

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.
















FALL 2024



MONTGOMERY COUNTY
Recreation

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FALL
2024

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 



Fall 2024
registration begins

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

Registration opens for most fall programs.

Monday, Aug. 12
9 a.m.

Registration opens for Bone Builders, Day Trippers and SOAR.

Tuesday, Aug. 13
6:30 a.m.

Registration opens for fall aquatics programs.



Jump to ActiveMontgomery to register for activities. Use the clickable link, located on various pages.

 [CLICK HERE TO REGISTER.](#)

Facility Addresses 103

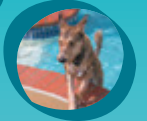
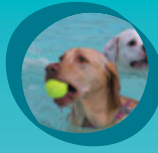
Payment/Refund Information 104

Customer Service Information 105

The information in this GUIDE is current as of Friday, Aug. 2.

Changes to programs may occur.

Pooch Pool Party



Saturday, Aug. 24 - Activity R05092-501

Sunday, Aug. 25 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Upper County outdoor Pool
8211 Emory Grove Road
Gaithersburg

Pre-registration is required.
Written proof of current
rabies vaccination
required for admission!



MONTGOMERY COUNTY
Recreation

FREE

Fall FESTIVALS

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



MONTGOMERY COUNTY
Recreation



Search this code on
[ActiveMontgomery.org](https://www.ActiveMontgomery.org)



ACTIVITY R03003



Montgomery County Board of Elections

ELECTION WORKERS NEEDED!

Earn a **minimum** stipend of

\$250

**OR Up To
25 SSL Hours
per day of
service!**

Individuals who served in previous elections will receive a \$100 bonus per full day served (\$50 for half-day shifts).

To apply, text **“SERVE”** to **77788**

REQUIREMENTS

Volunteers must be U.S. citizens, registered to vote in Maryland and at least 16 years old. Individuals with bilingual skills are encouraged to apply!

Have any questions?

Email: election.judge@montgomerycountymd.gov

Call: 240-777-8533 Visit: www.777vote.org



Aquatics program registration will begin Tuesday, Aug. 13 at 6:30 a.m.



AQUATICS

Live a Little...Swim a Lot!

INDOOR POOLS

Indoor pools will be closed on Labor Day and Thanksgiving Day.

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 Sept. 2
Oct. 19-20
Nov. 16-17
Nov. 28**

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring
**Closed Sept. 1-2
Nov. 3
Nov. 28**

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue,
Olney
**Closed Sept. 2
Nov. 9-10
Nov. 28**

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6800
1319 Apple Avenue,
Silver Spring
**Closed Sept. 1-15
Nov. 28**



AQUATICS REGISTRATION DATE

Aquatic fall program registration will begin

**Tuesday,
Aug. 13.
6:30 a.m.**



AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.

[VIEW HERE](#)

Water Fitness

[→ CLICK HERE TO REGISTER.](#)

Abs & Glutes & More

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01001-103	MLK	9/9	M	10-10:50 a.m.	\$98
	R01001-104	MLK	9/11	W	10-10:50 a.m.	\$98
13 Sessions	R01001-1500	SSRAC	9/19	Th	11-11:50 a.m.	\$91

Aqua Cardio Challenge

Ages 12 and up

12 Sessions	R01004-102	MLK	9/8	Su	4-4:50 p.m.	\$84
14 Sessions	R01004-103	MLK	9/13	F	9-9:50 a.m.	\$98
	R01004-101	MLK	9/10	Tu	8:30-9:20 p.m.	\$98

Aqua Cardio Dance

Ages 12 and up

14 Sessions	R01003-102	MLK	9/10	Tu	10-10:50 a.m.	\$98
	R01003-103	MLK	9/12	Th	10-10:50 a.m.	\$98
13 Sessions	R01003-101	OSC	9/8	Su	9:05-9:55 a.m.	\$91
	R01003-1503	SSRAC	9/17	Tu	9-9:50 a.m.	\$91
	R01003-1501	SSRAC	9/18	W	10-10:50 a.m.	\$91



**KENNEDY SHRIVER
AQUATIC CENTER
(KSAC)**

**IS CLOSED
FOR RENOVATIONS
UNTIL
2026.**

[CLICK HERE FOR
MORE INFORMATION](#)

NEW POOL ALERT!

**SILVER SPRING RECREATION
AND AQUATIC CENTER** 

View all
aquatic classes
and activities
at the SSRAC.



[CLICK HERE TO REGISTER](#)

55+

Therapeutic
Recreation

Sports

Classes

Aquatics



[CLICK HERE TO REGISTER.](#)

Aqua Fit

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
13 Sessions	R01085-1502	SSRAC	9/16	M	1-1:50 p.m.	\$91
	R01085-1500	SSRAC	9/17	Tu	6-6:50 p.m.	\$91
	R01085-1503	SSRAC	9/18	W	1-1:50 p.m.	\$91
	R01085-1501	SSRAC	9/20	F	11-11:50 a.m.	\$91

Aqua Lite

Ages 12 and up

14 Sessions	R01005-103	OSC	9/9	M	10-10:50 a.m.	\$98
	R01005-104	OSC	9/11	W	10-10:50 a.m.	\$98
	R01005-105	OSC	9/13	F	10-10:50 a.m.	\$98
13 Sessions	R01005-1501	SSRAC	9/16	M	11-11:50 a.m.	\$91
	R01005-1500	SSRAC	9/18	W	11-11:50 a.m.	\$91



GUIDELINES FOR PLACEMENT IN SWIM CLASSES



[CLICK HERE TO LEARN MORE](#)

CLOSED

IMPORTANT CLOSURE NOTICE
Montgomery County Recreation will be closed on:

Sept. 2
Nov. 11
Nov. 28

WWW.MOCOREC.COM

55 +

Therapeutic Recreation

Sports

Classes

Aquatics

[CLICK HERE TO REGISTER.](#)

Aqua Spin

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01006-113	GISC	9/10	Tu	8-8:50 a.m.	\$140
13 Sessions	R01006-114	GISC	9/12	Th	8-8:50 a.m.	\$130
12 Sessions	R01006-108	MLK	9/7	Sa	7-7:50 p.m.	\$120
	R01006-116	MLK	9/7	Sa	8:10-9 a.m.	\$120
14 Sessions	R01006-111	MLK	9/10	Tu	11-11:50 a.m.	\$140
	R01006-115	MLK	9/10	Tu	7:30-8:20 a.m.	\$140
	R01006-107	MLK	9/11	W	9-9:50 a.m.	\$140
	R01006-106	MLK	9/12	Th	11-11:50 a.m.	\$140
15 Sessions	R01006-112	MLK	9/12	Th	8:30-9:20 p.m.	\$140
	R01006-109	MLK	9/13	F	7:30-8:20 a.m.	\$140
14 Sessions	R01006-110	MLK	9/13	F	7:30-8:20 p.m.	\$140
13 Sessions	R01006-1500	SSRAC	9/16	M	7:30-8:20 p.m.	\$130
	R01006-1502	SSRAC	9/18	W	7:30-8:20 p.m.	\$130
	R01006-1503	SSRAC	9/19	Th	9-9:50 a.m.	\$130
	R01006-1504	SSRAC	9/19	Th	12:30-1:20 p.m.	\$130
	R01006-1506	SSRAC	9/21	Sa	9:30-10:20 a.m.	\$130

Aqua YO-Lates

Ages 12 and up

14 Sessions	R01007-101	MLK	9/13	F	10-10:50 a.m.	\$98
13 Sessions	R01007-1500	SSRAC	9/17	Tu	11-11:50 a.m.	\$91



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



[CLICK HERE TO REGISTER.](#)

Deep Water Running

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
14 Sessions	R01008-107	GISC	9/9	M	10-10:50 a.m.	\$98
	R01008-106	GISC	9/10	Tu	10-10:50 a.m.	\$98
	R01008-108	GISC	9/11	W	10:30-11:20 a.m.	\$98
13 Sessions	R01008-109	GISC	9/12	Th	10-10:50 a.m.	\$91
14 Sessions	R01008-110	GISC	9/9	M	7:50-8:40 p.m.	\$98
9 Sessions	R01008-130	GISC	9/14	Sa	10-10:50 a.m.	\$63
12 Sessions	R01008-127	MLK	9/7	Sa	9-9:50 a.m.	\$84
14 Sessions	R01008-121	MLK	9/9	M	12-12:50 p.m.	\$98
	R01008-124	MLK	9/10	Tu	7:30-8:20 p.m.	\$98
	R01008-131	MLK	9/10	Tu	9-9:50 a.m.	\$98
	R01008-126	MLK	9/11	W	12-12:50 p.m.	\$98
	R01008-122	MLK	9/12	Th	7:30-8:20 a.m.	\$98
	R01008-123	MLK	9/12	Th	7:30-8:20 p.m.	\$98
	R01008-125	MLK	9/13	F	11-11:50 a.m.	\$98
	R01008-111	OSC	9/9	M	7:20-8:10 p.m.	\$98
	R01008-128	OSC	9/9	M	11-11:50 a.m.	\$98
	R01008-112	OSC	9/10	Tu	8:30-9:20 a.m.	\$98
	R01008-113	OSC	9/10	Tu	10:30-11:20 a.m.	\$98
	R01008-114	OSC	9/11	W	7:20-8:10 p.m.	\$98
	R01008-119	OSC	9/11	W	6:30-7:20 a.m.	\$98
	R01008-115	OSC	9/12	Th	9-9:50 a.m.	\$98
	R01008-116	OSC	9/12	Th	11-11:50 a.m.	\$98
	R01008-118	OSC	9/13	F	6:20-7:10 p.m.	\$98
	R01008-120	OSC	9/13	F	6:30-7:20 a.m.	\$98
10 Sessions	R01008-129	OSC	9/14	Sa	9:05-9:55 a.m.	\$70
13 Sessions	R01008-1508	SSRAC	9/16	M	10-10:50 a.m.	\$91
	R01008-1500	SSRAC	9/17	Tu	7:05-7:55 p.m.	\$91
	R01008-1501	SSRAC	9/17	Tu	10-10:50 a.m.	\$91
	R01008-1502	SSRAC	9/19	Th	7:15-8:05 p.m.	\$91
	R01008-1503	SSRAC	9/19	Th	10-10:50 a.m.	\$91
	R01008-1504	SSRAC	9/20	F	9-9:50 a.m.	\$91
	R01008-1505	SSRAC	9/21	Sa	10:30-11:20 a.m.	\$91

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

[CLICK HERE TO REGISTER.](#)

Hi/Lo Cardio Fusion

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
13 Sessions	R01009-1500	SSRAC	9/20	F	10-10:50 a.m.	\$91

Water Aerobics

Ages 12 and up

14 Sessions	R01010-108	GISC	9/11	W	9:30-10:20 a.m.	\$98
13 Sessions	R01010-105	GISC	9/12	Th	7:50-8:40 p.m.	\$91
14 Sessions	R01010-101	OSC	9/10	Tu	7:20-8:10 p.m.	\$98
	R01010-102	OSC	9/10	Tu	9:30-10:20 a.m.	\$98
	R01010-103	OSC	9/12	Th	10-10:50 a.m.	\$98
	R01010-104	OSC	9/12	Th	7:20-8:10 p.m.	\$98

Water Exercise

Ages 12 and up

14 Sessions	R01011-105	MLK	9/9	M	9-9:50 a.m.	\$98
	R01011-102	OSC	9/9	M	9-9:50 a.m.	\$98
	R01011-103	OSC	9/11	W	9-9:50 a.m.	\$98
	R01011-104	OSC	9/13	F	9-9:50 a.m.	\$98
13 Sessions	R01011-1501	SSRAC	9/19	Th	6-6:50 p.m.	\$91



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Swim Lessons

Registration will begin

Tuesday, Aug. 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 courses meet for six 30-minute sessions.

Fees range from \$58 to \$67 depending on the level and number of participants.

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

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

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

Aquatics Lesson Weather Policy



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



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

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

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

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

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

Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

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

Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

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

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

Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

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

Advanced

Youth (Ages 6-13)

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

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Waterbabies

Ages 6-18 months

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01063-1203	GISC	9/25	W	5:40-6:10 p.m.	\$60
	R01063-1200	GISC	10/1	Tu,Th	5-5:30 p.m.	\$60
	R01063-1201	GISC	10/22	Tu,Th	5-5:30 p.m.	\$60
	R01063-1202	GISC	11/12	Tu,Th	5-5:30 p.m.	\$60
	R01063-1500	SSRAC	9/16	M	4-4:30 p.m.	\$60
	R01063-1501	SSRAC	9/17	Tu	10:10-10:40 a.m.	\$60
	R01063-1502	SSRAC	9/17	Tu	4:40-5:10 p.m.	\$60
	R01063-1503	SSRAC	9/19	Th	9:30-10 a.m.	\$60
	R01063-1504	SSRAC	9/20	F	10:50-11:20 a.m.	\$60
	R01063-1505	SSRAC	9/21	Sa	9:30-10 a.m.	\$60
	R01063-154	OSC	9/10	Tu	6-6:30 p.m.	\$60
	R01063-152	OSC	9/12	Th	6-6:30 p.m.	\$60
	R01063-157	OSC	10/22	Tu	6-6:30 p.m.	\$60
	R01063-153	OSC	10/24	Th	6-6:30 p.m.	\$60
	R01063-178	MLK	9/7	Sa	11:40 a.m.-12:10 p.m.	\$60
	R01063-179	MLK	9/11	W	6:10-6:40 p.m.	\$60
	R01063-180	MLK	10/26	Sa	11:40 a.m.-12:10 p.m.	\$60
	R01063-181	MLK	10/30	W	6:10-6:40 p.m.	\$60

Aquatots

Ages 18 months-3

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01038-1203	GISC	9/25	W	6:20-6:50 p.m.	\$60
	R01038-1200	GISC	10/1	Tu,Th	5:40-6:10 p.m.	\$60
	R01038-1201	GISC	10/22	Tu,Th	5:40-6:10 p.m.	\$60
	R01038-1204	GISC	11/6	W	5:40-6:10 p.m.	\$60
	R01038-1202	GISC	11/12	Tu,Th	5:40-6:10 p.m.	\$60
	R01038-178	MLK	9/7	Sa	10:20-10:50 a.m.	\$60
	R01038-179	MLK	9/8	Su	10-10:30 a.m.	\$60
	R01038-180	MLK	9/11	W	5:30-6 p.m.	\$60
	R01038-181	MLK	10/26	Sa	10:20-10:50 a.m.	\$60
	R01038-182	MLK	10/27	Su	10-10:30 a.m.	\$60
	R01038-183	MLK	10/30	W	5:30-6 p.m.	\$60
	R01038-154	OSC	9/10	Tu	5:20-5:50 p.m.	\$60
	R01038-152	OSC	9/12	Th	5:20-5:50 p.m.	\$60
	R01038-157	OSC	10/22	Tu	5:20-5:50 p.m.	\$60
	R01038-153	OSC	10/24	Th	5:20-5:50 p.m.	\$60
	R01038-1500	SSRAC	9/16	M	4:40-5:10 p.m.	\$60
	R01038-1501	SSRAC	9/17	Tu	10:50-11:20 a.m.	\$60
	R01038-1502	SSRAC	9/17	Tu	5:20-5:50 p.m.	\$60
	R01038-1503	SSRAC	9/18	W	4-4:30 p.m.	\$60
	R01038-1504	SSRAC	9/20	F	9:30-10 a.m.	\$60
R01038-1505	SSRAC	9/21	Sa	10:10-10:40 a.m.	\$60	

Therapeutic Recreation

Sports

Classes

Aquatics

Parent-Assisted Swim Lessons

[CLICK HERE TO REGISTER.](#)

Pre School

Ages 3-5

6 Sessions

Activity	Pool Location	Start Day	Day	Time	Fee
R01062-1200	GISC	10/1	Tu,Th	6:20-6:50 p.m.	\$60
R01062-1201	GISC	10/22	Tu,Th	6:20-6:50 p.m.	\$60
R01062-1203	GISC	11/6	W	6:20-6:50 p.m.	\$60
R01062-1202	GISC	11/12	Tu,Th	6:20-6:50 p.m.	\$60
R01062-178	MLK	9/7	Sa	1-1:30 p.m.	\$60
R01062-179	MLK	9/8	Su	12-12:30 p.m.	\$60
R01062-180	MLK	9/11	W	6:50-7:20 p.m.	\$60
R01062-181	MLK	10/26	Sa	1-1:30 p.m.	\$60
R01062-182	MLK	10/27	Su	12-12:30 p.m.	\$60
R01062-183	MLK	10/30	W	6:50-7:20 p.m.	\$60
R01062-153	OSC	9/10	Tu	6:40-7:10 p.m.	\$60
R01062-152	OSC	9/12	Th	6:40-7:10 p.m.	\$60
R01062-155	OSC	10/22	Tu	6:40-7:10 p.m.	\$60
R01062-154	OSC	10/24	Th	6:40-7:10 p.m.	\$60
R01062-1500	SSRAC	9/16	M	5:20-5:50 p.m.	\$60
R01062-1501	SSRAC	9/17	Tu	9:30-10 a.m.	\$60
R01062-1502	SSRAC	9/17	Tu	4-4:30 p.m.	\$60
R01062-1503	SSRAC	9/18	W	4:40-5:10 p.m.	\$60
R01062-1504	SSRAC	9/20	F	10:10-10:40 a.m.	\$60
R01062-1505	SSRAC	9/22	Su	11:30 a.m.-Noon	\$60

PARENT-ASSISTED LESSONS

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



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01051-1200	GISC	9/21	Sa	9:15-9:45 a.m.	\$66
	R01051-1201	GISC	9/21	Sa	10:35-11:05 a.m.	\$66
	R01051-1202	GISC	9/22	Su	9:15-9:45 a.m.	\$66
	R01051-1203	GISC	9/22	Su	11:15-11:45 a.m.	\$66
	R01051-1204	GISC	9/23	M	5:40-6:10 p.m.	\$66
	R01051-1206	GISC	10/1	Tu & Th	5-5:30 p.m.	\$66
	R01051-1205	GISC	11/4	M	5:40-6:10 p.m.	\$66
	R01051-1207	GISC	11/12	Tu & Th	5-5:30 p.m.	\$66
	R01051-178	MLK	9/7	Sa	9:40-10:10 a.m.	\$66
	R01051-179	MLK	9/7	Sa	10:20-10:50 a.m.	\$66
	R01051-180	MLK	9/7	Sa	11-11:30 a.m.	\$66
	R01051-181	MLK	9/7	Sa	12:20-12:50 p.m.	\$66
	R01051-182	MLK	9/7	Sa	1-1:30 p.m.	\$66
	R01051-122	MLK	9/8	Su	11:20-11:50 a.m.	\$66
	R01051-123	MLK	9/8	Su	Noon-12:30 p.m.	\$66
	R01051-183	MLK	9/8	Su	10:40-11:10 a.m.	\$66
	R01051-184	MLK	9/9	M	5:30-6 p.m.	\$66
	R01051-185	MLK	9/9	M	6:50-7:20 p.m.	\$66
	R01051-186	MLK	9/10	Tu	5:30-6 p.m.	\$66
	R01051-187	MLK	9/10	Tu	6:10-6:40 p.m.	\$66
	R01051-188	MLK	9/11	W	6:10-6:40 p.m.	\$66
	R01051-189	MLK	9/12	Th	5:30-6 p.m.	\$66
	R01051-190	MLK	9/12	Th	6:10-6:40 p.m.	\$66
	R01051-191	MLK	10/26	Sa	9:40-10:10 a.m.	\$66
	R01051-192	MLK	10/26	Sa	10:20-10:50 a.m.	\$66
	R01051-193	MLK	10/26	Sa	11-11:30 a.m.	\$66
	R01051-194	MLK	10/26	Sa	12:20-12:50 p.m.	\$66
	R01051-195	MLK	10/26	Sa	1-1:30 p.m.	\$66
	R01051-147	MLK	10/27	Su	11:20-11:50 a.m.	\$66
	R01051-196	MLK	10/27	Su	10:40-11:10 a.m.	\$66
R01051-197	MLK	10/27	Su	12-12:30 p.m.	\$66	
R01051-198	MLK	10/28	M	5:30-6 p.m.	\$66	
R01051-199	MLK	10/28	M	6:50-7:20 p.m.	\$66	
R01051-124	MLK	10/29	Tu	5:30-6 p.m.	\$66	
R01051-125	MLK	10/29	Tu	6:10-6:40 p.m.	\$66	
R01051-148	MLK	10/30	W	6:10-6:40 p.m.	\$66	
R01051-149	MLK	10/31	Th	5:30-6 p.m.	\$66	

BEGINNER LEVEL 1

55+
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01051-153	OSC	9/7	Sa	11-11:30 a.m.	\$66
	R01051-155	OSC	9/8	Su	11-11:30 a.m.	\$66
	R01051-154	OSC	9/9	M	6:20-6:50 p.m.	\$66
	R01051-158	OSC	9/9	M	5:40-6:10 p.m.	\$66
	R01051-160	OSC	9/9	M	7-7:30 p.m.	\$66
	R01051-156	OSC	9/10	Tu	6:40-7:10 p.m.	\$66
	R01051-162	OSC	9/11	W	5:40-6:10 p.m.	\$66
	R01051-163	OSC	9/11	W	6:20-6:50 p.m.	\$66
	R01051-152	OSC	10/19	Sa	9-9:30 a.m.	\$66
	R01051-157	OSC	10/20	Su	11-11:30 a.m.	\$66
	R01051-159	OSC	10/21	M	6:20-6:50 p.m.	\$66
	R01051-170	OSC	10/21	M	5:40-6:10 p.m.	\$66
	R01051-171	OSC	10/21	M	7-7:30 p.m.	\$66
	R01051-161	OSC	10/22	Tu	6:40-7:10 p.m.	\$66
	R01051-173	OSC	10/23	W	5:40-6:10 p.m.	\$66
	R01051-174	OSC	10/23	W	6:20-6:50 p.m.	\$66
	R01051-1500	SSRAC	9/16	M	6-6:30 p.m.	\$66
	R01051-1501	SSRAC	9/17	Tu	9:30-10 a.m.	\$66
	R01051-1502	SSRAC	9/19	Th	10:50-11:20 a.m.	\$66
	R01051-1503	SSRAC	9/20	F	10:10-10:40 a.m.	\$66
R01051-1504	SSRAC	9/21	Sa	9:30-10 a.m.	\$66	

BEGINNER LEVEL 1

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



ADULT SWIM LESSONS
VIEW ADULT SWIM LESSONS



DIVING
VIEW DIVING ACTIVITIES



Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01052-1200	GISC	9/21	Sa	9:55-10:25 a.m.	\$66
	R01052-1201	GISC	9/22	Su	9:55-10:25 a.m.	\$66
	R01052-1202	GISC	9/23	M	6:20-6:50 p.m.	\$66
	R01052-1203	GISC	10/1	Tu & Th	5:40-6:10 p.m.	\$66
	R01052-1204	GISC	11/12	Tu & Th	5:40-6:10 p.m.	\$66
	R01052-178	MLK	9/7	Sa	11-11:30 a.m.	\$66
R01052-179	MLK	9/7	Sa	9:40-10:10 a.m.	\$66	
R01052-180	MLK	9/7	Sa	12:20-12:50 p.m.	\$66	
R01052-181	MLK	9/7	Sa	11:40 a.m.-12:10 p.m.	\$66	
R01052-123	MLK	9/8	Su	10-10:30 a.m.	\$65	
R01052-182	MLK	9/8	Su	10:40-11:10 a.m.	\$66	
R01052-183	MLK	9/8	Su	12-12:30 p.m.	\$66	
R01052-184	MLK	9/9	M	5:30-6 p.m.	\$66	
R01052-185	MLK	9/9	M	6:10-6:50 p.m.	\$66	
R01052-186	MLK	9/10	Tu	5:30-6 p.m.	\$66	
R01052-187	MLK	9/10	Tu	6:10-6:40 p.m.	\$66	
R01052-188	MLK	9/11	W	6:50-7:20 p.m.	\$66	
R01052-189	MLK	9/12	Th	6:10-6:50 p.m.	\$66	
R01052-190	MLK	9/12	Th	6:50-7:20 p.m.	\$66	
R01052-191	MLK	10/26	Sa	9:40-10:10 a.m.	\$66	
R01052-192	MLK	10/26	Sa	11-11:30 a.m.	\$66	
R01052-193	MLK	10/26	Sa	11:40 a.m.-12:10 p.m.	\$66	
R01052-194	MLK	10/26	Sa	12:20-12:50 p.m.	\$66	
R01052-147	MLK	10/27	Su	10-10:30 a.m.	\$66	
R01052-195	MLK	10/27	Su	10:40-11:10 a.m.	\$66	
R01052-124	MLK	10/29	Tu	6:10-6:40 p.m.	\$66	
R01052-125	MLK	10/30	W	6:50-7:20 p.m.	\$66	
R01052-148	MLK	10/31	Th	6:10-6:40 p.m.	\$66	
R01052-149	MLK	10/31	Th	6:50-7:20 p.m.	\$66	

55+
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

BEGINNER LEVEL 2

LOOKING FOR **LIFEGUARDING CLASSES?**

[VIEW LIFEGUARDING INFORMATION](#)

Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01052-152	OSC	9/7	Sa	10:20-10:50 a.m.	\$66
	R01052-153	OSC	9/8	Su	10:20-10:50 a.m.	\$66
	R01052-154	OSC	9/8	Su	9:40-10:10 a.m.	\$66
	R01052-156	OSC	9/9	M	6:20-7:10 p.m.	\$66
	R01052-157	OSC	9/10	Tu	9-9:30 a.m.	\$66
	R01052-158	OSC	9/11	W	7-7:30 p.m.	\$66
	R01052-159	OSC	9/12	Th	5:20-5:50 p.m.	\$66
	R01052-155	OSC	10/20	Su	10:20-10:50 a.m.	\$66
	R01052-162	OSC	10/21	M	5:40-6:10 p.m.	\$66
	R01052-163	OSC	10/21	M	7-7:30 p.m.	\$66
	R01052-160	OSC	10/22	Tu	5:20-5:50 p.m.	\$66
	R01052-161	OSC	10/23	W	6:20-6:50 p.m.	\$66
	R01052-165	OSC	10/23	W	7-7:30 p.m.	\$66
	R01052-164	OSC	10/24	Th	6-6:30 p.m.	\$66
	R01052-1500	SSRAC	9/16	M	6:40-7:10 p.m.	\$65
	R01052-1501	SSRAC	9/17	Tu	10:50-11:20 a.m.	\$66
	R01052-1502	SSRAC	9/19	Th	5:20-5:50 p.m.	\$66
	R01052-1503	SSRAC	9/20	F	10:50-11:20 a.m.	\$66
	R01052-1504	SSRAC	9/22	Su	9:30-10 a.m.	\$66
	R01052-196	MLK	10/27	Su	Noon-12:30 p.m.	\$66
R01052-197	MLK	10/28	M	5:30-6 p.m.	\$66	
R01052-198	MLK	10/28	M	6:10-6:40 p.m.	\$66	
R01052-199	MLK	10/29	Tu	5:30-6 p.m.	\$66	

BEGINNER LEVEL 2

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





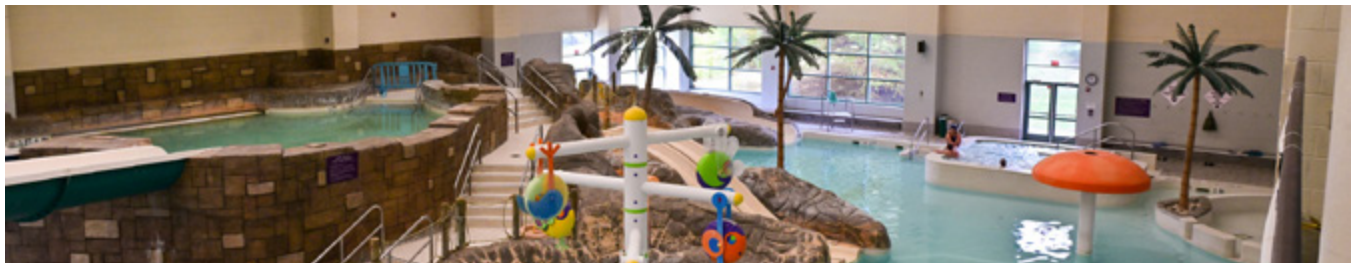
Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01053-1200	GISC	9/21	Sa	11:15-11:45 a.m.	\$66
	R01053-1201	GISC	9/22	Su	10:35-11:05 a.m.	\$66
	R01053-1202	GISC	9/23	M	6:20-6:50 p.m.	\$66
	R01053-1203	GISC	10/1	Tu & Th	6:20-6:50 p.m.	\$66
	R01053-178	MLK	9/7	Sa	12:20-12:50 p.m.	\$66
	R01053-179	MLK	9/8	Su	11:20-11:50 a.m.	\$66
	R01053-180	MLK	9/10	Tu	6:50-7:20 p.m.	\$66
	R01053-181	MLK	9/12	Th	7:30-8 p.m.	\$66
	R01053-182	MLK	10/26	Sa	12:20-12:50 p.m.	\$66
	R01053-183	MLK	10/27	Su	11:20-11:50 a.m.	\$66
	R01053-184	MLK	10/29	Tu	6:50-7:20 p.m.	\$66
	R01053-185	MLK	10/31	Th	7:30-8 p.m.	\$66
	R01053-152	OSC	9/7	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01053-158	OSC	9/8	Su	9-9:30 a.m.	\$66
	R01053-160	OSC	9/10	Tu	6-6:30 p.m.	\$66
	R01053-153	OSC	9/11	W	7-7:30 p.m.	\$66
	R01053-154	OSC	9/12	Th	6:40-7:10 p.m.	\$66
	R01053-155	OSC	10/19	Sa	9:40-10:10 a.m.	\$65
	R01053-156	OSC	10/20	Su	11-11:30 a.m.	\$66
	R01053-159	OSC	10/20	Su	9-9:30 a.m.	\$66
	R01053-161	OSC	10/22	Tu	6-6:30 p.m.	\$66
	R01053-162	OSC	10/23	W	5:40-6:10 p.m.	\$65
	R01053-157	OSC	10/24	Th	6:40-7:10 p.m.	\$66
	R01053-163	OSC	10/24	Th	11-11:30 a.m.	\$66
	R01053-1500	SSRAC	9/18	W	6-6:30 p.m.	\$66
	R01053-1501	SSRAC	9/19	Th	4:40-5:10 p.m.	\$66
	R01053-1502	SSRAC	9/21	Sa	10:50-11:20 a.m.	\$66
	R01053-1503	SSRAC	9/22	Su	10:50-11:20 a.m.	\$66

BEGINNER LEVEL 3



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Beginner Swim Lessons

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Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01054-178	MLK	9/8	Su	11:20-11:50 a.m.	\$66
	R01054-179	MLK	9/10	Tu	7:30-8 p.m.	\$66
	R01054-180	MLK	9/12	Th	7:30-8 p.m.	\$66
	R01054-181	MLK	10/27	Su	11:20-11:50 a.m.	\$66
	R01054-182	MLK	10/29	Tu	7:30-8 p.m.	\$66
	R01054-183	MLK	10/31	Th	7:30-8 p.m.	\$66
	R01054-152	OSC	9/7	Sa	9-9:30 a.m.	\$66
	R01054-153	OSC	9/7	Sa	10:20-10:50 a.m.	\$66
	R01054-154	OSC	9/8	Su	9:40-10:10 a.m.	\$66
	R01054-155	OSC	9/8	Su	10:20-10:50 a.m.	\$66
	R01054-156	OSC	10/19	Sa	9-9:30 a.m.	\$66
	R01054-157	OSC	10/19	Sa	10:20-10:50 a.m.	\$66
	R01054-160	OSC	10/19	Sa	11:40am-12:10p.m.	\$66
	R01054-158	OSC	10/20	Su	9:40-10:10 a.m.	\$66
	R01054-159	OSC	10/20	Su	10:20-10:50 a.m.	\$66
	R01054-1500	SSRAC	9/18	W	6:40-7:10 p.m.	\$66
	R01054-1501	SSRAC	9/19	Th	4-4:30 p.m.	\$66
	R01054-1502	SSRAC	9/21	Sa	11:30 a.m.-Noon	\$66
R01054-1503	SSRAC	9/22	Su	10:10-10:40 a.m.	\$66	

BEGINNER LEVEL 4

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





[CLICK HERE TO REGISTER.](#)

Youth Swim Lessons

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01045-1203	GISC	9/25	W	5:40-6:10 p.m.	\$66
	R01045-1200	GISC	10/22	Tu,Th	5-5:30 p.m.	\$66
	R01045-1201	GISC	10/22	Tu,Th	6:20-6:50 p.m.	\$66
	R01045-1204	GISC	11/6	W	5:40-6:10 p.m.	\$66
	R01045-1202	GISC	11/12	Tu,Th	6:20-6:50 p.m.	\$66
	R01045-178	MLK	9/7	Sa	10:20-10:50 a.m.	\$66
	R01045-179	MLK	9/7	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01045-180	MLK	9/8	Su	10:40-11:10 a.m.	\$66
	R01045-181	MLK	9/9	M	6:10-6:40 p.m.	\$66
	R01045-182	MLK	9/10	Tu	6:50-7:20 p.m.	\$66
	R01045-183	MLK	9/12	Th	5:30-6 p.m.	\$66
	R01045-184	MLK	10/26	Sa	10:20-10:50 a.m.	\$66
	R01045-185	MLK	10/27	Su	10:40-11:10 a.m.	\$66
	R01045-186	MLK	10/28	M	6:10-6:40 p.m.	\$66
	R01045-187	MLK	10/29	Tu	6:50-7:20 p.m.	\$66
	R01045-188	MLK	10/31	Th	5:30-6 p.m.	\$66
	R01045-152	OSC	9/7	Sa	9-9:30 a.m.	\$66
	R01045-156	OSC	9/9	M	5:40-6:10 p.m.	\$66
	R01045-153	OSC	9/10	Tu	6-6:30 p.m.	\$66
	R01045-154	OSC	9/11	W	6:20-6:50 p.m.	\$66
	R01045-158	OSC	9/11	W	6:20-6:50 p.m.	\$66
	R01045-155	OSC	9/12	Th	6-6:30 p.m.	\$66
	R01045-159	OSC	9/12	Th	5:20-5:50 p.m.	\$66
	R01045-164	OSC	9/12	Th	6:40-7:10 p.m.	\$66
	R01045-157	OSC	10/20	Su	9-9:30 a.m.	\$66
	R01045-160	OSC	10/20	Su	9:40-10:10 a.m.	\$66
	R01045-163	OSC	10/21	M	6:20-6:50 p.m.	\$66
	R01045-161	OSC	10/22	Tu	5:20-5:50 p.m.	\$66
	R01045-165	OSC	10/23	W	5:40-6:10 p.m.	\$66
	R01045-166	OSC	10/23	W	7-7:30 p.m.	\$66
	R01045-162	OSC	10/24	Th	6:40-7:10 p.m.	\$66
	R01045-167	OSC	10/24	Th	5:20-5:50 p.m.	\$66
	R01045-1500	SSRAC	9/18	W	4-4:30 p.m.	\$66
R01045-1501	SSRAC	9/18	W	5:20-5:50 p.m.	\$66	
R01045-1502	SSRAC	9/21	Sa	10:50-11:20 a.m.	\$66	
R01045-1503	SSRAC	9/22	Su	9:30-10 a.m.	\$66	

YOUTH LEVEL 1

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Youth Swim Lessons

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Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01046-1201	GISC	9/25	W	6:20-6:50 p.m.	\$66
	R01046-1200	GISC	10/22	Tu,Th	5:40-6:10 p.m.	\$66
	R01046-1202	GISC	11/6	W	6:20-6:50 p.m.	\$66
	R01046-178	MLK	9/7	Sa	11-11:30 a.m.	\$66
	R01046-190	MLK	9/7	Sa	1-1:30 p.m.	\$66
	R01046-180	MLK	9/8	Su	11:20-11:50 a.m.	\$66
	R01046-181	MLK	9/10	Tu	7:30-8 p.m.	\$66
	R01046-182	MLK	9/11	W	5:30-6 p.m.	\$66
	R01046-183	MLK	9/12	Th	6:50-7:20 p.m.	\$66
	R01046-184	MLK	10/26	Sa	11-11:30 a.m.	\$66
	R01046-186	MLK	10/26	Sa	1-1:30 p.m.	\$66
	R01046-185	MLK	10/27	Su	11:20-11:50 a.m.	\$66
	R01046-187	MLK	10/29	Tu	7:30-8 p.m.	\$66
	R01046-188	MLK	10/30	W	5:30-6 p.m.	\$66
	R01046-189	MLK	10/31	Th	6:50-7:20 p.m.	\$66
	R01046-152	OSC	9/7	Sa	9:40-10:10 a.m.	\$66
	R01046-154	OSC	9/8	Su	10:20-10:50 a.m.	\$66
	R01046-155	OSC	9/9	M	7-7:30 p.m.	\$66
	R01046-153	OSC	9/9	M	5:40-6:10 p.m.	\$66
	R01046-158	OSC	9/10	Tu	5:20-5:50 p.m.	\$66
	R01046-160	OSC	9/10	Tu	6:40-7:10 p.m.	\$66
	R01046-156	OSC	9/11	W	5:40-6:10 p.m.	\$66
	R01046-163	OSC	9/11	W	5:40-6:10 p.m.	\$66
	R01046-157	OSC	9/12	Th	6-6:30 p.m.	\$66
	R01046-164	OSC	10/19	Sa	11-11:30 a.m.	\$66
	R01046-167	OSC	10/19	Tu	5:20-5:50 p.m.	\$66
	R01046-165	OSC	10/20	Su	9:40-10:10 a.m.	\$66
	R01046-159	OSC	10/21	M	6:20-6:50 p.m.	\$66
	R01046-166	OSC	10/21	M	5:40-6:10 p.m.	\$66
	R01046-168	OSC	10/22	Tu	6:40-7:10 p.m.	\$66
	R01046-161	OSC	10/23	W	6:20-6:50 p.m.	\$66
	R01046-169	OSC	10/23	W	7-7:30 p.m.	\$66
	R01046-162	OSC	10/24	Th	6-6:30 p.m.	\$66
R01046-1500	SSRAC	9/18	W	4:40-5:10 p.m.	\$66	
R01046-1501	SSRAC	9/19	Th	5:20-5:50 p.m.	\$66	
R01046-1502	SSRAC	9/21	Sa	11:30 a.m.-Noon	\$66	
R01046-1503	SSRAC	9/22	Su	10:10-10:40 a.m.	\$66	

YOUTH LEVEL 2

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



[CLICK HERE TO REGISTER.](#)

Youth Swim Lessons

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01047-178	MLK	9/7	Sa	1-1:30 p.m.	\$66
	R01047-179	MLK	9/8	Su	10:40-11:10 a.m.	\$66
	R01047-180	MLK	9/9	M	6:50-7:20 p.m.	\$66
	R01047-181	MLK	9/10	Tu	8:50-9:20 p.m.	\$66
	R01047-182	MLK	9/12	Th	8:10-8:40 p.m.	\$66
	R01047-183	MLK	10/26	Sa	1-1:30 p.m.	\$66
	R01047-184	MLK	10/27	Su	10:40-11:10 a.m.	\$66
	R01047-185	MLK	10/28	M	6:50-7:20 p.m.	\$66
	R01047-186	MLK	10/29	Tu	8:50-9:20 p.m.	\$66
	R01047-187	MLK	10/31	Th	8:10-8:50 p.m.	\$66
	R01047-152	OSC	9/7	Sa	11-11:30 a.m.	\$66
	R01047-153	OSC	9/8	Su	11-11:30 a.m.	\$66
	R01047-156	OSC	9/8	Su	9:40-10:10 a.m.	\$66
	R01047-154	OSC	10/19	Sa	10:20-10:50 a.m.	\$66
	R01047-155	OSC	10/19	Sa	11-11:30 a.m.	\$66
	R01047-157	OSC	10/20	Su	10:20-10:50 a.m.	\$66
	R01047-158	OSC	10/21	M	7-7:30 p.m.	\$66
	R01047-1500	SSRAC	9/18	W	5:20-5:50 p.m.	\$66
	R01047-1501	SSRAC	9/19	Th	4:40-5:10 p.m.	\$66
	R01047-1502	SSRAC	9/21	Sa	10:10-10:40 a.m.	\$66
R01047-1503	SSRAC	9/22	Su	10:50-11:20 a.m.	\$66	

YOUTH LEVEL 3



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01048-178	MLK	9/7	Sa	12:20-12:50 p.m.	\$66
	R01048-179	MLK	9/8	Su	10-10:30 a.m.	\$66
	R01048-180	MLK	9/10	Tu	8:10-8:40 p.m.	\$66
	R01048-181	MLK	10/26	Sa	12:20-12:50 p.m.	\$66
	R01048-182	MLK	10/27	Su	10-10:30 a.m.	\$66
	R01048-184	MLK	10/29	Tu	8:10-8:40 p.m.	\$66
	R01048-152	OSC	9/7	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01048-153	OSC	9/7	Sa	9:40-10:10 a.m.	\$66
	R01048-154	OSC	9/8	Su	9-9:30 a.m.	\$66
	R01048-156	OSC	9/8	Su	11-11:30 a.m.	\$66
	R01048-155	OSC	10/19	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01048-157	OSC	10/19	Sa	9:40-10:10 a.m.	\$66
	R01048-158	OSC	10/20	Su	9-9:30 a.m.	\$66
	R01048-159	OSC	10/20	Su	11-11:30 a.m.	\$66
	R01048-1500	SSRAC	9/16	M	4-4:30 p.m.	\$66
	R01048-1501	SSRAC	9/18	W	6-6:30 p.m.	\$66
	R01048-1502	SSRAC	9/19	Th	4-4:30 p.m.	\$66
	R01048-1503	SSRAC	9/22	Su	11:30 a.m.-Noon	\$66

YOUTH LEVEL 4

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS





[CLICK HERE TO REGISTER.](#)

Youth Advanced Lessons

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01057-119	GISC	9/21	Sa	9:15-9:50 a.m.	\$90
	R01057-120	GISC	9/21	Sa	9:55-10:30 a.m.	\$90
	R01057-121	GISC	9/21	Sa	10:35-11:10 a.m.	\$90
	R01057-107	MLK	9/8	Su	11:20-11:55 a.m.	\$90
	R01057-109	MLK	9/12	Th	7:20-7:55 p.m.	\$90
	R01057-110	MLK	10/27	Su	11:20-11:35 a.m.	\$90
	R01057-112	MLK	10/31	Th	7:20-7:55 p.m.	\$90
	R01057-102	OSC	9/8	Su	10:40-11:15 a.m.	\$90
	R01057-103	OSC	9/8	Su	11:20-11:55 a.m.	\$90
	R01057-101	OSC	9/10	Tu	7:20-7:55 p.m.	\$90
	R01057-105	OSC	10/20	Su	10:40-11:15 a.m.	\$90
	R01057-106	OSC	10/20	Su	11:20 a.m.-11:55 p.m.	\$90
	R01057-104	OSC	10/22	Tu	7:20-7:55 p.m.	\$90
	R01057-1500	SSRAC	9/19	Th	5:15-5:50 p.m.	\$90
	R01057-1501	SSRAC	9/22	Su	9:30-10:05 a.m.	\$90
	R01057-1502	SSRAC	9/22	Su	10:15-10:50 a.m.	\$90

YOUTH ADVANCED



55+

Therapeutic Recreation

Sports

Classes

Aquatics

Adult Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 14 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01039-1200	GISC	9/21	Sa	9:15-9:45 a.m.	\$66
	R01039-1201	GISC	9/22	Su	9:15-9:45 a.m.	\$66
	R01039-178	MLK	9/7	Sa	11-11:30 a.m.	\$66
	R01039-179	MLK	9/8	Su	10-10:30 a.m.	\$66
	R01039-180	MLK	9/10	Tu	8:50-9:20 p.m.	\$66
	R01039-181	MLK	10/26	Sa	11-11:30 a.m.	\$66
	R01039-182	MLK	10/27	Su	10-10:30 a.m.	\$66
	R01039-183	MLK	10/29	Tu	8:50-9:20 p.m.	\$66
	R01039-152	OSC	9/8	Su	9-9:30 a.m.	\$66
	R01039-153	OSC	9/8	Su	11-11:30 a.m.	\$66
	R01039-154	OSC	10/20	Su	9-9:30 a.m.	\$66
	R01039-155	OSC	10/20	Su	11-11:30 a.m.	\$66
	R01039-1500	SSRAC	9/16	M	4:40-5:10 p.m.	\$66
	R01039-1501	SSRAC	9/17	Tu	10:10-10:40 a.m.	\$66
	R01039-1502	SSRAC	9/17	Tu	4-4:30 p.m.	\$66

ADULT LEVEL 1

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01040-1200	GISC	9/21	Sa	9:55-10:25 a.m.	\$66
	R01040-1201	GISC	9/22	Su	9:55-10:25 a.m.	\$66
	R01040-178	MLK	9/7	Sa	10:20-10:50 a.m.	\$65
	R01040-179	MLK	9/10	Tu	8:10-8:40 p.m.	\$66
	R01040-180	MLK	9/12	Th	8:50-9:20 p.m.	\$66
	R01040-181	MLK	10/26	Sa	10:20-10:50 a.m.	\$66
	R01040-182	MLK	10/29	Tu	8:10-8:40 p.m.	\$66
	R01040-183	MLK	10/31	Th	8:50-9:20 p.m.	\$66
	R01040-152	OSC	9/8	Su	9:40-10:10 a.m.	\$66
	R01040-153	OSC	10/20	Su	9:40-10:10 a.m.	\$66
	R01040-1500	SSRAC	9/16	M	5:20-5:50 p.m.	\$66
	R01040-1501	SSRAC	9/17	Tu	4:40-5:10 p.m.	\$66
	R01040-1502	SSRAC	9/19	Th	10:10-10:40 a.m.	\$66

ADULT LEVEL 2

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



[CLICK HERE TO REGISTER.](#)

Adult Swim Lessons

Ages 14 and up

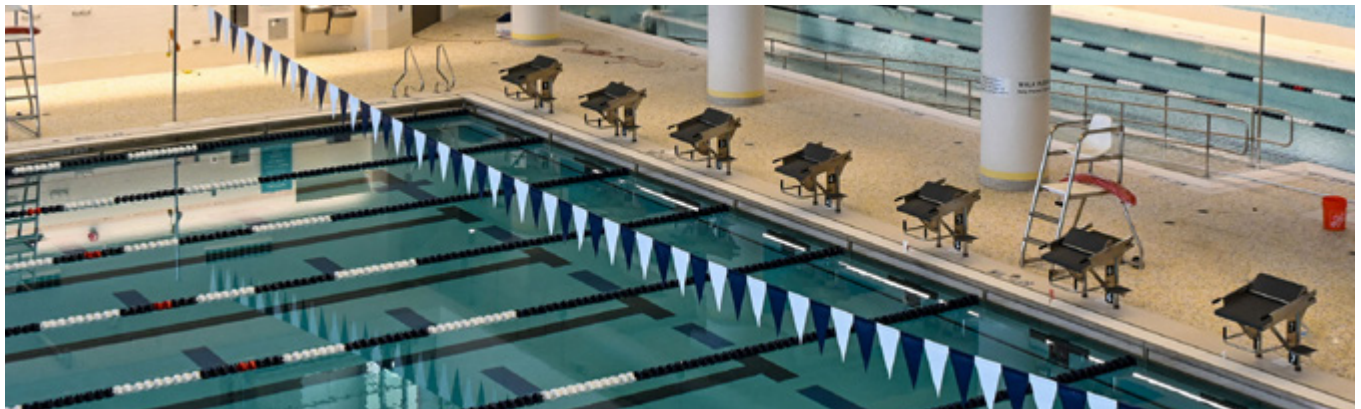
	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01041-1200	GISC	9/21	Sa	10:35-11:05 a.m.	\$66
	R01041-1201	GISC	9/22	Su	10:35-11:05 a.m.	\$66
	R01041-178	MLK	9/7	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01041-179	MLK	9/12	Th	8:10-8:40 p.m.	\$66
	R01041-180	MLK	10/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01041-182	MLK	10/31	Th	8:10-8:40 p.m.	\$66
	R01041-152	OSC	9/8	Su	10:20 a.m.-10:50 p.m.	\$66
	R01041-153	OSC	10/20	Su	10:20-10:50 a.m.	\$66
	R01041-1500	SSRAC	9/16	M	6-6:30 p.m.	\$66
	R01041-1501	SSRAC	9/17	Tu	5:20-5:50 p.m.	\$66
	R01041-1502	SSRAC	9/20	F	9:30-10 a.m.	\$66

Ages 14 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01042-1200	GISC	9/21	Sa	11:15-11:45 a.m.	\$66
	R01042-1201	GISC	9/22	Su	11:15-11:45 a.m.	\$66
	R01042-178	MLK	9/8	Su	Noon-12:30 p.m.	\$66
	R01042-179	MLK	9/12	Th	8:50-9:20 p.m.	\$66
	R01042-180	MLK	10/27	Su	Noon-12:30 p.m.	\$66
	R01042-181	MLK	10/31	Th	8:50-9:20 p.m.	\$66
	R01042-1500	SSRAC	9/16	M	6:40-7:10 p.m.	\$66
	R01042-1501	SSRAC	9/18	W	6:40-7:10 p.m.	\$66
	R01042-1502	SSRAC	9/20	F	8:50-9:20 a.m.	\$66

ADULT LEVEL 3

ADULT LEVEL 4



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



FALL AQUATICS REGISTRATION DATE

**Aquatic fall program
registration will begin**

**Tuesday,
Aug. 13.
6:30 a.m.**



Developmental Swim

[CLICK HERE TO REGISTER.](#)

SwiMontgomery

Ages 6-13

	Activity	Pool Location	Start Day	Days	Time	Fee
18 Sessions	R01032-102	GISC	9/24	Tu,Th	7:45-8:30 p.m.	\$355
	R01032-103	OSC	9/16	M,W	7:15-8 p.m.	\$355
	R01032-104	MLK	9/16	M,W	7:30-8:15 p.m.	\$355
	R01032-1500	SSRAC	9/16	M,W	6:15-7 p.m.	\$355

Diving

Learn to Dive: Level 1

Ages 5-10

	Activity	Pool Location	Start Day	Days	Time	Fee
5 Sessions	R01012-103	GISC	9/20	F	4:30-5:15 p.m.	\$80
	R01012-128	GISC	11/1	F	4:30-5:15 p.m.	\$80
6 Sessions	R01012-101	GISC	9/16	M	4:30-5:15 p.m.	\$96
	R01012-102	GISC	9/18	W	4:30-5:15 p.m.	\$96
	R01012-110	OSC	9/18	W	5-5:45 p.m.	\$96
	R01012-111	OSC	10/30	W	5-5:45 p.m.	\$96
	R01012-127	GISC	10/28	M	4:30-5:15 p.m.	\$96
	R01012-126	GISC	10/30	W	4:30-5:15 p.m.	\$96
	R01012-1501	SSRAC	9/16	M	4:15-5 p.m.	\$96
	R01012-1502	SSRAC	9/16	M	4:15-5 p.m.	\$96
	R01012-1504	SSRAC	9/17	Tu	4:15-5 p.m.	\$96
	R01012-1506	SSRAC	9/18	W	4:15-5 p.m.	\$96
	R01012-1507	SSRAC	9/18	W	5-5:45 p.m.	\$96
	R01012-1500	SSRAC	10/28	M	5-5:45 p.m.	\$96
	R01012-1505	SSRAC	10/29	Tu	4:15-5 p.m.	\$96
R01012-1508	SSRAC	10/30	W	4:15-5 p.m.	\$96	
R01012-1509	SSRAC	10/30	W	5-5:45 p.m.	\$96	
R01012-1503	SSRAC	10/28	M	5-5:45 p.m.	\$96	

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

THERAPEUTIC RECREATION

ADAPTED AQUATICS

VIEW ADAPTED SWIM LESSONS



Looking for more
THERAPEUTIC RECREATION
activities?

VIEW TR ACTIVITIES



[→ CLICK HERE TO REGISTER.](#)

Level 2: Intermediate Diving

Ages 7-18

	Activity	Pool Location	Start Day	Days	Time	Fee
10 Sessions	R01013-103	GISC	9/20	F	5:15-6:45 p.m.	\$300
12 Sessions	R01013-101	GISC	9/16	M	5:15-6:45 p.m.	\$360
	R01013-102	GISC	9/18	W	5:15-6:45 p.m.	\$360
	R01013-106	OSC	9/18	W	5:45-7:15 p.m.	\$360
	R01013-1500	SSRAC	9/16	M	5:45-7:15 p.m.	\$360
	R01013-1501	SSRAC	9/17	Tu	5-6:30 p.m.	\$360
	R01013-1502	SSRAC	9/18	W	5:45-7:15 p.m.	\$360
	R01013-1503	SSRAC	9/19	Th	4:15-5:45 p.m.	\$360
	R01013-1504	SSRAC	9/20	F	4:30-6 p.m.	\$360

Level 3: Advanced Diving

Ages 7-18

	Activity	Pool Location	Start Day	Days	Time	Fee
12 Sessions	R01014-1500	SSRAC	9/19	Th	5:45-7:15 p.m.	\$396
	R01014-1501	SSRAC	9/20	F	6-7:30 p.m.	\$396

Masters Diving

Ages 19 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
12 Sessions	R01017-102	GISC	9/18	W	6:30-8 p.m.	\$396
	R01017-1500	SSRAC	9/16	M	7-8:30 p.m.	\$396
	R01017-1501	SSRAC	9/18	W	7-8:30 p.m.	\$396

High School Diving

Ages 13-18

	Activity	Pool Location	Start Day	Days	Time	Fee
12 Sessions	R01076-102	GISC	9/16	M	6:30-8 p.m.	\$360
	R01076-103	GISC	9/18	W	6:30-8 p.m.	\$396
	R01076-1500	SSRAC	9/16	M	7-8:30 p.m.	\$396
	R01076-1501	SSRAC	9/18	W	7-8:30 p.m.	\$396

National Development Program- Seasonal

Ages 6-18 • Invitational Only

	Activity	Pool Location	Start Day	Days	Time	Fee
24 Sessions	R01016-1200	GISC	9/17	Tu,Th	6-7:30 p.m.	\$996





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National Development NPD Competitive

Ages 6-18 • Invitational Only

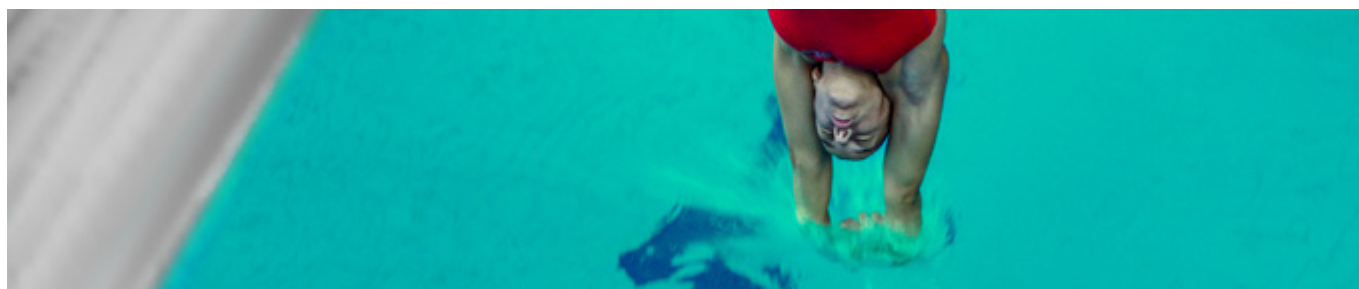
Activity	Pool Location	Start Day	Days	Time
R01016-6200	GISC	9/17	Tu-Th	6-7:30 p.m.

JO Diving Team*

Ages 6-18 • Invitational Only

Teams	Activity	Pool Location	Start Day	Days
JO Silver • 3 days	R01015-6012	Various Locations	8/26	M-Sa
JO Red • 4 days	R01015-6014	Various Locations	8/26	M-Sa
JO Blue • 5 days	R01015-6016	Various Locations	8/26	M-Sa

*JO Diving locations and times will be provided by the coach.



THE REC INSIDER



SIGN UP

FOR OUR NEWSLETTER TODAY!



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Masters

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MASTERS SWIMMING

ACTIVITY CODE: R01058

Ancient Mariners

GISC

Su: 8:30-10:30 a.m.

MLK Swim Center

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

Olney Swim Center

Sa: 8:30-10 p.m.

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

Silver Spring RAC

W: 7-8:30 p.m.

Germantown Masters

GISC

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

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

FALL 2024 SCHEDULE

Register on ActiveMontgomery.org

55+

THERAPEUTIC
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CLASSES

AQUATICS

Scuba

Ages 14 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
6 Sessions	R01028-126	GISC	9/10	Tu	7:15-10:15 p.m.	\$265
	R01028-101	MLK	9/11	W	7-10 p.m.	\$265
	R01028-102	OSC	9/9	M	7:15-10 p.m.	\$265

Water Polo

Youth Water Polo Splashball: Learn to Play (Middle School)

Ages 10-14

	Activity	Pool Location	Start Day	Days	Time	Fee
14 Sessions	R01079-1501	SSRAC	9/22	Su	4:45-6 p.m.	\$215
	R01079-1502	SSRAC	9/25	W	3:45-5 p.m.	\$215

Adult Water Polo

Ages 18 and up

	Activity	Pool Location	Start Day	Days	Fee
27 Sessions	R01079-1500	Various Locations	9/22	W,Su	\$150

MONTGOMERY COUNTY RECREATION

IS HIRING

WORK WITH US

AND RECEIVE

FREE LIFEGUARD

TRAINING



LIFEGUARD



MONTGOMERY COUNTY
Recreation

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. 300 meter swim (front crawl or breaststroke).
 2. Tread water for two minutes using only legs.
 3. 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 \$50.

BE A HERO

Our lifeguarding classes offer the training you need to become a Red Cross certified lifeguard.



LIFEGUARDING

BLENDED LEARNING

+ IN-PERSON

GUARD

[VIEW/REGISTER HERE](#)



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THERAPEUTIC RECREATION

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CLASSES

AQUATICS

Arts and Crafts



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ARTS AND CRAFTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Abrakadoodle 3D or Not?								
6-12	10 Sessions	R05001-104	Silver Spring RAC	9/18	W	5-5:45 p.m.	Abrakadoodle	\$240
Abrakadoodle Lets Go Around the World								
3-5	10 Sessions	R05001-103	Silver Spring RAC	9/18	W	4-4:45 p.m.	Abrakadoodle	\$240
Abrakadoodle Painting and Clay Art								
6-12	10 Sessions	R05001-102	Wheaton CRC	9/21	Sa	12:15-1 p.m.	Abrakadoodle	\$240
Abrakadoodle Ready Set Paint								
3-5	10 Sessions	R05001-101	Wheaton CRC	9/21	Sa	11:15am-Noon	Abrakadoodle	\$240
Adventures in Art								
5-12	12 Sessions	R05004-101	Bauer Drive CRC	9/14	Sa	10:30-11:30am.	Tatiana Martin	\$165



CLOSED

IMPORTANT CLOSURE NOTICE
Montgomery County Recreation will be closed on:

Sept. 2
Nov. 11
Nov. 28

WWW.MOCOREC.COM



 [CLICK HERE TO REGISTER.](#)

DRAWING

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

10-16	12 Sessions	R05006-101	Bauer Drive CRC	9/14	Sa	Noon-1 p.m.	Tatiana Martin	\$165
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Art Studio II

12-18	12 Sessions	R05006-103	Bauer Drive CRC	9/14	Sa	1:30-2:30 p.m.	Tatiana Martin	\$165
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Beginner Right Brained Drawing

13 and up	8 Sessions	R05038-101	Potomac CRC	9/16	M	5:45-7:15 p.m.	Yolanda Prinsloo	\$183
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Draw and Clay

4-9	8 Sessions	R05037-103	N. Potomac CRC	9/14	Sa	10:30-11:30 a.m.	Yolanda Prinsloo	\$158
		R05037-101	Germantown CRC	9/17	Tu	5:30-6:30 p.m.	Yolanda Prinsloo	\$158
		R05037-102	Bauer Drive CRC	9/18	W	5:45-6:45 p.m.	Yolanda Prinsloo	\$158

Drawing

5-12	12 Sessions	R05129-101	Germantown CRC	9/11	W	6-7 p.m.	Young Rembrandts	\$250
		R05129-102	N. Potomac CRC	9/16	M	6-7 p.m.	Young Rembrandts	\$250

Elementary Drawing

6-12	12 Sessions	R05129-104	Glenallan ES	9/17	Tu	6:30-7:30 p.m.	Young Rembrandts	\$250
		R05129-103	Mid-County CRC	9/18	W	6:30-7:30 p.m.	Young Rembrandts	\$250

PAINTING

Learning Art from the Masters

6-12	8 Sessions	R05087-101	Germantown CRC	9/17	Tu	6:45-7:45 p.m.	Yolanda Prinsloo	\$158
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Oil or Acrylic Painting Open Studio

18 and up	13 Sessions	R05002-101	Lawton CRC	9/9	M	1-4 p.m.	Kathrine Roznowski	\$117
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PHOTOGRAPHY

Beginner Photography Workshop

16 and up	1 Session	R05088-101	N. Potomac CRC	9/26	Th	6-9 p.m.	Catherine Simmons	\$55
		R05088-102	N. Potomac CRC	11/7	Th	6-9 p.m.	Catherine Simmons	\$55
		R05088-103	N. Potomac CRC	12/12	Th	6-9 p.m.	Catherine Simmons	\$55

Intro to Digital Photography

16 and up	6 Sessions	R05088-104	N. Potomac CRC	9/16	M	6-7 p.m.	Catherine Simmons	\$120
		R05088-105	N. Potomac CRC	10/28	M	6-7 p.m.	Catherine Simmons	\$120

55+

55+
THERAPEUTIC
RECREATION

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THERAPEUTIC RECREATION

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POTTERY - CERAMICS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Handcrafted Pottery

17 and up	10 Sessions	R05093-116	Wheaton CRC	9/10	Tu	6-9 p.m.	Meg Dickerson	\$385
	11 Sessions	R05093-107	White Oak CRC	9/9	M	6-9 p.m.	Kiyoung Nam	\$365
		R05093-117	Wheaton CRC	9/11	W	9:30am-12:30pm	Meg Dickerson	\$420

Handcrafted Pottery Open Studio

17 and up	8 Sessions	R05093-111	Sligo Creek ES	9/12	Th	10 a.m.-1 p.m.	Cathy Grubman	\$300
	10 Sessions	R05093-113	N. Potomac CRC	9/12	Th	10 a.m.-1 p.m.	Joan Suchoski	\$335
		R05093-103	N. Potomac CRC	9/18	W	5:30-8:30 p.m.	Susan Mapp	\$335
		R05093-101	Ross Boddy NRC	9/18	W	10:30am-1:30pm	Susan Mapp	\$335
		R05093-102	Ross Boddy NRC	9/19	Th	5:30-8:30 p.m.	Susan Mapp	\$335
11 Sessions	R05093-112	N. Potomac CRC	9/10	Tu	10 a.m.-1 p.m.	Joan Suchoski	\$365	
	R05093-106	White Oak CRC	9/10	Tu	10 a.m.-1 p.m.	Kiyoung Nam	\$365	
12 Sessions	R05093-104	N. Potomac CRC	9/9	M	6-8:45 p.m.	Ann Marie Deml	\$395	
	R05093-119	Ross Boddy NRC	9/10	Tu	5:30-8:30 p.m.	Catherine Joanny	\$405	
	R05093-118	Ross Boddy NRC	9/14	Sa	10:30am-1:30pm	Catherine Joanny	\$405	
13 Sessions	R05093-114	Ross Boddy NRC	9/9	M	5:30-8:30 p.m.	Robin Ziek	\$425	

Introductory Pottery

17 and up	8 Sessions	R05093-105	N. Potomac CRC	9/19	Th	6-8:45 p.m.	Ann Marie Deml	\$275
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Pottery at Sligo

17 and up	8 Sessions	R05093-109	Sligo Creek ES	9/10	Tu	10 a.m.-1 p.m.	Cathy Grubman	\$300
	9 Sessions	R05093-115	Sligo Creek ES	9/9	M	6:30-9:30 p.m.	Meg Dickerson	\$335
		R05093-108	Sligo Creek ES	9/10	Tu	6:30-9:30 p.m.	Roger Kirk	\$335
		R05093-110	Sligo Creek ES	9/11	W	10 a.m.-1 p.m.	Cathy Grubman	\$335



CPR and First Aid

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
CPR, AED and First Aid								
16 and up	1 Session	R05032-101	Life Rescue Training	9/7	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-102	Life Rescue Training	10/12	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-103	Life Rescue Training	11/9	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-104	Life Rescue Training	12/7	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89

Safe Sitter

10-13	1 Session	R05099-101	N. Potomac CRC	12/14	Sa	10 a.m.-2:30 p.m.	Life Rescue Training	\$144
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Dance



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Jazzmatazz Preschool Dance								
3-4	10 Sessions	R05010-106	Long Branch CRC	10/5	Sa	10:15-11 a.m.	Betsy Saunders	\$150

BALLET

Pre-Ballet

3-4	8 Sessions	R05010-101	N. Potomac CRC	9/24	Tu	10-10:45 a.m.	Judy Schonberger	\$120
		R05010-103	N. Potomac CRC	9/25	W	4:30-5:15 p.m.	Judy Schonberger	\$120
4-5		R05010-102	N. Potomac CRC	9/24	Tu	10:50-11:35 a.m.	Judy Schonberger	\$120

Jazzmatazz PreBallet

5-7	10 Sessions	R05010-107	Long Branch CRC	10/5	Sa	11:15a.m.-Noon	Betsy Saunders	\$150
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Ballet 1

5-7	8 Sessions	R05010-104	N. Potomac CRC	9/25	W	5:20-6:05 p.m.	Judy Schonberger	\$120
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BALLROOM

Ballroom I

18 and up	9 Sessions	R05011-101	Lawton CRC	9/16	M	7-8 p.m.	Rebecca McKinney	\$99
	10 Sessions	R05011-103	Wheaton CRC	9/19	Th	7-8 p.m.	Rebecca McKinney	\$110

Ballroom II

18 and up	10 Sessions	R05011-102	Lawton CRC	9/16	M	8-9 p.m.	Rebecca McKinney	\$99
		R05011-104	Wheaton CRC	9/19	Th	8-9 p.m.	Rebecca McKinney	\$110

Ballroom III

18 and up	11 Sessions	R05011-105	Coffield CRC	9/17	Tu	7:30-8:30 p.m.	Rebecca McKinney	\$121
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BOLLYWOOD

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Bollywood Dance Fitness

16 and up	7 Sessions	R05017-103	Potomac CRC	9/17	Tu	7:15-8 p.m.	Kumud Mathur	\$110
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Bollywood Dance for Toddlers

2-5	7 Sessions	R05017-101	Potomac CRC	9/17	Tu	5:15-6 p.m.	Kumud Mathur	\$115
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Bollywood Kids

6-13	7 Sessions	R05017-102	Potomac CRC	9/17	Tu	6:15-7 p.m.	Kumud Mathur	\$110
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HIP HOP

Hip Hop Kids

5-8	8 Sessions	R05055-101	Germantown CRC	9/14	Sa	10-10:45 a.m.	Craig Perry	\$160
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9-14		R05055-102	Germantown CRC	9/14	Sa	11-11:45 a.m.	Craig Perry	\$160
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PeerPositivePOWER Popular Dance

12-16	6 Sessions	R05055-107	Silver Spring RAC	9/17	Tu	5-5:45 p.m.	Jane Pinczuk	\$90
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INTERNATIONAL

International Folk Dance Intro: Part 1

18 and up	4 Sessions	R05033-101	Lawton CRC	9/12	Th	10-11 a.m.	Sharon Gelboin-Katz	\$40
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International Folk Dance Intro: Part 2

18 and up	4 Sessions	R05033-102	Lawton CRC	10/31	Th	10-11 a.m.	Sharon Gelboin-Katz	\$40
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Intro to Hula Dance

16 and up	6 Sessions	R05057-101	Wheaton CRC	10/30	W	6-7 p.m.	Dawn Felsen	\$80
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Intro to Tahitian Dance

16 and up	6 Sessions	R05057-102	Lawton CRC	9/11	W	6-7 p.m.	Dawn Felsen	\$80
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Salsa Fit with Everest Wellness

18 and up	6 Sessions	R05100-101	Silver Spring RAC	9/19	Th	5:30-6:30 p.m.	Jeremy Sherron	\$84
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LINE DANCING

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
18 and up	10 Sessions	R05121-101	Wheaton CRC	9/17	Tu	6-7p.m.	PeytrienneMcCormick	\$90
	8 Sessions	R05121-102	Good Hope NRC	9/18	W	6-7p.m.	PeytrienneMcCormick	\$72

PLAYTIME AND MOVEMENT

Pop Stars

6-9	8 Sessions	R05338-107	BCC Center	9/21	Sa	1130am-1215pm	Tippi Toes	\$220
		R05338-103	N. Potomac CRC	9/21	Sa	1130am-1215pm	Tippi Toes	\$220
		R05338-106	White Oak CRC	9/21	Sa	1130am-1215pm	Tippi Toes	\$220

Toddler and Me

18 mos.-3yrs	8 Sessions	R05338-109	BCC Center	9/21	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-104	N. Potomac CRC	9/21	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-101	White Oak CRC	9/21	Sa	9:30-10:15 a.m.	Tippi Toes	\$220

TAP DANCING

Ballet Tap Jazz

3-5	8 Sessions	R05338-108	BCC Center	9/21	Sa	10:30-11:15am.	Tippi Toes	\$220
		R05338-102	N. Potomac CRC	9/21	Sa	10:30-11:15am.	Tippi Toes	\$220
		R05338-105	White Oak CRC	9/21	Sa	10:30-11:15am.	Tippi Toes	\$220

Tap Dance I

18 and up	12 Sessions	R05336-101	Lawton CRC	9/12	Th	4:50-5:50p.m.	Andrea Cali	\$132
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Tap Dance II

18 and up	12 Sessions	R05336-102	Lawton CRC	9/12	Th	6-7p.m.	Andrea Cali	\$132
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NEW FALL REGISTRATION DATES

Monday, Aug. 12 • 6:30 a.m.
Registration opens for most fall programs.

Monday, Aug. 12 • 9 a.m.
Registration opens for Bone Builders,
Day Trippers and SOAR.

Tuesday, Aug. 13 • 6:30 a.m.
Registration opens for fall aquatics programs.



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Fitness



AEROBIC DANCE

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Dance and Fitness								
16 and up	11 Sessions	R05035-104	Wheaton CRC	9/14	Sa	9:15-10:15 a.m.	Virginia Azuree	\$88
	22 Sessions	R05035-107	Bauer Drive CRC	9/9	M,W	5-6 p.m.	Virginia Azuree	\$176
	24 Sessions	R05035-106	White Oak CRC	9/9	M,W	7-8 p.m.	Virginia Azuree	\$192
		R05035-102	Veirs Mill LP	9/10	Tu,Th	9:30-10:30am.	Virginia Azuree	\$192
	R05035-103	Rock View ES	9/10	Tu,Th	6:30-7:30pm.	Virginia Azuree	\$192	
	R05035-109	Rock View ES	9/9	M,W	6:30-7:30 p.m.	Virginia Azuree	\$192	

Dance and Fitness Outdoors

16 and up	18 Sessions	R05035-101	Holiday Park SC	9/9	M,W	6:30-7:30pm.	Virginia Azuree	\$144
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Jacki Sorensen's Aerobic Dance

18 and up	10 Sessions	R05059-101	Potomac CRC	9/10	Tu	9-10am.	Karin Baker	\$110
	9 Sessions	R05059-102	Potomac CRC	9/12	Th	9-10 a.m.	Karin Baker	\$99

Jazzmatazz Aerobics with Pilates Mat

16 and up	12 Sessions	R05061-101	Wheaton CRC	9/17	Tu	7:15-8:30 p.m.	Betsy Saunders	\$144
		R05061-102	Wheaton CRC	9/19	Th	7:15-8:30 p.m.	Betsy Saunders	\$144
	24 Sessions	R05061-103	Wheaton CRC	9/17	Tu,Th	7:15-8:30 p.m.	Betsy Saunders	\$264

BODY SCULPTING

Definition Body Sculpting - Virtual and In Person

18 and up	23 Sessions	R05016-101	Clara Barton NRC	9/17	Tu,Th	9:15-10 a.m.	Juliet Rodman	\$230
	12 Sessions	R05016-102	Clara Barton NRC	9/17	Tu	9:15-10 a.m.	Juliet Rodman	\$120
	11 Sessions	R05016-103	Clara Barton NRC	9/19	Th	9:15-10 a.m.	Juliet Rodman	\$110

PILATES

Pilates for Fitness

16 and up	10 Sessions	R05091-101	Bauer Drive CRC	9/16	M	7-8 p.m.	Fit 2 Believe	\$100
	9 Sessions	R05091-102	Bauer Drive CRC	9/19	Th	7-8 p.m.	Fit 2 Believe	\$90
	12 Sessions	R05091-103	Lawton CRC	9/21	Sa	10-11 a.m.	Fit 2 Believe	\$120





STRENGTH TRAINING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Speed, Agility and Explosive Training								
8-12	15 Sessions	R05105-101	Plum Gar CRC	9/10	Tu,Th	4-5 p.m.	Redline Athletics	\$99
		R05105-103	Long Branch LP	9/10	Tu,Th	4-5 p.m.	Redline Athletics	\$99
13-18		R05105-102	Plum Gar CRC	9/10	Tu,Th	5-6 p.m.	Redline Athletics	\$99
		R05105-104	Long Branch LP	9/10	Tu,Th	5-6 p.m.	Redline Athletics	\$99

TOTAL BODY CONDITIONING

Basic Barre

18 and up	11 Sessions	R05327-102	Wheaton CRC	9/11	W	7:15-8:15 p.m.	Patricia Anderson	\$132
		R05327-101	Wheaton CRC	9/14	Sa	10:15-11:15 a.m.	Patricia Anderson	\$132

Boxing

16 and up	12 Sessions	R05342-103	Silver Spring RAC	9/17	Tu	5-6 p.m.	WBG Sports & Fitness	\$120
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Cardio Kickboxing

16 and up	13 Sessions	R05342-106	Plum Gar CRC	9/10	Tu	5:45-6:45 p.m.	Serenity Yoga	\$104
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Fit Family Boxing and Kickboxing

7 and up	12 Sessions	R05342-101	Lawton CRC	9/17	Tu	7-8 p.m.	Fit 2 Believe	\$120
		R05342-102	Lawton CRC	9/21	Sa	11 a.m.-Noon	Fit 2 Believe	\$120

Fitness Boot Camp

17 and up	6 Sessions	R05018-105	Silver Spring RAC	9/16	M	6:30-7:30 p.m.	Everest Wellness	\$84
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High Intensity Interval Training (HIIT)

16 and up	12 Sessions	R05018-103	Silver Spring RAC	9/18	W	6:30-7:25 p.m.	WGB	\$120
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Kelley's 50+ Complete Fitness

50 and up	5 Sessions	R05072-103	Wheaton CRC	11/4	M	9:15-10:30 a.m.	Pamela Kelley	\$50
		R05072-104	Wheaton CRC	11/7	Th	9:15-10:30 a.m.	Pamela Kelley	\$50

Kelley's Complete Fitness

18 and up	6 Sessions	R05072-102	Bauer Drive CRC	10/23	W	9:15-10:30 a.m.	Pamela Kelley	\$60
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Limitless Fitness

16 and up	12 Sessions	R05018-104	Silver Spring RAC	9/17	Tu	7:30-8:30 p.m.	WBG Sports & Fitness	\$120
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Total Body Conditioning

16 and up	10 Sessions	R05018-101	Bauer Drive CRC	9/18	W	7-8 p.m.	Fit 2 Believe	\$100
		R05018-102	Potomac CRC	9/21	Sa	11 a.m.-Noon	Fit 2 Believe	\$100

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ZUMBA

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Zumba								
13 and up	12 Sessions	R05132-101	Mid-County CRC	9/9	M	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$90
	11 Sessions	R05132-102	Mid-County CRC	9/11	W	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$99
		R05132-103	Bauer Drive CRC	9/14	Sa	9:15-10:15 a.m.	Michelle Johnson-Lancaster	\$99
16 and up	13 Sessions	R05132-112	Plum Gar CRC	9/10	Tu	7-8 p.m.	Andria O'Brien	\$108
	10 Sessions	R05132-111	Damascus CRC	9/11	W	7-8 p.m.	Andria O'Brien	\$90
	9 Sessions	R05132-107	Germantown CRC	9/12	Th	7-8 p.m.	Andria O'Brien	\$81
	11 Sessions	R05132-105	Wheaton CRC	9/14	Sa	10:30-11:30 a.m.	Ingrid Higgins	\$88
	6 Sessions	R05132-108	Good Hope NRC	10/30	W	6:45-7:45 p.m.	Ingrid Higgins	\$48

Zumba Gold

18 and up	13 Sessions	R05132-110	Lawton CRC	9/9	M	11:15am-12:15pm	Sharon Gelboin-Katz	\$130
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Zumba Toning

16 and up	6 Sessions	R05133-101	Good Hope NRC	9/11	W	6:45-7:45 p.m.	Ingrid Higgins	\$48
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Health and Wellness



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YOGA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Beginner Yoga

16 and up	12 Sessions	R05128-118	Silver Spring RAC	9/21	Sa	11 a.m.-Noon	Anne Harrison	\$132
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Essential Yoga for Beginners

16 and up	12 Sessions	R05128-110	Coffield CRC	9/12	Th	6-7pm	Tamara Lewis Johnson	\$120
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Gentle Yoga

18 and up	12 Sessions	R05128-103	Bauer Drive CRC	9/10	Tu	6:15-7:15pm	Irene Bopp	\$132
		R05128-109	Mid-County CRC	9/11	W	10:45 a.m.-Noon	Nancy Nettle	\$180

Stress Relief with Egyptian Yoga

18 and up	6 Sessions	R05128-121	Silver Spring RAC	9/18	W	6-7 p.m.	Everest Wellness	\$84
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Wisdom Yoga

16 and up	13 Sessions	R05128-108	BCC Center	9/13	F	10:30-11:30 a.m.	Anne Harrison	\$143
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Yoga Basic

18 and up	12 Sessions	R05128-104	Bauer Drive CRC	9/10	Tu	7:30-8:30 p.m.	Irene Bopp	\$132
	10 Sessions	R05128-106	Good Hope NRC	9/12	Th	11 a.m.-Noon	Irene Bopp	\$110
		R05128-107	Good Hope NRC	9/12	Th	7-8 p.m.	Irene Bopp	\$110

Yoga for Vitality

21 and up	11 Sessions	R05128-112	Wheaton CRC	9/10	Tu	9:30-10:30 a.m.	Warrior One Yoga	\$143
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Yoga I/II

18 and up	9 Sessions	R05128-119	N. Potomac CRC	9/11	W	7-8 p.m.	Hannah Davis	\$108
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Yoga I: Restore and Recharge

18 and up	9 Sessions	R05128-101	Wheaton CRC	9/9	M	7-8 p.m.	Hannah Davis	\$108
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Yoga with Sylvia

16 and up	12 Sessions	R05128-122	Plum Gar CRC	9/12	Th	6-7 p.m.	Serenity Yoga	\$96
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Yogalates (Yoga and Pilates)

18 and up	11 Sessions	R05128-102	Wheaton CRC	9/10	Tu	6-7 p.m.	Anne Harrison	\$121
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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	13 Sessions	R05005-101	Ross Boddy NRC	9/9	M	7-8:30pm.	Christopher Rowe	\$117
Suenaka-ha Aikido								
14 and up	13 Sessions	R05005-102	Lawton CRC	9/11	W	6-8pm.	James Huss	\$100

KARATE-JUJITSU Beginners Youth Karate

4-5	4 Sessions	R05352-101	White Oak CRC	9/9	M	6:10-6:55 p.m.	CORE FC	\$75
		R05352-103	White Oak CRC	10/7	M	6:10-6:55 p.m.	CORE FC	\$75
		R05352-105	White Oak CRC	11/18	M	6:10-6:55 p.m.	CORE FC	\$75
6-7		R05352-106	White Oak CRC	11/18	M	7-7:50 p.m.	CORE FC	\$75
		R05352-102	White Oak CRC	9/9	M	7-7:50 p.m.	CORE FC	\$75
		R05352-104	White Oak CRC	10/7	M	7-7:50 p.m.	CORE FC	\$75

Okinawan Karate

18 and up	25 Sessions	R05357-101	Silver Spring RAC	9/16	M,Th	7-8:30 p.m.	Kokyuho LLC	\$140
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TKA Adult Karate

13 and up	11 Sessions	R05070-103	Germantown CRC	9/10	Tu	8-9:30 p.m.	TKA	\$110	
		R05070-104	Mid-County CRC	9/10	Tu	7:30-9 p.m.	TKA	\$110	
		R05070-105	Damascus CRC	9/11	W	8-9:30 p.m.	TKA	\$110	
		R05070-107	Bethesda ES	9/12	Th	8-9:30 p.m.	TKA	\$110	
	12 Sessions	R05070-108	Praisner CRC	9/12	Th	7:30-9 p.m.	TKA	\$110	
		13 Sessions	R05070-102	Wheaton CRC	9/9	M	7:30-9 p.m.	TKA	\$120
			R05070-101	Upper County CRC	9/9	M	8-9:30 p.m.	TKA	\$130
		R05070-106	Bauer Drive CRC	9/11	W	8-9:30 p.m.	TKA	\$130	

TKA Karate Jujitsu Club

18 and up	13 Sessions	R05070-109	White Oak CRC	9/13	F	7:30-8:30pm.	TKA	\$52
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TKA Karate Jujitsu Club 2

18 and up	13 Sessions	R05070-110	White Oak CRC	9/13	F	8:30-9:30pm.	TKA	\$59
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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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TKA Youth Karate All Levels

6-12	11 Sessions	R05066-116	Praisner CRC	9/12	Th	6:30-7:30 p.m.	TKA	\$99
		R05066-117	Bethesda ES	9/12	Th	7-8 p.m.	TKA	\$99
	13 Sessions	R05066-111	Clara Barton NRC	9/11	W	6:30-7:30 p.m.	TKA	\$117

TKA Youth Karate Advanced White Belt and Higher

6-12	12 Sessions	R05066-104	Wheaton CRC	9/9	M	6:30-7:30 p.m.	TKA	\$108
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TKA Youth Karate Beginner through Orange Belts

6-12	11 Sessions	R05066-105	Germantown CRC	9/10	Tu	6-7 p.m.	TKA	\$99
		R05066-109	Damascus CRC	9/11	W	6-7 p.m.	TKA	\$99

TKA Youth Karate Beginner through White Belts

6-12	13 Sessions	R05066-101	Upper County CRC	9/9	M	6-7 p.m.	TKA	\$117
		R05066-112	Bauer Drive CRC	9/11	W	6-7 p.m.	TKA	\$117

TKA Youth Karate Beginners and Advanced White Belts

6-12	11 Sessions	R05066-107	Mid-County CRC	9/10	Tu	5:45-6:30 p.m.	TKA	\$77
	13 Sessions	R05066-114	Potomac CRC	9/11	W	6-7 p.m.	TKA	\$117

TKA Youth Karate Beginners Only

6-12	12 Sessions	R05066-103	Wheaton CRC	9/9	M	5:45-6:30 p.m.	TKA	\$84
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TKA Youth Karate Intermediate

6-12	11 Sessions	R05066-106	Germantown CRC	9/10	Tu	7-8 p.m.	TKA	\$99
		R05066-110	Damascus CRC	9/11	W	7-8 p.m.	TKA	\$99
	13 Sessions	R05066-102	Upper County CRC	9/9	M	7-8 p.m.	TKA	\$117
		R05066-113	Bauer Drive CRC	9/11	W	7-8 p.m.	TKA	\$117

TKA Youth Karate Orange Belt and Higher

6-12	11 Sessions	R05066-108	Mid-County CRC	9/10	Tu	6:30-7:30 p.m.	TKA	\$99
	13 Sessions	R05066-115	Potomac CRC	9/11	W	7-8 p.m.	TKA	\$117

Zen Budo Karate

5-11	10 Sessions	R05360-101	Silver Spring RAC	10/2	W	6:45-7:30 p.m.	Chris Bowers	\$98
13 and up		R05360-102	Silver Spring RAC	10/2	W	7:45-8:45 p.m.	Chris Bowers	\$98





55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

SELF-DEFENSE

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Practical Self Defense								
14 and up	25 Sessions	R05095-101	Wisconsin Place CRC	9/9	M,Th	7-8 p.m.	Ivan Black	\$125

TAI CHI

Tai Chi

16 and up	13 Sessions	R05112-105	Clara Barton NRC	9/11	M	10-10:45 a.m.	AC Health & Fitness	\$130
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Tai Chi Beginning

13 and up	9 Sessions	R05112-101	Bauer Drive CRC	9/9	M	7-8 p.m.	Elizabeth Leek	\$90
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Tai Chi Continuing

13 and up	9 Sessions	R05112-102	Bauer Drive CRC	9/9	M	8-9 p.m.	Elizabeth Leek	\$90
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VOVINAM

Vovinam Martial Arts

6-13	12 Sessions	R05126-103	Long Branch CRC	9/14	Sat	10-11 a.m.	Yanni Nguyen	FREE
	13 Sessions	R05126-105	Plum Gar CRC	9/9	M	6-7 p.m.	Yanni Nguyen	FREE
		R05126-101	Long Branch CRC	9/11	W	6-7 p.m.	Yanni Nguyen	FREE
14 and up	12 Sessions	R05126-104	Long Branch CRC	9/14	Sat	11 a.m.-Noon	Yanni Nguyen	FREE
	13 Sessions	R05126-106	Plum Gar CRC	9/9	M	7-8 p.m.	Yanni Nguyen	FREE
		R05126-102	Long Branch CRC	9/11	W	7-8:30 p.m.	Yanni Nguyen	FREE





Rec Assist

Financial Assistance Program



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

For more information visit WWW.MOCOREC.COM
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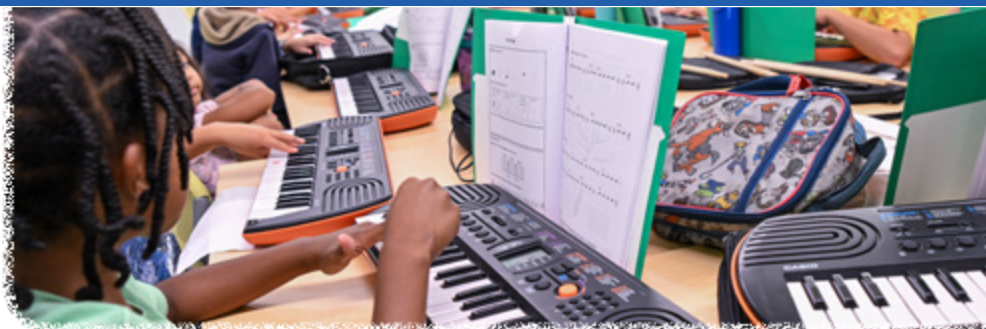
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Music



[CLICK HERE TO REGISTER.](#)

DJ-ING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
13-17	6 Sessions	R05377-101	Germantown CRC	9/21	Sa	Noon-1 p.m.	Milkr8z	\$325
17 and up		R05377-102	Germantown CRC	9/21	Sa	1-2 p.m.	Milkr8z	\$325

Intro to DJ'ing

GUITAR

Beginner Guitar

8-12	8 Sessions	R05053-103	School of Music	9/20	F	5:30-6:20 p.m.	Kevin Mittleman	\$130
13 and up		R05053-101	School of Music	9/16	M	8-8:50 p.m.	Kevin Mittleman	\$130

Beginner Guitar Rental

8-12	8 Sessions	R05053-107	School of Music	9/20	F	5:30-6:20 p.m.	Kevin Mittleman	\$40
13 and up		R05053-105	School of Music	9/20	F	5:30-6:20 p.m.	Kevin Mittleman	\$40

Intermediate Guitar

13 and up	8 Sessions	R05053-102	School of Music	9/19	Th	8-8:50 p.m.	Kevin Mittleman	\$130
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Intermediate Guitar Rental

13 and up	8 Sessions	R05053-106	School of Music	9/19	Th	8-8:50 p.m.	Kevin Mittleman	\$40
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Groovy Guitar

5-12	7 Sessions	R05053-104	Bauer Drive CRC	10/23	W	7-8 p.m.	Kevin Mittleman	\$178
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PIANO

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
5-12	7 Sessions	R05089-101	Bauer Drive CRC	10/23	W	7-8 p.m.	Learn Now Music	\$178

Poppin Piano

PLAYTIME AND MUSIC

Music Together

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
0-4	10 Sessions	R05085-101	Wheaton CRC	9/12	Th	10:30-11:15 a.m.	Nancy Nuttle	\$350
		R05085-102	Wheaton CRC	9/12	Th	11:30am-12:15pm	Nancy Nuttle	\$350
		R05085-103	Mid-County CRC	9/14	Sa	10-10:45 a.m.	Nancy Nuttle	\$350
		R05085-104	Mid-County CRC	9/14	Sa	11-11:45 a.m.	Nancy Nuttle	\$350
		R05085-105	Silver Spring RAC	9/24	Sa	9:15-10 a.m.	Nancy Nuttle	\$350
		R05085-106	Silver Spring RAC	9/24	Sa	10:15-11 a.m.	Nancy Nuttle	\$350
		R05085-107	Silver Spring RAC	9/24	Sa	11:15am-Noon	Nancy Nuttle	\$350

VIOLIN

Viva Violin

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
5-12	7 Sessions	R05359-101	Longwood CRC	10/26	Sa	10-11 a.m.	Learn Now Music	\$178



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THERAPEUTIC
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SPORTS

CLASSES

AQUATICS



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S.T.E.A.M.



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
A.I. Explorer								
8-10	12 Sessions	R05344-106	Bauer Drive CRC	9/12	Th	4:30-5:30 p.m.	The Olive Academy	\$140
Gemology I								
18 and up	10 Sessions	R05049-101	Potomac CRC	9/12	Th	10 a.m.-12:15 p.m.	Timothy Morgan	\$90
Gemology II Advanced								
18 and up	11 Sessions	R05049-102	Potomac CRC	9/11	W	10 a.m.-12:15 p.m.	Timothy Morgan	\$100
Graphic Design								
11-14	13 Sessions	R05344-107	Bauer Drive CRC	9/10	Tu	4:30-5:30 p.m.	The Olive Academy	\$140
		R05344-105	Bauer Drive CRC	9/11	W	4:30-5:30 p.m.	The Olive Academy	\$140
Snapology Developing Engineers								
5-12	13 Sessions	R05344-103	Wheaton CRC	9/11	W	6-7 p.m.	Supernova Kids	\$260
Snapology Robo Pets								
5-12	13 Sessions	R05344-102	Wheaton CRC	9/9	M	6-7 p.m.	Supernova Kids	\$260
STEM Clubhouse								
8-13	3 Sessions	R05344-101	White Oak MS	10/12	Sa	9 a.m.-Noon	Boolean Girl	\$135
		R05344-104	White Oak MS	11/9	Sa	9 a.m.-Noon	Boolean Girl	\$135



KIDS DAY OUT

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

Search this code
on ActiveMontgomery.org

Activity R05113 🔍



Fall 2024
Multiple Locations

TEENS DAY OUT

Looking for something to do when there is no school?
Join us for a day filled with fun, including field trips and other special activities! fun, with well-planned and supervised activities.

Search this code
on ActiveMontgomery.org

Activity R09017 🔍



WINTER CAMPS

SPEND YOUR WINTER BREAK WITH US!



WINTER 2024

- ❄️ Coach Doug Club Holiday
(Half Days, Full Days, AM, PM and extended sessions available)
- ❄️ Jump Start Sports Multi Sport Camp
- ❄️ TKA Karate Clinic
- ❄️ Youth with Disabilities
- ❄️ Teens with Disabilities
- ❄️ Volleyball

**MORE INFORMATION
COMING SOON**



Sports



BADMINTON

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Badminton Beginner/Advanced Beginner Family								
9 and up	11 Sessions	R05008-101	Bauer Drive CRC	9/14	Sa	9:30-10:30 a.m.	Yen-Ping Chao	\$140
Badminton Intermediate Family								
10 and up	11 Sessions	R05008-102	Bauer Drive CRC	9/14	Sa	10:30am-12:30pm	Yen-Ping Chao	\$210
Badminton Advanced Family								
11 and up	11 Sessions	R05008-103	Bauer Drive CRC	9/14	Sa	12:45-1:45 p.m.	Yen-Ping Chao	\$210

BASEBALL

Rookie League Baseball

5-6	6 Sessions	R05323-104	Layhill LP	9/15	Su	2:30-3:30 p.m.	Jump Start Sports	\$135
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T-Birds T-Ball

3-4	6 Sessions	R05323-103	Layhill LP	9/15	Su	1:30-2:25 p.m.	Jump Start Sports	\$135
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CRICKET

Youth Cricketball Academy (Play Montgomery)

6-8	9 Sessions	R05364-307	Calverton Galway LP	9/14	Sa	9 a.m.-Noon		FREE
9-12		R05364-308	Calverton Galway LP	9/14	Sa	9 a.m.-Noon		FREE
13-16		R05364-309	Calverton Galway LP	9/14	Sa	9 a.m.-Noon		FREE



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

BASKETBALL

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Play Montgomery Youth Basketball Skills Clinic

5-8	6 Sessions	R05320-120	Germantown CRC	9/16	M	5:30-6:30 p.m.	Train Like a Pro	\$75
		R05320-121	Germantown CRC	11/4	M	5:30-6:30 p.m.	Train Like a Pro	\$75

Train Like a Pro Juniors Basketball Skills and Drills

5-9	5 Sessions	R05012-102	Potomac CRC	9/15	Su	12:30-1:30 p.m.	Train Like a Pro	\$75
	6 Sessions	R05012-104	N. Potomac CRC	9/14	Sa	Noon-1 p.m.	Train Like a Pro	\$88
		R05012-114	N. Potomac CRC	11/2	Sa	Noon-1 p.m.	Train Like a Pro	\$88
		R05012-112	Potomac CRC	11/10	Su	12:30-1:30 p.m.	Train Like a Pro	\$88

Train Like a Pro Basketball Skills and Drills

8-14	5 Sessions	R05012-105	Cabin John MS	9/19	Th	6:30-8 p.m.	Train Like a Pro	\$112		
		R05012-116	Germantown CRC	11/4	M	6:30-8 p.m.	Train Like a Pro	\$112		
	6 Sessions	R05012-115	Cabin John MS	10/31	Th	6:30-8 p.m.	Train Like a Pro	\$133		
		R05012-106	Germantown CRC	9/9	M	6:30-8 p.m.	Train Like a Pro	\$133		
		R05012-109	Tilden MS	9/18	W	6:30-8 p.m.	Train Like a Pro	\$133		
		R05012-119	Tilden MS	10/30	W	6:30-8 p.m.	Train Like a Pro	\$133		
		R05012-110	Wood MS	9/17	Tu	6:30-8 p.m.	Train Like a Pro	\$133		
		R05012-120	Wood MS	10/29	Tu	6:30-8 p.m.	Train Like a Pro	\$133		
		10-14	5 Sessions	R05012-101	Potomac CRC	9/15	Su	1:30-3 p.m.	Train Like a Pro	\$112
			6 Sessions	R05012-103	N. Potomac CRC	9/14	Sa	1-2:30 p.m.	Train Like a Pro	\$133
R05012-113	N. Potomac CRC			11/2	Sa	1-2:30 p.m.	Train Like a Pro	\$133		
		R05012-111	Potomac CRC	11/10	Su	1:30-3 p.m.	Train Like a Pro	\$133		

OTA Basketball Academy

3-5	6 Sessions	R05317-101	Arcola ES	9/7	Sa	9-9:45 a.m.	Overtime Athletics	\$105
		R05317-107	Luxmanor ES	9/7	Sa	1-1:45 p.m.	Overtime Athletics	\$105
6-8		R05317-102	Arcola ES	9/7	Sa	10-11 a.m.	Overtime Athletics	\$105
		R05317-108	Luxmanor ES	9/7	Sa	2-3 p.m.	Overtime Athletics	\$105
9-11		R05317-103	Arcola ES	9/7	Sa	11 a.m.-Noon	Overtime Athletics	\$105
		R05317-109	Luxmanor ES	9/7	Sa	3-4 p.m.	Overtime Athletics	\$105

LOOKING TO JOIN A LEAGUE?

SPORTS LEAGUES

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Therapeutic
Recreation

Sports

Classes

Aquatics



CHEER AND POMS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Pom Poms

7-10	8 Sessions	R05021-101	Wootton HS	9/4	W	6:45-7:45 p.m.		\$160
		R05021-102	Wootton HS	9/4	W	8-9 p.m.		\$160

Rockville Baton Twirling

7-10	8 Sessions	R05021-103	Wootton HS	9/4	W	5:30-6:30 p.m.		\$160
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FLAG FOOTBALL

OTA Flag Football Clinic

5-8	7 Sessions	R05317-104	Arcola LP	9/10	Tu	5-6 p.m.	Overtime Athletics	\$135
9-11		R05317-105	Arcola LP	9/10	Tu	6-7 p.m.	Overtime Athletics	\$135

MULTI-SPORTS

Coach Doug Pre Wee Wanna Be

18 mos-3	10 Sessions	R05025-105	Bauer Drive CRC	9/25	W	9:30-10:15 a.m.	Coach Doug Academy	\$150
		R05025-107	Potomac CRC	9/26	Th	9:30-10:15 a.m.	Coach Doug Academy	\$150

Coach Doug Seasonal Sports

4-7	10 Sessions	R05025-103	Germantown CRC	9/24	Tu	4:15-5 p.m.	Coach Doug Academy	\$150
		R05025-109	Potomac CRC	9/26	Th	4:15-5 p.m.	Coach Doug Academy	\$150
		R05025-115	Oakland Terrace ES	9/21	Sa	11-11:45 a.m.	Coach Doug Academy	\$150

Coach Doug Wee Wanna Be

3-5	10 Sessions	R05025-106	Bauer Drive CRC	9/25	W	10:30-11:15 a.m.	Coach Doug Academy	\$150
		R05025-102	Germantown CRC	9/24	Tu	10:30-11:15 a.m.	Coach Doug Academy	\$150
		R05025-113	Oakland Terrace ES	9/21	Sa	9:30-10:15 a.m.	Coach Doug Academy	\$150
		R05025-114	Oakland Terrace ES	9/21	Sa	10:15-11 a.m.	Coach Doug Academy	\$145
		R05025-111	Potomac CRC	9/22	Su	9:30-10:15 a.m.	Coach Doug Academy	\$150
		R05025-112	Potomac CRC	9/22	Su	10:15-11 a.m.	Coach Doug Academy	\$150
		R05025-108	Potomac CRC	9/26	Th	10:15-11 a.m.	Coach Doug Academy	\$150



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

PICKLEBALL



Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
Beginner 1.0							
18 and up	1 Session	R05261-133	Longwood CRC	9/7	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-128	Ross Boddy NRC	9/3	Tu	6-8:30 p.m.	\$55
	2 Sessions	R05261-112	N. Potomac CRC	9/9	M	Noon-1:30 p.m.	\$60
		R05261-115	N. Potomac CRC	10/21	M	Noon-1:30 p.m.	\$60
		R05261-122	Potomac CRC	9/24	Tu	Noon-2 p.m.	\$80
		R05261-124	Potomac CRC	11/12	Tu	Noon-2 p.m.	\$80
		R05261-139	Coffield CRC	9/11	W	6:30-7:30 p.m.	\$69
	3 Sessions	R05261-140	Coffield CRC	10/9	W	6:30-7:30 p.m.	\$69
		R05261-141	Coffield CRC	11/6	W	6:30-7:30 p.m.	\$69
		R05261-104	Coffield CRC	12/4	W	6:30-7:30 p.m.	\$69
		R05261-154	Damascus CRC	9/3	Tu	2:30-3:30 p.m.	\$60
		R05261-155	Damascus CRC	10/1	Tu	2:30-3:30 p.m.	\$60
		R05261-156	Damascus CRC	11/5	Tu	2:30-3:30 p.m.	\$60
		R05261-142	Lawton CRC	9/11	W	12:15-1:15 p.m.	\$69
		R05261-143	Lawton CRC	10/2	W	12:15-1:15 p.m.	\$69
		R05261-144	Lawton CRC	11/6	W	12:15-1:15 p.m.	\$69
		R05261-117	N. Potomac CRC	12/2	M	Noon-1:30 p.m.	\$90
		R05261-110	Praisner CRC	11/8	F	11:15 a.m.-12:15 p.m.	\$69
		R05261-145	Silver Spring RAC	9/16	M	1:15-2:15 p.m.	\$69
		R05261-146	Silver Spring RAC	9/16	M	5:15-6:15 p.m.	\$69
		R05261-147	Silver Spring RAC	10/7	M	5:15-6:15 p.m.	\$69
		R05261-148	Silver Spring RAC	10/7	M	1:15-2:15 p.m.	\$69
R05261-149	Silver Spring RAC	11/4	M	1:15-2:15 p.m.	\$69		
R05261-150	Silver Spring RAC	11/4	M	5:15-6:15 p.m.	\$69		
R05261-157	Upper County CRC	10/2	W	1:30-2:30 p.m.	\$60		
R05261-158	Upper County CRC	11/6	W	1:30-2:30 p.m.	\$60		

Advanced Beginner 1.5-2.0

18 and up	3 Sessions	R05262-123	Coffield CRC	9/11	W	7:30-8:30 p.m.	\$69
		R05262-124	Coffield CRC	10/9	W	7:30-8:30 p.m.	\$69
		R05262-125	Coffield CRC	11/6	W	7:30-8:30 p.m.	\$69
		R05262-126	Lawton CRC CRC	9/11	W	1:15-2:15 p.m.	\$69
		R05262-127	Lawton CRC CRC	10/2	W	1:15-2:15 p.m.	\$69
		R05262-128	Lawton CRC CRC	11/6	W	1:15-2:15 p.m.	\$69
		R05262-129	Silver Spring RAC	9/16	M	2:15-3:15 p.m.	\$69
		R05262-130	Silver Spring RAC	9/16	M	6:15-7:15 p.m.	\$69
		R05262-131	Silver Spring RAC	10/7	M	2:15-3:15 p.m.	\$69
		R05262-132	Silver Spring RAC	10/7	M	6:15-7:15 p.m.	\$69
		R05262-133	Silver Spring RAC	11/4	M	2:15-3:15 p.m.	\$69
		R05262-134	Silver Spring RAC	11/4	M	6:15-7:15 p.m.	\$69



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PICKLEBALL

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
Beginner 2							
18 and up	1 Session	R05261-134	Longwood CRC	9/28	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-130	Ross Boddy NRC	9/17	Tu	6-8:30 p.m.	\$55
Beginner Skills & Drills							
18 and up	1 Session	R05261-135	Longwood CRC	10/5	Sa	10 a.m.-12:30 p.m.	\$55
		R05261-113	N. Potomac CRC	9/30	M	Noon-1:30 p.m.	\$30
		R05261-131	Ross Boddy NRC	10/1	Tu	6-8:30 p.m.	\$55
	3 Sessions	R05261-159	Damascus CRC	9/3	Tu	3:30-4:30 p.m.	\$60
		R05261-160	Damascus CRC	10/1	Tu	3:30-4:30 p.m.	\$60
		R05261-161	Damascus CRC	11/5	Tu	3:30-4:30 p.m.	\$60
		R05261-162	Upper County CRC	10/2	W	2:30-3:30 p.m.	\$60
		R05261-163	Upper County CRC	11/6	W	2:30-3:30 p.m.	\$60

Family Pickleball Night

11 and up	1 Session	R05261-153	Ross Boddy NRC	11/1	F	6-8:45 p.m.	\$60
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CLINICS

Dinking and Dropping

18 and up	2 Sessions	R05263-103	Potomac CRC	10/8	Tu	Noon-2 p.m.	\$80
	1 Session	R05263-101	N. Potomac CRC	11/18	M	Noon-1:30 p.m.	\$30

Dinking and Volley

18 and up	2 Sessions	R05263-105	Damascus CRC	12/3	Tu	3:30-4:30 p.m.	\$40
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Intermediate Volley and Volley Zone Footwork

18 and up	1 Session	R05263-102	N. Potomac CRC	11/18	M	1:30-3 p.m.	\$30
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Serve, Return and Transition

18 and up	2 Sessions	R05263-104	Damascus CRC	12/3	Tu	2:30-3:30 p.m.	\$40
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55+

THERAPEUTIC RECREATION

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CLASSES

AQUATICS

PICKLEBALL

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intermediate								
18 and up	1 Session	R05262-113	N. Potomac CRC	9/30	M	1:30-3 p.m.		\$30
	2 Sessions	R05262-112	N. Potomac CRC	9/9	M	1:30-3 p.m.		\$60
		R05262-114	N. Potomac CRC	10/21	M	1:30-3 p.m.		\$60
		R05262-116	Potomac CRC	12/10	Tu	Noon-2 p.m.		\$80
Intermediate 1								
18 and up	1 Session	R05262-122	Longwood CRC	11/2	Sa	10 a.m.-12:30 p.m.		\$55
		R05262-118	Ross Boddy NRC	11/5	Tu	6-8:30 p.m.		\$55
Intermediate 2								
18 and up	1 Session	R05262-135	Longwood CRC	11/16	Sa	10 a.m.-12:30 p.m.		\$55
		R05262-119	Ross Boddy NRC	11/19	Tu	6-8:30 p.m.		\$55
Intermediate Guide to Play								
18 and up	2 Sessions	R05348-110	Potomac CRC	9/10	Tu	10 a.m.-Noon		\$80
	3 Sessions	R05348-112	N. Potomac CRC	12/2	M	1:30-3 p.m.		\$90
Intermediate Skills and Drills								
18 and up	1 Session	R05262-121	Longwood CRC	10/24	Th	6-8:30 p.m.		\$55
		R05262-136	Longwood CRC	12/7	Sa	10 a.m.-12:30 p.m.		\$55
		R05262-120	Ross Boddy NRC	12/3	Tu	6-8:30 p.m.		\$55
Pickleball Tournament								
King & Queen: Beginner								
18 and up	1 Session	R05348-107	Ross Boddy NRC	10/15	Tu	6-8:45 p.m.		\$25
King & Queen: Intermediate								
18 and up	1 Session	R05348-108	Ross Boddy NRC	12/10	Tu	6-8:45 p.m.		\$25
		R05348-109	Longwood CRC	12/14	Sa	10:15 a.m.-12:30 p.m.		\$25
Men's Singles								
18 and up	1 Session	R05348-102	Wood MS	10/19	Sa	8-10 a.m.		\$40
Women's Singles								
18 and up	1 Session	R05348-101	Wood MS	10/19	Sa	8-10 a.m.		\$40
Men's Doubles								
18 and up	1 Session	R05348-104	Wood MS	10/19	Sa	10 a.m.-2 p.m.		\$70
Women's Doubles								
18 and up	1 Session	R05348-103	Wood MS	10/19	Sa	10 a.m.-2 p.m.		\$70
Mix Doubles								
18 and up	1 Session	R05348-105	Wood MS	10/19	Sa	2-6 p.m.		\$70

55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



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SKATEBOARDING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Beginner Skateboarding								
5-7	5 Sessions	R05363-104	Damascus CRC	11/8	F	4-5 p.m.	Goats on Wheels	\$25
	6 Sessions	R05363-106	Clara Barton NRC	9/11	W	4-5 p.m.	Goats on Wheels	\$25
		R05363-108	Clara Barton NRC	10/30	W	4-5 p.m.	Goats on Wheels	\$25
		R05363-102	Damascus CRC	9/13	F	4-5 p.m.	Goats on Wheels	\$25
8-11	5 Sessions	R05363-103	Damascus CRC	11/8	F	5-6 p.m.	Goats on Wheels	\$25
	6 Sessions	R05363-105	Clara Barton NRC	9/11	W	5-6 p.m.	Goats on Wheels	\$25
		R05363-101	Damascus CRC	9/13	F	5-6 p.m.	Goats on Wheels	\$25
		R05363-103	Damascus CRC	11/8	F	5-6 p.m.	Goats on Wheels	\$25



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

SOCCER

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Coach Doug Soccer

3-5	10 Sessions	R05025-104	Germantown CRC	9/24	Tu	5-5:45 p.m.	Coach Doug Academy	\$145
		R05025-110	Potomac CRC	9/26	Th	5-5:45 p.m.	Coach Doug Academy	\$145
		R05025-116	Oakland Terrace ES	9/21	Sa	11:45am-12:30pm	Coach Doug Academy	\$145

CORE Elite Indoor Soccer Clinic

4-6	6 Sessions	R05103-140	Mid-County CRC	11/1	F	4:05-4:55 p.m.	CORE FC	\$177
		R05103-139	Mid-County CRC	11/1	F	4:55-5:45 p.m.	CORE FC	\$177
7-9		R05103-141	Longwood CRC	11/2	Sa	4-4:55 p.m.	CORE FC	\$177
10-14		R05103-142	Longwood CRC	11/2	Sa	3:10-4 p.m.	CORE FC	\$177

CORE Grassroots Soccer Clinic

3-5	5 Sessions	R05103-131	Bauer Drive CRC	9/21	Sa	10-10:45 a.m.	CORE FC	\$104
		R05103-135	Damascus CRC	9/21	Sa	2-2:45 p.m.	CORE FC	\$104
		R05103-137	Germantown CRC	9/21	Sa	10-10:45 a.m.	CORE FC	\$104
		R05103-133	Potomac CRC	9/21	Sa	2-2:45 p.m.	CORE FC	\$104
6-8		R05103-132	Bauer Drive CRC	9/21	Sa	11-11:55 a.m.	CORE FC	\$104
		R05103-136	Damascus CRC	9/21	Sa	3-3:55 p.m.	CORE FC	\$104
		R05103-138	Germantown CRC	9/21	Sa	11-11:55 a.m.	CORE FC	\$104
		R05103-134	Potomac CRC	9/21	Sa	3-3:55 p.m.	CORE FC	\$104

Jump Start Hummingbirds Soccer Program

3-5	6 Sessions	R05103-111	Fernwood LP	9/14	Sa	10-10:55 a.m.	Jump Start Sports	\$135
		R05103-115	Layhill Village LP	9/14	Sa	1:30-2:25 p.m.	Jump Start Sports	\$135
5-6		R05103-112	Fernwood LP	9/14	Sa	11 a.m.-Noon	Jump Start Sports	\$135
		R05103-116	Layhill Village LP	9/14	Sa	2:30-3:30 p.m.	Jump Start Sports	\$135

Train Like a Pro Juniors Soccer Skills and Drills

5-9	9 Sessions	R05103-103	Potomac CRC	9/14	Sa	11 a.m.-Noon	Fit 2 Believe	\$133
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Train Like a Pro Soccer Skills and Drills

10-14	9 Sessions	R05103-102	Potomac CRC	9/14	Sa	Noon-1:30 p.m.	Fit 2 Believe	\$187
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[CLICK HERE TO REGISTER.](#)

VOLLEYBALL

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Adult Volleyball Clinic

18 and up	6 Sessions	R05124-142	Good Hope NRC	9/3	Tu	6:30-8:30 p.m.	Ofer Levy	\$198
		R05124-143	Good Hope NRC	10/29	Tu	6:30-8:30 p.m.	Ofer Levy	\$198

Youth Volleyball Skills Development Clinic

8-11	5 Sessions	R05124-109	Potomac CRC	9/6	F	5:45-6:45 p.m.	Ofer Levy	\$100
	6 Sessions	R05124-125	Bauer Drive CRC	8/30	F	5:45-6:45 p.m.	Ofer Levy	\$119
		R05124-129	Bauer Drive CRC	10/18	F	5:45-6:45 p.m.	Ofer Levy	\$119
		R05124-117	Damascus CRC	9/3	Tu	6-7 p.m.	Ofer Levy	\$119
		R05124-121	Damascus CRC	11/12	Tu	6-7 p.m.	Ofer Levy	\$119
		R05124-101	Germantown CRC	9/4	W	5:45-6:45 p.m.	Ofer Levy	\$119
		R05124-105	Germantown CRC	11/6	W	5:45-6:45 p.m.	Ofer Levy	\$119
	R05124-113	Mid-County CRC	9/9	M	6-7 p.m.	Ofer Levy	\$119	
	R05124-144	Mid-County CRC	10/28	M	6-7 p.m.	Ofer Levy	\$119	
	12-13	6 Sessions	R05124-133	Wheaton CRC	8/29	Th	5:45-6:45 p.m.	Ofer Levy
R05124-137			Wheaton CRC	11/7	Th	5:45-6:45 p.m.	Ofer Levy	\$119
5 Sessions		R05124-110	Potomac CRC	9/6	F	6:45-7:45 p.m.	Ofer Levy	\$100
6 Sessions		R05124-126	Bauer Drive CRC	8/30	F	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-130	Bauer Drive CRC	10/18	F	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-118	Damascus CRC	9/3	Tu	7-8 p.m.	Ofer Levy	\$119
		R05124-122	Damascus CRC	11/12	Tu	7-8 p.m.	Ofer Levy	\$119
		R05124-102	Germantown CRC	9/4	W	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-106	Germantown CRC	11/6	W	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-114	Mid-County CRC	9/9	M	7-8 p.m.	Ofer Levy	\$119
	R05124-145	Mid-County CRC	10/28	M	7-8 p.m.	Ofer Levy	\$119	
14-17	6 Sessions	R05124-134	Wheaton CRC	8/29	Th	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-138	Wheaton CRC	11/7	Th	6:45-7:45 p.m.	Ofer Levy	\$119
		R05124-103	Germantown CRC	9/4	W	7:45-8:45 p.m.	Ofer Levy	\$119
		R05124-107	Germantown CRC	11/6	W	7:45-8:45 p.m.	Ofer Levy	\$119

Youth Volleyball Level 1 Skills Development Clinic

14-17	5 Sessions	R05124-111	Potomac CRC	9/6	F	7:45-8:45 p.m.	Ofer Levy	\$100
	6 Sessions	R05124-127	Bauer Drive CRC	8/30	F	7:45-8:45 p.m.	Ofer Levy	\$119
		R05124-131	Bauer Drive CRC	10/18	F	7:45-8:45 p.m.	Ofer Levy	\$119
		R05124-119	Damascus CRC	9/3	Tu	8-9 p.m.	Ofer Levy	\$119
		R05124-123	Damascus CRC	11/12	Tu	8-9 p.m.	Ofer Levy	\$119
		R05124-115	Mid-County CRC	9/9	M	8-9 p.m.	Ofer Levy	\$119
		R05124-146	Mid-County CRC	10/28	M	8-9 p.m.	Ofer Levy	\$119
		R05124-135	Wheaton CRC	8/29	Th	7:45-8:45 p.m.	Ofer Levy	\$119
		R05124-139	Wheaton CRC	11/7	Th	7:45-8:45 p.m.	Ofer Levy	\$119

55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
14-17	5 Sessions	R05124-112	Potomac CRC	9/6	F	7:45-8:45 p.m.	Ofer Levy	\$119
	6 Sessions	R05124-128	Bauer Drive CRC	8/30	F	7:45-8:45 p.m.	Ofer Levy	\$139
		R05124-132	Bauer Drive CRC	10/18	F	7:45-8:45 p.m.	Ofer Levy	\$139
		R05124-120	Damascus CRC	9/3	Tu	8-9 p.m.	Ofer Levy	\$139
		R05124-124	Damascus CRC	11/12	Tu	8-9 p.m.	Ofer Levy	\$139
		R05124-116	Mid-County CRC	9/9	M	8-9 p.m.	Ofer Levy	\$139
		R05124-147	Mid-County CRC	10/28	M	8-9 p.m.	Ofer Levy	\$139
		R05124-136	Wheaton CRC	8/29	Th	7:45-8:45 p.m.	Ofer Levy	\$139
		R05124-140	Wheaton CRC	11/7	Th	7:45-8:45 p.m.	Ofer Levy	\$139



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



ADULT BASKETBALL LEAGUES

[CLICK HERE TO REGISTER.](#)

- Ages 18 and up

Men's Fall League

Activity	Location	Start Date	Day	# of Games	Fee
R05232-101	Bauer Drive CRC	9/15	Su	6	\$695

Women's Fall Drop In League

Activity	Location	Start Date	Day	# of Weeks	Fee
R05013-104	Bauer Drive CRC	9/15	Su	10	\$66
R05013-105	Bauer Drive CRC	9/15	Su	6	\$33
R05013-106	Bauer Drive CRC	10/27	Su	6	\$33



Seniors

Activity	Location	Start Date	Day	# of Weeks	Fee
R05232-102	Coffield CRC	9/8	Su	10	\$860



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

YOUTH FLAG FOOTBALL LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- Ages 6-15 • 5 games

Co-Rec

Activity	Location	Start Date	Day	Fee
R05287-101	Wheaton HS	9/22	Su	\$60
R05287-102	Damascus CRC Field	9/22	Su	\$60
R05287-104	Paint Branch HS	9/22	Su	\$60
R05287-105	Montgomery Village MS	9/22	Su	\$60
R05287-106	Potomac CRC Field	9/22	Su	\$60

Girls

Activity	Location	Start Date	Day	Fee
R05287-103	Wheaton HS	9/22	Su	\$60



LACROSSE LEAGUES

- Six weeks

Instructional

Activity	Ages	Location	Start Date	Day	Time	Fee
R05341-101	6-12	Bauer Drive LP	9/14	Sa	11:30 a.m.-1:30 p.m.	\$25
R05341-102	6-14	White Oak CRC	9/14	Sa	3-6 p.m.	\$25





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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

ADULT PICKLEBALL LEAGUES

[CLICK HERE TO REGISTER.](#)

- Ages 18 and up
- Indoor Leagues

Beginner 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05310-101	Bauer Drive CRC	9/9	M	6-10 p.m.	\$59
R05310-102	Bauer Drive CRC	10/28	M	6-10 p.m.	\$59
R05314-101	Longwood CRC	9/12	Th	6-9:30 p.m.	\$59
R05314-102	Longwood CRC	10/31	Th	6-9:30 p.m.	\$59

Intermediate 2.5-3.0

Activity	Location	Start Date	Day	Time	Fee
R05311-101	Bauer Drive CRC	9/9	M	6-10 p.m.	\$59
R05311-102	Bauer Drive CRC	10/28	M	6-10 p.m.	\$59

Expert 3.0-3.5

Activity	Location	Start Date	Day	Time	Fee
R05312-101	Bauer Drive CRC	9/9	M	6-10 p.m.	\$59
R05312-102	Bauer Drive CRC	10/28	M	6-10 p.m.	\$59

Social League

Activity	Location	Start Date	Day	Time	Fee
R05351-110	Damascus CRC	9/12	Th	6-8:30 p.m.	\$80
R05351-111	Damascus CRC	9/12	Th	6-8:30 p.m.	FREE
R05351-113	Damascus CRC	11/7	Th	6-8:30 p.m.	\$80
R05351-114	Damascus CRC	11/7	Th	6-8:30 p.m.	FREE
R05351-115	Damascus CRC	11/7	Th	6-8:30 p.m.	FREE



YOUTH PICKLEBALL LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- 8 weeks
- One week evaluation; One week of practice and six weeks of games/practices

Middle School

Activity	Location	Start Date	Day	Time	Fee
R05261-151	Ross Boddy NRC	10/4	F	6-8:45 p.m.	\$35
R05261-152	Ross Boddy NRC	12/13	F	4:30- 8:30 p.m.	\$35

YOUTH VOLLEYBALL LEAGUES

Boys

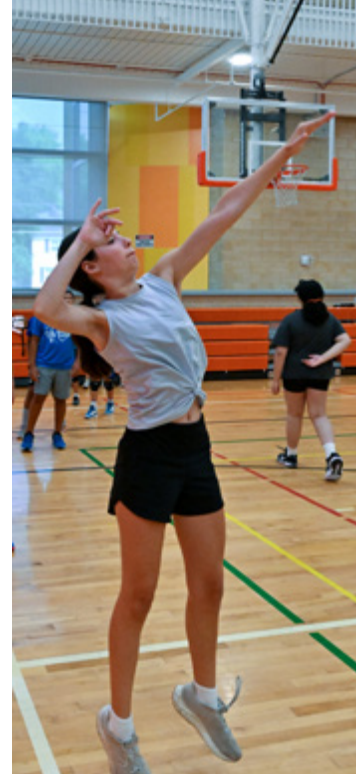
Activity	Ages	Location	Start Date	Day	Time	Fee
R05319-101	10-11	East County CRC	9/28	Sa	5:30-9:30 p.m.	\$80

Girls

Activity	Ages	Location	Start Date	Day	Time	Fee
R05319-104	14-17	White Oak CRC	9/28	Sa	9:30 a.m.-3:30 p.m.	\$70
R05319-105	14-17	Ross Boddy NRC	9/28	Sa	1-9 p.m.	\$80

Co-Rec

Activity	Ages	Location	Start Date	Day	Time	Fee
R05319-103	12-13	Plum Gar CRC	10/5	Sa	9:30 a.m.-5:30 p.m.	\$70
R05319-102	14-17	Mid-County CRC	9/29	Su	10 a.m.-6 p.m.	\$80



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Brain Games								
6-14	6 Sessions	R06020-603	Germantown CRC	9/29	Su	2:30-3 p.m.		FREE
Bollywood Style Dance								
18 and up	7 Sessions	R05017-104	Potomac CRC	9/20	F	7:15-8 p.m.	Kumud Mathur	\$110
Build and Tinker								
8-11	3 Sessions	R06009-141	Bauer Drive CRC	10/15	Tu	6-6:45 p.m.		\$15
12-15		R06009-142	Bauer Drive CRC	9/17	Tu	6-6:45 p.m.		\$15
Create with Clay								
17 and up	9 Sessions	R05093-120	Ross Boddy CRC	9/16	M	11 a.m.-Noon	Catherine Joanny	\$117
Dance Creation: Create Your Own Dance Moves								
6-14	6 Sessions	R06020-601	Germantown CRC	9/29	Su	2-2:30 p.m.		FREE
Drama: Facial Expressions								
6-14	6 Sessions	R06020-600	Upper County CRC	9/28	Sa	10-10:45 a.m.		\$30
Moving with Mike: Seated Exercise								
18 and up	10 Sessions	R06027-600	Virtual Class	9/15	Su	1-2 p.m.		\$70
Paint and Punch								
6-14	6 Sessions	R06009-600	Germantown CRC	9/29	Su	1-1:45 p.m.		\$30

SPORTS
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Poms for Youth and Teens								
11-14	8 Sessions	R06038-101	Wootton HS	9/25	W	5:30-6:15 p.m.		\$40
15-21		R06038-102	Wootton HS	9/25	W	6:15-7 p.m.		\$40
Qigong								
18 and up	8 Sessions	R06032-101	Wheaton CRC	10/7	M	6:15-7:15 p.m.	Anne Harrison	\$40
RockAbility!								
13-21	8 Sessions	R06040-103	Bauer Drive CRC	9/28	Sa	11 a.m.-Noon		\$40
Sensory Beat Bash: Group Drumming								
5-9	8 Sessions	R06036-101	Silver Spring RAC	10/14	M	5-5:50 p.m.		\$40
10-12		R06036-102	Wheaton CRC	10/11	F	5-5:50 p.m.		\$40
13-17		R06036-103	Wheaton CRC	10/11	F	6-6:50 p.m.		\$40
Sensory Music and Movement								
4-7	8 Sessions	R06040-101	Bauer Drive CRC	9/28	Sa	9-9:50 a.m.		\$40
8-11		R06040-102	Bauer Drive CRC	9/28	Sa	10-10:50 a.m.		\$40
Soccer League								
18 and up	8 Sessions	R06011-101	Potomac CRC	9/22	Su	12:30-2:30 p.m.		\$50
Social Swim								
18 and up	6 Sessions	R06002-102	OSC	10/4	F	7:30-8:30 p.m.		\$40
Sports Skills: Soccer and Seasonal Sports								
6-14	9 Sessions	R06019-101	Oakland Terrace ES	9/21	Sa	12:30-1:15 p.m.	Coach Doug Academy	\$45
15 and up		R06019-102	Potomac CRC	9/22	Su	11-11:45 a.m.	Coach Doug Academy	\$45
Stretch 'n Tone								
15 and up	6 Sessions	R06015-101	Longwood CRC	10/9	W	7-8 p.m.		\$30
Volleyball Skills Development								
12-15	6 Sessions	R06033-133	Silver Spring RAC	9/22	Su	3-4 p.m.		\$30
		R06033-101	Mid-County CRC	10/28	M	6-7 p.m.		\$30
16-21		R06033-134	Silver Spring RAC	9/22	Su	4-4:50 p.m.		\$30
		R06033-102	Mid County CRC	10/28	M	7-8 p.m.		\$30
Yoga for Beginners								
6-14	6 Sessions	R06024-600	Upper County CRC	9/28	Sa	11-11:45 a.m.		\$30
Zumba								
18 and up	6 Sessions	R06025-101	White Oak CRC	9/9	M	1-1:45 p.m.	Sharon Gelboin-Katz	\$30
		R06025-102	White Oak CRC	10/28	M	1-1:45 p.m.	Sharon Gelboin-Katz	\$30
ZamDance								
15 and up	8 Sessions	R06030-101	Bauer Drive CRC	10/1	Tu	5-6 p.m.	ZamDance	\$40
10 and up		R06030-102	N. Potomac CRC	10/3	Th	5-6 p.m.	ZamDance	\$40

55 +

Therapeutic
Recreation

Sports

Classes

Aquatics

KIDS ZONE

A Drama Experience: Facial Expressions

Activity	Location	Date	Day	Time	Fee
R06020-600	Upper County CRC	9/28-11/2	Sa	10-10:45 a.m.	\$30

Yoga for Beginners

Activity	Location	Date	Day	Time	Fee
R06024-600	Upper County CRC	9/28-11/2	Sa	11-11:45 a.m.	\$30

Paint & Punch

Activity	Location	Date	Day	Time	Fee
R06009-600	Germantown CRC	9/29-11/3	Su	1-1:45 p.m.	\$30

Dance Creation: Create your own dance moves

Activity	Location	Date	Day	Time	Fee
R06020-601	Germantown CRC	9/29-11/3	Su	2-2:30 p.m.	FREE

Brain Games

Activity	Location	Date	Day	Time	Fee
R06020-603	Germantown CRC	9/29-11/3	Su	2:30-3 p.m.	FREE



Ages
6-14
6 Sessions

Saturdays and Sundays

For Youth with Disabilities

View
More
>>>

SUNDAY FUNDAY FAMILY SWIM

SUNDAY, SEPT. 22

11:30 A.M. • REGISTRATION & CHECK-IN
12 NOON - 1 P.M. • SWIM

ACTIVITY R06010-101 SILVER SPRING RAC



TR SPECIAL EVENTS

TR SOCIAL



KARAOKE NIGHT

Activity R06006-101

SATURDAY, SEPT. 14 • 6:30-9:30 P.M.

Ages 18 and up • \$10 • Holiday Park SC



FALL FIESTA

Activity R06006-102

SATURDAY, OCT. 12 • 1-4 P.M.

Ages 18 and up • \$10 • Holiday Park SC



FRIENDSGIVING

Activity R06006-103

SATURDAY, NOV. 16 • 5-8 P.M.

Ages 18 and up • \$10 • Holiday Park SC



HOLIDAY CELEBRATION

Activity R06006-104

SATURDAY, DEC. 14 • 3:30-6:30 P.M.

Ages 18 and up • \$10 • Holiday Park SC

TR SATURDAY NIGHT SOCIAL

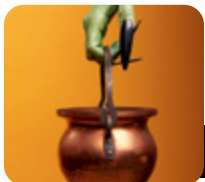


WILD WEST DANCE

Activity R06014-101

SATURDAY, SEPT. 28 • 6:30-9:30 P.M.

Ages 15 and up • \$10 • Holiday Park SC



GHOULS JUST WANT TO HAVE FUN DANCE

Activity R06014-102

SATURDAY, OCT. 26 • 6:30-9:30 P.M.

Ages 15 and up • \$10 • Holiday Park SC



NEW YEAR'S CELEBRATION DANCE

Activity R06014-103

SATURDAY, DEC. 28 • 6:30-9:30 P.M.

Ages 15 and up • \$10 • Holiday Park SC

TR FAMILY



SPOOKTACULAR SATURDAY

Activity R06008-101

SATURDAY, OCT. 26 • 3-5 P.M.

Ages 2 and up • \$10 • Holiday Park SC



SANTA'S WORKSHOP

Activity R06029-101

SATURDAY, DEC 14 • 1-3 P.M.

Ages 2 and up • \$10 • Holiday Park SC



55+ Senior Programs



Arts

[CLICK HERE TO REGISTER.](#)

ARTS AND CRAFTS

Sessions	Activity	Location	Start Date	Day	Time	
Active Aging Week: Paint and Sip						
1 Session	R07095-119	N. Potomac CRC	10/3	Th	10 a.m.-Noon	
Acrylic Paint Instruction with Dereje						
3 Sessions	R07095-153	N. Potomac CRC	10/4	F	Noon-2 p.m.	\$5
Active Aging Week: Fall Flower Decoration						
1 Sessions	R07023-104	N. Potomac CRC	10/2	W	4-6 p.m.	
Card Making with Cindy Boccucci						
3 Sessions	R07095-151	Schweinhaut SC	9/14	Sa	11:30 a.m.-2:30 p.m.	
Ceramic Class						
25 Sessions	R07098-105	Schweinhaut SC	9/3	Tu,Th	9:30 a.m.-1 p.m.	
Easy Art Fun with Kamel						
3 Sessions	R07095-122	N. Potomac CRC	9/19	Th	12:30-2 p.m.	
Evening Crafters						
2 Sessions	R07095-120	N. Potomac CRC	9/18	W	5:30-7 p.m.	
Fun with Art						
13 Sessions	R07052-105	Schweinhaut SC	9/4	W	10 a.m.-Noon	
Intro to Drawing						
10 Sessions	R07095-102	Wheaton CRC	9/5	Th	11 a.m.-Noon	
Let's Gather to Craft and Chat						
3 Sessions	R07113-104	N. Potomac CRC	9/19	Th	12:30-2 p.m.	

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Origami Class						
3 Sessions	R07096-103	Schweinhaut SC	9/9	M	1-3 p.m.	
Painting with Acrylics						
9 Sessions	R07095-103	Wheaton CRC	9/6	F	11 a.m.-Noon	
Watercolors with Gillian						
3 Sessions	R07095-150	N. Potomac CRC	11/5	Tu	10 a.m.-Noon	\$5
Watercolor Painting with Dereje						
12 Sessions	R07095-154	Long Branch CRC	9/10	Tu	10-11 a.m.	
Wheaton Jewelry Club (Non-Instructional)						
10 Sessions	R07117-102	Wheaton CRC	9/5	Th	1-2:30 p.m.	



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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



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KNITTING AND CROCHET

Sessions	Activity	Location	Start Date	Day	Time
Knit and Crochet Group					
13 Sessions	R07003-101	N. Potomac CRC	9/3	Tu	1-3 p.m.
Knit and Crochet Workshop					
13 Sessions	R07003-103	Holiday Park SC	9/4	W	10-11:30 a.m.
Knitting Corner					
13 Sessions	R07003-106	Schweinhaut SC	9/4	W	1-3 p.m.
Needlecraft					
12 Sessions	R07053-102	Damascus SC	9/5	Th	9 a.m.-2 p.m.
Needlecraft, Crochet and Sewing Club					
10 Sessions	R07053-103	Silver Spring RAC	9/20	F	2-4 p.m.
Needles and Yarn					
24 Sessions	R07003-102	Wheaton CRC	9/3	M,Tu	1-3 p.m.

PERFORMING ARTS

Seasoned Players					
6 Sessions	R07056-102	Schweinhaut SC	9/4	W	1:30-3:30 p.m.



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SPORTS

CLASSES

AQUATICS

Senior Center Locations

Several Locations for Adults 55 and up

Damascus Senior Center

9701 Main St., Damascus • 240-777-6995

Holiday Park Senior Center

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

Long Branch Senior Center

8700 Piney Branch, 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 mocre.com
for more information





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Dance



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Sessions	Activity	Location	Start Date	Day	Time
Active Aging Week: Indian Stick Dance "Dandiya Raas"					
1 Session	R07012-138	Wheaton CRC	10/4	F	11 a.m.-Noon
Baile Conmigo					
8 Sessions	R07011-111	Wheaton CRC	9/9	M	9:05-9:55 a.m.
Ballroom Dance					
13 Sessions	R07050-110	Schweinhaut SC	9/4	W	Noon-1 p.m.
Ballet					
13 Sessions	R07012-103	Wheaton CRC	9/3	Tu	1:30-2:30 p.m.
Ballet I					
13 Sessions	R07012-102	Wheaton CRC	9/4	W	2:15-3:15 p.m.
Ballroom/Line Dance					
25 Sessions	R07011-104	Wheaton CRC	9/4	W,Th	1-2 p.m.
Chinese Dance & Fitness					
12 Sessions	R07009-102	Holiday Park SC	9/6	F	11-11:50 a.m.
Chinese Folk Dancing					
13 Sessions	R07009-100	White Oak CRC	9/3	Tu	10:30 a.m.-Noon
	R07009-110	N. Potomac CRC	9/4	W	10:30-11:30 a.m.
Chinese Folk Dancing (Beginner)					
12 Sessions	R07009-102	Holiday Park SC	9/6	F	11-11:50 a.m.



Therapeutic Recreation

Sports

Classes

Aquatics

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Sessions	Activity	Location	Start Date	Day	Time	
International Ballroom Dancing with Ed and Helen						
11 Sessions	R07057-101	N. Potomac CRC	9/4	W	1-3 p.m.	
International Folk Dance Instruction						
13 Sessions	R07009-106	N. Potomac CRC	9/6	F	12:30-2 p.m.	
Line Dancing						
12 Sessions	R07011-110	Schweinhaut SC	9/7	Sa	10:30 a.m.-Noon	
Social Line Dance						
11 Sessions	R07011-103	Wheaton CRC	9/9	M	10-11 a.m.	
Soul Line Dance						
14 Sessions	R03027-143	Mid-County CRC	9/17	Tu	10:30-11:30 a.m.	
Superpower Dance Circle						
11 Sessions	R07012-122	Wheaton CRC	9/4	W	11:05-11:55 a.m.	
Soul Line Dance with Peytrienne						
13 Sessions	R07005-110	White Oak CRC	9/5	Th	10-11:15 a.m.	
Tap Dance						
12 Sessions	R07007-103	Damascus SC	9/9	M	11 a.m.-12:30 p.m.	\$50
Tea Dancing						
13 Sessions	R07129-101	Damascus SC	9/5	Th	1-2:30 p.m.	
Yuan Chi Dance						
11 Sessions	R07012-108	Wheaton CRC	9/9	M	2:30-4 p.m.	



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RECREATION

SPORTS

CLASSES

AQUATICS



Educational



[CLICK HERE TO REGISTER.](#)

DISCUSSIONS

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Meet and Greet					
25 Sessions	R07092-107	Holiday Park SC	9/3	Tu,F	9:15-10:30 a.m.
Active Living in Spanish- Cafecito y Amistad					
11 Sessions	R07087-101	Holiday Park SC	9/9	M	10-10:50 a.m.
Book Discussion					
3 Sessions	R07065-105	Schweinhaut SC	9/10	Tu	1-2:30 p.m.
Charla con Arte (Español)					
11 Sessions	R07087-102	Holiday Park SC	9/9	M	11 a.m.-Noon
Coffee & Conversation with Staff					
3 Sessions	R07092-108	Schweinhaut SC	9/19	Th	9:30-10:15 a.m.
Coffee Social					
62 Sessions	R07092-103	Damascus SC	9/3	M-F	9-11 a.m.
Coping with Change					
12 Sessions	R07076-102	Holiday Park SC	9/5	Th	10:30-11:30 a.m.
13 Sessions	R07076-104	Damascus SC	9/5	Th	11 a.m.-Noon
Coping with Change in Spanish					
14 Sessions	R07076-103	Holiday Park SC	9/17	Tu	11 a.m.-Noon
Current Events Discussion with Lyle					
13 Sessions	R07063-103	N. Potomac CRC	9/5	Th	10:30-11:30 a.m.

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CLASSES

AQUATICS

55+ PROGRAMS

HEALTH AND WELLNESS

VIEW HEALTH AND WELLNESS

55+ PROGRAMS

SPORTS

VIEW 55+ SPORTS

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Sessions	Activity	Location	Start Date	Day	Time
Non Fiction Book Club with Mary					
9 Sessions	R07065-106	Long Branch CRC	10/2	W	1:30-3 p.m.
Wheaton - Maryland Senior Olympics Talk					
1 Session	R07105-124	Wheaton CRC	10/9	W	1-2 p.m.
Current Events Discussion with Stan					
3 Sessions	R07078-102	White Oak CRC	9/12	Th	10-11:15 a.m.
Max You: Maximize the Quality of Life					
13 Sessions	R07043-101	Holiday Park SC	9/3	Tu	10:30-11:30 a.m.
Jai Ho Discussion Group					
10 Sessions	R07312-102	N. Potomac CRC	9/9	M	11:30 a.m.-1 p.m.
Reader's Delight Book Club					
3 Sessions	R07078-103	White Oak CRC	9/17	Tu	10:30-11:30 a.m.
Veterans Discussion					
3 Sessions	R07312-103	Schweinhaut SC	9/4	W	1-2 p.m.
LANGUAGE					
Beginner Spanish					
12 Sessions	R07015-111	Schweinhaut SC	9/5	Th	9:30-10:30 a.m.
11 Sessions	R07118-101	Wheaton CRC	9/9	M	10-11 a.m.
Beginner Plus Spanish Class					
12 Sessions	R07015-112	Schweinhaut SC	9/5	Th	10:30-11:30 a.m.
Beginner Spanish Conversation Group					
13 Sessions	R07015-100	White Oak CRC	9/4	W	11 a.m.-Noon
Caso Cerrado TV show episodes discussion					
13 Sessions	R07016-101	Long Branch CRC	9/6	F	10-11 a.m.



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Sessions	Activity	Location	Start Date	Day	Time
Everyday English (Basic) with Greg					
25 Sessions	R07061-107	Holiday Park SC	9/3	Tu,Th	9:50-10:40 a.m.
Everyday English for Chinese Natives					
11 Sessions	R07021-106	N. Potomac CRC	9/9	M	9:30-10:30 a.m.
Everyday English with Deb					
13 Sessions	R07061-108	Holiday Park SC	9/4	W	11-11:50 a.m.
Italian Class					
13 Sessions	R07021-107	Schweinhaut SC	9/4	W	1-2:30 p.m.
Intermediate Spanish					
11 Sessions	R07118-103	Wheaton CRC	9/9	Tu	10-11 a.m.
Intro to Spanish					
11 Sessions	R07118-102	Wheaton CRC	9/9	M	11 a.m.-Noon

WORKSHOP OR SPEAKER SERIES

Deliberate Discussions with Sante Group: Healthy Relationships with Ourselves and Others

3 Sessions	R07028-100	Virtual Class	10/8	Tu	4-5:15 p.m.
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MCPD: Keeping Seniors Safe Info Session

1 Session	R07094-140	N. Potomac CRC	9/23	M	10:30-11:30 a.m.
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WRITING

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Memoir Writing for Beginners					
13 Sessions	R07058-105	Wheaton CRC	9/4	W	10-11:30 a.m.
Tell Us Your Story					
8 Sessions	R07058-107	Holiday Park SC	9/4	W	2-3:30 p.m.
Writing Group					
6 Sessions	R07058-108	Schweinhaut SC	9/3	Tu	10 a.m.-Noon
12 Sessions	R07058-102	Holiday Park SC	9/6	F	10-11:30 a.m.



MARYLAND SENIOR OLYMPICS

2024 REGISTRATION IS OPEN!

SEASON RUNS MAY 1 TO OCT. 13

32 sports including pickleball, track & field, swimming, bowling, basketball, volleyball and more!





NEW
IN 2024

Disc golf, platform diving, powerlifting, soccer 8x8 and triathlon.

For ages 50-plus, MSO is open to out-of-state participants.

www.mdseniorolympics.org



55+ PROGRAMS



BONE BUILDERS

VIEW BONE BUILDERS CLASSES

55+ PROGRAMS



SOAR AND DAYTRIPPERS

VIEW SOAR BROCHURE

55+ THERAPEUTIC RECREATION SPORTS CLASSES AQUATICS



Fitness

AEROBIC DANCE



Sessions	Activity	Location	Start Date	Day	Time
Ballet					
11 Sessions	R07012-133	Silver Spring RAC	9/18	W	10-11 a.m.
Ballet Basics					
13 Sessions	R07055-110	White Oak CRC	9/3	Tu	10:30-11:30 a.m.
Basic Functional Balance Exercise					
6 Sessions	R07030-104	Schweinhaut SC	9/6	F	9:30-10:30 a.m.
Cardio Dance Fitness					
10 Sessions	R07012-139	Wheaton CRC	9/5	Th	10:30-11:30 a.m.
Chinese Dance & Fitness					
13 Sessions	R07012-107	Wheaton CRC	9/4	W	10-11 a.m.
Chinese Folk Dance					
11 Sessions	R07012-106	Wheaton CRC	9/9	M	1-2 p.m.
Dance Fitness with Georgia					
13 Sessions	R07012-136	Schweinhaut SC	9/9	M	9:30-10:30 a.m.
Dance with Danny					
13 Sessions	R07012-134	Long Branch CRC	9/3	Tu	10-11 a.m.
La Blast					
8 Sessions	R03027-152	Longwood CRC	10/3	Th	10-11 a.m.
Superpower Dance Circle with Jane					
13 Sessions	R07012-135	Long Branch CRC	9/5	Th	10-11 a.m.
	R07012-123	White Oak CRC	9/5	Th	12:45-1:45 p.m.



[→ CLICK HERE TO REGISTER.](#)

LOW IMPACT

Sessions	Activity	Location	Start Date	Day	Time	
Active Golden Gentle Exercise						
12 Sessions	R07039-112	Holiday Park SC	9/6	F	10-10:50 a.m.	
Balance Boom						
10 Sessions	R07039-115	Silver Spring RAC	9/16	M	10-11 a.m.	
Chairobics						
50 Sessions	R07066-102	Damascus SC	9/3	Tu-F	10-10:45 a.m.	
Fitness Boot Camp						
11 Sessions	R07039-113	Silver Spring RAC	9/21	Sa	9:30-10:30 a.m.	
Gentle Spin with Julien						
12 Sessions	R07039-100	White Oak CRC	9/9	M	10-11 a.m.	
Low Impact Exercises						
16 Sessions	R03027-147	Potomac CRC	9/3	Tu	11:30 a.m.-12:30 p.m.	
Kickboxing						
11 Sessions	R07039-116	Silver Spring RAC	9/17	Tu	10:30-11:30 a.m.	
Small Group Strength & Balance						
26 Sessions	R07039-109	Damascus SC	9/3	Tu,Th	11 a.m.-Noon	\$5
Stretching with Linda						
39 Sessions	R07041-105	N. Potomac CRC	9/4	M,W,F	9:30-10:30 a.m.	
Walking Club						
6 Sessions	R03027-153	Coffield CRC	8/28	W	10:30-11:30 a.m.	
12 Sessions	R07035-103	Damascus SC	9/9	M	10-11 a.m.	
Walking Group						
12 Sessions	R03027-154	Lawton CRC	9/18	W	10-11 a.m.	
Wheaton Walks						
13 Sessions	R07035-102	Wheaton CRC	9/4	W	9:30-11 a.m.	



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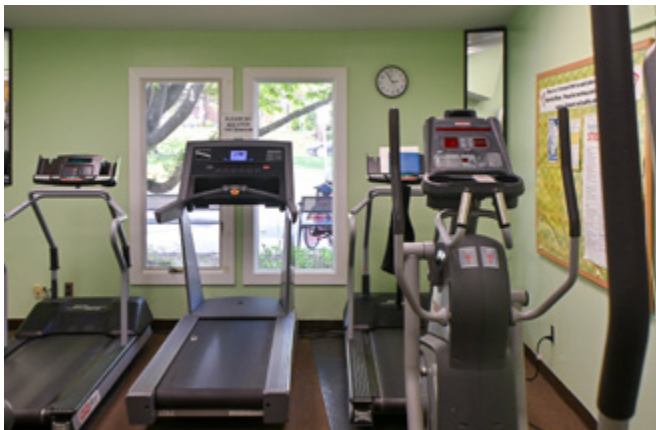
CLASSES

AQUATICS

STRENGTH TRAINING

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Sessions	Activity	Location	Start Date	Day	Time
Balance Boom with Everest Wellness					
13 Sessions	R07060-100	White Oak CRC	9/4	W	11 a.m.-Noon
Fall Prevention and Balance Exercise					
13 Sessions	R07060-134	Long Branch CRC	9/4	W	9:30-10:30 a.m.
Full Body Workout					
11 Sessions	R07041-104	Wheaton CRC	9/3	Tu	9:05-9:55 a.m.
Kickboxing with Julien					
3 Sessions	R07060-132	Schweinhaut SC	9/20	F	9:30-10:30 a.m.
Low Impact Exercise Video					
24 Sessions	R07060-111	White Oak CRC	9/5	Th,F	10:30 a.m.-Noon
Low Impact Exercise with Julien					
3 Sessions	R07060-133	Schweinhaut SC	9/13	F	9:30-10:30 a.m.
Muscle Up!					
9 Sessions	R07030-105	Wheaton CRC	9/6	F	1:30-2:30 p.m.
10 Sessions	R07039-114	Silver Spring RAC	9/22	Su	1-2 p.m.



ZUMBA

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Zumba					
13 Sessions	R07117-106	Holiday Park SC	9/3	Tu	10:30-11:25 a.m.
	R07117-107	Holiday Park SC	9/3	Tu	11:30 a.m.-12:15 p.m.
Evening Zumba					
12 Sessions	R07070-119	Damascus SC	9/5	Th	5:30-6:30 p.m.
Morning Zumba with Carol					
12 Sessions	R07070-117	N. Potomac CRC	9/4	W	9:30-10:30 a.m.
Zumba					
11 Sessions	R07070-102	Wheaton CRC	9/3	Tu	11 a.m.-Noon
13 Sessions	R07070-106	Damascus SC	9/4	W	11 a.m.-Noon
9 Sessions	R07070-114	Wheaton CRC	9/6	F	9:45-10:45 a.m.
10 Sessions	R07070-103	Wheaton CRC	9/5	Th	2-3 p.m.
	R07070-118	Silver Spring RAC	9/19	Th	7-8 p.m.
Zumba for Active Aging Week					
1 Session	R07070-107	Damascus SC	10/2	W	11 a.m.-Noon
Zumba Gold					
9 Sessions	R07070-115	Wheaton CRC	9/9	M	1:30-2:30 p.m.
11 Sessions	R03027-142	Mid-County CRC	9/19	Th	11:15 a.m.-12:15 p.m.
10 Sessions	R07071-106	Silver Spring RAC	9/20	W	10-11 a.m.
8 Sessions	R03027-151	Longwood CRC	10/1	Tu	11:15 a.m.-12:15 p.m.
Zumba Gold with Amy					
25 Sessions	R07070-100	White Oak CRC	9/3	Tu,Th	9-10 a.m.



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BONE BUILDERS

Fall 2024

SEPT. 3-NOV. 27

Activity	Location	Date	Day	Time
R03010-103	Bauer Drive CRC	9/3	Tu,Th	1:30-2:30 p.m.
R03010-102	Bauer Drive CRC	9/4	M,W	11:30 a.m.-12:30 p.m.
R03010-104	Clara Barton NRC	9/4	M,W	1:30-2:30 p.m.
R03010-105	Coffield CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-124	Coffield CRC	9/4	M,W	9:15-10:15 a.m.
R03010-122	Damascus SC	9/17	Tu,Th	2:30-3:30 p.m.
R03010-106	Germantown CRC	9/5	M,Th	1-2 p.m.
R03010-107	Lawton CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-123	Long Branch CRC	9/4	M,W	10-11 a.m.
R03010-108	Longwood CRC	9/4	M,W	11:15 a.m.-12:15 p.m.
R03010-109	Longwood CRC	9/4	M,W	2-3 p.m.
R03010-110	Mid-County CRC	9/3	Tu,Th	1-2 p.m.
R03010-112	N. Potomac CRC	9/3	Tu,Th	10:40-11:40 a.m.
R03010-113	N. Potomac CRC	9/3	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-111	N. Potomac CRC	9/4	M,W	10:45-11:45 a.m.
R03010-114	Potomac CRC	9/4	M,W	9-10 a.m.
R03010-117	Potomac CRC	9/4	M,W	Noon-1 p.m.
R03010-115	Praisner CRC	9/4	M,W	11 a.m.-Noon
R03010-119	Schweinhaut SC	9/3	Tu,Th	10:30-11:30 a.m.
R03010-121	Silver Spring RAC	9/17	Tu,Th	10-11 a.m.
R03010-101	Virtual Class	9/4	M,W	11 a.m.-Noon
R03010-116	Wheaton CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-120	Wheaton CRC	9/4	M,W	11 a.m.-Noon
R03010-118	Wisconsin Place CRC	9/3	Tu,Th	1-2 p.m.

**FREE
AGES 55+**

One hour classes held twice per week are designed to increase bone density.

REGISTRATION OPENS ON MONDAY, AUG. 12 AT 9 A.M.



OUTDOOR FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center



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

FREE

Fall FESTIVALS

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



Search this code on ActiveMontgomery.org

..... **ACTIVITY R03003**

55+ MINI TRIPS

<u>Mini Trip</u>	<u>Activity</u>	<u>Leaving From</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
Trip to Damascus Fair	R07101-136	Damascus SC	9/6	F	9:30-11:30 a.m.
Wheaton Barbecue Picnic	R07101-181	Long Branch CRC	9/6	F	9:45 a.m.-1 p.m.
JCA Bus Outing to Clarksburg Outlets	R07101-101	N. Potomac CRC	9/10	Tu	9:45 a.m.-1:30 p.m.
Amish Market	R07101-113	Long Branch CRC	9/13	F	9:30 a.m.-Noon
Active Aging Week Signature Event	R07101-172	Long Branch CRC	9/30	M	9:30 a.m.-1:30 p.m.
Active Aging Week Signature Event	R07101-175	Wheaton CRC	9/30	M	9:30 a.m.-1:30 p.m.
Trip to North Potomac for Active Aging Week	R07101-179	Damascus SC	9/30	M	9:15 a.m.-2 p.m.
National Gallery of Art	R07101-177	N. Potomac CRC	10/8	Tu	9:45 a.m.-1:30 p.m.
Crossroads Farmers Market	R07101-182	Long Branch CRC	10/9	W	10:45 a.m.-12:15 p.m.
Wheaton Mall	R07101-183	Wheaton CRC	10/17	Th	9:30 a.m.-Noon
Montgomery County Recycling Center	R07101-137	N. Potomac CRC	10/24	Th	9:15-11:30 a.m.
Amish Market in Germantown	R07101-133	N. Potomac CRC	11/21	Th	9:45 a.m.-12:30 p.m.

Pooch Pool Party

Saturday, Aug. 24 - Activity R05092-501

Sunday, Aug. 25 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Upper County outdoor Pool
8211 Emory Grove Road
Gaithersburg

Pre-registration is required.

Written proof of current
rabies vaccination
required for admission!



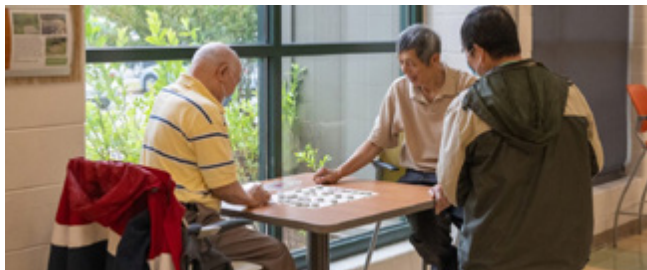
MONTGOMERY COUNTY
Recreation



Games



Sessions	Activity	Location	Start Date	Day	Time
Active Golden Bingo					
13 Sessions	R07085-110	Holiday Park SC	9/3	Tu	1-2:30 p.m.
12 Sessions	R07085-109	Holiday Park SC	9/6	F	11 a.m.-Noon
American Mahjong					
12 Sessions	R07047-100	White Oak CRC	9/6	F	12:30-3:30 p.m.
Beginners American Mahjong					
4 Sessions	R07047-106	N. Potomac CRC	10/7	M	10-11:30 a.m.
Bingo					
24 Sessions	R07085-112	Schweinhaut SC	9/5	M,Th	10:30-11:30 a.m.
13 Sessions	R07085-107	White Oak CRC	9/3	Tu	1-2 p.m.
10 Sessions	R07085-111	Silver Spring RAC	9/19	Th	12:30-1:30 p.m.
Bingo and a Movie					
3 Sessions	R03027-149	Clara Barton NRC	9/9	M	10 a.m.-Noon
Bingo: Participant's Choice					
6 Sessions	R07085-108	White Oak CRC	9/4	W	1-2 p.m.
Brain Games					
10 Sessions	R07090-101	Silver Spring RAC	9/16	M	9:30-10:30 a.m.
11 Sessions	R07090-102	White Oak CRC	9/16	M	10-11 a.m.
Bridge					
13 Sessions	R07074-105	Damascus SC	9/3	Tu	11 a.m.-3 p.m.
Canasta					
13 Sessions	R07112-103	Damascus SC	9/5	Th	1-3 p.m.
Duplicate Bridge					
13 Sessions	R07074-102	Holiday Park SC	9/4	W	12:30-4 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Game Day					
3 Sessions	R03027-150	Lawton CRC	9/26	Th	1-3:30 p.m.
Mahjong					
13 Sessions	R07047-104	Damascus SC	9/4	W	12:30-3 p.m.
	R07047-101	Wheaton CRC	9/4	W	1-4 p.m.
Open Party Bridge					
12 Sessions	R07075-101	Holiday Park SC	9/6	F	12:45-3:30 p.m.
Pinochle Card Game					
13 Sessions	R07099-104	Schweinhaut SC	9/4	W	1-3 p.m.
Pinochle with Mr. Kelly					
13 Sessions	R07099-105	White Oak CRC	9/3	Tu	11:30 a.m.-1:30 p.m.
Rummikub (Drop-In)					
10 Sessions	R07086-104	Silver Spring RAC	9/19	Th	10-11:30 a.m.
Rummikub with Evelyn					
13 Sessions	R07086-102	Holiday Park SC	9/3	Tu	11 a.m.-2 p.m.
Scrabble					
13 Sessions	R07073-104	Holiday Park SC	9/4	W	1-4 p.m.
Social Bridge					
12 Sessions	R07074-100	White Oak CRC	9/9	M	1-3:30 p.m.
11 Sessions	R07074-106	Silver Spring RAC	9/18	W	12:30-2:30 p.m.
Virtual Reality					
10 Sessions	R07313-101	N. Potomac CRC	9/9	M	12:30-1:30 p.m.



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Health and Wellness



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Therapeutic Recreation

Sports

Classes

Aquatics

Sessions	Activity	Location	Start Date	Day	Time	
Blood Pressure Screening						
13 Sessions	R07108-113	Schweinhaut SC	9/6	F	1-2 p.m.	
Meditation to Mindfulness Meditation						
12 Sessions	R07077-102	Holiday Park SC	9/6	F	11 a.m.-Noon	
Wellness Matters						
8 Sessions	R07028-119	Silver Spring RAC	10/1	Tu	9-10:30 a.m.	
Wellness Wednesdays with UMD Nursing Students						
12 Sessions	R07028-102	N. Potomac CRC	9/18	W	9:30 a.m.-2 p.m.	
YOGA						
Chair Yoga						
25 Sessions	R07032-114	Long Branch CRC	9/3	Th	9-10 a.m.	
8 Sessions	R03027-145	Plum Gar CRC	9/13	F	Noon-1 p.m.	
Gentle Yoga for Beginners						
10 Sessions	R07029-111	Silver Spring RAC	9/16	M	3-4 p.m.	
Hatha Yoga and Stress Management with Suzana						
13 Sessions	R05128-113	Lawton CRC	9/13	F	9:45-11 a.m.	\$182
Slow Flow Yoga with Susan						
10 Sessions	R07029-107	N. Potomac CRC	9/9	M	2:30-3:30 p.m.	
Yin Yoga with Adina Crawford						
13 Sessions	R07032-113	Schweinhaut SC	9/7	Sa	9:15-10:15 a.m.	
Yoga Paras Todos						
9 Sessions	R07032-106	Wheaton CRC	9/6	F	3-4 p.m.	

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Yoga						
11 Sessions	R07032-105	Wheaton CRC	9/3	Tu	3-4 p.m.	
12 Sessions	R07029-104	Damascus SC	9/6	F	11 a.m.-Noon	
8 Sessions	R07032-102	Wheaton CRC	9/9	M	10-11 a.m.	
Yoga for All with Edgar						
12 Sessions	R07029-110	White Oak CRC	9/6	F	9:15-10:15 a.m.	
Yogalates						
13 Sessions	R07032-104	Wheaton CRC	9/4	W	9:45-10:45 a.m.	
	R07032-112	Silver Spring RAC	9/17	Tu	6:30-7:30 p.m.	
Wisdom Yoga						
13 Sessions	R05128-108	BCC Center	9/13	F	10:30-11:30 a.m.	\$143

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AQUATICS





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Martial Arts



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SPORTS

CLASSES

AQUATICS

Sessions	Activity	Location	Start Date	Day	Time
Beginners Tai Chi					
13 Sessions	R07025-102	Holiday Park SC	9/4	W	9:30-10:20 a.m.
	R07025-112	N. Potomac CRC	9/3	Tu	9:30-11 a.m.
CASSA Tai Chi					
12 Sessions	R07025-114	Long Branch CRC	9/9	M	10-11 a.m.
Integral Tai Chi with JJ					
12 Sessions	R07025-100	White Oak CRC	9/6	F	1-2 p.m.
Intro to Qigong					
11 Sessions	R07059-104	N. Potomac CRC	9/12	Th	9:30-10:15 a.m.
Let's Practice Qigong					
12 Sessions	R07059-101	Wheaton CRC	9/6	F	1-2 p.m.
Qi Gong with Mike Kornely					
13 Sessions	R07059-103	Schweinhaut SC	9/7	Sa	Noon-1 p.m.
Self-Defense Tae Kwon Do					
13 Sessions	R07026-101	Holiday Park SC	9/6	F	2-2:50 p.m.
Tai Chi					
13 Sessions	R07025-105	Damascus SC	9/3	Tu	11 a.m.-Noon
Tai Chi Beginners					
26 Sessions	R07025-105	Damascus SC	9/3	Tu	11 a.m.-Noon
37 Sessions	R07025-110	White Oak CRC	9/4	M,W,F	9-10 a.m.
Tai Chi Chuan with Glenn Moy					
13 Sessions	R07025-113	Schweinhaut SC	9/3	Tu	2-3 p.m.
Tai Chi CMC 37 Yang Style and Chi Gong Exercises					
14 Sessions	R07025-107	N. Potomac CRC	9/13	F	10-11:30 a.m.
Tai Chi Exercises					
13 Sessions	R07025-103	Holiday Park SC	9/3	Tu	9:30-10:20 a.m.
Tai Chi Sword					
11 Sessions	R07027-101	Holiday Park SC	9/9	M	2:30-3:25 p.m.

Music



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Angklung Music Lessons					
13 Sessions	R07109-103	Schweinhaut SC	9/7	Sa	Noon-2 p.m.
Karaoke					
13 Sessions	R07080-126	Holiday Park SC	9/3	Tu	2:30-3:30 p.m.
12 Sessions	R07080-127	Holiday Park SC	9/6	F	1-1:45 p.m.
Let's Practice Ukulele! Club					
12 Sessions	R07115-102	Wheaton CRC	9/5	Th	1-2 p.m.
Piano Club					
3 Sessions	R07115-104	Holiday Park SC	9/9	M	2-3 p.m.
Song Circle					
3 Sessions	R07080-128	Schweinhaut SC	9/13	F	1:30-3:30 p.m.



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SILVER SPRING RECREATION AND AQUATIC CENTER



View senior activities and classes at Silver Spring Senior Center.

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Special Events



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Sessions	Activity	Location	Start Date	Day	Time
Great Pumpkin Carving					
1 Session	R07107-115	N. Potomac CRC	10/21	M	12:30-2 p.m.
Hispanic Heritage Lunch and Music					
1 Session	R07089-111	Long Branch CRC	10/23	W	11 a.m.-1:30 p.m.
Potomac Community Village - Zoom Museums Around the Country					
1 Session	R03027-146	Potomac CRC	9/13	F	10:30 a.m.-Noon
Wild West Senior Social / Showdown Costume Party					
1 Session	R03027-148	Praisner CRC	10/31	Th	1-3 p.m.
Yoga for Active Aging Week					
1 Sessions	R07029-103	Damascus SC	10/4	F	11 a.m.-Noon

THERAPEUTIC RECREATION

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MONTGOMERY COUNTY
Recreation



Sports



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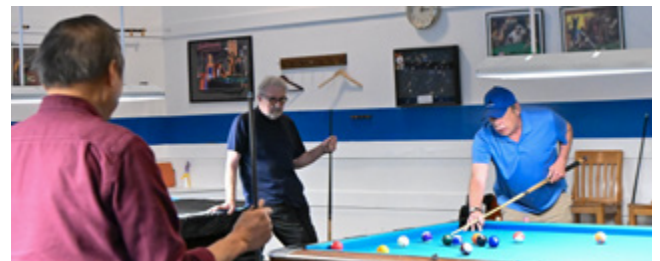
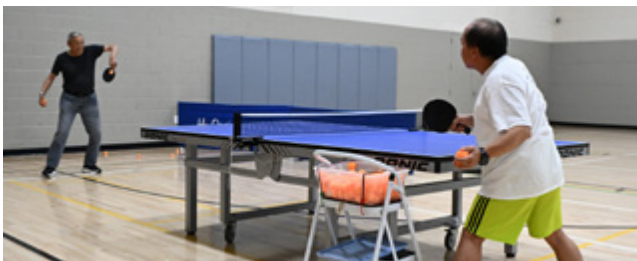
THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Sessions	Activity	Location	Start Date	Day	Time
Basketball Skills Demo					
2 Sessions	R07122-102	Silver Spring RAC	10/8	Tu	1-2:30 p.m.
Billiards					
74 Sessions	R07103-106	Schweinhaut SC	9/3	M-Sa	9 a.m.-4 p.m.
64 Sessions	R07103-102	Damascus SC	9/3	M-F	9 a.m.-4 p.m.
61 Sessions	R07103-105	Holiday Park SC	9/3	M-F	8:45 a.m.-4 p.m.
13 Sessions	R07103-107	Schweinhaut SC	9/7	Sa	9 a.m.-3 p.m.
Drop-in Soccer NEW					
13 Sessions	R07128-101	N. Potomac CRC	9/4	W	10 a.m.-Noon
7 Sessions	R07128-103	N. Potomac CRC	9/5	Th	4:30-6:30 p.m.
12 Sessions	R07128-102	N. Potomac CRC	9/6	F	10 a.m.-Noon
Cornhole Demo					
1 Session	R07123-101	White Oak CRC	10/22	Tu	11 a.m.-Noon
Open Bocce Ball Play					
26 Sessions	R07124-100	Schweinhaut SC	9/3	Tu,Th	9 a.m.-3 p.m.
Open Table Tennis					
61 Sessions	R07097-102	Holiday Park SC	9/3	M-F	8:45 a.m.-4 p.m.
Shuffleboard Demo and Tournament					
1 Session	R07121-101	Holiday Park SC	9/25	W	5:30-7:30 p.m.
Shuffleboard Demo					
1 Session	R07121-102	White Oak CRC	11/19	Tu	11 a.m.-Noon
Table Tennis (Ping Pong)					
12 Sessions	R07097-108	Schweinhaut SC	9/6	F	10:30 a.m.-Noon
11 Sessions	R07097-107	Schweinhaut SC	9/9	M	Noon-2 p.m.



PICKLEBALL

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Advanced Beginners Pickleball					
10 Sessions	R07091-113	Schweinhaut SC	9/5	Th	2-3 p.m.
Drop-in Pickleball					
9 Sessions	R03027-155	Coffield CRC	8/20	Tu	10 a.m.-3 p.m.
Intermediate Pickleball					
10 Sessions	R07091-114	Schweinhaut SC	9/5	Th	3-4 p.m.
Newbies and Beginners Pickleball					
13 Sessions	R07091-112	Schweinhaut SC	9/5	Th	1-2 p.m.
Open Pickleball					
8 Sessions	R07091-115	Schweinhaut SC	10/4	F	10:30 a.m.-Noon
Outdoor Pickleball (weather permitting)					
6 Sessions	R07091-104	N. Potomac CRC	9/5	Th	4-6:30 p.m.
Pickleball					
12 Sessions	R07091-100	White Oak CRC	9/5	Th	10 a.m.-Noon



55 +

Therapeutic
Recreation

Sports

Classes

Aquatics

REGISTRATION BEGINS MONDAY, AUG. 12 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 - 101 International Spy Museum, Washington D.C. Th, Sept 26 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$89

Francis Gary Powers, Jr. will meet us at the Spy Museum where we will explore multiple galleries that include various secrets, coming face-to-face with spies and spy masters. Gary Powers, Jr. will answer questions at the exhibit of the Gary Powers Sr. U-2 spy mission that resulted in his father being shot down and put on trial in the Soviet Union during the Cold War. Lunch on your own at the L'Enfant Plaza food court. Fee includes transportation, admission to the museum and guide fee.

R07082 - 102 Waterford Fair, an Autumn Celebration of Americana, Waterford, VA F, Oct. 4 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69

Shop, play, tour and make memories during this 80-year-old tradition! The Fair is the Mid-Atlantic's quintessential fall festival demonstrating fine heritage contemporary craft artisans, living historians, a juried art show, historic properties tour, local libations and entertainment for all ages. Fee includes transportation and event admission.

R07082 - 103 Walking Tour Secrets and Scandals on Embassy Row with Guide Rick Snider, Washington D.C.

..... W, Oct 9 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$72
Welcome to DuPont Circle, the heart of Embassy Row. We'll see homes of former presidents along with the Cosmos Club, Spanish Steps, political assassination site and more while passing many of the city's 177 embassies. Lunch is on your own at a restaurant nearby. Fee includes transportation and tour guide.

R07082 - 104 Rocky Gap Casino Resort, Flintstone, MD Tu, Oct 15 • Leave: 8 a.m., Return: 5 p.m. • Fee: \$69

Enjoy the magnificent fall foliage through the mountains of western Maryland. Try your luck at the Rocky Gap Casino or take advantage of the fall views, walking trails and dining with majestic lake views. Fee is for transportation.

R07082 - 105 James Madison's Montpelier, Montpelier Station, VA Th, Oct 17 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$89

This one-hour guided tour is the most popular way to experience this historic site. Explore the histories and legacies of James and Dolley Madison, the enslaved community and the Constitution as you journey through the landscape and inside the home. Full access to the ground is included with your admission. You will have time on your own after the tour to explore the 'Mere Distinction of Colour' exhibition, David M. Rubenstein Visitor Center and museum shop, Madison family and enslaved community cemeteries, Annie duPont Formal Garden and Mr. Madison's Temple. Lunch will be on your own at a lunch stop nearby. Fee includes transportation, admission and guided tour.

R07082 - 106 Antietam National Battlefield and Ritchie History Museum, Sharpsburg, MD W, Oct 23 • Leave: 7:30 a.m., Return: 5:30 p.m. • Fee: \$82

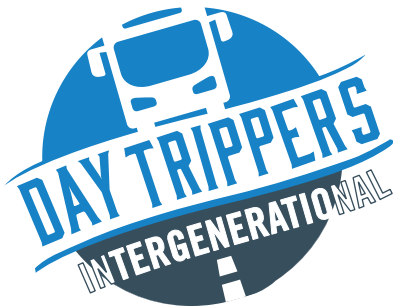
One of the most preserved battlefields, Antietam inspired Lincoln to issue the Emancipation Proclamation, one of the major turning points in the American Civil War. We will have a guided tour of Civil War related sites as well as the Ritchie History Museum. Lunch will be on your own at a nearby food court. Fee includes transportation, admissions and guided tours.

R07082 - 107 U.S. Botanical Garden "Season's Greenings" exhibit and White House Visitors Center, Washington D.C. W, Dec. 4 • Leave: 8 a.m., Return: 3:30 p.m. • Fee: \$64

Our first stop will be The White House Visitor Center, which offers visitors a window into the president's iconic home. The exhibit area features historical artifacts, interpretive panels, photos and archival footage and interactive elements for visitors of all ages. Security screening is required for entry to the visitor center. We will then make our way to the U.S. Botanical Garden. The popular annual holiday display "Season's Greenings" features model trains in the gated outdoor gardens, festive lights throughout the Garden, poinsettias, holiday decor and landmarks made from plant. We will then make our way to Union Station, decorated for the Holidays, with time on your own to eat at the food court and shop. Fee includes transportation.

R07082 - 108 Longwood Gardens and Holiday Lights, Kennett Square, PA W, Dec. 11 • Leave: 10:30 a.m., Return: 8:30 p.m. • Fee: \$94

Visits the gardens and conservatory during the daylight hours. Experience the magic of "A Longwood Holiday" as you never have before, even more spectacular with the opening of "Longwood Reimagined." From our sprawling new West Conservatory to imaginative new outdoor landscapes, experience the season and make incredible new memories. At nightfall revel in hundreds of thousands of lights and delight in beauty at every turn. Meals on your own at the self-service café. Fee includes transportation, admission and Holiday Lights display.



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

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

R07083 - 101 Artsfest 2024! Ann Marie Sculpture Gardens, Solomons, MD Sa, Sept. 21 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69

Set amidst the spectacular backdrop of the 30-acre sculpture garden, Artsfest is truly a unique arts experience! Explore the excitement of the Tent Circle and the Arts Building, then wander the shady Wooded Path to find artists and activities nestled in the beautiful woods. Meals on your own at the event. Fee includes transportation and admission.

R07083 - 102 Fells Point Fun Festival, Baltimore, MD Su, Oct. 6 • Leave: 9:30 a.m., Return: 3:30 p.m. • Fee: \$54

We're the largest live music event in Baltimore, but that's not all! We have hundreds of food and retail vendors. Come on down to our neighborhood for a cool beverage, a crab cake, some Maryland flag swag and listen to great bands. We power the most fun weekend in Charm City. Fee includes transportation.

R07083 - 103 60th Bedford Fall Festival, Bedford, PA Su, Oct. 13 • Leave: 7:30 a.m., Return: 5:30 p.m. • Fee: \$64

Bedford's fall foliage brings people together over crafts, art, music and fellowship. Centered in the historic downtown, the festival brings the best local arts, crafts and culture together in the crisp mountains of central Pennsylvania. Handmade clothes and apparel, jewelry, furniture, home decor, seasonal items, festive treats and more. Fee includes transportation.

R07083 - 104 Oysterfest Chesapeake Bay Maritime Museum, St. Michaels, MD Sa, Oct. 26 • Leave: 8 a.m., Return: 4:30 p.m. • Fee: \$79

The event featuring live music, boat rides, oysters, cooking demos and varieties of food for purchase to enjoy. Fee includes transportation and entrance.

R07083 - 105 Beautiful: The Carol King Musical, Riverside Center for the Performing Arts, Fredericksburg, VA Su, Oct. 27 • Leave: 10:15 a.m., Return: 8:15 p.m. • Fee: \$119

Before she was hit-maker Carole King, she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with tapestry, Beautiful: The Carole King Musical takes you back to where it all began. Featuring beloved songs including "I Feel the Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got a Friend," and the title song, "Beautiful." Fee includes transportation, pre-show meal and show.

R07083 - 106 Kitchen Shoppe Gourmet Lunch Demo and Shopping, Carlisle, PA Th, Nov. 7 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$98

We will enjoy a full gourmet lunch demo served to us from all courses and shopping at the 20,000-item retail store. Fee includes transportation, full-demo and lunch service.

R07083 - 107 DANIEL at Sight & Sound Theatres®, Lancaster, PA Th, Nov. 14 • Leave: 8:45 a.m., Return: 7:45 p.m. • Fee: \$162

Taken from his people, Daniel is exiled far from home in the perilous kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most powerful stories as it comes to life in this brand-new original stage production. Fee includes transportation, pre-show lunch at a restaurant nearby and show.

R07083 - 108 Tea Affair, Lititz, PA F, Dec. 6 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$94

Experience a full high tea and retail shopping located in the heart of America's "Coolest Small Town," Lititz, PA. We will have time to shop in the town which will be decorated and stocked for the holidays. Fee includes transportation and full high tea.

R07083 - 109 The Candelight Dinner Theatre, "Holiday Inn," Wilmington, DE Su, Dec. 22 • Leave: 10:15 a.m., Return: 7:45 p.m. • Fee: \$119

A Connecticut farmhouse is transformed into an inn featuring shows to celebrate each holiday from Thanksgiving to the Fourth of July. Inspired by the Academy Award-winning film of the same name, Holiday Inn is a story of romance with a mix of small-town living, bright lights and the lure of stardom. This joyous musical features thrilling dance numbers, laugh-out-loud comedy and nearly two dozen Irving Berlin classics. Fee includes transportation, pre-show meal and show.

YOUTH BASKETBALL

COMING THIS WINTER



GRADES
K-12



MONTGOMERY COUNTY
Recreation

FACILITY ADDRESSES

Registration begins Monday, August 12 for most fall programs

Registration begins Tuesday, August 13 for fall Aquatics programs



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave., Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Glenallan ES.....	12520 Heurich Rd, Silver Spring 20902
Luxmanor ES.....	.6201 Tilden Ln, Rockville 20852
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Rock View ES.....	.3901 Denfeld Ave., Kensington 20895
Sligo Creek ES.....	.500 Schuyler Rd, Silver Spring, 20910

MIDDLE SCHOOLS

Agryle MS.....	2400 Bel Pre Rd, Silver Spring 20906
Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
Tilden MS.....	.6300 Tilden Ln, Rockville 20852
Wood MS.....	.14615 Bauer Dr, Rockville 20853
White Oak MS.....	12201 New Hampshire Ave, Silver Spring 20904

HIGH SCHOOLS

Paint Branch HS.....	14121 Old Columbia Pike, Burtonsville 20866
Thomas S. Wootton.....	2100 Wootton Pkwy, Rockville 20850
Wheaton HS.....	12401 Dalewood Dr, Silver Spring 20906

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 Parkway, 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

PARKS

Arcola LP.....	11501 Channing Dr, Silver Spring 20902
Bauer Drive LP.....	14625 Bauer Dr, Aspen Hill 20853
Cabin John RP.....	7400 Tuckerman Lane, Bethesda, 20817
Calverton Galway LP.....	3039 Fairland Rd, Silver Spring 20904
Fernwood LP.....	.6708 Michaels Dr, Bethesda 20817
Layhill Village LP.....	1920 Queensguard Road, Wheaton, 20906
Long Branch LP.....	509 E. University Blvd., Silver Spring 20901
Olney Manor RP.....	16601 Georgia Ave., Olney, 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Tilden Woods LP.....	6800 Tilden Ln, Rockville 20852
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring 20906
Wheaton RP.....	2000 Shorefield Road, Wheaton, 20902

OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852
BCC Center: Bethesda-Chevy Chase Regional Services Center- Regional Services Center-B-CC.....	4805 Edgemoor Lane, Bethesda, 20814

PAYMENT AND REFUND INFORMATION

New Refund Policy
Effective Monday, May 13

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, noncounty 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

WHERE THE FUN BEGINS

FALL 2024

Registration for most fall programs begins **Monday, Aug. 12**

Registration for fall Aquatic programs begins **Tuesday, Aug. 13**

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](tel: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](#)



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



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation