

MONTGOMERY COUNTY RECREATION



SUMMER 2025



MONTGOMERY COUNTY
Recreation



55+ Senior Programs



Arts ARTS AND CRAFTS


[CLICK HERE TO REGISTER.](#)

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

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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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SPORTS

CLASSES

AQUATICS



Cooking

[CLICK HERE TO REGISTER.](#)

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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[→ CLICK HERE TO REGISTER.](#)

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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SPORTS

CLASSES

AQUATICS



Educational



DISCUSSIONS


[CLICK HERE TO REGISTER.](#)

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.



[→ CLICK HERE TO REGISTER.](#)

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
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Cultural and Positive English Exercise

19 Sessions	R07061-506	Holiday Park SC	7/1	Tu,Th	9:30 a.m.-Noon
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English Conversation Group

25 Sessions	R07021-508	Schweinhaut SC	6/2	M,Th	1-2:30 p.m.
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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.
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French Conversation

7 Sessions	R07019-502	Schweinhaut SC	6/14	Sa	10:30 a.m.-Noon
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Beginner Italian Class

13 Sessions	R07021-504	Schweinhaut SC	6/4	W	1-2 p.m.
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Intermediate Italian Class

13 Sessions	R07021-506	Schweinhaut SC	6/4	W	2-3 p.m.
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Intermediate Japanese

12 Sessions	R07021-501	N. Potomac CRC	6/3	Tu	10:30 a.m.-Noon
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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.
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Beginner Plus Spanish Class

12 Sessions	R07015-509	Schweinhaut SC	6/5	Th	10:30-11:30 a.m.
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Conversational Spanish

11 Sessions	R07015-502	Wheaton CRC	6/6	F	10-11 a.m.
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Intermediate Spanish

13 Sessions	R07118-503	Wheaton CRC	6/3	Tu	10-11 a.m.
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Intermediate Spanish Conversation Group

12 Sessions	R07015-511	White Oak CRC	6/4	W	11 a.m.-Noon
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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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Fitness

AEROBIC DANCE

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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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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.

**FREE
AGES 55+**

ONE HOUR CLASSES HELD
TWICE PER WEEK ARE
DESIGNED TO INCREASE
BONE DENSITY.

Senior Neighborhood Programs

Multiple locations throughout the County

[Click here to view programs.](#)



Fitness and Wellness



Sports and Games



Connect with Friends



MONTGOMERY COUNTY
Recreation
WWW.MOCOREC.COM



The Fun Starts Here.



View flyers and register for activities



Stay up-to-date with Rec



Access online 24/7



View from your desktop, laptop and mobile device.



VISIT WWW.MOCOREC.COM/BULLETIN

\$25
PER PERSON

DISCOVERY AWAITS

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

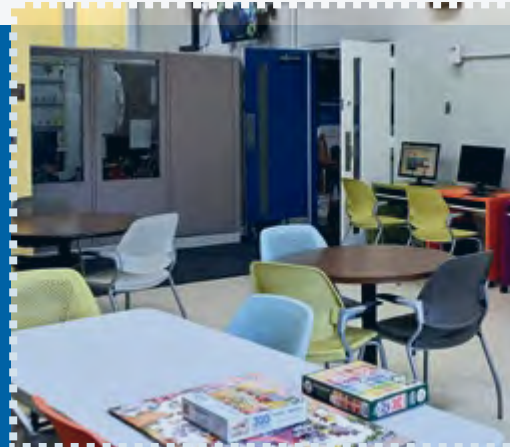
1319 Apple Ave., Silver Spring • 240-777-6900

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

[CLICK HERE TO REGISTER.](#)

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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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.



[→ CLICK HERE TO REGISTER.](#)

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

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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.

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Music

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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



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Special Events

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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.	



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Sports



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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

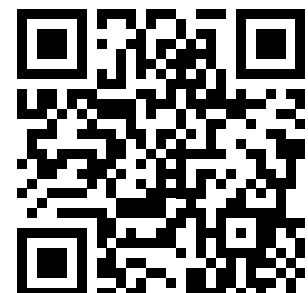


WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



Howard County
RECREATION & PARKS



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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.

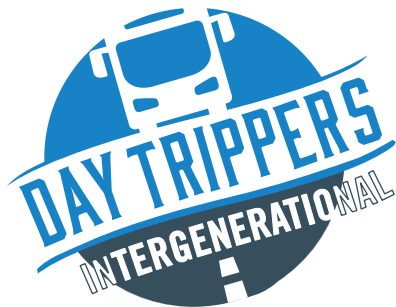
R07082-506 Harriet Tubman Guided Tour, Dorchester County, MD W, Aug. 13 • Leave 7 a.m., Return 6:30 p.m. • Fee: \$126

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 Reddie Drive
10th Floor
Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:
Montgomery County Recreation
Administrative Office
2425 Reddie Drive
10th Floor
Wheaton, MD 20902
Monday - Friday
9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

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

CHECKS and MONEY ORDERS

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

CREDIT CARDS

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

WITHDRAWALS AND REFUNDS

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

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov
In Person with signature:
Recreation Administrative Office
2425 Reddie Drive
10th Floor
Wheaton, MD 20902

Refund Methods:

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

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

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

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

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



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

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 Reddie Drive

10th Floor

Wheaton, MD 20902

See Map

SUMMER 2025

Registration begins
**Tuesday,
May 13**



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



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation