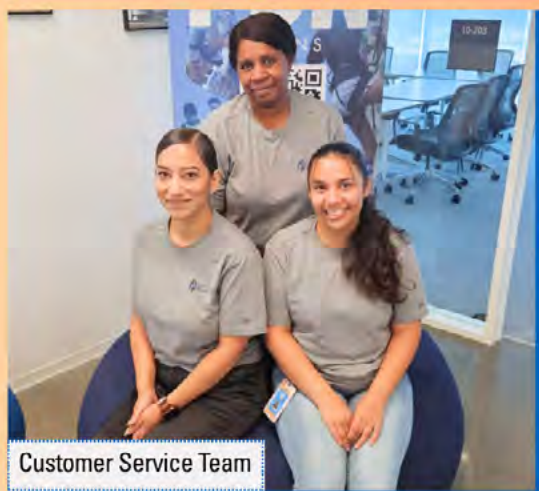
[See Map](#)

FALL 2025

Registration begins
**Tuesday,
Aug. 12**



Public Outreach Team



Customer Service Team

Montgomery County Recreation

2425 Reddie Drive

10th Floor

Wheaton, MD 20902



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation