

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SUMMER 2025



MONTGOMERY COUNTY
Recreation

IN THIS GUIDE

The information in this GUIDE is current as of May 2, 2025. Changes to programs may occur.

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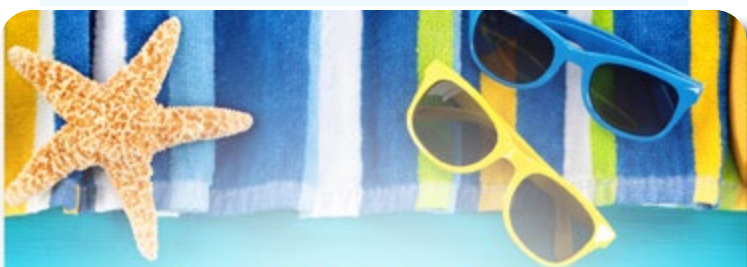
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SUMMER
2025

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. Use the clickable link, located on various pages.

 [CLICK HERE TO REGISTER.](#)

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Customer Service Information Back Cover



Summer 2025
registration begins

Tuesday, May 13
6:30 a.m.

Registration opens for most summer programs and activities.

9 a.m.

Registration opens for summer 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

Centers

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

Schools

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

SUMMER OUTDOOR POOLS

2025 SCHEDULE

PRE-SEASON

24
May



WEEKENDS
ONLY

Sa - Su
Noon - 6 P.M.

3 HR
HOLIDAY
SESSION
May 26
11 A.M. - 2 P.M.
& 3 - 6 P.M.

13
June

SUMMER SEASON

14
June



ALL POOLS
CLOSE
at 6:30 p.m.
on July 26 for
all-staff training.

15
Aug.

M-F
1 - 8 P.M.
Bethesda OP
Early Bird Lap Swim
8:30 - 10:30 a.m.

Upper County OP
CLOSED
FRIDAYS

Sa - Su
Noon - 8 P.M.

3 HR
HOLIDAY
SESSIONS
June 19, July 4
11 A.M. - 2 P.M.
& 3 - 6 P.M.

POST-SEASON

16
Aug.



ALL POOLS
CLOSED
Aug. 25 - Aug. 29

1
Sept.

M-F
1 - 7 P.M.

Upper County OP
CLOSED
FRIDAYS



Last day will be
Aug. 17

Sa - Su
Noon - 6 P.M.

3 HR
HOLIDAY
SESSION
Sept. 1
11 A.M. - 2 P.M.
& 3 - 6 P.M.



MONTGOMERY COUNTY
Recreation



For more
information:
240-777-6860



[mcorec.com/
outdoorpools](http://mcorec.com/outdoorpools)



MONTGOMERY COUNTY RECREATION



SUMMER CAMPS

Sign Up Now!

Visit mocorec.com/camps for more info.

📍 2425 Reedie Drive, 10th Floor, Wheaton • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation

13TH ANNUAL WHITE OAK DAY

SATURDAY
JUNE 7

11 A.M.-4 P.M.

FREE



FOOD



FUN AND GAMES



INFLATABLES



MUSIC



VENDORS



SCAN

ACTIVITY

R03003-805

White Oak CRC • 1700 April Lane, Silver Spring



MONTGOMERY COUNTY
Recreation

FREE

RECFIT PASS

VALID NOW THROUGH

2025

RENEW YOURS
BEFORE JULY 1!



FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY
Recreation



Rec Assist

Financial Assistance Program



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

For more information, visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY
Recreation



AQUATICS

INDOOR POOLS

Live a Little...Swim a Lot!

Indoor pools closed May 26, June 19, July 4 and Sept. 1

Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)
240-777-8070
5900 Executive Boulevard, N. Bethesda
CLOSED until 2026

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle, Boyds
Closed Aug. 16-Sept. 1

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road, Silver Spring
Closed Aug. 3-17

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue, Olney
Closed Aug. 10-24

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6900
1319 Apple Avenue, Silver Spring
Closed Aug. 30-Sept. 14

OUTDOOR POOLS

Bethesda Outdoor Pool (BOP)
301-652-1598
6300 Hillandale Road
Bethesda

Long Branch Outdoor Pool (LBOP)
240-777-6859
8700 Piney Branch Road
Silver Spring

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

Sgt. Hector I. Ayala Wheaton/ Glenmont Outdoor Pool (WGOP)
301-929-5460
12621 Dalewood Drive
Wheaton

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

Martin Luther King, Jr. Outdoor Pool (MLKOP)
240-777-8066
1201 Jackson Road
Silver Spring, MD 20904

Sarah E. Auer Western County Outdoor Pool (WCOP)
301-349-2217
20151 Fisher Avenue
Poolesville



KENNEDY SHRIVER AQUATIC CENTER (KSAC)
CLOSED FOR RENOVATIONS UNTIL 2026.



[CLICK HERE FOR MORE INFORMATION](#)

Water Fitness

[→ CLICK HERE TO REGISTER.](#)

Abs & Glutes & More

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
9 Sessions	R01001-505	MLKOP	6/16	M	10:10-11 a.m.	\$63
	R01001-506	MLKOP	6/18	W	10:10-11 a.m.	\$63
10 Sessions	R01001-5500	SSRAC	6/26	Th	11-11:50 a.m.	\$70

Against the Current

Ages 12 and up

8 Sessions	R01002-508	MLKOP	6/26	Th	9-9:50 a.m.	\$80
	R01002-509	MLKOP	6/26	Th	8:10-9 p.m.	\$80
9 Sessions	R01002-501	MLKOP	6/15	Su	10-10:50 a.m.	\$90
	R01002-502	MLKOP	6/16	M	9-9:50 a.m.	\$90
	R01002-503	MLKOP	6/16	M	8:10-9 p.m.	\$90
	R01002-504	MLKOP	6/17	Tu	9-9:50 a.m.	\$90
	R01002-505	MLKOP	6/17	Tu	8:10-9 p.m.	\$90
	R01002-506	MLKOP	6/18	W	9-9:50 a.m.	\$90
	R01002-507	MLKOP	6/18	W	8:10-9 p.m.	\$90
	R01002-510	MLKOP	6/21	Sa	10-10:50 a.m.	\$90

Aqua Cardio Challenge

Ages 12 and up

8 Sessions	R01004-504	MLKOP	6/20	F	9-9:50 a.m.	\$56
9 Sessions	R01004-503	MLKSC	6/18	W	7-7:50 p.m.	\$63

Aqua Cardio Dance

Ages 12 and up

8 Sessions	R01003-503	OSC	6/15	Su	9:05-9:55 a.m.	\$56
	R01003-502	MLKOP	6/26	Th	10-10:50 a.m.	\$56
11 Sessions	R01003-5501	SSRAC	6/18	W	10-10:50 a.m.	\$77





55 +

Aqua Fit

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
9 Sessions	R01085-578	MLKOP	6/17	Tu	10:10-10:50 a.m.	\$63
10 Sessions	R01085-5501	SSRAC	6/20	F	11-11:50 a.m.	\$70
11 Sessions	R01085-5502	SSRAC	6/16	M	1-1:50 p.m.	\$77
	R01085-5500	SSRAC	6/17	Tu	6-6:50 p.m.	\$77
	R01085-5503	SSRAC	6/18	W	1-1:50 p.m.	\$77

Aqua Lite

Ages 12 and up

8 Sessions	R01005-505	OSC	6/20	F	10-10:50 a.m.	\$56
9 Sessions	R01005-503	OSC	6/16	M	10-10:50 a.m.	\$63
	R01005-504	OSC	6/18	W	10-10:50 a.m.	\$63
11 Sessions	R01005-5500	SSRAC	6/18	W	11-11:50 a.m.	\$77
	R01005-5501	SSRAC	6/16	M	11-11:50 a.m.	\$77

Aqua Spin

Ages 12 and up

8 Sessions	R01006-518	GISC	6/26	Th	8-8:50 a.m.	\$80
	R01006-514	MLKSC	6/20	F	7:30-8:20 a.m.	\$80
	R01006-515	MLKSC	6/20	F	7-7:50 p.m.	\$80
	R01006-512	MLKSC	6/26	Th	11:10am-Noon	\$80
	R01006-513	MLKSC	6/26	Th	7-7:50 p.m.	\$80
9 Sessions	R01006-517	GISC	6/17	Tu	8-8:50 a.m.	\$90
	R01006-508	MLKSC	6/16	M	7-7:50 p.m.	\$90
	R01006-509	MLKSC	6/17	Tu	7:30-8:20 a.m.	\$90
	R01006-510	MLKSC	6/17	Tu	11:10am-Noon	\$90
	R01006-511	MLKSC	6/18	W	9-9:50 a.m.	\$90
	R01006-516	MLKSC	6/21	Sa	8-8:50 a.m.	\$90
10 Sessions	R01006-5505	SSRAC	6/20	F	12:30-1:20 p.m.	\$100
	R01006-5506	SSRAC	6/21	Sa	9:10-10 a.m.	\$100
	R01006-5503	SSRAC	6/26	Th	9-9:50 a.m.	\$100
11 Sessions	R01006-5500	SSRAC	6/16	M	7:30-8:20 p.m.	\$110
	R01006-5501	SSRAC	6/17	Tu	12:30-1:20 p.m.	\$110
	R01006-5502	SSRAC	6/18	W	7:30-8:20 p.m.	\$110

Aqua Yo-Lates

Ages 12 and up

8 Sessions	R01007-501	MLKOP	6/20	F	10-10:50 a.m.	\$56
11 Sessions	R01007-5500	SSRAC	6/17	Tu	11-11:50 a.m.	\$77

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





Deep Water Running

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
8 Sessions	R01008-511	GISC	6/21	Sa	10-10:50 a.m.	\$56
	R01008-510	GISC	6/26	Th	10-10:50 a.m.	\$56
	R01008-516	MLKSC	6/26	Th	7:30-8:20 a.m.	\$56
	R01008-518	MLKSC	6/20	F	11:10 a.m.-Noon	\$56
	R01008-526	OSC	6/26	Th	9-9:50 a.m.	\$56
	R01008-527	OSC	6/26	Th	11-11:50 a.m.	\$56
	R01008-529	OSC	6/20	F	6:30-7:20 a.m.	\$56
	R01008-535	OSC	6/20	F	6:20-7:10 p.m.	\$56
9 Sessions	R01008-534	BOP	6/15	Su	8-8:50 a.m.	\$63
	R01008-532	BOP	6/16	M	8-8:50 p.m.	\$63
	R01008-533	BOP	6/18	W	8-8:50 p.m.	\$63
	R01008-506	GISC	6/16	M	10-10:50 a.m.	\$63
	R01008-507	GISC	6/16	M	7:10-8 p.m.	\$63
	R01008-508	GISC	6/17	Tu	10-10:50 a.m.	\$63
	R01008-509	GISC	6/18	W	10:30-11:20 a.m.	\$63
	R01008-512	MLKSC	6/16	M	Noon-12:50 p.m.	\$63
	R01008-513	MLKSC	6/17	Tu	9-9:50 a.m.	\$63
	R01008-514	MLKSC	6/17	Tu	7-7:50 p.m.	\$63
	R01008-515	MLKSC	6/18	W	Noon-12:50 p.m.	\$63
	R01008-519	MLKSC	6/21	Sa	9-9:50 a.m.	\$63
	R01008-520	OSC	6/16	M	11-11:50 a.m.	\$63
	R01008-521	OSC	6/16	M	7:20-8:10 p.m.	\$63
	R01008-522	OSC	6/17	Tu	8:30-9:20 a.m.	\$63
	R01008-523	OSC	6/17	Tu	10:30-11:20 a.m.	\$63
	R01008-524	OSC	6/18	W	6:30-7:20 a.m.	\$63
	R01008-525	OSC	6/18	W	7:20-8:10 p.m.	\$63
	R01008-531	OSC	6/21	Sa	9:05-9:55 a.m.	\$63
10 Sessions	R01008-5504	SSRAC	6/20	F	9-9:50 a.m.	\$70
	R01008-5505	SSRAC	6/21	Sa	10:10-11 a.m.	\$70
	R01008-5502	SSRAC	6/26	Th	7:15-8:05 p.m.	\$70
	R01008-5503	SSRAC	6/26	Th	10-10:50 a.m.	\$70
11 Sessions	R01008-5506	SSRAC	6/15	Su	11:10 a.m.-Noon	\$77
	R01008-5508	SSRAC	6/16	M	10-10:50 a.m.	\$77
	R01008-5501	SSRAC	6/17	Tu	10-10:50 a.m.	\$77
	R01008-5500	SSRAC	6/17	Tu	7:05-7:55 p.m.	\$77





Hi/Lo Cardio Fusion

Ages 12 and up

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
10 Sessions	R01009-5500	SSRAC	6/20	F	10-10:50a.m.	\$70

Water Aerobics

Ages 12 and up

8 Sessions	R01010-502	BOP	6/26	Th	11:30 a.m.-12:20 p.m.	\$56
	R01010-503	GISC	6/26	Th	7:10-8 p.m.	\$56
	R01010-506	OSC	6/26	Th	10-10:50 a.m.	\$56
	R01010-507	OSC	6/26	Th	7:20-8:10 p.m.	\$56
9 Sessions	R01010-501	BOP	6/17	Tu	11:30 a.m.-12:20 p.m.	\$63
	R01010-508	GISC	6/18	W	9:30-10:20 a.m.	\$63
	R01010-504	OSC	6/17	Tu	9:30-10:20 a.m.	\$63
	R01010-505	OSC	6/17	Tu	7:20-8:10 p.m.	\$63

Water Exercise

Ages 12 and up

8 Sessions	R01011-508	OSC	6/20	F	9-9:50 a.m.	\$56
9 Sessions	R01011-504	MLKSC	6/16	M	9-9:50 a.m.	\$63
	R01011-501	OSC	6/16	M	9-9:50 a.m.	\$63
	R01011-502	OSC	6/18	W	9-9:50 a.m.	\$63
10 Sessions	R01011-5501	SSRAC	6/26	Th	6-6:50 p.m.	\$70
11 Sessions	R01011-5502	SSRAC	6/24	Tu	9-9:50 a.m.	\$77

GUIDELINES FOR PLACEMENT IN SWIM CLASSES

[CLICK HERE TO LEARN MORE](#)

AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.

[CLICK HERE](#)



WHERE THE
FUN
BEGINS



[MOCOREC.COM/APPLY](https://mocorec.com/apply)



MONTGOMERY COUNTY
Recreation
IS HIRING

FULL TIME, PART-TIME AND
SEASONAL POSITIONS
AVAILABLE!

From working in our after-school
programs, to lifeguarding at our
pools, there are a variety of
opportunities available.

**CHECK OUT
THE FULL LIST
OF OPEN
POSITIONS
ONLINE**



Swim Lessons

Registration will begin

Tuesday, May 13 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 MLK indoor pool.

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.

Indoor and outdoor courses generally meet for six 30-minute sessions.

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 second lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.



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

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.

Outdoor pool lessons are rain or shine. Refunds and credits will not be given for weather-related cancellations.



All swim lessons are inclusive, however, adapted swim lessons are offered for those better served with additional support.

Guidelines for Placement in Swim Classes

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

[VIEW CLASSES >>](#)

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3 years)

Pre-School (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

[VIEW CLASSES >>](#)

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

[VIEW CLASSES >>](#)

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

[VIEW CLASSES >>](#)

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

[VIEW CLASSES >>](#)

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

[VIEW CLASSES >>](#)

Youth (Ages 7-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and back crawl and 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



CLICK HERE TO REGISTER.

Waterbabies

Ages 6-18 months

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01063-532	GISC	6/21	Sa	9-9:30 a.m.	\$60
	R01063-530	GISC	6/22	Su	9-9:30 a.m.	\$60
	R01063-531	GISC	6/23	M	5:40-6:10 p.m.	\$60
	R01063-533	GISC	6/23	M	6:20-6:50 p.m.	\$60
	R01063-578	MLKSC	6/14	Sa	9:40-10:10 a.m.	\$60
	R01063-579	MLKSC	6/16	M,W	10:20-10:50 a.m.	\$60
	R01063-552	OSC	6/22	Su	9-9:30 a.m.	\$60
	R01063-555	OSC	6/23	M,W	9-9:30 a.m.	\$60
	R01063-553	OSC	6/24	Tu,Th	9-9:30 a.m.	\$60
	R01063-556	OSC	7/14	M,W	9-9:30 a.m.	\$60
	R01063-554	OSC	7/15	Tu, Th	9-9:30 a.m.	\$60
	R01063-5502	SSRAC	6/18	M,W,F	11:30 a.m.-Noon	\$60
	R01063-5503	SSRAC	6/24	Tu,Th	11:30 a.m.-Noon	\$60
	R01063-5500	SSRAC	6/28	Sa	9:30-10 a.m.	\$60
	R01063-5501	SSRAC	6/22	Su	10:10-10:40 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.

