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## AQUATICS

### Water Fitness

**Abs & Glutes & More**

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
<th>9 Sessions</th>
<th>$59</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: H2O Fitness</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **84246 MLK**  10/12  M  10:30-11:20 a.m.
- **84249 KSAC**  10/6  Tu  9:30-10:20 a.m.
- **84250 KSAC**  10/8  Th  9:30-10:20 a.m.
- **84247 MLK**  10/7  W  10:30-11:20 a.m.

### Aqua Cardio Dance

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
<th>10 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: H2O Fitness</td>
<td></td>
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</table>

- **84278 MLK**  10/6  Tu  10:30-11:20 a.m.
- **84279 MLK**  10/8  Th  10:30-11:20 a.m.

### Aqua Lite

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
<th>10 Sessions</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Wellness Network</td>
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</table>

- **84284 KSAC**  10/5  M  10:30-11:20 a.m.
- **84285 KSAC**  10/7  W  10:30-11:20 a.m.
- **84281 OSC**  10/5  M  10:30-11:20 a.m.
- **84282 OSC**  10/7  W  10:30-11:20 a.m.
- **84283 OSC**  10/9  F  10:30-11:20 a.m.

### Aqua Spin

**Ages 12 & Up**  10 Sessions  $85

| Instructor: Wellness Network |

- **84293 KSAC**  10/6  Tu  1-1:50 p.m.
- **84294 KSAC**  10/7  W  1-1:50 p.m.
- **84295 KSAC**  10/8  Th  1-1:50 p.m.
- **84297 KSAC**  10/9  F  9:30-10:20 a.m.
- **84296 KSAC**  10/9  F  1-1:50 p.m.
- **84287 MLK**  10/6  Tu  11:30 a.m.-12:20 p.m.
- **84290 MLK**  10/7  W  9:30-10:20 a.m.
- **84286 MLK**  10/8  Th  11:30 a.m.-12:20 p.m.
- **84292 MLK**  10/9  F  9:30-10:20 a.m.

### Aqua YO-Lates

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

| Instructor: H2O Fitness |

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

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**Important Pool Notice**

Due to an ongoing construction project at the MLK Indoor Swim Center, there is currently no access to indoor public amenities. Entry and restrooms will be available through the outdoor pool. Personal items can be stored on the pool deck.
## Deep Water Running
**Ages 12 & Up**  
9 Sessions  
$59  
Instructor: H20 Fitness

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>84302 MLK</td>
<td>10/12 M</td>
<td>12:30-1:20 p.m.</td>
</tr>
</tbody>
</table>

## Water Aerobics
**Ages 12 & Up**  
10 Sessions  
$65  
Instructor: Wellness Network

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>98990 GISC</td>
<td>10/6 Tu</td>
<td>11:30 a.m.-12:20 p.m.</td>
</tr>
<tr>
<td>84383 GISC</td>
<td>10/8 Th</td>
<td>11:30 a.m.-12:20 p.m.</td>
</tr>
</tbody>
</table>

## Water Exercise
**Ages 12 & Up**  
9 Sessions  
$59  
Instructor: H20 Fitness

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>84390 MLK</td>
<td>10/12 M</td>
<td>9:30-10:20 a.m.</td>
</tr>
</tbody>
</table>

## Hi/Lo Cardio Fusion
**Ages 12 & Up**  
10 Sessions  
$65  
Instructor: H20 Fitness

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>84336 KSAC</td>
<td>10/9 F</td>
<td>11:30 a.m.-12:20 p.m.</td>
</tr>
</tbody>
</table>
## ARTS & CRAFTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abrakadoodle: Draw Rah Rah Art</td>
<td>5-12</td>
<td>6</td>
<td>$78</td>
<td>Stephanie Burke</td>
<td>89895 Virtual Class 11/4 W 4-4:45 p.m.</td>
</tr>
<tr>
<td>Abrakadoodle: Studio 1 Art</td>
<td>5-12</td>
<td>8</td>
<td>$104</td>
<td>Nancy Delasos</td>
<td>94550 Virtual Class 10/26 M 3:30-4:30 p.m.</td>
</tr>
<tr>
<td>Abrakadoodle: Doodle Drawing</td>
<td>3-5</td>
<td>6</td>
<td>$78</td>
<td>Stephanie Burke</td>
<td>89914 Virtual Class 10/28 W 11-11:45 a.m.</td>
</tr>
</tbody>
</table>

## COOKING

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Future Chefs</td>
<td>7-14</td>
<td>4</td>
<td>$125</td>
<td>Future Resource Learning</td>
<td>90052 Virtual Class 10/20 Tu 4-5:30 p.m.</td>
</tr>
</tbody>
</table>

## DANCE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet for Adults</td>
<td>16 &amp; Up</td>
<td>6</td>
<td>$70</td>
<td>Robyn Lindsey</td>
<td>89887 Virtual Class 11/5 Th 7:15-8:15 p.m.</td>
</tr>
<tr>
<td>Commotion Hip-Hop Dance</td>
<td>10-15</td>
<td>6</td>
<td>$75</td>
<td>Bonnie Slawson</td>
<td>92460 Virtual Class 11/5 Th 5-6 p.m.</td>
</tr>
<tr>
<td>Hippo Hippo</td>
<td>3-5</td>
<td>5</td>
<td>$35</td>
<td>Robyn Lindsey</td>
<td>89902 Virtual Class 10/28 W 5-5:30 p.m.</td>
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<tr>
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<td>89903 Virtual Class 10/31 Sa 10-10:30 a.m.</td>
</tr>
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</table>

## Performing Arts

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Sessions</th>
<th>Cost</th>
<th>Instructor</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bollywood Dance Fitness</td>
<td>14 &amp; Up</td>
<td>6</td>
<td>$79</td>
<td>Kumud Mathur</td>
<td>93941 Virtual Class 11/10 Tu 6-6:45 p.m.</td>
</tr>
</tbody>
</table>
**FITNESS**

**Zumba**
Ages 16 & Up 6 Sessions $30
Instructor: Ingrid Higgins
89414 Virtual Class 11/14 Sa 10-11 a.m.

**MARTIAL ARTS**

**Karate/Jujitsu**

**Karate - Youth Adv. White and Orange Belts**
Ages 6-12 7 Sessions $70
Instructor: TKA Inc.
93563 Virtual Class 11/10 Tu 6:30-7:30 p.m.

**Karate - Youth Yellow and Red Belts**
Ages 6-12 7 Sessions $70
Instructor: TKA Inc.
93565 Virtual Class 11/2 M 6:30-7:30 p.m.

**Karate - Youth Green Belts and Higher**
Ages 6-12 6 Sessions $60
Instructor: TKA Inc.
93564 Virtual Class 11/5 Th 6:30-7:30 p.m.

**Karate - Adult White Through Red Belts**
Ages 13 & Up 7 Sessions $70
Instructor: TKA Inc.
93562 Virtual Class 11/10 Tu 7:45-8:45 p.m.

**Karate - Adult Green Through Blue Belts**
Ages 13 & Up 7 Sessions $70
Instructor: TKA Inc.
93561 Virtual Class 11/2 M 7:45-8:45 p.m.

**Karate - Adult Brown Belts**
Ages 13 & Up 6 Sessions $60
Instructor: TKA Inc.
93560 Virtual Class 11/5 Th 7:45-8:45 p.m.

**Tai Chi**
Ages 18 & Up 7 Sessions $70
Instructor: Yanni Nguyen
93557 Virtual Class 10/29 Th 6:15-7:15 p.m.

**Vovinam Martial Arts**
Ages 6 & Up 7 Sessions $70
Instructor: Yanni Nguyen
93559 Virtual Class 10/29 Th 5-6 p.m.
MUSIC

Mini Musicians, Movers & Shakers
Ages 2-5  6 Sessions  $55
Instructor: Music In Me Foundation International
98977 Virtual Class  11/5  Th  9:30-10 a.m.

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

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

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

SPORTS

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

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

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

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

S.T.E.A.M.

Playtime & Language

Arts & Handwriting Fun
Ages 4-7  6 Sessions  $210
Instructor: Art of Handwriting
89844 Virtual Class  11/5  Th  4:30-5:30 p.m.

Spanish for Youth
Ages 5-8  8 Sessions  $80
Instructor: Maria Rhoe
92269 Virtual Class  11/5  M, W  4:30-5:15 p.m.

Budding Entrepreneurs
Ages 8-12  6 Sessions  $89
Instructor: Sparks Business Academy
97756 Virtual Class  11/2  M  4:30-5:30 p.m.

Bulls & Bears Stock Market Club
Ages 9-13  6 Sessions  $89
Instructor: Spark Business Academy
97763 Virtual Class  11/4  W  3:30-4:30 p.m.

Sports Management
Ages 10-14  6 Sessions  $89
Instructor: Spark Business Academy
97759 Virtual Class  11/4  W  4:30-5:30 p.m.
THERAPEUTIC RECREATION

Fitness
TR Yoga Basics
Ages 15 & Up
96229 Virtual Class
10/14 W 4-5 p.m.
S$60

Walk This Way
All Ages
84453 Wheaton Regional
10/17 Sa 10:30 a.m.-Noon
84454 MLK OP
10/31 Sa 10:30 a.m.-Noon
FREE

Sports
TR Skills Clinic: Soccer
Ages 9-13
93942 Bauer Drive CRC
10/10 Sa 3-3:45 p.m.
FREE
Ages 13-20
93570 Bauer Drive CRC
10/10 Sa 2-2:45 p.m.
FREE

Special Events
Santa’s Village
All Ages
101112 Holiday Park SC
12/5 Sa 1-3 p.m.
FREE

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

TR BIG Family Games
Ages 5 & Up
96650 Holiday Park SC
10/17 Sa 1-3 p.m.
FREE

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

TR Sip ’n Paint
Ages 13-17
93324 Holiday Park SC
10/10 Sa 1-2:15 p.m.
FREE
Ages 18 & Up
93319 Holiday Park SC
10/10 Sa 3-4:15 p.m.
FREE

TR Virtual Dance Party- Monster Mash
Ages 5 & Up
96519 Virtual Event
10/31 Sa 6-7:30 p.m.
FREE
## Seniors

### Arts & Crafts

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

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

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

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

**Knitting/Crochet**

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

**Photography**

**Photo Club**
Ages 55 & Up  
2 Sessions  
FREE  
97612 Virtual Class  
11/1  W  
10 a.m.-Noon

### Dance

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

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

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

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

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

### Educational

**French Intermediate**
Ages 55 & Up  
8 Sessions  
FREE  
97632 Virtual Class  
10/14  W  
11:30 a.m.-12:30 p.m.

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

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

**Bang Fitness**
Ages 55 & Up  
3 Sessions  FREE  
97613 Virtual Class  
10/8  Th  11 a.m.-Noon  
Ages 55 & Up  
7 Sessions  FREE  
97614 Virtual Class  
10/29  Th  11 a.m.-Noon

**Exercising at Home, Staying Motivated**
Ages 55 & Up  
5 Sessions  FREE  
98575 Virtual Class  
10/12  M  1:30-2:30 p.m.  
98576 Virtual Class  
11/30  M  1:30-2:30 p.m.

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

**Strength Training**

**Exercise At Home Tips for Seniors**
Ages 55 & Up  
5 Sessions  FREE  
97628 Schweinhaut SC  
11/10  Tu  9:30-10:30 a.m.

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

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

**Yoga**

**Chair Yoga**
Ages 55 & Up  
3 Sessions  FREE  
97607 Virtual Class  
10/6  Tu  11 a.m.-Noon  
Ages 55 & Up  
10 Sessions  FREE  
97608 Virtual Class  
10/27  Tu  11 a.m.-Noon

**Yoga for Vitality**
Ages 55 & Up  
4 Sessions  $48  
97636 N. Potomac CRC  
10/1  Th  11 a.m.-Noon  
97209 N. Potomac CRC  
10/29  Th  11 a.m.-Noon  
Ages 55 & Up  
4 Sessions  $48  
97211 Virtual Class  
12/1  Tu  9:30-10:30 a.m.

**Zumba**

**Zumba Gold**
Ages 55 & Up  
4 Sessions  FREE  
97609 Virtual Class  
9/30  W  11 a.m.-Noon  
Ages 55 & Up  
9 Sessions  FREE  
97610 Virtual Class  
10/28  W  11 a.m.-Noon

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**Virtual Classes**

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

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**Outdoor Classes**

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

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

**Social Groups**

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

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

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

**MUSIC**

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

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**SIGN-UP FOR REC ALERTS**
Sign-up for Rec Alerts for inclement weather information.
SPECIAL EVENTS

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

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

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

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

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

Register Online at ActiveMONTGOMERY.org
**PROGRAM LOCATIONS**

**Bauer Drive Community Recreation Center**
- TR Skills Clinic: Soccer ........................................... 8

**Damascus Community Recreation Center**
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- NIA Dance Fitness............................................... 11
- International Folk Dance................................ 11
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- Sip ‘n Paint................................................................ 8
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- TR BIG Games..................................................... 8

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- Aqua Lite............................................................... 3
- Aqua Spin............................................................. 3
- Aqua YO-Lates...................................................... 3
- Deep Water Running........................................... 4
- Hi/Lo Cardio Fashion.............................................. 4
- Water Aerobics.................................................... 4
- Water Exercise.................................................... 4

**Martin Luther King, Jr. Swim Center/Outdoor Pool**
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- Aqua Cardio Dance................................................ 3
- Aqua Spin............................................................. 3
- Aqua YO-Lates...................................................... 3
- Deep Water Running........................................... 4
- Water Exercise.................................................... 4
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**Margaret Schweinhaut Senior Center**
- Exercise At Home Tips for Seniors...................... 10

**Marilyn J. Praisner Community Recreation Center**
- Coffee or Tea: Sip-n-Paint................................. 9

**Nancy H. Dacek North Potomac Community Recreation Center**
- Yoga for Vitality.................................................. 10

**Olney Swim Center**
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**Margaret Schweinhaut Senior Center**
- Exercise At Home Tips for Seniors...................... 10

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

**Nancy H. Dacek North Potomac Community Recreation Center**
- Yoga for Vitality.................................................. 10

**Olney Swim Center**
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**Wheaton Regional Park Trail**
- TR Walk This Way................................................ 8

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

**OUTDOOR CLASSES**
All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.
### Recreation Facilities

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

### Parks

- **Wheaton Regional Park Trail**
  - Address: 2000 Shorefield Rd, Silver Spring, 20902

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*Register Online at ActiveMONTGOMERY.org*