Parent-Assisted Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Aquatots

Ages 18 months-3

Sessions

6 Sessions

Activity	Pool Location	Start Date	Day	Time	Fee
R01038-532	GISC	6/21	Sa	9:40-10:10 a.m.	\$60
R01038-533	GISC	6/21	Sa	11-11:30 a.m.	\$60
R01038-530	GISC	6/22	Su	9:40-10:10 a.m.	\$60
R01038-531	GISC	6/22	Su	11-11:30 a.m.	\$60
R01038-581	MLKOP	6/15	Su	9:40-10:10 a.m.	\$60
R01038-579	MLKSC	6/14	Sa	9-9:30 a.m.	\$60
R01038-578	MLKSC	6/17	Tu,Th	9-9:30 a.m.	\$60
R01038-552	OSC	6/22	Su	9:40-10:10 a.m.	\$60
R01038-555	OSC	6/23	M,W	9:40-10:10 a.m.	\$60
R01038-553	OSC	6/24	Tu,Th	9:40-10:10 a.m.	\$60
R01038-556	OSC	7/14	M,W	9:40-10:10 a.m.	\$60
R01038-554	OSC	7/15	Tu,Th	9:40-10:10 a.m.	\$60
R01038-5501	SSRAC	6/22	Su	10:50-11:20 a.m.	\$60
R01038-5504	SSRAC	6/24	Tu,Th	10:10-10:40 a.m.	\$60
R01038-5503	SSRAC	7/7	M,W,F	9:30-10 a.m.	\$60
R01038-5502	SSRAC	7/21	M,W,F	9:30-10 a.m.	\$60
R01038-5500	SSRAC	6/28	Sa	10:10-10:40 a.m.	\$60



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Parent-Assisted Swim Lessons

[CLICK HERE TO REGISTER.](#)

Pre School

Ages 3-5

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01062-532	GISC	6/21	Sa	10:20-10:50 a.m.	\$60
	R01062-530	GISC	6/22	Su	10:20-10:50 a.m.	\$60
	R01062-531	GISC	6/23	M	7-7:30 p.m.	\$60
	R01062-581	MLKOP	6/15	Su	11-11:30 a.m.	\$60
	R01062-580	MLKSC	6/14	Sa	11-11:30 a.m.	\$60
	R01062-579	MLKSC	7/14	M,W	9:40-10:10 a.m.	\$60
	R01062-578	MLKSC	7/15	Tu,Th	9-9:30 a.m.	\$60
	R01062-552	OSC	6/22	Su	10:20-10:50 a.m.	\$60
	R01062-555	OSC	6/23	M,W	10:20-10:50 a.m.	\$60
	R01062-553	OSC	6/24	Tu,Th	10:20-10:50 a.m.	\$60
	R01062-556	OSC	7/14	M,W	10:20-10:50 a.m.	\$60
	R01062-554	OSC	7/15	Tu,Th	10:20-10:50 a.m.	\$60
	R01062-5502	SSRAC	6/24	Tu,Th	9:30-10 a.m.	\$60
	R01062-5501	SSRAC	7/7	M,W,F	10:10-10:40 a.m.	\$60
	R01062-5504	SSRAC	7/15	Tu,Th	10:50-11:20 a.m.	\$60
	R01062-5503	SSRAC	7/21	M,W,F	9:30-10 a.m.	\$60
	R01062-5500	SSRAC	6/22	Su	11:30 a.m.-Noon	\$60



THE REC INSIDER



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MONTGOMERY COUNTY
Recreation



Beginner Swim Lessons



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Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01051-501	BOP	6/28	Sa	9-9:30 a.m.	\$66
	R01051-502	BOP	6/29	Su	9:40-10:10 a.m.	\$66
	R01051-503	BOP	7/1	Tu-Th	9-9:30 a.m.	\$66
	R01051-504	BOP	7/15	Tu-Th	11-11:30 a.m.	\$66
	R01051-505	BOP	7/29	Tu-Th	9-9:30 a.m.	\$66
	R01051-533	GOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01051-534	GOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01051-535	GOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-539	GOP	6/29	Su	9:15-9:45 a.m.	\$66
	R01051-540	GOP	6/29	Su	11:15-11:45 a.m.	\$66
	R01051-536	GOP	7/22	Tu-Th	9-9:30 a.m.	\$66
	R01051-537	GOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-538	GOP	8/5	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-594	LBOP	6/22	Su	9:40-10:10 a.m.	\$66
	R01051-595	LBOP	6/22	Su	10:20-10:50 a.m.	\$66
	R01051-589	LBOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01051-590	LBOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-591	LBOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01051-592	LBOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01051-593	LBOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-576	LBOP	7/29	Tu-Th	10:20-10:50 a.m.	\$66
	R01051-577	LBOP	7/29	Tu-Th	9-9:30 a.m.	\$66
	R01051-596	MLKOP	6/15	Su	9-9:30 a.m.	\$66
	R01051-597	MLKOP	6/15	Su	10:20-10:50 a.m.	\$66
	R01051-584	MLKSC	6/14	Sa	9-9:30 a.m.	\$66
	R01051-585	MLKSC	6/14	Sa	10:20-10:50 a.m.	\$66
	R01051-586	MLKSC	6/14	Sa	11-11:30 a.m.	\$66
	R01051-578	MLKSC	6/16	M,W	9-9:30 a.m.	\$66
	R01051-579	MLKSC	6/16	M,W	9:40-10:10 a.m.	\$66
	R01051-582	MLKSC	6/17	Tu	5:40-6:10 p.m.	\$66
	R01051-587	MLKSC	6/17	Tu,Th	9:40-10:10 a.m.	\$66
	R01051-583	MLKSC	6/26	Th	6:20-6:50 p.m.	\$66
	R01051-580	MLKSC	7/14	M,W	9:40-10:10 a.m.	\$66
	R01051-581	MLKSC	7/14	M,W	9-9:30 a.m.	\$66

BEGINNER LEVEL 1



Beginner Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01051-530	GISC	6/21	Sa	9-9:30 a.m.	\$66
	R01051-531	GISC	6/21	Sa	9:40-10:10 a.m.	\$66
	R01051-532	GISC	6/21	Sa	11-11:30 a.m.	\$66
	R01051-554	OSC	6/21	Sa	9:40-10:10 a.m.	\$66
	R01051-567	OSC	6/22	Su	11-11:30 a.m.	\$66
	R01051-569	OSC	6/24	Tu,Th	9:40-10:10 a.m.	\$66
	R01051-570	OSC	6/24	Tu,Th	11-11:30 a.m.	\$66
	R01051-566	OSC	7/14	M,W	9-9:30 a.m.	\$66
	R01051-571	OSC	7/15	Tu,Th	9:40-10:10 a.m.	\$66
	R01051-572	OSC	7/15	Tu,Th	11-11:30 a.m.	\$66
	R01051-5506	SSRAC	6/18	M,W,F	9:30-10 a.m.	\$66
	R01051-5501	SSRAC	6/22	Su	9:30-10 a.m.	\$66
	R01051-5503	SSRAC	6/24	Tu,Th	10:10-10:40 a.m.	\$66
	R01051-5504	SSRAC	6/24	Tu,Th	11:30 a.m.- Noon	\$66
	R01051-5505	SSRAC	6/24	Tu,Th	10:50-11:20 a.m.	\$66
	R01051-5500	SSRAC	6/28	Sa	9:30-10 a.m.	\$66
	R01051-5502	SSRAC	7/7	M,W,F	9:30-10 a.m.	\$66
	R01051-5508	SSRAC	7/15	Tu,Th	10:50-11:20 a.m.	\$66
	R01051-558	UCOP	6/22	Su	9-9:30 a.m.	\$66
	R01051-5302	UCOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01051-5306	UCOP	6/24	Tu-Th	5:30-6 p.m.	\$66
	R01051-5321	UCOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01051-516	WGOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01051-520	WGOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01051-522	WGOP	7/22	Tu-Th	9-9:30 a.m.	\$66
	R01051-521	WGOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66

BEGINNER LEVEL 1



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01052-507	BOP	6/28	Sa	9:40-10:10 a.m.	\$66
	R01052-509	BOP	7/1	Tu-Th	11-11:30 a.m.	\$66
	R01052-530	GISC	6/21	Sa	9:40-10:10 a.m.	\$66
	R01052-534	GOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01052-535	GOP	6/29	Su	10:35-11:05 a.m.	\$66
	R01052-531	GOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01052-532	GOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01052-533	GOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66
	R01052-595	LBOP	6/22	Su	11-11:30 a.m.	\$66
	R01052-599	LBOP	6/22	Su	9-9:30 a.m.	\$66
	R01052-586	LBOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01052-587	LBOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01052-588	LBOP	7/22	Tu-Th	9-9:30 a.m.	\$66
	R01052-589	LBOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66
	R01052-596	LBOP	7/29	Tu-Th	9-9:30 a.m.	\$66
	R01052-597	LBOP	8/5	Tu-Th	9:40-10:10 a.m.	\$66
	R01052-591	MLKOP	6/15	Su	9:40-10:10 a.m.	\$66
	R01052-598	MLKOP	6/15	Su	11-11:30 a.m.	\$66
	R01052-584	MLKSC	6/14	Sa	9:40-10:10 a.m.	\$66
	R01052-585	MLKSC	6/14	Sa	11-11:30 a.m.	\$66
	R01052-578	MLKSC	6/16	M,W	9-9:30 a.m.	\$66
	R01052-579	MLKSC	6/16	M,W	9:40-10:10 a.m.	\$66
	R01052-580	MLKSC	6/17	Tu,Th	9-9:30 a.m.	\$66
	R01052-582	MLKSC	6/17	Tu	5:40-6:10 p.m.	\$66
	R01052-583	MLKSC	6/19	Th	5:40-6:10 p.m.	\$66
	R01052-593	MLKSC	7/14	M,W	9-9:30 a.m.	\$66
	R01052-581	MLKSC	7/15	Tu,Th	9:40-10:10 a.m.	\$66

BEGINNER LEVEL 2



Beginner Swim Lessons

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Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
	R01052-555	OSC	6/21	Sa	11-11:30 a.m.	\$66
	R01052-554	OSC	6/23	M,W	9:40-10:10 a.m.	\$66
	R01052-562	OSC	6/23	M,W	10:20-10:50 a.m.	\$66
	R01052-563	OSC	6/23	M,W	11-11:30 a.m.	\$66
	R01052-561	OSC	6/24	Tu,Th	11-11:30 a.m.	\$66
	R01052-564	OSC	6/24	Tu,Th	9-9:30 a.m.	\$66
	R01052-553	OSC	7/14	M,W	9:40-10:10 a.m.	\$66
	R01052-565	OSC	7/15	Tu,Th	9-9:30 a.m.	\$66
	R01052-5503	SSRAC	6/18	M,W,F	10:50-11:20 a.m.	\$66
	R01052-5504	SSRAC	6/18	M,W,F	10:10-10:40 a.m.	\$66
	R01052-5501	SSRAC	6/22	Su	11:30 a.m.-Noon	\$66
	R01052-5500	SSRAC	6/28	Sa	10:10-10:40 a.m.	\$66
	R01052-5502	SSRAC	7/7	M,W,F	10:10-10:40 a.m.	\$66
	R01052-5507	SSRAC	7/21	M,W,F	10:10-10:40 a.m.	\$66
	R01052-5326	UCOP	6/22	Su	9:40-10:10 a.m.	\$66
	R01052-5304	UCOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01052-5325	UCOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01052-5300	WGOP	6/22	Su	9-9:30 a.m.	\$66
	R01052-520	WGOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01052-517	WGOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01052-523	WGOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01052-524	WGOP	7/22	Tu-Th	9-9:30 a.m.	\$66

BEGINNER LEVEL 2



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Swim Lessons

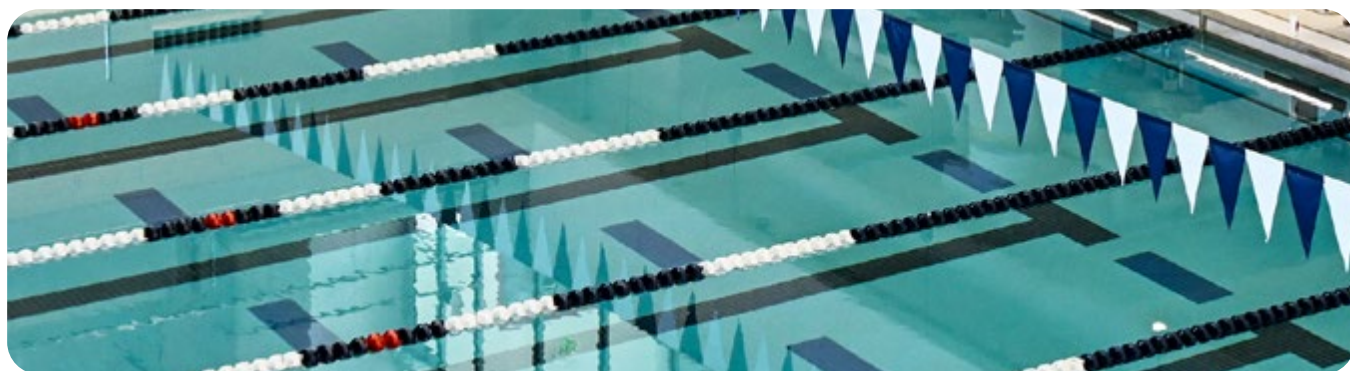


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Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01053-506	BOP	6/28	Sa	10:20-10:50 a.m.	\$66
	R01053-507	BOP	7/15	Tu-Th	9:40-10:10 a.m.	\$66
	R01053-510	BOP	7/29	Tu-Th	9:40-10:10 a.m.	\$66
	R01053-530	GOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01053-534	GOP	8/5	Tu-Th	9-9:30 a.m.	\$66
	R01053-584	LBOP	6/22	Su	10:20-10:50 a.m.	\$66
	R01053-582	LBOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01053-583	LBOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01053-585	MLKOP	6/15	Su	9-9:30 a.m.	\$66
	R01053-581	MLKSC	6/14	Sa	10:20-10:50 a.m.	\$66
	R01053-579	MLKSC	6/16	M,W	10:20-10:50 a.m.	\$66
	R01053-580	MLKSC	6/26	Th	6:20-6:50 p.m.	\$66
	R01053-578	MLKSC	7/14	M,W	10:20-10:50 a.m.	\$66
	R01053-554	OSC	6/21	Sa	11-11:30 a.m.	\$66
	R01053-555	OSC	6/23	M,W	9-9:30 a.m.	\$66
	R01053-552	OSC	7/14	M,W	10:20-10:50 a.m.	\$66
	R01053-558	OSC	7/15	Tu,Th	11-11:30 a.m.	\$66
	R01053-5503	SSRAC	6/16	M,W	6-6:30 p.m.	\$66
	R01053-5501	SSRAC	6/22	Su	10:10-10:40 a.m.	\$66
	R01053-5500	SSRAC	6/28	Sa	10:50-11:20 a.m.	\$66
	R01053-5504	SSRAC	7/7	M,W,F	10:50-11:20 a.m.	\$66
	R01053-5502	SSRAC	7/15	Tu,Th	11:30 a.m.-Noon	\$66
	R01053-5505	SSRAC	7/21	M,W,F	10:50-11:20 a.m.	\$66
	R01053-5327	UCOP	6/22	Su	10:20-10:50 a.m.	\$66
	R01053-522	WGOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01053-524	WGOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66

BEGINNER LEVEL 3



Beginner Swim Lessons

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Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01054-501	BOP	6/28	Sa	11-11:30 a.m.	\$66
	R01054-502	BOP	7/29	Tu-Th	11-11:30 a.m.	\$66
	R01054-530	GISC	6/21	Sa	10:20-10:50 a.m.	\$66
	R01054-531	GOP	6/29	Su	9:55-10:25 a.m.	\$66
	R01054-583	MLKOP	6/15	Su	11-11:30 a.m.	\$66
	R01054-579	MLKSC	6/17	Tu	7-7:30 p.m.	\$66
	R01054-580	MLKSC	6/26	Th	7-7:30 p.m.	\$66
	R01054-578	MLKSC	7/14	M,W	10:20-10:50 a.m.	\$66
	R01054-553	OSC	6/21	Sa	10:20-10:50 a.m.	\$66
	R01054-5504	SSRAC	7/7	M,W,F	11:30 a.m.-Noon	\$66
	R01054-5500	SSRAC	6/28	Sa	11:30 a.m.-Noon	\$66
	R01054-523	VGOP	6/22	Su	9:40-10:10 a.m.	\$66

BEGINNER LEVEL 4


55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

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Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01045-504	BOP	6/28	Sa	9-9:30 a.m.	\$66
	R01045-505	BOP	6/29	Su	9-9:30 a.m.	\$66
	R01045-510	BOP	7/1	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-511	BOP	7/29	Tu-Th	10:20-10:50 a.m.	\$66
	R01045-512	BOP	7/15	Tu-Th	10:20-10:50 a.m.	\$66
	R01045-530	GOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-531	GOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01045-532	GOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-533	GOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-534	GOP	8/5	Tu-Th	9-9:30 a.m.	\$66
	R01045-535	GOP	6/29	Su	9:55-10:25 a.m.	\$66
	R01045-536	GOP	6/29	Su	11:15-11:45 a.m.	\$66
	R01045-585	LBOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01045-586	LBOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-587	LBOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-588	LBOP	6/22	Su	9-9:30 a.m.	\$66
	R01045-590	LBOP	7/22	Tu-Th	11-11:30 a.m.	\$66
	R01045-591	LBOP	7/29	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-589	MLKOP	6/15	Su	10:20-10:50 a.m.	\$66
	R01045-578	MLKSC	6/16	M,W	10:20-10:50 a.m.	\$66
	R01045-579	MLKSC	6/17	Tu,Th	10:20-10:50 a.m.	\$66
	R01045-580	MLKSC	7/14	M,W	10:20-10:50 a.m.	\$66
	R01045-581	MLKSC	7/15	Tu,Th	9-9:30 a.m.	\$66
	R01045-582	MLKSC	6/17	Tu	6:20-6:50 p.m.	\$66
	R01045-584	MLKSC	6/14	Sa	9-9:30 a.m.	\$66
	R01045-559	OSC	6/21	Sa	9-9:30 a.m.	\$66
	R01045-561	OSC	6/23	M,W	9:40-10:10 a.m.	\$66
	R01045-560	OSC	6/23	M,W	10:20-10:50 a.m.	\$66
	R01045-562	OSC	6/24	Tu,Th	9-9:30 a.m.	\$66
	R01045-563	OSC	7/15	Tu,Th	9-9:30 a.m.	\$66
	R01045-564	OSC	7/15	Tu,Th	10:20-10:50 a.m.	\$66

YOUTH LEVEL 1



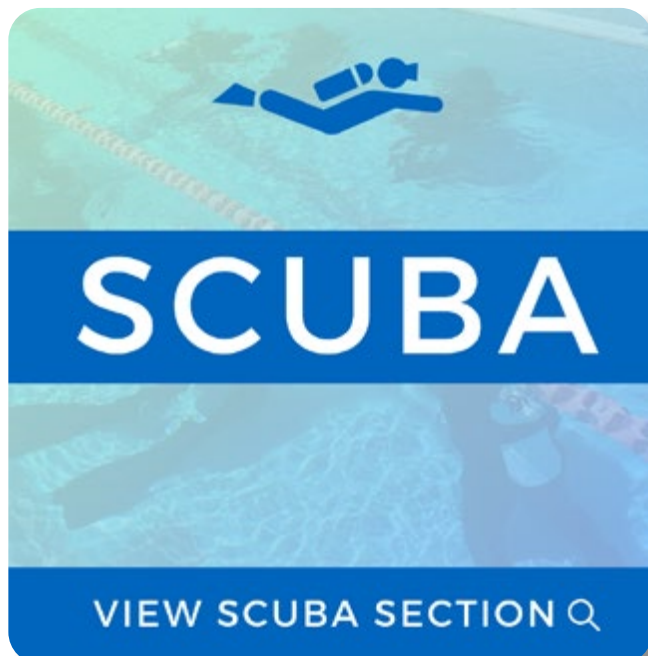
Youth Swim Lessons

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Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01045-5505	SSRAC	6/18	M,W,F	11:30 a.m.-Noon	\$66
	R01045-5508	SSRAC	6/18	M,W,F	9:30-10 a.m.	\$66
	R01045-5501	SSRAC	6/22	Su	9:30-10 a.m.	\$66
	R01045-5504	SSRAC	6/22	Su	10:50-11:20 a.m.	\$66
	R01045-5502	SSRAC	6/24	Tu,Th	9:30-10 a.m.	\$66
	R01045-5500	SSRAC	6/28	Sa	10:50-11:20 a.m.	\$66
	R01045-5507	SSRAC	7/7	M,W,F	11:30 a.m.-Noon	\$66
	R01045-5506	SSRAC	7/15	Tu,Th	9:30-10 a.m.	\$66
	R01045-5503	SSRAC	7/21	M,W,F	10:50-11:20 a.m.	\$66
	R01045-5301	UCOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01045-5305	UCOP	6/22	Su	9-9:30 a.m.	\$66
	R01045-5329	UCOP	7/8	Tu-Th	5:30-6 p.m.	\$66
	R01045-517	WGOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01045-520	WGOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01045-522	WGOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66
	R01045-523	WGOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01045-524	WGOP	6/22	Su	10:20-10:50 a.m.	\$66

YOUTH LEVEL 1



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01046-501	BOP	6/28	Sa	9:40-10:10 a.m.	\$66
	R01046-531	GOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01046-532	GOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01046-533	GOP	7/22	Tu-Th	9-9:30 a.m.	\$66
	R01046-534	GOP	8/5	Tu-Th	9:40-10:10 a.m.	\$66
	R01046-535	GOP	6/29	Su	10:35-11:05 a.m.	\$66
	R01046-589	LBOP	6/22	Su	9:40-10:10 a.m.	\$66
	R01046-592	LBOP	6/22	Su	11-11:30 a.m.	\$66
	R01046-586	LBOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01046-587	LBOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01046-588	LBOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66
	R01046-593	LBOP	8/5	Tu-Th	10:20-10:50 a.m.	\$66
	R01046-590	MLKOP	6/15	Su	9-9:30 a.m.	\$66
	R01046-584	MLKSC	6/14	Sa	9-9:30 a.m.	\$66
	R01046-585	MLKSC	6/14	Sa	10:20-10:50 a.m.	\$66
	R01046-580	MLKSC	6/16	M,W	9:40-10:10 a.m.	\$66
	R01046-581	MLKSC	6/17	Tu,Th	10:20-10:50 a.m.	\$66
	R01046-582	MLKSC	6/17	Tu	7-7:30 p.m.	\$66
	R01046-583	MLKSC	6/26	Th	5:40-6:10 p.m.	\$66
	R01046-578	MLKSC	7/14	M,W	9:40-10:10 a.m.	\$66

YOUTH LEVEL 2

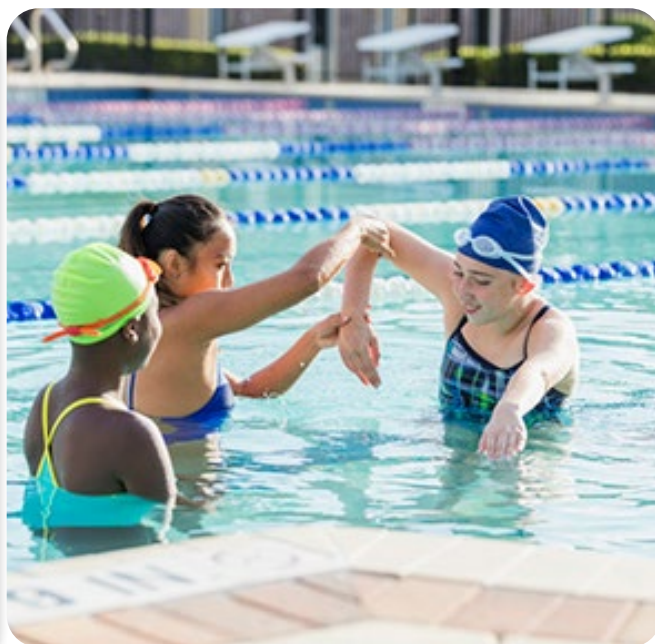


QUESTIONS?

ASK CUSTOMER SERVICE

Call customer service or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV


Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01046-558	OSC	6/21	Sa	10:20-10:50 a.m.	\$66
	R01046-562	OSC	6/24	Tu,Th	9:40-10:10 a.m.	\$66
	R01046-557	OSC	7/14	M,W	10:20-10:50 a.m.	\$66
	R01046-559	OSC	7/14	M,W	9-9:30 a.m.	\$66
	R01046-552	OSC	7/15	Tu,Th	11-11:30 a.m.	\$66
	R01046-563	OSC	7/15	Tu,Th	9:40-10:10 a.m.	\$66
	R01046-5503	SSRAC	6/18	M,W,F	10:50-11:20 a.m.	\$66
	R01046-5505	SSRAC	6/22	Su	8:50-9:20 a.m.	\$66
	R01046-5501	SSRAC	6/24	Tu,Th	10:50-11:20 a.m.	\$66
	R01046-5506	SSRAC	7/7	M,W,F	10:50-11:20 a.m.	\$66
	R01046-5504	SSRAC	6/28	Sa	8:50-9:20 a.m.	\$66
	R01046-5502	SSRAC	6/28	Sa	10:10-10:40 a.m.	\$66
	R01046-5500	SSRAC	6/28	Sa	11:30 a.m.-Noon	\$66
	R01046-5310	UCOP	6/22	Su	9:40-10:10 a.m.	\$66
	R01046-5303	UCOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01046-521	WGOP	6/22	Su	9:40-10:10 a.m.	\$66
	R01046-516	WGOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01046-522	WGOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01046-524	WGOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66

YOUTH LEVEL 2





Youth Swim Lessons



CLICK HERE TO REGISTER.

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01047-506	BOP	6/28	Sa	10:20-10:50 a.m.	\$66
	R01047-507	BOP	6/29	Su	10:20-10:50 a.m.	\$66
	R01047-510	BOP	7/1	Tu-Th	10:20-10:50 a.m.	\$66
	R01047-532	GOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01047-533	GOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66
	R01047-534	GOP	8/5	Tu-Th	10:20-10:50 a.m.	\$66
	R01047-584	LBOP	6/22	Su	10:20-10:50 a.m.	\$66
	R01047-583	LBOP	7/22	Tu-Th	9-9:30 a.m.	\$66
	R01047-585	MLKOP	6/15	Su	10:20-10:50 a.m.	\$66
	R01047-582	MLKSC	6/14	Sa	9:40-10:10 a.m.	\$66
	R01047-578	MLKSC	6/16	M,W	9-9:30 a.m.	\$66
	R01047-580	MLKSC	6/17	Tu	7:40-8:10 p.m.	\$66
	R01047-581	MLKSC	6/26	Th	7-7:30 p.m.	\$66
	R01047-579	MLKSC	7/14	M,W	9-9:30 a.m.	\$66
	R01047-555	OSC	6/21	Sa	9:40-10:10 a.m.	\$66
	R01047-556	OSC	6/24	Tu,Th	10:20-10:50 a.m.	\$66
	R01047-552	OSC	7/14	M,W	11-11:30 a.m.	\$66
	R01047-5501	SSRAC	6/16	M,W	4-4:30 p.m.	\$66
	R01047-5502	SSRAC	6/18	M,W,F	10:10-10:40 a.m.	\$66
	R01047-5504	SSRAC	7/7	M,W	5:20-5:50 p.m.	\$66
	R01047-5500	SSRAC	7/15	Tu,Th	11:30 a.m.-Noon	\$66
	R01047-5503	SSRAC	7/21	M,W,F	10:10-10:40 a.m.	\$66
	R01047-5330	UCOP	7/8	Tu-Th	9:40-10:20 a.m.	\$66
	R01047-523	WGOP	6/22	Su	9-9:30 a.m.	\$66
	R01047-522	WGOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01047-524	WGOP	6/22	Su	10:20-10:50 a.m.	\$66

YOUTH LEVEL 3



Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01048-501	BOP	6/28	Sa	11-11:30 a.m.	\$66
	R01048-505	BOP	6/29	Su	11-11:30 a.m.	\$66
	R01048-504	BOP	7/15	Tu-Th	9-9:30 a.m.	\$66
	R01048-531	GOP	6/29	Su	9:15-9:45 a.m.	\$66
	R01048-585	LBOP	6/22	Su	11-11:30 a.m.	\$66
	R01048-583	MLKOP	6/15	Su	9:40-10:10 a.m.	\$66
	R01048-578	MLKSC	6/17	Tu,Th	9:40-10:10 a.m.	\$66
	R01048-580	MLKSC	6/17	Tu	7:40-8:10 p.m.	\$66
	R01048-581	MLKSC	6/19	Th	7:40-8:10 p.m.	\$66
	R01048-579	MLKSC	7/15	Tu,Th	10:20-10:50 a.m.	\$66
	R01048-553	OSC	6/21	Sa	9-9:30 a.m.	\$66
	R01048-5500	SSRAC	6/16	M,W	4-4:30 p.m.	\$66
	R01048-5502	SSRAC	6/16	M,W	4:40-5:10 p.m.	\$66
	R01048-5501	SSRAC	7/7	M,W	6-6:30 p.m.	\$66

YOUTH LEVEL 4



55 +

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RECREATION

SPORTS

CLASSES

AQUATICS



Adult Swim Lessons



CLICK HERE TO REGISTER.

Ages 14 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01039-582	MLKOP	6/15	Su	11-11:30 a.m.	\$66
	R01039-580	MLKSC	6/14	Sa	11-11:30 a.m.	\$66
	R01039-578	MLKSC	6/17	Tu	8:20-8:50 p.m.	\$66
	R01039-579	MLKSC	6/17	Tu	6:20-6:50 p.m.	\$66
	R01039-553	OSC	6/23	M,W	11-11:30 a.m.	\$66
	R01039-556	OSC	6/24	Tu,Th	10:20-10:50 a.m.	\$66
	R01039-5500	SSRAC	6/16	M,W	4:40-5:10 p.m.	\$66
	R01039-5501	SSRAC	6/16	M,W	6:40-7:10 p.m.	\$66
	R01039-5502	SSRAC	6/24	Tu,Th	10:10-10:40 a.m.	\$66
	R01039-5503	SSRAC	7/7	M,W	4:40-5:10 p.m.	\$66
	R01039-5300	WGOP	6/24	Tu-Th	9-9:30 a.m.	\$66
	R01039-5302	WGOP	7/8	Tu-Th	9-9:30 a.m.	\$66
	R01039-5304	WGOP	7/22	Tu-Th	9-9:30 a.m.	\$66

ADULT LEVEL 1



Adult Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 14 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01040-530	GISC	6/21	Sa	9:40-10:10 a.m.	\$66
	R01040-533	GISC	6/23	M	6:20-6:50 p.m.	\$66
	R01040-534	GISC	6/22	Su	9:40-10:10 a.m.	\$66
	R01040-581	MLKOP	6/15	Su	9-9:30 a.m.	\$66
	R01040-579	MLKSC	6/14	Sa	9:40-10:10 a.m.	\$66
	R01040-578	MLKSC	6/26	Thu	8:20-8:50 p.m.	\$66
	R01040-553	OSC	6/24	Tu,Th	11-11:30 a.m.	\$66
	R01040-555	OSC	7/15	Tu,Th	11-11:30 a.m.	\$66
	R01040-5500	SSRAC	6/16	M,W	5:20-5:50 p.m.	\$66
	R01040-5504	SSRAC	6/16	M,W	6:40-7:10 p.m.	\$66
	R01040-5503	SSRAC	7/7	M,W	10:10-10:40 a.m.	\$66
	R01040-5501	SSRAC	7/15	Tu,Th	10:10-10:40 a.m.	\$66
	R01040-5300	WGOP	6/24	Tu-Th	9:40-10:10 a.m.	\$66
	R01040-5301	WGOP	7/8	Tu-Th	9:40-10:10 a.m.	\$66
	R01040-5302	WGOP	7/22	Tu-Th	9:40-10:10 a.m.	\$66

ADULT LEVEL 2

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01041-530	GISC	6/21	Sa	10:20-10:50 a.m.	\$66
	R01041-579	MLKSC	6/14	Sa	10:20-10:50 a.m.	\$66
	R01041-552	OSC	7/14	M,W	11-11:30 a.m.	\$66
	R01041-5500	SSRAC	6/16	M,W	6-6:30 p.m.	\$66
	R01041-5501	SSRAC	7/7	M,W	6-6:30 p.m.	\$66
	R01041-5300	WGOP	6/24	Tu-Th	10:20-10:50 a.m.	\$66
	R01041-5301	WGOP	7/8	Tu-Th	10:20-10:50 a.m.	\$66
	R01041-5302	WGOP	7/22	Tu-Th	10:20-10:50 a.m.	\$66

ADULT LEVEL 3

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Adult Swim Lessons

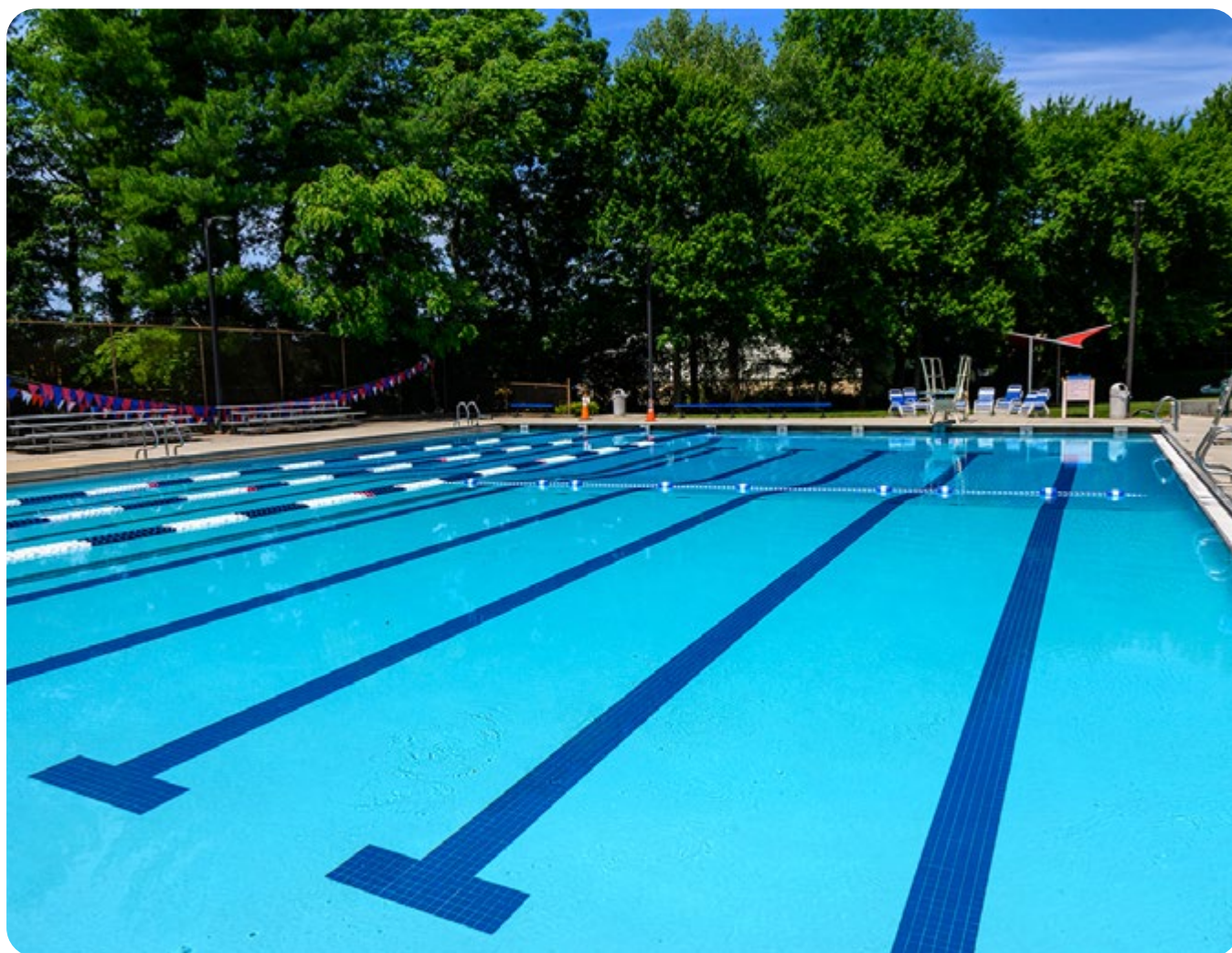


[CLICK HERE TO REGISTER.](#)

Ages 14 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01042-530	GISC	6/21	Sa	11-11:30 a.m.	\$66
	R01042-580	MLKOP	6/15	Su	10:20-10:50 a.m.	\$66
	R01042-578	MLKSC	6/26	Th	8:20-8:50 p.m.	\$66
	R01042-5500	SSRAC	6/16	M/W	5:20-5:50 p.m.	\$66
	R01042-5501	SSRAC	6/27	F	8:50-9:20 a.m.	\$66

ADULT LEVEL 4



POOL LOCATIONS

INDOOR POOLS

Germantown Indoor Swim Center
18000 Central Park Circle, Boyds
240-777-6830

Martin Luther King Jr. Swim Center
1201 Jackson Road, Silver Spring
240-777-8060

Olney Swim Center
16605 Georgia Avenue, Olney
240-777-4995

Silver Spring Recreation and Aquatic Center
1319 Apple Ave., Silver Spring
240-777-6900

CLOSED UNTIL 2026

Kennedy Shriver Aquatic Center
5900 Executive Boulevard, N. Bethesda
240-777-8070

**SUMMER 2025
OUTDOOR POOL
SCHEDULE**

CLICK TO VIEW

OUTDOOR POOLS

Bethesda Outdoor Pool
6300 Hillandale Rd, Bethesda, MD
301-652-1598

Germantown Outdoor Pool
18905 Kingsview Road, Germantown
240-777-8067

Long Branch Outdoor Pool
8700 Piney Branch Road, Silver Spring
240-777-6859

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

Upper County Outdoor Pool
8211 Emory Grove Road, Gaithersburg
301-840-2446

Sarah E. Auer Western County Outdoor Pool
20151 Fisher Avenue, Poolesville
301-349-2217

Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool
12621 Dalewood Drive, Wheaton
301-929-5460



Adapted Swim

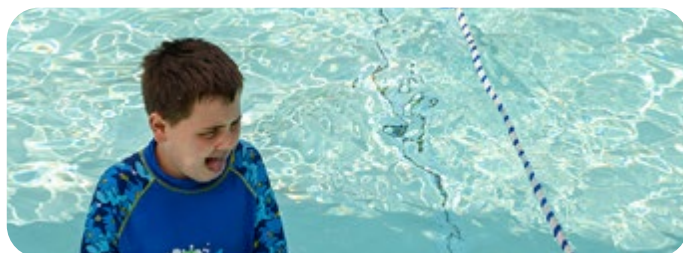
Adapted Swim Lesson

Ages 4-17



[CLICK HERE TO REGISTER.](#)

	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01061-501	BOP	6/28	Sa	9:30-10 a.m.	\$66
	R01061-503	BOP	6/28	Sa	10:15-10:45 a.m.	\$66
	R01061-504	BOP	6/28	Sa	11-11:30 a.m.	\$66



Looking for more
THERAPEUTIC RECREATION
activities?

[VIEW TR ACTIVITIES](#)



WE SUPPORT ACCESSIBILITY

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.

FOR DETAILS VISIT WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY
Recreation



AQUATICS

SPECIAL EVENTS

Join us for summer fun at our pools.

Rubber Duck Derby

The first three ducks to cross the finish line win.

Duck Race starts at 7 p.m. Arrive by 6:30 p.m. to claim duck.

Ages	Activity	Pool	Date	Day	Time	Fee
All Ages	R01066-400	MLKOP	6/13	F	6-8 p.m.	\$5

Dive-In Movie

Join us watch a movie while floating in the pool. Doors open for swimming at 8:30 p.m. Movie begins around 9 p.m. and only the leisure pool will remain open. Clear tubes will be provided for participants - no personal rafts will be allowed. Deck chairs will be available; personal chairs are allowed. All youth 17 and younger must have a guardian in the facility at all times. Limited space. Registration required.

Ages	Activity	Pool	Date	Day	Time	Fee
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"Shark Tale"

All Ages	R01066-536	BOP	6/28	Sa	8:30-11 p.m.	\$5
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"The Wild Robot"

All Ages	R01066-535	LBOP	7/19	Sa	8:30-11 p.m.	\$5
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"Transformers One"

All Ages	R01066-534	GOP	8/2	Sa	8:30-11 p.m.	\$5
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"Inside Out 2"

All Ages	R01066-563	UCOP	8/16	Sa	8:30-11 p.m.	\$5
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Water Safety Days

Learn more about how to be safe in, on and around the water with Montgomery County Recreation's Aquatics team. These pop-ups are free with admission to the pool. Learn about different safety skills, personal flotation devices, sunscreen and how to protect yourself and your family around different activities and bodies of water. This is not a swim lesson but information sharing and activities to reenforce water safety.

Pool	Date	Day
WCOP	6/26	Th
BOP	7/2	W
WGOP	7/9	W
MLKOP	7/16	W
GOP	7/17	Th
UCOP	7/23	W
LBOP	7/31	Th



Wibit

Try out our inflatable floating obstacle course in the pool for a challenge you won't forget. Climb, hop, twist, turn and hold on tight to complete the course without falling in the water.

Pool	Dates	Day
UCOP	7/9-7/10	W,Th
BOP	7/24-7/25	Th,F
LBOP	8/7-8/8	Th,F





Diving

Montgomery Dive Club: 4 Day Clinic

Ages 8-18



CLICK HERE TO REGISTER.

	Activity	Pool Location	Start Date	Days	Time	Fee
4 Sessions	R01078-501	SSRAC	7/7	M-Th	11 a.m.-Noon	\$175
	R01078-502	SSRAC	7/7	M-Th	Noon-1 p.m.	\$175
	R01078-503	SSRAC	7/14	M-Th	11 a.m.-Noon	\$175
	R01078-504	SSRAC	7/14	M-Th	Noon-1 p.m.	\$175

Scuba

Ages 14 and up

	Activity	Pool Location	Start Date	Days	Time	Fee
8 Sessions	R01028-502	OSC	7/1	Tu,Th	6-8 p.m.	\$265
	R01028-501	MLKSC	7/7	M,W	6-8 p.m.	\$265

Swim Team

Montgomery County Swim League • MCSL

View team information >>>

Ages 5-18

Team Name	Activity	Location	Start Date	Days	Time	Fee
Bethesda Barracudas	R01030-501	BOP	5/28	M-F	7:30-7:45 a.m.	\$200
Germantown Torpedoes	R01030-502	GOP	5/28	M-F	7:30-7:45 a.m.	\$200
Glenmont Gators	R01030-503	WGOP	5/28	M-F	7:30-7:45 a.m.	\$200
Long Branch Water Wizards	R01030-504	LBOP	5/28	M-F	7:30-7:45 a.m.	\$200
Poolesville Piranhas	R01030-505	WCOP	5/28	M-F	7:30-7:45 a.m.	\$200
Upper County Dolphins	R01030-506	UCOP	5/28	M-F	7:30-7:45 a.m.	\$200

MONTGOMERY COUNTY SWIM LEAGUE (MCSL)

INFORMATION

This summer swim team program, sponsored by Montgomery County Recreation, is part of the Montgomery County Swim League (MCSL). The competitive program is for swimmers 5-18 years old.

Parents and swimmers should attend the pre-season parent meeting held at the pool on the Tuesday after Memorial Day, 7 p.m., RAIN or SHINE.

Practices begin on the Wednesday after Memorial Day and run weekdays through mid-to-late July. More details for practice times and exact dates will be available at the pre-season parent meeting.

Final day to register is June 15.

Final day to withdraw and request a refund is June 30.

New Swimmer Evaluations - Swimmers who did not participate on a Montgomery County Recreation team last summer will need to attend evaluations before registration can take place. Evaluations are held at each outdoor pool on the Tuesday and Friday the week of Memorial Day at 5 p.m.

The minimum qualifications are (**age as of June 1**):

8 and under: must be able to swim one continuous length (25 meters) of the pool using a coordinated stroke and rhythmic breathing and be able to float on their back.

9-12 years: must be able to swim one legal length (25 meters) of freestyle with good rhythmic breathing and one length (25 meters) of backstroke.

13 and over: must be able to swim two continuous legal lengths (50 meters) of freestyle with good rhythmic breathing and two continuous legal lengths (50 meters) of backstroke.



Masters

[→ CLICK HERE TO REGISTER.](#)


MASTERS SWIMMING


ACTIVITY R01058
Until June 15
GISC
Su: 10 a.m.-Noon

MLK Swim Center
M,W: 8:30-10 p.m.

Olney Swim Center
Sa: 7:30-9 a.m.

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

Silver Spring RAC
Tu,Th: 6:30-8 a.m.

Starting June 22
Bethesda Outdoor Pool
Su: 8-10 a.m.

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

MLK Outdoor Pool
M: 8:15-9:45 p.m.

W: 8:15-9:45 p.m.

Olney Swim Center
Sa: 7:30-9 a.m.

Silver Spring RAC
Tu,Th: 6:30-8 a.m.

SUMMER 2025 SCHEDULE

Register on ActiveMontgomery.org


Montgomery Stroke and Turn Clinic (MSTC)

Registration for MSTC begins

Aug. 12

LEARN MORE


Water Polo

Youth Water Polo One Week Summer Clinic

Ages 9-14

	Activity	Pool Location	Start Date	Days	Time	Fee
5 Sessions	R01079-5505	BOP	6/23	M-F	9-11 a.m.	\$250

Adult Water Polo

Ages 18 and up

	Activity	Pool Location	Start Date	Days	Time	Fee
10 Sessions	R01079-5500	MLKOP	6/15	Su	5:15-7 p.m.	\$75

MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US IN AQUATICS

LIFEGUARD



SCAN THE QR



Lifeguard 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 Class: In-Person

Germantown Indoor Swim Center

Activity	Pool Location	Start Date
R01034-6207	GISC	6/1
R01034-6208	GISC	6/13



Lifeguarding: Blended Learning

Germantown Indoor Swim Center

Activity	Pool Location	Start Date
R01034-6209	GISC	7/14

Olney Swim Center

Activity	Pool Location	Start Date
R01034-5328	OSC	6/1

Silver Spring Recreation and Aquatic Center

Activity	Pool Location	Start Date
R01034-6531	SSRAC	5/16
R01034-6532	SSRAC	6/6
R01034-6533	SSRAC	6/20
R01034-6534	SSRAC	7/11
R01034-6535	SSRAC	8/1

The date listed is the pre-course swim session only. Scan the QR code on page 36 to see complete class information.





Art



CLICK HERE TO REGISTER.

ARTS AND CRAFTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Abrakadoodle Clayola								
6-12	6 Sessions	R05001-502	Wheaton CRC	6/28	Sa	12:15-1 p.m.	Stephanie Burke	\$157
Abrakadoodle Plug Into Your Imagination								
3-5	6 Sessions	R05001-503	Wheaton CRC	6/28	Sa	11:15 a.m.-Noon	Stephanie Burke	\$157
Adventures in Art								
5-10	5 Sessions	R05004-501	Bauer Drive CRC	6/28	Sa	10:30 a.m.-Noon	Tatiana Martin	\$95



DRAWING


[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Art Studio

10-16	5 Sessions	R05006-501	Bauer Drive CRC	6/28	Sa	Noon-1:30 p.m.	Tatiana Martin	\$95
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Art Studio II

12-18	5 Sessions	R05006-502	Bauer Drive CRC	6/28	Sa	1:30-3 p.m.	Tatiana Martin	\$95
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Cartoon Drawing with Young Rembrandts

5-12	7 Sessions	R05129-502	N. Potomac CRC	6/23	M	6-7 p.m.	Art Box	\$157
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Draw and Clay

4-9	6 Sessions	R05037-501	Germantown CRC	6/24	Tu	5:15-6:15 p.m.	Yolanda Prinsloo	\$122
		R05037-502	Bauer Drive CRC	6/25	W	5:45-6:45 p.m.	Yolanda Prinsloo	\$122
		R05037-504	Upper County CRC	6/26	Th	6-7 p.m.	Yolanda Prinsloo	\$122
		R05037-503	N. Potomac CRC	6/28	Sa	11 a.m.-Noon	Yolanda Prinsloo	\$122

Drawing with Young Rembrandts

5-12	7 Sessions	R05129-501	Germantown CRC	6/25	W	6-7 p.m.	Art Box	\$157
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Right Brained Drawing All Levels

18 and up	6 Sessions	R05038-501	Potomac CRC	6/23	M	5:45-7:15 p.m.	Yolanda Prinsloo	\$138
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PAINTING

Learning Art from the Masters

6-14	6 Sessions	R05087-501	Germantown CRC	6/24	Tu	6:30-7:30 p.m.	Yolanda Prinsloo	\$122
		R05087-502	N. Potomac CRC	6/28	Sa	1-2 p.m.	Yolanda Prinsloo	\$122

Oil or Acrylic Painting Open Studio

18 and up	7 Sessions	R05002-501	Lawton CRC	6/23	M	1-4 p.m.	Kathrine Roznowski	\$63
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POTTERY - CERAMICS

[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Handcrafted Pottery								
17 and up	6 Sessions	R05093-506	Wheaton CRC	6/24	Tu	6-8 p.m.	Meg Dickerson	\$185
Handcrafted Pottery Open Studio								
17 and up	6 Sessions	R05093-507	Wheaton CRC	6/25	W	10 a.m.-1 p.m.	Meg Dickerson	\$275
	7 Sessions	R05093-503	Ross Boddy NRC	6/25	W	10:30 a.m.-1:30 p.m.	Susan Mapp	\$250
		R05093-504	N. Potomac CRC	6/25	W	5:30-8:30 p.m.	Susan Mapp	\$250
		R05093-505	Ross Boddy NRC	6/26	Th	5:30-8:30 p.m.	Susan Mapp	\$250
		R05093-508	N. Potomac CRC	6/16	M	6-8:45 p.m.	Ann Marie Deml	\$250
Intro to Pottery and Open Studio								
17 and up	7 Sessions	R05093-510	Ross Boddy NRC	6/24	Tu	5:30-8:30 p.m.	Catherine Joanny	\$255
		R05093-509	Ross Boddy NRC	6/28	Sa	10:30 a.m.-1:30 p.m.	Catherine Joanny	\$255
Pottery at Sligo								
17 and up	8 Sessions	R05093-522	Sligo Creek ES	6/24	Tu	10 a.m.-1 p.m.	Sara Breedon	\$340
		R05093-523	Sligo Creek ES	6/25	W	10 a.m.-1 p.m.	Sara Breedon	\$340
		R05093-501	Sligo Creek ES	6/24	Tu	6-9 p.m.	Roger Kirk	\$340
		R05093-502	Sligo Creek ES	6/26	Th	10 a.m.-1 p.m.	Roger Kirk	\$340
Pottery Workshop: Garden Fairy House								
17 and up	2 Sessions	R05093-516	N. Potomac CRC	7/8	Tu,Th	11 a.m.-1 p.m.	Joan Suchoski	\$120
		R05093-515	N. Potomac CRC	7/8	Tu,Th	6-8 p.m.	Joan Suchoski	\$120
		R05093-517	Ross Boddy NRC	7/9	W,F	3-5 p.m.	Joan Suchoski	\$120
Pottery Workshop: Handmade Custom Funky Bowl								
17 and up	2 Sessions	R05093-518	White Oak CRC	7/9	W	11 a.m.-1 p.m.	Joan Suchoski	\$100
		R05093-519	N. Potomac CRC	8/5	Tu	11 a.m.-1 p.m.	Joan Suchoski	\$100
		R05093-520	N. Potomac CRC	8/5	Tu	6-8 p.m.	Joan Suchoski	\$100
		R05093-521	Ross Boddy NRC	8/13	W	6-8 p.m.	Joan Suchoski	\$100
Pottery Workshop: Serving/Charcuterie Platter and Spoon								
17 and up	2 Sessions	R05093-513	N. Potomac CRC	6/17	Tu,Th	11 a.m.-1 p.m.	Joan Suchoski	\$100
		R05093-511	N. Potomac CRC	6/17	Tu,Th	6-8 p.m.	Joan Suchoski	\$100
		R05093-514	White Oak CRC	6/18	W	11 a.m.-1 p.m.	Joan Suchoski	\$100
		R05093-512	Ross Boddy NRC	6/18	W	6-8 p.m.	Joan Suchoski	\$100



CPR, AED and First Aid



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
16 and up	1 Session	R05032-501	Life Rescue Training	7/19	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-502	Life Rescue Training	8/23	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89



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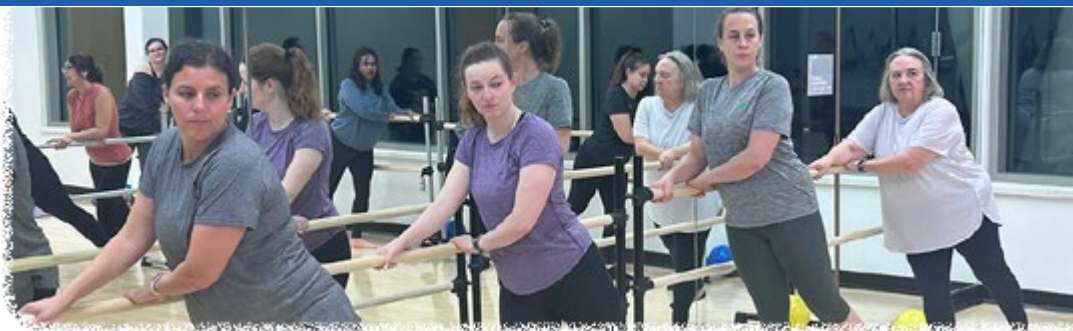
SPORTS

CLASSES

AQUATICS



Dance



BALLET

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Ballet								
4-5	6 Sessions	R05010-501	N. Potomac CRC	6/25	W	4:30-5:15 p.m.	Judy Schonberger	\$102
5-6		R05010-502	N. Potomac CRC	6/25	W	5:20-6:05 p.m.	Judy Schonberger	\$102
6-8		R05010-503	N. Potomac CRC	6/25	W	6:15-7:05 p.m.	Judy Schonberger	\$102

Jazzmatazz Pre Ballet

5-8	6 Sessions	R05010-507	Long Branch CRC	7/12	Sa	11:15am-Noon	Betsy Saunders	\$80
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Jazzmatazz Preschool Dance

3-5	6 Sessions	R05010-506	Long Branch CRC	7/12	Sa	10:15-11 a.m.	Betsy Saunders	\$80
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BALLROOM

Ballroom I

16 and up	6 Sessions	R05011-501	Wheaton CRC	6/26	Th	7-8 p.m.	Ann Basso	\$66
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Ballroom II

16 and up	6 Sessions	R05011-502	Wheaton CRC	6/26	Th	8-9 p.m.	Ann Basso	\$66
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Ballroom III

16 and up	6 Sessions	R05011-503	Coffield CRC	6/24	Tu	7:30-8:30 p.m.	Ann Basso	\$66
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LINE DANCING

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Urban Line Dance								
18 and up	7 Sessions	R05121-501	Wheaton CRC	6/24	Tu	6-7 p.m.	Peytrienne McCormick	\$63
		R05121-502	Good Hope NRC	6/25	W	6-7 p.m.	Peytrienne McCormick	\$63

PLAYTIME AND MOVEMENT

Toddler and Me

18 mos-3	8 Sessions	R05338-502	N. Potomac CRC	6/28	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-505	Wisconsin Place CRC	6/28	Sa	1:15-2 p.m.	Tippi Toes	\$220

Ballet Tap Jazz

3-5	8 Sessions	R05338-503	N. Potomac CRC	6/28	Sa	10:30-11:15 a.m.	Tippi Toes	\$220
		R05338-506	Wisconsin Place CRC	6/28	Sa	2:15-3 p.m.	Tippi Toes	\$220

Pop Stars

6-9	8 Sessions	R05338-504	N. Potomac CRC	6/28	Sa	11:30am-12:15pm	Tippi Toes	\$220
		R05338-507	Wisconsin Place CRC	6/28	Sa	3:15-4 p.m.	Tippi Toes	\$220

TAP DANCING

Tap Dance I

18 and up	6 Sessions	R05336-501	Lawton CRC	6/26	Th	4:50-5:50 p.m.	Andrea Cali	\$77
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Tap Dance II

18 and up	6 Sessions	R05336-502	Lawton CRC	6/26	Th	6-7 p.m.	Andrea Cali	\$66
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Educational



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Dog Obedience Class								
18 and up	6 Sessions	R05372-501	East County CRC	6/14	Sa	10:45-11:45 a.m.	Canine Commisioner	\$125
		R05372-502	Wheaton CRC	6/17	Tu	5-6 p.m.	Canine Commisioner	\$125
		R05372-503	Longwood CRC	6/17	Tu	6:45-7:45 p.m.	Canine Commisioner	\$125
Dog Trick Training Class								
18 and up	6 Sessions	R05372-504	Wheaton CRC	8/5	Tu	5-6p.m.	Canine Commisioner	\$125
		R05372-505	Clarksburg NP	8/9	Sa	10:45-11:45 a.m.	Canine Commisioner	\$125



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Fitness



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AEROBIC DANCE

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Dance and Fitness								
16 and up	14 Sessions	R05035-505	Bauer Drive CRC	6/23	M,W	5-6 p.m.	Virginia Azuree	\$112
		R05035-503	Wheaton-Claridge PAB	6/24	Tu,Th	6:30-7:30 p.m.	Virginia Azuree	\$112
Jazzmatazz Aerobics with Pilates Mat								
16 and up	6 Sessions	R05061-501	Wheaton CRC	7/8	Tu	7:15-8:30 p.m.	Betsy Saunders	\$60
		R05061-502	Wheaton CRC	7/10	Th	7:15-8:30 p.m.	Betsy Saunders	\$60
	12 Sessions	R05061-503	Wheaton CRC	7/8	Tu,Th	7:15-8:30 p.m.	Betsy Saunders	\$120

PILATES

Pilates

16 and up	7 Sessions	R05091-501	Silver Spring RAC	6/26	Th	7-8 a.m.	WBG Sports & Fitness	\$70
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TOTAL BODY CONDITIONING

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Barre Intensive								
18 and up	5 Sessions	R05327-502	Wheaton CRC	6/11	M,W,F	7-8 p.m.	Patricia Anderson	\$60
Boxing								
18 and up	6 Sessions	R05342-506	Long Branch CRC	6/27	F	6-6:55 p.m.	WBG Sports & Fitness	\$60
	7 Sessions	R05342-504	Silver Spring RAC	6/24	Tu	5-6 p.m.	WBG Sports & Fitness	\$70
Cardio Blast								
18 and up	7 Sessions	R05018-506	Wheaton CRC	6/23	M	7-8 p.m.	Cardio Coach	\$56
		R05018-507	Wheaton CRC	6/25	W	7-8 p.m.	Cardio Coach	\$56
Fit Family Boxing and Kickboxing								
7 and up	6 Sessions	R05342-502	Lawton CRC	6/28	Sa	10-11 a.m.	Fit 2 Believe	\$60
	7 Sessions	R05342-505	Silver Spring RAC	6/23	M	7-8 p.m.	Fit 2 Believe	\$70
		R05342-501	Lawton CRC	6/24	Tu	7-8 p.m.	Fit 2 Believe	\$70
		R05342-503	Bauer Drive CRC	6/26	Th	7-8 p.m.	Fit 2 Believe	\$70
High Intensity Interval Training (HIIT)								
16 and up	7 Sessions	R05018-504	Silver Spring RAC	6/25	W	6:30-7:25 p.m.	WBG Sports & Fitness	\$70
Total Body Conditioning								
16 and up	5 Sessions	R05018-502	Potomac CRC	6/28	Sa	11 a.m.-Noon	Fit 2 Believe	\$50
	7 Sessions	R05018-501	Bauer Drive CRC	6/25	W	7-8 p.m.	Fit 2 Believe	\$70



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ZUMBA

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
16 and up	5 Sessions	R05132-511	Wheaton CRC	6/28	Sa	11 a.m.-Noon	Ingrid Higgins	\$50
	7 Sessions	R05132-512	Mid-County CRC	6/23	M	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$70
		R05132-513	Mid-County CRC	6/25	W	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$70
		R05132-514	Bauer Drive CRC	6/28	Sa	9:15-10:15 a.m.	Michelle Johnson-Lancaster	\$70
		R05132-521	Germantown CRC	6/26	Th	7-8 p.m.	Andria O'Brien	\$63



Health and Wellness


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YOGA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
All Levels Yoga (Beginner/Continuing)								
18 and up	7 Sessions	R05128-524	Potomac CRC	6/26	Th	5:15-6:15 p.m.	Anna Barshay	\$126
Level I/II Yoga								
18 and up	5 Sessions	R05128-520	Wheaton CRC	6/25	W	7-8 p.m.	Hannah Davis	\$90
Yoga								
16 and up	7 Sessions	R05128-523	Plum Gar CRC	6/26	Th	6-7 p.m.	Serenity Yoga Studio	\$56
Yoga I: Restore and Recharge								
18 and up	5 Sessions	R05128-521	Wheaton CRC	6/23	M	7-8 p.m.	Hannah Davis	\$90
Yogalates (Yoga and Pilates)								
18 and up	7 Sessions	R05128-501	Wheaton CRC	6/24	Tu	6-7 p.m.	Anne Harrison	\$77

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Martial Arts



AIKIDO

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Aikido								
11 and up	7 Sessions	R05005-501	Ross Boddy NRC	6/23	M	7-8:30 p.m.	Christopher Rowe	\$63
Suenaka-ha Aikido								
14 and up	6 Sessions	R05005-502	Lawton CRC	6/25	W	6-8 p.m.	James Huss	\$100

KARATE-JUJITSU

Okinawan Karate

18 and up	14 Sessions	R05357-501	Silver Spring RAC	6/23	M,Th	7-8:30 p.m.	Kokyuh LLC	\$140
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TKA Adult Karate

13 and up	7 Sessions	R05070-509	Bethesda ES	6/26	Th	8-9:30 p.m.	TKA	\$84
	8 Sessions	R05070-506	Bauer Drive CRC	6/18	W	8-9:30 p.m.	TKA	\$96
9 Sessions		R05070-508	Praisner CRC	6/26	Th	7:30-9 p.m.	TKA	\$96
		R05070-502	Wheaton CRC	6/16	M	7:30-9 p.m.	TKA	\$108
		R05070-501	Upper County CRC	6/16	M	8-9:30 p.m.	TKA	\$108
		R05070-504	Mid-County CRC	6/17	Tu	7:30-9 p.m.	TKA	\$108
		R05070-503	Germantown CRC	6/17	Tu	8-9:30 p.m.	TKA	\$108
		R05070-505	Damascus CRC	6/18	W	8-9:30 p.m.	TKA	\$108

TKA Karate Jujitsu Club

18 and up	8 Sessions	R05070-510	White Oak CRC	6/20	F	7:30-8:30 p.m.	TKA	\$40
		R05070-511	White Oak CRC	6/20	F	8:30-9:30 p.m.	TKA	\$40




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KARATE-JUJITSU

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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TKA Youth Karate Advanced White Belts and Higher

6-12	9 Sessions	R05066-516	Wheaton CRC	6/16	M	6:30-7:30 p.m.	TKA	\$90
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TKA Youth Karate All Levels

6-12	7 Sessions	R05066-514	Bethesda ES	6/26	Th	7-8 p.m.	TKA	\$70
	8 Sessions	R05066-513	Praisner CRC	6/26	Th	6:30-7:30 p.m.	TKA	\$80
		R05066-509	Clara Barton NRC	6/18	W	6:30-7:30 p.m.	TKA	\$80

TKA Youth Karate Beginner and Advanced White Belts

6-12	9 Sessions	R05066-512	Potomac CRC	6/18	W	6-7 p.m.	TKA	\$90
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TKA Youth Karate Beginner through Orange Belts

6-12	9 Sessions	R05066-501	Upper County CRC	6/16	M	6-7 p.m.	TKA	\$90
		R05066-504	Germantown CRC	6/17	Tu	6-7 p.m.	TKA	\$90
		R05066-506	Mid-County CRC	6/17	Tu	6:30-7:30 p.m.	TKA	\$90
		R05066-507	Damascus CRC	6/18	W	6-7 p.m.	TKA	\$90

TKA Youth Karate Beginner through White Belts

6-12	8 Sessions	R05066-510	Bauer Drive CRC	6/18	W	6-7 p.m.	TKA	\$80
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TKA Youth Karate Intermediate

6-12	8 Sessions	R05066-511	Bauer Drive CRC	6/18	W	7-8 p.m.	TKA	\$80
	9 Sessions	R05066-505	Germantown CRC	6/17	Tu	7-8 p.m.	TKA	\$90
		R05066-508	Damascus CRC	6/18	W	7-8 p.m.	TKA	\$90

TKA Youth Karate New Beginners

6-12	9 Sessions	R05066-503	Wheaton CRC	6/16	M	5:45-6:30 p.m.	TKA	\$90
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TKA Youth Karate Orange Belt and Higher

6-12	9 Sessions	R05066-515	Potomac CRC	6/18	W	7-8 p.m.	TKA	\$90
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TKA Youth Karate Yellow Belt and Higher

6-12	9 Sessions	R05066-502	Upper County CRC	6/16	M	7-8 p.m.	TKA	\$90
		R05066-517	Mid-County CRC	6/17	Tu	6:30-7:30 p.m.	TKA	\$90



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SELF-DEFENSE

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Practical Self Defense								
14 and up	13 Sessions	R05095-501	Wisconsin Place CRC	6/23	M,Th	7-8 p.m.	Ivan Black	\$65

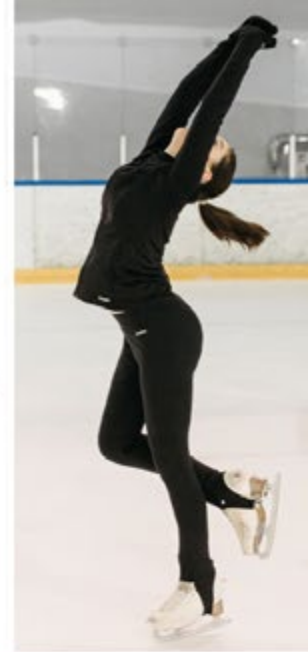
VOVINAM

Vovinam Martial Arts

6-13	7 Sessions	R05126-505	Plum Gar CRC	6/23	M	6-7 p.m.	Yanni Nguyen	FREE
		R05126-501	Long Branch CRC	6/25	W	6-7 p.m.	Yanni Nguyen	FREE
		R05126-503	Long Branch CRC	6/28	Sa	10-11 a.m.	Yanni Nguyen	FREE
13 and up		R05126-506	Plum Gar CRC	6/23	M	7-8:30 p.m.	Yanni Nguyen	FREE
		R05126-502	Long Branch CRC	6/25	W	7-8:30 p.m.	Yanni Nguyen	FREE
		R05126-504	Long Branch CRC	6/28	Sa	11 a.m.-Noon	Yanni Nguyen	FREE



JULY 2025



**NRPA'S PARK AND
RECREATION MONTH**

BUILD

TOGETHER



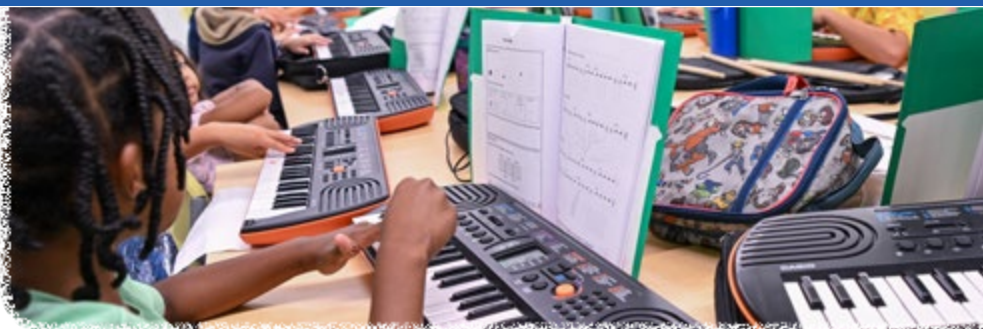
Play

TOGETHER





Music



DJing

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to DJing								
12-17	5 Sessions	R05377-502	Lawton CRC	6/24	Tu	6:30-7:30 p.m.	Milkr8z	\$175
18 and up		R05377-501	Germantown CRC	6/28	Sa	10:30-11:30 a.m.	Milkr8z	\$175

GUITAR

Beginner Guitar

8-12	5 Sessions	R05053-503	School of Music	6/27	F	5:30-6:20 p.m.	Kevin Mittleman	\$85
13 and up		R05053-502	School of Music	6/23	M	8-8:50 p.m.	Kevin Mittleman	\$85

Intermediate Guitar

13 and up	5 Sessions	R05053-504	School of Music	6/26	Th	8-8:50 p.m.	Kevin Mittleman	\$85
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Groovy Guitar

5-12	6 Sessions	R05053-505	Silver Spring RAC	6/27	F	7-8 p.m.	Learn Now Music	\$161
	7 Sessions	R05053-501	Bauer Drive CRC	6/25	W	7-8 p.m.	Learn Now Music	\$185




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PIANO

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
5-12	6 Sessions	R05089-501	Silver Spring RAC	6/27	F	6-7 p.m.	Learn Now Music	\$161
	7 Sessions	R05089-502	Bauer Drive CRC	6/25	W	7-8 p.m.	Learn Now Music	\$185

Poppin Piano

PLAYTIME AND MUSIC

Instrument Explorers

1-5	6 Sessions	R05379-501	Silver Spring RAC	6/28	Sa	9-9:50 a.m.	Tiny Sprouts	\$120
		R05379-502	Silver Spring RAC	6/28	Sa	10-11 a.m.	Tiny Sprouts	\$120

Music Together

0-4	6 Sessions	R05085-503	Mid-County CRC	6/21	Sa	10-10:45 a.m.	Nancy Nuttle	\$195
		R05085-504	Mid-County CRC	6/21	Sa	11-11:45 a.m.	Nancy Nuttle	\$195
		R05085-505	Silver Spring RAC	6/21	Sa	9:15-10 a.m.	Nancy Nuttle	\$195
		R05085-506	Silver Spring RAC	6/21	Sa	10:15-11 a.m.	Nancy Nuttle	\$195
		R05085-507	Silver Spring RAC	6/21	Sa	11:15 a.m.-Noon	Nancy Nuttle	\$195
		R05085-501	Wheaton CRC	6/26	Th	10:30-11:15 a.m.	Nancy Nuttle	\$195
		R05085-502	Wheaton CRC	6/26	Th	11:30 a.m.-12:15 p.m.	Nancy Nuttle	\$195

VIOLIN

Viva Violin

5-12	6 Sessions	R05359-501	Longwood CRC	6/28	Sa	10-11 a.m.	Learn Now Music	\$161
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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
STEAM Adventures: Believe It or Not Island								
6-12	6 Sessions	R05308-501	Praisner CRC	6/23	M	6-7 p.m.	Challenge Island	\$175
		R05308-502	White Oak CRC	6/24	Tu	6-7 p.m.	Challenge Island	\$175
STEAM Adventures: Disaster Island								
6-12	6 Sessions	R05308-503	Damascus CRC	6/23	M	6-7 p.m.	Challenge Island	\$175





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department at 240-777-6870.





Sports



BADMINTON



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Badminton Beginner/Adv. Beginner								
9 and up	6 Sessions	R05008-501	Bauer Drive CRC	6/21	Sa	9:30-10:30 a.m.	Yen-Ping Chao	\$95
		R05008-503	Bauer Drive CRC	6/21	Sa	12:45-1:45 p.m.	Yen-Ping Chao	\$95
Badminton Intermediate								
10 and up	6 Sessions	R05008-502	Bauer Drive CRC	6/21	Sa	10:30 a.m.-12:30 p.m.	Yen-Ping Chao	\$135

BASEBALL

Rookie League Baseball

5-6	6 Sessions	R05323-507	Layhill Village LP	6/28	Sa	1:15-2:15 p.m.	Jump Start Sports	\$135
T-Birds T-Ball								
3-4	6 Sessions	R05323-506	Layhill Village LP	6/28	Sa	12:15-1:10 p.m.	Jump Start Sports	\$135



BASKETBALL

[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Girls Basketball

6-10	8 Sessions	R05012-534	Praisner CRC	6/28	Sa	10 a.m.-Noon	PE Plus	\$89
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Train Like a Pro Juniors Basketball Skills and Drills

5-9	6 Sessions	R05012-501	N. Potomac CRC	6/28	Sa	Noon-1 p.m.	Fit 2 Believe	\$85
		R05012-508	Potomac CRC	6/29	Su	12:30-1:30 p.m.	Fit 2 Believe	\$85
	7 Sessions	R05012-515	Silver Spring RAC	6/29	Su	10-11 a.m.	Fit 2 Believe	\$98

Train Like a Pro Basketball Skills and Drills

8-14	7 Sessions	R05012-510	Germantown CRC	6/23	M	6:30-8 p.m.	Fit 2 Believe	\$154
10-14	6 Sessions	R05012-502	N. Potomac CRC	6/28	Sa	1-2:30 p.m.	Fit 2 Believe	\$133
		R05012-509	Potomac CRC	6/29	Su	1:30-3 p.m.	Fit 2 Believe	\$133
	7 Sessions	R05012-516	Silver Spring RAC	6/29	Su	11 am-12:30 p.m.	Fit 2 Believe	\$154



SUMMERTIME FITNESS



Montgomery County Recreation offers open gym sports at various locations.

[VIEW OPEN GYM SCHEDULE](#)



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MULTI-SPORTS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Coach Doug Wee Wanna Be								
3-6	7 Sessions	R05025-505	Oakland Terrace ES	6/21	Sa	9:30-10:15 a.m.	Coach Doug Academy	\$99
		R05025-506	Oakland Terrace ES	6/21	Sa	10:15-11 a.m.	Coach Doug Academy	\$99
	8 Sessions	R05025-502	Potomac CRC	6/22	Su	9:30-10:15 a.m.	Coach Doug Academy	\$115
		R05025-501	Potomac CRC	6/22	Su	10:15-11 a.m.	Coach Doug Academy	\$115

Coach Doug Seasonal Sports

4-8	7 Sessions	R05025-508	Oakland Terrace ES	6/21	Sa	11-11:45 a.m.	Coach Doug Academy	\$99
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PICKLEBALL

Beginner 1.0

18 and up	3 Sessions	R05261-502	Coffield CRC	6/11	W	6:30-7:30 p.m.		\$69
		R05261-503	Coffield CRC	7/9	W	6:30-7:30 p.m.		\$69
		R05261-504	Silver Spring RAC	6/9	M	6-7 p.m.		\$69
		R05261-505	Silver Spring RAC	7/7	M	6-7 p.m.		\$69

Advanced Beginner 1.5-2.0

18 and up	3 Sessions	R05262-502	Coffield CRC	6/11	W	7:30-8:30 p.m.		\$69
		R05262-503	Coffield CRC	7/9	W	7:30-8:30 p.m.		\$69
		R05262-504	Silver Spring RAC	6/9	M	7-8 p.m.		\$69
		R05262-505	Silver Spring RAC	7/7	M	7-8 p.m.		\$69

Advanced Beginner Skills and Drills

18 and up	1 Session	R05261-520	N. Potomac CRC	6/9	M	Noon-1:30 p.m.		\$30
		R05261-519	Longwood CRC	7/31	Th	6-8 p.m.		\$40

Drop Shots

18 and up	1 Session	R05263-519	Potomac CRC	6/3	Tu	Noon-2 p.m.		\$40
		R05263-518	Longwood CRC	8/7	Th	6-8 p.m.		\$40

Intermediate Skills and Drills

18 and up	1 Session	R05262-506	N. Potomac CRC	6/9	M	1:30-3 p.m.		\$30
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Learn to Play: Pickleball

7-9	6 Sessions	R05317-501	N. Potomac CRC	6/29	Su	2-2:45 p.m.	Overtime Athletics	\$130
10-12		R05317-502	N. Potomac CRC	6/29	Su	3-3:45 p.m.	Overtime Athletics	\$130



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Chickadee Soccer								
18-36 mos.	6 Sessions	R05103-555	Lawton CRC	6/28	Sa	10-10:40 a.m.	Jump Start Sports	\$115
		R05103-556	Lawton CRC	6/28	Sa	11-11:40 a.m.	Jump Start Sports	\$115
Coach Doug Soccer								
3-7	7 Sessions	R05025-507	Oakland Terrace ES	6/21	Sa	11:45am-12:30pm	Coach Doug Academy	\$99
	8 Sessions	R05025-503	Tilden Woods LP	6/26	Th	5-5:45 p.m.	Coach Doug Academy	\$115
Girls Soccer Clinic								
6-10	6 Sessions	R05103-501	Bauer Drive LP	7/21	M,W,Th	5-5:50 p.m.	CORE FC	\$220
11-16		R05103-502	Bauer Drive LP	7/21	M,W,Th	6-7:20 p.m.	CORE FC	\$249
Hummingbirds Soccer Program								
3-4	6 Sessions	R05103-511	Layhill Village LP	6/28	Sa	10-10:55 a.m.	Jump Start Sports	\$135
5-6		R05103-512	Layhill Village LP	6/28	Sa	11 a.m.-Noon	Jump Start Sports	\$135
Train Like a Pro Juniors Soccer Skills and Drills								
5-9	6 Sessions	R05103-505	Potomac CRC	6/28	Sa	11 a.m.-Noon	Fit 2 Believe	\$85
Train Like a Pro Soccer Skills and Drills								
8-14	7 Sessions	R05103-506	Bauer Drive CRC	6/24	Tu	6:30-8 p.m.	Fit 2 Believe	\$154
10-14	6 Sessions	R05103-504	Potomac CRC	6/28	Sa	Noon-1:30 p.m.	Fit 2 Believe	\$133



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ADULT BASKETBALL LEAGUES

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- Ages 18 and up

Men's Fall

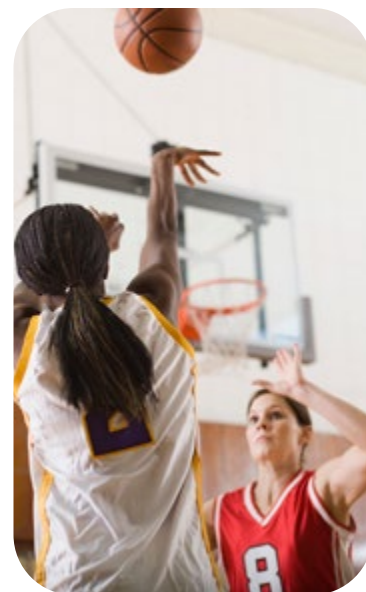
Activity	Location	Start Date	Day	Time	# of Games	Fee
R05232-101	Bauer Drive CRC	9/21	Su	3-9:30 p.m.	9	\$725

Women's Drop In

Activity	Location	Start Date	Day	Time	# of Games	Fee
R05013-105	Bauer Drive CRC	9/21	Su	10 a.m.-Noon	5	\$40
R05013-106	Bauer Drive CRC	10/26	Su	10 a.m.-Noon	5	\$40
R05013-104	Bauer Drive CRC	9/21	Su	10 a.m.-Noon	10	\$80

Women's Fall

Activity	Location	Start Date	Day	Time	# of Games	Fee
R05013-101	Wood MS	9/20	Sa	9 a.m.-2 p.m.	6	\$135



UPCOMING FALL 2025

FLAG FOOTBALL BASKETBALL



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Join us in fall 2025 for flag football and basketball.

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ADULT SOCCER LEAGUES

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• Ages 18 and up

Men's 18+

Activity	Division/Level	Location	Start Date	Day	Time	# of Games	Fee
R05282-101	Division 1	Various Locations	9/6	Su	9 a.m.-6 p.m.	8	\$1299
R05282-102	Free Agent	Various Locations	9/6	Su	9 a.m.-6 p.m.	8	FREE

Men's 40+

R05276-101	Men's 40+	Ridge Road RP-Field 4	9/6	Su	9 a.m.-6 p.m.	8	\$1299
R05276-102	Free Agent	Ridge Road RP-Field 4	9/6	Su	9 a.m.-6 p.m.	8	FREE

Men's 55+

R05349-101	Men's 55+	Various Locations	9/5	Sa	9 a.m.-6 p.m.	8	\$1125
R05349-102	Free Agent	Various Locations	9/5	Sa	9 a.m.-6 p.m.	8	FREE

Men's 65+

R05281-101	Men's 65+	N. Potomac CRC	9/6	Su	9 a.m.-5 p.m.	8	\$962
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Women's 25+

R05285-101	Women's 25+	N. Potomac CRC	9/5	Sa	9 a.m.-6 p.m.	8	\$962
R05285-102	Free Agent	N. Potomac CRC	9/5	Sa	9 a.m.-6 p.m.	8	FREE

Women's 40+

R05286-101	Women's 40+	Laytonia RP	9/3	W	7-11 p.m.	8	\$1299
R05286-102	Free Agent	Laytonia RP	9/3	W	7-11 p.m.	8	FREE



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ADULT SOFTBALL LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- Ages 18 and up

Men's 18+

Activity	Division/Level	Location	Start Date	Day	Time	# of games	Fee
R05237-101	Men's CD/D	Olney Manor RP	9/3	W	6-10:30 p.m.	12	\$885
R05240-101	Men's CD/D	Olney Manor RP	9/4	Th	6-10:30 p.m.	12	\$885
R05242-101	Men's CD/D	Cabin John RP	9/4	Th	6-10:30 p.m.	12	\$885
R05325-101	Men's CD/D	Cabin John RP	9/7	Su	9 a.m.-Noon	12	\$885

Women's

R05254-101	Women's 40+	Wheaton RP	9/8	M	6-10:30 p.m.	10	\$734
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CoRec

R05245-101	CoRec Mon	Cabin John RP	9/8	M	6-10:30 p.m.	12	\$885
R05246-101	CoRec Wed	Cabin John RP	9/10	W	6-10:30 p.m.	12	\$885
R05248-101	CoRec Thu	Ridge Road RP	9/10	Th	6-10:30 p.m.	12	\$885

Men's 50+

R05252-101	Senior Men's 50+	Olney Manor RP	9/9	Tu	6-10:30 p.m.	12	\$885
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Men's 55+

R05251-101	Senior Men's 55+		9/4	Th	6-10:30 p.m.	12	\$885
R05236-102	Senior Free Agents				6-10:30 p.m.		



YOUTH VOLLEYBALL LEAGUES

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• Five games, one practice and one playoff game.

CoRec

Activity	Ages	Location	Start Date	Day	Time	Fee
R05319-503	10-11	East County CRC	7/12	Sa	1-3 p.m.	\$80
R05319-502	12-13	Plum Gar CRC	7/12	Sa	10 a.m.-6 p.m.	\$80
R05319-509	14-17	Mid-County CRC	7/13	Su	10 a.m.-6 p.m.	\$80

Girls

R05319-501	14-17	East County CRC	7/12	Sa	3-9 p.m.	\$80
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Therapeutic Recreation

Programs for Individuals with Disabilities



FITNESS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Neural Movement: Fitness and Focus								
7-12	7 Sessions	R06045-501	Wheaton CRC	6/7	Sa	1-1:50 p.m.	Neural Movement	\$35
13-21		R06045-502	Wheaton CRC	6/7	Sa	2-2:50 p.m.	Neural Movement	\$35

DANCE

ZamDance

12 and up	6 Sessions	R06030-501	Bauer Drive CRC	6/24	Tu	6:15-7:15 p.m.	Zam Dance	\$30
		R06030-502	N. Potomac CRC	6/26	Th	6:15-7:15 p.m.	Zam Dance	\$30

SPORTS

Pickleball Skills and Drills

12-21	6 Sessions	R06042-501	N. Potomac CRC	6/28	Sa	11-11:50 a.m.	Laskar Tennis	\$30
22 and up		R06042-502	N. Potomac CRC	6/28	Sa	Noon-12:50 p.m.	Laskar Tennis	\$30

Seasonal Sports Skills

6-14	7 Sessions	R06019-501	Oakland Terrace ES	6/21	Sa	12:30-1:15 p.m.	Coach Doug Academy	\$35
15 and up	8 Sessions	R06019-502	Potomac CRC	6/22	Su	11-11:45 a.m.	Coach Doug Academy	\$40

Tennis

8-12	6 Sessions	R06049-502	Layhill Village LP	6/29	Su	11-11:50 a.m.	Laskar Tennis	\$30
13-21		R06049-501	Layhill Village LP	6/29	Su	Noon-12:50 p.m.	Laskar Tennis	\$30

ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

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JOIN OUR TEAM

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WE SUPPORT ACCESSIBILITY

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.

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THERAPEUTIC RECREATION



SPECIAL EVENTS



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

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TR THEME DANCE

Bahama Blast Dance

Ages	Activity	Location	Date	Date	Time	Fee
15 and up	R06014-501	Bauer Drive CRC	7/26	Sa	6-9 p.m.	\$10

TR SUNDAY FUNDAY

Sunday Funday Family Swim

Ages	Activity	Location	Date	Date	Time	Fee
2 and up	R06010-501	UCOP	7/13	Su	Noon-3pm.	\$5



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.

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55+ Senior Programs



Arts ARTS AND CRAFTS


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Sessions	Activity	Location	Start Date	Day	Time	
Card Making						
3 Sessions	R07095-525	Schweinhaut SC	6/14	Sa	11:30 a.m.-2:30 p.m.	
Ceramics						
25 Sessions	R07098-501	Schweinhaut SC	6/3	Tu,Th	9:30 a.m.-1 p.m.	
10 Sessions	R07098-503	Silver Spring RAC	6/4	W	Noon-3:30 p.m.	
Crafting Hour						
1 Session	R07095-515	N. Potomac CRC	6/5	Th	12:30-2 p.m.	
Evening Crafters						
2 Sessions	R07095-522	N. Potomac CRC	6/18	W	5:30-7 p.m.	
Fun with Art						
13 Sessions	R07052-502	Schweinhaut SC	6/4	W	10 a.m.-Noon	
Illustration and Drawing						
4 Sessions	R07052-511	Damascus CRC	6/4	W	2-3 p.m.	\$5
Jewelry Club (Non-Instructional)						
10 Sessions	R07117-503	Wheaton CRC	6/5	Th	1-2:30 p.m.	
Mosaics						
12 Sessions	R07095-538	Damascus CRC	6/3	Tu	9:30-11:30 a.m.	\$5
Origami Class						
3 Sessions	R07096-501	Schweinhaut SC	6/2	M	1-3 p.m.	
Painting Club						
9 Sessions	R07095-518	Wheaton CRC	6/6	F	11 a.m.-12:30 p.m.	
Sewing for Beginners						
12 Sessions	R07095-530	Silver Spring RAC	6/6	F	2-4 p.m.	
Tie Dye with Campers						
1 Session	R07095-509	N. Potomac CRC	7/1	Tu	10:30-11:30 a.m.	
	R07095-508	N. Potomac CRC	7/1	Tu	12:30-1:30 p.m.	



ARTS AND CRAFTS



Sessions	Activity	Location	Start Date	Day	Time
Watercolor Painting					
4 Sessions	R07095-531	Silver Spring RAC	6/2	M	12:30-2:30 p.m.
	R07095-533	Silver Spring RAC	7/14	M	12:30-2:30 p.m.

KNITTING AND CROCHET

Knit and Crochet Club

12 Sessions	R07003-506	N. Potomac CRC	6/3	Tu	1-3 p.m.
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Knit and Crochet Workshop

11 Sessions	R07003-501	Holiday Park SC	6/18	W	10-11:30 a.m.
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Knitting Corner

13 Sessions	R07003-504	Schweinhaut SC	6/4	W,F	1-3 p.m.
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Knitting for Beginners

13 Sessions	R07003-508	Long Branch CRC	6/4	W	1:15-2:15 p.m.
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Needlecraft

11 Sessions	R07053-520	Damascus CRC	6/5	Th	10:30 a.m.-12:30 p.m.
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Needlecraft, Crochet and Sewing Club

12 Sessions	R07053-503	Silver Spring RAC	6/6	F	2-4 p.m.
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Needles and Yarn

26 Sessions	R07003-502	Wheaton CRC	6/2	M,Tu	1-3 p.m.
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Quilting Tips

12 Sessions	R07053-513	Damascus CRC	6/2	M	2:30-3:30 p.m.
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PERFORMING ARTS

Readers' Theater

12 Sessions	R07056-504	Damascus CRC	6/2	M	2:30-3:30 p.m.
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Seasoned Players

6 Sessions	R07056-502	Schweinhaut SC	6/4	W	1:30-3:30 p.m.
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PHOTOGRAPHY

Photography Club

5 Sessions	R07001-501	Holiday Park SC	6/18	W	10 a.m.-Noon
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Cooking

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Sessions	Activity	Location	Start Date	Day	Time
Cooking for Beginners					
8 Sessions	R07048-501	Silver Spring RAC	7/1	Tu	2:30-4:30 p.m.

Dance

Ballet

12 Sessions	R07012-536	Silver Spring RAC	6/4	W	10-11 a.m.
13 Sessions	R07012-506	Wheaton CRC	6/3	Tu	1:30-2:30 p.m.
	R07012-505	Wheaton CRC	6/4	W	2:15-3:15 p.m.

Ballroom Dance

13 Sessions	R07050-504	Schweinhaut SC	6/4	W	Noon-1 p.m.
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Ballroom Dance (Non-Instructional)

11 Sessions	R07129-511	Damascus CRC	6/5	Th	1-2:30 p.m.
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Ballroom/Line Dance

25 Sessions	R07011-504	Wheaton CRC	6/4	W,Th	1-2 p.m.
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Chinese Folk Dance

12 Sessions	R07009-507	White Oak CRC	6/3	Tu	10:30 a.m.-Noon
	R07009-509	N. Potomac CRC	6/4	W	10:30-11:30 a.m.
13 Sessions	R07012-507	Wheaton CRC	6/2	M	1-2 p.m.

Chinese Folk Dancing (Beginner)

10 Sessions	R07009-502	Holiday Park SC	6/20	F	11-11:50 a.m.
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Classical Chinese Folk Dance

12 Sessions	R07009-511	N. Potomac CRC	6/3	Tu	2-3:30 p.m.
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Dance for Posture and Elegance (Mandarin)

11 Sessions	R07009-506	N. Potomac CRC	6/5	Th	1-3 p.m.
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Dance with Me!

11 Sessions	R07011-512	Wheaton CRC	6/2	M	9:05-10 a.m.
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Sessions	Activity	Location	Start Date	Day	Time
International Folk Dance					
11 Sessions	R07009-510	N. Potomac CRC	6/6	Fri	12:15-1:15 p.m.
Line Dancing					
12 Sessions	R07011-508	Schweinhaut SC	6/7	Sa	10:30 a.m.-Noon
Soul Line Dance					
12 Sessions	R07005-500	White Oak CRC	6/5	Th	10:15-11:15 a.m.
Move to the Beat					
12 Sessions	R07012-534	Long Branch CRC	6/5	Th	12:45-1:45 p.m.
Tap Dance					
13 Sessions	R07007-522	Damascus CRC	6/2	M	11 a.m.-12:30 p.m. \$25
Yuan Chi Dance					
13 Sessions	R07012-537	Wheaton CRC	6/2	M	2:30-4 p.m.



SOAR DAY TRIPPERS

View Summer 2025 SOAR and Day Trippers brochure

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Educational



DISCUSSIONS


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Sessions	Activity	Location	Start Date	Day	Time
Active Golden Meet and Greet					
20 Sessions	R07092-508	Holiday Park SC	6/20	Tu,F	9:15-10:30 a.m.
Active Living in Spanish: Cafecito y Amistad					
11 Sessions	R07087-501	Holiday Park SC	6/16	M	10-10:50 a.m.
Behind The Headlines: Discussion Group					
11 Sessions	R07063-501	Holiday Park SC	6/16	M	10-11:25 a.m.
Coffee and Conversation with Staff					
2 Sessions	R07092-505	Schweinhaut SC	7/17	Th	9:30-10:15 a.m.
Coffee Social					
58 Sessions	R07092-518	Damascus CRC	6/2	M-F	9-11 a.m.
60 Sessions	R07092-519	Long Branch CRC	6/2	M-F	9-10:30 a.m.
Coping with Change					
11 Sessions	R07076-508	Damascus CRC	6/5	Th	11 a.m.-Noon
10 Sessions	R07076-501	Holiday Park SC	6/19	Th	10:30-11:30 a.m.
Current Events Discussion					
11 Sessions	R07063-503	N. Potomac CRC	6/5	Th	10-11:30 a.m.
Emergency Preparedness Presentation by Office of Emergency Management and Homeland Security					
1 Session	R07105-531	Schweinhaut SC	6/30	M	11 a.m.-Noon
Evening Book Club, a Book and a Movie					
2 Sessions	R07065-501	Holiday Park SC	7/16	W	4:30-7:30 p.m.





Sessions	Activity	Location	Start Date	Day	Time
Fire Safety, One Cup Coffee (or Hot Cocoa) at a Time					
3 Sessions	R07092-506	Holiday Park SC	6/18	W	9:30-11 a.m.
Jai Ho Discussion and Social Group					
12 Sessions	R07023-506	N. Potomac CRC	6/2	M	11:30 a.m.-1 p.m.
Kensington Club					
12 Sessions	R07117-501	White Oak CRC	6/4	W	9:30 a.m.-1:30 p.m.
Max You					
10 Sessions	R07043-501	Holiday Park SC	6/24	Tu	10:30-11:30 a.m.
Morning Chat and Chew					
12 Sessions	R07063-502	White Oak CRC	6/4	W	9:30-10:30 a.m.
Rose and Bud: Discussion Group					
5 Sessions	R07063-504	Holiday Park SC	6/26	Th	11 a.m.-Noon
Scale Modeling Group					
3 Sessions	R07023-515	N. Potomac CRC	6/17	Tu	6:30-8:30 p.m.
Senior Nutrition Program Update					
3 Sessions	R07028-537	Virtual Class	6/12	Th	1-2 p.m.
	R07028-538	Virtual Class	7/17	Th	1-2 p.m.
Spiritual Support					
12 Sessions	R07111-500	White Oak CRC	6/3	Tu	10 a.m.-Noon
VASA Support					
12 Sessions	R07111-502	Long Branch CRC	6/6	F	10 a.m.-12:30 p.m.
Veterans Discussion Group					
3 Sessions	R07312-501	Schweinhaut SC	6/4	W	1-2 p.m.
Walk and Plog					
10 Sessions	R07023-519	N. Potomac CRC	6/4	W	10:30-11:30 a.m.
Wellness Matters					
8 Sessions	R07028-528	Silver Spring RAC	6/3	Tu	9-10:30 a.m.





LANGUAGE



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Cultural and Positive English Exercise					
19 Sessions	R07061-506	Holiday Park SC	7/1	Tu,Th	9:30 a.m.-Noon
English Conversation Group					
25 Sessions	R07021-508	Schweinhaut SC	6/2	M,Th	1-2:30 p.m.
Everyday English					
11 Sessions	R07061-505	Holiday Park SC	6/18	W	11-11:50 a.m.
20 Sessions	R07061-501	Holiday Park SC	6/24	Tu,Th	9:50-10:40 a.m.
Bonjour! Basic French Conversation and Culture					
11 Sessions	R07019-503	N. Potomac CRC	6/4	W	12:30-1:30 p.m.
French Conversation					
7 Sessions	R07019-502	Schweinhaut SC	6/14	Sa	10:30 a.m.-Noon
Beginner Italian Class					
13 Sessions	R07021-504	Schweinhaut SC	6/4	W	1-2 p.m.
Intermediate Italian Class					
13 Sessions	R07021-506	Schweinhaut SC	6/4	W	2-3 p.m.
Intermediate Japanese					
12 Sessions	R07021-501	N. Potomac CRC	6/3	Tu	10:30 a.m.-Noon
Beginner Spanish Class					
13 Sessions	R07118-501	Wheaton CRC	6/2	M	10-11 a.m.
12 Sessions	R07015-508	Schweinhaut SC	6/5	Th	9:30-10:30 a.m.
Beginner's Spanish Conversation Group					
12 Sessions	R07015-510	White Oak CRC	6/4	W	9:45-10:45 a.m.
Beginner Plus Spanish Class					
12 Sessions	R07015-509	Schweinhaut SC	6/5	Th	10:30-11:30 a.m.
Conversational Spanish					
11 Sessions	R07015-502	Wheaton CRC	6/6	F	10-11 a.m.
Intermediate Spanish					
13 Sessions	R07118-503	Wheaton CRC	6/3	Tu	10-11 a.m.
Intermediate Spanish Conversation Group					
12 Sessions	R07015-511	White Oak CRC	6/4	W	11 a.m.-Noon



TECHNOLOGY

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Exploring Artificial Intelligence (AI)					
10 Sessions	R07084-506	Holiday Park SC	8/12	Tu,Th	10-11:15 a.m.
Senior Smart Tech Help Session					
1 Session	R07084-507	Holiday Park SC	8/6	W	3-6 p.m.
Tech Tutoring					
8 Sessions	R07084-516	Long Branch CRC	6/3	Tu,Th	1-4 p.m.
10 Sessions	R07084-517	Long Branch CRC	7/1	Tu,Th	1-4 p.m.
6 Sessions	R07084-518	Long Branch CRC	8/5	Tu,Th	1-4 p.m.
TechConnect - Learn How to Register for Montgomery County Programs					
15 Sessions	R07084-511	N. Potomac CRC	7/7	M,W,F	10:30 a.m.-Noon
Virtual Reality with Meta Quest 3					
3 Sessions	R07313-505	Wheaton CRC	7/16	W	11 a.m.-Noon

WRITING

Journaling

3 Sessions	R07058-504	Holiday Park SC	6/24	Tu	2:15-3:45 p.m.
Memoir Writing for Beginners					
13 Sessions	R07058-503	Wheaton CRC	6/4	W	10-11:30 a.m.
	R07058-506	Silver Spring RAC	6/5	Th	1-2:30 p.m.

Writing Group

6 Sessions	R07058-505	Schweinhaut SC	6/3	Tu	10 a.m.-Noon
10 Sessions	R07058-501	Holiday Park SC	6/20	F	10-11:30 a.m.



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Fitness

AEROBIC DANCE

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Cardio Dance Fitness					
12 Sessions	R07012-502	Wheaton CRC	6/4	W	9:05-9:40 a.m.
Cardio Fit					
10 Sessions	R07012-524	N. Potomac CRC	6/4	W	9:15-10:15 a.m.
Chinese Dance and Fitness					
13 Sessions	R07012-508	Wheaton CRC	6/4	W	9-10:45 a.m.
Dance Fitness					
13 Sessions	R07012-533	Schweinhaut SC	6/2	M	9:30-10:30 a.m.
Grooves and Moves Dance Fitness					
8 Sessions	R07012-541	Silver Spring RAC	7/3	Th	2-3 p.m.
Move and Groove Dance Fitness					
11 Sessions	R07012-529	Holiday Park SC	6/16	M	2:30-3:15 p.m.
	R07012-530	Holiday Park SC	6/18	W	2:30-3:30 p.m.
Superpower Dance Circle					
13 Sessions	R07012-503	Wheaton CRC	6/4	W	11-11:45 a.m.
12 Sessions	R07012-525	White Oak CRC	6/5	Th	12:45-1:45 p.m.
25 Sessions	R07012-540	Long Branch CRC	6/5	Tu,Th	10-11 a.m.
11 Sessions	R07012-532	Silver Spring RAC	6/7	Sa	11 a.m.-Noon



BONE BUILDERS

[VIEW BONE BUILDERS CLASSES](#)

LOW IMPACT

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Active Golden Gentle Exercise						
10 Sessions	R07039-520	Holiday Park SC	6/20	F	10-10:50 a.m.	
Balance Boom						
13 Sessions	R07039-515	Silver Spring RAC	6/2	M	10-11 a.m.	
Chair Aerobics						
11 Sessions	R07066-504	N. Potomac CRC	6/10	Tu	10:30-11:15 a.m.	
Chairobics						
46 Sessions	R07066-503	Damascus CRC	6/3	Tu-F	10-10:45 a.m.	
Gentle Spin Class						
12 Sessions	R07039-500	White Oak CRC	6/2	M	10-11 a.m.	
Low Impact Exercise						
3 Sessions	R07060-512	Schweinhaut SC	6/13	F	9:30-10:30 a.m.	
Low Impact Exercise Video						
24 Sessions	R07060-520	White Oak CRC	6/5	Th,F	10:30 a.m.-Noon	
Music and Fun Exercise Active Golden						
10 Sessions	R07039-519	Holiday Park SC	6/24	Tu	10:30-11:15 a.m.	
Muscle Up!						
12 Sessions	R07039-514	Silver Spring RAC	6/1	Su	1-2 p.m.	
11 Sessions	R07030-501	Wheaton CRC	6/6	F	1:30-2:30 p.m.	
Sit and Be Fit						
12 Sessions	R07039-517	Silver Spring RAC	6/6	F	1-2 p.m.	
Small Group Strength and Balance						
25 Sessions	R07039-532	Damascus CRC	6/2	Tu,Th	10 a.m.-Noon	\$5
Stretching Exercises						
35 Sessions	R07041-503	N. Potomac CRC	6/2	M,W,F	9:30-10:45 a.m.	



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SPORTS

CLASSES

AQUATICS



STRENGTH TRAINING



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Sessions	Activity	Location	Start Date	Day	Time
Basic Functional Balance Exercise					
5 Sessions	R07030-500	Schweinhaut SC	6/6	F	9:30-10:30 a.m.
Fall Prevention and Balance Exercise					
12 Sessions	R07060-518	Long Branch CRC	6/4	W	11 a.m.-Noon
Fitness Boot Camp					
11 Sessions	R07039-513	Silver Spring RAC	6/7	Sa	9:30-10:30 a.m.
Fitness Room Orientation					
3 Sessions	R07039-531	Damascus CRC	6/2	M	11 a.m.-Noon
Full Body Workout					
13 Sessions	R07041-504	Wheaton CRC	6/3	Tu	9:05-9:55 a.m.
Heart Plus Exercise					
23 Sessions	R07041-505	N. Potomac CRC	6/3	Tu,Th	3:15-4 p.m.
Kickboxing					
3 Sessions	R07060-513	Schweinhaut SC	6/20	F	9:30-10:30 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**



WALKING



Sessions	Activity	Location	Start Date	Day	Time
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Trail Walking Club

12 Sessions	R07035-522	Damascus CRC	6/4	W	9:15-10:15 a.m.
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Walking Club

12 Sessions	R07035-521	Damascus CRC	6/2	M	10-11 a.m.
6 Sessions	R07035-525	White Oak CRC	6/4	W	1:15-1:45 p.m.
4 Sessions	R07035-500	Silver Spring RAC	6/13	F	10-11 a.m.
5 Sessions	R07035-514	Long Branch CRC	6/16	M	9:30-10:30 a.m.
8 Sessions	R07035-513	N. Potomac CRC	6/26	Th	10:30-11:30 a.m.
5 Sessions	R07035-512	Schweinhaut SC	7/15	Tu	10:30-11:30 a.m.

Walk Together Fun Mile

1 Session	R07035-515	Wheaton CRC	8/20	W	9:30-10:30 a.m.
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Wheaton Walks

13 Sessions	R07035-510	Wheaton CRC	6/4	W	9:30-10:30 a.m.
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ZUMBA

Zumba

10 Sessions	R07070-514	N. Potomac CRC	6/2	M	9:15-10:15 a.m.
13 Sessions	R07070-502	Wheaton CRC	6/3	Tu	11-11:45 a.m.
12 Sessions	R07070-515	Long Branch CRC	6/3	Tu	2-3 p.m.
	R07070-504	Damascus CRC	6/4	W	11 a.m.-Noon
	R07070-503	Wheaton CRC	6/5	Th	2-3 p.m.
10 Sessions	R07070-512	Silver Spring RAC	6/5	Th	6:30-7:30 p.m.
11 Sessions	R07070-507	Wheaton CRC	6/6	F	9:45-10:45 a.m.

Zumba Gold

13 Sessions	R07070-508	Wheaton CRC	6/2	M	1:30-2:30 p.m.
23 Sessions	R07071-500	White Oak CRC	6/3	Tu,Th	9:05-10:05 a.m.
11 Sessions	R07070-518	Damascus CRC	6/5	Th	5:30-6:30 p.m.
12 Sessions	R07071-504	Silver Spring RAC	6/6	F	10-11 a.m.
6 Sessions	R03027-400	Mid-County CRC	7/3	Th	11:15 a.m.-12:15 p.m.

Zumba Video

26 Sessions	R07070-509	N. Potomac CRC	6/3	Tu,Th	9:30-10:15 a.m.
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RECREATION

SPORTS

CLASSES

AQUATICS



BONEBUILDERS

Summer 2025

JUNE 23-AUG. 21

Activity	Location	Date	Days	Time
R03010-503	Coffield CRC	6/24	Tu,Th	9:15-10:15 a.m.
R03010-514	Damascus CRC	6/24	Tu,Th	2:30-3:30 p.m.
R03010-504	Germantown CRC	6/23	M,Th	1-2 p.m.
R03010-515	Long Branch CRC	6/23	M,W	9:45-10:45 a.m.
R03010-506	N. Potomac CRC 1	6/23	M,W	10:45-11:45 a.m.
R03010-507	N. Potomac CRC 2	6/24	Tu,Th	10:40-11:40 a.m.
R03010-517	Ross Boddy NRC	6/24	Tu,Th	10:30-11:30 a.m.
R03010-518	Schweinhaut SC 1	6/23	M,W	8:15-9:15 a.m.
R03010-505	Schweinhaut SC 2	6/24	Tu,Th	10:30-11:30 a.m.
R03010-516	Silver Spring RAC 1	6/23	M,W	1-2 p.m.
R03010-509	Silver Spring RAC 2	6/24	Tu,Th	10-11 a.m.
R03010-508	Wheaton CRC	6/24	Tu,Th	9:15-10:15 a.m.
R03010-511	Wisconsin Place CRC	6/24	Tu,Th	1-2 p.m.

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DESIGNED TO INCREASE
BONE DENSITY.

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Sports and Games



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PER PERSON

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SENIOR ADVENTURES

3-DAY CAMPS

REGISTRATION BEGINS TUESDAY, MAY 13

LOCATION

DATE

DAY

ACTIVITY

North Potomac SC

June 10, 11, 12

Tu, W, Th

R07104-424

Silver Spring SC

July 15, 16, 17

Tu, W, Th

R07104-426

Margaret Schweinhaut SC

July 29, 30, 31

Tu, W, Th

R07104-425

Ross Boddy NRC

Aug. 13, 14, 15

W, Th, F

R07104-427



MONTGOMERY COUNTY
Recreation

For more information about our Senior Adventures Camp, email rec.seniors@montgomerycountymd.gov

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



Games

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Sessions	Activity	Location	Start Date	Day	Time
Active Golden Bingo					
10 Sessions	R07085-512	Holiday Park SC	6/24	Tu	1-2:30 p.m.
	R07085-511	Holiday Park SC	6/20	F	10:30 a.m.-Noon
American Mah Jongg					
12 Sessions	R07047-511	N. Potomac CRC	6/2	M	10 a.m.-Noon
13 Sessions	R07047-508	Damascus CRC	6/4	W	11:30 a.m.-3:30 p.m.
12 Sessions	R07047-505	N. Potomac CRC	6/5	Th	1-4 p.m.
	R07047-525	White Oak CRC	6/6	F	12:30-3:30 p.m.
11 Sessions	R07047-501	Holiday Park SC	6/16	M	1-4 p.m.
26 Sessions	R07047-502	Wheaton CRC	6/2	M,W	1-4 p.m.
Beginner's Bridge Play					
12 Sessions	R07074-508	N. Potomac CRC	6/3	Tu,Th	1-3 p.m.
Bid Whist					
12 Sessions	R07112-500	White Oak CRC	6/5	Th	Noon-4 p.m.
Bingo					
25 Sessions	R07085-502	Schweinhaut SC	6/2	M,Th	10:30-11:30 a.m.
3 Sessions	R07085-503	N. Potomac CRC	6/3	Tu	12:15-1 p.m.
12 Sessions	R07085-510	Silver Spring RAC	6/5	Th	12:30-1:30 p.m.
11 Sessions	R07085-513	Long Branch CRC	6/4	Tu	1-2 p.m.
Bingo Blast					
12 Sessions	R07085-500	White Oak CRC	6/3	Tu	1-1:45 p.m.
Bingo: Participant's Choice					
6 Sessions	R07085-526	White Oak CRC	6/11	W	1-2 p.m.
Board Games					
13 Sessions	R07112-508	Silver Spring RAC	6/2	M	1-3 p.m.
Brain Games					
13 Sessions	R07090-503	Silver Spring RAC	6/2	M	9:30-10:30 a.m.
12 Sessions	R07090-502	White Oak CRC	6/2	M	10-11 a.m.
Bridge					
12 Sessions	R07074-510	Damascus CRC	6/3	Tu	11 a.m.-3 p.m.
Canasta					
11 Sessions	R07112-513	Damascus CRC	6/5	Th	12:30-3:30 p.m.





Sessions	Activity	Location	Start Date	Day	Time
Chess Club					
13 Sessions	R07110-502	Schweinhaut SC	6/2	M	10:30 a.m.-1 p.m.
Chinese Mahjong					
11 Sessions	R07047-506	N. Potomac CRC	6/6	F	Noon-4 p.m.
12 Sessions	R07047-526	N. Potomac CRC	6/3	Tu	10 a.m.-Noon
Chinese Mahjong and American Mah Jongg					
12 Sessions	R07047-507	N. Potomac CRC	6/4	W	10 a.m.-12:30 p.m.
Duplicate Bridge					
11 Sessions	R07074-502	Holiday Park SC	6/18	W	12:45-3:45 p.m.
Just for Laughs					
6 Sessions	R07085-525	White Oak CRC	6/4	W	1-1:45 p.m.
Mental Movements					
12 Sessions	R07090-500	White Oak CRC	6/6	F	11 a.m.-Noon
Open Party Bridge					
10 Sessions	R07075-501	Holiday Park SC	6/20	F	12:45-3:30 p.m.
Pinochle Card Game					
12 Sessions	R07099-500	White Oak CRC	6/3	Tu	11:30 a.m.-1:30 p.m.
13 Sessions	R07099-501	Schweinhaut SC	6/4	W	1-3 p.m.
Rummikub					
9 Sessions	R07086-504	Schweinhaut SC	6/2	M	12:30-2 p.m.
13 Sessions	R07086-503	Silver Spring RAC	6/5	Th	9:30-11 a.m.
53 Sessions	R07086-502	Holiday Park SC	6/16	M-F	1-4 p.m.
10 Sessions	R07086-501	Holiday Park SC	6/24	Tu	11 a.m.-2 p.m.
Scrabble					
11 Sessions	R07073-501	Holiday Park SC	6/18	W	1-3:45 p.m.
Social Bridge					
12 Sessions	R07074-500	White Oak CRC	6/2	M	1-3:30 p.m.
Table Games and Creative Coloring					
60 Sessions	R07112-509	Long Branch CRC	6/2	M-F	9 a.m.-Noon





Health and Wellness



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Blood Pressure Screening					
12 Sessions	R07108-505	Schweinhaut SC	6/6	F	1-2 p.m.
3 Sessions	R07108-535	Damascus CRC	6/11	W	10:30-11:30 a.m.
Healthy Body, Peaceful Mind					
11 Sessions	R07077-503	N. Potomac CRC	6/9	M	2-3:30 p.m.
Mindfulness Meditation					
10 Sessions	R07077-504	Holiday Park SC	6/20	F	11 a.m.-Noon
Nutrition 101					
25 Sessions	R07024-503	Schweinhaut SC	6/3	Tu,Th	1:30-2:30 p.m.



YOGA

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Chair Yoga					
12 Sessions	R07029-525	Damascus CRC	6/2	M	9:45-10:45 a.m.
	R07032-500	White Oak CRC	6/2	M	12:45-1:45 p.m.
13 Sessions	R07029-510	Silver Spring RAC	6/2	M	3-4 p.m.
	R07032-505	Wheaton CRC	6/3	Tu	3-4 p.m.
11 Sessions	R07032-518	Long Branch CRC	6/5	Th	9-10 a.m.
Slow Flow Yoga					
10 Sessions	R07029-507	N. Potomac CRC	6/2	M	2:30-3:30 p.m.
Yin Yoga					
12 Sessions	R07032-517	Schweinhaut SC	6/7	Sa	9:15-10:15 a.m.
Yoga					
13 Sessions	R07032-501	Wheaton CRC	6/2	M	10-11 a.m.
11 Sessions	R07032-520	Long Branch CRC	6/2	M	1-2 p.m.
12 Sessions	R07029-517	Damascus CRC	6/6	F	11 a.m.-Noon
Yoga for All					
12 Sessions	R07029-500	White Oak CRC	6/6	F	9:05-10:05 a.m.
Yogalates					
13 Sessions	R07032-516	Silver Spring RAC	6/3	Tu	6:30-7:30 p.m.
	R07032-503	Wheaton CRC	6/4	W	9:45-10:45 a.m.
11 Sessions	R07032-519	Long Branch CRC	6/6	F	1-2 p.m.



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CLASSES

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Martial Arts

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Sessions	Activity	Location	Start Date	Day	Time
Beginners Tai Chi					
12 Sessions	R07025-516	Silver Spring RAC	6/4	W	Noon-1 p.m.
11 Sessions	R07025-503	Holiday Park SC	6/18	W	9:30-10:20 a.m.
Integral Tai Chi					
12 Sessions	R07025-525	White Oak CRC	6/6	F	1-2 p.m.
Intro to Qigong Flow					
11 Sessions	R07059-506	N. Potomac CRC	6/5	Th	9:30-10:15 a.m.
Let's Practice Qigong					
11 Sessions	R07059-501	Wheaton CRC	6/6	F	1-2 p.m.
Martial Arts Health Dance					
11 Sessions	R07010-502	N. Potomac CRC	6/7	Sa	9:30-11 a.m.
Qi Gong					
12 Sessions	R07059-503	Schweinhaut SC	6/7	Sa	Noon-1 p.m.
Self Defense					
5 Sessions	R07028-536	Wheaton CRC	7/18	F	10:55-11:55 a.m.
Self-Defense Tae Kwon Do					
10 Sessions	R07026-501	Holiday Park SC	6/20	F	2-2:50 p.m.



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Sessions	Activity	Location	Start Date	Day	Time
Tai Chi					
12 Sessions	R07025-515	Damascus CRC	6/3	Tu	11 a.m.-Noon
11 Sessions	R07025-526	Long Branch CRC	6/4	W	2-3 p.m.
4 Sessions	R07027-502	N. Potomac CRC	6/6	F	2:30-3:30 p.m.
Tai Chi (In Person - Beginners Welcome)					
35 Sessions	R07025-500	White Oak CRC	6/2	M,W,F	9-10 a.m.
24 Sessions	R07025-508	White Oak CRC	6/3	Tu,Th	2-3 p.m.
Tai Chi Chuan					
13 Sessions	R07025-504	Schweinhaut SC	6/3	Tu	2-3 p.m.
Tai Chi Exercises					
10 Sessions	R07025-502	Holiday Park SC	6/24	Tu	9:30-10:20 a.m.
Tai Chi Sword					
11 Sessions	R07027-501	Holiday Park SC	6/16	M	2:30-3:25 p.m.

Mini Trips

SUMMER 2025 • Ages 55 and up

[REGISTER NOW](#)

Mini Trip	Activity	Leaving From	Date	Day	Time
Safeway Trip	R07101-576	Damascus CRC	6/2	M	9:30-11:30 a.m.
Silver Spring RAC Outing	R07101-516	N. Potomac CRC	6/9	M	9:30 a.m.-1 p.m.
Silver Spring RAC Outing	R07101-501	Wheaton CRC	6/11	W	9:30 a.m.-12:30 p.m.
Germantown Library Trip	R07101-575	Damascus CRC	6/11	W	9:30-11:30 a.m.
Wegmans Trip	R07101-549	N. Potomac CRC	6/16	M	9:30 a.m.-12:30 p.m.
Dollar Tree Trip	R07101-574	Damascus CRC	6/16	M	9:30-11:30 a.m.
Crossroads Farmers Market Trip	R07101-557	Long Branch CRC	6/18	W	10:30 a.m.-Noon
Dollar Tree/Aldi Shopping Trip	R07101-514	White Oak CRC	6/20	F	9:30-11:30 a.m.
Milestone Walmart Trip	R07101-577	Damascus CRC	6/25	W	9:30-11:30 a.m.
Montgomery Mall Outing	R07101-502	Wheaton CRC	7/15	Tu	10 a.m.-1:30 p.m.
Unique Thrift Store Trip	R07101-558	Long Branch CRC	7/18	F	10:30 a.m.-Noon
Montgomery County Fair Trip	R07101-545	Long Branch CRC	8/12	Tu	9:15 a.m.-1:30 p.m.
Montgomery County Fair Trip	R07101-546	N. Potomac CRC	8/12	Tu	9:15 a.m.-1:30 p.m.
Montgomery County Fair Trip	R07101-580	Damascus CRC	8/12	Tu	9:30-11:30 a.m.

55 +

THERAPEUTIC
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SPORTS

CLASSES

AQUATICS



Music

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Karaoke					
10 Sessions	R07080-531	Holiday Park SC	6/20	F	1-1:45 p.m.
	R07080-530	Holiday Park SC	6/24	Tu	2:30-3:30 p.m.
African Drumming					
13 Sessions	R07115-505	Silver Spring RAC	6/4	W	2-3 p.m.
Angklung Music Lessons					
12 Sessions	R07109-503	Schweinhaut SC	6/7	Sa	Noon-2 p.m.
Hootenanny Sing Along					
1 Session	R07080-501	Holiday Park SC	6/25	W	6-7 p.m.
Jam Session					
5 Sessions	R07115-508	Holiday Park SC	6/18	W	2-3:45 p.m.
Let's Practice Ukulele! Club (Non-Instructional)					
12 Sessions	R07115-502	Wheaton CRC	6/5	Th	1-2 p.m.
Piano Club					
2 Sessions	R07115-503	Holiday Park SC	7/7	M	2-3:45 p.m.
Piano for Beginners					
9 Sessions	R07115-506	Silver Spring RAC	6/3	Tu	1:30-2:30 p.m.
Practice for Piano Club					
2 Sessions	R07115-507	Holiday Park SC	7/14	M	2-3:45 p.m.
Sing Along					
11 Sessions	R07080-532	Long Branch CRC	6/2	M	11 a.m.-Noon
Song Circle					
3 Sessions	R07080-516	Schweinhaut SC	6/13	F	1:30-3:30 p.m.



THE REC INSIDER



Stay in the know with everything that's happening at Montgomery County Recreation.

SIGN UP

**FOR OUR
NEWSLETTER TODAY!**



MONTGOMERY COUNTY
Recreation



Special Events

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
African Drum Circle					
1 Session	R07107-536	Holiday Park SC	8/27	W	6-7 p.m.
Capital Accord Chorus: A Capella Group					
1 Session	R07107-530	Holiday Park SC	8/6	W	6:30-7:30 p.m.
Comedy Show "Alan Ames Thinks He's Funny"					
1 Session	R07107-556	Schweinhaut SC	8/15	F	10-11 a.m.
Dance Club Friday					
6 Sessions	R07081-501	Holiday Park SC	6/13	F	1-3 p.m.
Elvis Party					
1 Session	R07107-533	Holiday Park SC	8/13	W	6-7 p.m.
Fashion Scarves Day					
1 Session	R07107-504	Holiday Park SC	7/30	W	5:30-6:30 p.m.
Father's Day Celebration					
1 Session	R07107-501	Holiday Park SC	6/11	W	1-2 p.m.
	R07309-500	Schweinhaut SC	6/12	Th	1-2 p.m.
	R07094-502	Wheaton CRC	6/13	Tu	11:30 a.m.-1 p.m.
	R07089-505	White Oak CRC	6/13	F	11 a.m.-1 p.m.
History Alive					
1 Session	R07107-506	Holiday Park SC	8/28	Th	1-2 p.m.
Ice Cream Float Social					
1 Session	R07107-507	N. Potomac CRC	8/22	F	1-2 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Ice Cream Social						
1 Session	R07107-523	N. Potomac CRC	7/3	Th	1-2 p.m.	
Juneteenth Social						
1 Sessions	R07107-518	N. Potomac CRC	6/17	Tu	1-2 p.m.	
Mocktail Party						
1 Session	R07107-502	Holiday Park SC	7/9	W	6-7 p.m.	
Movement Circle Party						
1 Session	R07107-525	Holiday Park SC	7/30	W	1-2 p.m.	
Musical Concert with Seth Kibel Duo						
1 Session	R07107-503	Holiday Park SC	7/23	W	6-7 p.m.	
National Cowgirls and Cowboys Day (Dance)						
1 Session	R07107-516	Holiday Park SC	8/15	F	1-2 p.m.	
New Movie Mondays						
12 Sessions	R07088-500	White Oak CRC	6/2	M	12:30-2 p.m.	
Pizza and Movie Night						
2 Sessions	R07107-500	White Oak CRC	7/18	F	6-8 p.m.	
Polynesian Extravaganza						
1 Session	R07107-559	N. Potomac CRC	6/6	F	10:45 a.m.-12:45 p.m.	\$5
Rumba Columbiana Day						
1 Session	R07107-505	Holiday Park SC	7/24	Th	1-3 p.m.	
Sport Day at the Park						
1 Session	R07107-538	Holiday Park SC	6/11	W	5-8 p.m.	
Talent Show						
1 Session	R07107-555	Holiday Park SC	6/27	F	1-3 p.m.	
Vietnamese Summer Party						
1 Session	R07107-522	Holiday Park SC	7/18	F	1-3 p.m.	
Watermelon Everywhere						
1 Session	R07092-502	Holiday Park SC	7/2	W	5:30-6:30 p.m.	



55 +

THERAPEUTIC
RECREATION

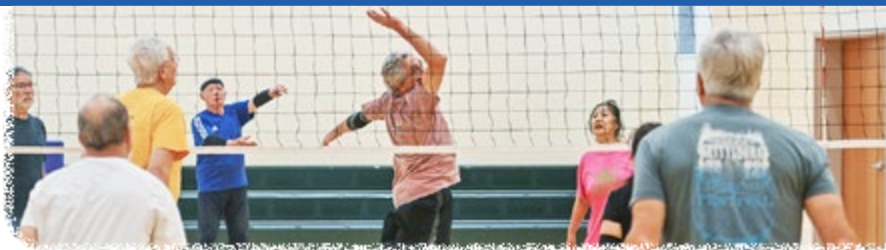
SPORTS

CLASSES

AQUATICS



Sports



[CLICK HERE TO REGISTER.](#)

PICKLEBALL

Newbies and Beginners Pickleball

12 Sessions R07091-513 Schweinhaut SC 6/5 Th 1-2 p.m.

Intermediate Pickleball

12 Sessions R07091-515 Schweinhaut SC 6/5 Th 3-4 p.m.

Advanced Beginners Pickleball

12 Sessions R07091-514 Schweinhaut SC 6/5 Th 2-3 p.m.

Pickleball

12 Sessions R07091-500 White Oak CRC 6/5 Th 10 a.m.-Noon

9 Sessions R07091-512 N. Potomac CRC 6/12 Th 4-7:30 p.m.

SHUFFLEBOARD

Indoor Shuffleboard

13 Sessions R07121-502 Schweinhaut SC 6/3 Tu 12:30-2 p.m.



SENIOR OPEN GYM

Open gym activities are available
for individuals 55 and up.



[VIEW OPEN GYM SCHEDULE](#)



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Soccer

10 Sessions	R07128-505	N. Potomac CRC	6/5	Th	5:45-8:30 p.m.
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Table Tennis (Ping Pong)

12 Sessions	R07097-505	Schweinhaut SC	6/2	M	Noon-2 p.m.
	R07097-506	Schweinhaut SC	6/6	F	10:30 a.m.-Noon

VOLLEYBALL

Seated Volleyball and Cornhole

13 Sessions	R07093-503	Long Branch CRC	6/6	F	10 a.m.-Noon
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Senior Volleyball

12 Sessions	R07039-525	White Oak CRC	6/2	M	11 a.m.-1 p.m.
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2025 | INFORMATION & REGISTRATION GUIDE



Maryland Senior Olympics

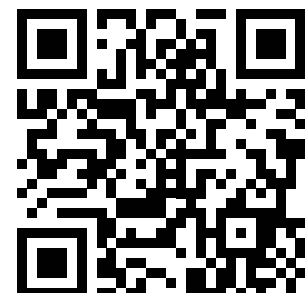


WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



Howard County
RECREATION & PARKS



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

REGISTRATION BEGINS TUESDAY, MAY 13 AT 9 A.M.

FOR MORE INFORMATION, VISIT WWW.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.

R07082-501 John Wilkes Booth Escape Route Tour, MD W, July 16 • Leave 8:15 a.m., Return 4:15 p.m. • Fee: \$82

Follow the escape tour of Abraham Lincoln assassin John Wilkes Booth narrated by veteran guide (and Booth relative) Rick Snider. We'll visit the Mary Surratt House (also a Snider relative) in Clinton and Dr. Mudd House in Waldorf while passing several relevant sites along the backroads used by Booth to the Maryland-Virginia border. We will have lunch at a nearby restaurant on your own. Fee includes transportation, admission to various sites and guide. Trip is held rain or shine.

R07082-502 Chesapeake Bay Lighthouse Cruise, Annapolis, MD Tu, July 22 • Leave 9:30 a.m., Return 4:30 p.m. • Fee: \$124

Pass under the twin spans of the Bay Bridge and three Chesapeake lighthouses: Sandy Point Shoal, Baltimore Harbor and Thomas Point on this award-winning three-hour cruise. A historically attired "wickie" (lighthouse keeper) will entertain you throughout the trip with humor, anecdotes, tales of famous wickies and historic stories. Boxed lunch included while cruising. Fee includes transportation, cruise and boxed lunch. Trip is held rain or shine.

R07082-503 National Law Enforcement Museum, Washington D.C. Th, July 31 • Leave 8:15 a.m., Return 3:30 p.m. • Fee: \$76

Experience the most interactive museum in Washington D.C. with more than 25,000 artifacts in a collection spanning more than 300 years of American law enforcement. You will have time on your own in the museum before we head to Union Station for lunch! Fee includes transportation, admission and guided tour! Trip is held rain or shine.

R07082-504 Skipjack Sailing Tour, St. Michaels, MD Tu, Aug. 5 • Leave 7:30 a.m., Return 5 p.m. • Fee: \$98

Take a two-hour sail on the sloop-rigged skipjack H.M.Krentz, designated as the official Maryland State boat. The boat is used as an oyster dredger, and we will have an oystering demonstration onboard. Enjoy lunch and touring on your own in St. Michaels after the sail. Fee includes transportation and sail. Trip is held weather permitting.

R07082-505 Crab Feast Paddlewheel Riverboat Cruise, Choptank River, MD Th, Aug. 7 • Leave 9:15 a.m., Return 6:30 p.m. • Fee: \$126

Cruise on one of the most exciting attractions offered on Maryland's Eastern Shore. Enjoy a scrumptious crab feast aboard a paddlewheel riverboat as we take a three-hour cruise around the historic sites. Fee includes transportation, cruise and crab feast. Trip is held rain or shine.

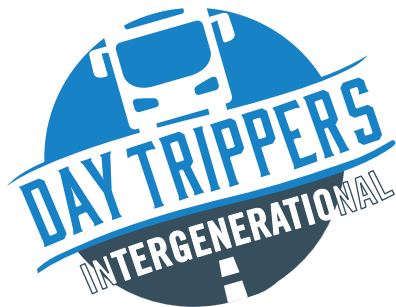
R07082-506 Harriet Tubman Guided Tour, Dorchester County, MD W, Aug. 13 • Leave 7 a.m., Return 6:30 p.m. • Fee: \$126

We will meet our step-on guide at the Dorchester County Visitor Center who will narrate as we travel past landmarks that were significant to Harriet Tubman's life and local African American history. Enjoy a buffet-style meal at Old Salty's. Fee includes transportation, step-on guide, museum admission and lunch. Trip is held rain or shine.

R07082-507 Maritime Legends and Baltimore Sights Cruise, MD W, Aug. 20 • Leave 9:15 a.m., Return 4:15 p.m. • Fee: \$124

Experience what makes Baltimore our Charm City! Learn history about the harbor, port and the city. Your storyteller will point out interesting sights as we cruise. Enjoy a delightful, boxed lunch along the way. Fee includes transportation, cruise and boxed lunch. Trip is held rain or shine.





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.

- R07083-501 The Kate Pearl Tea Room on Main, Sykesville, MD Th, July 10 • Leave 10 a.m., Return 4 p.m. • Fee: \$98**
R07083-502 The Kate Pearl Tea Room on Main, Sykesville, MD F, July 11 • Leave 10 a.m., Return 4 p.m. • Fee: \$98

Experience an English-style tearoom designed to provide customers with respite while dining on freshly prepared foods of the highest quality accompanied by a wide variety of fine teas. Fee includes transportation and Royal Tea. Trip is held rain or shine.

- R07083-503 IMAGINARIUM at the Magic and Wonder Dinner Theater, Paradise, PA Th, July 24 • Leave 9:30 a.m., Return 6:30 p.m. • Fee: \$119**

Go as far as imagination can take you in this variety magic show! Experience wonder as illusionist Brett Myers takes audiences to a larger-than-life-circus, the whimsy of Wonka, the glamour of Hollywood and the curiosities of a Steampunk era. Discover the magic in every bite from the all-new lunch buffet. Fee includes transportation, lunch and show. Trip is held rain or shine.

- R07083-504 Lititz Outdoor Fine Art Show, Downtown Shops and Restaurants, Lititz, PA Sa, July 26 • Leave 8 a.m., Return 5 p.m. • Fee: \$64**

You will have the opportunity to view original artwork and fine art reproductions of more than 130 artists, both local and out-of-state. Visitors can browse the booths of artists and purchase their creations. Oils, acrylics, watercolors, drawings, ceramics and sculpture can be seen and purchased at this show. You will also be able to enjoy everything this charming town has to offer including the shops and restaurants. Fee includes transportation. Trip is held weather permitting.

- R07083-505 Leesburg First Friday, Leesburg, VA F, Aug. 1 • Leave 3:30 p.m., Return 9:30 p.m. • Fee: \$58**

Stroll around historic downtown Leesburg on the First Friday to enjoy live music, art exhibits, wine tastings, book signings, open houses and more! More than 45 specialty shops, art galleries and restaurants, many offering free refreshments and/or special sales. Fee includes transportation. Trip is held weather permitting.

- R07083-506 Annapolis First Sunday Arts Festival, MD Su, Aug. 3 • Leave 10:30 a.m., Return 3:30 p.m. • Fee: \$54**

Enjoy arts, crafts, live entertainment and street-side dining in an outdoor arts festival setting. Meals are on your own from the many vendor offerings or restaurants open during the festival. Fee includes transportation. Trip is held weather permitting.

- R07083-507 Do or Die Murder Mystery Dinner Show, Odenton, MD M, Aug. 18 • Leave 5 p.m., Return 10:30 p.m. • Fee: \$119**

In its ongoing quest to bring murder, mayhem and merriment to the stage, *Do or Die* invites you to solve a mystery with more twists and turns than a labyrinth... if you can stop laughing long enough to put the clues together. Fee includes transportation, dinner and show. Trip is held rain or shine.

- R07083-508 Saturday Night Fever Toby's Sunday Brunch, Columbia, MD Su, Aug. 24 • Leave 9:30 a.m., Return 4 p.m. • Fee: \$119**

Tony Manero, a Brooklynite paint store clerk, spends his weekends at a local disco, where he moonlights as the king of the dance floor. When he and mesmerizing dancer Stephanie enter a dance competition, the pair's professional partnership blossoms and challenges both to reflect on what's important in life amidst rising social tensions and disillusionment. *Saturday Night Fever* transports you back to the era of disco balls, platform boots and white suits. Enjoy a full Sunday brunch buffet before the show. Fee includes transportation, Sunday brunch buffet and show. Trip is held rain or shine.



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 Reedie Drive
10th Floor
Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:
Montgomery County Recreation
Administrative Office
2425 Reedie 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 Reedie 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 Reedie Drive, 10th Floor, Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation

FACILITY ADDRESSES

Registration begins Tuesday, May 13 for summer 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

MIDDLE SCHOOLS

Wood MS..... 14615 Bauer Dr, Rockville 20853

OTHER FACILITIES

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

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
Wheaton-Claridge PAB(Park Building)..... 11901 Claridge Rd, Wheaton, 20902

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
Nancy H. Dacek North Potomac CRC..... 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

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 Reedie Drive

10th Floor

Wheaton, MD 20902

See Map

SUMMER 2025

Registration begins
**Tuesday,
May 13**



Montgomery County Recreation
2425 Reedie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation