

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



FALL 2017

RECREATION AND PARKS PROGRAMS

BASKETBALL

SKATING & HOCKEY

TINY TOTS

CAMPING

TRIPS & TOURS

TENNIS

XCITING XTRAS

HIKES & HISTORY

WATER FITNESS

GOLF

and much more!



Teen Fashion Boot Camp Showcase



MONTGOMERY COUNTY
2017

THANKSGIVING

PARADE

**Saturday, November 18
10 A.M.**

Downtown Silver Spring
From Ellsworth Dr. to Silver Spring Ave.

240-777-0311 | En Español 240-777-6839
montgomerycountymd.gov/rec
silverspringdowntown.com



FROM THE COUNTY EXECUTIVE



Fall 2017

Dear Montgomery County Resident:

As the children head back to school, we are looking forward to cooler temperatures and beautiful autumn colors. The fall is usually a great time to enjoy one of the many activities offered by the Recreation Department. You will find many exciting programs and activities to suit all interests and activities in this issue of the Fall Recreation Guide.

In addition to our popular aquatics programs and facilities, there are myriad opportunities in arts and crafts, including jewelry-making, pottery, cartooning for youngsters, and calligraphy. There are five pages devoted to dance, covering everything from ballet to ballroom. There are also many delicious, new, gourmet offerings from our chef instructors.

The Recreation Department is known for offering first-rate fitness/wellness exercise programs from aerobics to Zumba! We offer a complete set of active programs for everyone from our Tiny Tots to the 55+ Active Adult community.

If you dread the end of the outdoor swimming season, remember that Montgomery County has four first-class, accessible, indoor pools that offer water exercise classes, swimming and diving lessons, or competitive swimming opportunities. Our indoor facilities are equipped with recreational and competition pools, and leisure and hydrotherapy pools. Annual membership is a great way for you to enjoy the pools year round.

If you enjoy sports, you will want to check out our soccer, basketball, and softball leagues. There are sports for all age groups, men, women and coed, along with all the other sports activities you and your family can sign up to join. Our Therapeutic Recreation Team also offers a wide array of sports programs.

You will not want to miss the 20th Annual Montgomery County Thanksgiving Parade in downtown Silver Spring on Saturday, November 18, from 10 a.m. to noon. The parade is always great fun for the whole family and a great way to kick off the holiday season. I hope to see you there.

Take some time to look through this issue of the Guide. With so many different choices, I know you will find something you enjoy. I look forward to seeing you at the many events and activities throughout the County this fall.

Sincerely,

A handwritten signature in black ink that reads "Isiah Leggett".

Isiah Leggett,
County Executive



A look Inside...

Fall 2017
Recreation and Parks Programs



MONTGOMERY COUNTY
Recreation

Active 55+ Adults Programs91

Aquatics14

Water Fitness Classes15

Adaptive Aquatics17

Diving17

Masters Swimming19

Scuba19

Developmental Swim20

Swim Team20

Lifeguard Training21

Swim Lessons26

Classes40

Arts and Crafts41

Dance46

Music50

Cooking52

Fitness and Wellness54

Martial Arts66

Tiny Tots69

Winter Break76

Xciting Xtras77

Employment Opportunities

Contractors & Staff53

Aquatics Part Time Staff31

Extras

Thanksgiving Parade Inside Front Cover

Pool Pooch Party4

Club Adventure5

Community Calendar6



Club Adventure
pg. 5



Fitness and
Wellness
pg. 54



Swim
Lessons
pg. 26



Thanksgiving
Parade
Inside Cover



Xciting Xtras
pg. 77

Montgomery County Recreation
4010 Randolph Rd., Silver Spring, MD 20902

240-777-6840

montgomerycountymd.gov/rec



Registration
For Fall
Classes & Swim
Lessons Begins

August 14



Like
Montgomery
County
Recreation
on Facebook



Follow
@mocorec
on Twitter

Silver Spring Jazz Festival	8
Instructor Thank You	9
5 Ways to Have Fun	10
Look What's New	10
Kid Museum	12
KidFest	13
Maryland Senior Olympics	106
Rentals	121
Address by Location	128
Programs by Location	123
Recreation Centers	122
Registration Form	Inside Back Cover
Sports	81
Youth Basketball Leagues	84
Therapeutic Recreation	107
Trips and Tours	114
Youth Development	112



Montgomery Parks

The Maryland-National Capital Park and Planning Commission

Montgomery Parks Info Begins	129
Montgomery Parks Facility Directory	96
Montgomery Parks Facility Directory	132
Agricultural & Historical Programs	134
Harvest Festival	136
Brookside Gardens Programs	138
Nature Center Classes	143
Monarch Fiesta Day	146
Volunteer Opportunities	151
Ice Skating & Hockey Group Lessons	173
School's Out Skating Events	189
Golf & Archery	191
2017 Maryland Emancipation Day Celebrations	190
Indoor Tennis Classes	193
Have a Ball	195



Sports
pg. 81



Trips and
Tours
pg. 114



Nocturnal
Neighbors
pg. 162



S'mores
Campfire
Cook-Off
pg. 168



Halloween
Trains
Back Cover

HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6839.



Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email rec.mainstream@montgomerycountymd.gov. If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email ProgramAccess@MontgomeryParks.org; or visit MontgomeryParks.org/access for more information.



Registration
for many
Montgomery Parks
Fall classes opens

AUGUST 14

Ice Skating, Hockey and
Indoor Tennis Open
August 30

Montgomery Parks
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | MontgomeryParks.org



Like
Montgomery
Parks



Follow
[@MontgomeryParks](https://twitter.com/MontgomeryParks)

Pooch Pool Party

\$10

Saturday, September 9 • Activity #39888
Sunday, September 10 • Activity #39890

11am-3pm

Wheaton-Glenmont Pool
12621 Dalewood Drive
Wheaton, MD 20906

Pre-registration is required.

Written proof of current
rabies vaccination

required for admission!

Canine swimming only - humans will not be permitted in the pool. All dogs must be under the control of an adult. Any dog displaying signs of aggression will be asked to leave immediately. No female dogs in heat please!

MONTGOMERY COUNTY
Recreation



Monday-Friday
3 - 6 p.m.
\$62/month

CLUB ADVENTURE

SPORTS & GAMES, ARTS & CRAFTS,
SPECIAL EVENTS AND MORE!

**Damascus Community
Recreation Center**
25520 Oak Drive
Damascus, MD 20872
240-777-6930
Grades K-5

35679	September
35680	October
35681	November
35713	December
35714	January
35715	February
35716	March
35717	April
35718	May
35719	June

**East County Community
Recreation Center**
3310 Gateshead Manor Way
Silver Spring, MD 20904
240-777-8090
Grades K-5

35682	September
35683	October
35684	November
35720	December
35721	January
35722	February
35723	March
35724	April
35725	May
35726	June

**Gwendolyn Coffield Community
Recreation Center**
2450 Lyttonsville Road
Silver Spring, MD 20901
240-777-4900
Grades K-5

35676	September
35677	October
35678	November
35706	December
35707	January
35708	February
35709	March
35710	April
35711	May
35712	June

**Long Branch Community
Recreation Center**
8700 Piney Branch Road
Silver Spring, MD 20901
240-777-6965
Grades K-5

35685	September
35686	October
35687	November
35727	December
35728	January
35729	February
35730	March
35731	April
35732	May
35733	June

**Mid-County Community
Recreation Center**
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820
Grades K-5

35691	September
35692	October
35693	November
35741	December
35742	January
35743	February
35744	March
35745	April
35746	May
35747	June

**Marilyn J. Praiser Community
Recreation Center**
14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970
Grades K-5

35688	September
35689	October
35690	November
35734	December
35735	January
35736	February
35737	March
35738	April
35739	May
35740	June

**North Potomac Community
Recreation Center**
13850 Travilah Road
Rockville, MD 20850
240-773-4800
Grades K-5

35298	September
35704	October
35705	November
35768	December
35771	January
35772	February
35773	March
35774	April
35776	May
35777	June

**Plum Gar Community
Recreation Center**
19561 Scenery Drive
Germantown, MD 20876
240-777-4919
Grades K-5

35694	September
35695	October
35696	November
35748	December
35749	January
35750	February
35751	March
35752	April
35753	May
35754	June

**Upper County Community
Recreation Center**
8201 Emory Grove Road
Gaithersburg, MD 20877
240-777-8077
Grades K-5

35697	September
35698	October
35699	November
35755	December
35756	January
35757	February
35758	March
35759	April
35760	May
35761	June

**White Oak Community
Recreation Center**
1700 April Lane
Silver Spring, MD 20904
240-777-6940
Grades K-5

35297	September
35700	October
35701	November
35702	December
35762	January
35763	February
35764	March
35765	April
35766	May
35767	June

For more information please contact the community centers listed above. VISIT ACTIVE.MONTGOMERY.ORG TO REGISTER.

Community

September



Sept.

19

LASER TAG FRENZY

at East County CRC

7 p.m. - 9 p.m.

6th-8th graders only. Come out for a competitive night of Laser Tag with your friends! Activity no. 39829.

October

Oct.

2

CIRCLE TIME WITH FRIENDS

at Mid County CRC

10 a.m.

Storytime for toddlers and preschoolers up to age 5. Free! Activity no. 38565

Oct.

7

PLUM GAR FEST AND OKTOBER FEST

at Plum Gar CRC

10 a.m. - 2 p.m.

Moonbounce, food, music, college football, and cornhole tournament. Call for additional information 240-777-4919.



Oct.

27

HALLOWEEN HAPPENING

at Praisner CRC

6:30 p.m. - 8:30 p.m.

Ages 12 and under.

Free. Call 240-777-4970 for additional information.



Oct.

27

HALLOWEEN HAUNTED HOUSE

at Long Branch CRC

7 p.m. - 9 p.m.

Join us for a haunting, fun-filled night. There will be games and fun activities! Free. Activity no. 40360.

CALENDAR

Sept.

15

FAMILY FUN NIGHT at Long Branch CRC

7 p.m. - 10 p.m.

Roller skating, music, table top games,
video games and more!

Activity no. 40361.



Sept.

16

BURTONSVILLE DAY MULTICULTURAL FESTIVAL at Praisner CRC

10 a.m. - 3 p.m.

Families welcome. Free!
For more information visit
www.burtonsvilleday.org.

Oct.

21

HALLOWEEN COSTUME JAM at Coffield CRC

12 p.m. - 2 p.m.

K-5th grade! Music, games, line dancing,
face painting, photo booth and moon
bounce! Free! Activity no. 40705.

Oct.

22

NORTH POTOMAC COMMUNITY CENTER DAY at North Potomac CRC

12 p.m. - 4 p.m.

All ages! Celebrate our one year anniversary!
Games, food, fun, and more.
Call 240-773-4800 for more information.

Oct.

28

HALLOWEEN MONSTER BASH at Mid-County CRC

12 p.m. - 3 p.m.

All ages. Free (must register).
Call 240-777-6820 for additional
information. Activity no. 35782



14TH ANNUAL

Silver Spring Jazz Festival

FREE!

STARRING
"THE LAO TIZER BAND"

Marcus Johnson - 7 P.M.
Chembo Corniel Quintet - 5:45 P.M.
Sharp Radway Quintet - 4:30 P.M.
Jazz Academy of Music - 3:15 P.M.



SEPTEMBER 9, 2017
3 - 10 P.M.

VETERANS PLAZA
ELLSWORTH & FENTON



silverspringdowntown.com - montgomerycountymd.gov/rec
240-777-0331 - En Español 240-777-6839



To our instructors & contractors...

Thank You

Montgomery County is the nation's top place to live, work, and play. The key to our program success is based on our quality instructors and contractors, their dedication and enthusiasm. Please join us in thanking our valued partners – our contractors who deliver their unique skills in providing all the great programs and activities that are listed in this Guide to Recreation. We are very proud of their work and know that it is critical in delivering quality recreation services.

5 Ways to Have Fun this Fall with **RECREATION**



1

Who doesn't love HGTV?!

As Fall approaches, our thoughts may turn to the upcoming holiday season. Why not take the NEW Interior Design Magic classes (8 sessions) offered at the Nancy H. Dacek North Potomac Community Recreation Center at two different times? Here's the chance to design your home's interior to reflect your unique personality and taste. Detailed information is on page 42.

2

Do you have the big day coming up in your future and will you be Wedding Ready?

Ready for that all-important "first dance," that is. This eight-week dance course is for not only to the bride and groom, but also mom, dad and anyone in the bridal party. Read more on page 50.

3

Speaking of the holidays...Company's coming and they're hungry!

Every season Montgomery County Recreation offers a very high level of cooking classes, including some new chefs. Check out all nine classes, including one for the kids, on pages 52 & 53.

4

Now your little tots can be "Loose as a Goose!"

Sign up your six-month to two-year-olds for Mama Goose on the Loose. What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Adult participation required. Waddle on over to page 74.

5

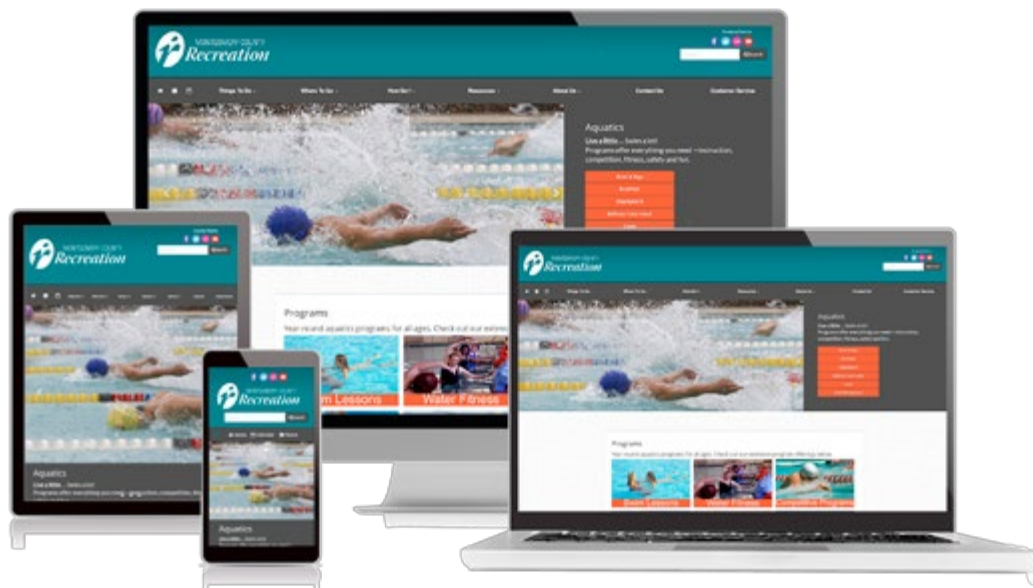
Best 55+ Senior Bargain in Town!

Senior Sports Activities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-In Gym programs, leagues offered at several locations, aquatics, and more. Get all the details on page 104.



Look WHAT'S NEW:

VISIT OUR NEW SITE
this Fall



- Easier to navigate
- Mobile/tablet friendly
- Updated information



MORE CONVENIENT *Customer Service Hours*

**Starting August 14, 2017
our new hours are:**

9:30 a.m. - 4 p.m. Monday-Friday

**For our Administrative Headquarters
located at:**

**4010 Randolph Road
Silver Spring, MD 20902
240-777-6840**



DISCOVER WHAT YOU CAN MAKE!

robot-building
electronics
video game design
3D design & print
woodshop

textiles
toy-making
wind tubes
animation
coding

WORKSHOPS

CAMPS

FIELD TRIPS

WEEKEND DROP-IN



www.kid-museum.org



KID FEST

÷ FIND YOUR SPARK

KIDFEST IS THE DC REGION'S PREMIER FAMILY
FESTIVAL CELEBRATING MAKING AND CREATIVITY.

SEPTEMBER 24TH

12:00 NOON–5:00 PM

Veterans Plaza and The Silver Spring Civic
Building (Corner of Fenton and Ellsworth)

FREE ADMISSION

www.kidfest.org

- GADGETS
- GAMES
- ROBOTS
- INVENTORS
- AMAZING DEMOS
- HANDS-ON
ACTIVITIES



Aquatics

*Live a Little ...
Swim a Lot!*

INDOOR POOLS

**Martin Luther King, Jr
Swim Center (MLK)**
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904

Closed:
8/21-9/4 • 2017
10/28-10/29 • 2017

**Eunice Kennedy Shriver
& Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852

Closed:
8/21-9/4 • 2017

**Olney
Indoor Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue
Olney, MD 20832

Closed:
8/7-8/27 • 2017
11/4-11/5 • 2017

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyds, MD 20841

Closed:
8/19-9/4 • 2017
10/6-10/8 • 2017
11/10-11/12 • 2017
12/7-12/10 • 2017

Family Recreational Swims

Recreational and Lap Swim Sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a family, pair, senior, or individual Pool Pass. Groups of more than six people must contact the pool management for additional information.

Swimming Instruction

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

Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party rooms are available for rent. Contact the facility or montgomerycountymd.gov/rec for available times and fees.

Website Info

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

WATER FITNESS CLASSES

Water Exercise, Deep Water Running, and Water Aerobics classes are offered at each indoor pool.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running and Exercise, must be comfortable in deep water.
- Men and women over 12 years old are welcome.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 204.

Wellness Network: Linda Costello
H2O Fitness and More: Teresa Shelton

301-924-3488
410-491-3000

wellnet1@aol.com
tsshelton100@yahoo.com



WATER FITNESS

Water Fitness

Abs & Glutes & More

Ages 12 & Up: Shallow water aerobics class with high energy packed with power that will sculpt your abs, glutes, and more. Gloves are recommended and can be purchased at class.

13 Sessions	\$85
Instructor: H2O Fitness	
39741 MLK	9/11 M 10:00am-10:50am
39742 MLK	9/13 W 10:00am-10:50am
39743 MLK	9/14 Th 8:30pm-9:20pm
39744 KSAC	9/12 T 9:00am-9:50am
39745 KSAC	9/14 Th 9:00am-9:50am

Aqua Cardio Challenge

Ages 12 & Up: This class offers a vigorous shallow water workout giving you the cardio challenge you want. It is a power packed class where you will build muscle, endurance and stamina.

12 Sessions	\$78
Instructor: H2O Fitness	
39747 MLK	9/10 S 5:00pm-5:50pm

Aqua Cardio Dance

Ages 12 & Up: A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

13 Sessions	\$85
Instructor: H2O Fitness	
39749 MLK	9/12 T 9:30am-10:20am
39750 MLK	9/14 Th 9:30am-10:20am
39751 KSAC	9/15 F 10:00am-10:50am
Instructor: Wellness Network	
39748 OSC	9/10 S 9:05am-9:55am

Aqua Lite

Ages 12 & Up: This class is low intensity and low impact, and will improve joint flexibility, balance and coordination. For those with arthritis, or recovering from injury or surgery, this class will help reduce muscle weakness, pain and stiffness in the upper and lower body.

13 Sessions	\$85
Instructor: H2O Fitness	
39752 MLK	9/14 Th 10:30am-11:20am
39758 MLK	9/12 T 10:30am-11:20am

13 Sessions	\$85
Instructor: Wellness Network	
39753 OSC	9/11 M 10:00am-10:50am
39754 OSC	9/13 W 10:00am-10:50am
39755 OSC	9/15 F 10:00am-10:50am
39756 KSAC	9/11 M 11:00am-11:50am
39757 KSAC	9/13 W 11:00am-11:50am

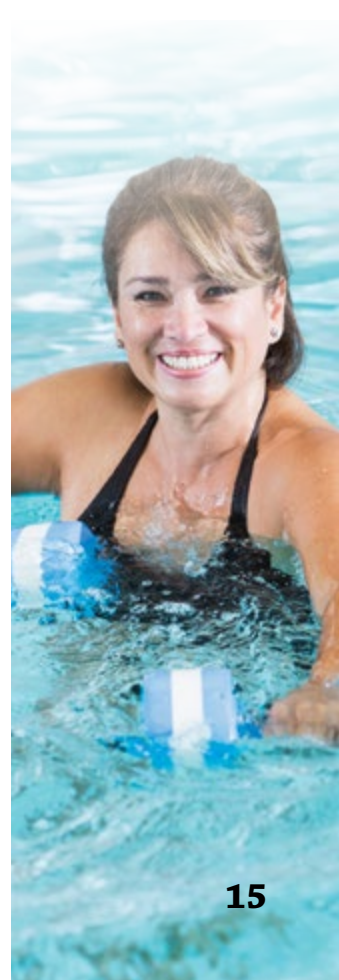
Aqua YO-Lates

Ages 12 & Up: Aqua Yo-Lates blends yoga and pilates exercises giving you the best of both worlds. The gentle movement sequences will improve range of motion and help strengthen the whole body.

13 Sessions	\$85
Instructor: H2O Fitness	
39759 MLK	9/15 F 10:00am-10:50am

Check Out Our Land Fitness Classes Too!

Held at Aquatic Facilities
Zumba pg. 56





Deep Water Running

Ages 12 & Up: Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross-training and/or rehabilitating persons requiring cushioning of deep water. Deep water belt is required and may be purchased at the pool \$20.

8 Sessions \$52

Instructor: Wellness Network
39764 GISC 9/9 Sa 9:30am-10:20am

10 Sessions \$65

Instructor: H2O Fitness
39785 MLK 9/9 Sa 9:00am-9:50am
Instructor: Wellness Network
39775 OSC 9/9 Sa 9:05am-9:55am

12 Sessions \$78

Instructor: Wellness Network
39788 GISC 9/15 F 10:30am-11:20am

13 Sessions \$85

Instructor: H2O Fitness
39776 KSAC 9/12 T 10:00am-10:50am
39777 KSAC 9/14 Th 10:00am-10:50am
39778 KSAC 9/15 F 9:00am-9:50am
39779 MLK 9/11 M 1:00pm-1:50pm
39780 MLK 9/12 T 7:30am-8:20am
39781 MLK 9/12 T 7:30pm-8:20pm
39782 MLK 9/14 Th 7:30am-8:20am
39783 MLK 9/14 Th 7:30pm-8:20pm
39784 MLK 9/15 F 11:00am-11:50am
39786 MLK 9/13 W 1:00pm-1:50pm

Instructor: Wellness Network

39760 KSAC 9/14 Th 7:30pm-8:20pm
39761 GISC 9/11 M 10:30am-11:20am
39762 GISC 9/13 W 10:30am-11:20am
39763 GISC 9/14 Th 9:30am-10:20am
39765 GISC 9/11 M 7:50pm-8:40pm
39766 OSC 9/11 M 7:20pm-8:10pm
39767 OSC 9/12 T 8:30am-9:20am
39768 OSC 9/12 T 10:30am-11:20am
39769 OSC 9/13 W 1:30pm-2:20pm
39770 OSC 9/13 W 7:20pm-8:10pm
39771 OSC 9/14 Th 9:00am-9:50am
39772 OSC 9/14 Th 11:00am-11:50am
39773 OSC 9/14 Th 8:15pm-9:05pm
39774 OSC 9/15 F 6:20pm-7:10pm
39787 GISC 9/12 T 10:00am-10:50am
39789 KSAC 9/12 T 7:45pm-8:35pm
39790 OSC 9/12 T 8:15pm-9:05pm

Hi/Lo Cardio Fusion

Ages 12 & Up: A unique class that gives you a cardio workout with a blend of yoga and pilates exercises infused into the workout.

13 Sessions \$85

Instructor: H2O Fitness
39791 KSAC 9/15 F 11:30am-12:20pm

Water Aerobics

Ages 12 & Up: Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

12 Sessions \$78

Instructor: Wellness Network
39794 GISC 9/14 Th 7:50pm-8:40pm

13 Sessions \$85

Instructor: H2O Fitness
39800 MLK 9/15 F 7:30pm-8:20pm
Instructor: Wellness Network
39792 OSC 9/13 W 8:15pm-9:05pm
39795 KSAC 9/11 M 10:00am-10:50am
39796 OSC 9/12 T 9:30am-10:20am
39797 OSC 9/12 T 7:15pm-8:05pm
39798 OSC 9/14 Th 10:00am-10:50am
39799 OSC 9/14 Th 7:15pm-8:05pm
39801 GISC 9/11 M 9:30am-10:20am
39802 KSAC 9/13 W 10:00am-10:50am
39803 OSC 9/11 M 8:15pm-9:05pm

Water Exercise

Ages 12 & Up: Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

12 Sessions \$78

Instructor: Wellness Network
39812 GISC 9/15 F 9:30am-10:20am

13 Sessions \$85

Instructor: H2O Fitness
39804 MLK 9/11 M 9:00am-9:50am
39805 MLK 9/13 W 9:00am-9:50am
39806 MLK 9/15 F 9:00am-9:50am
39807 KSAC 9/11 M 8:30pm-9:20pm
39808 KSAC 9/12 T 11:30am-12:20pm
39809 KSAC 9/13 W 8:30pm-9:20pm
39810 KSAC 9/14 Th 11:30am-12:20pm
Instructor: Wellness Network
39811 GISC 9/13 W 9:30am-10:20am
39813 OSC 9/11 M 9:00am-9:50am
39814 OSC 9/13 W 9:00am-9:50am
39815 OSC 9/15 F 9:00am-9:50am

WATER FITNESS



ADAPTIVE AQUATICS

Adapted Aquatics Lesson - Level 1

Ages 18 & Up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants **MUST** be accompanied in the water by a caregiver and in arms reach at all times.

6 Sessions	\$65
40270 KSAC	9/11 M 10:45am-11:15am
40271 KSAC	10/30 M 10:45am-11:15am

Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for **ONLY** one (1) class per session. Class size is limited to 8 students.

6 Sessions	\$65
40272 KSAC	9/9 Sa 9:45am-10:15am
40273 KSAC	9/9 Sa 10:35am-11:05am
40274 KSAC	10/28 Sa 9:45am-10:15am
40275 KSAC	10/28 Sa 10:35am-11:05am

Water Exercise - Adaptive

Ages 14 & Up: This course is designed for those individuals with physical and developmental disabilities. Participant will have the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants **MUST** be accompanied in the water by a caregiver and in arms reach at all times.

12 Sessions	\$78
Instructor: H2O Fitness	
40554 MLK	9/10 S 4:00pm-4:50pm
13 Sessions	\$85
Instructor: Wellness Network	
40555 GISC	9/13 W 11:30am-12:20pm

Diving

AAU Developmental Group

Ages 6-18: This is an invitation only program designed to prepare athletes for AAU competition. Participants will train once a week in the water and once a week for dryland (a separate fee). Divers will learn excellent basics on 1 meter and 3 meter. Participants must pay a \$300 Team Fee each year and sign up for the email newsletter at www.montgomerydiveclub.org. Contact NoahE@montgomerydiveclub.org to try out.

\$190

Instructor: Built By Beavers
39700 MLK 9/16 Sa 7:00pm-8:30pm

AAU National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our goal will be to qualify for the AAU National Championships each summer. All participants must pay a \$300 Team fee each year and sign up for the email newsletter@www.montgomerycountydiveclub.org. Contact NoahE@montgomerydiveclub.org to try out.

\$675

Instructor: Built By Beavers
39701 MLK 9/18 M,W,F 7:00pm-9:00pm

Diving National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for USA DIVING and collegiate competition. This is a year round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 Team Fee each year and sign up for the email newsletter at www.montgomerydiveclub.org. Contact AlexG@montgomerydiveclub.org.

3 Days Per Week \$425

Instructor: Built By Beavers
39702 KSAC 9/11 S-F 7:00am-10:00am
39703 GISC 9/11 S-F 7:00am-10:00am

4 Days Per Week \$525

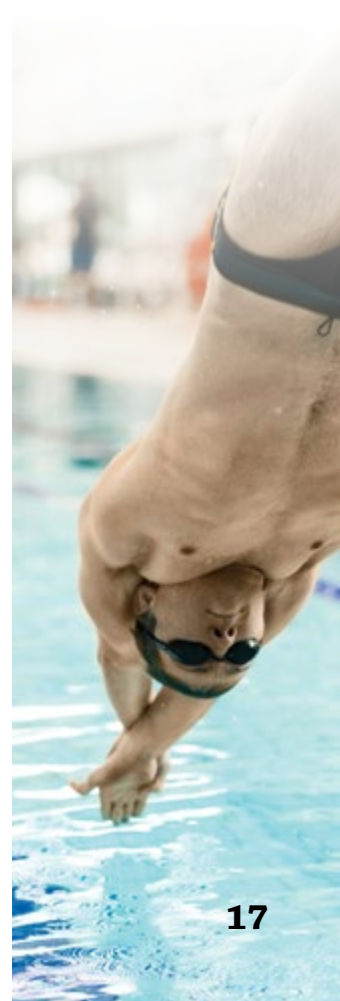
40234 KSAC 9/11 S-F 7:00am-10:00am
40235 GISC 9/11 S-F 7:00am-10:00am

5 Days Per Week \$625

40237 GISC 9/11 S-F 3:30pm-8:00pm
40236 KSAC 9/11 S-F 3:30pm-8:00pm



DIVING





DIVING



High School Diving

Ages 13-18: Our High School group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

40238	KSAC	9/11	M	8:00pm-9:30pm
40239	KSAC	9/14	Th	8:00pm-9:30pm
40240	GISC	9/13	W	8:30pm-10:00pm
40241	GISC	9/11	M	8:30pm-10:00pm

Level 1: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners, or kids who might like a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$145

Instructor: Built By Beavers

39696	GISC	9/11	M	4:30pm-5:15pm
39699	GISC	9/13	W	4:30pm-5:15pm
39693	GISC	9/14	Th	4:30pm-5:15pm
39688	KSAC	9/11	M	4:15pm-5:00pm
39697	KSAC	9/11	M	5:00pm-5:45pm
39687	KSAC	9/12	T	4:15pm-5:00pm
39695	KSAC	9/13	W	4:15pm-5:00pm
39698	KSAC	9/13	W	5:00pm-5:45pm
39689	KSAC	9/15	F	4:15pm-5:00pm
39691	MLK	9/17	S	10:30am-11:15am
39692	MLK	9/17	S	11:15am-12:00pm
39694	OSC	9/13	W	5:00pm-5:45pm

Level 2: Human Springs

Ages 8-18: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for kids who cannot yet perform an inward dive or a 1½. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

40280	GISC	9/11	M	5:15pm-6:45pm
40277	GISC	9/12	T	5:00pm-6:30pm
40283	GISC	9/13	W	5:00pm-6:30pm
40278	GISC	9/14	Th	5:15pm-6:45pm
40285	GISC	9/15	F	5:15pm-6:45pm
40279	KSAC	9/12	T	5:00pm-6:30pm
40276	KSAC	9/14	Th	4:30pm-6:00pm
40281	KSAC	9/15	F	5:00pm-6:30pm
40282	KSAC	9/17	S	8:30am-10:00am
40284	OSC	9/13	W	5:45pm-7:15pm

Level 3: Human Springs

Ages 8-18: These 90 minute classes are for kids with past diving experience from summer diving or Level 2. This class is appropriate for kids who can already perform an inward dive and a front 1½. All participants must pay a \$15.00 fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

40318	KSAC	9/11	M	6:30pm-8:00pm
40319	KSAC	9/13	W	6:30pm-8:00pm
40320	KSAC	9/14	Th	6:00pm-7:30pm

Masters Diving

Ages 19 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! All participants must pay a \$15 Team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

\$275

Instructor: Built By Beavers

40327	KSAC	9/11	M	8:00pm-9:30pm
40328	KSAC	9/14	Th	8:00pm-9:30pm

Springs Diving Team - Homeschool Edition

Ages 6-18: This class is appropriate for Level 2 and 3 divers who are homeschooled. All participants must pay a \$15 Team fee each quarter and sign up for the email newsletter at www.montgomerycountymd.org.

\$275

Instructor: Built By Beavers

40324 MLK 9/11 M 11:30am-1:00pm
40325 MLK 9/13 W 11:30am-1:00pm
40326 MLK 9/15 F 11:30am-1:00pm

USAD Developmental Group

Ages 6-12: This is an invitation only program. It is designed for young, highly talented athletes who aspire to compete at the highest levels in USA Diving competition. Participants train twice a week in the water and twice a week in dryland (a separate fee). All participants must pay a \$300 Team fee each year and should sign up for the email newsletter at www.montgomerydiveclub.org. Contact AlexG@montgomerydiveclub.org to try out.

\$400

Instructor: Built By Beavers

39704 KSAC 9/12 T,Th 5:00pm-7:00pm

SCUBA

Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the "checkout dives" will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com or Scott Hagedorn at 240-372-9691 or training@scubaadventure.org.

8 Sessions

\$265

Instructor: Joseph M. Lodmell

40135 MLK 9/6 W 7:30pm-10:00pm

Instructor: Scott Hagedorn

39992 GISC 9/12 T 7:00pm-10:00pm

39993 OSC 9/11 M 7:15pm-10:15pm

MASTER SWIMMING

Ages 18 & Up: Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering US Masters Swimming competitions. Training is offered at all indoor pools. For more information, contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

40500	1 day per week	9/10-12/22	\$110
40502	2 days per week	9/10-12/22	\$165
40504	3 days per week	9/10-12/22	\$210
40505	4 days per week	9/10-12/22	\$250
40507	5 days per week	9/10-12/22	\$290

Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30am-7:30am	Su: 8:00am-10:00am
Tu: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
Th: 8:30pm-10:00pm	F: 8:30pm-9:30pm
F: 6:30am-7:30am	
MLK	OSC
M: 8:30am-10:00am	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
	Sa: 7:30am-9:00am



SCUBA/OTHER



DEVELOPMENTAL SWIM

SwiMontgomery

Ages 5-13: A developmental program for kids 13 and under who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards/meters without stopping.

18 Sessions

\$250

Instructor: Montgomery Stroke And Turn Clinic

39451	GISC	9/19	T,Th	7:45pm-8:30pm
39450	KSAC	9/19	T,Th	7:45pm-8:30pm
39452	MLK	9/18	M,W	7:30pm-8:15pm
39449	OSC	9/18	M,W	7:15pm-8:00pm



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Montgomery Stroke and Turn Clinic

Ages 5-18: The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over 22 years. MSTC is designed for swimmers 5 - 18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength, and have fun. The coaches will focus on proper stroke mechanics and techniques with swimmers. MUST be able to swim 25 meters of freestyle without stopping. Program meets for 22 sessions. There will be no clinic on Dec 24, Dec 31, Feb 4, Apr 1 and 5 other Sundays due to facility conflicts, which will be announced at the first session.

Please visit www.mstcswim.com for more information.

22 Sessions

\$385

Instructor: Montgomery Stroke And Turn Clinic

35484	GISC	10/22	S	6:00pm-6:55pm
35485	GISC	10/22	S	7:00pm-7:55pm
35481	KSAC	10/22	S	5:00pm-5:55pm
35482	KSAC	10/22	S	6:00pm-6:55pm
35483	KSAC	10/22	S	7:00pm-7:55pm
35489	MLK	10/22	S	6:00pm-6:55pm
35490	MLK	10/22	S	7:00pm-7:55pm
35486	OSC	10/22	S	5:00pm-5:55pm
35487	OSC	10/22	S	6:00pm-6:55pm
35488	OSC	10/22	S	7:00pm-7:55pm

WWW.RMSCSWIMMING.COM



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TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



LIFEGUARD TRAINING

MCR-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend **all** sessions. Call the facility for further information.

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions 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 for every Lifeguard Training course is a pre-course. You **MUST** pass the pre-course to continue. The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the 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 and exit the water on your own in under 1 min 40 seconds.

Enrollment in course does not guarantee certification. Students must pass written and physical exams.

Cost of the course is \$205.

Germantown Indoor Swim Center

Session	Date	Begins	End
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LGT 1: Course 40366 **October 2017**

Pre-Course	Friday, Oct. 13	7:15pm	9:30pm
Session 1	Sunday, Oct. 15	9:30am	12:30pm
Session 2	Sunday, Oct 15	1:00pm	4:00pm
Session 3	Wednesday, Oct 18	6:30pm	9:30pm
Session 4	Sunday, Oct 22	9:30am	12:30am
Session 5	Sunday, Oct 22	1:00pm	4:00pm
Session 6	Wednesday, 25	6:30pm	9:30pm
Session 7	Sunday, Oct 29	9:30am	12:30pm
Session 8	Sunday, Oct 29	1:00pm	4:00pm
Session 9	Wednesday, Nov 1	6:30pm	9:30pm
Session 10	Sunday, Nov 5	9:30am	12:30pm

LGT 2: Course 40367 **January 2018**

Pre-Course	Friday, Jan 5	7:15pm	9:30pm
Session 1	Sunday, Jan 7	9:30am	12:30pm
Session 2	Sunday, Jan 7	1:00pm	4:00pm
Session 3	Wednesday, Jan 10	6:30pm	9:30pm
Session 4	Sunday, Jan 14	9:30am	12:30pm
Session 5	Sunday, Jan 14	1:00pm	4:00pm
Session 6	Wednesday, Jan 17	6:30pm	9:30pm
Session 7	Wednesday, Jan 24	6:30pm	9:30pm
Session 8	Sunday, Jan 28	9:30am	12:30pm
Session 9	Sunday, Jan 28	1:00pm	4:00pm
Session 10	Wednesday, Jan 31	6:30pm	9:30pm

LGT 3: Course 40368 **Feb/Mar 2018**

Pre-Course	Friday, Feb 23	7:15pm	9:30pm
Session 1	Sunday, Feb 25	9:30am	12:30pm
Session 2	Sunday, Feb 25	1:00pm	4:00pm
Session 3	Wednesday, Feb 28	6:30pm	9:30pm
Session 4	Sunday, March 4	9:30am	12:30pm
Session 5	Sunday March 4	1:00pm	4:00pm
Session 6	Wednesday, March 7	6:30pm	9:30pm
Session 7	Sunday, March 11	9:30am	12:30pm
Session 8	Sunday, March 11	1:00pm	4:00pm
Session 9	Wednesday, March 14	6:30pm	9:30pm
Session 10	Friday, March 30	2:00pm	5:00pm

Session	Date	Begins	End
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LGT 4: Course 40369 **March 2018**

<i>MCPS Spring Break</i>			
Pre-Course	Sunday, March 18	9:30am	12:30pm
Session 1	Monday, March 26	2:00pm	5:00pm
Session 2	Monday, March 26	6:00pm	9:00pm
Session 3	Tuesday, March 27	2:00pm	5:00pm
Session 4	Tuesday, March 27	6:00pm	9:00pm
Session 5	Wednesday, March 28	2:00pm	5:00pm
Session 6	Wednesday, March 28	6:00pm	9:00pm
Session 7	Thursday, March 29	2:00pm	5:00pm
Session 8	Thursday, March 29	6:00pm	9:00pm
Session 9	Friday, March 30	2:00pm	5:00pm
Session 10	Wednesday, April 4	6:30pm	9:30pm

LGT5: Course 40370 **April 2018**

Pre-Course	Friday, April 6	7:15pm	9:30pm
Session 1	Sunday, April 8	9:30am	12:30pm
Session 2	Sunday, April 8	1:00pm	4:00pm
Session 3	Wednesday, April 11	6:30pm	9:30pm
Session 4	Sunday, April 15	9:30am	12:30pm
Session 5	Sunday, April 15	1:00pm	4:00pm
Session 6	Wednesday, April 18	6:30pm	9:30pm
Session 7	Sunday, April 22	9:30am	12:30pm
Session 8	Sunday, April 22	1:00pm	4:00pm
Session 9	Wednesday, April 25	6:30pm	9:30pm
Session 10	Sunday, April 29	9:30am	12:30pm

LGT6: Course 40371 **June 2018**

Pre-Course	Friday, June 15	7:00pm	9:30pm
Session 1	Sunday, June 17	9:30am	12:30pm
Session 2	Sunday, June 17	1:00pm	4:00pm
Session 3	Monday, June 18	2:00pm	5:00pm
Session 4	Monday, June 18	6:00pm	9:00pm
Session 5	Tuesday, June 19	2:00pm	5:00pm
Session 6	Tuesday, June 19	6:00pm	9:00pm
Session 7	Wednesday, June 20	2:00pm	5:00pm
Session 8	Wednesday, June 20	6:00pm	9:00pm
Session 9	Thursday, June 21	6:00pm	9:00pm
Session 10	Friday, June 22	6:00pm	9:00pm



LIFEGUARD TRAINING





Kennedy Shriver Aquatic Center



LIFEGUARD TRAINING

Session	Date	Begins	End
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LGT 1: Course 40332

October 2017

Pre-Course	Friday, Oct. 6	7:00pm	9:00pm
Session 1	Sunday, Oct. 8	9:00am	12:00pm
Session 2	Sunday, Oct. 8	1:00pm	5:00pm
Session 3	Wednesday, Oct. 11	6:30pm	9:30pm
Session 4	Sunday, Oct. 15	9:00am	12:00pm
Session 5	Sunday, Oct. 15	1:00pm	5:00pm
Session 6	Wednesday, Oct. 18	6:30pm	9:30pm
Session 7	Sunday, Oct. 22	9:00am	12:00pm
Session 8	Sunday, Oct. 22	1:00pm	5:00pm
Session 9	Wednesday, Oct. 25	6:30pm	9:30pm

LGT 2: Course 40333

December 2017

MCPS Winter Break

Pre-Course	Friday, Dec. 22	7:00pm	9:00pm
Session 1	Saturday, Dec. 23	9:00am	12:00pm
Session 2	Saturday, Dec. 23	1:00pm	5:00pm
Session 3	Tuesday, Dec. 26	9:00am	12:00pm
Session 4	Tuesday, Dec. 26	1:00pm	5:00pm
Session 5	Wednesday, Dec. 27	9:00am	12:00pm
Session 6	Wednesday, Dec. 27	1:00pm	5:00pm
Session 7	Thursday, Dec. 28	9:00am	12:00pm
Session 8	Thursday, Dec. 28	1:00pm	5:00pm
Session 9	Friday, Dec. 29	9:00am	12:00pm

LGT 3: Course 40334

January 2018

Pre-Course	Friday, Jan. 5	7:00pm	9:00pm
Session 1	Sunday, Jan. 7	9:00am	12:00pm
Session 2	Sunday, Jan. 7	1:00pm	5:00pm
Session 3	Wednesday, Jan. 10	6:30pm	9:30pm
Session 4	Sunday, Jan. 14	9:00am	12:00pm
Session 5	Sunday, Jan. 14	1:00pm	5:00pm
Session 6	Wednesday, Jan. 17	6:30pm	9:30pm
Session 7	Sunday, Jan. 21	9:00am	12:00pm
Session 8	Sunday, Jan. 21	1:00pm	5:00pm
Session 9	Wednesday, Jan. 24	6:30pm	9:30pm

LGT 4: Course 40335

March 2018

MCPS Spring Break

Pre-Course	Friday, Mar. 23	7:00pm	9:00pm
Session 1	Saturday, Mar. 24	8:00am	12:00pm
Session 2	Saturday, Mar. 24	1:00pm	4:00pm
Session 3	Monday, Mar. 26	8:00am	12:00pm
Session 4	Monday, Mar. 26	1:00pm	4:00pm
Session 5	Wednesday, Mar. 28	8:00am	12:00pm
Session 6	Wednesday, Mar. 28	1:00pm	4:00pm
Session 7	Thursday, Mar. 29	8:00am	12:00pm
Session 8	Thursday, Mar. 29	1:00pm	4:00pm
Session 9	Friday, Mar. 30	8:00am	12:00pm

LGT 5: Course 40336

March 2018

MCPS Spring Break

Pre-Course	Friday, Mar. 23	7:00pm	9:00pm
Session 1	Sunday, Mar. 25	9:00am	12:00pm
Session 2	Sunday, Mar. 25	4:30pm	9:30pm
Session 3	Monday, Mar. 26	4:30pm	9:30pm
Session 4	Tuesday, Mar. 27	4:30pm	9:30pm
Session 5	Wednesday, Mar. 28	4:30pm	9:30pm
Session 6	Thursday, Mar. 29	4:30pm	9:30pm
Session 7	Saturday, Mar. 31	4:30pm	9:30pm

Session	Date	Begins	End
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LGT 6: Course 40337

Apr/May 2018

Pre-Course	Friday, Apr. 13	7:00pm	9:00pm
Session 1	Sunday, Apr. 15	9:00am	12:00pm
Session 2	Sunday, Apr. 15	1:00pm	5:00pm
Session 3	Wednesday, Apr. 18	4:30pm	9:30pm
Session 4	Sunday, Apr. 22	9:00am	12:00pm
Session 5	Sunday, Apr. 22	1:00pm	5:00pm
Session 6	Wednesday, Apr. 25	4:30pm	9:30pm
Session 7	Sunday, Apr. 29	9:00am	12:00pm
Session 8	Sunday, Apr. 29	1:00pm	5:00pm
Session 9	Wednesday, May 2	6:30pm	9:30pm

LGT 7: Course 40338

June 2018

Pre-Course	Friday, June 15	7:00pm	9:00pm
Session 1	Sunday, June 17	9:00am	12:00pm
Session 2	Sunday, June 17	1:00pm	5:00pm
Session 3	Monday, June 18	9:00am	12:00pm
Session 4	Monday, June 18	1:00pm	5:00pm
Session 5	Wednesday, June 20	9:00am	12:00pm
Session 6	Wednesday, June 20	1:00pm	5:00pm
Session 7	Friday, June 22	9:00am	12:00pm
Session 8	Friday, June 22	1:00pm	5:00pm
Session 9	Saturday, June 23	9:00am	12:00pm



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LIFEGUARD.**



MLK Swim Center

Session	Date	Begins	End
LGT 1: Course 40429			
October - 2017			
Pre-course	Monday, Oct 2	7:00pm	9:30pm
Session 1	Saturday, Oct 7	9:00am	12:30pm
Session 2	Saturday, Oct 7	1:00pm	4:00pm
Session 3	Monday, Oct 9	6:30pm	10:00pm
Session 4	Thursday, Oct 12	6:30pm	10:00pm
Session 5	Saturday, Oct 14	9:00am	12:30pm
Session 6	Saturday, Oct 14	1:00pm	4:00pm
Session 7	Monday, Oct 16	6:00pm	10:00pm
Session 8	Saturday, Oct 21	9:00am	12:30pm
Session 9	Saturday, Oct 21	1:00pm	4:00pm

LGT 2: Course 40430			
December 2017			
<i>MCPS Winter Break</i>			
Pre-course	Monday, Dec 18	7:00pm	9:30pm
Session 1	Thursday, Dec 21	6:30pm	10:00pm
Session 2	Tuesday, Dec 26	9:00am	12:30pm
Session 3	Tuesday, Dec 26	1:00pm	4:00pm
Session 4	Wednesday, Dec 27	9:00am	12:30pm
Session 5	Wednesday, Dec 27	1:00pm	4:00pm
Session 6	Thursday, Dec 28	9:00am	12:30pm
Session 7	Thursday, Dec 28	1:00pm	4:00pm
Session 8	Friday, Dec 29	9:00am	12:30pm
Session 9	Friday, Dec 29	1:00pm	4:00pm

LGT 3: Course 40431			
January/February 2018			
Pre-course	Monday, Jan 15	7:00pm	9:30pm
Session 1	Sunday, Jan 21	9:00am	12:30pm
Session 2	Sunday, Jan 21	1:00pm	4:00pm
Session 3	Monday, Jan 22	6:30pm	10:00pm
Session 4	Thursday, Jan 25	6:30pm	10:00pm
Session 5	Sunday, Jan 28	9:00am	12:30pm
Session 6	Sunday, Jan 28	1:00pm	4:00pm
Session 7	Monday, Jan 29	6:30pm	10:00pm
Session 8	Sunday, Feb 4	9:00am	12:30pm
Session 9	Sunday, Feb 4	1:00pm	4:00pm

LGT 4: Course 40432			
March 2018			
<i>MCPS Spring Break</i>			
Pre-course	Monday, Mar 19	7:00pm	9:30pm
Session 1	Thursday, Mar 22	6:30pm	10:00pm
Session 2	Monday, Mar 26	9:00am	12:30pm
Session 3	Monday, Mar 26	1:00pm	4:00pm
Session 4	Tuesday, Mar 27	9:00am	12:30pm
Session 5	Tuesday, Mar 27	1:00pm	4:00pm
Session 6	Wednesday, Mar 28	9:00am	12:30pm
Session 7	Wednesday, Mar 28	1:00pm	4:00pm
Session 8	Thursday, Mar 29	9:00am	12:30pm
Session 9	Thursday, Mar 29	1:00pm	4:00pm

LGT 5: Course 40433			
April 2018			
Pre-course	Monday, Apr 2	7:00pm	9:30pm
Session 1	Saturday, Apr 7	9:00am	12:30pm
Session 2	Saturday, Apr 7	1:00pm	4:00pm
Session 3	Monday, Apr 9	6:30pm	10:00pm
Session 4	Thursday, Apr 12	6:30pm	10:00pm
Session 5	Saturday, Apr 14	9:00am	12:30pm
Session 6	Saturday, Apr 14	1:00pm	4:00pm
Session 7	Monday, Apr 16	6:30pm	10:00pm
Session 8	Saturday, Apr 21	9:00am	12:30pm
Session 9	Saturday, Apr 21	1:00pm	4:00pm

Session	Date	Begins	End
LGT 6: Course 40434			
June 2018			
Pre-course	Monday, Jun 4	7:00pm	9:30pm
Session 1	Saturday, Jun 9	9:00am	12:30pm
Session 2	Saturday, Jun 9	1:00pm	4:00pm
Session 3	Monday, Jun 11	6:30pm	10:00pm
Session 4	Thursday, Jun 14	6:30pm	10:00pm
Session 5	Saturday, Jun 16	9:00am	12:30pm
Session 6	Saturday, Jun 16	1:00pm	4:00pm
Session 7	Monday, Jun 18	6:30pm	10:00pm
Session 8	Thursday, Jun 21	6:30pm	10:00pm
Session 9	Saturday, Jun 23	9:00am	12:30pm

Olney Swim Center

LGT 1: Course 40421			
October 2017			
Pre-course	Wednesday, Oct 4	7:00pm	9:30pm
Session 1	Saturday, Oct. 7	9:00am	12:30pm
Session 2	Saturday, Oct. 7	1:00pm	5:00pm
Session 3	Wednesday, Oct. 11	6:30pm	10:00pm
Session 4	Saturday, Oct. 14	9:00am	12:30pm
Session 5	Saturday, Oct. 14	1:00pm	5:00pm
Session 6	Wednesday, Oct. 18	6:30pm	10:00pm
Session 7	Saturday, Oct. 21	9:00am	12:30pm
Session 8	Saturday, Oct. 21	1:00pm	5:00pm
Session 9	Wednesday, Oct. 25	6:30pm	10:00pm
Session 10	Saturday, Oct. 28	9:00am	3:00pm

LGT 2: Course 40422			
December 2017			
<i>MCPS Winter Break</i>			
Pre-course	Wednesday, Dec 20	7:00pm	9:30pm
Session 1	Wednesday, Dec 27	9:00am	12:30pm
Session 2	Wednesday, Dec 27	1:00pm	5:00pm
Session 3	Thursday, Dec 28	9:00am	12:30pm
Session 4	Thursday, Dec 28	1:00pm	5:00pm
Session 5	Friday, Dec 29	9:00am	12:30pm
Session 6	Friday, Dec 29	1:00pm	5:00pm
Session 7	Saturday, Dec 30	9:00am	12:30pm
Session 8	Saturday, Dec 30	1:00pm	5:00pm
Session 9	Sunday, Dec 31	9:00am	12:30pm
Session 10	Sunday, Dec 31	1:00pm	5:00pm

LGT 3: Course 40423			
Jan/Feb 2018			
Pre-course	Sunday, January 28	1:30pm	3:30pm
Session 1	Wednesday January 31	6:30pm	10:00pm
Session 2	Sunday, Feb.4	9:00am	12:30am
Session 3	Sunday, Feb.4	1:00pm	5:00pm
Session 4	Wednesday, Feb.7	6:30pm	10:00pm
Session 5	Sunday, Feb.11	9:00am	12:30am
Session 6	Sunday, Feb.11	1:00pm	5:00pm
Session 7	Wednesday, Feb.14	6:30pm	10:00pm
Session 8	Sunday, Feb.18	9:00am	12:30am
Session 9	Sunday, Feb.18	1:00pm	5:00pm
Session 7	Wednesday, Feb.21	6:30pm	10:00pm

**LIFEGUARD TRAINING**



Olney Swim Center Cont.....

Session	Date	Begins	End
LGT 4: Course 40424		Feb/March 2018	
Pre-course	Saturday, Feb.24	3:30pm	5:30pm
Session 1	Wednesday, Feb.28	6:30pm	10:00pm
Session 2	Friday, Mar. 2	6:30pm	10:00pm
Session 3	Saturday, Mar. 3	9:00am	12:30pm
Session 4	Saturday, Mar. 3	1:00pm	5:00pm
Session 5	Sunday, Mar. 4	9:00am	12:30pm
Session 6	Sunday, Mar. 4	1:00pm	5:00pm
Session 7	Wednesday, Mar 7	6:30pm	10:00pm
Session 8	Wednesday, Mar 14	6:30pm	10:00pm
Session 9	Friday, Mar. 16	6:30pm	10:00pm
Session 10	Saturday, Mar. 17	9:00am	3:00pm

LGT 5: Course 40425		March 2018	
<i>MCPS Spring Break</i>			
Pre-course	Sunday, Mar. 18	1:30pm	3:30pm
Session 1	Friday, Mar 23	6:30pm	10:00pm
Session 2	Saturday, Mar 24	9:00am	12:30pm
Session 3	Saturday, Mar 24	1:00pm	5:00pm
Session 4	Sunday, Mar 25	9:00am	12:30pm
Session 5	Sunday, Mar. 25	1:00pm	5:00pm
Session 6	Monday, Mar 26	9:00am	12:30pm
Session 7	Monday, Mar 26	1:00pm	5:00pm
Session 8	Tuesday, Mar 27	9:00am	12:30pm
Session 9	Tuesday, Mar 27	1:00pm	5:00pm
Session 10	Wednesday, Mar 28	9:00am	3:00pm

LGT 6: Course 40426		Apr 2018	
Pre-course	Saturday, Apr. 7	3:30pm	5:30pm
Session 1	Sunday, Apr 8	9:00am	12:30pm
Session 2	Sunday, Apr 8	1:00pm	5:00pm
Session 3	Wednesday, Apr 11	6:30pm	10:00pm
Session 4	Saturday, Apr. 14	9:00am	12:30pm
Session 5	Saturday, Apr. 14	1:00pm	5:00pm
Session 6	Sunday, Apr. 15	9:00am	12:30pm
Session 7	Sunday, Apr. 15	1:00pm	5:00pm
Session 8	Wednesday, Apr 18	6:30pm	10:00pm
Session 9	Saturday, Apr. 21	9:00am	12:30pm
Session 10	Saturday, Apr. 21	1:00pm	5:00pm

LGT 7: Course 40427		June 2018	
Pre-course	Sunday, June 3	1:30pm	3:30pm
Session 1	Saturday, June 9	9:00am	12:30pm
Session 2	Saturday, June 9	1:00pm	5:00pm
Session 3	Sunday, June 10	9:00am	12:30pm
Session 4	Sunday, June 10	1:00pm	5:00pm
Session 5	Wednesday, June 13	9:00am	12:30pm
Session 6	Wednesday, June 13	1:00pm	5:00pm
Session 7	Thursday, June 14	9:00am	12:30pm
Session 8	Thursday, June 14	1:00pm	5:00pm
Session 9	Friday, June 15	9:00am	12:30pm
Session 10	Friday, June 15	1:00pm	5:00pm

Session	Date	Begins	End
LGT 8: Course 40427		July 2018	
Pre-course	Sunday, July 1	2:30pm	4:30pm
Session 1	Monday, July 2	6:30pm	10:00pm
Session 2	Tuesday, July 3	6:30pm	10:00pm
Session 3	Sunday, July 8	9:00am	12:30pm
Session 4	Sunday, July 8	1:00pm	5:00pm
Session 5	Monday, July 9	6:30pm	10:00pm
Session 6	Tuesday, July 10	6:30pm	10:00pm
Session 7	Wednesday, July 11	6:30pm	10:00pm
Session 8	Thursday, July 12	6:30pm	10:00pm
Session 9	Friday, July 13	6:30pm	10:00pm
Session 10	Saturday, July 14	9:00am	3:00pm

Pool Operator Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Note: the student must apply to the Department of Health and Human Services for the County Pool Operators License. Pool Operator Review Course is also available. Please visit www.aquatictrainingservice.com for more information.

Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 17 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 pre-course consists of successful completion of the American Red Cross Lifeguard Review. You MUST pass the pre-course to continue on to the Lifeguard Instructor Course.

\$300

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 1: Course 40385		Dec 2017 - Jan 2018	
Pre-Course	Friday, December 29	5:30pm	9:30pm
Pre-Course	Saturday, December 30	9:30am	4:00pm
Pre-Course	Sunday, December 31	9:30am	4:00pm
Session 1	Wednesday, January 3	5:00pm	9:30pm
Session 2	Saturday, January 6	4:00pm	9:00pm
Session 3	Sunday, January 7	4:00pm	9:00pm
Session 4	Saturday, January 13	4:00pm	9:00pm
Session 5	Sunday, January 14	4:00pm	9:00pm

LIFEGUARD TRAINING



Lifeguard Training - Accelerated

This class only meets for 3 days. Class meets all day from 9am - 7pm.

\$225

Instructor: Aquatic Training and Consulting Services

MLK Swim Center

Session	Date	Begins	Ends
LGT 1: Course 40256		May 2018	
Session 1	Tuesday, May 15	9:00am	7:00pm
Session 2	Wednesday, May 16	9:00am	7:00pm
Session 3	Thursday, May 17	9:00am	7:00pm
LGT 2: Course 40257		May 2018	
Session 1	Tuesday, May 22	9:00am	7:00pm
Session 2	Wednesday, May 23	9:00am	7:00pm
Session 3	Thursday, May 24	9:00am	7:00pm
LGT 3: Course 40258		May 2018	
Session 1	Tuesday, May 29	9:00am	7:00pm
Session 2	Wednesday, May 30	9:00am	7:00pm
Session 3	Thursday, May 31	9:00am	7:00pm
LGT 4: Course 40259		June 2018	
Session 1	Tuesday, June 5	9:00am	7:00pm
Session 2	Wednesday, June 6	9:00am	7:00pm
Session 3	Thursday, June 7	9:00am	7:00pm

Upper County Outdoor Pool

Session	Date	Begins	Ends
LGT 1: Course 40260		June 2018	
Session 1	Tuesday, June 19	9:00am	7:00pm
Session 2	Wednesday, June 20	9:00am	7:00pm
Session 3	Thursday, June 21	9:00am	7:00pm

Four Ways to Register

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm).

Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification are eligible to do a blended learning review class provided that their certification is still current or recently expired. Students will receive a link to the blended learning material shortly after registration. This course work will require 4-5 hours of learning prior to the class date. There is a \$35 fee paid directly to the Red Cross in order to access the online material. This fee is in addition to the \$125 paid at the time of registration for the skill evaluation session. Students should bring their on-line completion certificate to class. Failure to complete the on-line portion prior to the skill session will result in the student being unable to complete their certification renewal. Students will receive their e-cert directly from the Red Cross usually within seven days of the class completion.

\$125

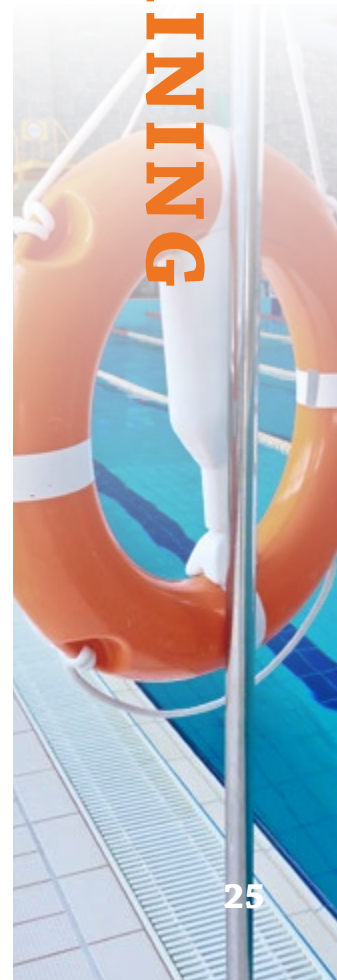
Instructor: Aquatic Training and Consulting Services

Martin Luther King Jr. Swim Center

Session	Date	Begins	Ends
LGT 1: Course 40262		December 2017	
Session 1	Saturday, December 30	8:00am	10:00pm
LGT 2: Course 40263		February 2018	
Session 1	Saturday, February 24	8:00am	10:00pm
LGT 3: Course 40264		March 2018	
Session 1	Saturday, March 31	8:00am	10:00pm
LGT 4: Course 40265		April 2018	
Session 1	Saturday, April 14	8:00am	10:00pm
LGT 5: Course 40266		May 2018	
Session 1	Saturday, May 12	8:00am	10:00pm
LGT 6: Course 40267		May 2018	
Session 1	Friday, May 25	8:00am	10:00pm
LGT 7: Course 40268		May 2018	
Session 1	Saturday, May 26	8:00am	10:00pm
LGT 8: Course 40269		June 2018	
Session 1	Saturday, June 16	8:00am	10:00pm



LIFEGUARD TRAINING





Swim Lessons

Indoor Swim
Lesson
Registration will begin

August 14
at 6:30am
for Residents

August 15 at 6:30am
for Non-Residents

Registrations will not be processed
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$58 to \$67 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

There are no makeups or refunds due to weather related closings/delays.

Ways to Register for Swim Lessons



ACTIVEMONTGOMERY Online registration at ActiveMONTGOMERY.org. Internet users must pay their account in full. Online registration is recommended.



WALK IN AT AQUATIC FACILITIES Registrations can be processed at any of our pools.

Please note the following:

Parents: in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise 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 at the MLK pool is not possible.

The fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms only ten minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

Withdrawal policies will be strictly followed and applied to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec.

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. IF THERE IS AN OPENING IN THE CORRECT LEVEL, YOU MAY REGISTER THE PARTICIPANT IF THE FIRST CLASS HAS NOT OCCURRED YET. THE FULL FEE FOR THE CLASS WILL BE CHARGED FOR THE NEW ENROLLMENT. 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. PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKEUPS OR REFUNDS FOR MISSED CLASSES.

Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6 mo-18 mo) Aquatots (Ages 18 mo-3yr)

Pre-School (Ages 3yr-5yr)

Class Requirements:

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

Class Objectives:

Parent-assisted water orientation classes. 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

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to: function well in a group setting without parents since parents **do not** accompany children.

Class Objectives:

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

Level 2

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who 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

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who 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

Pre-Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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.

Class Objectives:

Students who 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.

Level 5

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students who can swim 1 pool length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Youth (Ages 7-13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must: have achieved a proficient level in all previous strokes (front crawl, back crawl and breaststroke).

Class Objectives:

Students who can swim 2 pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.



Waterbabies

Ages 6m-18m: Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **must** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **each** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

39469	9/23	Sa	9:45am-10:15am
39470	9/23	Sa	10:25am-10:55am
39490	9/24	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

39960	9/9	Sa	10:20am-10:50am
39961	9/9	Sa	11:40am-12:10pm
39962	9/10	S	9:40am-10:10am
39963	9/10	S	11:40am-12:10pm
39964	9/11	M	9:30am-10:00am
39965	9/12	T	10:00am-10:30am
39966	10/28	Sa	10:20am-10:50am
39967	10/28	Sa	11:40am-12:10pm
39968	10/29	S	9:40am-10:10am
39969	10/29	S	11:40am-12:10pm
39970	10/30	M	9:30am-10:00am
39971	10/31	T	10:00am-10:30am

Martin Luther King Jr. Swim Center

39626	9/16	Sa	11:40am-12:10pm
39627	11/5	S	10:00am-10:30am
39628	11/6	M	6:30pm-7:00pm

Olney Swim Center

36412	9/9	Sa	10:30am-11:00am
36413	9/10	S	10:30am-11:00am
36414	9/12	T	5:20pm-5:50pm
36415	10/21	Sa	10:30am-11:00am
36416	10/22	S	10:30am-11:00am
36417	10/24	T	5:20pm-5:50pm

Aquatots

Ages 18m-3 years: Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained **must** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **each** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

35798	9/20	W	6:10pm-6:40pm
39473	9/23	Sa	11:45am-12:15pm

39474	9/23	Sa	12:25pm-12:55pm
39505	9/24	S	11:05am-11:35am
39506	9/24	S	12:25pm-12:55pm
35842	11/1	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

39976	9/9	Sa	9:00am-9:30am
39977	9/9	Sa	12:20pm-12:50pm
39978	9/10	S	9:00am-9:30am
39979	9/10	S	11:00am-11:30am
39980	9/12	T	9:30am-10:00am
39981	9/13	W	6:10pm-6:40pm
39982	9/14	Th	10:00am-10:30am
39983	9/14	Th	5:30pm-6:00pm
39984	10/28	Sa	9:00am-9:30am
39985	10/28	Sa	12:20pm-12:50pm
39986	10/29	S	9:00am-9:30am
39987	10/29	S	11:00am-11:30am
39988	10/31	T	9:30am-10:00am
39989	11/1	W	6:10pm-6:40pm
39990	11/2	Th	10:00am-10:30am
39991	11/2	Th	5:30pm-6:00pm

Martin Luther King Jr. Swim Center

39536	9/16	Sa	10:15am-10:45am
39537	9/17	S	10:00am-10:30am
39538	9/17	S	11:20am-11:50am
39539	9/20	W	6:30pm-7:00pm
39540	10/28	Sa	10:15am-10:45am
39541	11/4	Sa	11:40am-12:10pm
39542	11/5	S	11:20am-11:50am
39543	11/6	M	5:10pm-5:40pm
39544	11/8	W	6:30pm-7:00pm

Olney Swim Center

36282	9/9	Sa	9:50am-10:20am
36283	9/9	Sa	1:10pm-1:40pm
36285	9/10	S	8:30am-9:00am
36284	9/10	S	9:50am-10:20am
36286	9/10	S	11:10am-11:40am
36287	9/12	T	6:00pm-6:30pm
36288	9/13	W	6:20pm-6:50pm
36289	10/21	Sa	9:50am-10:20am
36290	10/21	Sa	1:10pm-1:40pm
36292	10/22	S	8:30am-9:00am
36291	10/22	S	9:50am-10:20am
36293	10/22	S	11:10am-11:40am
36294	10/24	T	6:00pm-6:30pm
36295	10/25	W	6:20pm-6:50pm

SWIM LESSONS



Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **must** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **each** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Kennedy Shriver Aquatic Center

39994	9/9	Sa	11:00am-11:30am
39995	9/9	Sa	1:00pm-1:30pm
39996	9/10	S	10:20am-10:50am
39997	9/10	S	1:00pm-1:30pm
39998	9/12	T	10:30am-11:00am
39999	9/12	T	3:30pm-4:00pm
40000	9/12	T	6:10pm-6:40pm
40001	9/14	Th	9:30am-10:00am
40002	10/28	Sa	11:00am-11:30am
40003	10/28	Sa	1:00pm-1:30pm
40004	10/29	S	10:20am-10:50am
40005	10/29	S	1:00pm-1:30pm
40006	10/31	T	10:30am-11:00am
40007	10/31	T	3:30pm-4:00pm
40008	10/31	T	6:10pm-6:40pm
40009	11/2	Th	9:30am-10:00am

Germantown Indoor Swim Center

35799	9/20	W	5:30pm-6:00pm
39471	9/23	Sa	11:05am-11:35am
39472	9/23	Sa	1:05pm-1:35pm
39503	9/24	S	10:25am-10:55am
39504	9/24	S	11:45am-12:15pm
35836	11/1	W	5:30pm-6:00pm

Martin Luther King Jr. Swim Center

39616	9/16	Sa	9:40am-10:10am
39617	9/16	Sa	1:00pm-1:30pm
39618	9/17	S	12:00pm-12:30pm
39619	9/18	M	5:50pm-6:20pm
39625	9/20	W	5:10pm-5:40pm
39620	11/4	Sa	9:40am-10:10am
39621	11/4	Sa	1:00pm-1:30pm
39622	11/5	S	12:00pm-12:30pm
39623	11/6	M	5:50pm-6:20pm
39624	11/1	W	5:10pm-5:40pm

Olney Swim Center

36397	9/9	Sa	9:10am-9:40am
36398	9/9	Sa	11:10am-11:40am
36399	9/9	Sa	12:30pm-1:00pm
36400	9/10	S	9:10am-9:40am
36401	9/12	T	6:40pm-7:10pm
36402	9/13	W	5:40pm-6:10pm
36403	9/14	Th	6:00pm-6:30pm
36404	10/21	Sa	9:10am-9:40am
36405	10/21	Sa	11:10am-11:40am
36406	10/21	Sa	12:30pm-1:00pm
36407	10/22	S	9:10am-9:40am
36408	10/23	M	6:20pm-6:50pm
36409	10/24	T	6:40pm-7:10pm
36410	10/25	W	5:40pm-6:10pm
36411	10/26	Th	6:00pm-6:30pm

Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery. Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at montgomerycountymd.gov/rec, by calling the Inclement Weather Line at 240-777-6889, through the departments's Facebook and Twitter sites or by calling the facilities directly.

Given that participants and employees often travel distances and weather conditions may vary considerable across the county, residents are advised to exercise caution and consider personal safety as the first priority.



SWIM LESSONS





Beginner 1

Ages 4-6: Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Courses meet for six (6) 30 minute sessions. Class size is limited to 5 students.

6 Sessions

\$67

Germantown Indoor Swim Center

35806	9/18	M	5:30pm-6:00pm
35807	9/20	W	5:30pm-6:00pm
39455	9/23	Sa	9:45am-10:15am
39456	9/23	Sa	10:25am-10:55am
39457	9/23	Sa	11:05am-11:35am
39458	9/23	Sa	11:45am-12:15pm
39459	9/23	Sa	12:25pm-12:55pm
39460	9/23	Sa	1:05pm-1:35pm
39491	9/24	S	9:45am-10:15am
39492	9/24	S	10:25am-10:55am
39493	9/24	S	11:05am-11:35am
39494	9/24	S	11:45am-12:15pm
39495	9/24	S	12:25pm-12:55pm
35800	9/26	T,Th	5:40pm-6:10pm
35801	9/26	T,Th	5:40pm-6:10pm
35802	9/26	T,Th	6:20pm-6:50pm
35803	10/24	T,Th	5:00pm-5:30pm
35804	10/24	T,Th	6:20pm-6:50pm
35835	10/24	T,Th	6:20pm-6:50pm
35809	11/1	W	5:30pm-6:00pm
35808	11/6	M	5:30pm-6:00pm
39843	11/28	T,Th	6:20pm-6:50pm
39854	11/28	T,Th	5:40pm-6:10pm
39855	11/28	T,Th	5:40pm-6:10pm

Kennedy Shriver Aquatic Center

40012	9/9	Sa	9:40am-10:10am
40013	9/9	Sa	10:20am-10:50am
40014	9/9	Sa	1:00pm-1:30pm
40015	9/10	S	9:00am-9:30am
40016	9/10	S	10:20am-10:50am
40017	9/10	S	12:20pm-12:50pm
40018	9/10	S	1:00pm-1:30pm
40019	9/11	M	10:00am-10:30am
40020	9/11	M	6:10pm-6:40pm
40021	9/12	T	4:50pm-5:20pm
40022	9/12	T	6:10pm-6:40pm
40023	9/14	Th	10:30am-11:00am
40024	9/14	Th	3:30pm-4:00pm
40025	9/14	Th	5:30pm-6:00pm
40026	10/28	Sa	9:40am-10:10am
40027	10/28	Sa	10:20am-10:50am
40028	10/28	Sa	1:00pm-1:30pm
40029	10/29	S	9:00am-9:30am
40030	10/29	S	10:20am-10:50am
40031	10/29	S	12:20pm-12:50pm
40032	10/29	S	1:00pm-1:30pm
40033	10/30	M	10:00am-10:30am
40034	10/30	M	6:10pm-6:40pm
40035	10/31	T	4:50pm-5:20pm
40036	10/31	T	6:10pm-6:40pm
40037	11/2	Th	10:30am-11:00am
40038	11/2	Th	3:30pm-4:00pm
40039	11/2	Th	5:30pm-6:00pm

Martin Luther King Swim Center

39545	9/16	Sa	9:40am-10:10am
39546	9/16	Sa	11:00am-11:30am
39547	9/16	Sa	12:20pm-12:50pm
39548	9/16	Sa	1:00pm-1:30pm
39549	9/17	S	10:40am-11:10am
39550	9/17	S	12:00pm-12:30pm
39551	9/18	M	5:10pm-5:40pm
39552	9/18	M	6:30pm-7:00pm
39553	9/19	T	5:30pm-6:00pm
39554	9/19	T	6:50pm-7:20pm
39555	9/20	W	5:50pm-6:20pm
39556	9/21	Th	5:30pm-6:00pm
39557	9/21	Th	6:10pm-6:40pm
39558	11/4	Sa	9:40am-10:10am
39559	11/4	Sa	11:00am-11:30am
39560	11/4	Sa	11:40am-12:10pm
39561	11/4	Sa	12:20pm-12:50pm
39562	11/4	Sa	1:00pm-1:30pm
39563	11/5	S	10:40am-11:10am
39564	11/5	S	12:00pm-12:30pm
39565	11/6	M	5:10pm-5:40pm
39566	11/7	T	5:30pm-6:00pm
39567	11/7	T	6:50pm-7:20pm
39569	11/9	Th	5:30pm-6:00pm
39568	11/15	W	5:50pm-6:20pm

SWIM LESSONS



Olney Swim Center

36296	9/9	Sa	9:10am-9:40am
36297	9/9	Sa	9:50am-10:20am
36298	9/9	Sa	10:30am-11:00am
36299	9/9	Sa	11:10am-11:40am
36300	9/9	Sa	11:50am-12:20pm
36301	9/9	Sa	12:30pm-1:00pm
36302	9/9	Sa	1:10pm-1:40pm
36303	9/9	Sa	1:10pm-1:40pm
36304	9/10	S	9:10am-9:40am
36305	9/10	S	9:50am-10:20am
36306	9/10	S	10:30am-11:00am
36307	9/10	S	11:10am-11:40am
36308	9/11	M	5:40pm-6:10pm
36312	9/11	M	5:40pm-6:10pm
36309	9/11	M	7:00pm-7:30pm
36310	9/12	T	6:00pm-6:30pm
36311	9/12	T	5:20pm-5:50pm
36313	9/13	W	6:20pm-6:50pm
36314	9/13	W	5:40pm-6:10pm
36315	9/13	W	5:40pm-6:10pm
36316	9/14	Th	6:00pm-6:30pm
36317	9/14	Th	6:40pm-7:10pm
36318	10/21	Sa	9:50am-10:20am
36319	10/21	Sa	10:30am-11:00am
36320	10/21	Sa	11:10am-11:40am
36321	10/21	Sa	11:50am-12:20pm
36322	10/21	Sa	12:30pm-1:00pm
36323	10/21	Sa	1:10pm-1:40pm
36324	10/21	Sa	1:10pm-1:40pm
36325	10/22	S	9:10am-9:40am
36326	10/22	S	9:50am-10:20am
36327	10/22	S	10:30am-11:00am
36328	10/22	S	11:10am-11:40am
36329	10/23	M	5:40pm-6:10pm
36330	10/23	M	7:00pm-7:30pm
36331	10/24	T	6:00pm-6:30pm
36332	10/24	T	5:20pm-5:50pm
36333	10/25	W	6:20pm-6:50pm
36334	10/25	W	5:40pm-6:10pm
36335	10/25	W	5:40pm-6:10pm
36336	10/26	Th	6:00pm-6:30pm
36337	10/26	Th	6:40pm-7:10pm

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

Beginner 2

Ages 4-6: Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$65

Germantown Indoor Swim Center

35818	9/18	M	6:10pm-6:40pm
35819	9/20	W	6:10pm-6:40pm
39461	9/23	Sa	10:25am-10:55am
39462	9/23	Sa	11:05am-11:35am
39463	9/23	Sa	12:25pm-12:55pm
39464	9/23	Sa	1:05pm-1:35pm
39496	9/24	S	9:45am-10:15am
39497	9/24	S	10:25am-10:55am
39498	9/24	S	11:45am-12:15pm
39499	9/24	S	12:25pm-12:55pm
35811	9/26	T,Th	5:40pm-6:10pm
35813	9/26	T,Th	6:20pm-6:50pm
35814	9/26	T,Th	6:20pm-6:50pm
35815	10/24	T,Th	5:00pm-5:30pm
35816	10/24	T,Th	5:00pm-5:30pm
35817	10/24	T,Th	5:40pm-6:10pm
35821	11/1	W	6:10pm-6:40pm
35820	11/6	M	6:10pm-6:40pm
39856	11/28	T,Th	5:40pm-6:10pm
39857	11/28	T,Th	6:20pm-6:50pm
39858	11/28	T,Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

40040	9/9	Sa	9:00am-9:30am
40041	9/9	Sa	9:40am-10:10am
40042	9/9	Sa	11:40am-12:10pm
40043	9/9	Sa	12:20pm-12:50pm
40044	9/10	S	9:40am-10:10am
40045	9/10	S	11:40am-12:10pm
40046	9/10	S	12:20pm-12:50pm
40047	9/11	M	5:30pm-6:00pm
40048	9/12	T	5:30pm-6:00pm
40049	9/13	W	5:30pm-6:00pm
40050	9/14	Th	4:10pm-4:40pm
40051	10/28	Sa	9:00am-9:30am
40052	10/28	Sa	9:40am-10:10am
40053	10/28	Sa	11:40am-12:10pm
40054	10/28	Sa	12:20pm-12:50pm
40055	10/29	S	9:40am-10:10am
40056	10/29	S	11:40am-12:10pm
40057	10/29	S	12:20pm-12:50pm
40058	10/30	M	5:30pm-6:00pm
40059	10/31	T	5:30pm-6:00pm
40060	11/1	W	5:30pm-6:00pm
40061	11/2	Th	4:10pm-4:40pm



SWIM LESSONS





Martin Luther King Swim Center

39570	9/16	Sa	9:40am-10:10am
39571	9/16	Sa	10:15am-10:45am
39572	9/16	Sa	11:00am-11:30am
39573	9/16	Sa	11:40am-12:10pm
39574	9/16	Sa	12:20pm-12:50pm
39575	9/17	S	10:00am-10:30am
39576	9/17	S	12:00pm-12:30pm
39577	9/18	M	6:30pm-7:00pm
39578	9/19	T	6:10pm-6:40pm
39579	9/19	T	6:50pm-7:20pm
39580	9/20	W	5:10pm-5:40pm
39581	9/21	Th	5:30pm-6:00pm
39582	9/21	Th	6:50pm-7:20pm
39583	11/4	Sa	9:40am-10:10am
39584	11/4	Sa	10:15am-10:45am
39585	11/4	Sa	11:40am-12:10pm
39586	11/4	Sa	1:00pm-1:30pm
39587	11/5	S	10:00am-10:30am
39588	11/5	S	11:20am-11:50am
39589	11/5	S	12:00pm-12:30pm
39590	11/6	M	6:30pm-7:00pm
39591	11/7	T	6:50pm-7:20pm
39592	11/8	W	5:10pm-5:40pm
39593	11/8	W	5:50pm-6:20pm
39594	11/9	Th	5:30pm-6:00pm
39595	11/9	Th	6:10pm-6:40pm
39596	11/9	Th	6:50pm-7:20pm

Four Ways to Register

1. ONLINE

Register 24 hours a day, seven days a week for **all** activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm).



Olney Swim Center

36339	9/9	Sa	9:50am-10:20am
36340	9/9	Sa	11:10am-11:40am
36341	9/9	Sa	11:50am-12:20pm
36342	9/9	Sa	12:30pm-1:00pm
36343	9/10	S	9:10am-9:40am
36344	9/10	S	9:50am-10:20am
36345	9/10	S	10:30am-11:00am
36346	9/10	S	11:10am-11:40am
36347	9/11	M	6:20pm-6:50pm
36348	9/11	M	5:40pm-6:10pm
36349	9/12	T	6:00pm-6:30pm
36350	9/12	T	5:20pm-5:50pm
36351	9/12	T	6:40pm-7:10pm
36352	9/13	W	7:00pm-7:30pm
36353	9/14	Th	5:20pm-5:50pm
36354	9/14	Th	6:40pm-7:10pm
36356	10/21	Sa	9:50am-10:20am
36357	10/21	Sa	11:10am-11:40am
36358	10/21	Sa	11:50am-12:20pm
36359	10/21	Sa	12:30pm-1:00pm
36360	10/22	S	9:10am-9:40am
36361	10/22	S	9:50am-10:20am
36362	10/22	S	11:10am-11:40am
36363	10/23	M	6:20pm-6:50pm
36364	10/23	M	5:40pm-6:10pm
36365	10/24	T	6:00pm-6:30pm
36366	10/24	T	5:20pm-5:50pm
36367	10/24	T	6:40pm-7:10pm
36368	10/25	W	7:00pm-7:30pm
36369	10/26	Th	5:20pm-5:50pm
36370	10/26	Th	6:40pm-7:10pm



Beginner 3

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$65

Germantown Indoor Swim Center

35827	9/18	M	5:30pm-6:00pm
39465	9/23	Sa	9:45am-10:15am
39466	9/23	Sa	11:05am-11:35am
39467	9/23	Sa	1:05pm-1:35pm
39500	9/24	S	10:25am-10:55am
39501	9/24	S	11:05am-11:35am
39502	9/24	S	11:45am-12:15pm
35822	9/26	T,Th	5:00pm-5:30pm
35823	9/26	T,Th	5:00pm-5:30pm
35824	10/24	T,Th	5:40pm-6:10pm
35825	10/24	T,Th	5:40pm-6:10pm
35826	10/24	T,Th	6:20pm-6:50pm
35828	11/6	M	5:30pm-6:00pm
39841	11/28	T,Th	5:00pm-5:30pm
39851	11/28	T,Th	5:00pm-5:30pm

Kennedy Shriver Aquatic Center

40062	9/9	Sa	9:00am-9:30am
40063	9/9	Sa	11:00am-11:30am
40064	9/9	Sa	11:40am-12:10pm
40065	9/9	Sa	1:00pm-1:30pm
40066	9/10	S	9:00am-9:30am
40067	9/10	S	9:40am-10:10am
40068	9/10	S	11:00am-11:30am
40069	9/12	T	4:10pm-4:40pm
40070	9/13	W	5:30pm-6:00pm
40071	9/14	Th	4:50pm-5:20pm
40072	9/14	Th	6:10pm-6:40pm
40073	10/28	Sa	9:00am-9:30am
40074	10/28	Sa	11:00am-11:30am
40075	10/28	Sa	11:40am-12:10pm
40076	10/28	Sa	1:00pm-1:30pm
40077	10/29	S	9:00am-9:30am
40078	10/29	S	9:40am-10:10am
40079	10/29	S	11:00am-11:30am
40080	10/31	T	4:10pm-4:40pm
40081	11/1	W	5:30pm-6:00pm
40082	11/2	Th	4:50pm-5:20pm
40083	11/2	Th	6:10pm-6:40pm



Martin Luther King Swim Center

39597	9/16	Sa	10:15am-10:45am
39598	9/17	S	10:40am-11:10am
39599	9/17	S	11:20am-11:50am
39600	9/18	M	5:50pm-6:20pm
39601	9/20	W	6:30pm-7:00pm
39602	11/4	Sa	11:00am-11:30am
39603	11/4	Sa	12:20pm-12:50pm
39604	11/5	S	10:00am-10:30am
39605	11/5	S	10:40am-11:10am
39606	11/6	M	5:50pm-6:20pm
39607	11/7	T	6:10pm-6:40pm
39608	11/7	T	7:30pm-8:00pm
39609	11/8	W	6:30pm-7:00pm
39610	11/9	Th	6:50pm-7:20pm

Olney Swim Center

36372	9/9	Sa	9:50am-10:20am
36376	9/9	Sa	10:30am-11:00am
36373	9/9	Sa	11:50am-12:20pm
36374	9/10	S	9:50am-10:20am
36375	9/10	S	10:30am-11:00am
36387	9/11	M	6:20pm-6:50pm
36377	9/11	M	7:00pm-7:30pm
36378	9/13	W	7:00pm-7:30pm
36380	10/21	Sa	9:50am-10:20am
36384	10/21	Sa	10:30am-11:00am
36381	10/21	Sa	11:50am-12:20pm
36382	10/22	S	9:50am-10:20am
36383	10/22	S	10:30am-11:00am
36388	10/23	M	6:20pm-6:50pm
36385	10/23	M	7:00pm-7:30pm
36389	10/23	M	7:40pm-8:10pm
36386	10/25	W	7:00pm-7:30pm
36390	10/25	W	7:00pm-7:30pm

SWIM LESSONS





Beginner 4

Ages 4-6: Parents DO NOT accompany children. This class is for students who 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. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$65

Germantown Indoor Swim Center

39468	9/23	Sa	11:45am-12:15pm
39518	9/24	S	11:05am-11:35am

Kennedy Shriver Aquatic Center

40098	9/9	Sa	11:00am-11:30am
40099	9/9	Sa	12:20pm-12:50pm
40100	9/10	S	10:20am-10:50am
40101	9/10	S	11:00am-11:30am
40102	9/10	S	11:40am-12:10pm
40103	9/10	S	1:00pm-1:30pm
40104	9/11	M	5:30pm-6:00pm
40105	9/13	W	6:10pm-6:40pm
40106	9/14	Th	6:10pm-6:40pm
40107	10/28	Sa	11:00am-11:30am
40108	10/28	Sa	12:20pm-12:50pm
40109	10/29	S	10:20am-10:50am
40110	10/29	S	11:00am-11:30am
40111	10/29	S	11:40am-12:10pm
40112	10/29	S	1:00pm-1:30pm
40113	10/30	M	5:30pm-6:00pm
40114	11/1	W	6:10pm-6:40pm
40115	11/2	Th	6:10pm-6:40pm

Martin Luther King Jr. Swim Center

39611	9/16	Sa	11:40am-12:10pm
39612	9/19	T	7:30pm-8:00pm
39613	11/4	Sa	10:15am-10:45am
39614	11/5	S	11:20am-11:50am
39615	11/9	Th	7:30pm-8:00pm

Olney Swim Center

36391	9/9	Sa	11:50am-12:20pm
36392	9/10	S	9:10am-9:40am
36393	9/13	W	7:40pm-8:10pm
36394	10/21	Sa	11:50am-12:20pm
36395	10/22	S	9:10am-9:40am
36396	10/25	W	7:40pm-8:10pm

Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Course meet for six 30 minute sessions. Class size is limited to 8 students.

6 Sessions

\$60

Germantown Indoor Swim Center

39475	9/23	Sa	9:45am-10:15am
39476	9/23	Sa	10:25am-10:55am
39507	9/24	S	11:05am-11:35am
35829	9/26	T,Th	5:00pm-5:30pm
35837	11/6	M	6:10pm-6:40pm
39852	11/28	T,Th	5:00pm-5:30pm

Kennedy Shriver Aquatic Center

40136	9/9	Sa	10:20am-10:50am
40137	9/9	Sa	1:00pm-1:30pm
40138	9/10	S	9:40am-10:10am
40139	9/11	M	6:10pm-6:40pm
40140	10/28	Sa	10:20am-10:50am
40141	10/28	Sa	1:00pm-1:30pm
40142	10/29	S	9:40am-10:10am
40143	10/30	M	6:10pm-6:40pm

Martin Luther King Swim Center

39629	9/16	Sa	10:15am-10:45am
39630	9/16	Sa	11:40am-12:10pm
39631	9/16	Sa	12:20pm-12:50pm
39632	9/17	S	10:40am-11:10am
39633	9/17	S	12:00pm-12:30pm
39641	9/18	M	5:10pm-5:40pm
39634	9/19	T	6:10pm-6:40pm
39635	9/19	T	7:30pm-8:00pm
39636	9/20	W	5:50pm-6:20pm
39642	9/21	Th	6:50pm-7:20pm
39640	11/2	Th	6:10pm-6:40pm
39643	11/4	Sa	11:00am-11:30am
39637	11/4	Sa	12:20pm-12:50pm
39638	11/5	S	10:40am-11:10am
39639	11/7	T	5:30pm-6:00pm

Olney Swim Center

36418	9/9	Sa	10:30am-11:00am
36419	9/10	S	8:30am-9:00am
36420	9/11	M	6:20pm-6:50pm
36421	9/12	T	6:40pm-7:10pm
36422	9/13	W	6:20pm-6:50pm
36423	9/13	W	7:00pm-7:30pm
36424	9/14	Th	5:20pm-5:50pm
36425	9/14	Th	6:00pm-6:30pm
36426	10/21	Sa	10:30am-11:00am
36427	10/21	Sa	9:10am-9:40am
36428	10/22	S	8:30am-9:00am
36429	10/24	T	6:40pm-7:10pm
36430	10/25	W	6:20pm-6:50pm
36431	10/25	W	7:00pm-7:30pm
36432	10/26	Th	5:20pm-5:50pm
36433	10/26	Th	6:00pm-6:30pm

SWIM LESSONS



Youth Level 2

Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back. Course meet for six 30 minute sessions. Class size is limited to 8 students.

6 Sessions

\$60

Germantown Indoor Swim Center

35838	9/20	W	5:30pm-6:00pm
39477	9/23	Sa	11:05am-11:35am
39478	9/23	Sa	11:45am-12:15pm
39479	9/23	Sa	9:45am-10:15am
39508	9/24	S	9:45am-10:15am
39509	9/24	S	11:45am-12:15pm
35839	11/1	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

40144	9/9	Sa	12:20pm-12:50pm
40145	9/10	S	11:40am-12:10pm
40146	9/10	S	12:20pm-12:50pm
40147	9/12	T	5:30pm-6:00pm
40148	10/28	Sa	12:20pm-12:50pm
40149	10/29	S	11:40am-12:10pm
40150	10/29	S	12:20pm-12:50pm
40151	10/31	T	5:30pm-6:00pm

Martin Luther King Swim Center

39644	9/16	Sa	11:00am-11:30am
39645	9/16	Sa	1:00pm-1:30pm
39646	9/17	S	11:20am-11:50am
39647	9/19	T	5:30pm-6:00pm
39648	9/19	T	8:10pm-8:40pm
39649	9/21	Th	6:10pm-6:40pm
39650	11/4	Sa	11:40am-12:10pm
39651	11/4	Sa	12:20pm-12:50pm
39652	11/5	S	11:20am-11:50am
39653	11/7	T	6:10pm-6:40pm
39654	11/7	T	7:30pm-8:00pm
39655	11/9	Th	8:10pm-8:40pm

Olney Swim Center

36434	9/9	Sa	9:50am-10:20am
36435	9/9	Sa	10:30am-11:00am
36436	9/9	Sa	9:10am-9:40am
36437	9/10	S	9:10am-9:40am
36438	9/11	M	7:00pm-7:30pm
36439	9/13	W	7:40pm-8:10pm
36440	9/14	Th	5:20pm-5:50pm
36441	9/14	Th	6:40pm-7:10pm
36442	10/21	Sa	9:50am-10:20am
36443	10/21	Sa	10:30am-11:00am
36444	10/21	Sa	9:10am-9:40am
36445	10/22	S	9:10am-9:40am
36446	10/23	M	7:00pm-7:30pm
36447	10/25	W	7:40pm-8:10pm
36448	10/26	Th	5:20pm-5:50pm
36449	10/26	Th	6:40pm-7:10pm

Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

35840	9/20	W	6:10pm-6:40pm
39480	9/23	Sa	12:25pm-12:55pm
39481	9/23	Sa	1:05pm-1:35pm
39510	9/24	S	10:25am-10:55am
39511	9/24	S	12:25pm-12:55pm
35841	11/1	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

40152	9/9	Sa	9:40am-10:10am
40153	9/9	Sa	11:00am-11:30am
40154	9/9	Sa	11:40am-12:10pm
40155	9/10	S	10:20am-10:50am
40156	9/10	S	11:00am-11:30am
40157	10/28	Sa	9:40am-10:10am
40158	10/28	Sa	11:00am-11:30am
40159	10/28	Sa	11:40am-12:10pm
40160	10/29	S	10:20am-10:50am
40161	10/29	S	11:00am-11:30am

Martin Luther King Swim Center

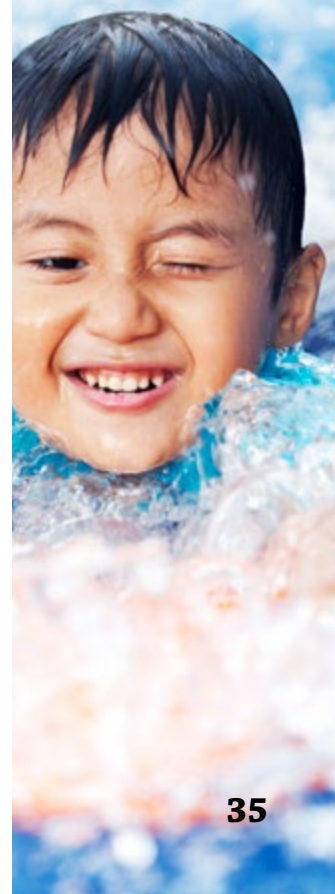
39656	9/16	Sa	11:40am-12:10pm
39657	9/16	Sa	1:00pm-1:30pm
39658	9/17	S	10:00am-10:30am
39659	9/17	S	10:40am-11:10am
39660	9/19	T	8:10pm-8:40pm
39661	9/21	Th	7:30pm-8:00pm
39662	11/4	Sa	11:40am-12:10pm
39663	11/4	Sa	1:00pm-1:30pm
39664	11/5	S	11:20am-11:50am
39665	11/5	S	12:00pm-12:30pm
39666	11/7	T	8:10pm-8:40pm

Olney Swim Center

36450	9/9	Sa	1:10pm-1:40pm
36451	9/9	Sa	11:10am-11:40am
36452	9/10	S	9:50am-10:20am
36453	9/11	M	7:40pm-8:10pm
36454	9/14	Th	7:20pm-7:50pm
36455	10/21	Sa	1:10pm-1:40pm
36456	10/21	Sa	11:10am-11:40am
36457	10/22	S	9:50am-10:20am
36458	10/22	S	10:30am-11:00am
36459	10/23	M	7:40pm-8:10pm
36460	10/26	Th	7:20pm-7:50pm
36461	10/26	Th	7:20pm-7:50pm



SWIM LESSONS





Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

39482	9/23	Sa	12:25pm-12:55pm
39484	9/23	Sa	1:05pm-1:35pm
39513	9/24	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

40162	9/9	Sa	11:40am-12:10pm
40163	9/10	S	11:00am-11:30am
40164	9/10	S	12:20pm-12:50pm
40165	9/10	S	1:00pm-1:30pm
40166	10/28	Sa	11:40am-12:10pm
40167	10/29	S	11:00am-11:30am
40168	10/29	S	12:20pm-12:50pm
40169	10/29	S	1:00pm-1:30pm

Martin Luther King Swim Center

39667	9/16	Sa	12:20pm-12:50pm
39668	9/17	S	10:00am-10:30am
39669	9/17	S	11:20am-11:50am
39670	9/21	Th	8:10pm-8:40pm
39671	11/4	Sa	10:15am-10:45am
39672	11/4	Sa	12:20pm-12:50pm
39673	11/5	S	12:00pm-12:30pm
39674	11/7	T	8:10pm-8:40pm

Olney Swim Center

36462	9/9	Sa	11:10am-11:40am
36463	9/9	Sa	11:50am-12:20pm
36464	9/10	S	10:30am-11:00am
36465	9/10	S	11:10am-11:40am
36466	9/11	M	7:40pm-8:10pm
36467	9/13	W	7:40pm-8:10pm
36468	10/21	Sa	11:10am-11:40am
36469	10/21	Sa	11:50am-12:20pm
36470	10/22	S	10:30am-11:00am
36471	10/23	M	7:40pm-8:10pm
36472	10/25	W	7:40pm-8:10pm

*"Montgomery Recreation
has so many things
to choose from.
Wish we had time
to do more."*

-Jennifer C.

Youth Level 5

Ages 7-13: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

39485	9/23	Sa	11:45am-12:15pm
39486	9/23	Sa	12:25pm-12:55pm
39512	9/24	S	11:05am-11:35am

Kennedy Shriver Aquatic Center

40170	9/9	Sa	1:00pm-1:30pm
40171	9/10	S	1:00pm-1:30pm
40172	10/28	Sa	1:00pm-1:30pm
40173	10/29	S	1:00pm-1:30pm

Martin Luther King Swim Center

39675	9/16	Sa	12:20pm-12:50pm
39676	9/17	S	10:40am-11:10am
39677	9/21	Th	8:10pm-8:40pm
39678	11/4	Sa	11:00am-11:30am
39679	11/5	S	10:00am-10:30am
39680	11/9	Th	7:30pm-8:00pm

Olney Swim Center

36473	9/9	Sa	1:10pm-1:40pm
36474	9/9	Sa	12:30pm-1:00pm
36475	9/10	S	11:10am-11:40am
36476	9/12	T	7:20pm-7:50pm
36477	10/21	Sa	1:10pm-1:40pm
36478	10/21	Sa	12:30pm-1:00pm
36479	10/22	S	11:10am-11:40am
36480	10/24	T	7:20pm-7:50pm

SWIM
LESSONS



Youth Level 6

Ages 7-13: Designed for children at least 7 years old. This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions

\$58

Germantown Indoor Swim Center

39487	9/23	Sa	10:25am-10:55am
39514	9/24	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

40174	9/9	Sa	12:20pm-12:50pm
40175	9/10	S	12:20pm-12:50pm
40176	10/28	Sa	12:20pm-12:50pm
40177	10/29	S	12:20pm-12:50pm

Martin Luther King Swim Center

39681	9/16	Sa	1:00pm-1:30pm
39686	9/17	S	11:20am-11:50am
39682	9/21	Th	7:30pm-8:00pm
39683	11/4	Sa	1:00pm-1:30pm
39684	11/5	S	10:40am-11:10am
39685	11/9	Th	8:10pm-8:40pm

Olney Swim Center

36481	9/9	Sa	12:30pm-1:00pm
36482	10/21	Sa	12:30pm-1:00pm
36483	10/22	S	11:10am-11:40am

Adult Level 1

Ages 14 & Up: This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Course meet for six 30 minute sessions. Class size is limited to 6 students.

6 Sessions

\$67

Germantown Indoor Swim Center

35796	9/18	M	5:30pm-6:00pm
38335	9/23	Sa	11:05am-11:35am
38336	9/24	S	10:25am-10:55am
35832	11/6	M	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

40178	9/9	Sa	11:00am-11:30am
40179	9/10	S	10:20am-10:50am
40180	9/14	Th	8:30pm-9:00pm
40181	10/28	Sa	11:00am-11:30am
40182	10/29	S	10:20am-10:50am
40183	11/2	Th	8:30pm-9:00pm

Martin Luther King Jr. Swim Center

39519	9/16	Sa	11:00am-11:30am
39520	9/17	S	10:00am-10:30am
39521	9/19	T	8:50pm-9:20pm
39522	11/5	S	10:00am-10:30am
39523	11/7	T	8:50pm-9:20pm

Olney Swim Center

36273	9/11	M	7:40pm-8:10pm
36274	9/14	Th	7:20pm-7:50pm
36275	10/26	Th	8:00pm-8:30pm

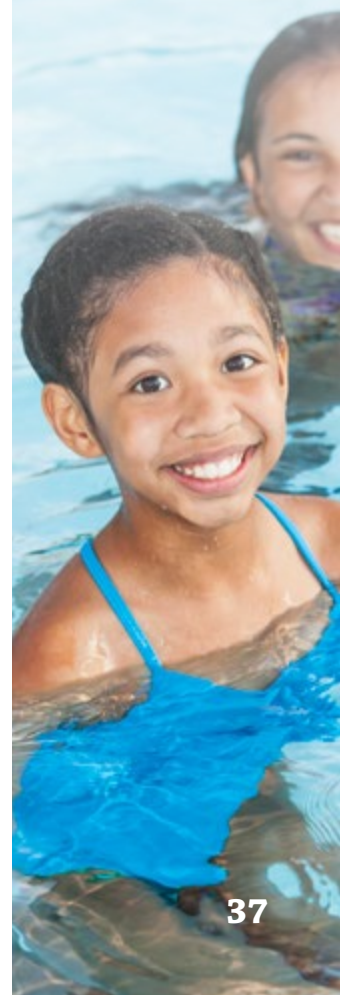


SWIM LESSONS

Now Hiring: Part Time Staff!



Part time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.





Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

35797	9/18	M	6:10pm-6:40pm
39483	9/23	Sa	10:25am-10:55am
39515	9/24	S	9:45am-10:15am
35834	11/6	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

40184	9/9	Sa	10:20am-10:50am
40185	10/28	Sa	10:20am-10:50am

Martin Luther King Jr. Swim Center

39524	9/16	Sa	10:15am-10:45am
39525	9/17	S	12:00pm-12:30pm
39526	9/19	T	8:50pm-9:20pm
39527	11/4	Sa	10:15am-10:45am
39528	11/5	S	10:40am-11:10am
39529	11/7	T	8:50pm-9:20pm

Olney Swim Center

36276	9/12	T	8:00pm-8:30pm
36277	10/24	T	8:00pm-8:30pm



Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

39488	9/23	Sa	9:45am-10:15am
39516	9/24	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

40186	9/9	Sa	9:40am-10:10am
40187	10/28	Sa	9:40am-10:10am

Martin Luther King Jr. Swim Center

39530	9/16	Sa	11:00am-11:30am
39531	9/21	Th	8:50pm-9:20pm
39532	11/4	Sa	11:00am-11:30am
39533	11/9	Th	8:50pm-9:20pm

Olney Swim Center

36278	9/12	T	7:20pm-7:50pm
36279	10/24	T	7:20pm-7:50pm



*"Great fun and
excellent
instructor!"*

-Alexis K

Adult Level 4

Ages 14 & Up: Designed for teenagers and adults who can already swim a coordinated front and back crawls for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Germantown Indoor Swim Center

39489	9/23	Sa	11:45am-12:15pm
39517	9/24	S	11:45am-12:15pm

Kennedy Shriver Aquatic Center

40188	9/10	S	11:40am-12:10pm
40189	9/12	T	8:30pm-9:00pm
40190	10/29	S	11:40am-12:10pm
40191	10/31	T	8:30pm-9:00pm

Martin Luther King Jr. Swim Center

39534	9/21	Th	8:50pm-9:20pm
39535	11/9	Th	8:50pm-9:20pm

Olney Swim Center

36280	9/14	Th	8:00pm-8:30pm
36281	10/26	Th	8:00pm-8:30pm

Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim 1 length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

40192	9/13	W	8:30pm-9:00pm
40193	11/1	W	8:30pm-9:00pm

Adult Swim for Conditioning 1

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions **\$65**

Kennedy Shriver Aquatic Center

40194	9/11	M	8:30pm-9:00pm
40195	10/30	M	8:30pm-9:00pm

Adult Swim for Conditioning 2

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

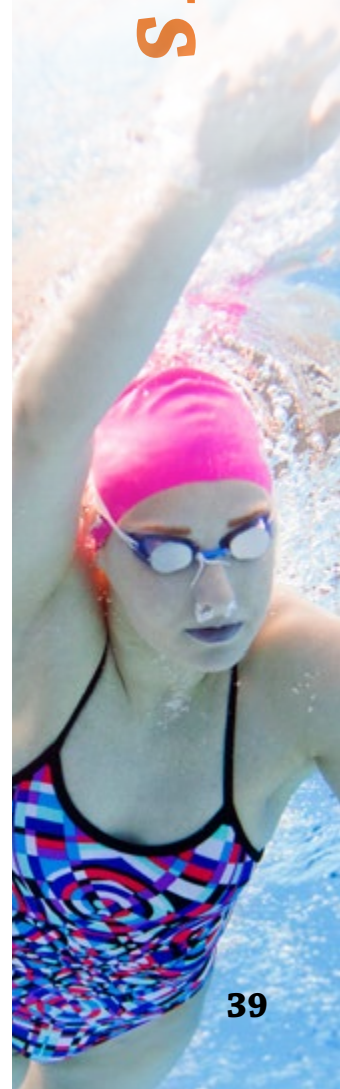
6 Sessions **\$65**

Kennedy Shriver Aquatic Center

40196	9/11	M	8:30pm-9:00pm
40197	10/30	M	8:30pm-9:00pm



SWIM LESSONS



Classes **CLASSES**



**Classes Will Not Meet On
Sept. 4, 21 & Nov. 23-26***

***This does not apply to aquatic activities**

YOUTH ARTS & CRAFTS

Arts

Abrakadoodle: Drawsters - Sketcher Kids

Ages 6-12: Learn how to draw and sketch what you see and even what you don't see! Sketcher Kids will create their own personal sketchbooks just like professional artists. They'll learn a variety of techniques and secrets that make drawing both easy and entertaining. At the end they'll have their own personal sketchbook to take home and use again! \$20 dollar material fee due the first day.

10 Sessions \$130

Instructor: Nancy Delasos

39062 Luxmanor ES 9/28 Th 3:30pm-4:30pm
39063 Garrett Park ES 9/19 T 4:00pm-5:00pm

Adventures in Art

Ages 5-10: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$8 material fee due on first day. Additional supply list provided on first day.

10 Sessions \$100

Instructor: Tatiana Martin

38914 Longwood CRC 9/23 Sa 10:15am-11:15am

Art Studio

Ages 9-15: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$8 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

10 Sessions \$100

Instructor: Tatiana Martin

38917 Longwood CRC 9/23 Sa 11:30am-12:30pm

Draw and Clay: Holiday Magic

Ages 4-9: Students will celebrate the season with gift making for the holidays. We will paint them as well as sculpt them in clay. \$12 material fee due to instructor.

6 Sessions \$60

Instructor: Yolanda Prinsloo

39895 Bauer Drive CRC 11/1 W 5:40pm-6:40pm
39898 Upper County CRC 11/4 Sa 10:00am-11:00am
39900 N. Potomac CRC 11/5 S 12:30pm-1:30pm
39869 Germantown CRC 11/7 T 5:15pm-6:15pm

Draw and Clay: Migratory Birds

Ages 4-9: Students will study various birds that migrate when the weather changes. We will paint them as well as sculpt them in clay. \$12 material fee due to instructor.

6 Sessions \$60

Instructor: Yolanda Prinsloo

39867 Germantown CRC 9/19 T 5:15pm-6:15pm
39894 Bauer Drive CRC 9/20 W 5:40pm-6:40pm
39897 Upper County CRC 9/23 Sa 10:00am-11:00am
39899 N. Potomac CRC 9/24 S 12:30pm-1:30pm

Kids Sew and Tell

Ages 9-16: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt. A \$10 material fee is due the first day to the instructor.

6 Sessions \$125

Instructor: Nora Elias

38774 Bauer Drive CRC 9/30 Sa 11:15am-1:15pm

Learning Art from the Masters: Mary Cassatt

Ages 6-13: In this session students will learn about the life and time of Artist, Mary Cassatt. We will work in paint and clay. \$12 material fee due to instructor.

6 Sessions \$80

Instructor: Yolanda Prinsloo

39911 Germantown CRC 9/19 T 6:30pm-7:30pm

Learning Art from the Masters: Paul Gauguin

Ages 6-13: In this session students will learn about the life and time of Artist, Paul Gauguin. We will work in paint and clay. \$12 material fee due to instructor.

6 Sessions \$80

Instructor: Yolanda Prinsloo

39912 Germantown CRC 11/7 T 6:30pm-7:30pm

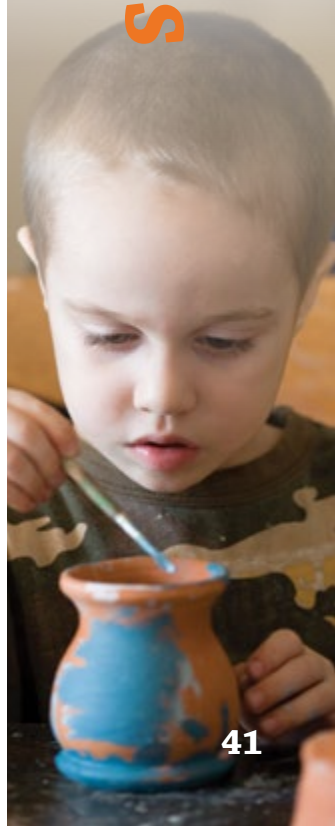


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Montgomery
County
Recreation
on Facebook

ARTS & CRAFTS





Play Around the World Kids

Ages 5-9: At Play Around The World we expose children, and their families, to other cultures around the world. Through reading books, making crafts, playing musical instruments, and exploring with clothes and items from each country, the children will learn about other cultures. Come and join us for a global experience! Parent participation required. \$10 material fee is due to the instructor the first day of class.

4 Sessions **\$56**

Instructor: Vanessa Cabrera
38762 Quince Orchard 9/23 Sa 10:30am-11:20am
Valley NP

Young Rembrandts: Back to School Cartoon Drawing

Ages 6-13: Back to school is in full swing as we present a bountiful selection of drawings that introduces our students to a fascinating world of color, pattern and design. We say farewell to summer in our detailed drawing of a beach. We explore color usage and composition in our chameleon and fire truck drawings. In keeping with the season, our stylized fall leaves drawing challenges our technique and color scheme. All supplies included.

6 Sessions **\$83**

Instructor: Young Rembrandts
39064 Glenallan ES 9/18 M 6:30pm-7:30pm
39067 N. Potomac CRC 9/19 T 6:30pm-7:30pm
39070 Germantown CRC 9/20 W 6:00pm-7:00pm
39072 Bauer Drive CRC 9/28 Th 6:00pm-7:00pm

Young Rembrandts: Cartoon Drawing

Ages 6-13: As we enter the months of November and December we will present a variety of stellar lessons. The vibrant colors and intricate design of our patterned lion drawing will engage students. Your heart will melt once you see the adorable dalmatian your student will create. Your student will learn important artistic themes and concepts in our art history lessons. All materials included.

6 Sessions **\$83**

Instructor: Young Rembrandts
39065 Glenallan ES 10/30 M 6:30pm-7:30pm
39068 N. Potomac CRC 11/7 T 6:30pm-7:30pm
39071 Germantown CRC 11/1 W 6:00pm-7:00pm
39074 Germantown CRC 11/9 Th 6:00pm-7:00pm

ARTS & CRAFTS

Arts

Acrylic Painting Techniques

Ages 14 & Up: All Ability levels are welcome. Discover a step by step approach that makes acrylics resemble the lush look of oils. You will love the results! Please bring several pictures of what you would like to paint. Material fee of \$8 due to the instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

10 Sessions **\$180**

Instructor: Margaret Deskin
38909 Bauer Drive CRC 9/23 Sa 10:30am-12:30pm

Advanced Right Brained Drawing

Ages 12 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or who have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and or watercolor.

12 Sessions **\$210**

Instructor: Yolanda Prinsloo
39903 Potomac CRC 9/18 M 7:15pm-9:00pm

Calligraphy Art

Ages 10 & Up: Students will be shown the way to write the uncial and half uncial alphabets with a command of hand and rhythmic consistency. Instruction is given in the traditional calligraphy methods for making proportional strokes, ruling lines, determining letter size by pen nib width, plus the proper letter spacing, word spacing, line spacing and formal planning of calligraphy compositions. For more information contact Joanne at jcw@wassermanndesign.com.

10 Sessions **\$200**

Instructor: Joanne Wasserman
39138 N. Potomac CRC 9/23 Sa 12:00pm-1:30pm

NEW Interior Design Magic

Ages 16 & Up: If you enjoy HGTV, this is the course for you! By learning some of the ways designers see, you can begin to make your home uniquely yours. This course is taught by professional designer Sara Sichel.

8 Sessions **\$175**

Instructor: Sara Sichel
38819 N. Potomac CRC 9/28 Th 7:00pm-8:30pm
38824 N. Potomac CRC 9/25 M 10:00am-11:30am

It's a Stitch

Ages 18 & Up: Do you have little to no sewing experience? If so, this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt. A \$10 material fee is due the first day to the instructor.

2 Sessions \$65

Instructor: Nora Elias

39106 Lawton CRC 11/9 Th 10:30am-1:30pm

6 Sessions \$125

Instructor: Nora Elias

38768 Lawton CRC 9/28 Th 10:30am-12:30pm

38770 Holiday Park SC 9/29 F 10:30am-12:30pm

38772 Bauer Drive CRC 9/30 Sa 1:30pm-3:30pm

Right Brained Drawing

Ages 12 & Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$20 for material fee.

12 Sessions \$210

Instructor: Yolanda Prinsloo

39902 Potomac CRC 9/18 M 5:15pm-7:00pm



The Art of Penmanship

Ages 10 & Up: It's so natural and easy, anyone can achieve elegant, legible handwriting. Learn the art of penmanship in this 10 week class. Questions, call Joanne Wasserman at 301-589-3444.

10 Sessions \$200

Instructor: Joanne Wasserman

39139 N. Potomac CRC 9/23 Sa 10:00am-11:30am

Fine Arts

Beginning Painting With Kritt

Ages 18 & Up: All levels. Watercolor and Acrylics. All you need to start is a few simple skills like mixing colors and how to get your brush to make the magic happen. It's fast and fun. For supplies, call Penny at 301-989-1799.

7 Sessions \$120

Instructor: Penny Kritt

39142 Kritt Studio 9/18 M 10:00am-12:00pm

39143 Kritt Studio 9/18 M 7:00pm-9:00pm

39144 Kritt Studio 9/19 T 10:00am-12:00pm

39145 Kritt Studio 9/19 T 7:00pm-9:00pm

Card & Paper Crafting with Mixed Media

Ages 13 & Up: Learn to make custom-crafted greeting cards, scrapbooks and/or art journals using a wide variety of mixed media techniques to include die cuts, stencils, inks, stamps, acrylic paint, aging/distressing/coloring techniques, embossing, gel mono printing, clay embellishment and much, much more. By the end of the class and as time allows based on individual choice, you will have created 4 - 6 fabulous custom greeting cards and/or a small scrapbook or an art journal. All supplies are provided except photos, small scrapbooks and blank journals. Please contact instructor, Nancy Loomis for more info and for instructions on what you may want to bring to class. nancy12345678@gmail.com or 813-205-3003. \$8 supply fee due to instructor for six sessions or \$3 supply fee for two sessions.

2 Sessions \$50

Instructor: Nancy Loomis

39323 Holiday Park SC 9/27 W 6:30pm-8:30pm

6 Sessions \$125

Instructor: Nancy Loomis

39307 Holiday Park SC 9/30 Sa 1:00pm-3:00pm

Draw in a Day with Kritt Workshop

Ages 18 & Up: 1 day workshop - All Levels: You'll get the basics to draw anything, all in just a few hours! Learn some amazing tricks with a simple pencil and the right eraser. It's easier than you thought. For supplies, call Penny at 301-989-1799.

1 Sessions \$50

Instructor: Penny Kritt

39150 Kritt Studio 10/14 Sa 10:00am-4:00pm

ARTS & CRAFTS





Drawing Animals with Kritt

Ages 18 & Up: All levels. They're all in your pencil. Draw a cat, dog, lion or turtle! Create great animal portraits. Do subjects who pose or quick sketches of those who won't sit or stay! Work from photos. For supplies, call Penny at 301-989-1799.

6 Sessions \$105

Instructor: Penny Kritt

39148 Kritt Studio 11/7 T 10:00am-12:00pm

39149 Kritt Studio 11/7 T 7:00pm-9:00pm

Introduction to Persian Calligraphy

Ages 18 & Up: In this introductory class students will learn the alphabet and elements of Persian calligraphy. Students will learn how to write them with a traditional qalam pen using black ink on paper. A \$25 material fee is due to instructor the first class. Questions - contact Abe - afarsh@gmail.com.

8 Sessions \$145

Instructor: Abolghasem Farshneshani

39824 Potomac CRC 9/19 T 6:00pm-8:00pm

Oil or Acrylic Painting - Your Choice!

Ages 18 & Up: Beginners/Intermediate. Learn how to prepare the palette, start a painting and mix and blend colors. Subjects include still life, landscape, figure or abstract. Demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

10 Sessions \$185

Instructor: Doris Haskell

39140 Lawton CRC 9/18 M 2:00pm-4:00pm

39141 Lawton CRC 9/19 T 2:00pm-4:00pm

Painting Autumn with Kritt

Ages 18 & Up: All levels. Catch Fall at its finest! Watercolors or acrylics. Paint trees that look real, not like lollipops. Learn the quick way to paint perfect clouds. We'll even paint reflections in water. Work from photos. For supplies, call Penny at 301-989-1799.

6 Sessions \$105

Instructor: Penny Kritt

39146 Kritt Studio 11/6 M 10:00am-12:00pm

39147 Kritt Studio 11/6 M 7:00pm-9:00pm

Jewelry

Fashion Earrings & Necklaces

Ages 12 & Up: Want to learn how to make jewelry? Do you aspire to become a jewelry designer? This is the best class for any crafter who wants to create the latest trends in fashion jewelry. You will complete earrings and a necklace by the end of class. bring a basic tool kit of flatnose pliers, roundnose pliers and wire cutters. A \$20 material fee is due to instructor in class.

1 Session \$36

Instructor: Renee Prioleau

39043 Wisconsin Pl. CRC 11/4 Sa 12:00pm-2:00pm

Vintage Vogue Jewelry

Ages 12 & Up: Learn the techniques to create beautiful Vintage and Victorian inspired jewelry. Students will develop the skills to apply antique finishes to create earring and bracelet designs. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor in class.

1 Session \$36

Instructor: Renee Prioleau

39044 Wisconsin Pl. CRC 11/4 Sa 2:00pm-4:00pm



Pottery

Handcrafted Pottery

Ages 17 & Up: Introduction and development of techniques used in hand building pieces of functional and decorative potters; use of the potter's wheel, including centering, etc. Basic info on clay, drying, firing and glazing. Bring clay tools and an old towel. A material fee is due to the instructor at first class. This covers clay, glazes and firing.

8 Sessions \$205

Instructor: Chris Landers
40329 Ross Boddy CRC 9/19 T 6:00pm-8:30pm

8 Sessions \$205

Instructor: Valerie Haber
39178 N. Potomac CRC 9/27 W 6:00pm-9:00pm

9 Sessions \$230

Instructor: Valerie Haber
39179 N. Potomac CRC 9/22 F 10:00am-1:00pm

10 Sessions \$175

Instructor: Pamela Reid
39045 White Oak CRC 10/10 T 6:00pm-8:30pm

Handcrafted Pottery Open Studio

Ages 16 & Up: Intermediate / Advanced - Hand building, wheel throwing, decorating and glazing techniques for experienced students. Instructor available for demonstration and assistance. A material is due to the instructor at first class. This covers clay, glazes and firing.

7 Sessions \$175

Instructor: Margaret Dickerson
38745 Sligo Creek ES 9/13 W 9:30am-12:30pm

8 Sessions \$205

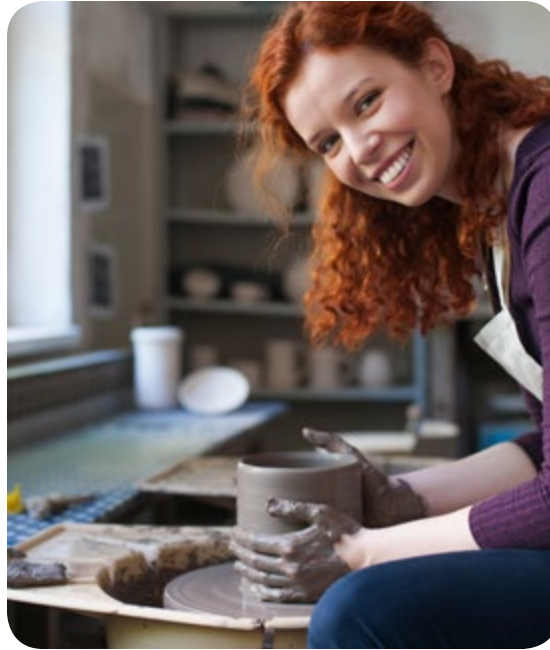
Instructor: Chris Landers
40330 Ross Boddy CRC 9/19 T 10:00am-1:00pm

10 Sessions \$225

Instructor: Pamela Reid
39046 White Oak CRC 10/10 T 10:00am-2:00pm

10 Sessions \$250

Instructor: Valerie Haber
39180 N. Potomac CRC 9/18 M 6:00pm-9:00pm



Inter-Generational Pottery

Ages 6-8 with Parent: Enjoy a few hours of company with a child in your life while learning clay basics such as modeling clay, coiling clay and rolling out clay like a pastry with a rolling pin. Suggested projects can include imaginary creatures, houses, bowls, cups, vases and a plethora of others. Students are taught to their level. Cost is per couple / family (2 people). Material fee of \$25 due to the instructor at first class. This covers clay, biscuit firing and paints. Necessary tools will be available.

7 Sessions \$250

Instructor: Valerie Haber
39181 N. Potomac CRC 10/19 Th 5:00pm-6:00pm

Pottery at Sligo

Ages 16 & Up: For all levels and experience, explore hand-building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. A \$15 material fee is due to instructor.

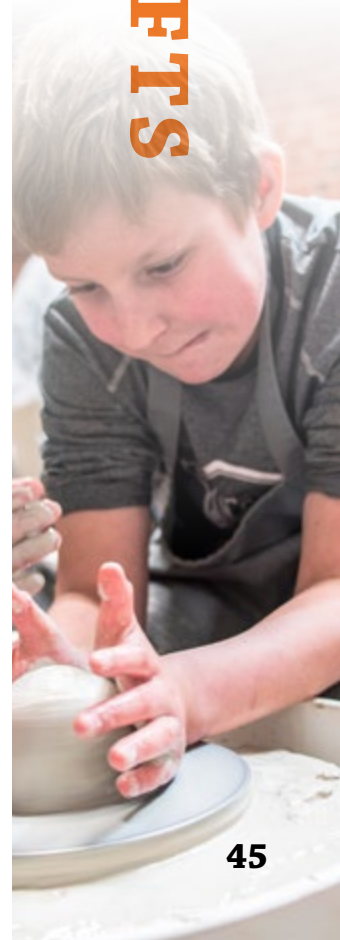
7 Sessions \$168

Instructor: Margaret Dickerson
38744 Sligo Creek ES 9/11 M 7:00pm-10:00pm

8 Sessions \$192

Instructor: Angela M. Schreiber
38736 Sligo Creek ES 9/7 Th 9:30am-12:30pm
38740 Sligo Creek ES 9/5 T 9:30am-12:30pm
38741 Sligo Creek ES 9/5 T 7:00pm-10:00pm

ARTS & CRAFTS





YOUTH DANCE

Ballet

Ballet

Ages 5-10: Beginner level - This class introduces young dancers to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

8 Sessions \$80

Instructor: Grace Oleson
39130 Arcola ES 9/28 Th 5:15pm-6:00pm

10 Sessions \$100

Instructor: Grace Oleson
39127 Coffield CRC 9/18 M 4:30pm-5:15pm
39128 N. Potomac CRC 9/19 T 4:30pm-5:15pm
39129 Germantown CRC 9/20 W 5:15pm-6:00pm

Ballet and Dance Series I

Ages 5-7: Beginner Level - Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

12 Sessions \$120

Instructor: Kim Williams Bell
38994 Lawton CRC 9/16 Sa 10:00am-10:45am

Ballet and Dance Series II

Ages 8-12: Advanced Beginner - Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turnout are highly emphasized. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

12 Sessions \$120

Instructor: Kim Williams Bell
38995 Lawton CRC 9/16 Sa 11:00am-11:45am

Jazzmatazz Pre Ballet

Ages 5-7: Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

10 Sessions \$100

Instructor: Betsy Saunders
38943 Long Branch CRC 10/7 Sa 11:15am-12:15pm

Little Royals Ballet

Ages 4-8: Beginner level - Dancers will cover the basics and fundamentals of classic ballet vocabulary and technique. An informal setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Ballerina princesses will practice memorization games and the basics of performance will be introduced. The last class will conclude with a short dance presentation. For questions contact Robyn at info@rldancecompany.com

10 Sessions \$98

Instructor: Robyn Lindsey
40118 Germantown CRC 9/23 Sa 11:00am-11:45am

Youth Ballet

Ages 6-8: 1 hour classes focus on proper ballet fundamentals and techniques while developing student's creativity, concentration and class etiquette. Instructors will introduce steps and combinations at the barre and across the floor in a fun and motivating environment.

8 Sessions \$120

Instructor: Jennifer Ferrigno
39162 N. Potomac CRC 9/23 Sa 11:30am-12:30pm

General Dance

Breakdancing 4 Kids

Ages 6-11: Beginner level - Breakdancing, breaking, b-boying or b-girling is a popular style of hip hop dance that incorporates intricate body movements, strong acrobatic moves, coordination, style and fashion. Dancers will learn the latest and coolest moves in a fun and safe environment. Our talented, energetic and friendly instructors will have you breakdancing in no time at all. For questions contact Robyn at - info@rldancecompany.com

9 Sessions \$88

Instructor: Robyn Lindsey
40132 Potomac CRC 9/28 Th 6:30pm-7:15pm

DANCE

Hip Hop for Kids

Ages 9-14: A high energy fun filled dance program, packed with the latest hip-hop choreography. Students dance to current hip-hop music while learning new moves, freestyle skills and much more. This fun class will unlock creativity all while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For questions contact Robyn at info@rldancecompany.com

10 Sessions **\$98**

Instructor: Robyn Lindsey
40131 Germantown CRC 9/23 Sa 1:00pm-1:45pm

Hip Hop For Youth

Ages 8-12: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic Break dancing, Popping, Locking, Funk and other unique Hip Hop combinations. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

13 Sessions **\$156**

Instructor: Avant Garde Ballroom Dance Center
39103 Avant Garde 9/16 Sa 2:30pm-3:15pm

Juniors I Ballroom Dance

Ages 8-12: Social etiquette, manners, and ballroom technique will be taught in a structured, yet fun environment. Acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, these dance lessons are meant to be fun! Learn your basic steps as you work your way into the competitive world. This class will cover the basics of 5 popular social, ballroom dances. Questions? Call Avant Garde Ballroom at 301-881-1436

13 Sessions **\$156**

Instructor: Avant Garde Ballroom Dance Center
39102 Avant Garde 9/13 W 4:30pm-5:15pm

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

VF Dance Theater Teen Dance Team

Ages 14-18: This teen intensive program is designed to give dancers the opportunity to train under a professional adult dance company. In addition to their training, dancers are given the opportunity to perform with the adult company members. The goal of this program is to provide dancers with a strong technical foundation. While the students will have performance opportunities, the focus is more on raising the level of the dancer's technical awareness, mainly in contemporary and modern dance. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

12 Sessions **\$600**

Instructor: VF Dance & Fitness
39305 Commotion 9/10 S 1:00pm-4:00pm
Fitness Studio

VF Dance Theater Youth Dance Team

Ages 5-13: Designed for young dancers to train and develop technical skills, build stamina and flexibility while also working on performance skills. Rehearsals will focus on more advanced ballet training along with jazz and modern techniques and work on more complex performing skills. Students will get a chance to dance a piece at the adult professional end of season show. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

12 Sessions **\$600**

Instructor: VF Dance & Fitness
39304 Commotion 9/10 S 2:00pm-4:00pm
Fitness Studio

Performing Arts

Bollywood Kids

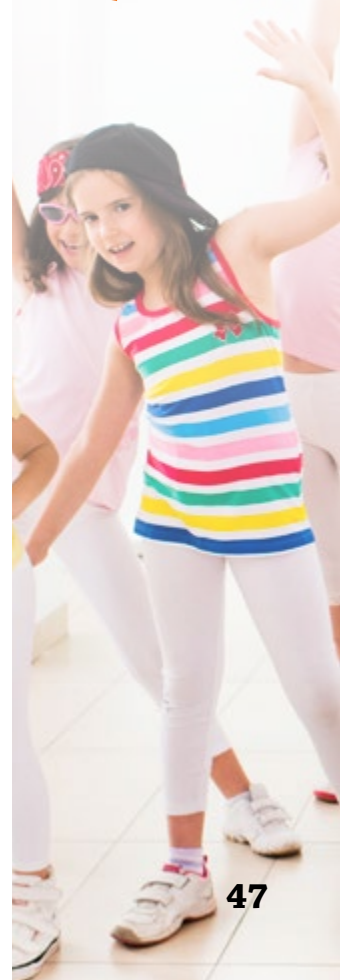
Ages 6-13: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

7 Sessions **\$95**

Instructor: Kumud Mathur
39111 Potomac CRC 9/19 T 6:15pm-7:00pm



DANCE





DANCE

ADULT DANCE

Ballet

Ballet for Adults

Ages 16 & Up: Beginner level - It's never too late to learn to dance and our adult ballet classes are a great way to keep fit and improve posture and flexibility in a social atmosphere. No experience necessary. This class will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center and moving across the floor. The core emphasis of this level will be on understanding and improving proper alignment, posture, rotation and flexibility. Clothing should be loose and comfortable so that you can move easily. No denim. We recommend that students have bare feet or flat ballet shoes. For questions, contact Robyn at info@rldancecompany.com

9 Sessions \$88

Instructor: Robyn Lindsey
40116 Potomac CRC 9/28 Th 7:30pm-8:30pm

10 Sessions \$98

Instructor: Robyn Lindsey
40133 Ross Boddy CRC 9/19 T 7:00pm-8:00pm

Ballet for Adults

Ages 18 & Up: One level - floor exercises based in classical ballet technique, stretch and alignment. Uniform - ladies - any solid colored leotard with comfortable bottoms. Men - White t-shirt and sweat pants.

8 Sessions \$75

Instructor: Kim Williams Bell
38996 N. Potomac CRC 10/3 T 6:15pm-7:15pm

General Dance

Bachata I

Ages 17 & Up: Learn today's hottest Latin movements and burn up the dance floor. Bachata classes are essential to becoming a well-rounded Latin dancer. All Latin students are encouraged to attend at least this Beginner Bachata course to add to your Latin dance repertoire. Fast, easy and fun to learn. No previous experience needed and no partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
39098 Avant Garde 9/13 W 7:45pm-8:30pm

Ballroom I (Couples)

Ages 16 & Up: Beginner Level - Gain the basics for students with no prior level of instruction. Learn proper dance position, how to lead and follow and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend.

8 Sessions \$80

Instructor: Thomas P. Woll/Ann Basso
39048 Holiday Park SC 9/28 Th 7:00pm-8:00pm

10 Sessions \$100

Instructor: Rebecca McKinney
39056 Bethesda ES 9/18 M 7:00pm-8:00pm

Ballroom II (Couples)

Ages 16 & Up: Intermediate Level - Prerequisite: Ballroom I. After a brief review of Ballroom I dances, reinforce and build your confidence by learning additional variations of tango and merengue. Emphasis on proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend.

8 Sessions \$80

Instructor: Thomas P. Woll/Ann Basso
39049 Holiday Park SC 9/28 Th 8:00pm-9:00pm

10 Sessions \$100

Instructor: Rebecca McKinney
39057 Bethesda ES 9/18 M 8:00pm-9:00pm

Ballroom III (Couples)

Ages 16 & Up: Intermediate / Advanced levels - Prerequisite: Ballroom II or equivalent. Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student - must have a partner registered in the class to attend.

8 Sessions \$80

Instructor: Thomas P. Woll/Ann Basso
39050 Coffield CRC 9/19 T 7:45pm-8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Intermediate / Advanced levels - Prerequisite: Ballroom III or equivalent. Students further develop by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student - must have a partner registered in the class to attend.

8 Sessions \$80

Instructor: Thomas P. Woll/Ann Basso
39051 Holiday Park SC 9/28 Th 9:00pm-10:00pm

Beginner Social Dance

Ages 17 & Up: Learning to dance can be very difficult, especially when you can't get your feet to move or your arms to relax. Our solution? Beginner Ballroom Dancing. These classes will cover the 3 popular social, ballroom dances. Be ready for your next family celebration, wedding or special event. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
39099 Avant Garde 9/11 M 7:15pm-8:00pm

Latin Dances (Couples)

Ages 16 & Up: Beginner Level - terrific fun learning rumba and chacha variations with great choreography and styling. Registration is per student; must have a partner registered in the class to attend.

10 Sessions \$100

Instructor: Rebecca McKinney
39058 Lawton CRC 9/28 Th 7:00pm-8:00pm

Salsa Club Dancing

Ages 17 & Up: Learn today's hottest Latin movements taking over the dance scene. This dance sizzles with rhythm and movement making Salsa a fun and popular dance for beginners. This class includes partner dance, solo free style and the basic techniques of lead and follow. Make your next night out special. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
39100 Avant Garde 9/12 T 7:00pm-7:45pm

Swing (couples)

Ages 16 & Up: Beginner level - learn underarm turns and swivels using swing variations. This class is an east coast swing starting with single swing, then progressing to triple swing. Registration is per student - must have a partner registered in the class to attend.

10 Sessions \$100

Instructor: Rebecca McKinney
39059 Lawton CRC 9/28 Th 8:00pm-9:00pm

Urban Line Dance

Ages 17 & Up: Beginner level - this class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Get basic beginner level step patterns and gradually progress to intermediate with slightly more complex patterns. Exercise, socialize and have fun with plenty of zeal and zest in one setting. For more information, call Petrienne at 301-379-5937.

6 Sessions \$50

Instructor: Peytrienne McCormick
38907 Holiday Park SC 11/14 T 6:00pm-7:00pm

8 Sessions \$65

Instructor: Peytrienne McCormick
38906 Holiday Park SC 9/19 T 6:00pm-7:00pm

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thousands
of possibilities*

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MONTGOMERY**

ActiveMONTGOMERY.org

INTERNATIONAL

Folk Dancing

Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.

The first half hour is devoted to assisting beginners experience the culture, music, and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more.

The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

Contact Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Location	Day	Time:
Lawton CRC	Monday	7:30pm-9:45pm
Social Hall		

Program is ongoing.

The Center Director also has the option to cancel a date not listed if it conflicts with a community event or maintenance issues.



DANCE





MUSIC



Wedding Ready

Ages 17 & Up: The beautiful bride, the handsome groom, the flowers, the romantic music, the tears of joy. Everything comes together for that one memorable day. Make your "first dance" part of this everlasting memory. Wedding ready is an 8 week course offered not only to the bride and groom, but also mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your "first dance." Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions **\$96**
Instructor: Avant Garde Ballroom Dance Center
39105 Avant Garde 9/12 T 7:15pm-8:00pm

Performing Arts

Bollywood Dance Fitness

Ages 14 & Up: Beginners/Intermediate: Learn the latest Bollywood dance craze while getting a great cardio workout! Techniques include hand, feet and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art!

7 Sessions **\$95**
Instructor: Kumud Mathur
39110 Potomac CRC 9/19 T 7:15pm-8:00pm



YOUTH MUSIC

General Music

Learn Now Music: The Violinist Within

Ages 5-12: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

9 Sessions **\$220**
Instructor: Learn Now Music
40707 Mid County CRC 9/18 M 6:30pm-7:30pm
39172 Longwood CRC 9/23 Sa 11:00am-12:00pm

Guitar

Learn Now Music: HeroeZ of Guitar

Ages 5-12: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into play songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com

9 Sessions **\$220**
Instructor: Learn Now Music
39171 Bauer Drive CRC 9/20 W 7:00pm-8:00pm
39173 Goshen ES 9/19 T 4:10pm-5:10pm

Piano

*Exploring Music and Piano Level I

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to piano for practice outside of class. A \$10 material fee is due to instructor.

9 Sessions **\$225**
Instructor: Geiza Dourado Carvalho
39076 Norwood LP 9/18 M 5:00pm-5:55pm

Learn Now Music: KeyZ to Piano

Ages 5-12: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

9 Sessions \$220

Instructor: Learn Now Music

40707 Mid County CRC 9/18 M 6:30pm-7:30pm

39170 Bauer Drive CRC 9/20 W 7:00pm-8:00pm

ADULT MUSIC

Piano

Adult Group Piano I

Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. \$25 book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed.

10 Sessions \$155

Instructor: Judith Duerk-Habeck

39403 Holiday Park SC 9/18 M 2:00pm-2:50pm

13 Sessions \$260

Instructor: Joyce Oliver

38922 Holiday Park SC 9/19 T 9:00am-9:50am

Adult Group Piano II

Ages 17 & Up: Advanced Beginner level - Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

13 Sessions \$260

Instructor: Joyce Oliver

38924 Holiday Park SC 9/19 T 10:00am-10:50am

Adult Group Piano III

Ages 17 & Up: Intermediate level - Some piano skills and knowledge of note reading, theory and rhythm patterns required. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

10 Sessions \$155

Instructor: Judith Duerk-Habeck

39406 Holiday Park SC 9/18 M 12:00pm-12:50pm

13 Sessions \$260

Instructor: Joyce Oliver

38927 Holiday Park SC 9/19 T 11:00am-11:50am

Adult Group Piano IV

Ages 17 & Up: Advanced level - Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

10 Sessions \$155

Instructor: Judith Duerk-Habeck

39407 Holiday Park SC 9/18 M 1:00pm-1:50pm

13 Sessions \$260

Instructor: Joyce Oliver

38928 Holiday Park SC 9/19 T 12:00pm-12:50pm

Solfege - Music Theory

Ages 5 & Up: The Solfege class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales.

12 Sessions \$72

Instructor: Geiza Dourado Carvalho

Level 2

39077 Norwood LP 9/18 M 6:00pm-6:45pm

Level 3: Must have completed level 2.

39078 Norwood LP 9/19 T 5:30pm-6:15pm

Level 4: Must have completed level 3.

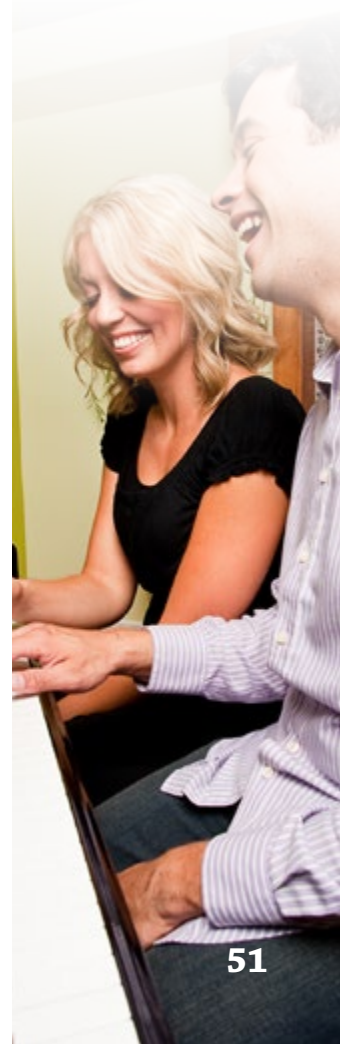
39079 Norwood LP 9/19 T 6:15pm-7:15pm

Level 5: Must have completed level 4.

39080 Norwood LP 9/19 T 7:00pm-8:15pm



MUSIC





COOKING

YOUTH COOKING

Kid's Kitchen: Food, Fitness & Fun!

Ages 8-14: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on food preparation, food and fitness activities and prepare delicious recipes from all food groups (grains, fruits, vegetables, dairy, and meat) to develop a healthy lifestyle of eating and exercise.

1 Session \$55

Instructor: Kids Kitchen

40011 Wisconsin Pl. CRC 11/18 Sa 10:00am-12:30pm

40010 White Oak CRC 11/18 Sa 10:00am-12:30pm

ADULT COOKING

Gourmet Night Out: Classic Steak House Dinner

Ages 21 & Up: Learn how to make some of the classic, steak house recipes, updated for modern tastes. Our menu: Wedge Salad with Buttermilk Dressing, Pan-fried Steak with Red Wine, Mushroom Sauce, Oven Roast Fries, and Bananas Foster. We will taste and discuss wines to go with our meal.

2 Sessions \$87

Instructor: Drew Faulkner

40331 Ross Boddy CRC 9/29 F 6:30pm-9:30pm

Gourmet Night Out: Healthy, Decadent Salmon Dinner

Ages 21 & Up: Gourmet Night Out Dinners feature menus created from cookbooks authored by award-winning cooking teachers. They are longer classes with more involved recipes and wine paired with the entrée. This week we will blend, bake, peel, dice, slice, sweat, saute, dredge and boil. Menu: Cheese and Artichoke Appetizers, Salmon Steaks with Eggplant and Tomato Ragout over Pasta, Baked Apricot Dessert.

1 Session \$75

Instructor: Sheila Crye

40350 N. Potomac CRC 10/6 F 6:30pm-9:30pm

Indian Tandoori Cooking

Ages 18 & Up: Come explore the art of the Indian barbeque, tandoori cooking. No, we don't have a tandoori oven, but you will learn how to replicate the seasoning and cooking techniques of the Indian barbeque at home. We will make Tandoori Murghi (tandoori chicken), Tandoori Jheenga (tandoori shrimp), Dhana-Podina Chutney (Coriander Mint Chutney), Keela Raita (Banana Yogurt Salad).

1 Session \$58

Instructor: Drew Faulkner

40358 N. Potomac CRC 11/30 Th 6:30pm-8:30pm

Knife Skills: Fruits, Vegetables, and Herbs

Ages 18 & Up: Learn how to use and care for your knives properly and efficiently. Students will learn how to slice, julienne, chop, mince, and chiffonade various fruits, vegetables, and herbs. When to use the various cuts and why. Learn the difference between honing and sharpening your knives. Make Vegetable Soup with Fresh Herbs, Pico de Gallo, and a refreshing Citrus Salad featuring your beautifully cut fruits and vegetables. You will go home with a new confidence in your culinary technique with knives.

1 Session \$58

Instructor: Drew Faulkner

40347 Ross Boddy CRC 11/1 W 6:30pm-8:30pm

Poultry Perfection

Ages 18 & Up: Just in time for the holidays! Too often, individuals roast a chicken or turkey only once a year resulting in poultry anxiety! Come learn how to make a perfect roast chicken and fool-proof gravy. In addition, we will calibrate a thermometer, cut up a whole raw chicken, and make chicken stock, the foundation of fabulous gravy.

1 Sessions \$58

Instructor: Drew Faulkner

40357 N. Potomac CRC 11/11 Sa 11:30am-1:30pm



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Recreation
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Skills Dinner: Chicken Pot Pie

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. This week we will blanch, sweat, make a roux, cut in shortening, roll out, emulsify, whisk and bake. Menu: Chicken Pot Pie, Tossed Green Salad Vinaigrette, Frozen Pineapple Parfait (Please note - menu items may change based on the availability of seasonal ingredients.)

1 Session

\$50

Instructor: Sheila Crye

40348 Ross Boddy CRC 12/9 Sa 11:30am-1:30pm

Skills Dinner: French Lamb and Vegetable Soup

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. This week we will dice, chop, sauté, simmer, puree, measure, whisk and bake. Menu: French Lamb and Vegetable Soup with Basil Garlic Sauce, Southern White Cornbread, Peach Cobbler (Please note - menu items may change based on the availability of seasonal ingredients.)

1 Session

\$50

Instructor: Sheila Crye

40349 N. Potomac CRC 9/28 Th 6:30pm-8:30pm

Skills Dinner: Vegetarian French

Ages 18 & Up: Skills Dinners are designed to introduce you to basic cooking skills as you prepare affordable, quick, healthy and yummy meals. Classes begin with a brief overview demonstration by Chef Sheila. We will then divide into recipe groups to cook. This week we will use the food processor, sauté, make a roux, make a sauce, grate, bake, emulsify, peel julienne, blanch, make a syrup, make orange supremes. Menu: Cheese and mushroom ramequin (like a cross between a souffle and quiche), tossed green salad vinaigrette, French bread, fresh oranges glazed with orange peel (Please note - menu items may change based on the availability of seasonal ingredients.)

1 Session

\$50

Instructor: Sheila Crye

40346 Ross Boddy CRC 10/12 Th 6:30pm-8:30pm

We Want You!

Part-time Staff are needed to lead a wide variety of activities.

Become part of our team!

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902

COOKING



EXERCISE, FITNESS & WELLNESS

EXERCISE, FITNESS & WELLNESS

Aerobic Dance

Dance & Fitness

Ages 13 & Up: For men and women, a complete aerobic workout for all those who love music and movement. Includes flexibility and leg routines, weights, abdominal work and cool-down stretch. Wear supportive athletic shoes, bring a mat/blanket for floor work and hand weights (optional). Questions? Email: dancenfitness05@gmail.com

22 Sessions \$161

Instructor: Alice Donnelly

38351 Potomac CRC 9/12 T,Th 6:00pm-7:00pm

24 Sessions \$176

Instructor: Elaine Walstreicher

38348 Mid County CRC 9/11 M,W 7:30pm-8:30pm

Instructor: Jinjer Azuree

38349 Lawton CRC 9/11 M,W 6:00pm-7:00pm

Instructor: Lois Antos

38350 Veirs Mill LP 9/12 T,Th 9:30am-10:30am

Instructor: Katy Weimers

38352 Rock View ES 9/12 T,Th 7:00pm-8:00pm

Dance & Fitness Add a Class

Ages 16 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday or Saturday during our regular classes and keep dancing at a different location. Questions? Email: dancenfitness05@gmail.com

12 Sessions \$88

Instructor: Katy Weimers

38353 Holiday Park SC 9/16 Sa 9:00am-10:00am

*Reading is to the mind what
exercise is to the body!*

-customer survey

Dance Fit Zumba

Ages 16 & Up: (13-15 if accompanied by parent or guardian): For beginner/intermediate levels, combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating calorie-burning, body-energizing program. For more information: Melissa Moreira at 301-318-9379 or myzumba.n.u@gmail.com

11 Sessions \$81

Instructor: Dance Fit

38584 Germantown CRC 9/28 Th 7:15pm-8:15pm

12 Sessions \$88

Instructor: Dance Fit

38586 N. Potomac CRC 9/23 Sa 10:00am-11:00am

13 Sessions \$95

Instructor: Dance Fit

38582 Praisner CRC 9/20 W 6:00pm-7:00pm

38583 Germantown CRC 9/19 T 7:15pm-8:15pm

38585 Praisner CRC 9/18 M 6:00pm-7:00pm

38587 N. Potomac CRC 9/18 M 7:00pm-8:00pm

Definition Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors. Questions? Contact Juliet at 301-229-7555 or juliet@wellnesscorporatesolutions.com.

25 Sessions \$215

Instructor: Juliet Rodman

40224 Clara Barton NRC 9/11 M,F 9:00am-10:00am

NEW Doonya The Bollywood Workout

Ages 16 & Up: In our signature workout, we spend 50 minutes sweating to the powerful drum beats of South Asia. Starting with a movement breakdown, you are equipped with the exotic, energetic steps to take you through 8-11 songs. Each heart pounding routine targets a major muscle group through innovative choreography and body-weight and weighted movements. Class ends with stretches and a reflection on the strength and power you channeled in. For more information: Pallavi Belur at: 202-302-3290 or email at: pbelur11@gmail.com

11 Sessions \$110

Instructor: Pallavi Belur

40353 N. Potomac CRC 9/28 Th 7:00pm-8:00pm

Jacki Sorensen's Aerobic Dance

Ages 16 & Up: A complete, safe effective and fun choreographed fitness program created by Jacki Sorensen in the early 1970's. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low/no impact levels. Heart Rate monitoring throughout keeps students aware of their own progress. Bring a mat and hand weights (1-6 lbs.) and ankle weights (1-2.5 lbs.) Weights are recommended but optional. Call Karin Baker with questions (240) 207-3091. Karin1047@aol.com

11 Sessions \$87

Instructor: Karin Baker
37732 Potomac CRC 9/14 Th 9:00am-10:00am

12 Sessions \$95

Instructor: Karin Baker
37731 Potomac CRC 9/19 T 9:00am-10:00am

Jacki Sorensen's Aerobic Workout

Ages 16 & Up: Jacki Sorensen created this program in the 80's to include men and to make a more vigorous program than her Dance classes. Each class includes floor work, strength work (hand and ankle weights), stretch and flexibility moves, plus fun, lively and easy-to-follow aerobic routines. Heart Rate monitoring throughout to measure progress. Bring a mat and 1-6 lb. hand weights and 1-2.5 lb. ankle weights. Call Karin Baker with questions. (240) 207-3091 Karin1047@aol.com

13 Sessions \$103

Instructor: Karin Baker
37733 Damascus CRC 9/13 W 7:00pm-8:00pm

Jazzmatazz Aerobics W/Pilates Mat

Ages 16 & Up: A terrific combination of Pilates Mat Work/plus a low impact/high intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to registered for both Tuesday and Thursday to achieve the best results.

12 Sessions \$90

Instructor: Betsy Saunders
38032 Holiday Park SC 9/14 Th 7:15pm-8:15pm

13 Sessions \$98

Instructor: Betsy Saunders
38033 Holiday Park SC 9/19 T 7:15pm-8:15pm

Jazzmatazz Low-Impact Aerobics

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music. This class emphasizes both cardiovascular strength & endurance (low impact aerobic dancing) along with muscular strength (using light hand weights) & flexibility (floor exercises). To achieve best results, students are strongly encourages to register for both Tuesday & Thursday.

12 Sessions \$90

Instructor: Betsy Saunders
38035 Bauer Drive CRC 9/14 Th 9:30am-10:30am

13 Sessions \$98

Instructor: Betsy Saunders
38034 Bauer Drive CRC 9/19 T 9:30am-10:30am

Step-n-Sweat Zumba

Ages 13 & Up: (13-15 if accompanied by parent or guardian): Join the Zumba party with this Latin-based cardio workout that will have you burning up to 1,000 calories an hour. If you like to dance and shake, then this is the class for you. The instructor brings 33 years of energetic experience to every class. For more information, contact Cheryl Hicks at dmvonfire@gmail.com or 301-775-8933.

5 Sessions \$31

Instructor: Cheryl Hicks
38401 White Oak CRC 9/19 T 6:30pm-7:30pm
38402 White Oak CRC 9/28 Th 6:30pm-7:30pm
38403 White Oak CRC 10/31 T 6:30pm-7:30pm
38404 White Oak CRC 11/2 Th 6:30pm-7:30pm

Zumba Fitness

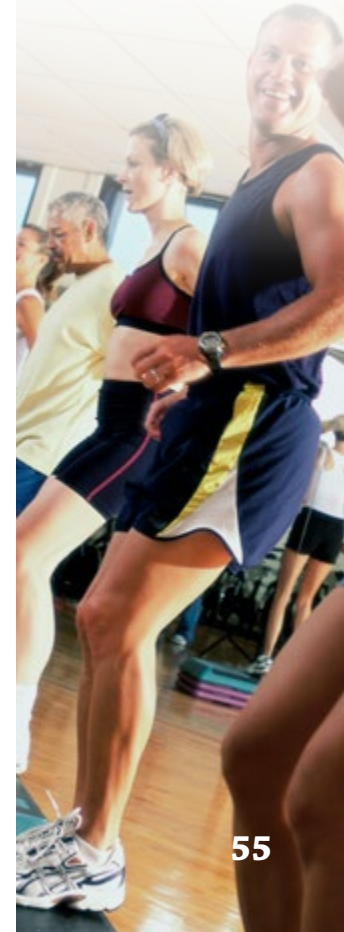
Ages 14 & Up: Are you Ready?? For what? Glad you asked? "Zumba Fitness" Are you ready to ditch the work out and join the Latin dance fitness phenomenon that has been sweeping the nation? "Zumba" is an explosively fun and addictive fitness dance party all by itself combined with the Carribean, Hip-hop and Latin beats that move your hips. Before you know it the hour zips away. I will bring the salsa and you won't even miss the chips!! I can't wait to party with you.

12 Sessions \$87

Instructor: Michelle Johnson-Lancaster
38029 Mid County CRC 9/18 M 6:15pm-7:15pm
38031 Mid County CRC 9/20 W 6:15pm-7:15pm
38030 Bauer Drive CRC 9/23 Sa 9:00am-10:00am



EXERCISE, FITNESS
& WELLNESS





Zumba

Ages 12 & Up: Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come join the party!

13 Sessions

\$85

Instructor: Wellness Network

39816 OSC

9/12 T

7:15pm-8:05pm

39817 OSC

9/14 Th

7:15pm-8:05pm

Aerobic Exercise

Dynaerobics

Ages 16 & Up: A vigorous and challenging conditioning program that combines cardio, core and resistance exercises for a total workout. Energizing warm-up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights are optional. Questions contact Gina at: Gina.bodysculpt@gmail.com

25 Sessions

\$197

Instructor: Gina Dols

40739 Bauer Drive CRC

9/19 T,Th

6:00pm-7:00pm

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

To register click on the membership tab on **ActiveMONTGOMERY.org** and search for "ACT."

ACT provides a vigorous, easy to follow coed class for ages 16 & Up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness.

Program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes available for 12, 18, and 24 classes-your choice!

Pass is valid for 3 months from the first class attended.

Take your access card and receipt to any class location and check-in with front desk staff. Give a copy of the registration to the ACT instructor.

Location	Days	Times:
Holiday Park SC	M, Tu, W, Th & Sa	6:00pm-7:00pm 9:00am-10:00am
Bauer Drive CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	Tu, Th	7:00pm-8:00pm

ACT • 24 Passes-\$162

ACT • 18 Passes-\$126

ACT • 12 Passes-\$87



HoopIt Fit!

Ages 13 & Up: Put a new spin on your workout with a specially designed hula hoop! This class combines hoop skills with low-impact cardio, body sculpt and stretching for a workout that's a whirl'd of fun. Hoops provided or bring your own. Bring a yoga mat. For more info, contact at: jeanne@jfitclub.com or visit: www.jfitclub.com

6 Sessions \$60

Instructor: Jeanne Lieder

37725 Bauer Drive CRC 9/18 M 7:30pm-8:30pm

37727 Bauer Drive CRC 11/6 M 7:30pm-8:30pm

Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091

13 Sessions \$103

Instructor: Karin Baker

37734 Potomac CRC 9/15 F 9:00am-10:00am

Kelley's Complete Fitness Workout

Ages 18 & Up: A safe, effective co-ed program that strengthen and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is place on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in PE and over 20 years of experience. Questions contact Pam at: 301-774-6342

11 Sessions \$91

Instructor: Pamela Kelley

37686 Glenmont LP 9/28 Th 9:15am-10:30am

12 Sessions \$99

Instructor: Pamela Kelley

37682 Glenmont LP 9/18 M 9:15am-10:30am

37683 Longwood CRC 9/18 M 7:15pm-8:30pm

37684 Bauer Drive CRC 9/20 W 9:10am-10:25am

37685 Longwood CRC 9/20 W 7:15pm-8:30pm

Movin' with Millie' Aerobics

Ages 16 & Up: Set to positive, upbeat music. A unique exercise experience beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercise for toning hips, thighs, abdominals, and glutes. Program provides flexibility, endurance and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions call Millie at 301-588-3577 or email at millietrimble3@gmail.com

12 Sessions \$96

Instructor: Mildred Trimble

37718 Pilgrim Hills LP 9/22 F 9:30am-10:45am

13 Sessions \$104

Instructor: Mildred Trimble

37717 Pilgrim Hills LP 9/20 W 9:30am-10:45am

Body Sculpting

NEW Slow Motion Resistance Training

Ages 18 & Up: A Perfect Workout for people any age and level of fitness. This unique slow motion method of strength training loads the muscles more effectively makes exercise both harder and more productive and helps achieve maximum fitness benefits. Participants need to bring their own pair of free weights to class. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

10 Sessions \$150

Instructor: VF Dance & Fitness

38533 Commotion 9/12 T 6:30pm-7:30pm
Fitness Studio

38535 Imagination Stage 9/13 W 6:00pm-7:00pm
Dance Studio

NEW Small Group Weight Loss Program

Ages 18 & Up: Get individual help with a group support. Once a week kickboxing fitness class and weekly nutritional guidance as well as exercise plan. This 10-week program will help you make a life style change and get your overall health to a better place. We will focus on the program more than the scale but there will be regular weigh ins. After each class there will be a weekly plan discussion For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

10 Sessions \$250

Instructor: VF Dance & Fitness

38538 Commotion 9/14 Th 6:30pm-7:30pm
Fitness Studio



EXERCISE, FITNESS & WELLNESS



EXERCISE, FITNESS
& WELLNESS

CPR/FRP/AED

Community Basic First Aid and CPR_AED

Ages 13 & Up: This class offers hands on, high energy; First Aid and CPR-AED training and certification to the community. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Anyone can be put in an emergency situation. Everyone should know what to do. Every second counts and every life is worth saving. 2 minutes could be the difference between life or death. 75% of emergencies happens in the home. Would you know what to do? The more people we can educate the more lives we can potentially save. Certifications and material will be from EMS Safety Service unless a specific request made prior to training. \$20 material fee due at class. For more information or questions contact: Tiquia.bennett@gmail.com

1 Session \$60

Instructor: Tiquia Bennett

39924	Bauer Drive CRC	9/19 T	6:00pm-9:00pm
39925	Bauer Drive CRC	10/17 T	6:00pm-9:00pm
39926	Germantown CRC	10/21 Sa	10:00am-1:00pm
39927	Germantown CRC	11/11 Sa	10:00am-1:00pm
39928	Bauer Drive CRC	12/5 T	6:00pm-9:00pm

General Fitness

Bone Up on Bones

Ages 18 & Up: During our adult years, our bones are in a continual cycle of breaking down and rebuilding. Excessive bone loss can be attributed to hormonal changes, both natural and from medications (e.g. cancer-fighting medications), smoking, alcohol consumption, diet, and certain medical conditions. This is called osteopenia or osteoporosis depending upon the severity of loss. The stronger our bones are, the less likely we will experience fractures in a traumatic incident. In conjunction with other types of interventions, bone loss can be slowed and sometimes reversed with exercise. This workshop will discuss concepts for developing an appropriate and safe exercise program to improve bone density and prevent further bone loss.

1 Session \$40

Instructor: Restore Motion

40387	Restore Motion	10/26 Th	6:00pm-8:00pm
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Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine. This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

7 Sessions \$59

Instructor: Kumud Mathur

37719	Potomac CRC	9/19 T	11:15am-12:00pm
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Postpartum Strong Workshop

Ages 18 & Up: Postpartum Strong is a unique musculoskeletal program developed for women post delivery to regain muscle strength of their abdominal and pelvic floor muscles. Clinical research now supports rehabilitation after a normal or challenging birth or pregnancy to prevent incontinence, prolapse and/or dysfunction. Class that emphasizes education on abdominal and pelvic floor anatomy, posture and body mechanics when lifting your baby, and exercise instruction.

1 Sessions \$40

Instructor: Restore Motion

40386	Restore Motion	10/19 Th	5:00pm-7:00pm
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Your Pelvic Floor-Keeping it Healthy

Ages 18 & Up: When you cough, exercise, or laugh, is your bladder in distress? Do you feel you always need to use the bathroom? These are signs of pelvic floor weakness. Your pelvic floor needs strength just like your other muscles to function. Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses the common pelvic floor problems many people experience. Exercises to improve the strength and function of the pelvic floor will be taught. These exercises will include alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Session \$30

Instructor: Restore Motion

38539	Restore Motion	10/12 Th	2:00pm-3:30pm
38540	Restore Motion	10/25 W	6:30pm-8:00pm



Meditation

Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate greater awareness of the unity of mind and body. The practice works by helping students to achieve a better understanding of what is happening right now- whether positive, negative or neutral-not what they want to happen or what they think should be happening. Mindfulness meditation helps practitioners stop worrying about forces not under their control. Indeed, we learn that the idea of control is an illusion. We will use mindfulness techniques including full body scan, seated meditation, walking meditation and even eating meditation to give students an introduction to the possibilities inherent in these techniques. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Sessions **\$46**

Instructor: Jerry Hartman
37672 Potomac CRC 9/30 Sa 10:00am-2:00pm

Meditation for Beginners

Ages 18 & Up: Centering yourself: This is a meditation class very suitable for beginners, as well as a support for developed and sustained practitioners. You have the capacity to be whole in your mind, body and spirit. simple and very practical methods to cultivate mindfulness, inner connection and your wisdom. The tools to work with your mind and heart to create a harmony within you and with others. Sign-up for Gentle Therapeutic Yoga following at 7:15pm for complete relaxation experience! For more information contact Gaya at: 734-709-3632 or gayamohan@hotmail.com

8 Sessions **\$105**

Instructor: Gayatri Mohan-Iyengar
38525 N. Potomac CRC 9/28 Th 6:15pm-6:45pm

Using Meditation to Deal w/ Holiday Stress

Ages 18 & Up: Family reunions, outings with friends, parties, presents and food. The period from Thanksgiving to New Years is supposed to be the happiest time of the year. For all too many of us, the stress generated during the holidays makes it a time to dread rather than a time to look forward to. Join us as we discuss some of the issues that make these six weeks less than they could be. We'll explore stress, gratitude, generosity, dealing with expectations, and New Year's resolutions, and give you some ways to reduce stress and create a happiness that does not depend on outside conditions. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Session **\$46**

Instructor: Jerry Hartman
38440 Bauer Drive CRC 12/9 Sa 10:00am-2:00pm

Using Mindfulness to Increase Happiness

Ages 18 & Up: For most of us, happiness is dependent on outside conditions. We suffer from the "if only" disease and never have enough to be satisfied. Possessions, jobs or relationships - we're always looking for the next big thing that will finally make us happy. Eventually we realize that approach doesn't work. Mindfulness meditation gives us tools to create a lasting happiness that doesn't rely on others. We'll explore how clinging to our attitudes and possessions create dissatisfaction, and how loving kindness, generosity and gratitude can help change your outlook on life. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Session **\$46**

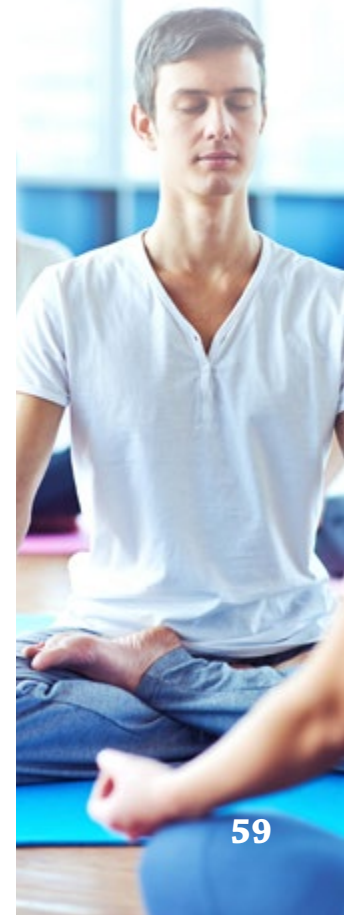
Instructor: Jerry Hartman
37673 Potomac CRC 10/28 Sa 10:00am-2:00pm

*Doing these exercise classes
have lowered my blood
pressure and given me more
flexibility and energy.*

-customer survey



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



Pilates

Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: Former dancer, ACE certified owner of Fitness Care LLC and 40+ years experience. Questions call 301-942-5168

9 Sessions \$81

Instructor: Esther Brunner
37688 Wisconsin Pl. CRC 9/28 Th 10:00am-11:00am

11 Sessions \$99

Instructor: Esther Brunner
37687 Luxmanor ES 9/19 T 7:15pm-8:15pm

Pilates for Fitness by Fit 2 Believe

Ages 16 & Up: If you want a workout that will increase strength, flexibility and you energy levels pilates for fitness is for you. Our program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability as well. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

8 Sessions \$65

Instructor: Fit 2 Believe
38592 White Oak CRC 9/26 T 7:00pm-8:00pm
38591 Bauer Drive CRC 9/28 Th 7:00pm-8:00pm
38590 Lawton CRC 9/30 Sa 10:00am-11:00am

Strength Training

Bone Builders - Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing/slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Due to instructor's asthma, please do not wear perfume or cologne to class.) Questions contact: jpalazzo1@comcast.net

11 Sessions \$88

Instructor: Jaroslawa Palazzo
37724 Potomac CRC 9/28 Th 3:00pm-4:00pm

13 Sessions \$104

Instructor: Jaroslawa Palazzo
37721 Lawton CRC 9/18 M 10:00am-11:00am
37722 Lawton CRC 9/20 W 10:00am-11:00am
37723 Potomac CRC 9/19 T 3:00pm-4:00pm

Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in an ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. For more information visit: <http://www.category4fitness.com> or contact Tommy at tommywitz@category4fitness.com or call 301-370-0279.

13 Sessions \$99

Instructor: Thomas Witz
37666 Germantown CRC 9/18 M 7:30pm-8:30pm
37667 Germantown CRC 9/20 W 7:30pm-8:30pm

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress! Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-7555 or e-mail at Juliet@wellnesscorporatesolutions.com

26 Sessions \$215

Instructor: Juliet Rodman
40223 Clara Barton NRC 9/12 T,Th 9:00am-10:00am

Dynaerobics AND Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions? Contact Gina at: Gina.bodysculpt@gmail.com.

12 Sessions \$91

Instructor: Regina Gaithers
38580 Bauer Drive CRC 9/23 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions? Contact Gina at: Gina.bodysculpt@gmail.com.

26 Sessions \$197

Instructor: Gina Dols
38581 Bauer Drive CRC 9/18 M,W6:15pm-7:15pm

Kickboxing

Ages 18 & Up: Strengthen your entire body, release everyday stress and improve your self-confidence. Fight to be fit by packing cardio and total body toning into one punch with this authentic, kickboxing inspired workout. Participants have to bring their own boxing gloves. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

10 Sessions \$150

Instructor: VF Dance & Fitness
38532 Commotion 9/14 Th 6:30pm-7:30pm
Fitness Studio

The Ultimate Boxing Boot Camp for Youth and Adults

Ages 10 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-l1@outlook.com

8 Sessions \$85

Instructor: Larry D. Johnson
38639 B-CC High School 9/25 M 6:00pm-7:15pm
38640 White Oak CRC 9/26 T 5:45pm-7:00pm
38641 Praisner CRC 9/30 Sa 11:15am-12:30pm

Total Body Sculpt

Ages 18 & Up: This class involves working individual and group muscles against resistance to the point of muscle fatigue in order to increase the strength of connective tissues, bone density, physical capacity to perform the activities of daily living, and to improve motor performance. Each week will be focusing on different body parts using 3 sets of dumbbells, light, medium and heavy. WEIGHTS ARE NOT PROVIDED MUST BRING OWN! For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

12 Sessions \$150

Instructor: VF Dance & Fitness
38534 Imagination Stage 9/13 W 6:00pm-7:00pm
Dance Studio



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS

Tai Chi

Qi Gong & Meditation

Ages 19 & Up: Beginners & Continuing Students: These exercises are low-impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture points and meridians; therefore; Qi Gong is also known as "acupuncture" without the needles. For more information contact Instructor Liu at: 240-618-8879 or louiseliu.taichi@gmail.com

12 Sessions \$180

Instructor: Louise Liu

38337 Kensington 9/13 W 7:30pm-8:30pm
Parkwood ES

38338 Wisconsin Pl. CRC 9/15 F 11:00am-12:00pm

Tai Chi, Beginning

Ages 16 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth at 240-676-8428

9 Sessions \$93

Instructor: Lon Holland

37690 Norbeck- 9/13 W 6:30pm-7:30pm
Muncaster Mill NP

12 Sessions \$124

Instructor: Andy Schettino

37689 Bauer Drive CRC 9/18 M 7:00pm-8:00pm

Tai Chi, Continuing

Ages 16 & Up: Continuing Students Level II.

9 Sessions \$93

Instructor: Lon Holland

37692 Norbeck- 9/13 W 7:30pm-8:30pm
Muncaster Mill NP

12 Sessions \$124

Instructor: Andy Schettino

37691 Bauer Drive CRC 9/18 M 8:00pm-9:00pm

Tai Chi, Part I

Ages 18 & Up: Adults: (Beginners) These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise at 240-618-8879 or louiseliu.taichi@gmail.com

12 Sessions \$180

Instructor: Louise Liu

38339 Kensington 9/13 W 6:30pm-7:30pm
Parkwood ES

38342 Wisconsin Pl. CRC 9/15 F 10:00am-11:00am

Tai Chi, Part II

Ages 18 & Up: Adult-Continuing students at Beginner level: Continuation of Tai Chi Part I, final section of the Solo form. The second part in a series of lessons focuses on movements 13 through 24 and deepens student knowledge of qigong training. For more information contact louiseliu.taichi@gmail.com or 240-618-8879

12 Sessions \$180

Instructor: Louise Liu

38340 Wisconsin Pl. CRC 9/15 F 12:00pm-1:00pm



Yoga

NEW Basic Yoga for Men

Ages 14 & Up: (14-15 years if accompanied by parent or guardian.) If you've been thinking about taking a yoga class but do not want to be the only male in the class, this is the class for you. Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirt. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Class is taught by a female. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com

11 Sessions \$114

Instructor: Irene Bopp
40393 Mid County CRC 9/11 M 7:30pm-8:30pm

Easy Yoga

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina and muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065

10 Sessions \$107

Instructor: Moira Martin
37729 Lawton CRC 9/14 Th 9:30am-10:45am

Essential Yoga For Beginner

Ages 16 & Up: Explore the core elements of yoga. This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundation yogic concepts. This series of yoga classes is perfect for first time and experienced students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara in advance of the first class with any questions at 301-891-1247 or tljhealth@earthlink.net

10 Sessions \$103

Instructor: Tamara Lewis Johnson
37678 Coffield CRC 9/28 Th 6:00pm-7:00pm

Evening Yoga

Ages 18 & Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

11 Sessions \$114

Instructor: Robin Morris
37720 Wisconsin Pl. CRC 9/27 W 6:15pm-7:15pm

Family Yoga

Ages 5 & Up: Yoga benefits for your body: The pranayama, proper deep breathing techniques evenly works out every muscle, joints and your body to improve flexibility, balance, calm your mind, tone your muscles, increases blood flow and circulation throughout your body and boost confidence. Get strong, flexible and focused, while working out with your younger ones. This is a great quality way to be together and also introduce calming and healthy way for your family fun interaction. The family can learn together this skill of yoga and meditation for kids, that can be used throughout their lives as a best tool to relax themselves in any given situation. Sign-up for Meditation for Beginners at 6:15pm for complete relaxation experience! For more information contact Gaya at: 734-709-3632 or gayamohan@hotmail.com

8 Sessions \$140

Instructor: Gayatri Mohan-Iyengar
38526 N. Potomac CRC 9/28 Th 4:15pm-5:00pm

Gentle Therapeutic Yoga

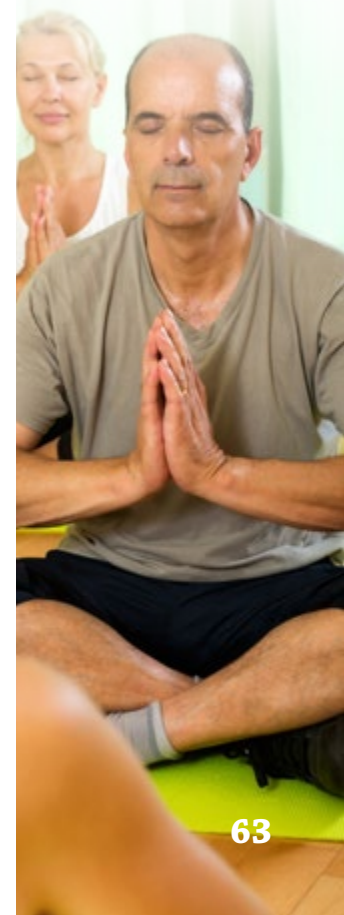
Ages 16 & Up: (14-16yrs if accompanied by a parent or guardian). For beginning and continuing students. Are you interested in experiencing a stress-free healthy lifestyle? If so, yoga could be a part of your exercise routine. Yoga has been practiced for over a millennia as a gentle and effective form of exercise that benefits body and mind alike. You will feel energetic and invigorated after each session. Bring yoga mat and wear comfortable clothing. Sign-up for Meditation for Beginners at 6:15pm for complete relaxation experience! For more information contact Gaya at: 734-709-3632 or gayamohan@hotmail.com

8 Sessions \$128

Instructor: Gayatri Mohan-Iyengar
38524 N. Potomac CRC 9/28 Th 7:15pm-8:15pm



EXERCISE, FITNESS & WELLNESS



EXERCISE, FITNESS
& WELLNESS**Gentle Yoga**

Ages 18 & Up: For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: Irene at Irene54@aol.com

11 Sessions \$114

Instructor: Irene Bopp
37711 Bauer Drive CRC 9/12 T 6:15pm-7:15pm

Hatha Yoga and Stress Management Beg/Con

Ages 18 & Up: Learn to deal with stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that will increase your flexibility and strength. Learning to keep the body in good alignment will stimulate health and promote well-being. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com

12 Sessions \$180

Instructor: Suzana Cooper
37680 Lawton CRC 9/22 F 9:45am-11:00am

13 Sessions \$195

Instructor: Suzana Cooper
37679 Lawton CRC 9/20 W 9:45am-11:00am

Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. The techniques, learned once, are to be used at massage ball. A material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. For more information please call Maggie Wong 301-365-2424, email Maggie@yogaplus.com or visit her website at www.yogaplus.com

1 Sessions \$41

Instructor: Maggie Wong
38036 Yoga Plus 10/1 S 3:00pm-5:00pm
- Potomac

Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Neva at: 240-381-1409 or email at: neva fusion@gmail.com

12 Sessions \$163

Instructor: Neva Ingalls
37668 Potomac CRC 9/18 M 6:30pm-7:45pm

Vinyasa Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Neva at: 240-381-1409 or email at: neva fusion@gmail.com

11 Sessions \$148

Instructor: Neva Ingalls
37669 Potomac CRC 9/14 Th 10:15am-11:30am

NEW YogaFit

Ages 18 & Up: This class will work on balance, strength and flexibility at the same time. Participants will be moving through different poses working the entire body while stretching and realigning at the same time. Participants need to bring their own mat to class. For more information contact VF Dance and Fitness at: vfarkas@vfdanceandfitness.com

3 Sessions \$50

Instructor: VF Dance & Fitness
38536 Commotion 12/5 T 6:30pm-7:30pm
Fitness Studio
38537 Imagination Stage 12/6 W 6:00pm-7:00pm
Dance Studio

Yoga at 50

Ages 50 & Up: Tailored to active 50 plus yrs. Learn yoga exercise that stretches muscles, improve circulation, and realign the body. Yoga postures (asanas) and flows (vinyasas) will help keep and increase strength of muscle and bone. You will enjoy breathing exercises that diminish stress and reconnect body and spirit. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com

12 Sessions \$180

Instructor: Suzana Cooper
38346 Wisconsin Pl. CRC 9/23 Sa 9:45am-11:00am

Yoga Ball Therapy Workshop

Ages 16 & Up: (14-16 yrs if accompanied by a parent or guardian). Teaches a self massage holistic techniques using yoga ball. This self massage technique is an art of using our own body energy line which is known as the hara lines. The hara lines are known as the energetic or spiritual lines, where the chakras lines up on or align. We locate these energy lines as a map of the body to locate various pressure points, where the tightness and stress sometimes resides. By working on the various pressure points starting from the feet where the energy lines can be accessed going up and working throughout the various acupressure points along the body to bring it back into proper balance by releasing the stress that we tend to hold on various parts of the body which causes tightness and tensions. This holistic practice will take place on our yoga mats and using stability ball, with guided breathing, pranayama cleansing and celebrating a new awareness of your mind, body and spirit. The only side effect of this practice is the release of tension, stress, anxiety, tightness and unnecessary stiffness. For more information contact Gaya at: 734-709-3632 or gayamohan@hotmail.com

1 Session \$50

Instructor: Gayatri Mohan-Iyengar
38527 N. Potomac CRC 10/11 W 6:30pm-7:30pm

Yoga Basics

Ages 18 & Up: Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) irene54@aol.com

10 Sessions \$104

Instructor: Irene Bopp
37714 Praisner CRC 9/14 Th 10:30am-11:30am
37715 East County CRC 9/14 Th 7:00pm-8:00pm

11 Sessions \$114

Instructor: Irene Bopp
37712 Mid County CRC 9/13 W 7:30pm-8:30pm
37713 Bauer Drive CRC 9/12 T 7:30pm-8:30pm

Yoga for Everybody

Ages 16 & Up: For beginning and continuing students. Whether you practice consistently or this is your first encounter, yoga is for everybody. Yoga is more than just physical exercise- it's a transformation practice that integrates body, mind and spirit. Each class consists of breath awareness, warm-ups, yoga postures and guided relaxation techniques to create a sense of calm and well-being. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat, water and a blanket and wear comfortable clothing. Contact Robin in advance for first class with any questions at: firstencounteryoga@yahoo.com

8 Sessions \$105

Instructor: Robin Bruckner
39060 Ross Boddy CRC 9/16 Sa 10:15am-11:30am
39061 Ross Boddy CRC 9/20 W 10:15am-11:30am

Yoga for Mobility & Strength - Potomac

Ages 18 & Up: This class is to help you to improve mobility and strength to enable you to walk, run, sit and move the way your body was intended, and to do so without tension or pain. It is a good complement for other exercise classes and especially valuable for desk-bound office workers. People with scoliosis have also found these exercises helpful. Class location: Potomac Methodist Church, 9908 S. Glen Road, Potomac, MD 20854 For more information please call Maggie Wong 301-365-2424, email Maggie@yogaplus.com or visit her website at <http://www.yogaplus.com>

10 Sessions \$232

Instructor: Maggie Wong
38039 Yoga Plus 9/21 Th 7:30pm-9:00pm
- Potomac



EXERCISE, FITNESS & WELLNESS





Yoga for Mobility & Strength - Bethesda

Ages 18 & Up: This class is to help you to improve flexibility and mobility to enable you to walk, run, sit and move the way your body was intended, and to do so without tension or pain. It is a good complement for other exercise classes and especially valuable for desk-bound office workers. The class sequence begins with gentle warm-up stretches and movements, then progresses to core strengthening exercises and the use of light weights for upper body toning. This is followed by simple yoga movements to improve whole body functionality: strength, flexibility and balance. The class concludes with gentle stretching to calm the mind and prepare for the day. No prior yoga or other exercise experience is necessary - all are most welcome. Class location: Carderock Springs Clubhouse. 8200 Hamilton Spring Ct. Bethesda.

10 Sessions \$232

Instructor: Maggie Wong

38037	Yoga Plus - Bethesda	9/19 T	9:00am-10:30am
38038	Yoga Plus - Bethesda	9/21 Th	9:00am-10:30am

YoginiFit

Ages 18 & Up: YoginiFit is a fun, high-energy fusion of yoga flow and pilates sculpt. Active yoga poses and energetic pilates-based moves elevate your heart rate while upbeat music raises your spirit. Please bring a yoga mat. Contact jeanne@jfitclub.com with questions or visit www.jfitclub.com.

6 Sessions \$60

Instructor: Jeanne Lieder

39160	N. Potomac CRC	9/19 T	10:00am-11:00am
37726	Bauer Drive CRC	9/20 W	6:00pm-7:00pm
40484	N. Potomac CRC	11/7 T	10:00am-11:00am
37728	Bauer Drive CRC	11/8 W	6:00pm-7:00pm

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

MARTIAL ARTS

Aikido

Ages 11 & Up: "The Gentle Martial Art" A defensive yet powerful martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim, and become empowered by learning to coordinate mind and body. Deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

13 Sessions \$108

Instructor: Christopher Rowe

39820 Ross Boddy CRC 9/18 M 7:00pm-8:30pm

General Martial Arts

Classic Vovinam Martial Arts

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & leveraging, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

26 Sessions \$199

Instructor: Yanni Nguyen

Ages 15 & Up

39907 Plum Gar NRC 9/18 M,W 7:30pm-9:00pm

Ages 8-14

39910 Plum Gar NRC 9/18 M,W 6:00pm-7:30pm

MARTIAL ARTS





Classic Vovinam Martial Arts - Beginners

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & leveraging, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

25 Sessions \$192

Instructor: Yanni Nguyen
39909 Eastern MS 9/19 T,Sa 6:00pm-7:30pm

Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: (For advanced students with instructor permission only) Continue learning defense using your hands, elbows, kicks, throws, escape & leveraging, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

25 Sessions \$192

Instructor: Yanni Nguyen
39908 Eastern MS 9/19 T,Sa 7:30pm-9:00pm

Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Further inquire: bskofmc@gmail.com

12 Sessions \$118

Instructor: Salvador Cortes
39918 Kensington 9/14 Th 8:00pm-9:00pm
Parkwood ES

Judo Ages 5-10

Ages 5-10: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$40 is due on the first day of class.

12 Sessions \$390

Instructor: Frederic Hocde
39922 Tilden MS 9/19 T 5:30pm-6:30pm

Judo Ages 7-15

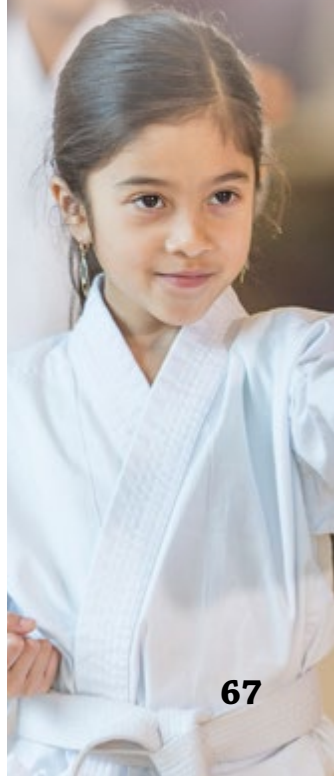
Ages 7-15: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$40 is due on the first day of class.

12 Sessions \$390

Instructor: Frederic Hocde
39923 Tilden MS 9/19 T 6:30pm-7:30pm



MARTIAL ARTS





Karate and Iado

Ages 10 & Up: Discover a way to overcome your daily stress. Iado is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

13 Sessions \$128

Instructor: Salvador Cortes

39919 Kensington 9/19 T 8:00pm-9:00pm
Parkwood ES

Karate Do and Iado Beginners

Ages 6-13: Discover a way to overcome your daily stress. Iado is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

12 Sessions \$118

Instructor: Salvador Cortes

39921 Kensington 9/14 Th 7:00pm-8:00pm
Parkwood ES

13 Sessions \$128

Instructor: Salvador Cortes

39920 Kensington 9/19 T 7:00pm-8:00pm
Parkwood ES

Karate/Jujitsu

Ages 6-13: (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Germantown CC & Beginners may attend the later time at all other sites.

12 Sessions \$87

Instructor: TKA Inc.

38959 Damascus CRC 9/20 W 6:00pm-7:00pm
38960 Damascus CRC 9/20 W 7:00pm-8:00pm
38961 Clara Barton NRC 9/20 W 7:00pm-8:00pm
38962 Bauer Drive CRC 9/20 W 6:00pm-7:00pm
38963 Bauer Drive CRC 9/20 W 7:00pm-8:00pm
38964 Potomac CRC 9/20 W 6:00pm-7:00pm
38965 Resnik ES 9/20 W 6:00pm-7:00pm
38966 Resnik ES 9/20 W 7:00pm-8:00pm
38967 Potomac CRC 9/20 W 7:00pm-8:00pm
38969 Praisner CRC 9/14 Th 6:00pm-7:00pm
38970 Praisner CRC 9/14 Th 7:00pm-8:00pm
38971 DuFief ES 9/14 Th 7:00pm-8:00pm
38972 Bethesda ES 9/14 Th 7:00pm-8:00pm

38973 Rolling Terrace ES 9/14 Th 7:00pm-8:00pm
38968 Stedwick ES 9/20 W 7:00pm-8:00pm

13 Sessions \$94

Instructor: TKA Inc.

38952 Upper County CRC 9/18 M 6:00pm-7:00pm
38953 Longwood CRC 9/18 M 7:00pm-8:00pm
38954 Upper County CRC 9/18 M 7:00pm-8:00pm
38955 Glenallan ES 9/18 M 7:00pm-8:00pm
38956 Germantown CRC 9/19 T 6:00pm-7:00pm
38958 Mid County CRC 9/19 T 6:30pm-7:30pm
38957 Germantown CRC 9/19 T 7:00pm-8:00pm

Karate/Jujitsu Adult

Ages 13 & Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

12 Sessions \$103

Instructor: TKA Inc.

38976 Damascus CRC 9/20 W 8:00pm-9:30pm
38977 Bauer Drive CRC 9/20 W 8:00pm-9:30pm
38978 Potomac CRC 9/20 W 8:00pm-9:30pm
38979 Stedwick ES 9/20 W 8:00pm-9:30pm
38980 Bethesda ES 9/14 Th 8:00pm-9:30pm
38981 Praisner CRC 9/14 Th 8:00pm-9:30pm
38982 DuFief ES 9/14 Th 8:00pm-9:30pm
38983 Rolling Terrace ES 9/14 Th 8:00pm-9:30pm

13 Sessions \$111

Instructor: TKA Inc.

38974 Upper County CRC 9/18 M 8:00pm-9:30pm
38975 Glenallan ES 9/18 M 8:00pm-9:30pm
38984 Germantown CRC 9/19 T 8:00pm-9:30pm
38985 Mid County CRC 9/19 T 7:30pm-9:00pm

Karate/Jujitsu Club

Ages 13 & Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7:30pm class must be registered in a regular TKA class during the same season.

12 Sessions \$42

Instructor: TKA Inc.

38986 Holiday Park SC 9/15 F 7:30pm-8:30pm

Karate/Jujitsu Club 2

Ages 13 & Up: Develop skills under supervision of select instructors. No formal instruction during Club sessions.

12 Sessions \$57

Instructor: TKA Inc.

38987 Holiday Park SC 9/15 F 8:30pm-9:30pm



MARTIAL ARTS



TINY TOTS

Arts

Abakadoodle: Twoosy Doodlers

Ages 2-3: Our youngest artists get the chance to explore paints modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$25 material fee is due to the instructor on the first day of class.

10 Sessions \$130

Instructor: Nancy Delasos

38543 N. Potomac CRC 9/19 T 4:45pm-5:30pm
38542 Potomac CRC 9/22 F 9:30am-10:15am
38541 Coffield CRC 9/28 Th 9:45am-10:30am

Young Rembrandts: PreSchool Drawing

Ages 3.5-5: Learning to draw basic shapes is a critical building block for every young learner. Our apple basket lesson will strengthen your child's circle drawing skills. Learning about Native American culture will be the focus as our students draw a headdress and totem pole. If your child is a fan of nature and the great outdoors, he or she will love our bird-feeder drawing. A fun robot will excite your little one as they create a colorful character that is filled with personality. There's no better time than NOW to enroll your child into a Young Rembrandts class. THEY WILL LOVE IT!

6 Sessions \$69

Instructor: Young Rembrandts

37617 Germantown CRC 11/8 W 10:15am-11:00am
37618 N. Potomac CRC 11/7 T 10:15am-11:00am
37619 Upper County CRC 11/6 M 10:15am-11:00am



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Recreation
on Facebook

Young Rembrandts: PreSchool Drawing

Ages 3.5-5: Challenge and excite your budding artist while preparing your child to be lifelong learner. Drawings like the marbles will help your preschooler master the art of creating a circle, a deceptively simple yet complex shape. The acorn and apple tree drawing will strengthen your child's compositional skills and use of colors. Basic facial and figure drawing will also be addressed as our students learn to draw a funny clown and scarecrow. These are just a few of the many great lessons our students will learn in a Young Rembrandts class. They will love it!

6 Sessions \$69

Instructor: Young Rembrandts

37614 Germantown CRC 9/20 W 10:15am-11:00am
37615 N. Potomac CRC 9/19 T 10:15am-11:00am
37616 Upper County CRC 9/18 M 10:15am-11:00am

Ballet

Fairy Tale Ballet

Ages 3-5: Fairy Tale Ballet is a unique and creative program catered to the imaginations of children ages 3-5 years old. The class incorporates the fundamentals of proper ballet technique while promoting a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination.

8 Sessions \$120

Instructor: Jennifer Ferrigno

38696 N. Potomac CRC 9/23 Sa 10:45am-11:30am

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

8 Sessions \$102

Instructor: Grace Oleson

37676 Arcola ES 9/28 Th 4:15pm-5:00pm

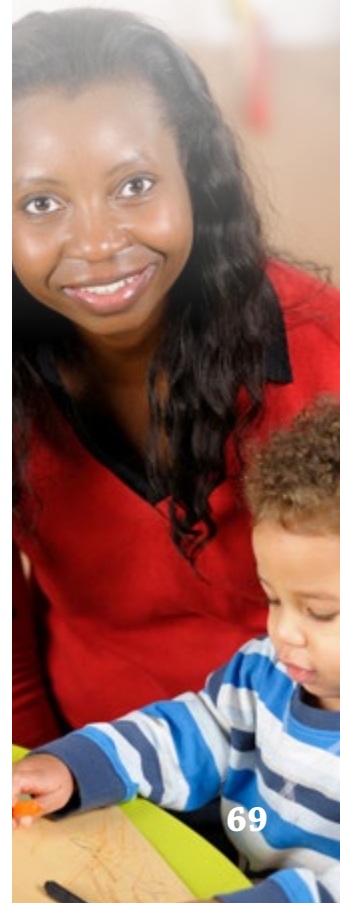
10 Sessions \$127

Instructor: Grace Oleson

37674 Coffield CRC 9/18 M 3:30pm-4:15pm
37675 Germantown CRC 9/20 W 4:15pm-5:00pm
37677 N. Potomac CRC 9/19 T 3:30pm-4:15pm



TINY TOTS





General Dance

Hippo Hoppo

Ages 3-5: (HIP HOP FOR TOTS) This class is perfect for introducing your little one to hip hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is great way to get kids moving! A great class for those energetic little ones who just love to move! We only use age appropriate music and hip hop dance moves to create a love for dance! No prior dance experience necessary.

4 Sessions \$39

Instructor: Robyn Lindsey

37698	Germantown CRC	11/4	Sa	12:00pm-12:45pm
37699	Potomac CRC	11/5	S	10:00am-10:45am
37701	White Oak CRC	11/4	Sa	10:15am-11:00am
37703	N. Potomac CRC	11/4	Sa	9:45am-10:30am

5 Sessions \$49

Instructor: Robyn Lindsey

37696	Germantown CRC	9/23	Sa	12:00pm-12:45pm
37697	Potomac CRC	9/24	S	10:00am-10:45am
37700	White Oak CRC	9/23	Sa	10:15am-11:00am
37702	N. Potomac CRC	9/23	Sa	9:45am-10:30am

Jazzmatazz Preschool Dance

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Dress code for class are any color leotards, tights, and well fitted all leather ballet slippers. No lace tutus and only short dance skirts please.

10 Sessions \$100

Instructor: Betsy Saunders

38616	Long Branch CRC	10/7	Sa	10:15am-11:00am
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Learn through Music and Movement

Ages 2.5-5.5: We will play and explore instruments together, sing and move to the music and will hear and act out simple stories and rhymes. Activities like these delight and engage the children while, at the same time, build self-confidence, self-control, and communication skills. Every second class student gets acquainted with a new instrument. Full sets of instruments for each student are provided for in each class. Through music, a child takes an inner experience and moves it into a shared creative experience. Group music-making releases energy which can then be channeled in creative, productive directions. Children learn about themselves and others by playing music together and by listening to each other.

6 Sessions \$84

Instructor: Ganna Petrova

38673	Damascus CRC	9/19	T	10:00am-10:45am
38674	N. Potomac CRC	9/20	W	10:00am-10:45am
38677	Damascus CRC	11/7	T	10:00am-10:45am
38678	N. Potomac CRC	11/8	W	10:00am-10:45am

Libra Dance Class

Ages 3.5-5.5: We will focus on coordination, rhythm, building flexibility and developing complex patterns. Students will be exposed to various styles of dance movements, floor exercising and stretching. Performance will take a place at the last class in the session. Class requires stretchable comfy clothes, dance/ ballet shoes or soft slippers. A material fee if \$12 is due on the first class.

6 Sessions \$84

Instructor: Ganna Petrova

38675	Damascus CRC	9/19	T	11:00am-11:45am
38676	N. Potomac CRC	9/20	W	11:00am-11:45am
38679	Damascus CRC	11/7	T	11:00am-11:45am
38680	N. Potomac CRC	11/8	W	11:00am-11:45am

LiLBollywood

Ages 2-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning sound track "Jai Ho" from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

7 Sessions \$109

Instructor: Kumud Mathur

37624	N. Potomac CRC	9/18	M	11:15am-12:00pm
37623	Potomac CRC	9/19	T	5:15pm-6:00pm

Follow us on Facebook and Twitter!



TINY TOTS



General Music

Discovering Music for Toddlers

Ages 1-3: A fun way to develop coordination, gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and older must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

9 Sessions \$134

Instructor: Geiza Dourado Carvalho

38521 Wisconsin Pl. CRC 9/19 T 10:15am-11:00am
38522 Potomac CRC 9/22 F 10:15am-11:00am
38523 Veirs Mill LP 9/18 M 10:00am-10:45am

Learn Now Music: Little Fingers Piano

Ages 2-5: Our youngest musicians will participate in musical instruction and age-appropriate theory as well as musical games, special curriculum extension activities, musical listening excerpts and more! Students will be issued a FREE rental instrument and materials to borrow for the duration of the class, which are intended for both in-class and at-home exploration. A rental agreement must be signed by the parent at the first class. Instruments must be returned on the last day of class. For specific questions contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

9 Sessions \$180

Instructor: Learn Now Music

38726 Bauer Drive CRC 9/20 W 10:00am-10:30am
39711 N. Potomac CRC 9/18 M 10:00am-10:30am

Learn Now Music: My First Music Class

Ages 2-5: Enjoy Music with your child while they experience their FIRST Music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and some other surprises! Students and parents will participate in language repetition & speech development, greetings and goodbyes, verbal and physical counting, memory & reaction exercises, gross & fine motor skills, instrument manipulation & handling, rhythm exercises, and listening & melody development. Small manipulatives such as scarves, bean bags and percussive instruments will be used in class. For specific questions contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

9 Sessions \$180

Instructor: Learn Now Music

38727 Bauer Drive CRC 9/20 W 10:30am-11:00am
39720 N. Potomac CRC 9/18 M 10:30am-11:00am

Countywide Programs 240.777.6870



NEW Mommy and Me Music

Ages 2.5-3.5: Children, even babies, are inspired and stimulated through interaction with peers of different ages. Younger children watch and imitate older children. Everyone is happy to be in the class together. Your baby will engage at their own level, vocalizing, moving, listening, observing, act out simple stories and rhymes and explore musical instruments. Every second class students get acquainted with a new instrument. A full sets of instruments are provided in each class.

6 Sessions \$84

Instructor: Ganna Petrova

38681 Damascus CRC 9/18 M 9:30am-10:15am
38682 Damascus CRC 11/6 M 9:30am-10:15am
38683 Germantown CRC 9/18 M 11:15am-12:00pm
38684 Germantown CRC 11/6 M 11:15am-12:00pm

Music Together

Ages 5 & Under: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Each family is required to pay a \$42 material fee that will be assessed at the time of registration, and will receive an award-winning Music Together CDs and Songbook are required for each family. For more information, go to www.musictogethertomontgomery.com or call the instructor at 301-879-6988.

10 Sessions \$198

Instructor: Nancy Nuttle

38693 Mid County CRC 9/16 Sa 10:00am-10:45am
38694 Mid County CRC 9/16 Sa 11:00am-11:45am

TINY TOTS





General Sports

Coach Doug Pre Wee Wanna Be

Ages 1.5-3: Boys and girls get a great start enjoying sports by working with their moms, dads, or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions with their parents or guardians. Each child is guided through sports and play sessions and can participate at his or her own pace. This is a wonderful way to introduce tots to the joy of sports; Adult participation required. \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

10 Sessions \$110

Instructor: Coach Doug Academy

38357 Germantown CRC 9/19 T 9:30am-10:15am
38358 Bauer Drive CRC 9/20 W 9:30am-10:15am
38359 Potomac CRC 9/28 Th 9:30am-10:15am

Coach Doug Seasonal Sports

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include agility training, soccer, Tee ball, lacrosse and more. No Parent Participation required. \$10.00 materials fee due to instructor. Call 301-983-2690 for more information.

10 Sessions \$110

Instructor: Coach Doug Academy

38360 Germantown CRC 9/19 T 4:00pm-4:45pm
38361 Oakland Terrace ES 9/23 Sa 11:00am-11:45am
38362 Potomac CRC 9/28 Th 4:15pm-5:00pm

"Perfect activity for a toddler and parent or caregiver."

-Sarah E.

Coach Doug Soccer

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10 materials Fee due to Instructor. Call 301-983-2690 for more information.

10 Sessions \$110

Instructor: Coach Doug Academy

38363 Germantown CRC 9/19 T 5:00pm-5:45pm
38365 Oakland Terrace ES 9/23 Sa 11:45am-12:30pm
38364 Potomac CRC 9/28 Th 5:00pm-5:45pm

Coach Doug Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? Kids and their parents/guardians will be introduced to agility training, soccer, Tee ball, lacrosse and other seasonal sports through supervised non-competitive play sessions with their moms, dads, or guardians. Each child can participate at his or her own pace. \$10 material fee is due to instructor. Call 301-983-2690 for additional information.

10 Sessions \$110

Instructor: Coach Doug Academy

38367 Germantown CRC 9/19 T 10:30am-11:15am
38387 Germantown CRC 9/19 T 1:30pm-2:15pm
38368 Bauer Drive CRC 9/20 W 10:30am-11:15am
38369 Oakland Terrace ES 9/23 Sa 9:30am-10:15am
38370 Oakland Terrace ES 9/23 Sa 10:15am-11:00am
38366 Potomac CRC 9/28 Th 10:30am-11:15am
38520 Potomac CRC 9/28 Th 1:30pm-2:15pm

Gymnastics - Pre School

Ages 4-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

6 Sessions \$130

Instructor: Dobre Gymnastics Academy

38529 Dobre Gymnastics 9/12 T 5:30pm-6:15pm
38530 Dobre Gymnastics 9/13 W 10:30am-11:15am
38531 Dobre Gymnastics 9/16 Sa 2:15pm-3:00pm

TINY TOTS

Gymnastics - Preschool and One Parent

Ages 2-3.5: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

6 Sessions \$120

Instructor: Dobre Gymnastics Academy
38528 Dobre Gymnastics 9/13 W 9:45am-10:30am

Hummingbirds Soccer

Ages 3-4: Participants have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, defense, and positioning. Each session consists of instruction in all aspects of the game, fun drills that are designed to teach fundamental skills to young children, and low-key, non-competitive games. Includes team t-shirt and award.

6 Sessions \$80

Instructor: Jump Start Sports
38046 Bauer Drive CRC 9/9 Sa 10:00am-11:00am
38048 Cabin John RP 9/9 Sa 1:30pm-2:30pm
38050 Germantown CRC 9/10 S 1:00pm-2:00pm

Little Hoop Stars

Ages 4-6: Join Jump Start Sports for an instructional basketball program for children in pre-school and kindergarten. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, the kids will apply what they have learned in low competition games. Each child receives a team t-shirt and an award. Sessions are one-hour each week.

6 Sessions \$95

Instructor: Jump Start Sports
38392 Kensington 11/4 Sa 9:00am-11:00am*
Parkwood ES
38396 Flower Valley ES 11/5 S 12:00pm-1:00pm
38398 Jones Lane ES 11/5 S 3:30pm-4:30pm

*Sessions are one hour within the listed time block.

Petite Soccer

Ages 3-5: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

6 Sessions \$115

Instructor: UK Elite Soccer
38618 Bauer Drive CRC 9/17 S 10:00am-11:00am
38651 Bauer Drive CRC 10/29 S 10:00am-11:00am

Countywide Programs 240.777.6870

NEW Parent and Tot Seasonal Sports

Ages 2-4: Have fun developing your child's sports skills through various practice stations for rolling, kicking, batting, throwing and catching. Each class concludes with a simple and fun game. Parent participation required.

6 Sessions \$90

Instructor: Jump Start Sports
38800 N. Potomac CRC 10/3 T 10:00am-10:30am
40117 N. Potomac CRC 10/3 T 10:45am-11:15am
38802 Damascus CRC 10/4 W 10:00am-10:30am
38804 Lawton CRC 10/6 F 10:00am-10:30am
38805 Lawton CRC 10/6 F 10:45am-11:15am
38803 Damascus CRC 10/18 W 10:45am-11:15am

Petite Soccer Parent and Child

Ages 2-3: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

6 Sessions \$105

Instructor: UK Elite Soccer
38619 Bauer Drive CRC 9/17 S 9:00am-9:45am
38655 Bauer Drive CRC 10/29 S 9:00am-9:45am

T-Birds T-Ball

Ages 3-4: A fun and highly instructional introduction to baseball. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Sessions are one-hour long, one day per week, and include all instruction and game play in one outing. Instruction is conducted by Jump Start Sports staff coaches. Players receive a Major League Baseball hat, team t-shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

5 Sessions \$85

Instructor: Jump Start Sports
37749 Capital View-Homewood LP 9/9 Sa 9:00am-11:00am*
37746 Quince Orchard Valley NP 9/9 Sa 2:30pm-3:30pm
38044 Layhill Village LP 9/10 S 1:30pm-2:30pm

*Sessions are one hour within the listed time block.



TINY TOTS





TINY TOTS

Playtime & Movement for Tots

Funfit Tots - 11m to 2yr

Ages 11m-2: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5 material fee is due to instructor on the first day of class.

5 Sessions \$63

Instructor: Celia Kibler

38702	Germantown CRC	11/6	M	9:45am-10:30am
38708	Tilden MS	11/11	Sa	9:30am-10:15am
38710	Wisconsin Pl. CRC	11/9	Th	10:00am-10:45am
38713	Bauer Drive CRC	11/7	T	9:30am-10:15am
38719	Potomac CRC	11/8	W	9:45am-10:30am

6 Sessions \$75

Instructor: Celia Kibler

38701	Germantown CRC	9/18	M	9:45am-10:30am
38707	Tilden MS	9/23	Sa	9:30am-10:15am
38711	Wisconsin Pl. CRC	9/28	Th	10:00am-10:45am
38714	Bauer Drive CRC	9/19	T	9:30am-10:15am
38718	Potomac CRC	9/20	W	9:45am-10:30am

Funfit Tots Family Class

Ages 11m-4: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5 material fee is due to instructor on the first day of class.

5 Sessions \$63

Instructor: Celia Kibler

38703	Germantown CRC	11/6	M	10:30am-11:15am
38716	Bauer Drive CRC	11/7	T	10:15am-11:00am
38717	Potomac CRC	11/8	W	10:30am-11:15am
38712	Wisconsin Pl. CRC	11/9	Th	10:45am-11:30am
38705	Tilden MS	11/11	Sa	10:15am-11:00am

6 Sessions \$75

Instructor: Celia Kibler

38704	Germantown CRC	9/18	M	10:30am-11:15am
38715	Bauer Drive CRC	9/19	T	10:15am-11:00am
38720	Potomac CRC	9/20	W	10:30am-11:15am
38706	Tilden MS	9/23	Sa	10:15am-11:00am
38709	Wisconsin Pl. CRC	9/28	Th	10:45am-11:30am

Kinderstunde

Ages 11m-5: SSpas + Spiel + Bastelei, Lieder + Taenze: Wer ist mit dabei. Ein neues Programm fur Eltern mit Kindern (11 Monate & Up) um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unestuetzen & zu staerken. This course is based on learning German through a variety of games, stories, and much more. Different themes will be implemented on a weekly basis. Parent participation required. A \$5 materials fee is due to the instructor at the first class.

5 Sessions \$75

Instructor: Ines Kuperberg

37670	Germantown CRC	9/14	Th	5:15pm-6:00pm
37671	Germantown CRC	11/9	Th	5:15pm-6:00pm

Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required.

5 Sessions \$57

Instructor: Laura Lunking

37606	Bauer Drive CRC	9/30	Sa	10:00am-10:45am
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8 Sessions \$92

Instructor: Laura Lunking

37604	Mid County CRC	9/27	W	10:00am-10:45am
37605	Bauer Drive CRC	9/28	Th	10:00am-10:45am

Play Around the World Tots

Ages 2-4: At Play Around The World we expose children, and their families, to other cultures around the world. Through reading books, making crafts, playing musical instruments, and exploring with clothes and items from each country, the children will learn about other cultures. Come and join us for a global experience! Parent participation required. \$10 material fee is due to the instructor the first day of class.

4 Sessions \$56

Instructor: Vanessa Cabrera

38759	Quince Orchard Valley NP	9/23	Sa	9:30am-10:20am
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Specialty Programs

Preschool Spanish

Ages 3.5-5.5: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

6 Sessions **\$85**

Instructor: Maria Rhoe

38594 Wisconsin Pl. CRC 9/23 Sa 11:45am-12:35pm

38599 Bauer Drive CRC 9/28 Th 5:30pm-6:20pm

Spanish Toddlers

Ages 1.5-2.5: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

6 Sessions **\$85**

Instructor: Maria Rhoe

38595 Wisconsin Pl. CRC 9/23 Sa 10:45am-11:35am

38597 Potomac CRC 9/22 F 4:00pm-4:45pm

38598 Bauer Drive CRC 9/28 Th 4:30pm-5:20pm

Yoga

Tiny Tot Yogis and Parent Yoga

Ages 2-5: This is a 45 minute yoga class, which is designed for parents (caregivers) and young toddlers to have a shared yoga time together. A very fun filled yoga and play for your little yogi. The toddlers & and you stretch & dance, sing and play simple yoga games in a very loving and safe environment.

8 Sessions **\$165**

Instructor: Gayatri Mohan-Iyengar

38519 N. Potomac CRC 9/28 Th 5:15pm-6:00pm

When Is the Guide Available?



**Fall
2017**

Early August 2017

Registration begins
Mid August, 2017



**Winter
2017/2018**

Early November 2017

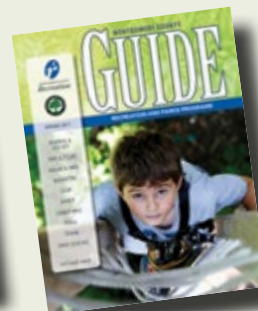
Registration begins
Mid November 2017



**Summer Camps
2018**

Early January, 2018

Registration begins
Mid January, 2018



**Spring
2018**

Late January, 2018

Registration begins
Mid February, 2018



**Summer
2018**

Early May, 2018

Registration begins
Mid May, 2018

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WINTER BREAK

Coach Doug Club Holiday

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

4 Sessions \$214
Instructor: Coach Doug Academy
38354 Potomac CRC 12/26 T-F 8:00am-3:30pm

Coach Doug Club Holiday Half Day

Ages 3-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 Material Fee is due to Instructor. Call 301-983-2690 for more information.

4 Sessions \$99
Instructor: Coach Doug Academy
38355 Potomac CRC 12/26 T-F 8:00am-12:30pm

Coach Doug Club Holiday PM

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Call 301-983-2690 for more information.

4 Sessions \$49
Instructor: Coach Doug Academy
38356 Potomac CRC 12/26 T-F 3:30pm-6:00pm

Karate Clinics Winter Break

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$35, payable to TKA.

4 Sessions \$55
Instructor: TKA Inc.
40362 Bauer Drive CRC 12/26 T-F 9:00am-11:30am

Four Ways to Register

1. ONLINE

Register 24 hours a day, seven days a week for **all** activities at www.ActiveMONTGOMERY.org.

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm).

XCITING XTRAS

Performing Arts

Act It Out! School Break Camp

Ages 6-12: Come explore this theater & arts program that invites children to act out storybooks with positive values and create art projects. Please bring a snack & drink.

2 Sessions \$77

Instructor: CARE Actor
40365 N. Potomac CRC 11/9 Th-F 12:00pm-3:00pm

Family Improv

Ages 4 & Up: CARE Actor's Family Improv Workshops bring families together by encouraging creativity, tapping into emotions in a positive way, and teaching problem solving and team building through theater games. Please wear comfortable clothes and come ready to play and laugh with us! \$15 fee includes one parent and one child.

1 Session \$15

Instructor: CARE Actor
40363 Lawton CRC 9/23 Sa 11:00am-12:00pm
40364 N. Potomac CRC 12/2 Sa 11:00am-12:00pm

Special Interest

"American Girl" Fashion Design

Ages 5-9: This class offers the basics to fashion illustration and design for your "American Girl" doll! Students learn about creative sketching, textiles, colorization, and even how to design their own mini-collections! Hands-on training is done during the duration this course, in a fun and lively environment. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
39972 Potomac CRC 9/16 Sa 12:00pm-1:00pm

Bricks4Kidz: Energy is Everywhere

Ages 5-12: This Bricks 4 Kidz unit explores many sources of energy from wind and solar power to biofuel and fossil fuel. Students will learn terms like renewable, landfill, greenhouse effect and generator and use LEGO® Bricks to build moving models of some of the awesome ways we power our world.

5 Sessions \$85

Instructor: Sarah Gemmell
39958 Bells Mill ES 11/8 W 3:55pm-4:55pm
39959 Poolesville ES 11/9 Th 3:30pm-4:30pm

Bricks4Kidz: Jurassic Brick Land

Ages 5-12: Are you ready for the adventure of a lifetime with Bricks 4 Kidz®? Put on your hiking boots and camouflage? You're about to enter Jurassic Brick Land! Students will use LEGO® Bricks to build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T-Rex, and more. We'll learn fascinating facts about amazing dinosaurs and other extinct animals that roamed the earth and swam the seas during the age of dinosaurs.

5 Sessions \$85

Instructor: Sarah Gemmell
39956 Bells Mill ES 9/27 W 3:55pm-4:55pm
39957 Poolesville ES 9/28 Th 3:30pm-4:30pm

Create-Your-Own Looks Fashion Design

Ages 8-13: This class offers the basics to fashion illustration and design! Students learn about creative sketching, textiles, colorization, and even how to design their own collection! Hands-on training is done during the duration this course, in a fun and lively environment. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
39973 Potomac CRC 9/16 Sa 1:00pm-2:00pm

Glam Diva Hair

Ages 8-13: Glam Diva Hair is the next step to achieving fabulous hair! Learn all about hair care, styling, and the latest hair artistry trends, using amazing tools and products. Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
39974 White Oak CRC 10/21 Sa 1:00pm-2:00pm

Glam Diva Makeup

Ages 8-13: Glam Diva Makeup is the first step to a gorgeous future! Adopt your own beauty regimen, while creating your very own products. Spark your interest age-appropriate makeup, by learning all of the latest beauty trends in a fun environment! Materials fee: \$25

2 Sessions \$40

Instructor: Madiana Margao
39975 White Oak CRC 10/21 Sa 12:00pm-1:00pm



XCITING XTRAS





EXCITING XTRAS



Specialty Programs

3D Character Modeling and Sculpting

Ages 10-14: Software: "Sculptris" Skill Level: Beg.-Int. In this class students will learn how to digitally sculpt characters in a 3D space. Using a pen tablet, and software called Sculptris students learn how to digitally design, develop, and sculpt characters and objects. Students will be introduced to very basic anatomy. Is your child interested in learn how 3D characters in games and movies are made? This is a great class to take! Prerequisite Tools: Students MUST bring own sketchbook (Standard 8.5x10in). Please email us for details. Topics Learned: Digital Sculpting & Painting, Character Sheets. Skills Gained: Creativity, Problem-solving

6 Sessions

\$150

Instructor: C3 Cyber Club

40226 Wood MS

10/28 Sa 10:15am-11:15am

Game Design and Production

Ages 10-14: Software: "Unreal Development Kit Skill Level." Int. Aspiring game designers will love this class as they have the chance to learn how to utilize the industry-standard game design software Unreal® Editor, among other software, used to create games as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments, and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, add interactive vehicles and weapons. Learn how to use the same tools video game developers are using today! Topics Learned: Planning a level design, Implement AI and enemies, Basic Game Theory. Skills Gained: Problem-solving, Art Design & Composition

6 Sessions

\$179

Instructor: C3 Cyber Club

40227 Wood MS

9/16 Sa 10:15am-11:15am

Gemology I Introductory

Ages 18 & Up: Want to know those gems you are wearing on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

12 Sessions

\$108

Instructor: Timothy Morgan

39913 Potomac CRC

9/14 Th 10:00am-12:15pm



Gemology II Advanced

Ages 18 & Up: Prerequisite - Beginner or Intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens.

13 Sessions

\$117

Instructor: Timothy Morgan

39914 Potomac CRC

9/20 W 10:00am-12:15pm

Jr Game Design and Production

Ages 6-9: Software: "Platinum Arts Sandbox" Skill Level: Beg. This special class is specifically designed for younger children to cultivate their interest to become game designers, multimedia artists, engineers and more! Give your child the opportunity to see how indie games are made. In this exciting class, children will use 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more! Acquire computer skills, mathematics, creativity and problem solving skills. Looking for a way to introduce your child to the wonderful world of video game design? This is a great place to start! Topics Learned: Level Design, Implement AI, Basic Game Theory. Skills Gained: Problem-Solving, Art Design & Composition.

6 Sessions

\$179

Instructor: C3 Cyber Club

40229 Wood MS

9/16 Sa 9:00am-10:00am

Jr Lego Mechanics and Engineering

Ages 6-9: Software: "Lego Education WeDo"
Skill Level: Beg. Powered by the LEGO® Education WeDo Base Set and Software, our Jr. Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Students create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Students learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day. Topics Learned: Programming Concepts, Engineering Concepts, Machine Elements & Simple Machines. Skills Gained: Problem-Solving, Teamwork.

6 Sessions \$150

Instructor: C3 Cyber Club
40228 N. Bethesda MS 11/7 T 6:00pm-7:00pm

Jr Minecraft Modding

Ages 6-9: Software: "Minecraft, MCreator Skill" Level: Beg.-Int. In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization, and custom event triggers. Design their own custom blocks, weapons, food, biomes and more! Younger students focus more on texture work. Introduce your kids to modding Minecraft today! Topics Learned: Texture Design, Custom Events, Game Modification. Skills Gained: Problem-solving, Design Skills, Keyboard confidence.

6 Sessions \$179

Instructor: C3 Cyber Club
40231 N. Bethesda MS 9/19 T 6:00pm-7:00pm

Komodo Abacus Mental Math

Ages 5-12: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

4 Sessions \$121

Instructor: KOMODO USA

40093	Komodo USA	9/22	F	5:30pm-7:00pm
	- Germantown			
40092	Komodo USA	9/23	Sa	10:00am-11:30am
	- Gaithersburg			

Komodo Advanced Grade Level Math

Ages 5-12: Build confidence and develop skills and habits to succeed in math. We provide customized training program for each student to enjoy and succeed in math at school beyond their grade level. Stop classroom boredom and challenge your young scholar to reach greater heights. This is an acceleration program for students who are ready to move on to the next grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and additional help with school homework.

4 Sessions \$121

Instructor: KOMODO USA

40094	Komodo USA	9/27	W	5:30pm-7:00pm
	- Gaithersburg			
40095	Komodo USA	9/25	M	5:30pm-7:00pm
	- Germantown			

Komodo Language Arts and Creative Writing

Ages 5-12: The goal of the Komodo Reading/Writing program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

4 Sessions \$121

Instructor: KOMODO USA

40096	Komodo USA	9/23	Sa	9:00am-10:30am
	- Germantown			



EXCITING EXTRAS





EXCITING EXTRAS

Lego Mechanics and Engineering

Ages 10-14: Software: "Lego Mindstorm Ev3" Skill Level: Beg.-Int. Powered by the LEGO® MINDSTORMS® Education Ev3 Base Set and Software, our Lego Robotics class combines the exciting world of Lego with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light, & touch to create the ultimate robot! Students will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands on and like working together in small teams. Topics Learned: Programming concepts, Flow charts, Engineering concepts, How gears work. Skills Gained: Problem-solving, Teamwork.

6 Sessions \$150

Instructor: C3 Cyber Club
40233 N. Bethesda MS 11/7 T 7:15pm-8:15pm

Minecraft Modding

Ages 10-14: Software: "Minecraft, MCreator" Skill Level: Beg.-Int. In this class, students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization, and custom event triggers. Design their own custom blocks, weapons, food, biomes and more! Introduce your kids to modding Minecraft today! Topics Learned: Texture Design, Custom Events, Game Modification. Skills Gained: Problem-solving, Design Skills.

6 Sessions \$179

Instructor: C3 Cyber Club
40232 N. Bethesda MS 9/19 T 7:15pm-8:15pm



Visual Programming with Scratch

Ages 6-9: Software: "Scratch 2.0" Skill Level: Beg.-Int. Introduce your child to the wonderful world of programming! In this class, students will learn basic programming concepts using a simple drag-and-drop interface within the software Scratch, a project developed by the MIT Media Lab. Students will use their imaginations and implement creative thinking, while at the same time learning how to create and program simple games. Use pre made art assets or create your own, and learn how to program them, to walk, talk, and interact with objects. Teach students logic and visual programming in order to create simple, 2D Video Game in Scratch 2. Topics Learned: Level Design, Sprite Artwork, Logic Flow, Visual Programming. Skills Gained: Game Theory, Design Skills

6 Sessions

\$150

Instructor: C3 Cyber Club

40230 Wood MS

10/28 Sa 9:00am-10:00am



The SPORTS *Pages*

YOUTH SPORTS

General Sports

Badminton Advanced

Ages 12 & Up: Prerequisite intermediate/advance level. Small class instruction. Continued emphasis on learning advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign student to another level. Student must provide their own racquet. \$25 material fee due to instructor. No class on Sat. Nov. 26.

12 Sessions **\$104**

Instructor: Yen-Ping Chao
39821 Bauer Drive CRC 9/16 Sa 12:45pm-1:45pm

Badminton Beginner/Advanced Beginner

Age 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to the instructor. No class on Saturday, November 26.

12 Sessions **\$72**

Instructor: Yen-Ping Chao
39822 Bauer Drive CRC 9/16 Sa 9:30am-10:30am

Badminton Intermediate

Ages 11 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to the instructor. Remember, no class on Sat. Nov. 26.

12 Sessions **\$104**

Instructor: Yen-Ping Chao
39823 Bauer Drive CRC 9/16 Sa 10:30am-12:30pm

Cheerleading

Ages 6-10: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self esteem, coordination, and team work. Poms will be supplied for use at class.

7 Sessions **\$121**

Instructor: Lori Zagami
38347 Longwood CRC 9/26 T 5:00pm-6:00pm

Fencing with Mohebban Beginner I

Age 8 & Up. For advanced beginners, learn basic foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and her husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

12 Sessions **\$138**

Instructor: Gitty Mohebban
40125 Parkland MS 9/22 F 6:30pm-7:30pm

13 Sessions **\$150**

Instructor: Gitty Mohebban
40119 Frost MS 9/18 M 5:45pm-6:45pm
40122 Clemente Middle 9/20 W 5:45pm-6:45pm



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Fencing with Mohebban Beginner II

Age 8 & Up: Students must have taken beginner I with Instructor Mohebban or have the approval from Instructor to enroll in this class. For Advanced beginners, Basic foil techniques but curriculum will be student skill dependent. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

12 Sessions \$138
Instructor: Gitty Mohebban
40126 Parkland MS 9/22 F 7:30pm-8:30pm

13 Sessions \$150
Instructor: Gitty Mohebban
40120 Frost MS 9/18 M 6:45pm-7:45pm
40123 Clemente MS 9/20 W 6:45pm-7:45pm



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Fencing with Mohebban Intermediate

Age 8 & Up: For more advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

12 Sessions \$138
Instructor: Gitty Mohebban
40127 Parkland MS 9/22 F 8:30pm-9:30pm

13 Sessions \$150
Instructor: Gitty Mohebban
40121 Frost MS 9/18 M 7:45pm-8:45pm
40124 Clemente MS 9/20 W 7:45pm-8:45pm

Gymnastics For Girls and Boys

Ages 7-14: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: cartwheel, roundoff and walkovers.

6 Sessions \$145
Instructor: Dobre Gymnastics Academy
38026 Dobre Gymnastics 9/11 M 7:00pm-8:00pm
38027 Dobre Gymnastics 9/15 F 7:00pm-8:00pm

6 Sessions \$150
Instructor: Dobre Gymnastics Academy
38028 Dobre Gymnastics 9/16 Sa 2:15pm-3:15pm

NEW

Fall Youth Basketball Leagues

This is a 6-week recreation basketball league for boys and girls in grades 8-10, emphasizing skill development, fundamental strategy, SPORTSMANSHIP and FUN! No playoffs are offered in the fall season. League play begins on September 9, 2017. Registration begins on July 24 and ends August 25.

\$325 (Team Fee)

8th Grade

39846	Boys	Sunday	Location TBD
39847	Girls	Sunday	Location TBD

9th Grade

39848	Boys	Sunday	Location TBD
39849	Girls	Sunday	Location TBD

10th Grade

39844	Boys	Sunday	Location TBD
39845	Girls	Sunday	Location TBD

Follow us on Facebook and Twitter!



Hoop Stars

Join Jump Start Sports for an instructional basketball program for children. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, the kids will apply what they have learned in low competition games. Each child receives a team t-shirt and an award.

6 Sessions \$95

Instructor: Jump Start Sports

Ages 6-8

38399 Jones Lane ES 11/5 S 4:30pm-5:30pm
38397 Flower Valley ES 11/5 S 1:00pm-2:00pm

Ages 6-7

38393 Kensington 11/4 Sa 11:00am-12:00pm
Parkwood ES

Ages 7-8

38394 Kensington 11/4 Sa 12:00pm-1:00pm
Parkwood ES

Hummingbirds Soccer

Ages 5-6: Participants have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, defense, and positioning. Each session consists of instruction in all aspects of the game, fun drills that are designed to teach fundamental skills to young children, and low-key, non-competitive games. All coaching will be conducted by Jump Start Sports. Includes team t-shirt and award.

6 Sessions \$80

Instructor: Jump Start Sports

38049 Cabin John RP 9/9 Sa 2:30pm-3:30pm
38047 Bauer Drive CRC 9/9 Sa 11:00am-12:00pm
38051 Germantown CRC 9/10 S 2:00pm-3:00pm

Montgomery County Basketball Clinic

Ages 8-12: Coached by professional coaches through Jump Start Sports, this unique clinic creates an opportunity for girls and boys to participate and learn the concepts of basketball, develop their game, and play in live game situations. This clinic focuses on introducing young athletes to the game, improving their skills, and developing their talent by learning basic practice drills and emphasizing the fundamentals. Players will be assigned to groups based upon age. All participants will receive a t-shirt and an award. Sessions will be one-hour within the time block below. Jump Start will notify participants of their time block one week before the first class.

4 Sessions \$85

Instructor: Jump Start Sports

38395 Kensington 11/4 Sa 1:00pm-4:00pm*
Parkwood ES

* Sessions are one hour within the listed time block

Rookie League

Ages 5-7: A fun introduction to coach pitch baseball. Players will receive instruction in all basics of the sport, and will apply what they have learned in fun games. The games will be non-competitive and no score will be kept. Players who are not able to hit a pitched ball will be able to use a tee while learning. Each session includes instruction and game play.

5 Sessions \$85

Instructor: Jump Start Sports

38043 Capital View-Homewood LP 9/9 Sa 11:00am-1:00pm*

37747 Quince Orchard Valley NP 9/9 Sa 3:30pm-4:30pm

38045 Layhill Village LP 9/10 S 2:30pm-3:30pm

* Sessions are one hour within the listed time block

Train Like a Pro Basketball

Ages 10-17: Elite basketball skills development training for boys and girls of all abilities. Fit 2 Believe coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

6 Sessions \$125

Instructor: Fit 2 Believe

37706 Cabin John MS 9/20 W 7:00pm-8:30pm

37708 Farquhar MS 9/18 M 7:00pm-8:30pm



SPORTS





Winter Youth Basketball Leagues



SPORTS

Instructional Winter Basketball (Grades K-2)

Increase balance, coordination and fine motor skills while learning the fundamentals of basketball! Noncompetitive beginner league emphasizing basic skills, good sportsmanship, and fun! Teams are assigned to the closest available gym.

Registration: September 18-November 30, 2017

Practices begin: January 6-7, 2018

Scrimmages begin: February 3-4, 2018

Practices/scrimmages are played on Saturdays (9am – 6pm) or Sundays (12pm – 6pm).

Scrimmages may be played at different sites from the assigned practice gym.

League includes: 4 practices (1 hour), 4 scrimmages (1 hour), t-shirts, awards, and officials

To register a pre-formed team, you must call 240-777-6870 or visit montgomerycountymd.gov/rec for a coach's packet, and submit an official roster. All players must be from the same private school or MCPS elementary school district. Each player needs to list the coach's name when they register. NOTE: MCR reserves the right to add players to rosters that have fewer than 10 players.

After teams have been formed, coaches will contact players on or before the first practice to confirm the location and time.

Fees:

\$85 per player (County resident)

\$100 (Non-county resident)

North:

Poolesville, Germantown, Gaithersburg, Damascus, etc.

West:

Potomac, Bethesda, Chevy Chase, North Potomac, Kensington, Rockville, etc.

East:

Silver Spring, Wheaton, Briggs Chaney, Olney, Burtonsville, etc.

Parents/Guardians are encouraged to register online at activemontgomery.org

NOTE: In Montgomery County Recreation Sports, a league consists of a minimum of 4 teams. We reserve the right to cancel or combine a league if the required minimum (4) number of teams is not met.

Kindergarten

Activity No.	League	Day	Region
38431	Boys	Saturday	East
38432	Boys	Saturday	North
38433	Boys	Saturday	West
38434	Girls	Saturday	East
38435	Girls	Saturday	North
38436	Girls	Saturday	West

1st Grade

38415	Boys	Saturday	East
38416	Boys	Saturday	North
38417	Boys	Saturday	West
38418	Boys	Sunday	West
38419	Girls	Saturday	East
38420	Girls	Saturday	North
38421	Girls	Saturday	West
38422	Girls	Sunday	West

2nd Grade

38423	Boys	Saturday	East
38424	Boys	Saturday	North
38425	Boys	Saturday	West
38426	Boys	Sunday	West
38427	Girls	Saturday	East
38428	Girls	Saturday	North
38429	Girls	Saturday	West
38430	Girls	Sunday	West

Winter Youth Basketball Leagues

Youth Winter Basketball (Grades 3-8)

Dribble....Pass...Shoot....Score!!!! This recreation basketball league emphasizes skill development, fundamental strategy, sportsmanship and fun! Every player is guaranteed participation in each game.

Fees: \$100 per player (County resident)
\$115 (Non-county resident)

Registration: September 18-November 3, 2017.

Practices begin: November 27, 2017

**All teams practice once a week
(weekdays only).**

Games begin: January 6 and 7, 2018

Games played on Saturdays or Sundays.

Includes 1 hour per week of practice and 8 games, t-shirts, awards, and officials

All individual players need to complete a hard copy or online registration form. Be sure to list your coach's name and nearest MCPS Elementary School on the registration form.

If you are interested in coaching, please contact Countywide Programs Sports Team office 240-777-6870.

After teams have been formed, coaches will contact player on or before November 27 with practice location, day and time.

A few reminders:

- All players must play in the current grade.
- Players or team may only "play up" one grade (i.e. a 3rd grader could play 4th grade)
- 2nd graders cannot play in 3rd grade program
- T-shirts are provided for each player and must be worn during games. T-shirts may not be altered.
- Remember to list your coach's name when you register.

NOTE: In Montgomery County Recreation Sports, a league consists of a minimum of 4 teams. We reserve the right to cancel or combine a league if the required minimum (4) number of teams is not met.

Bethesda/Potomac

Activity No.	League	Grade	Day
40242	Boys	3rd	Saturday
40537	Boys	3rd	Sunday

40243	Girls	3rd	Saturday
40538	Girls	3rd	Sunday
40244	Boys	4th	Saturday
40539	Boys	4th	Sunday
40245	Girls	4th	Saturday
40540	Girls	4th	Sunday
40246	Boys	5th	Saturday
40542	Boys	5th	Sunday
40247	Girls	5th	Saturday
40541	Girls	5th	Sundays
40248	Boys	6th	Saturday
40543	Boys	6th	Sunday
40249	Girls	6th	Saturday
40544	Girls	6th	Sunday
40250	Boys	7th	Sunday
40251	Girls	7th	Sunday
40545	Girls	8th	Sunday
40252	Boys	8th	Saturday
40546	Boys	8th	Sunday
40253	Girls	8th	Saturday
Upper County			
39940	Boys	3rd	Saturday
39941	Girls	3rd	Saturday
39942	Boys	4th	Saturday
39943	Girls	4th	Saturday
39944	Boys	5th	Saturday
39945	Girls	5th	Saturday
39946	Boys	6th	Saturday
39947	Girls	6th	Saturday
39948	Boys	7th	Saturday
39949	Girls	7th	Saturday
39950	Boys	8th	Saturday
39951	Girls	8th	Saturday



SPORTS



Note:

To register for the K-12 Winter Basketball Leagues please use the registration form found on Pg. 87



Winter Youth Basketball Leagues



SPORTS



Note:

To register for the K-12 Winter Basketball Leagues please use the registration form found on Pg. 87

Mid/East Area

Activity No.	League	Grade	Day
40525	Boys	3rd	Saturday
40526	Girls	3rd	Saturday
40527	Boys	4th	Saturday
40528	Girls	4th	Saturday
40529	Boys	5th	Saturday
40530	Girls	5th	Saturday
40531	Boys	6th	Saturday
40532	Girls	6th	Saturday
40533	Boys	7th	Saturday
40534	Girls	7th	Saturday
40535	Boys	8th	Saturday
40536	Girls	8th	Saturday

High School Winter Basketball

A recreation basketball league for high school youth emphasizing skill development, sportsmanship and fun! Separate leagues for boys and girls for each grade.

Registration: September 18-November 3, 2017.

Practices begin: November 27, 2017
All teams practice once a week (weekdays only).

Games begin: January 6 and 7, 2018
Games played on Saturdays or Sundays.

Includes 1 hour per week of practice and 8 games, t-shirts, awards, and officials

All individual players need to complete a registration form either hard copy or on line. Be sure to list your coach's name and nearest MCPS Elementary School on the registration form.

If you are interested in coaching please contact Countywide Programs Sports Team office 240-777-6870.

After teams have been formed, coaches will contact player on or before November 27 with practice location, day and time.

Fees: \$100 per player (County resident)
\$115 (Non-county resident)

A few reminders:

- Team must play in the grade level of their oldest player.
- Players are assigned to teams based on grade not age
- Players or teams may "play up" one grade level (i.e. 9th grade can play up to 10th grade)
- Players or teams may not "play down" a grade
- T-shirts are provided for each player and must be worn during games. T-shirts may not be altered.
- Remember to list your coach's name when your register.

NOTE: In Montgomery County Recreation Sports, a league consists of a minimum of 4 teams. We reserve the right to cancel or combine a league if the required minimum (4) number of teams is not met.

9th Grade

Activity No.	League	Day	Level
39884	Boys	Saturday	Advanced
39885	Boys	Saturday	Intermediate
39886	Girls	Saturday	Advanced
39887	Girls	Saturday	Intermediate

10th Grade

39872	Boys	Saturday	Advanced
39873	Boys	Saturday	Intermediate
39874	Girls	Saturday	Advanced
39875	Girls	Saturday	Intermediate

11th Grade

39876	Boys	Sunday	Advanced
39877	Boys	Sunday	Intermediate
39878	Girls	Sunday	Advanced
39879	Girls	Sunday	Intermediate

12th Grade

39880	Boys	Sunday	Advanced
39881	Boys	Sunday	Intermediate
39882	Girls	Sunday	Advanced
39883	Girls	Sunday	Intermediate

SPORTS INDIVIDUAL REGISTRATION FORM

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN | PADRE/GUARDIÁN

Last Name Apellido *		First Name Nombre *		Birthday Fecha de nacimiento (mm/dd/yy) *		Email Correo Electrónico	
Address Dirección *		City Ciudad *		State Estado *		ZIP Código Postal *	
Home Phone Teléfono de Casa *				Work Phone Teléfono de Trabajo		Cell Phone Celular	

EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 y adolescentes de 18

Name Nombre		Relationship Relación		Phone Tel.	

Nearest MOPS Elementary School | Escuela más Cercana _____

Special Request | Solicitud Especial _____

* Required Info | Información requerida

Requested Coach or Team | Pedido de Entrenador o Equipo _____

I am volunteering as I estoy voluntariado como :

☐ Coach | Entrenador

☐ Co-Coach | Co-Entrenador

PAYMENT | PAGO

Name on Card Nombre en la tarjeta		Credit Card Number Número en la tarjeta de Crédito		Security Code Código de Seguridad		Expiration Date Fecha de Expiración	
Payer Address (if different than above) Dirección del Pagador (si es diferente que la de arriba)		City Ciudad		State Estado		ZIP Código Postal	

MAIL Your Completed, Signed Form to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing this form, please call 240-777-6840.

Envíe su formulario completo y firmado a: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

Si paga con tarjeta de crédito, puede enviar su formulario a 240-777-6818. Si necesita ayuda para llenar este formulario, por favor llame al 240-777-6840.

Make payable to:
Hacerlo a nombre de:
ActiveMONTGOMERY

Cardholder Signature | Firma del Dueño de la Tarjeta _____

Date | Fecha _____

SIGNATURE IS REQUIRED | *SE REQUIERE LA FIRMA*

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____

Date | Fecha _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant also consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza resistente de algunas actividades se alerta a consultar con un médico, se alerta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías, videos, películas o imágenes electrónicas y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.



Rising Star WINTER BASKETBALL

A highly competitive league for boys
and girls in grades 5-8.

Players must be on a pre-formed team with a coach in order to register.
Coaches must coordinate uniforms and practice time for their team.

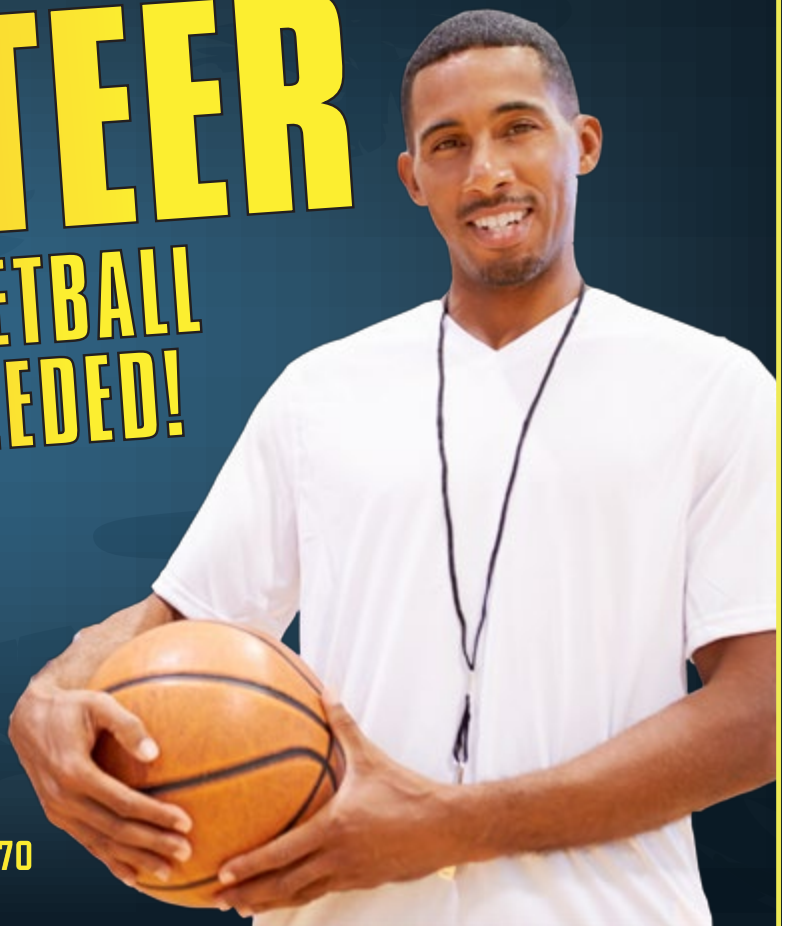
Games are played on Saturdays and Sundays
beginning January 6, 2018.

For details on level of play, gym locations, registration fees or other information,
please call Countywide Programs at 240-777-6870.

VOLUNTEER YOUTH BASKETBALL COACHES NEEDED!

Montgomery County Recreation is looking for a few good men and women, 21 & older, to become youth winter basketball coaches, teaching the fundamentals of the sport while having fun. Coaching clinics provided. Registration is free

For more information please call 240-777-6870



ADULT SPORTS

Basketball

Men's Sunday Basketball League

Ages 18 & Up: Competitive Adult Basketball League at Bauer Community Center. Games start at 4:15 p.m. at Bauer Drive or 5:15 at Lawton and are schedule on the hour, last game starting at 8:15 p.m for Bauer Drive and 9:15 p.m. for Lawton. Six weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

\$645

39840	Bauer Drive CRC	9/17	S	4:00pm-9:00pm
39850	Lawton CRC	9/17	S	5:00pm-10:30pm

Men's Wednesday Basketball League @ Lawton CRC

Ages 18 & Up: Competitive Adult Basketball League at Lawton Community Center. Games start at 6:20 p.m., and are schedule on the hour, last game starting at 9:20 p.m. Six weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

\$645

39853	Lawton CRC	9/20	W	6:00pm-10:30pm
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Women's 18+ Drop-In Basketball

Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. A great way to meet new people and have fun! All skill levels encouraged.

5 Sessions

\$30

39916	Bauer Drive CRC	9/17	S	10:00am-12:00pm
39917	Bauer Drive CRC	10/22	S	10:00am-12:00pm

10 Sessions

\$60

39915	Bauer Drive CRC	9/17	S	10:00am-12:00pm
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SPORTS



MONTGOMERY COUNTY

Recreation

montgomerycountymd.gov/rec

BASKETBALL OFFICIALS CERTIFICATION PROGRAM

For Montgomery County Youth Basketball Program

Registration:
August 14 - Nov. 2

Free! Activity No. 38411

Please call 240-777-6870 for information.





SPORTS



Soccer Leagues

Ages 18 & Up: Adult soccer leagues of varying skill levels for men, women, and co-rec. Registration is team based and runs from July 24, 2017 to August 25, 2017. League play begins Sept. 6-10, 2017. All leagues consist of 8 games. If you are an individual in search of a team, please register for one of the free agent courses and your name will be added to a free agent report that is emailed to the team managers weekly.

Men's Open

Course	Division	Days	Team Fee
34744	I	Su	\$1,195
34745	II	Su	\$1,195
34746	III	Su	\$1,072
34747	IV	Su	\$1,072

Men's 45 & Over

Course	Division	Days	Team Fee
34748	Red I	Su	\$1,195
34749	Blue II	Su	\$1,072
34751	Green III	Su	\$1,072

Men's 55 & Over

Course	Division	Days	Team Fee
34752	I	Sa	\$925
34753	I	Sa	\$925

Men's 65 & Over

Course	Division	Days	Team Fee
39892	I	Th	\$900

Co-Rec Open

Course	Division	Days	Team Fee
34754	North I	Su	\$876
34755	South II	Su	\$876
34756	World III	Su	\$876
34757	Metro IV	Su	\$876

Women's 24 & Over

Course	Division	Days	Team Fee
36516	I	Sa	\$925

Women's 40+

Course	Division	Days	Team Fee
36517	I	W	\$1,216

Free Agents

Course	Division	Days	Team Fee
34760	CoRec Open	-	-
34759	Men's Open	-	-
34761	Men's 45, 55, or 65 & Over	-	-
25411	Women's Soccer	-	-

Softball Leagues

Ages 18 & Up: Adult Softball Leagues. There are 12 double-header games plus playoffs. League play begins Sept. 5, 2017. Registration begins July 10, 2017 and ends August 18, 2017.

Fees:

\$785 per team (County resident)

\$800 per team (Non-county resident)

Key:

CJ = Cabin John Regional Park

OM = Olney Manor Regional Park

RRD = Ridge Road Regional Park

WR = Wheaton Regional Park

Men's

Course	Level	Days	Regional
32849	C/D & D	Tu	CJ, OM
32850	C/D & D	Tu	RRD
32851	C/D & D	W	OM
32853	C/D & D	Th	OM
32854	C/D & D	Th	CJ
32855	C/D & D	Sun	CJ

Co-Rec

Course	Level	Days	Regional
32856	Reg DH	M	CJ, OM
32857	Reg DH	W	CJ
32858	Reg DH	Th	RRD
32859	Reg DH	Th	WR

Seniors

Course	Level	Days	Regional
32860	Men's 50+	Tu	CJ, OM
32861	Men's 55+	Th	CJ
32862	Women's 40+	M	WR



A photograph of an older couple in autumn attire. The woman is wearing a red coat and a patterned scarf, and the man is wearing a blue sweater and a plaid scarf. They are both smiling and looking up at falling yellow and orange leaves. The background is a bright, sunny outdoor setting with more trees and foliage.

55+ Active Adult Programs

Fall 2017

Montgomery County Recreation has many ways for adults, 55 and over, to stay active. Whether you are still working, semi-retired, or fully retired, we have many opportunities for you to THRIVE in our programs. Take a look at what we have to offer.

- Travel programs-we travel both close and far throughout the mid-Atlantic region
- Health and Wellness programs and services
- Recreation programs-from Aerobics to Zumba and everything in between!
- Information and Referral Assistance-Need help? If we can't help you, we'll direct you to someone who can
- Volunteer opportunities abound-talk to us about how we can put your talents to use
- Exercise and fitness facilities, and educational programs to keep you feeling both physically and mentally fit and active

Check us out. If you don't find anything here in the 55+ section, check out the aquatics, classes, and/or SOAR/FEET sections. There are programs in each section geared to those 55 and over. Oh, and did we mention fun? Be prepared to have a good time when you're visiting with us. For more information, contact the senior center or Active Adult Program location nearest you.



55+ PROGRAMS



OUR MISSION

Montgomery County Recreation Senior Programs Team mission is to provide inclusive, exceptional programs and services to active, independent living residents of Montgomery County, which reflect our uncompromising standards of excellence and dedication to connect, learn and thrive.

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of programs and activities that are open five to six days a week. They provide a weekday lunch program, educational seminars, entertainment, fitness classes and more. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4925 for more information.

Damascus Senior Center

M-F: 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

Holiday Park Senior Center

M-F: 8:45am-4:00pm
W: 8:45am-9:00pm
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center

M-F: 9:30am-2:30pm
8700 Piney Branch Road, Silver Spring
240-777-6975

Margaret Schweinhaut Senior Center

M-F: 8:15am-4:00pm
Sat: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

North Potomac Senior Center*

M-F: 9:00am-3:00pm
13850 Travilah Road, Rockville
240-773-4805

White Oak Senior Center

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944

* Meals served M, W, & F

SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to five of our Senior Centers and three Active Adult Programs.

If you are interested, please call your local Senior Center or the Senior Programs Team at 240-777-4925 for more information.



Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services. Health and Wellness programs and social activities are stressed. A nutrition program is offered daily and limited bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Highlights include:

Community Yard Sale

Saturday, September 9, 2017 • 8:00am-1:00pm

The Community Yard Sale will raise funds for future programming at Damascus. Spots are \$15 and an additional \$5 to borrow a table. Registration form can be picked up at the center.

Downtown Annapolis Mini Trip

Friday, September 29, 2017 • 9:30am-3:30pm

Join us as we take a trip to Downtown Annapolis. We will visit the Banneker-Douglass Museum and the Annapolis Maritime Museum. Following the museum visits we will head to City Dock where you can purchase lunch, shop, and walk around. Be sure to wear comfortable walking shoes and bring money for lunch (or a bagged lunch). Cost: \$10

Retro Rockets Band

Wednesday, October 4, 2017 • 1:00pm

The Retro Rockets will be here to entertain you with songs from the 50's, 60's, 70's and beyond. Cost: Free

Flu Shots by Shady Grove Hospital

**Wednesday, October 4, 2017
10:00am-Noon**

Cost: \$25 or your medical insurance card. Please call us for more information at 240-777-6995

Energy Bingo with Larisa Johnson

Wednesday, October 18, 2017 • 1:00 pm

Ice Cream Social

Wednesday, October 11, 2017 • 1:00 pm

The Damascus Senior Center Sponsors Inc (DSCSI) will sponsor the Ice Cream Social. Center staff will lead this event! Cost: Free

Maryland Live! Casino Mini Trip

Friday, October 27, 2017 • 10:30am-2:30pm

Join us as we take a trip to Maryland Live! Casino @ Arundel Mills. Bring money for lunch and gambling. Cost: \$9

Halloween Luncheon

Tuesday, October 31, 2017 • Noon

The menu will be available at the reception desk one month prior to the event. Call us for reservations. Price for the meal is \$7 for ages 55-59, for ages 60+ a donation is requested.

Anna Pappas "A Class Act"

Tuesday, October 31, 2017 • 1:00pm

Celebrating Halloween Anna Pappas will be here to perform "A Class Act". Cost: Free

Train Day and Annual Holiday Sale Kickoff

**Saturday, November 4, 2017
10:00am-4:00pm**

Train Day will consist of many different train displays by collectors. We will offer a Hobo Lunch at a reasonable price. The Holiday Sale officially begins with items ranging from 25¢ to \$25. Cost for Train Day: Free

Chef Meegan's Holiday Luncheon

Wednesday, November 8, 2017 • Noon

The menu will be available at the reception desk one month prior to the event. Call us for reservations. Price for the meal is \$7 for ages 55-59, for ages 60+ a donation is requested.

Holiday Cheer and Memories

Wednesday November 8, 2017 • 1:00pm

Christiana Drapkin and her Trio will perform some wonderful tunes to get ready for the upcoming holidays. Cost: Free

DOCCS Thanksgiving Dinner

**Thursday, November 16, 2017
4:30pm-6:00pm**

The Development of Characters and Careers (DOCCS) in partnership with our center will host its Annual Thanksgiving Dinner in the Damascus High School Cafeteria. Christiana Drapkin will be accompanied by a jazz pianist and a bass player for your entertainment. Cost: \$10



55+ PROGRAMS





Holiday Park Senior Center

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from yoga, Zumba, ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at holidaypark.us and follow us on Facebook, or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule of our monthly newsletter, and meet some new friends along the way!

Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. The optional \$20 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.

Daytime Highlights

Sample our Musical Performances and Entertainment:

- **The Great American Song Book from Frank Sinatra to Disco and Beyond with Vintage Entertainment**
Monday, September 11 • 1:00pm-2:00pm
- **Hispanic Heritage Festival**
Tuesday, September 19 • 1:00pm-2:00pm
- **Live Music: Jesse Palidofsky**
Wednesday, October 25 • 1:00pm- 2:00pm
- **Holiday Park Talent Show**
Thursday, November 2 • 1:00pm- 2:00pm
- **International Holiday Concert by Sing Your Best Singers**
Monday, December 11• 1:00pm- 2:00pm
- **Dance Club Friday**
Fridays • 1:00pm- 3:00pm
Almost every Friday! Live performances. Great music. Good variety. Dancing at the Park never gets old. Meet new friends, create new memories, and then Foxtrot, rumba, or swing into your weekend. Check our newsletter for specific dates.

Engage in Informative Lectures and Presentations

Lecture: Crime in USA by James Shalleck

Tuesday, October 3 • 1:00pm-2:00pm

James will discuss about differences, similarities and the complexity of crime in the USA.

Images by Jim Auerbach "A Cultural Tour of India"

Monday, November 13 • 1:00pm-2:00pm

Jim will take you through a pictorial description of his recent tour to India. He will share interesting stories of the trip and the techniques he used to take the pictures.

Travel Fair

Thursday, October 5 • 10:00pm-2:00pm

A resource fair to help you better plan your next trip with presentations, demos and interactive workshops.

Wednesday Evening Highlights

Here is a sample of what we have lined up for you:

Spa Evening with Anne Contee and White Lotus Wellness Center

Wednesday, October 11 • 6:30pm

Get pampered with a massage, some acupuncture, and other alternative medicines that White Lotus Wellness Center will introduce us to in order to heal your body and mind.

Presentation: How Do Stars Form with Will Fischer - Space Science Telescope Institute

Wednesday, September 13 • 6:30pm

Mr. Fisher will discuss how Hubble and other Telescopes have enabled advances in understanding the formation of stars.

¡Bienvenidos a la Esquina Latina!

Martes

Clases de tejido en telares con la Sra. Peggy de 10:30 a 11:30 am, Conversación en Inglés 11:00-12:00

Martes y Jueves

Artes Manualidades con Carmen Sánchez de 10:30-12:00 pm

Jueves

Clases de ESOL con Roxana Ready a las 10:30am

Preguntas o sugerencias- comuníquese con Maria Mercedes 240-777-4965

Follow us on Facebook and Twitter!

55+ PROGRAMS

Long Branch Senior Center

240-777-6975

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us! Look for program information in our monthly newsletter.

Celebrations

Here is a sample of what we have lined up for you:

23rd Anniversary Party

Wednesday, September 20 • 11:00am-2:00pm

Join us as we celebrate 23 years of fun and friendship at the Long Branch. We will have musical entertainment, exercise and lunch with special treats. *Regular lunch donation.*

Hispanic Heritage Month

Join us in the month of October as we celebrate and learn about the cultures of our participants from Central and South America. The culminating event will be a festive party with music, dancing and a spicy Latin lunch on Wednesday, October 11, 11:00am-2:00pm *Regular lunch donation.*

Thanksgiving Side Dish Pot Luck

Tuesday, November 21 • 12:30pm

Add your favorite side dish to our Nutritious Lunch and share the day with us. *Regular lunch donation.*

Creative Expressions

Pottery

Mondays • 10:30am-Noon

Artist Carol Clatterbuck teaches the craft of hand building and slab work with low fire clay and glazes. Learn to make pinch pots, boxes, masks, vases, animals, etc... Focus on beginning techniques. \$12 / four week sessions run continuously. All materials included. Call us for dates and registration.

Painting

Wednesdays • 10:30am-Noon

Painting classes taught by artist Carol Clatterbuck explores acrylic, mixed media and a variety of techniques, subjects, landscapes, still life and abstract. Drawing ability not necessary. Focus on beginners exploration and having fun with paint. \$12/four week sessions run continuously. All materials included. Call us for dates and registration.

Sing Along With Hong

Thursdays • Noon-1:00pm

Local pianist Hong Tran plays American standards and international favorites on the piano. Join our impromptu chorus for an hour of singing. No experience needed. *Free.*

Crochet with Kathy

Wednesdays • 11:00am-Noon

Drop in and get help with existing projects or start from scratch. Materials provided to help you get started. *Free.*

Exercise

Tai Chi

Fridays • 10:00am

Peter Mosher and Dr. Hame Watt lead the class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. *Free.*

Zumba Gold Drop In Class

Thursdays • Noon

Have fun and get a great workout at the same time. \$1 per class. Pay at the registration desk on the second floor. All abilities welcome.



55+ PROGRAMS





Margaret Schweinhaut Senior Center

240-777-8085

If you have the preconception that senior centers are not for you, pay a visit to the Margaret Schweinhaut Center and judge for yourself! Not only are we a home away from home for many 55+ Montgomery County residents, we offer over 100 programs a month ranging from ceramics to Zumba Gold. Chances are, whatever's on the agenda on any day, the center will be bustling. What's more, should you need information about senior benefits or services for those 55 and over in Montgomery County, the center's friendly staff can guide you in the right direction. And if you want to relax with friends over a game of Rummikub or simply enjoy a cup of coffee, well, pull up a chair! The people who work and play at Schweinhaut make it one of the best places to be in Montgomery County!

Please see below for a snippet of some of the great programs we are offering in the Fall. To find out more details, please visit our website at <http://montgomerycountymd.gov/rec/where/seniors/margaret.html> or stop by to pick up our monthly newsletter called "Happenings".

Sign-up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Center Newsletter under the Recreation Department.

Life Enrichment

FREE, unless otherwise stated.

- **Asian American Health Initiative Resource Tables and Friends' Corner**
 - **General Health and Human Services**
 - Wednesday, August 9
10:00am-12:00pm
 - Friday, September 8
9:30am-11:30am
 - Monday, October 2
12:00pm-2:00pm
 - **Health and Wellness Resource Table**
 - Thursday, August 17
9:45am-11:45am
 - Saturday, September 23
10:00am-12:00pm
 - **Friends' Corner: Nutrition Presentation**
Tuesday, August 29 • 1:00pm-2:30pm
 - **Friends' Corner: Balance and Fall Prevention**
Monday, September 25 • 1:00pm-2:30pm
 - **Friends' Corner: Transportation Presentation**
Monday, October 30 • 1:00pm-2:30pm
- **Senior Planet Montgomery: Tech Thursdays and Senior Planet Saturdays**
 - **Protecting Your Personal Info Online**
Saturday, August 19 • 1:00pm-2:30pm
 - **Iphones**
Thursday, August 24 and Saturday, September 23 • 1:00pm-2:30pm
 - **Digital Photography**
Thursday, September 7 and Saturday, October 14 • 1:00pm-2:30pm

- **How to Choose a New Computer**
Thursday, September 28 • 1:00pm-2:30pm
- **EBAY & PayPal**
Thursday, October 5 • 1:00pm-2:30pm
- **Online Shopping**
Thursday, October 26 • 1:00pm-2:30pm

Lectures and Presentations

- **The Chinese Kitchen with Wendy Kiang-Spray**
Saturday, August 12 • 11:00am-12:00pm
- **Senior Preparedness**
Wednesday, September 6 • 11:00am-12:00pm
- **Getting to Know You on Fridays**
September 8 and October 13 • 1:00pm-2:30pm
- **AARP Safe Driving Course**
Mondays, August 21, September 18, and October 16 • 10:00am-3:30pm • FEE

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

55+ PROGRAMS



Social Activities

Afternoon Music Series

FREE performances in our Garden Room.

- **Song Circle**
3rd Wednesday • 1:00pm-3:00pm
- **Women of a Certain Age: Dawn Badrick**
Tuesday, August 8 • 1:00pm-2:00pm
- **Harp Happy!**
Monday, August 14 • 1:00pm-2:00pm
- **DJ Dave Miceli**
Wednesday, August 23 • 1:00pm-2:00pm
- **Martha Doyle Trio**
Friday, September 1 • 1:00pm-2:00pm
- **Bruce Thomas**
Friday, September 15 • 1:00pm-2:00pm
- **Accordionist Nancy Leonard**
Monday, October 16 • 1:00pm-2:00pm

Event Series

Pre-registration is required for each event, unless stated. Space is limited.

- **Elvis Karaoke**
Friday, August 18 • 1:00pm-2:00pm
- **International Fashion Show**
Tuesday, August 22 • 1:00pm • FREE,
No pre-registration Required
- **History Alive! Rosie the Riveter**
Wednesday, August 30 • 1:00pm-2:00pm •
FREE, No pre-registration required
- **CarFit on Friday**
September 8 • 10:00am-2:00pm • FREE
- **End of Summer Ice Cream Party with NoVa Ukelele Society**
Friday, September 29 • 1:30pm-3:30pm •
FREE
- **Maryland Senior Olympics: Bocce Ball**
Friday, September 29 • 9:00am • Register at
<http://www.mdseniorolympics.org/>
- **Rummikub Tournament**
Wednesday, October 4 • 1:00pm-4:00pm •
FREE
- **Flu Clinic with Kmart**
Friday, October 6 • 9:00am-12:30pm •
FREE, for adults 60+ with Medicare Part B
Card.
- **DEP: Energy Action Month and Energy Bingo**
Wednesday, October 11 • 1:00pm-2:00pm
• FREE
- **Halloween Party**
Tuesday, October 31 • 12:00pm-2:00pm
Price for meal age 55-59 is \$5.63, for ages
60+ a donation is requested.

Health and Wellness

Lectures and Presentations

- **Dr. Scott Lanford: Audiologist Presentation**
Wednesday, August 9 • 1:00pm-2:00pm
- **Fyzical Therapy Presentation: Balance, Dizziness and Falls**
Monday, August 28 • 1:00pm-2:00pm
- **Holy Cross Hospital's Matter of Balance Program**
Saturdays, September 9 - October 28
• 10:30am-12:30pm • Pre-registration
required
- **Osteoporosis Presentation**
Tuesday, September 12 • 1:00pm-2:30pm
- **Medicare Presentation**
Tuesday, September 26 • 1:00pm-2:00pm
- **Alzheimer's Association's The Basics: Memory Loss, Dementia & Alzheimer's**
Tuesday, October 17 • 1:00pm-2:00pm

Re-Occurring Groups and Services

- **Widowed Persons Support Group**
Mondays • 1:00pm-2:30pm
- **Senior Services in Montgomery County**
2nd Tuesday of the Month • 10:30am-
11:30am • Call Anita Joseph at 240-777-
1062 to make an appointment.
- **Journey with Jamie**
Tuesdays • 11:00am-Noon
- **Diabetes Support Group**
Wednesdays • 12:45pm-1:45pm
- **Maximizing You!**
Thursdays • 11:00am-12:00pm

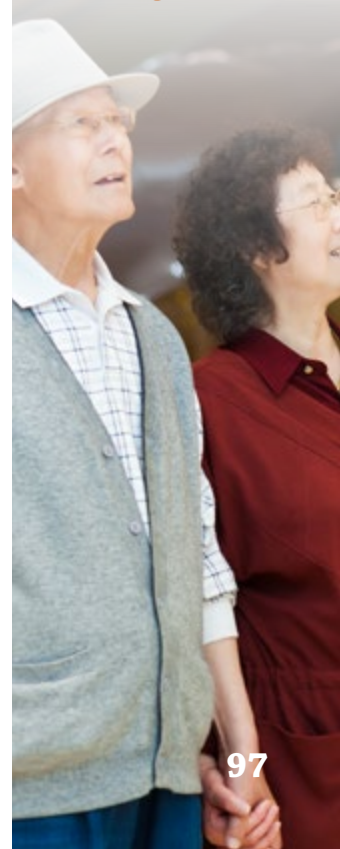
Monday Movie Series

FREE movies in our Garden Room.

- **"Blue Hawaii"**
Monday, August 7 • 1:00pm-3:00pm
- **"Jungle Book"**
Monday, August 21 • 1:00pm-3:00pm
- **"9/11"**
Monday, September 11 • 1:00pm-3:00pm
- **"Moneyball"**
Monday, September 18 • 1:00pm-3:15pm
- **"Planet Earth: Season 1"**
 - **Disc 1: From Pole to Pole, Mountains, and Freshwater**
Monday, October 9 • 1:00pm-3:30pm
 - **Disc 2: Caves, Deserts, and Ice Worlds**
Tuesday, October 10 • 1:00pm-3:30pm
 - **Disc 3: Great Plains, Jungles, and Shallow Seas**
Monday, October 23 • 1:00pm-
3:30pm
 - **Disc 4: Seasonal Forests and Ocean Deep**
Tuesday, October 24 • 1:00pm-3:00pm



55+ PROGRAMS





North Potomac Senior Center

40-773-4805

This fantastic facility provides a wide array of classes, programs, services and special events. Stop by the center for a tour and to see exciting new things that are starting to happen. Please visit our website or call 40-773-4805 for more information.

Open Crafts Studio

Thursdays, September 7, October 12 & November 9
10:00am-Noon

Are you interested in making things with your hands? Do you enjoy being around others while creating? Do you have a project you've been working on and need a little guidance or direction to complete it? Well look no further. Join Jody as she shares her crafting expertise!

Singing Circle

Beginning Monday, September 11-December 11

Learn basic singing and breathing techniques in a judgment free welcoming environment. No previous experience. Only requirement is a joy for singing and a smile.!

The Helping Hands Senior Society of North Potomac Kick-Off

Wednesday, September 13 • 1:30pm - 3:00pm

Are you interested in helping those less fortunate than yourself? Do you enjoy serving others? Please come to the very first informational meeting of The Helping Hands. A group of seniors dedicated to making life a little bit sweeter for those in need.

Holy Cross Hospital Presents: Chronic Disease Management

Beginning Thursday, September 14-October 19 • 10:00am – 12:00pm

Learn new skills and proven techniques to self-manage a chronic disease. Class led by a trained professional with Holy Cross Hospital.

Senior Program Advisory Committee Meeting

Beginning Tuesday, October 10 • 11:00am

This meeting is for those interested in shaping the programming of our North Potomac 55+ Center. We need volunteers who would like to bring suggestions and assist in bringing various programs and activities to life. Your opinion matters. Join us!

Flu Clinic

Friday, October 13 • 10:00am-2:00pm

Free Flu shots provided by Walmart for insured adults ages 60 and older. Please wear loose clothing to the flu clinic.

Celebrating Hispanic & Latino Heritage Month

Thursday, October 19 • 1:00pm-2:30pm

We invite you to our Fiesta! Dancing, music, food and FUN! This is an event you do not want to miss. Hope to see you there!

North Potomac Community Center Day

Sunday, October 22 • Noon-4:00pm

To commemorate our One Year anniversary, we will be hosting our very first Community Day! This event is for the entire family. We will have something for everyone. Join us as we celebrate our center and the community that supports it.

Music Appreciation: Classical Music for People Who Hate Classical Music

Friday, October 27 • 1:30pm-3:00pm

Join TeAnna Abraham, Self-proclaimed musicologist as she explores the works of Mozart, Bach, Rachmaninoff and others. You may find out that you actually don't hate classical music after all!

Volunteer Appreciation Luncheon

Thursday, November 16 • Noon-1:30pm

Celebrating the seniors who make it happen every day at the center! This event is by invitation only.

Fun & Games

Friday, November 17 • 1:00pm-3:00pm

You're never too old to have fun!! This afternoon we will take you back to the good ole days. Musical Trivia, Bingo, Scrabble, Uno and many more games to play while meeting new friends. We will even have a Spelling Bee! Prizes and Refreshments! Be prepared to PLAY!

Medical Minute

Tuesday, November 21 • 11:00am

Receive information on various health topics that specifically effect those who are 55 plus. This program will be led by a health care professional trained in the field of Gerontology.

55+ PROGRAMS

White Oak Senior Center

240-777-6944

White Oak 55+ Senior Center's mission is to provide quality, engaging and inspiring programming for 55+ adults in the local community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only do we serve our older adults, but we create an environment where they will serve our younger community as well. We strive to utilize the skills and life experiences of the wise to create new opportunities for our youth through our intergenerational programs.

Fall White Oak Barbeque

Tuesday, September 5 • 1:00pm-3:00pm

Enjoy live music and a catered barbecued meal on us! First day of school for the kids and first day back for the adults!

National African American History Museum

Wednesday, September 6 • 10:00am

Thirteen years in the making and it is finally opened! Join us as we take a trip to the newest museum in Washington D.C. It will be a place where everyone can explore the story of America through the lens of the African-American experience. \$10 for Bus.

Natural Holistic Tips

Thursday, September 7 • 1:00pm-2:00pm

Washington Adventist Hospital will be providing a presentation on natural holistic tips to find alternative ways of aging.

Come Try Me Week!

Week of September 11-15

We will be introducing new classes in September in honor of Healthy Aging Month. We will be showcasing our new classes at no cost. Please come to our open house and see what's new at White Oak 55+ Center!

Dream Girls at Toby's Dinner Theater

September 20 and 27 • 10:00am-3:30pm

Enjoy a live show along with a full buffet. Dreamgirls follows the rise and fall of "The Dreams", an all-female, black singing group who learn the reality of show "business". This groundbreaking musical features the classic hits "And I Am Telling You I'm Not Going," "I Am Changing" and "One Night Only." \$64 (\$52 for show and \$12 for bus).

Fall Prevention Seminar

Thursday, September 21 • 1:00pm-2:00pm

Learn the signs for falls and get tips how to prevent them. We will also have a demonstration on the proper ways to get up from a fall.

Do You Have a Food Allergy? ...Try Vegan!

Wednesday, October 4 • 1:00pm-2:00pm

Come try samples of foods that you can eat that won't upset your allergies. We will have a variety of easily prepared vegan foods along with education on why you should give Vegan living a try.

AARP Driver Safety Course

Tuesday, October 10 • 10:00am-3:00pm

Please arrive by 9:45 for administrative matters. The classroom course is \$15 for AARP members (bring membership card) and \$20 for nonmembers. Checks are payable to AARP the day of the class. Feel free to bring bottled water and a light snack. Checks or Money Order made out to AARP. You may pay at the center in person. Call us to register. Maximum class size is 25.

Energy Bingo

Tuesday, October 10 • 1:00pm-2:00pm

Energy BINGO: Energy BINGO is a combination of BINGO and Jeopardy. Participants will learn tips on how to conserve energy in their homes, learn about new efficiency measures they can be taking, and the programs they can participate in through the EmPOWER Maryland program. The games will take about 60 minutes and during the game, we will give out 3 power strips, 15 LEDS, and one goodie bag to the grand finale winner

Flu Clinic

Thursday, October 12 • 10:00am-2:00pm

Free Flu shots provided by Walmart for insured adults ages 60 and older. Please wear loose clothing to the flu clinic.

Simply Shirley Comedy Show

Thursday, October 25 • 1:00pm-2:00pm

Comedienne Simply Shirley is an "Old school" standup comedienne who is making her presence known nationwide. She considers herself to be an eight-track gal in an IPOD world; and says her inner child is now outward bound. In other words, "there's still a whole lot of jelly left in her roll".

Montpelier Art Center and Mansion/Amish Market

Tuesday, November 14 • 10:00am-3:00pm

Come join us for a trip to the Montpelier Art Center and Mansion followed by a trip to the Dutch Farmer's Amish Market. Cost is \$10 for the museum and \$10 for the bus.

White Oak Senior Center Transportation Service . . . Just For You!

Limited service will be provided within approximately a 5 mile radius of the center. Pickup locations will be determined by addresses of participants. If interested, give your information at the Front Desk or call us.



55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at thirteen community center locations throughout the county. Here is a sampling of the many programs we will be offering this Fall. Please call the center nearest you for more information.

Bauer Drive CRC

Monday/Wednesday • 10:00am-3:00pm
14625 Bauer Drive
Rockville, MD 20853

240-777-6922

Bauer Drive Community Center offers a variety of activities for the 55+ community such as: dance fitness, board games, meditative movement and indoor/outdoor sports fitness. Here's what coming up for the fall season!

Zumba Gold (New Day)

Session 1 • Fridays • Sept. 8 - Oct. 20 • 1:30pm-2:15pm

Session 2 • Fridays • Oct. 27-Dec. 15 • 1:30pm-2:15

One of our member favorites is back on a new day with a lively Latin-inspired, dance fitness class reworked for the 55+ community. No class Nov. 24. Cost: \$21

Soul Line Dancing (New Time)

Session 1 • Mondays • Sept. 11 - Oct. 23 • Noon-1:00pm

Session 2 • Mondays • Oct. 30-Dec. 11 • Noon-1:00pm

It's a fan favorite of the community. Join in on the fun and learn old-school and the latest line dancing trend in a fun, no pressure environment.

Mah Jongg

Session 1 • Mondays • Sept. 11-Oct. 23 • 1:15pm-3:15pm

Session 2 • Mondays • Oct. 30-Dec. 11 • 1:15pm-3:15pm

Mah Jongg is a brain stimulating board game that's engaging and FUN!

Tai Chi

Mondays • 10:00am-10:45am

Ongoing walk-in classes for members. It's all about meditation in motion that's great for stress reduction, balance and focus.

Microflyers

Wednesdays • 12:30pm -2pm

A community model plane flying group.

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

Clara Barton NRC

Mondays & Wednesdays • 10:30am-3:00pm
7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Clara Barton offers senior exercise classes, pool tables, basketball, arts and crafts, games and quizzes with prizes and social activities all for fun.

Senior Sensations

Join the Senior Sensations for exercise classes, trips, lunches and fun fall programs!

Clarksburg Park Activity Building

Wednesdays • 11:00am-3:00pm
22501 Wims Road
Clarksburg, MD 20871

240-777-4925

Clarksburg Super Seniors have been meeting for over 40 years, and always make room for new faces.

Gwendolyn E. Coffield CRC

Tuesdays & Thursdays • 10:00am-1:00pm
2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield 55+ Community Center Program offers individual instruction on how to use exercise equipment in the Weight Room (you must have a Senior Sneakers Membership), topic-specific workshops on food, social issues, health discussions, photo club, flu shot clinic, mini-bus trips to local museums, shows and local venues, and open gym (basketball, walking and table tennis). Contact the center for information on activities, registration requirements, fees, etc.

East County CRC * +

Tuesdays & Fridays • 10:00am-2:00pm
3310 Gateshead Manor Way
Silver Spring, MD 20904

240-777-8093

Weekly programs, social activities, exercise classes, and special events are scheduled for this fall. Contact the center for details. The center also offers a lunch program.

55+ PROGRAMS



Germantown CRC+

Mondays & Thursdays • 10:00am-2:00pm

18905 Kingsview Road
Germantown, MD 20874

240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts and crafts, health and wellness classes and lectures. Come check us out!

JCA Thome Kensington Club

Mondays & Thursdays • 10:00am-2:00pm

A new program offered in partnership with the Jewish Council for the Aging (JCA) designed to meet the needs of seniors who are in the early stages of diagnosed memory loss. Member dues are \$60 per day and include snack, lunch, enriched activities and trips. Activities to maximize cognitive functioning include exercise, dance and movement, art and music therapy, discussions, guest speakers, performances and trips. Certified staff have specialized training in dementia.

Call the JCA at 301-255-4204 for information on enrollment.



Lawton/ Bethesda Area

Tuesdays, Thursdays & Fridays • 10:00am-2:30pm

Jane E. Lawton CRC
4301 Willow Lane
Chevy Chase, MD 20815

240-777-6855

55+ individuals are offered a wide variety of programs including wellness seminars, Senior Shape exercise and weight training classes and Tai Chi.

Bone Builders Plus

Mondays & Wednesdays • 10:00am-11:00am

For more info see the strength training section of The Recreation Guide. This is a fee class.

Hatha Yoga and Stress Management

Tuesdays & Thursdays • 9:45am-11:00am

The instructor teaches participants to use yoga poses to help increase their flexibility and strength. Contact Suzana at 301-326-4276 for additional information.

Life Line Complimentary Health Screenings –

Starts: September 29

Life Line is providing complimentary community screenings for either a carotid artery, abdominal aortic aneurysm, PAD osteoporosis or atrial fibrillation, screening. You must have and bring your complimentary screening voucher with you. Check with our front desk for vouchers. Vouchers expire 12/2/2017 Pre-registration is required by calling: 1-800-772-8260 or you may register online at: www.lifelinescreening.com/communitycircle

- * Includes a nutrition lunch program.
- + Limited transportation available on program meeting days.



55+ PROGRAMS

Sunday, Sept. 10
Noon - 4 p.m.
Silver Spring Civic Center

Sunday, Sept. 17
Noon - 4 p.m.
Springfield Town Center





55+ PROGRAMS

Longwood CRC

Mondays & Wednesdays • 10:00am-2:00pm

19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

Our participants enjoy Zumba Gold, a weekly discussion group, chair exercise, lectures, presentations, entertainment and socials. Join us this fall!

Zumba Gold

Mondays & Wednesdays • 9:00am

Registration is required. Designed to encourage cardio activity and exercise with Latin and International music and dance. (Instructor led)

Just My Two Cents!

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer led)

Chair Exercise

Mondays • 10:30am

Stretch muscles, improve circulation and decrease stress. (Video led)

Marilyn J. Praisner CRC+

Tuesdays & Thursdays • 10:00am-2:00pm

14906 Old Columbia Pike
Burtonsville, MD 20866

240-777-4970

Programs include something for every senior, such as health and wellness learning, onsite movies, arts and crafts, guest speakers, entertainers and fitness activities for every level. Select from fitness classes, many free of charge, with modified exercises to accommodate beginners or advanced participants, including Tai Chi, Senior Fit and Bone Builders. Periodic mini-trips to local points of interest add to the array of carefully planned activities and events for active adults who love to be on-the-go!

Chair Yoga

2nd Thursday of the Month • 10:00am-11:00am

A gentle form of yoga designed for all levels. Stretch muscles, improve circulation and decrease stress.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm

Beginners, intermediate, advanced. Want to play or learn to play? We have a table for you.

Discussion Group

Tuesdays • 10:30am-Noon

Enjoy stimulating discussions on current events. Each session is conducted by a moderator so that everyone gets equal opportunity to speak and weekly topics are planned by participants

Line Dance

Wednesdays • Noon-1:00pm

Old school and new school line dancing are a part of this fun filled class that teaches beginning and intermediate levels.

Tai Chi

Thursdays • 2:00pm-3:00pm

Qi Gong Tai Chi. Relaxing, moving and meditating is the focus of this class.

Mid-County CRC*

Tuesdays & Thursdays • 10:00am-2:00pm

2004 Queensguard Road
Silver Spring, MD 20906

240-777-6820

Exciting program offerings for the fall! Call the center for details.

Bingo

Tuesdays • 1:00pm

Ross Boddy/Sandy Spring +

Tuesdays & Thursdays • 10:00am-2:00pm

Ross Boddy NRC
18529 Brooke Road
Sandy Spring, MD 20860

240-777-8050

Programs include games, line dancing, art, Senior Fit, and much more! Call us for fall offerings.

Bingo

Tuesdays & Thursdays • 11:00am-Noon

Dominos

Tuesdays & Thursdays • 1:00pm-2:00pm

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

Plum Gar CRC

Tuesdays & Fridays • 10:00am-2:00pm

19561 Scenery Drive
Germantown, MD 20876

240-777-4919

Participate in tai chi, ballroom dancing and karaoke! Call the center for details on fall programs.

CASSA (Chinese American Senior Services Association)

Thursdays • 10:00am-2:00pm

Potomac CRC

Tuesdays & Fridays • 10:00am-1:30pm

11315 Falls Road
Potomac, MD 20854

240-777-6960

Club Seniors

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, crafts, movies, guest speakers and entertainers. Periodic field trips are also scheduled with transportation provided. Light refreshments are served. FREE. In addition, we offer a wide variety of exercise classes, several are free while others have a nominal fee. Come join us!



55+ Bone Builders

Bone Builders is a free volunteer-led exercise program brought to you by the Montgomery County Departments of Health and Human Services, Recreation, and the RSVP Volunteer Program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises.

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925. Registration begins Aug 14, 2017 at 8:30am.

<i>Course #</i>	<i>Location</i>	<i>Start</i>	<i>Days</i>	<i>Times</i>
40198	Bauer	9/25	M,W	1:00pm-2:00pm
40199	Bauer	9/26	T,Th	1:00pm-2:00pm
40201	Clara Barton	9/25	M,W	2:00pm-3:00pm
40202	Gwendolyn Coffield	9/26	T,Th	9:15am - 10:15am
40203	Damascus CRC	9/25	M,W	4:00pm-5:00pm
40204	Germantown	9/25	M,Th	1:00pm - 2:00pm
40205	Jane E. Lawton	9/26	T,Th	9:15am - 10:15am
40206	Longwood	9/25	M,W	11:00am - 12:00pm
40207	Longwood	9/25	M,W	2:00pm-3:00pm
40218	Marilyn J. Praisner	9/25	M,W	11:00am-12:00pm
40208	Mid-County	9/26	T,Th	1:00pm - 2:00pm
40209	Mid-County	9/26	T,Th	2:15pm - 3:15pm
40210	North Potomac	9/26	T,Th	11:00am-12:00pm
40211	North Potomac	9/26	T,Th	12:00pm-1:00pm
40212	North Potomac	9/25	M,W	11:45am-12:45pm
40213	Plum Gar	9/26	T,Th	11:30am; 1:00pm
40214	Potomac	9/26	T,Th	9:00am - 10:00am
40215	Potomac	9/26	T,Th	10:00am - 11:00am
40216	Potomac	9/25	M,W	11:15am - 12:15pm
40217	Potomac	9/25	M,W	3:00pm - 4:00pm
40219	Scotland	9/27	W,F	2:45pm - 3:45pm
40220	White Oak	9/26	T,Th	11:00am-12:00pm
40221	Wisconsin Place	9/25	M,Th	10:00am - 11:00am
40222	Wisconsin Place	9/26	T,Th	11:15am - 12:15pm





Senior Sports Activities

Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-In Gym programs only require individuals to get a \$30 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA). Call the Sports Team at 240-777-6810 for more information on league play. Aquatics also offers many programs and classes. Call the Aquatics Team at 240-777-6860 for additional information.

Open Gym Badminton

North Potomac CRC
Th • 9:00am-Noon
Th • 6:15pm-8:45pm**

Open Gym Basketball

Bauer Drive CRC
Tu, Th • 9:00am-Noon

North Potomac CRC
M • 6:15pm-8:45pm**
W • 9:00am-Noon

Open Gym Pickleball

Bauer Drive CRC
M • 12:30pm-2:30pm

Clara Barton CRC
M • Noon-1:30pm

Damascus CRC*
Tu, Th, Sa • 10:00am-Noon

East County CRC
F • 12:30pm-2:30pm

Germantown CRC
Su • Noon-2:00pm

Jane E. Lawton CRC
Th • Noon-2:30pm

Longwood CRC

Tu • 10:00am-Noon
Th • 12:30pm-2:30pm

North Potomac CRC
M • 9:00am-Noon
M • 6:15pm-8:45pm**

Mid County CRC
M, W • 12:00pm-2:00pm
Th • 6:00pm-8:45pm

Plum Gar CRC
W • 6:30pm-8:45pm

Potomac CRC
Tu • 11:00am-1:00pm

Ross Boddy CRC
M, W • 12:30pm-2:30pm
T • 6:00pm-8:30pm

Upper County CRC
M • 10:00am-Noon

White Oak CRC
T • 6:00pm-8:45pm
Th • 10:30am-12:30pm
F • 6:00pm-8:45pm (call, when available)

Open Gym Sports

Longwood CRC
M, W • Noon-3:00pm

Open Gym Table Tennis

North Potomac CRC
T • 6:15pm-8:45pm**
W • 9:30am-Noon

Open Gym Volleyball

Bauer Drive CRC
M, W • 10:30am-12:30pm

Mid-County CRC
F • Noon-2:00pm

North Potomac CRC
Tu • 9:00am-Noon
Tu • 6:15pm-8:45pm**

White Oak CRC
M • 10:30am-1:30pm

* Open to all ages

**Open to 18+

Senior Sneakers Exercise Program

Montgomery County Recreation's popular Senior Sneakers Program helps adults age 55 and older have access to quality exercise/weight rooms across the County for a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms at all of the centers below during their normal operating hours.

BAUER DRIVE CRC
CLARA BARTON NRC
COFFIELD CRC
DAMASCUS CRC
EAST COUNTY CRC
GERMANTOWN CRC
LAWTON CRC

LONG BRANCH CRC
LONGWOOD CRC
NORTH POTOMAC CRC
MARILYN J. PRAISNER CRC
MID-COUNTY CRC
PLUM GAR CRC
POTOMAC CRC

ROSS BODDY CRC
SCOTLAND NRC
UPPER COUNTY CRC
WHITE OAK CRC
WISCONSIN PLACE CRC

55+ PROGRAMS

EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community Centers offer 55+ exercise classes. To learn about availability and to sign up, call the Community Center you are interested in attending.

Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Bauer CRC

M, W • 9:00am-9:45am and 10:00am-10:45am
F • 9:15am-10:00am

Coffield CRC

Tu, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:45am-11:30am

Germantown CRC

Tu • 1:45pm-2:30pm; Th • 11:30am-12:15pm

Mid-County CRC

M, W, F • 11:00am-11:45am

Long Branch Senior Center

M, W • 12:00pm-12:45pm

Plum Gar CRC

M, W • 10:30am-11:15am

North Potomac Senior Center

M, W • 1:00pm-1:45pm

Praisner CRC

M-F • 9:00am-9:45am
M, W, F • 10:00am-10:45am

Ross Boddy NRC

Tu, Th • 9:00am-9:45am

Schweinhaut Senior Center

M, W, F • 8:30am-9:15am
and 9:30am-10:15am

Tu • 9:00am-9:45am

Sa • 9:30am-10:15am

White Oak Senior Center

Tu, Th • 9:00am-9:45am

Better Bones

Long Branch Senior Center

W, F • 1:00pm-2:00pm

Schweinhaut Senior Center

M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at: events.suburbanhospital.org or call 301-896-3939. The fee is \$40 per class for a 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Aerobics/Strength Training/ Stretching

Clara Barton Community Recreation Center

Tuesdays & Thursdays • 11:30am-12:15am

North Potomac Senior Center

Fridays • 9:30am-10:15am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Wednesdays • 9:15am-10:00am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am



55+ PROGRAMS





EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Senior Strength & Balance

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health. Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

This free meditative exercise program is designed for seniors age 55 and older. Improving balance, and coordination, flexibility, and range of motion and the program will increase strength by making your movements more efficient. Wear comfortable, loose fitting clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Mondays • 10:00am

Mid-County CRC

Tuesdays • 11:00am

Ross Boddy CRC

Tuesdays • 11:00am

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body.

Longwood CRC

Call for dates/times

\$40 for 8 sessions

What to bring: yoga mat, water and comfortable shoes

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. 2017 events are winding down, but call us at 240-777-4930 or plan to participate with us in 2018! For more information visit www.mdseniorolympics.org.



Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

Therapeutic Recreation programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

**Reasonable
accommodation
enables
successful
participation.**



Arts

Handbuilt Pottery

Ages 18 & Up: Individuals with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. 1 staff 8 participants. No personal care provided.

8 Sessions

\$75

Instructor: Pamela Reid

40286 White Oak Crc 10/18 W 10:30am-11:30am

40287 White Oak CRC 10/18 W 1:30pm-2:30pm

8 Sessions

\$75

Instructor: Valerie Haber

40288 N. Potomac CRC 10/17 T 3:00pm-4:00pm

40351 N. Potomac CRC 10/17 T 4:15pm-5:15pm

Kaleidoscope Art

Ages 16 & Up with disabilities. Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions

\$50

40292 Plum Gar NRC

10/14 Sa 11:00am-12:30pm



THE THERAPEUTIC RECREATION

Aquatics

NEW TR Adult Social Swim

Ages 18 & Up: Get wet, get some exercise and make new friends. Adapted aquatics and swim instruction in a group setting. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions	\$40	
39373 MLK	9/19 T	8:00pm-9:00pm
39381 GISC	9/20 W	8:30pm-9:30pm
39386 KSAC	9/21 Th	8:30pm-9:30pm
39392 OSC	9/22 F	7:15pm-8:15pm
39405 OSC	9/22 F	8:15pm-9:00pm

TR Youth & Teens Social Swim

Ages 7-17: Come out and have fun, get exercise and meet new friends. No personal care assistance provided. If you are bringing a personal care assistant/one-on-one please let us know. 1 staff to 4 participants.

8 Sessions	\$40	
Ages 7-12		
39825 MLK	9/16 Sa	9:00am-9:50am
Ages 13-17		
39826 MLK	9/16 Sa	10:00am-10:50am

General Fitness

Cardio 'n Core

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.

8 Sessions	\$40	
40289 Damascus CRC	10/12 Th	7:00pm-8:00pm

NEW Cheer Aerobics

Ages 13 & Up: "Cheer" your way to fun and fitness! Shake pom poms and dance to music to get your heart and body moving. Pom poms provided for class. 1 staff to 10 participants.

8 Sessions	\$40	
40316 East County CRC	10/4 W	7:00pm-8:00pm

NEW Functional Fitness for All Abilities

Ages 14 & Up: S.P.I.R.I.T: Social-Physical-Interactive-Respectful-Integrated-Teamwork. This NEW specialized program for all abilities, led by a certified fitness instructor, focuses on balance, stability, flexibility, strength, endurance, agility, and social skills.

8 Sessions	\$99	
Instructor: Spirit Fit And Health		
39830 N. Potomac CRC	9/26 T	2:00pm-3:00pm
39831 N. Potomac CRC	9/26 T	6:00pm-7:00pm

Moving with Mike

Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions	\$50	
Instructor:		
39363 Germantown CRC	9/24 S	1:00pm-2:00pm

NEW Power Drumming - Rock Out

Ages 15 & Up: Teens and adults with disabilities. Get energized by using drum sticks to the beat of great music! By using boxes, balls, bottles or cans, you can have fun playing along for a full body workout. Drum sticks provided or bring your own. No experience necessary, just play! 1 staff to 7 participants.

8 Sessions	\$40	
40297 Bauer Drive CRC	10/12 Th	7:00pm-8:00pm

Stretch 'N Tone

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

8 Sessions	\$40	
40296 Glenmont LP	10/16 M	7:00pm-8:00pm

TR Yoga Basic

Ages 15 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders. Movements can be adapted by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions	\$82	
Instructor: Irene Bopp		
40311 White Oak CRC	9/28 Th	1:30pm-2:30pm
40310 Bauer Drive CRC	10/10 T	4:30pm-5:30pm
40314 Mid County CRC	10/18 W	6:15pm-7:15pm

TR Zumba

Ages 13 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions	\$40	
40313 Holiday Park SC	10/7 Sa	10:00am-10:50am
40312 Upper County CRC	10/5 Th	7:00pm-7:50pm

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

8 Sessions **\$40**
40315 Holiday Park SC 10/7 Sa 11:00am-12:00pm

General Martial Arts

Karate for Individuals with Disabilities

Ages 6 & Up: Youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

10 Sessions **\$75**
Instructor: TKA Inc.
39344 Holiday Park SC 9/23 Sa 9:00am-9:45am
39356 Holiday Park SC 9/23 Sa 10:00am-10:45am

General Sports

Counter Punching Parkinson's

Ages 18 & Up: Individuals with Parkinson's. Introduction to a boxer's workout adapted to lessen the symptoms of Parkinson's disease. Routines includes skill stations to improve flexibility, balance, coordination and build strength. No physical contact Instructor is a former kick boxing champion with 28 years experience. All equipment provided. No personal care provided.

9 Sessions **\$85**
Instructor: Larry D. Johnson
40291 White Oak CRC 10/9 M 4:00pm-5:15pm

Miracle League

Ages 15 & Up: The Miracle League gives people with disabilities the chance to play baseball. A level-playing field where participants with both physical and other disabilities can hit, run, and catch. During each Miracle League game, everyone is given an opportunity to hit the ball and score a run. Miracle League team members are assigned 'buddies' who assist them in hitting the ball and 'running' the bases.

9 Sessions **\$50**
39891 S. Germantown RP 9/9 Sa 12:00pm-1:30pm

Soccer League TR

Ages 18 & Up: Soccer League For Teens and Adults, ages 18 & older, with Developmental Disabilities. Team registration is required! A registration form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

8 Sessions **\$42**
40717 Rec Admin Office 9/10 Su 12:00pm-1:30pm

Specialty Programs

Brain Benders

Ages 7 & Up: Enjoy fun games that test visual perception, pattern recognition, spatial relations, problem solving, matching and memory skills, and brain teasers. This program has varying degrees of challenging games. 1 staff to 4 participants.

6 Sessions **\$30**
Ages 7-12
39819 Holiday Park SC 10/7 Sa 10:00am-11:00am
Ages 13 & Up
39818 Holiday Park SC 10/7 Sa 11:00am-12:00pm



Weekend Adult Social Clubs

Look for more information about the Adult Social Clubs in our Fall brochure.



THE THERAPEUTIC RECREATION





Mallows Bay Canoe and Kayak Trip

Ages 12 & Up: Join us for a short paddle to Mallows Bay a proposed marine sanctuary on the Potomac River. This area contains hundreds of old shipwrecks, many of which are visible from a boat. The wrecks have created a unique ecosystem and are home to eagles, herons, ospreys, egrets and hawks. Bring a lunch, plenty of water, wear water shoes, and dress for the weather. This trip is for individuals with disabilities, their friends and family members. Transportation by county van from our Main Office 4010 Randolph RD. Canoes, kayaks and equipment provided. Call 240-777-6895 for more details. Swimming ability required.

1 Session **\$35**
39361 MCR Offices 9/17 Su 9:00am-5:00pm

TR BIG Game Nights

Ages 13 & Up: Have fun playing over-sized games with your friends, and come make new friends too! Gym games, group games, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Theme nights make each night a new adventure:

- 9/22 Endless Summer Night - wear a beach t-shirt, sweatshirt or hat
- 10/13 Football Fan Night - wear your favorite team jersey or colors
- 10/27 Halloween Happenings - wear a costume or funny mask
- 11/10 Veteran's Day - dress in red, white, and blue
- 12/8 Ugly Sweater Night - wear a funny sweater or shirt

5 Sessions **\$40**
40298 Bauer Drive CRC 9/22 F 7:00pm-9:30pm



Saturday Night Socials

For teens and adults with disabilities - our special event theme dances, with a DJ have got even bigger and better! Scheduled for the last Saturday of the month (may vary for holidays, etc.).

New hours are 6:00pm - 10:00pm

6:00pm-7:30pm
7:30pm-8:00pm
8:30pm-10:00pm

Ages 11-16
All Ages, Pizza and Games
Ages 16 & Up



Kick-Off Karaoke

September 30, 2017
6:00pm-10:00pm
Holiday Park Senior Center
Activity #40299
Cost: \$10



Halloween Masquerade

October 28, 2017
6:00pm-10:00pm
Holiday Park Senior Center
Activity #40290
Cost: \$10



New Year's Celebration

December 30, 2017
6:00pm-10:00pm
Holiday Park Senior Center
Activity #40295
Cost: \$10

Special Events



This is a day of fun for individuals with disabilities, their friends and families to experience some of our programs. Come participate in mini demonstrations of programs including Karate, Functional Fitness, Zumba, Brain Benders, Kaleidoscope Art and more. We will also have an opportunity to take pictures, with fun props, with your family and friends. Snacks provided. Parents, participants, and friends must register.

Sept. 16, 2017
1:00pm-3:00pm
Holiday Park Senior Center
Activity #40513
Free



For families of individuals with disabilities. Santa is visiting Tinsel Town! Have your picture taken with him while his helpers lead fun craft activities in a low key environment. Music, games, and refreshments too! Please preregister as space is limited.

Dec. 9, 2017
11:00am-1:00pm
Holiday Park Senior Center
Activity #40294
Free



Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, out of school time programs/activities, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov!



YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

Montgomery County Recreation's Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models. The Recreation Department is built on a foundation for serving youth, and we are committed to building on this tradition. It is our aim to ensure the Recreation Department is a place where young people:

- Make friends and maintain relationships
- Gain a sense of Independence and rely less on adults
- Build teamwork skills and become more effective in groups
- Foster attributes important to being a members of family & community
- Perceive competence and believe they can be successful
- Acquire an interest in exploration and are eager to learn new things
- Develop a sense of responsibility and learn to be accountable
- Enhance their affinity for nature and attraction toward the outdoors
- Grow confidence and try to solve problems on their own
- Establish a connection and feel safe & welcomed in their environment
- Boost physical activity and increase healthy eating habits

Dream Academy



Dream Academy is a comprehensive, high-quality afterschool program that provides opportunities for academic and recreation enrichment. Participants

power up with a healthy, hot meal before heading off to challenging and stimulating programs. Students are provided an exceptional afterschool experience, fostering a sense of community and belonging. Current Dream Academy schools are South Lake ES in Gaithersburg and Burnt Mills ES in Silver Spring.

Excel Beyond the Bell



Students at the eight Excel Beyond the Bell schools get expanded access to after-school! Members can power up with an after-school meal before heading

off to an activity of their choice. Need a ride home? Membership includes access to a 5:45 p.m. activity bus after the program ends at 5:30 p.m., Monday-Thursday. You might come for the extracurricular activities, but you'll probably stay for the people you meet!

Rec Extra-Middle Schools



Looking for something a little Xtra? Montgomery County Recreation offers RecXtra at select

MCPS middle schools. This program offers clubs to meet student's diverse and specific interests. Sponsors teach anything from cooking to sports to STEM to history to drawing. For more information, ask your school's After School Activities Coordinator.

RecZone



RecZone brings the excitement you crave to your time after school. RecZone lets you get away from school pressures, be active, hang out with friends and even meet some cool adults. RecZone provides a wide variety of recreation and youth development opportunities: Employment Help, Sports, Creative Arts, Mentoring, Dance, Leadership, College

Tours, Homework Help, Lunch Time programs

Soccer4Change



Youth Development

Montgomery County Soccer 4 Change is a YEAR ROUND soccer program that runs in 6 week segments designed to connect high school youth to critical developmental assets through soccer. Teams in this league will hold up to 2 practices a week with 1 game per week, typically on Fridays. Throughout this league, coaches work with our youth to instill the 4 characteristics on ARTT (Accountability, Respect, Trust & Teamwork) through game play. You must be referred by a partnering agency or program to register for a team

TeenWorks



TEEN WORKS
MONTGOMERY COUNTY RECREATION

Teen Works is a year-round employment program for Montgomery

County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience by exposing youth to potential educational or career paths. How do you get involved or apply to be a Teen Works apprentice? Check out our webpage - <http://www.montgomerycountymd.gov/rec/thingstodo/youthdevelopment/teenworks.html>



Follow us on Facebook and Twitter @mocrecre for Special Events!



Why Excel Beyond the Bell?

Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Young people are productive, healthy and connected during out of school time.
- Staff are on-site daily to ensure your child is safe when you can't be with them.
- Youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about Excel Beyond the Bell: visit excelbeyondthebell.org, montgomerycountymd.gov/rec or call 240-777-8080.



Locations

A. Mario Loiederman Middle School
Argyle Middle School
Col. E. Brooke Lee Middle School
Forest Oak Middle School
Francis Scott Key Middle School
Roberto Clemente Middle School
Montgomery Village Middle School
Neelsville Middle School



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS FALL!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified.

All trips depart from and return to the Olney Manor Recreational Park. The address is 16605 Georgia Avenue, Olney, Maryland. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn into Emory Lane and take the second left and follow signs for Skate Park and Ballfield #1.

FALL REGISTRATION BEGINS TUESDAY, AUGUST 8, 2017 AT 8:30AM

TOUR OF PORT DEPOSIT, MARYLAND

Trip number: 34613 Wednesday, September 13, 2017
Trip number: 34614 Thursday, September 14, 2017
Fee: \$69 Leave: 7:45 AM, Return: 5:00 PM

A NEW TOUR! We are going to be entertained by "Doc John," our Baltimore guide, on a tour of Port Deposit-famous for its lumber, granite and coal during the 17th, 18th and 19th centuries and later, the Bainbridge Naval Training Center in the 20th Century. Port Deposit was the home of the famous Jacob Tome, one of Maryland's first self-made millionaires, as well as many other Maryland leaders. Our tour includes the homes, schools and churches of the one-half mile town along the eastern shore of the Susquehanna River known especially for the famous granite used to build many of the buildings in Baltimore and Washington. Finally, at the end of the tour we will visit the magnificent Georgian Mansion on the secluded private estate of the late industrialist F. Donaldson Brown, Jr., President of General Motors. Donaldson Brown married a DuPont and together they built a stunning Georgian mansion, carriage house and grounds atop a rocky cliff overlooking the Susquehanna River at Port Deposit. Donaldson Brown willed the Estate to the University of Maryland in 1966 to be used as an educational center. We are privileged to be the guests of the estate and will have our lunch, **included**, overlooking the Chesapeake Bay and the Susquehanna River. This is a once in a lifetime experience.

TOURS OF THE COVERED BRIDGES OF FREDERICK COUNTY, MD PLUS VISIT TO THE CATOCTIN FURNACE VILLAGE

Trip number: 34616 Wednesday, September 27, 2017
Fee: \$60 Leave: 8:15 AM, Return: 4:30 PM



Northern Frederick County is home to three historic covered bridges, which are listed in the National Park Services National Register of Historic Places. The Utica Mills, Loy's Station and Roddy Road covered bridges all cross streams

in Northern Frederick County, within twelve miles of each other. Besides their beauty, the bridges are all structurally interesting, as all three have different truss systems. We will learn about the architecture and history of each bridge. We will be able to walk around and tour two of the bridges by foot. We will also visit the Catoctin Furnace Village to tour the remains of the furnace, the Collier log cabin, and the Harriet Chapel. Learn about the iron industry and how it came to develop in the region. Buffet lunch, **included**, at Mountain Gate Restaurant.





TOUR ANTIETAM NATIONAL BATTLEFIELD WITH RENOWNED CIVIL WAR HISTORIAN ED BEARSS

Trip number: 34618 Wednesday, October 4, 2017
 Trip number: 34619 Thursday, October 5, 2017
 Fee: \$70 Leave: 7:45 AM, Return: 5:00 PM

This tour will be led by Ed Bearss, famous historian, and retired Chief Historian of the National Park Service. Hear about the bloodiest day in American history from Ed Bearss, a retired National Park Service Chief historian and author of 15 books on the Civil War. Ed joins us on the bus early in the morning and is with us throughout the day. He will set the stage early as he shares many of his stories and historic footnotes to the famous battle. Be mesmerized as you hear about the regiments and commanders in a stirring narrative as you tour the battlefield with someone who knows war first hand as a wounded Marine Corps veteran of Guadalcanal and New Britain in WWII. Lunch, **included**, at Bonnie's Red Byrd Inn.

THREE HOUR CRUISE ON THE CHESAPEAKE BAY, TO WATCH THE GREAT CHESAPEAKE BAY SCHOONER RACE

Trip number: 34621 Thursday, October 12, 2017
 Fee: \$95 Leave: 10:15 AM, Return: 4:30 PM



A NEW TOUR! This is a great opportunity to take a three hour cruise on the Chesapeake Bay pacing with the annual Great Chesapeake Bay Schooner Race. Thirty or more schooners such as *The Pride of Baltimore*, *the Virginia* and *the Lady Maryland*

sail out of Annapolis toward Portsmouth. This event has been held since 1990 and has provided some incredible races. We will witness the start which is the most exciting part of the race. How many classes of boats (each class has its own start), and the wind velocity will determine how much of the race we will follow within our three hour time window before docking in Annapolis. Bring your camera and enjoy the race! A picnic lunch is **included** on board.

GUIDED WALKING AND RIDING TOUR OF HISTORIC HARRISBURG, STATE CAPITAL OF PENNSYLVANIA

Trip number: 34622 Wednesday, October 18, 2017
 Fee: \$60 Leave: 7:00 AM, Return: 6:00 PM



Our Pennsylvania authority, Sheldon, will guide us through this historic city which originated in 1719 with 30 people. We'll begin with a bus tour of the city, island, residential businesses, and Capitol District. We'll learn about the relationship between

William Penn and John Harris who established the city, which was a "cross-roads" of 7000 years of American Indian culture. Then we'll tour the Capitol, where you will marvel at the Rotunda which is modeled after St. Peters in Rome, the exquisite chandeliers, the mosaic tile floor; and the incredible Carrara marble grand suitcase. Lunch (**on own**) in the Capitol building cafeteria. A tour of the National Civil War Museum with 12,000 historical documents, artifacts, high definition videos, dioramas and life-sized mannequins comes next. We'll end with a walking tour of the origins of Harrisburg, the "Shipoke" section, where we'll see Harrisburg as it was in the 1800's.

WALKING TOUR OF THOMAS JEFFERSON'S ESTATE AT MONTICELLO

Trip number: 34624 Thursday, October 26, 2017
 Fee: \$85 Leave: 7:00 AM, Return: 6:00 PM

Enjoy a leisurely drive to Charlottesville by Motorcoach. A guided tour of the home of Thomas Jefferson, the philosopher of the American Revolution, makes history come alive. In addition, guided tours



of the gardens and of the slave community along Mulberry Row are included as part of the general admission. Enjoy a delicious Colonial lunch, **included**, at Historic Michie Tavern.



RIDING TOUR OF HISTORIC LEESBURG, VA

Trip number: 34625

Wednesday, November 1, 2017

Trip number: 34626

Thursday, November 2, 2017

Fee: \$67

Leave: 8:00 AM, Return: 5:00 PM



A NEW TOUR! Travel across the Potomac to Leesburg, Virginia to meet our guide, Tiffany, who you enjoyed on many of our previous trips.. Start the day at **Ball's Bluff Battlefield & National Cemetery**, site of the largest battle in Loudoun County.

Tour the **Marshall House**

in downtown Leesburg. The Marshall House, formerly known as Dodona Manor, was General George Marshall's beloved home for many years. George Marshall lived there during the period of his greatest achievement. He was recognized for distinguished service in both World Wars; earned the rank of Five-Star General; and held positions as United States Chief of Staff of the Army, Secretary of State, and Secretary of Defense. He also served as the President of the American Red Cross; Special Envoy to China; headed a U.S. delegation to the coronation of Queen Elizabeth; and was the first professional soldier to be awarded the Nobel Peace Prize. Enjoy lunch **on your own** at the **Leesburg Premium Outlets Food Court**. Choose from one of many options located in the food court. Travel the Journey Through Hallowed Ground Corridor to the **Aldie Mill**. Built shortly after 1804, the mill was used to grind grain using the waters of the Little River. Retaining much of its original machinery, it is one of the best-preserved mills in Virginia. Enjoy a tour and demonstrations.



SOAR'S OWN WINFIELD PARKER AND HIS REVUE - THE 5TH ANNUAL RIVER AND BLUES CONCERT

Trip number: 34628

Wednesday, November 8, 2017

Fee: \$35

Showtime: 1:00 PM



Winfield Parker is an acclaimed singer who has performed to sold-out audiences in New York, London, Frankfurt, Amsterdam, Tokyo, and the Washington, DC area in the last few years. Winfield has a long history in the

music business and was a singer and musician with the Temptations and Little Richard in his youth. He was recently inducted into the New York Rock 'n Roll Hall of Fame. His voice today is better than at any time in his life. He will headline his two-hour revue, also featuring other singers in his group. **The event will take place at the Black Rock Center for the Arts in Germantown. You are on your own to get to this Center. There is ample parking. No bus service.**

BlackRock Center for the Arts
12901 Town Commons Drive
Germantown, Maryland 20874
Email: info@blackrockcenter.org
Phone: 301-528-2260

LONGWOOD GARDENS HOLIDAY LIGHTS VISIT

Trip number: 34629

Thursday, November 30, 2017

Fee: \$60

Leave: 10:30 AM, Return: 8:30 PM

View exquisite decorations, spectacular lights, and colorful displays. See thousands of brilliant poinsettias, lavishly decorated trees, and fragrant flowers in acres of indoor gardens. After dark, view a night blooming garden of 420,000 lights strung on 40 miles of wire, and displays of flowers fashioned from lights. View a 5-acre Main Fountain Garden outlined in blue lights. Walk the outdoor gardens with Nature's seasonal ornaments. Lunch, **on own**, in the self-service café.





MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

FALL REGISTRATION BEGINS TUESDAY, AUGUST 8, 2017 AT 8:30AM

FUNNY GIRL, THE CANDLELIGHT THEATRE, DE

Trip number: 34634 Sunday, September 17, 2017
Fee: \$89 Leave: 10:30 AM, Return: 7:30 PM

Funny Girl tells the story of Fanny Brice, one of the most celebrated entertainers of her time. With music and lyrics by Jules Styne and Bob Merrill and book by Isobel Lennart, Funny Girl delivers iconic Broadway songs such as “Don’t Rain on my Parade,” “I’m the Greatest Star,” “The Music that Makes Me Dance,” and, of course, “People.” Nominated for 8 Tony Awards including Best Musical and Best Actress (Streisand), Funny Girl features one of the great female roles ever written for the musical stage. Enjoy a buffet lunch before the show!! **Fee includes transportation, buffet lunch and show!**

MURDER MYSTERY LUNCH, WALKERSVILLE SOUTHERN RAILROAD, MD

Trip number: 34635 Sunday, September 24, 2017
Fee: \$109 Leave: 10:15 AM, Return: 5:15 PM

All aboard for a trip back in time where we will travel to Walkersville Southern Railroad station, MD, visit the museum on site and prepare for our fine dining experience. Board the richly restored dining car at the train station in Walkersville for a Noon departure, and settle back and relax to fine dining throughout a who dunnit Murder Mystery! Dine in grand style on our two hour tour as we will ride in a first class dining car and enjoy a delicious Hot Catered Lunch catered by The Carriage House Inn, Emmitsburg, MD which offers quality cuisine and gracious service not to be missed. The dining car is equipped with a restroom. On the way home we will stop for short shopping experience at the Cracker Barrel in Frederick, MD. **Fee includes transportation, lunch and murder mystery!**

SHEAR MADNESS AT THE KENNEDY CENTER

Trip number: 34637 Sunday, October 1, 2017
Fee: \$69 Leave: 1:00 PM, Return: 6:00 PM



Shear Madness is the interactive comedy whodunit that lets the audience solve the crime! Set in present-day Georgetown, Shear Madness engages locals and visitors alike as armchair detectives to help solve the

scissor-stabbing murder of a famed concert pianist who lives above the Shear Madness unisex hairstyling salon. The show combines up-to-the-minute improvisational humor and a mixture of audience sleuthing to deliver a unique performance each night. With more than 13,000 performances at the Kennedy Center, Shear Madness is the second longest-running play in the history of American Theater (its sister production of Shear Madness in Boston is #1.) Enjoy lunch at the KC Café before the show on your own. Shop at the gifts shops and take in the incredible views of the city on the Roof Top Terrace. **Fee is for transportation and show ticket. Meals and concessions are on your own!**



CALVERT MARINE MUSEUM, PATUXENT RIVER DAYS, MD

Trip number: 34638 Saturday, October 7, 2017
 Fee: \$49 Leave: 8:30 AM, Return: 4:30 PM

Patuxent River Appreciation Days is a festival, which creates awareness, recognition, and promotion of the economic, social, recreational, cultural and historical impact of the tributaries and environs of the Patuxent River and the basin through which it flows. The festival has been held annually on Columbus Day weekend since 1978. The Patuxent River Appreciation Days (PRAD) is a two-day celebration held annually in Solomons, Maryland. Enjoy free boat rides, children's activities, and live music. Free harbor cruises will be offered on board two historic vessels: the 112-year-old bug-eye, *Wm. B. Tennison*, and the skipjack *Dee of St. Mary's*, plus: experience Boat Building, Live Music Stage & Pavilion, Face Painting, Canoe rides and demonstrations, Arts and Craft Show, Food Court, Wine Tasting and local produce for purchase! **Fee is for transportation! Meals are on your own!**

NATIONAL APPLE FESTIVAL, BIGLERVILLE, PA

Trip number: 34640 Sunday, October 8, 2017
 Fee: \$59 Leave: 8:00 AM, Return: 4:00 PM

The National Apple Harvest Festival, celebrates beautiful crafts, great music and wonderful food occurring 50+ years and counting. The festival has something for everyone with hundreds of arts and crafts dealers, demonstrations, contests, food stands and entertainment. The festival is located in the heart of Pennsylvania Apple country, near historic Gettysburg. Special attractions include: The Apple Auditorium and antique cars, steam engine displays, orchard tours, petting zoo, craftsman demonstrations, and appearances by the Pennsylvania Apple Queen. The National Apple Harvest Festival is located at the South Mountain Fairgrounds and is held outdoors rain or shine! **Fee is for transportation and admission! Meals are on your own!**



FESTIVAL OF THE LEAVES, FRONT ROYAL, VA

Trip number: 34639 Saturday, October 14, 2017
 Fee: \$54 Leave: 8:00 AM, Return: 4:00 PM

This marks the 47th year of the Warren Heritage Society's annual festival of leaves. The Festival takes place in historic downtown Front Royal, Virginia on Chester and Main Streets. Arts and crafts abound in the heart of our historic district. Bluegrass, blues, country, jazz, big band, and choir music represent some of the musical entertainment. Come enjoy Heritage Square on the grounds of the Warren Heritage Society at 101 Chester Street where you will find museums, tours of our historic homes - *Belle Boyd Cottage* (Front Royal home of Confederate spy Belle Boyd) and 18th century *Balthis House* - and their outbuildings, re-enactors, living history demonstrations, crafts people, and apple butter making, to name a few. Join us for crafts, food, entertainment and a great hometown parade. **Fee includes transportation and admission! Meals are on your own!**

ROCKY GAP CASINO & BLUE GOOSE MARKET, MD

Trip number: 34646 Saturday, October 21, 2017
 Fee: \$59 Leave: 8:00 AM, Return: 7:00 PM

Enjoy the magnificent fall foliage on the way to Rocky Gap Casino through the Mountains of Western Maryland. Whether you're here to play video poker, slots or table games, Rocky Gap Casino Resort is your best bet for a day to remember. From the friendly faces of our casino hosts to the quick hands of our dealers, we've got your game. Dining options at Rocky Gap are amazingly diverse. Stop in for a quick bite in the lobby or linger over a memorable lunch with majestic lake views. Take advantage of the magnificent fall views and walking trails this resort has to offer! On our route home we will make a stop at Blue Goose Fruit Market, Bakery, Country Store and Gift shop filled with home décor, jewelry and accessories! **Fee is for transportation. Incentives to be announced!!**

OYSTERFEST: CHESAPEAKE BAY MARITIME MUSEUM, MD

Trip number: 34643 Saturday, October 28, 2017
 Fee: \$63 Leave: 8:00 AM, Return: 5:00 PM

The Chesapeake Bay Maritime Museum in St. Michaels, Md. hosts OysterFest, an event featuring live music, an oyster stew competition, boat rides, retriever demonstrations, oysters and other local fare, cooking demonstrations, children's activities, oyster demonstrations, harvesting displays, and more. Feast on freshly caught and shucked Chesapeake Bay wild oysters. Enjoy aquaculture raw oysters, oyster fritters, and fried oyster sandwiches. Pit beef, hot dogs, hamburgers, and other seafood selections, along with cold beer, warm apple cider, and more will also be offered. Phillips Wharf Environmental Center's Fishmobile will offer the opportunity to see live sturgeon, diamondback terrapins, horseshoe crabs, and other native creatures. Extra fees for boat rides. **Fee includes transportation, and admission. Meals and boat rides will be on your own!**

FRANK LLOYD WRIGHT'S FALLINGWATER & KENTUCK KNOB, PA

Trip number: 34644

Saturday, November 4, 2017

Fee: \$104

Leave: 6:30 AM, Return: 7:30 PM



Enjoy a day exploring 'Fallingwater' the home designed by Frank Lloyd Wright, America's most famous architect. Wright designed the house for his clients, the Kaufmann family. Fallingwater was built between 1936 and 1939. It

instantly became famous, and today it is a National Historic Landmark. It's a house that doesn't even appear to stand on solid ground, but instead stretches out over a 30 foot waterfall. It captured everyone's imagination when it was on the cover of Time magazine in 1938. We will also tour Kentucky Knob Designed on a hexagonal module, Kentucky Knob is a small, one story Usonian house. Usonian, meaning affordable for the average american, was a signature design by Wright. Both dramatic and serene, the house, situated just below the crest of the hill, appears almost part of the mountain itself and stands 2,050 feet above sea level. **Fee includes transportation, tour admissions of the homes and their surrounding grounds. Meals are on your own! Please note: there are over 100 steps in the home on six levels.**

MUSEUM OF THE BIBLE & AMAZING GRACE THE MUSICAL

Trip number: 34645

Saturday, November 18, 2017

Fee: \$115

Leave: 9:00 AM, Return: 6:00 PM

The Museum of the Bible, in Washington, D.C. is housed in a 430,000-square-foot building two blocks from the National Mall and three blocks from the Nation's Capital, and will open in the fall of 2017. The museum provides guests with an



immersive and personalized experience using cutting-edge technology to explore the history, narrative, and impact of the Bible. With three permanent sections and space for temporary exhibits, there will always be something new to discover. We will have time before the show to explore the museum and enjoy lunch on the premise. Guests can enjoy food at the museum's restaurant or take a stroll through the rooftop biblical garden. Menus to be determined. We will then experience the show in a 500-seat performance theater that will utilize digital mapping technology to enhance the audience experience. Broadway's *Amazing Grace* is an original musical based on the true story behind the world's most beloved song. A captivating tale of romance, rebellion and redemption, this follows one man whose incredible journey ignited a historic wave of change. **Fee includes transportation, museum entrance and show admission! Meals are on your own on site!**

Countywide Programs 240.777.6870

34TH MARYLAND CHRISTMAS SHOW, FREDERICK, MD

Trip number: 34647

Sunday, November 19, 2017

Fee: \$53

Leave: 9:00 AM, Return: 4:00 PM



Nothing brings back the yuletide spirit quite like the Maryland Christmas Show. For the 34th season visitors will discover the joys of shopping at Maryland's premier Christmas event. Located in historic Frederick City, the show brings

together many fine artisans and merchants. You'll enjoy the works of top artists and craftsmen offering fine art, pottery, furniture, jewelry, clothing, wreaths and garlands, toys and Christmas ornaments. The Maryland Christmas Show makes shopping fun for everyone from gram to grandchild. Wear comfortable shoes and warm clothing as you'll be moving between seven buildings and the Christmas big top tent. Join us as we celebrate the holiday season. **Fee is for transportation and admission! Meals are on your own!**

PEDDLER'S VILLAGE CHRISTMAS CELEBRATION & SHOPS, PA

Trip number: 34648

Saturday, December 2, 2017

Fee: \$63

Leave: 9:30 AM, Return: 8:30 PM

Experience all the shops, restaurants & outlets as well as a Celebration of the holidays at the annual Peddler's Village Christmas Festival. Catch the Santa Parade through the entire Village. Visit the Annual Gingerbread House Competition and Display in the Village Gazebo. By evening, one million twinkling lights will transform the Village into a winter wonderland. The Village is beautifully decorated, Victorian-style, with fruit wreaths and greenery, and there is lots of live entertainment. We will stay to experience the illuminated village!! **Fee is for transportation. Meals are on your own!**





LION KING AT THE HIPPODROME, BALTIMORE, MD

Trip number: 34649

Sunday, December 3, 2017

Fee: \$154

Leave: 10:45 AM, Return: 4:45 PM



Lion King at the Hippodrome Theatre in Baltimore. Experience the phenomenon.

The most eagerly awaited stage production ever will leap onto the stage. Visually stunning, technically astounding and with a musical score like none other you've ever heard. Giraffes

strut, birds swoop, gazelles leap. The Savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist. See the Tony Award-winning Broadway sensation that Newsweek calls "a landmark event in entertainment." The New York Times says, "There is simply nothing else like it." Marvel at the breathtaking spectacle of animals brought to life by a cast of more than 40 actors. Wonder at the inspiration of award-winning director Julie Taymor, who created visual images for this show that you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar-winning song "Can You Feel the Love Tonight" and "Circle of Life." Before the show enjoy lunch or snack at the Hipp Café on the premise. **Fee is for transportation, and show admission. Meals are on your own.**

ROCKETTES CHRISTMAS SPECTACULAR, NY

Trip number: 31940

Saturday, December 9

Fee: \$210

Leave 7:00 AM, Return 11:00 PM

Every year, the Rockettes push themselves further to put on a show that's more dynamic, more challenging and more magical than the last. Take in cherished moments and create new memories - generations of families have made



this show a holiday tradition. Since 1933, the Christmas Spectacular has played at the famed Radio City Music Hall and still features beloved fan-favorite numbers, including Parade of the Wooden Soldiers and the Living Nativity, which have both been in the show since its inception. Take a thrilling 3-D ride through the skies of New York with Santa, and be whisked up to the North Pole, as state-of-the-art technology transforms Radio City Music Hall into a magical, immersive wonderland. There is no better place to be during the holidays. **Fee includes transportation and show admission. Meals are on your own.**

MIRACLE OF CHRISTMAS, SIGHT & SOUND THEATRE, PA

Trip number: 34650

Saturday, December 16, 2017

Fee: \$139

Leave: 8:00 AM, Return: 7:30 PM



We will begin our Lancaster County Holiday celebration by visiting Kitchen Kettle Village, an outdoor shopping village filled with homemade Lancaster County food and great products! We will then enjoy a delicious buffet lunch at Millers Smorgasbord Restaurant &

Shops. Afterwards, we will proceed to *Miracle of Christmas* at Sight & Sound's Millennium Theatre. Christmas memories jump to life through a brand-new sensory experience at the Theatre. Taste and smell special holiday treats and interact with characters and animals from the Nativity story. The Theatre will be grandly decorated with lights, greenery, Nativity scenes and a spectacular thirty-foot Christmas tree. All of the holiday finery is only a prelude to the thrilling story of Christmas - Jesus the Messiah coming to earth in human form. *Miracle of Christmas* is the touching story of kings, angels and a simple, faithful couple used by God. **Fee includes transportation, buffet lunch and show.**

MRS. K'S TOLL HOUSE LUNCHEON & ZOO LIGHTS, D.C.

Trip number: 34641

Friday, December 22, 2017

Fee: \$79

Leave: 1:15 PM, Return: 9:15 PM

Mrs. K's Toll House Restaurant is situated in what was the last operating tollhouse in Montgomery County. Since that time, Mrs. K's has become one of the most well-known restaurants in Silver Spring. Mrs. K had a passion for antiques, as



evidenced by the fine items displayed throughout the house and has one of the finest collections of Lutz glass in existence. We will enjoy a buffet lunch in one of the private areas and then travel to The Smithsonian's National Zoo. Join thousands of visitors who make ZooLights an annual holiday tradition. More than 500,000 environmentally-friendly LED lights transform the Zoo into a winter wonderland complete with a dazzling light show set to music! You can warm up inside the animal houses and enjoy nocturnal animals. The Small Mammal House, Reptile Discovery Center, and Think Tank are open every night. Enjoy live music performances, winter themed crafts, ice sculpting demonstrations, choral groups, storytellers and plenty of opportunities for holiday shopping. Zoo concessions will serve their complete menus. **Fee is for buffet lunch and transportation.**



Celebrate with Recreation

Thrilled about your upcoming Quinceañera?

Montgomery County Recreation's Community Recreation Centers are the perfect venue for hosting your Quinceañera.

Have an awesome party and make memories that will last a lifetime with Montgomery County Recreation. Our Community Recreation Centers are nearby, convenient, and best of all, surprisingly affordable. If you live in Montgomery County, there is a Community Recreation Center near you.

**Get started by visiting
montgomerycountymd.gov/rec
or call 240.777.4980.**



Será un placer celebrar con usted

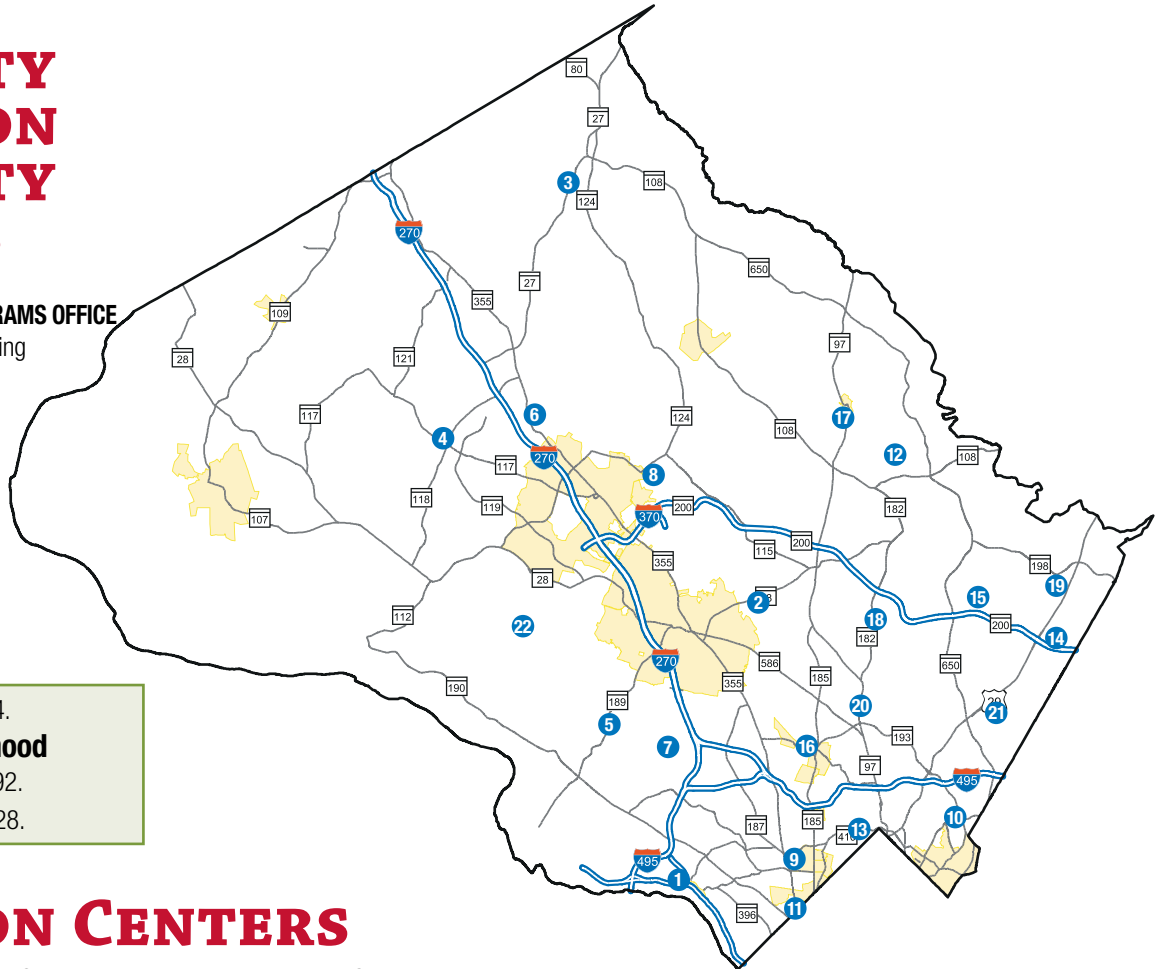


COMMUNITY RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS OFFICE
2004 Queensguard Road, Silver Spring
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Community Recreation and Neighborhood Recreation Centers

Aquatic Centers: See page 14.
Senior & Senior Neighborhood Centers: Starting on page 92.
Facility Address: See page 128.



RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

- 1 Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring

- 11 Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy CRC** 240-777-8050
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
- 16 Ken Gar Center**
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** **Closed for Renovations**
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** 240-773-4800
13850 Travilah Road, Rockville

PROGRAM LOCATIONS

Arcola ES

Ballet	46
Kidz Dance	69

Avant Garde Ballroom Dance Center

Bachata I	48
Beginner Social Dance	49
Hip Hop For Youth	47
Juniors I Ballroom Dance	47
Salsa Club Dancing	49
Wedding Ready	50

Bauer Drive CRC

55+ Bone Builders	103
Acrylic Painting Techniques	42
ACT The Workout	56
Badminton Advanced	81
Badminton Beginner/ Advanced Beginner	81
Badminton Intermediate	81
Coach Doug Pre Wee Wanna Be	72
Coach Doug Wee Wanna Be	72
Community Basic First Aid and CPR_AED	58
Draw and Clay	41
Dynaerobics	56
Dynaerobics AND Body Sculpting	61
Dynaerobics Body Sculpting	61
Funfit Tots 11mons to 2yr	74
Funfit Tots Family Class	74
Gentle Yoga	64
HoopIt Fit!	57
Hummingbirds Soccer	73,83
It's a Stitch	43
Jazzmatazz Low-Impact Aerobics	55
Karate Clinics Winter Break	76
Karate/Jujitsu	68
Karate/Jujitsu Adult	68
Kelley's Complete Fitness Workout	57
Kids Sew and Tell	41
Learn Now Music: HeroeZ of Guitar	50
Learn Now Music: KeyZ to Piano	51
Learn Now Music: Little Fingers Piano	71
Learn Now Music: My First Music Class	71
Mama Goose on the Loose	74
Men's Sunday Basketball League	89
Petite Soccer	73

Petite Soccer Parent and Child	73
Pilates for Fitness by Fit 2 Believe	60
Power Drumming - Rock Out	108
Preschool Spanish	75
Spanish Toddlers	75
Tai Chi, Beginning	62
Tai Chi, Continuing	62
TR BIG Game Nights	110
TR Yoga Basic	108
Using Meditation to Deal w/Holiday Stress	59
Women's 18+ Drop-In Basketball	89
Yoga Basics	65
YoginiFit	66
Young Rembrandts: Back to School Cartoon Drawing	42
Zumba Fitness	55

Bells Mill ES

Bricks4Kidz: Energy is Everywhere	77
Bricks4Kidz: Jurassic Brick Land	77

Bethesda ES

Ballroom I (Couples)	48
Ballroom II (Couples)	48
Karate/Jujitsu	68
Karate/Jujitsu Adult	68

Bethesda-Chevy Chase HS

The Ultimate Boxing Boot Camp for Youth and Adults	61
---	----

Cabin John MS

Train Like a Pro Basketball	83
-----------------------------------	----

Cabin John Regional Park

Hummingbirds Soccer	73,83
---------------------------	-------

Capital View-Homewood Local Park

Rookie League	83
T-Birds T-Ball	73

Clara Barton NRC

55+ Bone Builders	67
Definition Body Sculpting	61
Definition Zumba	54
Karate/Jujitsu	68

Clemente, Roberto MS

Fencing with Mohebban Beginner I	81
Fencing with Mohebban Beginner II	82
Fencing with Mohebban Intermediate	82

Commotion Fitness Studio

Kickboxing	61
Slow Motion Resistance Training	57
Small Group Weight Loss Program	57
VF Dance Theater Teen Dance Team	47
VF Dance Theater Youth Dance Team	47
YogaFit	64

Damascus CRC

55+ Bone Builders	103
Cardio 'n Core	108
Club Adventure	5
Jacki Sorensen's Aerobic Workout	55
Karate/Jujitsu	68
Karate/Jujitsu Adult	68
Learn through Music and Movement	70
Libra Dance Class	70
Mommy and Me Music	71
Parent and Tot Seasonal Sports	73

Dobre Gymnastics

Gymnastics - Pre School	72
Gymnastics - Preschool and One Parent	73
Gymnastics For Girls and Boys	82

DuFief ES

Karate/Jujitsu	68
Karate/Jujitsu Adult	68

East County CRC

Cheer Aerobics	108
Club Adventure - East County	5
Yoga Basics	65

Eastern Middle School

Classic Vovinam Martial Arts - Advanced	67
Classic Vovinam Martial Arts - Beginners	67



PROGRAM LOCATIONS

Farquhar, William H. MS

Train Like a Pro Basketball	83
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Flower Valley ES

Hoop Stars	83
Little Hoop Stars	73

Frost, Robert MS

Fencing with Mohebban Beginner I	xx
Fencing with Mohebban Beginner II	xx
Fencing With Mohebban Intermediate.....	xx

Garrett Park ES

Abakadoodle: Drawsters - Sketcher Kids	xx
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Germantown CRC

55+ Bone Builders	103
Ballet	46
Category 4 Fitness Boot Camp	60
Coach Doug Pre Wee Wanna Be.....	72
Coach Doug Seasonal Sports	72
Coach Doug Soccer.....	xx
Coach Doug Wee Wanna Be	xx
Community Basic First Aid and CPR_AED.....	xx
Dance Fit Zumba.....	xx
Draw and Clay.....	xx
Funfit Tots 11mons to 2yr.....	xx
Funfit Tots Family Class.....	xx
Hip Hop for Kids.....	xx
Hippo Hoppo	xx
Hummingbirds Soccer	73,83
Karate/Jujitsu.....	xx
Karate/Jujitsu Adults	xx
Kidz Dance	xx
Kinderstunde	xx
Learning Art from the Masters.....	xx
Little Royals Ballet	xx
Mommy and Me Music	xx
Moving with Mike.....	xx
Young Rembrandts: Cartoon Drawing	xx
Young Rembrandts: PreSchool Drawing	xx

Germantown Indoor Swim Center

Adult Level 1.....	37
Adult Level 2.....	38
Adult Level 3.....	38

Adult Level 4.....	39
Aquatots	28
Beginner 1	30
Beginner 2	31
Beginner 3	33
Beginner 4	34
Deep Water Running	16
Diving National Team.....	17
High School Diving.....	18
Level 1: Human Springs	18
Level 2: Human Springs	18
Lifeguard Instructor Course.....	24
Lifeguard Training	21
Masters Swimming	19
Montgomery Stroke & Turn Clinic	20
Pre-School	29
RMSC	20
SCUBA.....	19
SwiMontgomery	20
TR Adult Social Swim	108
Water Aerobics.....	16
Water Exercise	16
Waterbabies	28
Youth Level 1	34
Youth Level 2	35
Youth Level 3	35
Youth Level 4	36
Youth Level 5	36
Youth Level 6	37
Water Exercise - Adapted	17

Glenallen ES

Karate/Jujitsu.....	68
Karate/Jujitsu Adult	68
Young Rembrandts: Cartoon Drawing	42

Glenmont Local Park

Kelley's Complete Fitness Workout ...	57
Stretch 'N Tone	108

Goshen ES

Learn Now Music: Heroez of Guitar	50
--	----

Gwendolyn Coffield CRC

55+ Bone Builders	103
Abakadoodle: Twoosy Doodlers.....	69
Ballet	46
Ballroom III (Couples).....	48
Club Adventure.....	5
Essential Yoga For Beginner.....	63
Kidz Dance	69

Holiday Park Senior Center

ACT The Workout	56
Adult Group Piano I	51
Adult Group Piano II	51
Adult Group Piano III	51
Adult Group Piano IV	51
Ballroom I (Couples)	48
Ballroom II (Couples)	48
Ballroom IV (Couples).....	48
Brain Benders	109
Card & Paper Crafting with Mixed Media	43
Dance & Fitness Add a Class.....	54
It's a Stitch	43
Jazzmatazz Aerobics W/Pilates Mat	55
Karate for Individuals with Disabilities	109
Karate/Jujitsu Club.....	68
Karate/Jujitsu Club 2.....	68
Santa's Holiday Workshop	111
TR Programs Expo.....	111
TR Zumba	108
Turn the Beat Around	109
Urban Line Dance	49

Imagination Stage Dance Studio

Slow Motion Resistance Training.....	57
Total Body Sculpt	61
YogaFit	64

Jane E. Lawton CRC

55+ Bone Builders	103
Ballet and Dance Series I	46
Ballet and Dance Series II	46
Bone Builders - Plus.....	60
Dance & Fitness.....	54
Easy Yoga	63
Family Improv.....	77
Hatha Yoga and Stress Management Beg/Con.....	64
International Folk Dancing	49
It's a Stitch	43
Latin Dances (Couples)	49
Men's Sunday Basketball League	89
Men's Wednesday Basketball League	89
Oil or Acrylic Painting - Your Choice!	44
Parent and Tot Seasonal Sports.....	73
Pilates for Fitness by Fit 2 Believe	60
Swing (couples)	49

PROGRAM LOCATIONS

Jones Lane ES

Hoop Stars	83
Little Hoop Stars	73

Kennedy Shriver Aquatic Center

Abs & Glutes & More.....	15
Adapted Aquatics Lesson - Level 1	17
Adapted Aquatics Lesson - Volunteer Assisted	17
Adult Level 1.....	37
Adult Level 2.....	38
Adult Level 3.....	38
Adult Level 4.....	39
Adult Level 5.....	39
Adult Swim for Conditioning 1	39
Adult Swim for Conditioning 2	39
Aqua Cardio Dance.....	15
Aqua Lite	15
Aquatots	28
Beginner 1	30
Beginner 2	31
Beginner 3	33
Beginner 4	34
Deep Water Running	16
Diving National Team.....	17
Hi/Lo Cardio Fusion	16
High School Diving.....	18
Level 1: Human Springs	18
Level 2: Human Springs	18
Level 3: Human Springs	18
Lifeguard Training	22
Montgomery Stroke & Turn Clinic	20
Masters Diving.....	18
Masters Swimming	19
Pre-School	29
RMSC	20
SwiMontgomery	20
TR Adult Social Swim	108
USAD Developmental Group	19
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies	28
Youth Level 1	34
Youth Level 2	35
Youth Level 3	35
Youth Level 4	36
Youth Level 5	36
Youth Level 6	37

Kensington Parkwood ES

Hoop Stars	83
Iaido.....	67

Karate and Iaido	68
Karate Do and Iaido Beginners	68
Little Hoop Stars	73
Montgomery County Basketball Clinic.....	83
Qi Gong & Meditation	62
Tai Chi, Part I.....	62

Komodo USA - Gaithersburg

Komodo Abacus Mental Math.....	79
Komodo Advanced Grade Level Math.....	79

Komodo USA - Germantown

Komodo Abacus Mental Math.....	79
Komodo Advanced Grade Level Math.....	79
Komodo Language Arts and Creative Writing.....	79

Kritt Studio

Beginning Painting With Kritt	43
Draw in a Day with Kritt Workshop ...	43
Drawing Animals with Kritt.....	44
Painting Autumn with Kritt.....	44

Layhill Village Local Park

Rookie League	83
T-Birds T-Ball	73

Long Branch CRC

Club Adventure.....	5
Jazzmatazz Pre Ballet.....	46
Jazzmatazz Preschool Dance	70

Longwood CRC

55+ Bone Builders	103
Adventures in Art	41
Art Studio	41
Cheerleading	81
Karate/Jujitsu.....	68
Kelley's Complete Fitness Workout ...	57
Learn Now Music: The Violinist Within.....	50

Luxmanor ES

Abakadoodle: Drawsters - Sketcher Kids	41
Ballet Workout.....	60

Marilyn J. Praisner CRC

55+ Bone Builders	103
ACT The Workout	56
Club Adventure.....	5
Dance Fit Zumba.....	54

Karate/Jujitsu.....	68
Karate/Jujitsu Adult	68
The Ultimate Boxing Boot Camp for Youth and Adults	61
Yoga Basics	65

Martin Luther King Jr. Swim Center

AAU Developmental Group	17
AAU National team.....	17
Abs & Glutes & More.....	15
Adult Level 1.....	37
Adult Level 2.....	38
Adult Level 3.....	38
Adult Level 4.....	39
Aqua Cardio Challenge	15
Aqua Cardio Dance	15
Aqua Lite	15
Aqua YO-Lates	15
Aquatots	28
Beginner 1	30
Beginner 2	32
Beginner 3	33
Beginner 4	34
Deep Water Running	16
Level 1: Human Springs	18
Lifeguard Training	23
Lifeguard Training - Accelerated	25
Lifeguard Training Review.....	25
Masters Swimming	19
Montgomery Stroke & Turn Clinic	20
Pre-School	29
RMSC	20
SCUBA.....	19
Springs Diving Team - Homeschool Edition	19
SwiMontgomery	20
TR Adult Social Swim	108
TR Youth and Teens Social Swim.....	108
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies	28
Youth Level 1	34
Youth Level 2	35
Youth Level 3	35
Youth Level 4	36
Youth Level 5	36
Youth Level 6	37
Water Exercise - Adapted	17



PROGRAM LOCATIONS

Mid County CRC

55+ Bone Builders	103
Basic Yoga for Men	63
Club Adventure.....	5
Dance & Fitness.....	54
Karate/Jujitsu.....	68
Karate/Jujitsu Adults	68
Learn Now Music: The Violinist Within.....	50
Mama Goose on the Loose.....	74
Music Together.....	71
TR Yoga Basics.....	108
Yoga Basics	65
Zumba Fitness	55

North Potomac CRC

55+ Bone Builders	103
Abrakadoodle: Twoosy Doodlers.....	69
Act It Out! School Break Camp	77
Ballet	46
Ballet for Adults.....	48
Calligraphy Art	42
Club Adventure.....	5
Dance Fit Zumba.....	54
Doonya The Bollywood Workout.....	54
Draw and Clay.....	41
Fairy Tale Ballet	69
Family Improv.....	77
Family Yoga.....	63
Functional Fitness for All Abilities ...	108
Gentle Therapeutic Yoga	63
Gourmet Night Out: Healthy, Decadent Salmon Dinner.....	52
Handbuilt Pottery	107
Handcrafted Pottery	45
Handcrafted Pottery Open Studio	45
Hippo Hoppo	70
Indian Tandoori Cooking.....	52
Inter-Generational Pottery	45
Interior Design Magic	42
Kidz Dance	69
Learn Now Music: Little Fingers Piano.....	71
Learn Now Music: My First Music Class.....	71
Learn through Music and Movement.....	70
Libra Dance Class.....	70
LiLBollywood	70
Meditation for Beginners	59
Parent and Tot Seasonal Sports	73
Poultry Perfection.....	52

Skills Dinner: French Lamb and Vegetable Soup.....	53
The Art of Penmanship.....	43
Tiny Tot Yogis and Parent Yoga	75
Yoga ball Therapy Workshop	65
YoginiFit	66
Young Rembrandts: Back to School Cartoon Drawing	42
Young Rembrandts: PreSchool Drawing	69
Youth Ballet	46

Norbeck-Muncaster Mill Neighborhood Park

Tai Chi, Beginning	62
Tai Chi, Continuing.....	62

North Bethesda MS

Jr Lego Mechanics and Engineering ..	79
Jr Minecraft Modding.....	79
Lego Mechanics and Engineering.....	80
Minecraft Modding.....	80

Norwood Local Park

Exploring Music and Piano Level I	50
Solfège - Music Theory level 2	51
Solfège - Music Theory level 3	51
Solfège - Music Theory level 4.....	51
Solfège - Music Theory level 5.....	51

Oakland Terrace ES

Coach Doug Seasonal Sports	72
Coach Doug Soccer	72
Coach Doug Wee Wanna Be.....	72

Olney Swim Center

Adult Level 1.....	37
Adult Level 2.....	38
Adult Level 3.....	38
Adult Level 4.....	39
Aqua Cardio Dance	15
Aqua Lite	15
Aquatots	28
Beginner 1	31
Beginner 2	32
Beginner 3	33
Beginner 4	34
Deep Water Running	16
Level 1: Human Springs	18
Level 2: Human Springs	18
Lifeguard Training	24
Masters Swimming	19
Montgomery Stroke & Turn Clinic	20

Pre-School	29
RMSC	20
SCUBA.....	19
SwiMontgomery	20
TR Adult Social Swim	108
Water Aerobics.....	16
Water Exercise.....	16
Waterbabies	28
Youth Level 1	34
Youth Level 2	35
Youth Level 3	35
Youth Level 4	36
Youth Level 5	36
Youth Level 6	37
Zumba	56

Parkland MS

Fencing with Mohebban Beginner I	81
Fencing with Mohebban Beginner II	82
Fencing with Mohebban Intermediate.....	82

Pilgrim Hills Local Park

Movin' with Millie' Aerobics.....	57
-----------------------------------	----

Plum Gar NRC

55+ Bone Builders	103
Classic Vovinam Martial Arts - Adults	66
Club Adventure.....	5
Kaleidoscope Art	107

Poolesville ES

Bricks4Kidz: Energy Is Everywhere	77
Bricks4Kidz: Jurassic Brick Land.....	77

Potomac CRC

ACT The Workout	56
"American Girl" Fashion Design.....	77
55+ Bone Builders	103
Abrakadoodle: Twoosy Doodlers.....	69
Advanced Right Brained Drawing	42
Ballet for Adults.....	48
Bollywood Dance Fitness.....	50
Bollywood Kids	47
Bone Builders - Plus.....	60
Breakdancing 4 Kids.....	46
Coach Doug Club Holiday	76
Coach Doug Club Holiday Half Day	76
Coach Doug Club Holiday PM.....	76
Coach Doug Pre Wee Wanna Be.....	72

PROGRAM LOCATIONS

Coach Doug Seasonal Sports	72
Coach Doug Soccer	72
Coach Doug We Wanna Be	72
Create-Your-Own Looks Fashion Design	77
Dance & Fitness	54
Discovering Music for Toddlers	71
Funfit Tots 11mons to 2yr	74
Funfit Tots Family Class	74
Gemology I Introductory	78
Gemology II Advanced	78
Hippo Hoppo	70
Introduction to Mindfulness Meditation	59
Introduction to Persian Calligraphy	44
Jacki Sorensen's Aerobic Dance	55
Jacki Sorensen's Strong Step	57
Karate/Jujitsu	68
Karate/Jujitsu Adult	68
Laughter Fitness	58
LiLBollywood	70
Right Brained Drawing	43
Spanish Toddlers	75
Using Mindfulness to Increase Happiness	59
Vini Yoga Intermediate	64
Vinyasa Yoga	64

Quince Orchard Valley Neighborhood Park

Play Around the World Kids	42
Play Around the World Tots	74
Rookie League	83
T-Birds T-Ball	73

Resnik, Judith A. ES

Karate/Jujitsu	68
----------------------	----

Restore Motion

Bone Up on Bones	58
Postpartum Strong Workshop	58
Your Pelvic Floor-Keeping it Healthy	58

Rock View ES

Dance & Fitness	54
-----------------------	----

Rolling Terrace ES

Karate/Jujitsu	68
Karate/Jujitsu Adult	68

Ross Boddy CRC

Aikido	66
--------------	----

Ballet for Adults	48
Gourmet Night Out: Classic Steak House Dinner	52
Handcrafted Pottery	45
Handcrafted Pottery Open Studio	45
Knife Skills: Fruits, Vegetables, and Herbs	52
Skills Dinner: Chicken Pot Pie	53
Skills Dinner: Vegetarian French	53
Yoga for Everybody	65

Scotland NRC

55+ Bone Builders	103
-------------------------	-----

Sligo Creek ES

Handcrafted Pottery Open Studio	45
Pottery at Sligo	45

South Germantown Recreational Park

Miracle League	109
----------------------	-----

Stedwick ES

Karate/Jujitsu	68
Karate/Jujitsu Adult	68

Tilden MS

Funfit Tots 11mons to 2yr	74
Funfit Tots Family Class	74
Judo	67

Upper County CRC

Club Adventure	5
Draw and Clay	41
Lifeguard Training - Accelerated	25
Karate/Jujitsu	68
Karate/Jujitsu Adult	68
TR Zumba	108
Young Rembrandts: PreSchool Drawing	69

Veirs Mill Local Park

Dance & Fitness	54
Discovering Music for Toddlers	71

Wheaton/Glenmont Outdoor Pool

Pooch Pool Party	4
------------------------	---

White Oak CRC

55+ Bone Builders	103
Club Adventure	5
Counter Punching Parkinson's	109
Glam Diva Hair	77
Glam Diva Makeup	77
Handbuilt Pottery	107
Handcrafted Pottery	45
Handcrafted Pottery Open Studio	45
Hippo Hoppo	70
Kid's Kitchen: Food, Fitness, Fun!	52
Pilates for Fitness by Fit to Believe	60
Step-n-Sweat Zumba	55
The Ultimate Boxing Boot Camp for Youth and Adults	61
TR Yoga Basic	108

Wisconsin Place CRC

55+ Bone Builders	103
Ballet Workout	60
Discovering Music for Toddlers	71
Evening Yoga	63
Fashion Earrings & Necklaces	44
Funfit Tots 11mons to 2yr	74
Funfit Tots Family Class	74
Kid's Kitchen: Food, Fitness, Fun!	52
Preschool Spanish	75
Qi Gong & Meditation	62
Spanish Toddlers	75
Tai Chi, Part I	62
Tai Chi, Part II	62
Vintage Vogue Jewelry	44
Yoga at 50	64

Wood, Earle B. MS

3D Character Modeling and Sculpting	78
Game Design and Production	78
Jr Game Design and Production	78
Visual Programming with Scratch	80

Yoga Plus - Bethesda

Yoga for Mobility & Strength	66
------------------------------------	----

Yoga Plus - Potomac

Massage Ball Workshop	64
Yoga for Mobility & Strength	65



FACILITY ADDRESSES

Elementary Schools

Arcola ES	1820 Franwall AVE, Silver Spring, 20902
Bells Mill ES	8225 Bells Mill RD, Potomac 20854
Bethesda ES	5011 Moorland LN, Bethesda, 20814
DuFief ES	15001 DuFief DR, Gaithersburg, 20878
Flower Valley ES	4615 Sunflower DR, Rockville, 20853
Garrett Park ES	4810 Oxford ST, Kensington, 20895
Glenallan ES	12520 Heurich RD, Silver Spring, 20902
Goshen ES	8701 Warfield RD, Gaithersburg, 20882
Jones Lane ES	15110 Jones LN, Darnestown, 20878
Kensington-Parkwood ES	710 Saul RD, Kensington, 20895
Luxmanor ES	6201 Tilden LN, Rockville, 20852
Oakland Terrace ES	2720 Plyers Mill RD, Silver Spring, 20902
Poolesville ES	19565 Fisher AVE, Poolesville, 20837
Resnik, Judith A. ES	7301 Hadley Farms DR, Gaithersburg, 20879
Rock View ES	3901 Denfeld AVE, Kensington, 20895
Rolling Terrace ES	705 Bayfield ST, Takoma Park, 20912
Sligo Creek ES	500 Schuyler RD, Silver Spring, 20910
Stedwick ES	10631 Stedwick RD, Montgomery Village, 20886

Recreation Facilities

Bauer Drive CRC	14625 Bauer DR, Rockville, 20853
Clara Barton NRC	7425 MacArthur BLVD, Cabin John, 20818
Damascus CRC	25520 Oak DR, Damascus, 20872
Damascus SC	19300 Georgia AVE, Brookeville, 20833
Dobre Gymnastics	9168 Gaither RD, Gaithersburg, 20877
East County CRC	3310 Gateshead Manor WAY, Silver Spring, 20904
Germantown CRC	18905 Kingsview DR, Germantown, 20874
Germantown ISC	18000 Central Park CIR, Boyds, 20841
Gwendolyn Coffield CRC	2450 Lyttonsville RD, Silver Spring, 20910
Holiday Park Senior Center ...	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CRC	4301 Willow LN, Chevy Chase, 20815
Kennedy Shriver AC	5900 Executive BLVD, N. Bethesda, 20814
Long Branch CRC	8700 Piney Branch RD, Silver Spring, 20901
Longwood CRC	19300 Georgia AVE, Brookeville, 20833
Marilyn J. Praisner CRC	14906 Old Columbia PKY, Burtonsville, 20866
MLK Swim Center	1201 Jackson RD, Silver Spring, 20904
MCR Offices	4010 Randolph RD, Silver Spring, 20902
Mid County CRC	2004 Queensguard RD, Silver Spring, 20906
North Potomac CRC	13850 Travilah RD, Rockville, 20850
Olney Swim Center	16601 Georgia AVE, Olney, 20832
Plum Gar CRC	19561 Scenery DR, Germantown, 20874
Potomac CRC	11315 Falls RD, Potomac, 20854
Ross Boddy CRC	8529 Brooke RD, Sandy Spring, 20860
Scotland CRC	7700 Scotland DR, Potomac, 20854
Upper County CRC	8201 Emory Grove RD, Gaithersburg, 20877
Wheaton NRC	11711 Georgia AVE, Wheaton, 20902
Wheaton/Glenmont OP	12621 Dalewood DR, Wheaton, 20906
White Oak CRC	1700 April LN, Silver Spring, 20904
Wisconsin Place CRC	5311 Friendship BLVD, Chevy Chase, 20815

Middle Schools

Cabin John MS	10701 Gainsborough Rd, Potomac, MD 20854
Clemente MS	18808 Waring Station RD, Germantown, 20874
Eastern MS	300 University BLVD, Silver Spring, 20901
Farquhar, William H. MS	17017 Batchellors Forest Rd, Olney, MD 20832
Frost, Robert MS	9201 Scott DR, Rockville, 20850
North Bethesda MS	8935 Bradmoor Dr, Bethesda, MD 20817
Parkland MS	4610 W Frankfort DR, Rockville, 20853
Tilden MS	11211 Old Georgetown RD, Rockville, 20852
Wood, Earl B. MS	14615 Bauer DR, Rockville, 20853

High Schools

Bethesda-Chevy Chase HS	4301 Eastwest HWY, Bethesda, 20814
Johnson, Walter HS	6400 Rock Spring Dr, Bethesda, MD 20814

Parks

Cabin John RP	7400 Tuckerman LN, Rockville, 20852
Capitol-View Homewood LP	2929 Edgewood RD, Kensington, 20895
Glenmont LP	1615 E Randolph RD, Colesville, 20904
Layhill Village LP	1920 Queensguard RD, Aspen Hill, 20906
Norbeck-Muncaster Mill NP	4101 Muncaster Mill RD, Norbeck, 20853
Norwood LP	4700 Norwood DR, Chevy Chase, 20815
Pilgrim Hills LP	1615 E Randolph RD, Colesville, 20904
Quince Orchard Valley NP	12015 Suffolk TER, Gaithersburg, 20878
South Germantown RP	18041 Central Park CIR, Boyds, 20841
Veirs Mill LP	4425 Garrett Park RD, Wheaton, 20906

Other Facilities

Avant Garde	15268 M Nicholson LN, N. Bethesda, 20895
Commotion Fitness Studio	13097 Wisteria Dr, Germantown, 20874
Imagination Stage Dance Studio	4908 Auburn Ave, Bethesda, MD 20814
KOMODO USA Gaithersburg	402 Main ST # 200B, Gaithersburg, 20878
KOMODO USA Germantown	19727 Executive Park Cir, Germantown, 20874
Kritt Studio	14817 Brownstone DR, Burtonsville, 20866
Restore Motion	5410 Edson LN, #350, Rockville, 20850
Yoga Plus Bethesda	8200 Hamilton Springs CT, Bethesda, 20817
Yoga Plus Potomac	9908 S Glen RD, Potomac, 20854



MONTGOMERY PARKS • FALL 2017



Agricultural & Historical Programs

- 134 Agricultural History Farm Park Programs & Events

Nature & Horticultural Programs

- 138 Brookside Gardens Programs & Events
143 Black Hill Programs & Events
152 Brookside Nature Center Programs & Events
158 Locust Grove Nature Center Programs & Events
163 Maydale Nature Center
167 Meadowside Nature Center Programs & Events

Sports Programs

- 173 Ice Skating and Hockey @ Cabin John and Wheaton Ice
191 Golf & Archery @ South Germantown Driving Range
193 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis

More to Do in the Parks

- 136 Harvest Festival
146 Monarch Fiesta Day
151 Volunteer Opportunities in Montgomery Parks
156 S'mores Campfire Cook-off/A Forest Journey
162 Nocturnal Neighbors
181 Fall Public Ice Skating Session Information
189 School's Out Skate Days
190 2017 Maryland Emancipation Day Celebrations
200 Wheaton Sports Pavilion Open Field Programs

Information & Registration

- 130 Chair's Letter
132 Montgomery Parks Facility Directory
204 Registration Information for Parks & Recreation

inside back cover

ActiveMONTGOMERY Registration Form for Parks & Recreation

REGISTRATION OPENS

...Monday, **AUGUST 14** for
AG HISTORY FARM PARK
BROOKSIDE GARDENS
ALL NATURE CENTERS
S. GERMANTOWN DRIVING RANGE

...Wednesday, **AUGUST 30** for
ICE SKATING & HOCKEY AND
INDOOR TENNIS
FALL 1 Session

...Sunday, **OCTOBER 22** for
ICE SKATING & HOCKEY AND
INDOOR TENNIS
FALL 2 Session

*Registration for all sessions is open to
Montgomery County residents on first date
shown; next day, registration is open to all.*



From the Chair



MONTGOMERY COUNTY PLANNING BOARD
THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
OFFICE OF THE CHAIR

Fall 2017

Dear Fellow Park Fans:

One of my favorite things about fall is football. Great football requires great athletic fields. Did you know there are nearly 300 athletic fields in Montgomery Parks? These fields are open to the public – not just for football, but also for soccer, cricket, lacrosse, and more. You can find out more about our athletic fields, including information on permitting, on the Montgomery Parks' website.

Montgomery Parks has plenty of gorgeous foliage. Brookside Gardens and McCrillis Gardens have great fall plants and flowers. The annual Fall Chrysanthemum display at Brookside Gardens is a must-see. We also have a fantastic trail system that provides access to our amazing natural areas. Our web site has trail maps that show options in every part of our county, from the Paint Branch in the east to Blockhouse Point in the west.

Montgomery Parks hosts its signature Harvest Festival the first Saturday in October. The event features live animals, crafts and games, food, and nature-themed exhibits, among other activities. Other festivals in the parks this fall include the Pawpaw Festival at Meadowside Nature Center and Monarch Fiesta Day at Black Hill Visitor Center, and several others. The MoCo Epic mountain bike festival is also in October – it offers two days of fun on trails connecting almost a dozen county, state, and national parks to the starting point in South Germantown Recreational Park.

Park patrons can enjoy Halloween-themed programs and events such as the popular Halloween miniature trains at Cabin John Regional Park and Wheaton Regional Park (which also has a carousel decked out for Halloween).

Finally, as kids head back to school, there are a wide variety of after-school sports and activities -- everything from ice skating and tennis lessons to nature and gardening programs.

Have a happy and healthy fall season in the parks!

Casey Anderson
Chair, Montgomery County Planning Board and
Vice Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chair@mncppc.org



MONTGOMERY PARKS PARTNERS

DID YOU KNOW?

Montgomery Parks works with entities in the business and non-profit sectors to enhance parks and recreational facilities. These strategic partnerships provide a range of goods and services with benefits to the general public as well as to the Maryland-National Capital Park and Planning Commission.

Five of our partners offer equestrian services and programs:

Callithea Farm Special Park | (301) 495-2595

Great and Small Therapeutic Riding | (301) 349-0075 | GreatAndSmallRide.org

Meadowbrook Stables | (301) 589-9026 | MeadowbrookStables.org

Potomac Horse Center | (301) 208-0200 | PotomacHorse.com

Wheaton Riding Stables | (301) 622-2424 | WheatonParkStables.com

Enjoy scenic horseback riding with Montgomery Parks Partners!

MONTGOMERYPARKS.ORG



**PARKS
PARTNER**



MONTGOMERY PARKS Directory

Classes offered in **South Germantown Recreational Park**
See contact information under "Driving Range/Golf" with questions.

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

Visit www.HistoryinTheParks.org for more information and sites.

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-467-8273 • www.HistoryInTheParks.org

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-929-5989 • www.HistoryInTheParks.org

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860
301-929-5989 • www.HistoryInTheParks.org

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance

South Germantown Driving Range 
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com


Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat!

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.org or www.BrooksideGardens.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-528-6010 • SenecaLodge@MontgomeryParks.org
www.ParkEventCenters.org or www.LodgeatSeneca.org

Rockwood Manor
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510 • RockwoodManor@MontgomeryParks.org
www.ParkEventCenters.org or www.RockwoodManor.org

Woodlawn Manor
16501 Norwood Road, Sandy Spring, MD 20860
301-774-1900 • WoodlawnManor@MontgomeryParks.org
www.ParkEventCenters.org or www.WoodlawnManor.org

Brookside Gardens • Wheaton Regional Park 
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

*Golf courses are operated by the Montgomery County Revenue Authority. Visit www.MCGolf.com for information.

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.org

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallRide.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
240-498-2412 • www.EquestrianPark.org

*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.

ICE SKATING

Cabin John Ice Rink

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion

Wheaton Regional Park
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com
200' x 85' covered synthetic turf playing field;
rent for soccer, lacrosse, futsal, parties and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING, INLINE SKATING & BMX

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

OMSP is an unsupervised facility; admission is free. See web for details.

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: ActiveMONTGOMERY.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ActiveMONTGOMERY.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.


TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

CONTACT INFORMATION

- To report maintenance issues or problems in a park:
301-670-8080
- To reserve a picnic shelter or Park Activity building: **301-495-2525**
ActiveMONTGOMERY.org
- Athletic Field Rainout number:
301-765-8787
- Park Police: **301-949-3010**
- To volunteer in the Parks:
www.ParksVolunteers.org
- General Information:
301-495-2595
MontgomeryParks.org
- Accessibility Information:
301-495-2477 | 301-439-0579 TTY
ProgramAccess
MontgomeryParks.org
MontgomeryParks.org/access
- ActiveMONTGOMERY**
Info@ActiveMONTGOMERY.org
Call 301-495-2580 (10am-4:30pm)
for Parks, or 240-777-6840
(8:30am-4:30pm) for Rec
- For info about a specific park:
MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks!
Visit **MontgomeryParks Foundation.org**



CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.



AGRICULTURAL HISTORY FARM PARK

18400 Muncaster Road • Derwood, MD 20855 • 301-467-8273
Open Sunrise to Sunset • www.HistoryInTheParks.org

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

Historic Sewing Club

Join the Agricultural History Farm Park's resident seamstress and others interested in creating historic clothing for an evening of conversation, instruction, and creation! Bring along your current project to learn expert tips and tricks or share your knowledge and expertise with those who are new to the world of historic sewing. No registration required.

All Ages. FREE

Course #38937 • Wednesday, Sept. 13 • 7-9 pm

Course #38938 • Wednesday, Oct. 11 • 7-9 pm

Course #38940 • Wednesday, Nov. 8 • 7-9 pm

Little Farmers' Story Time

Your Little Farmer is invited to enjoy a story time at the farm that will make all the different aspects of the farm come to life! Meet the farmers, animals, and plants of the farm, join in a craft or activity connected to each week's featured story, and explore the historic farmstead with new friends!

Ages 3-5 yrs. Fee: \$10

Course #38853 • Tuesday, Sept. 5 • 10-11:30 am

Course #38854 • Tuesday, Sept. 19 • 10-11:30 am

Course #38855 • Tuesday, Oct. 3 • 10-11:30 am

Course #38856 • Tuesday, Oct. 17 • 10-11:30 am

Course #38857 • Tuesday, Oct. 31 • 10-11:30 am

Course #38858 • Tuesday, Nov. 14 • 10-11:30 am

Course #38859 • Tuesday, Nov. 28 • 10-11:30 am

Music on the Farm

Join us for our popular music series and experience the swinging hot sounds of pre-World War II jazz. Bring your family, friends, a picnic dinner, your dancing shoes and experience the fun of the Farm as the sun sets over the fields! Historic children's games, friendly farm animals, and s'mores around the campfire make this the perfect fall evening for everyone! No registration required.

All Ages. FREE

Course #38868 • Saturday, Nov. 18 • 5-8 pm

Sensory Sundays

Join us as the sun rises over the Agricultural History Farm Park for a gentle time of hands-on learning. Meet the Farm's animals, experience exhibits with lower lights and softer sounds, and explore tactile activities and crafts that will appeal to all kinds of curious minds. Please call Lisa Berray, Manager of Interpretation and Visitor Services for questions or more information at 301-467-8273. No registration required.

All Ages. FREE

Course #38863 • Sunday, Sept. 24 • 7-9 am

Course #38865 • Sunday, Oct. 29 • 7-9 am

Course #38866 • Sunday, Nov. 19 • 7-9 am

SEPTEMBER 2017

9/7 Homeschool Youth Interpreter Program

Class Meeting Dates: Thursdays, September 7, 2017-October 26, 2017 from 10AM-12PM, plus Saturday, October 7, 2017 from 9AM-5PM. An intensive, curriculum-based program for homeschooled youth with an interest in becoming more involved in history and historic interpretation. Participants will learn valuable research and public speaking skills through

expert-led activities; gain service and work experience through volunteering as a docent/living historian on the historic farmstead at the Agricultural History Farm Park; and complete an individual capstone project to add to the permanent research and/or material resources of the Farm Park. Program participation is gained through application. Please contact Manager of Interpretation and Visitor Services, Lisa Berray at Lisa.Berray@MontgomeryParks.org for more information about the program and application process.

Ages 12-17 yrs. Fee: \$325

Course #38862 • Thursday, Sept. 7 • 10 am-12 pm

OCTOBER 2017

10/7 2017 Harvest Fest

Come to the Agricultural History Farm Park to learn how Montgomery County's farms and communities worked together to support the war effort during World War I at this year's Harvest Festival. Interact with living historians in historic costumes; participate in hands-on farm skills activities such as candle dipping, tin-smithing, and making apple butter; paint pumpkins and build scarecrows; enjoy traditional music and dancing; experience farm equipment exhibitions and demonstrations; meet heritage farm animals; and partake of food, crafters, hayrides, and tours of the historic Magruder-Bussard Farmstead. \$15 per vehicle at the gate. No registration required.

All Ages. Fee: \$15

Course #38945 • Saturday, Oct. 7 • 11 am-4 pm

Workshop fee includes all supplies and instruction.

Ages 7-15 yrs. Fee: \$25

Course #38877 • Thursday, Nov. 2 • 10 am-12 pm

11/4 Victorian Macabre

Some call them creepy, some call them strange, but few can deny that our Victorian ancestors were fascinating—especially when it came to the spookier side of their traditions! Join us at the Agricultural History Farm Park to explore some of the spine-tingling traditions of the Victorian era, from the post-Civil War rise of the Spiritualist movement to the peculiar symbolism of Victorian funerary art. Take part in a Victorian wake, learn about the fascinating history and slight-of-hand science behind séances, and experience the art and trickery of “ghost” photography with the guidance of a professional wet plate photographer.

Ages 18 & up. Fee: \$20

Course #38896 • Saturday, Nov. 4 • 6-9 pm



NOVEMBER 2017

11/2 Homeschool Workshop: Painting the Autumn Farm

Discover late 19th and early 20th century artists who captured American farm landscapes and farm life with their work and learn why these are important windows into our past. Then, having seen examples of these paintings, you will explore the landscape of the Agricultural History Farm Park and create your own masterwork using the medium of your choice.

11/16 Homeschool Workshop: Preserving History

How did our ancestors preserve their food to last through the entire year? In this hands-on workshop, you will learn the historic techniques used to pickle, salt, and ferment foods to last well beyond the growing season! Make a preserved food to take with you along with information and recipes to get you preserving in your own home. Fee includes all workshop materials and instruction.

Ages 7-15 yrs. Fee: \$25

Course #38883 • Thursday, Nov. 16 • 10 am-12 pm

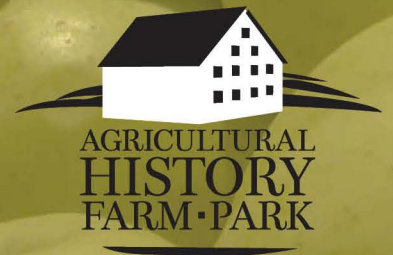


Great things are growing at the Agricultural History Farm Park!

18400 Muncaster Road, Derwood, MD 20855

NEW programs this fall will explore life on the farm.

- Historic farming demonstrations & workshops
- School field trips
- Homeschool programs
- Special events for families



Become a Volunteer

Montgomery Parks needs you to bring history to life! FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements.



HARVEST FESTIVAL

MONTGOMERY COUNTY FARMS DURING WORLD WAR I



**LIVE FARM
ANIMALS**

**SCARECROW
MAKING**

**CORN
MAZE**

**ARCHAEOLOGY
DIG**

**LIVING
HISTORY**

**HAY
RIDES**

**FARM
HOUSE TOURS**

**GARDEN
TOURS**

**ANTIQUE FARM
EQUIPMENT**

**CANDLE
MAKING**

SATURDAY, OCTOBER 7
11am-4pm

ADMISSION
\$15*
PER CAR

**CALL FOR BUS/VAN
PARKING RATES**

NO PETS PLEASE
(SERVICE ANIMALS WELCOME)

*ADDITIONAL FEES FOR SOME ACTIVITIES

**TRADITIONAL
MUSIC & DANCING**



18400 Muncaster Road
Derwood, MD 20855
MontgomeryParks.org/festivals
301-467-8273



VOLUNTEERS NEEDED!
SSL-approved opportunity
Call 301-495-2464

Join the Friends of the Agricultural History Farm
Park for some down-home FUN this fall!

BLUEGRASS ON THE FARM

SATURDAY, SEPTEMBER 16TH | NOON-6PM

LINEUP TO BE DETERMINED



Join us for great bluegrass in the great outdoors! Bring your lawn chair and blankets, and instruments if you want to jam. Food will be available for purchase.

Pets are welcome, and kids under 12 are **FREE** with an adult!

Admission

\$20 at the Gate

www.BluegrassOnTheFarm.com

BLACK SMITHS & FRIENDS

TRADITIONAL ARTS SHOW
SAT. & SUN., NOVEMBER 12 & 13
10AM-4PM

Blacksmiths, silversmiths, coppersmiths and other artisans will demonstrate their art. **FREE!**

Hands-on instruction for children • Demonstrations • Metal gifts & art for sale • Hayrides & food available • Rain or shine



Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855 | 301-670-4661
FriendsOfTheFarmPark.org | AgHistoryFarm.org

Friends of 
The Agricultural History Farm Park, Inc.



Brookside GARDENS

1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Children's Programs

Flower Buds

This program meets the second Monday of every month. We will feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent.

Ages 3-5 yrs. Fee: \$7

Course #38551 • Monday, Sept. 11 • 10:30 am-12 pm

Course #38552 • Monday, Oct. 9 • 10:30 am-12 pm

Course #38553 • Monday, Nov. 13 • 10:30 am-12 pm

Childrens' Day: Honey Harvest

Join Brookside Gardens, Brookside Nature Center and the Maryland State Beekeepers Association to celebrate honeybees and other pollinators. Talk to beekeepers, watch honey being harvested, buy local honey and bee products and enjoy family friendly activities and crafts. We'll be buzzing about pollinators all day long!

Ages 2 & up. FREE

Course #38765 • Saturday, Sept. 16 • 11 am-4 pm

Pumpkin Panache Family Festival

Gather the family together for a fun evening! Children can dress in their favorite costume, participate in a garden costume parade, paint a pumpkin, try a pumpkin treat, and top the evening off listening to award winning storyteller Gary Loyld present "Pumpkin Tales for the Young telling tales more funny than scary. Space is limited. Register children ages 3 - 12 Parents are free.

Ages 3-12 yrs. Fee: \$18

Course #38558 • Friday, Oct. 27 • 5:30-8:30 pm

Fall Harvest Story Walk and Scavenger Hunt

Have some fall season fun throughout the gardens while walking and reading at the same time! Start at the Visitors center with craft making and then use a self-guided map to lead you on a story walk through the gardens. At each stop find a story book page to read and a prompt to find a Fall seasonal item. Your walk will lead you to the Conservatory and back again. Along the way see how literature can boost your walk and outdoor experience. An adult must walk with each child and assist in the activities. Visit anytime between 10:00am - 12pm.

Ages 2-6 yrs. Fee: \$7

Course #38561 • Thursday, Nov. 9 • 10 am-12 pm

Horticultural Classes

Monarch Waystations: Creating A Butterfly Garden

Instructor: Jason Gedeik, Brookside Gardens staff. Ensuring monarchs have the habitat they need to survive their long journey is vital to their survival. Discover how our gardeners have established monarch way stations at Brookside Gardens and how you can create your own butterfly garden at home. You'll learn how to select and incorporate plants into your garden that will attract a wide variety of butterflies while also providing food sources for caterpillars. This workshop includes a presentation and tour of the gardens where you'll see firsthand the full lifecycle of monarchs from caterpillar to chrysalis and butterfly.

Ages 18 & up. Fee: \$22, FOBG: \$20

Course #38626 • Thursday, Sept. 21 • 1-3 pm

Conquering Cool Season Edibles

Instructor: Kathy Jentz, Editor/Publisher, Washington Gardener Magazine. There are many edible plants that grow best in cooler weather. Try your hand at growing them and enjoy the "fruits" - or veggies - of your labor during the winter months. We'll cover techniques for lengthening the growing season and what edible plants do best in our Mid-Atlantic climate.

Ages 18 & up. Fee: \$22, FOBG: \$20

Course #38627 • Saturday, Sept. 30 • 10-11:30 am

Conservation Landscapes and Rain Gardens

It is possible to have a landscape that not only absorbs stormwater and uses native plants, but is also beautiful! The Montgomery County Department of Environmental Protection staff will show you how to evaluate your site, design and implement a landscape, and qualify to receive a RainScapes Reward rebate.

Ages 18 & up. Fee: \$15, FOBG: \$13

Course #38628 • Wednesday, Oct. 25 • 4-7 pm

Getting Your Garden Ready For Winter

Instructor: Kathy Jentz, Editor/Publisher, Washington Gardener Magazine. Beginner and intermediate gardeners are often overwhelmed by the long spring to-do lists of garden tasks. Learn what chores are essential and which can you safely skip as you prepare your garden for winter. Discover cost-saving tips and tricks and how to "batten down the hatches" in case we have a bad winter.

Ages 18 & up. Fee: \$22, FOBG: \$20

Course #38629 • Wednesday, Nov. 1 • 1-2:30 pm

FOBG = Friends of Brookside Gardens



Hands-On Workshops

Hands-On Orchid Repotting

Instructor: Jason Gedeik / Brookside Staff & Former Hillwood Museum & Gardens Orchid Curator. In order to keep your orchid looking healthy and blooming regularly, it will need to be repotted every one to two years. This hands-on repotting workshop offers the chance for an "expert checkup" to assess your orchid's health and treat issues ranging from root rot to pests and diseases. You'll learn why each type of orchid requires a different potting material and technique. Participants can bring up to two plants for repotting and their own preferred containers. Fee includes plastic pots and potting material. Ages 18 & up. Fee: \$35, FOBG: \$31
Course #38632 • Saturday, Sept. 23 • 10 am-12 pm

Dried Flower Wreaths

Instructor: Brookside Gardens Staff. Looking for ways to add warmth and classic charm to your home decorating this fall? Celebrate the natural beauty of assorted dried plant material while extending the summer's colorful blooms by creating your own wreath from dried herbs, flowers, and other foliage. Participants will enjoy selecting from a wide variety of dried materials with some grown in the gardens at Brookside Gardens. The workshop will also review appropriate plant drying techniques for you to preserve your own garden flowers at home.

Ages 18 & up. Fee: \$50, FOBG: \$45
Course #38633 • Tuesday, Oct. 10 • 10 am-12 pm

Mixed Winter Container

Instructor: Joan O'Rourke, Friends of Brookside Gardens. Create a container garden with plants that can withstand winter's harshest weather. Mix dwarf evergreens with a splash of herbaceous plants for some late season color. Cost covers all materials, including a 14" container (or bring your own favorite container). Ages 18 & up. Fee: \$75, FOBG: \$67
Course #38635 • Saturday, Nov. 18 • 10-11:30 am

Thanksgiving Centerpiece

Instructor: Brookside Gardens Staff. Add a special touch to your Thanksgiving celebration! Join us to make your own centerpiece made from beautiful flowers, foliage, branches, fruits, veggies, herbs and nuts in harvest colors. Bring your own or choose from a variety of repurposed containers for your creation. Ages 18 & up. Fee: \$50, FOBG: \$45
Course #38634 • Tuesday, Nov. 21 • 1-2:30 pm

Brookside Gardens School of Botanical Art & Illustration

SBAI Curriculum: Drawing Basics D1

Instructor: Susannah Figura. Core instruction introduces drawing techniques and tips vital for successful observational drawing. Students learn to observe and to draw accurately through a developing awareness of Line,

Shape, Space (2-D & 3-D) and Relationship. Composition and perspective drawing are introduced. A final study is completed in well defined, pencil line, with no shading at this stage and includes natural and manmade objects, some requiring use of a vanishing point. Practice at home is essential. Materials list available at www.BrooksideArtSchool.org.

Ages 18 & up. Fee: \$245, FOBG: \$220
Course #38647 • Thursdays, September 14, 28 & October 5, 12 • 10 am-1:30 pm

SBAI Curriculum: Botanical Drawing D2

Instructor: Joan Ducore. Core instruction continues from D1 with exercises and demonstrations that focus on observation and how to produce accurate drawings of plant subject matter. Zoom in on fascinating plant structures hidden from the view of the casual observer and complete a study piece featuring a freshly cut leafy sprig completed in clearly defined pencil (line only). Practice at home is essential. Prerequisite: Drawing Basics-D1 or equivalent. Materials list available at www.BrooksideArtSchool.org.

Ages 18 & up. Fee: \$245, FOBG: \$220
Course #38648 • Thursdays, October 26 & November 2, 9, 16 • 10 am-1:30 pm

Health & Wellness

Yoga at Brookside Gardens

Guest Instructor: Tanory Ateek. Come enjoy one or all four sessions of yoga held in a peaceful setting under the cover of Brookside Gardens' lakeside Japanese tea house. Designed to increase flexibility and physical strength and cultivate mental focus, these classes are a beautiful and relaxing way to begin your weekend. Mats are not included.

Ages 18 & up. Fee: \$9, FOBG: \$8
Course #38637 • Saturday, Sept. 16 • 9:30-10:30 am
Course #38638 • Saturday, Sept. 23 • 9:30-10:30 am
Course #38642 • Saturday, Sept. 30 • 9:30-10:30 am
Course #38643 • Saturday, Oct. 7 • 9:30-10:30 am

Growing & Healing with Common Garden Herbs

Instructor: Shannon Winston, MS Herbal Medicine (Tai Sophia Institute). Thyme can soothe a cough, chamomile calms inflammation in the mind and the body, and calendula helps wounds to heal faster. Learn which healing herbs are easy to grow, how to harvest and preserve them, and how to create simple remedies -- teas, tinctures, infused oils, and salves. These plants will not only meet your plant-based medicinal needs but also provide beautiful flowers and interesting foliage for your garden. You'll sip herbal teas while you learn, and take home an herbal salve.

Ages 18 & up. Fee: \$30, FOBG: \$27
Course #38636 • Saturday, Oct. 14 • 10 am-12 pm



Photography

Close-up Photography with Chrysanthemums

Guest Instructor: Joshua Taylor. Enjoy exclusive access to Brookside Gardens' 'Desert Mums' Chrysanthemum Display before it opens to the public as you explore colorful chrysanthemums that serve as the inspiration for close-up photography. Spend the morning learning, refining, and practicing close-up photography. Workshop participants will be able to capture the intimate beauty of chrysanthemums while exploring colors, shapes, and patterns as elements of composition. The goal of the workshop is to capture close-up images that are Artistic, Bold, and Close-up (ABC's). This hands-on workshop will focus on close-up techniques using basic photo equipment while introducing participants to the use of telephoto and macro lenses, extension tubes, close-up filters, flash and focus stacking. The workshop includes two classroom sessions, an illustrated handout, and shooting sessions with the instructor. Also, the workshop will introduce and cover basic Lightroom, Photoshop/Photoshop Elements techniques for close-up image enhancement using participants' images for demonstrations. You'll leave the workshop with a better understanding and mastery of close-up techniques and equipment. Note: Participants must bring their own digital camera, lenses, charged batteries and tripod. Participants should have a working knowledge of their camera. Some activities are not applicable to point and shoot cameras. A tripod is highly recommended for close-up/macro photography.

Ages 18 & up. Fee: \$85, FOBG: \$77

Course #38624 • Sundays, October 29 & November 5 • 8-11 am

Cooking Demonstrations

Thanksgiving Feast

Instructor: Adrienne Cook, Garden and Cooking Writer / Danielle Cook, Holistic Nutritionist and Cooking Instructor. Looking for new and creative recipes to supplement your "go-to" favorite Thanksgiving dishes? You'll learn why the turkey doesn't always have to steal the show with innovative twists on old traditions focusing on sides and desserts. The Cook Sisters will show you how to save time and money by creating stress free recipes that will impress your guests.

Ages 18 & up. Fee: \$35, FOBG: \$31

Course #38644 • Monday, Nov. 13 • 12-1:30 pm

Walks

McCrillis Gardens Sunday Walk

Enjoy free tours of Brookside Gardens in Wheaton or McCrillis Gardens in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season. McCrillis Gardens is a naturalistic strolling garden,

offering shady woodland walks and splashes of color in spring. Highly trained knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique. Free; registration required. Meet at McCrillis House in Bethesda at 6910 Greentree Rd.

Ages 18 & up. FREE

Course #38721 • Sunday, Sept. 17 • 2-3 pm

Course #38725 • Sunday, Oct. 22 • 2-3 pm

Brookside Gardens Saturday Walk

Enjoy free tours of Brookside Gardens in Wheaton or McCrillis Gardens in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Highly trained knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique. Free; registration required. Meet at Visitors Center Entrance.

Ages 18 & up. FREE

Course #38699 • Saturday, Sept. 23 • 10-11 am

Course #38700 • Saturday, Oct. 28 • 10-11 am

Trips

Chanticleer - A Pleasure Garden

Chanticleer is known as the "gardener's garden" and has been called "America's most inspiring garden" by Garden Design magazine. The Chanticleer estate dates from the early 20th-century, when land along the Main Line of the Pennsylvania Railroad was developed for summer homes to escape the heat of Philadelphia. The 35-acre property was lovingly preserved and opened as a pleasure garden in 1993 for the public to enjoy the beauty of the art of horticulture. Enjoy a guided tour of the pond, meadow, woodlands and cutting garden where you'll be inspired to take home new ideas to try in your garden. Fee includes charter bus transportation, tour fees and catered lunch.

Ages 18 & up. Fee: \$90

Course #39868 • Friday, Sept. 15 • 8 am-5 pm

Champion Tree Tour

Join Joe Howard of the Montgomery County Forestry Board and Montgomery Parks Forest and Ecologist, Carole Bergmann, for this popular annual tour. We'll visit champion trees: the biggest, tallest, and oldest trees in our region. This year we'll be focusing our exploration efforts in one region of the county so that you'll have more time learning about these magnificent trees. You'll learn from the experts about tree identification, structure, and natural history. Fee includes charter bus, transportation and drinks. Please bring a lunch.

Ages 18 & up. Fee: \$65

Course #38645 • Tuesday, Oct. 24 • 10 am-3 pm

Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas

PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions



Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Two large group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at
ParkPermits.org or call 301-495-2525.



MAKE YOUR DAY OFF A DAY ON!

VOLUNTEER IN MONTGOMERY PARKS

Join us at projects throughout the year!

SSL Approved Volunteer Opportunities at www.MontgomeryParks.org/SSL

STUDENT SERVICE LEARNING APPROVED!

SPECIAL EVENTS

CLEANUPS

OUTDOOR ACTIVITIES

MANY DATES & LOCATIONS

SEARCH & APPLY ONLINE

www.MontgomeryParks.org/SSL
301.495.2504



VOLUNTEER
SERVICES OFFICE





BLACK HILL VISITOR CENTER

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

DIY Nature

Stop by the Visitor Center Information Desk to borrow a nature knapsack to help you explore Black Hill Regional Park. Contents of the bag change but could include scavenger hunts, magnifying glasses, nature journals and activities. Let your imagination and curiosity lead you! Supplies are limited, bags are loaned out on a first come, first served basis. Please return bags by 4:30 pm.

All Ages. FREE

Course #38747 • Saturday, Sept. 2 • 1-4 pm

Course #38748 • Sunday, Sept. 3 • 1-4 pm

Course #38749 • Sunday, Sept. 24 • 1-4 pm

Course #38750 • Saturday, Oct. 7 • 1-4 pm

Course #38751 • Saturday, Nov. 25 • 1-4 pm

Course #38752 • Sunday, Nov. 26 • 1-4 pm

Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket.

Ages 1 & up. Fee: \$6, FOBH \$5

Course #38767 • Saturday, Sept. 9 • 7-8 pm

Course #38851 • Saturday, Sept. 23 • 6:30-7:30 pm

Course #38771 • Saturday, Oct. 7 • 6-7 pm

Course #38773 • Saturday, Oct. 21 • 5:30-6:30 pm

Course #38775 • Saturday, Nov. 4 • 5:30-6:30 pm

Hike Club

The first rule of Hike Club - have fun! Improve your fitness, make new friends and experience trails and scenery we don't often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Ages 1 & up. FREE

Course #38779 • Sunday, Sept. 10 • 2-4 pm

Course #38780 • Saturday, Sept. 23 • 9 am-11 am

Course #38782 • Sunday, Oct. 8 • 1-3 pm

Course #38783 • Saturday, Oct. 28 • 10 am-12 pm

Course #38784 • Sunday, Nov. 12 • 1-3 pm

Course #38786 • Saturday, Nov. 18 • 10 am-12 pm

Bats & Beavers Pontoon Boat Cruise

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges and feeding sites, and hopefully see some beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. Meet at the pontoon boat dock, by the boat rentals. You may want to bring a jacket or sweater as it's often cooler on the boat.

Ages 6 & up. Fee: \$7, FOBH \$6

Course #38806 • Tuesday, Sept. 12 • 6:30-8 pm

Course #38808 • Wednesday, Sept. 20 • 6-7:30 pm

Course #38809 • Thursday, Sept. 28 • 6-7:30 pm

Course #38810 • Thursday, Oct. 12 • 5:30-7 pm

Course #38811 • Wednesday, Oct. 25 • 5:30-7 pm

Afternoon on the Pontoon

Enjoy a leisurely cruise on our pontoon boat on Little Seneca Lake looking for local wildlife such as beaver, deer, otter, herons and osprey. Please register and pay for all participants. Meet at the pontoon boat dock by the boat rental area. Be sure to bring an extra jacket or blanket, as it's often cooler on the water.

Ages 6 & up. Fee: \$7, FOBH \$6

Course #38929 • Saturday, Oct. 14 • 2-3:30 pm

Course #38932 • Sunday, Oct. 22 • 1:30-3 pm

Course #38933 • Saturday, Nov. 4 • 1:30-3 pm

Course #38934 • Sunday, Nov. 5 • 2:30-4 pm



SEPTEMBER 2017

9/5 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m-18m. Fee: \$6, FOBH \$5
Course #38753 • Tuesday, Sept. 5 • 10-11 am

9/6 Fishing with Li'l Ones

Let's go fishin' like Tom Sawyer! We'll provide poles and bait, then see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals.

Ages 3-6 yrs. Fee: \$7, FOBH \$6
Course #38756 • Wednesday, Sept. 6 • 10-11:30 am

9/9 Paddle in the Park

Join us for a peaceful kayak tour on Little Seneca Lake. We'll take a leisurely paddle on the water looking for wildlife and maybe catch a glimpse of our eagles. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFD's. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 18 & up. Fee: \$20, FOBH \$19
Course #38758 • Saturday, Sept. 9 • 9 am-11 am

9/9 Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 12 & up. Fee: \$32, FOBH \$30
Course #38764 • Saturday, Sept. 9 • 12-2 pm

9/10 Family Fishing Fun!

Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies - you just need to catch the fish! We have fishing poles you can borrow, but if you have your own please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals.

Ages 3 & up. Fee: \$12, FOBH \$11
Course #38777 • Sunday, Sept. 10 • 10 am-12 pm

STAFF PICKS!

Join our Environmental Literacy Community! Each season will feature a new Staff Pick that will inspire a variety of activities. This season's Staff Pick: ***The Wild Robot by Peter Brown***. Recommended by Park Naturalist Katrina Fauss. Katrina writes: "I loved this book because it teaches about survival strategies in nature and I really felt for Roz, the robot." Follow our Black Hill Nature Staff Picks Facebook Group to get more information.

Natural Yogis: "The Wild Robot" Edition- #38890

10am - 11am | Saturday, September 30, 2017

All About Geese: "The Wild Robot" Edition- #38908

10am - 11am | Sunday, October 1, 2017

Make It & Take It: "The Wild Robot" Edition- #38941

1:30pm - 3:30pm | Saturday, November 11, 2017

Nature Makerspace: "The Wild Robot" Edition-

#38869, 2pm - 3:30pm | Thursday, Sept. 21, 2017
#38871, 12pm - 1:30pm | Sunday, October 1, 2017
#38872, 11am - 1pm | Sunday, October 15, 2017

BLACK HILL NATURE CENTER

20926 Lake Ridge Drive | Boyds, Maryland 20841

BLACKHILLNATURE.ORG

Nature Programs
in Black Hill Regional Park

9/11 Preschool in the Park

We believe children belong outside and that they learn best by playing and experiencing the world around them. This program is a 11-week, drop-off, preschool program designed to foster your child's creativity, sense of self and love of the outdoors. Children must be potty-trained by the start of the program and bring their own snack with them. A welcome letter with more information will be sent once you register.

Ages 3-6 yrs. Fee: \$275

Course #38796 • Monday, Sept. 11 • 9 am-12 pm

9/12 Fall Wildflowers in Little Bennett

Explore trails in Little Bennett looking for wildflowers of fall. We'll search for goldenrods and other late blooming flowers, too. Expect gravel trails, with some muddy areas depending on the weather. Bring a camera! Meet at the Wilson's Mill Parking area on Clarksburg Road.

Ages 18 & up. Fee: \$12, FOBH \$11

Course #40414 • Tuesday, Sept. 12 • 1-3:30 pm

9/14 Time for Tots: "Magnificent Monarchs"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Magnificent Monarchs" by Lina Glaser.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38835 • Thursday, Sept. 14 • 10-11 am

9/15 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages 1-3 yrs. FREE

Course #38846 • Friday, Sept. 15 • 10-11 am

9/16 Monarch Fiesta Day

Come celebrate the monarch butterfly's inspiring metamorphosis and incredible journey. We'll have exhibits, face painting, storytimes, crafts, movies, monarch tagging and more! All programs are free and first-come, first-served. No registration required. We'll post a schedule of events and more information closer to the time of the event on our Facebook page and at www.BlackHillNature.org.

All Ages. FREE

Course #38849 • Saturday, Sept. 16 • 11 am-3 pm

9/17 Paddle in the Park

Join us for a peaceful kayak tour on Little Seneca Lake. We'll take a leisurely paddle on the water looking for wildlife and maybe catch a glimpse of our eagles. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFD's. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 18 & up. Fee: \$20, FOBH \$19

Course #38760 • Sunday, Sept. 17 • 9 am-11 am

9/17 Stream Adventures: Black Hill

What lives in a stream? Wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes

that you don't mind getting wet (no flip-flops, please!). All children must be accompanied by an adult. Meet at the gravel Boat Launch parking lot on Black Hill Road.

Ages 2-12 yrs. Fee: \$7, FOBH \$6

Course #38864 • Sunday, Sept. 17 • 1:30-3 pm

9/21 Nature Makerspace: "The Wild Robot" Edition

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! This season we'll be inspired by our Staff Pick "The Wild Robot." We'll have nature supplies and tools to help you design your own creations that will help bring the book to life. You can work as a family group or join together with others to construct something amazing. Each Nature Makerspace session will have its own theme which we'll post on our Facebook page before the program. No registration required and no need to have read the book; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 1 & up. FREE

Course #38869 • Thursday, Sept. 21 • 2-3:30 pm

9/23 Family Adventures in the Meadow

Have you ever caught a butterfly or a grasshopper? Those are only two of the many kinds of insects that inhabit the meadow. It's amazing how many there are! We'll have nets, hand lenses and other equipment to study the creatures we find. Meet outside the Visitor Center at the Earthbench.

Ages 1-14 yrs. Fee: \$6, FOBH \$5

Course #38875 • Saturday, Sept. 23 • 1:30-2:30 pm

9/24 Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury to take a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for three or four hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, please try Beginning Kayaking first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations.

Ages 18 & up. Fee: \$70, FOBH \$68

Course #38878 • Sunday, Sept. 24 • 8 am-5 pm

9/24 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

All Ages. FREE

Course #38879 • Sunday, Sept. 24 • 12-2 pm



Nature Programs
in Black Hill Regional Park



MONARCH FIESTA DAY

SATURDAY, SEPTEMBER 16
11am - 3pm

Come celebrate the monarch butterfly's inspiring metamorphosis and incredible journey. We'll have exhibits, face painting, story times, crafts, movies, monarch tagging and more!

We'll post a schedule of events and additional information closer to the time of the event on our Facebook page at **BlackHillNature.org**

Delicious Latin food by *Wegmans*
will be available for purchase. (Cash Only)

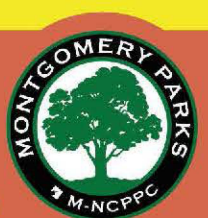
BLACK HILL NATURE CENTER

20926 Lake Ridge Drive | Boyds, Maryland 20841

FREE | BlackHillNature.org



Nature Programs
in Black Hill Regional Park



9/26 Time for Tots: "Leaflets Three, Let it Be!"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Leaflets Three, Let it Be!" by Anita Sanchez.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38839 • Tuesday, Sept. 26 • 10-11 am

9/27 Beginning Recreational Kayaking

Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 12 & up. Fee: \$32, FOBH \$30

Course #38766 • Wednesday, Sept. 27 • 5-7 pm

9/28 Hemlock Gorge Hiking Trip

Travel with us by van to explore Hemlock Gorge in Baltimore County. This unique area is located at the headwaters of the Gunpowder River, above Pretty Boy Reservoir. This is a moderate and challenging hike but an opportunity to see beautiful hemlocks, ferns and fungi. Wear sturdy hiking shoes; bring a hiking stick, as well as water and a bagged lunch. Meet at the Visitor Center.

Ages 18 & up. Fee: \$40, FOBH \$38

Course #38885 • Thursday, Sept. 28 • 8:30 am-4:30 pm

9/29 Stargazing at Black Hill

Join us for a tour of the night sky! We'll start inside learning about the moon, focusing on two famous lunar craters, Tycho and Copernicus. Next, we'll shift our gaze to the ringed planet Saturn, visible tonight low in the southwest sky. Then it's outside to join our volunteers and their telescopes for some close-up views of the Moon and Saturn with its rings, searching for star clusters, constellations, and bright stars. And we may just spot a satellite or two passing overhead too! Rain date, Saturday, September 30.

Ages 6 & up. Fee: \$2

Course #38888 • Friday, Sept. 29 • 7:30-9 pm

9/30 Natural Yogis: "The Wild Robot" Edition

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to dance, stretch, and imagine with yoga inspired by the children's book "The Wild Robot." Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 7-11 yrs. Fee: \$6, FOBH \$5

Course #38890 • Saturday, Sept. 30 • 10-11 am

9/30 National Public Lands Day

Celebrate and show your appreciation of our nation's public lands by volunteering. We'll be putting the final touches on our Earthbench shelter and need your help to paint welcome messages in different languages. There will also be a lakeside trash cleanup and a presentation by our Friends of Black Hill Nature Programs on all the wonderful parks we can enjoy in Montgomery County. Student Service Learning hours are available. Please wear sturdy shoes and bring a water bottle.

All Ages. FREE

Course #38899 • Saturday, Sept. 30 • 1-3 pm

OCTOBER 2017

10/1 All About Geese: "The Wild Robot" Edition

In the book, "The Wild Robot," Roz the Robot raises a baby goose. Come learn all about these local Black Hill residents. We'll read excerpts from the book, make a craft you're sure to honk about, and explore geese eggs, feathers, and more!

Ages 4-11 yrs. Fee: \$6, FOBH \$5

Course #38908 • Sunday, Oct. 1 • 10-11 am

10/1 Nature Makerspace: "The Wild Robot" Edition

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! This season we'll be inspired by our Staff Pick "The Wild Robot." We'll have nature supplies and tools to help you design your own creations that will help bring the book to life. You can work as a family group or join together with others to construct something amazing. Each Nature Makerspace session will have its own theme which we'll post on our Facebook page before the program. No registration required and no need to have read the book; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 1 & up. FREE

Course #38871 • Sunday, Oct. 1 • 12-1:30 pm

10/3 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m-18m. Fee: \$6, FOBH \$5

Course #38754 • Tuesday, Oct. 3 • 10-11 am

10/4 Night Hikes

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill Road.

Ages 6 & up. Fee: \$7, FOBH \$6

Course #38911 • Wednesday, Oct. 4 • 6:30-8 pm



Join us

for an amazing
3-day, 2-night
kayak and birding
trip to Wye Island
on the Eastern
Shore, where the
wildlife watching
is amazing and the
paddling
is serene.

Leave:

Saturday, October 7,
8 am

Return:

Monday, October 9,
7 pm

\$350

Course #38923





10/7 Wye Island Overnight Kayak & Birding Trip

We're returning to wonderful Wye Island Natural Resources Management Area for a 3-day, 2-night kayak and birding trip. Wye Island offers hiking, wildlife viewing, and kayaking in a gorgeous and quiet setting. We'll stay at Duck Lodge while exploring the 2,800-acre island on the Wye River in the Chesapeake Bay. Bring your bagged lunch for the first day. The fee includes kayak, PFD, paddle, meals, lodging and travel. Additional details will be mailed after registration. Experienced paddlers only please.
Ages 18 & up. Fee: \$350, FOBH \$340
Course #38923 • Saturday, Oct. 7 - Monday, Oct. 9 • 8 am-7 pm

10/8 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.
All Ages. FREE
Course #38881 • Sunday, Oct. 8 • 12-2 pm

10/11 Time for Tots: "Nuts to You!"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Nuts to You!" by Lois Elbert.
Ages 2-5 yrs. Fee: \$6, FOBH \$5
Course #38841 • Wednesday, Oct. 11 • 10-11 am

10/13 Fishing with Li'l Ones

Let's go fishin' like Tom Sawyer! We'll provide poles and bait, then see what we can catch off of the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rentals.
Ages 3-6 yrs. Fee: \$7, FOBH \$6
Course #38757 • Friday, Oct. 13 • 10-11:30 am

10/14 Paddle in the Park

Join us for a peaceful kayak tour on Little Seneca Lake. We'll take a leisurely paddle on the water looking for wildlife and maybe catch a glimpse of our eagles. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFD's. Meet in front of the gazebo by the pontoon boat dock and boat rental area.
Ages 18 & up. Fee: \$20, FOBH \$19
Course #38761 • Saturday, Oct. 14 • 9 am-11 am

10/15 Nature Makerspace: "The Wild Robot" Edition

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! This season we'll be inspired by our Staff Pick "The Wild Robot." We'll have nature supplies and tools to help you design your own creations that will help bring the book to life. You can work as a family group or join together with others to construct something amazing. Each Nature Makerspace session will have its own theme which we'll post on our Facebook page before the program. No registration required and no need to have read the book; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.
Ages 1 & up. FREE
Course #38872 • Sunday, Oct. 15 • 11 am-1 pm

10/15 Junior Naturalist Day

Calling all nature-loving 9 to 12-year-olds! Join the team and explore park lands with us, discovering new things about the natural world. Each season brings a new theme and a different Junior Naturalist patch to collect. How do you become a Black Hill Junior Naturalist? You can earn it all in one day by joining us. We'll learn new things, play games, explore and do some action projects to help. For questions or more info please contact Katrina Fauss at Katrina.Fauss@MontgomeryParks.org.
Ages 9-12 yrs. Fee: \$12, FOBH \$11
Course #38935 • Sunday, Oct. 15 • 2-4 pm

10/21 Family Fishing Fun!

Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies - you just need to catch the fish! We have fishing poles you can borrow, but if you have your own please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals.
Ages 3 & up. Fee: \$12, FOBH \$11
Course #38778 • Saturday, Oct. 21 • 10 am-12 pm

10/21 Make It and Take It: Closet Cleanout

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! We're cleaning out our craft closet to make room for new supplies. There'll be all sorts of fun crafts to choose from so who knows what fun you'll find! Fee is per craft; exact change is appreciated.
All Ages. Fee: \$2
Course #38936 • Saturday, Oct. 21 • 1:30-3:30 pm

10/22 Unbe-leaf-able Art!

Let the view of the beautiful colors of fall along Little Seneca Lake inspire your inner artist! We'll use colorful leaves to create leaf animals, make prints, and paint leaf animals. We'll have leaves, paint, and other crafting materials handy for you to get artsy.
Ages 3-12 yrs. Fee: \$8, FOBH \$7
Course #38942 • Sunday, Oct. 22 • 10-11:30 am

10/26 Time for Tots: "Leaf Jumpers"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Leaf Jumpers" by Carole Gerber.
Ages 2-5 yrs. Fee: \$6, FOBH \$5
Course #38843 • Thursday, Oct. 26 • 10-11 am

10/27 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.
Ages 1-3 yrs. FREE
Course #38848 • Friday, Oct. 27 • 10-11 am

JUNIOR NATURALIST DAY

Sunday
October 15
2pm - 4pm

Calling all
nature-loving
9-12 year olds!

Earn a new
Junior Naturalist
patch with a day
of games, explor-
ing, learning, and
service projects.

Course #38935

\$12



BlackHillNature.org

10/28 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38892 • Saturday, Oct. 28 • 1-2 pm

10/29 Make It and Take It: Halloween Masks

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Make creature masks sure to delight on Halloween night or on our Not Too Scary Pontoon ride! Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2

Course #38939 • Sunday, Oct. 29 • 10 am-12 pm

10/29 Storytime on the Lake: A Not Too Scary Halloween

Join us for a special edition of Storytime on the Lake! Wear your costume and board the pontoon boat for a spirited ride. A naturalist will read aloud some Halloween stories that are sure to make you smile, not

scream! All the while, we'll keep our eyes peeled for mysterious lake creatures. Be sure to dress warmly as it's often cooler on the lake. Please also register and pay for adults. Meet at the pontoon boat dock by the boat rental area.

Ages 1 & up. Fee: \$6, FOBH \$5

Course #38944 • Sunday, Oct. 29 • 1-2 pm

10/29 Fall Colors Paddle in the Park

Enjoy the fall colors reflected in the waters of Little Seneca Lake. We'll take a leisurely paddle on the water looking for wildlife and maybe catch a glimpse of our eagles while enjoying the changing landscape. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFD's. Meet in front of the gazebo by the pontoon boat dock and boat rental area.

Ages 18 & up. Fee: \$25, FOBH \$24

Course #38763 • Sunday, Oct. 29 • 1-4 pm

NOVEMBER 2017

11/2 Night Hikes

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill Road.

Ages 6 & up. Fee: \$7, FOBH \$6

Course #38915 • Thursday, Nov. 2 • 6-7:30 pm

PRESCHOOL IN THE PARK

ABOUT

We believe children belong outside and we believe they *learn best* by *playing and experiencing* the world around them. This program is a **11-week, drop-off**, preschool program designed to let kids *experience* nature through play and learning that will foster your child's excitement about the natural world.

PROGRAM INFORMATION

The program will take place at Black Hill Regional Park. Children must be potty-trained by the start of the program and bring their own snack with them.

A **welcome letter** with more information will be sent once you *register*.

Email Katrina.Fauss@MontgomeryParks.org or call 301.528.3482 for more information.



MONDAYS

SEPTEMBER 11 - NOVEMBER 27
9 AM - NOON

COURSE # 38796
FEE: \$275

BLACK HILL REGIONAL
PARK VISITOR CENTER

Please note that registration is *early* and starts July 17th



Teachers and non-formal educators-
Flock to us to learn how you can teach about birds and inspire young people to discover more about the natural world.

Monday,
November 13,
9 am - 3 pm



Course
#38948

11/5 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.
All Ages. FREE

Course #38882 • Sunday, Nov. 5 • 12-2 pm

11/7 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.
Ages 3m-18m. Fee: \$6, FOBH \$5

Course #38755 • Tuesday, Nov. 7 • 10-11 am

11/8 Time for Tots: "Compost Stew"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Compost Stew" by Mary McKenna Siddals.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38844 • Wednesday, Nov. 8 • 10-11 am

11/11 Awesome Acts of Science

Science is messy, awesome, and fun! We'll have awesome acts of science set up for you to try and to experiment with. You may even get to take something home. No registration required; drop in anytime during program hours! Exact change is appreciated. Check our Facebook page before the program to find out what's happening today.

All Ages. Fee: \$2

Course #38946 • Saturday, Nov. 11 • 10 am-12 pm

11/11 Make It and Take It: "The Wild Robot" Edition

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Today's craft will be themed around this season's Staff Pick "The Wild Robot." No need to read the book before, but the craft may just inspire you to cozy up with a good read. Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2

Course #38941 • Saturday, Nov. 11 • 1:30-3:30 pm

11/12 Spectacular Spiders

Spiders are spectacular, stupendous, and sometimes silly. Come learn all about the 8-legged wonders, make your very own spider craft, and then head outside to hunt for spiders.

Ages 3-10 yrs. Fee: \$6, FOBH \$5

Course #38947 • Sunday, Nov. 12 • 10-11 am

11/13 Flying WILD Educator Workshop

Join other educators as they flock together for a Flying WILD Educator Workshop at Black Hill Visitor Center! Flying WILD introduces students to bird conservation through classroom activities and bird festivals.

Teachers and nonformal educators like park rangers and scout leaders can utilize Flying WILD activities that are correlated to National Science Standards and subject areas ranging from language arts to physical

education. Participants will also receive a "Flying WILD: An Educator's Guide to Celebrating Birds" manual. Participants should bring a lunch and refillable water bottle.

Ages 18 & up. Fee: \$15

Course #38948 • Monday, Nov. 13 • 9 am-3 pm

11/19 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38894 • Sunday, Nov. 19 • 10-11 am

11/19 The Thanks(giving) Tree Makerspace

Thanksgiving is right around the corner and serves as a reminder for us to count our blessings. Stop by the visitor center to collaborate on a Tree of Thanks(giving) display. What are you thankful for? Come and add it to our growing tree! No registration required; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 1 & up. FREE

Course #38949 • Sunday, Nov. 19 • 12-2 pm

11/20 Birding Trip to Eastern Neck Nat'l Wildlife Refuge

We're heading by van to the Eastern Shore to enjoy migrating waterfowl, bald eagles, and tundra swans. Eastern Neck National Wildlife Refuge is located at the mouth of the Chester River and the Chesapeake Bay. It offers several hiking trails and observation towers for us to explore. Bring a bagged lunch, dress in layers, and wear comfortable hiking shoes.

Ages 18 & up. Fee: \$45, FOBH \$40

Course #38950 • Monday, Nov. 20 • 8:30 am-4:30 pm

11/21 Time for Tots: "Time to Sleep"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Time to Sleep" by Denise Fleming.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #38845 • Tuesday, Nov. 21 • 10-11 am

11/25 Fall Birding at Black Hill

Join us for a relaxed morning of birding, looking for birds that spend winter at Little Seneca Lake. We may see tundra swans, great blue herons, kingfishers, bald eagles and more! After viewing the lake from the Visitor Center, we'll drive to other good viewing locations. Beginning birders are welcome. Spotting scope provided; please bring binoculars and dress for the weather. Meet at the Visitor Center.

Ages 16 & up. Fee: \$12, FOBH \$11

Course #38951 • Saturday, Nov. 25 • 9 am-12 pm

WE ♥ OUR VOLUNTEERS



Volunteering in Montgomery Parks is such a natural thing to do! We love the folks in our communities who get involved—and we think you'll love working with us, too. Some of the many fall volunteer opportunities are shown below, and you'll find even more on our website. Visit ParksVolunteers.org today, and apply!

YOU'LL ♥ OUR FALL OPPORTUNITIES

NATIONAL PUBLIC LANDS DAY

September 30

This is the nation's largest single-day volunteer effort for public lands. We'll have a wide variety of volunteer opportunities open, so we hope you'll spend the day in the Parks!

HARVEST FESTIVAL

October 7

The Harvest Festival celebrates farm life past and present in Montgomery County. Join us the first Saturday in October to help with old-time crafts, games and activities, and more.

COMMUNITY SERVICE WEEK

October 21-29

Take part in this county-wide effort and give back to your community. In Parks, there'll be stream and park cleanups, trail work, Weed Warrior projects, and more!

HALLOWEEN TRAINS

Multiple dates in October

Get on the Halloween trains in Montgomery Parks! Come dressed in your not-so-scary costumes to help these fun events stay on track!

NATURE CENTER FESTIVALS

If you enjoy nature, families and fun, volunteer at Monarch Fiesta Day, Owl-O-Ween, Children's Day Honey Harvest Festival, or the Pawpaw or Apple Festival (to name a few). They all need help with kids' games and crafts, setup and breakdown.

ICE RINK ASSISTANT

Skilled skaters needed to help our group lessons coaches on the ice!

ONGOING OPPORTUNITIES

NATURE CENTER HOSTS

Help greet and guide visitors at our four great nature centers. Weekday and weekend slots are available.

PARK AND STREAM CLEANUPS

Organize a Fall Park and Stream Cleanup Project. We need your help to keep our parks and streams clean! Organizing a cleanup in Montgomery Parks is easy and a great way to get outdoors and help your local environment!

TRAIL WORKDAY VOLUNTEERS

We need your help improving and building our 160 plus mile network of natural surface trails. Sign up for a half day Volunteer Trail Workday Project this Fall.

WEED WARRIOR FOR A DAY

Help save the forest by weeding out the plants that don't belong (and that crowd out the plants that do belong) in your parks.

For more information, please go to our website or call our office

www.ParksVolunteers.org | 301-495-2504

We need volunteers for several events and long-term volunteer jobs in the fall and beyond.



Brookside

Nature Center
in Wheaton Regional Park

BROOKSIDE NATURE CENTER

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9 am–5 pm; Sunday, 1–5 pm. Trails open daily, dawn to dusk.

Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season.
Please check below for the dates that work best for you.*

FLYING SQUIRRELS

Come see the
acrobats of the
evening forest
in action.

It's a show you
don't want
to miss!

Friday
Evenings
(30 minutes
after sunset)



Brookside

Nature Center
in Wheaton Regional Park

Creature Feature

Join a naturalist every Sunday to learn about the animals who live in and around Wheaton Regional Park. Discover the amazing adaptations and features of the different animals on display in the nature center. This free program doesn't require registration.

Ages 1 & up. FREE

Course #36027 • Sunday, Sept. 3 • 1:30-2 pm
Course #36028 • Sunday, Sept. 10 • 1:30-2 pm
Course #36029 • Sunday, Sept. 17 • 1:30-2 pm
Course #36030 • Sunday, Sept. 24 • 1:30-2 pm
Course #36031 • Sunday, Oct. 1 • 1:30-2 pm
Course #36032 • Sunday, Oct. 8 • 1:30-2 pm
Course #36033 • Sunday, Oct. 15 • 1:30-2 pm
Course #36034 • Sunday, Oct. 22 • 1:30-2 pm
Course #36035 • Sunday, Oct. 29 • 1:30-2 pm
Course #36036 • Sunday, Nov. 12 • 1:30-2 pm
Course #36037 • Sunday, Nov. 19 • 1:30-2 pm
Course #36038 • Sunday, Nov. 26 • 1:30-2 pm

Flying Squirrels

Maryland Flying Squirrels are abundant, cute, and active year-round, but few see them in the wild because they are active at night - nocturnal. BNC has established a squirrel feeding station so some of our flying squirrels can be seen close up by our visitors. The program starts on the Nature Center deck 30 minutes after sunset to allow the sky to darken. Rain or snow cancels the program.

Ages 1 & up. FREE

Course #37282 • Friday, Sept. 1 • 8-9 pm
Course #37283 • Friday, Sept. 8 • 8-9 pm
Course #37284 • Friday, Sept. 15 • 7:45-8:45 pm
Course #37285 • Friday, Sept. 22 • 7:30-8:30 pm
Course #37286 • Friday, Sept. 29 • 7:15-8:15 pm
Course #37287 • Friday, Oct. 6 • 7-8 pm
Course #37288 • Friday, Oct. 13 • 7-8 pm
Course #37289 • Friday, Oct. 20 • 6:45-7:45 pm
Course #37290 • Friday, Oct. 27 • 6:45-7:45 pm
Course #37291 • Friday, Nov. 3 • 6:30-7:30 pm
Course #37293 • Friday, Nov. 10 • 5:30-6:30 pm
Course #37294 • Friday, Nov. 17 • 5:30-6:30 pm
Course #37295 • Friday, Nov. 24 • 5:30-6:30 pm

Soulful Supper at Harper's Cabin!

Join us for a taste of African American Heritage as we learn about the history of the Harper's Cabin. Observe and help with hearthside cooking techniques while learning the history, nutrition and rich culture of African American foods. Learn how soul food became a dominant theme among African American Family, their church and social gatherings during the 19th century and extending to the end of the 20th century. The program begins with preparing the food and continues until a tasty supper is ready for serving.

Ages 6 & up. Fee: \$7

Course #37599 • Sunday, Sept. 10 • 10 am-2 pm
Course #37600 • Sunday, Sept. 24 • 10 am-2 pm
Course #37601 • Sunday, Oct. 15 • 10 am-2 pm
Course #37602 • Sunday, Oct. 29 • 10 am-2 pm
Course #37603 • Sunday, Nov. 12 • 10 am-2 pm

Sunday Storytimes

Join our volunteers every Sunday to enjoy a wonderful story that highlights the nature found in and around the nature center, be it plants, animals, rocks, sun or weather. After the story we'll take a short stroll on a nature center trail to find examples of what was highlighted in the story - if weather permits!

Ages 3-6 yrs. FREE

Course #36056 • Sunday, Sept. 3 • 3-3:30 pm
Course #36057 • Sunday, Sept. 10 • 3-3:30 pm
Course #36058 • Sunday, Sept. 17 • 3-3:30 pm
Course #36059 • Sunday, Sept. 24 • 3-3:30 pm
Course #36060 • Sunday, Oct. 1 • 3-3:30 pm
Course #36061 • Sunday, Oct. 8 • 3-3:30 pm
Course #36062 • Sunday, Oct. 15 • 3-3:30 pm
Course #36063 • Sunday, Oct. 22 • 3-3:30 pm
Course #36064 • Sunday, Oct. 29 • 3-3:30 pm
Course #36065 • Sunday, Nov. 12 • 3-3:30 pm
Course #36066 • Sunday, Nov. 19 • 3-3:30 pm
Course #36067 • Sunday, Nov. 26 • 3-3:30 pm

Recurring Programs

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

Trail Buddies

Discover nature and develop important skills together on the nature center trails! Preschoolers will have the opportunity to work on important skills with other preschoolers and their favorite adults. We'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation.

Ages 3-5 yrs. Fee: \$6

Course #36014 • Tuesday, Sept. 5 • 10-11 am
 Course #36015 • Tuesday, Sept. 12 • 10-11 am
 Course #36016 • Tuesday, Sept. 19 • 10-11 am
 Course #36017 • Tuesday, Sept. 26 • 10-11 am
 Course #36018 • Tuesday, Oct. 3 • 10-11 am
 Course #36019 • Tuesday, Oct. 10 • 10-11 am
 Course #36020 • Tuesday, Oct. 17 • 10-11 am
 Course #36021 • Tuesday, Oct. 24 • 10-11 am
 Course #36022 • Tuesday, Oct. 31 • 10-11 am
 Course #36023 • Tuesday, Nov. 7 • 10-11 am
 Course #36024 • Tuesday, Nov. 14 • 10-11 am
 Course #36025 • Tuesday, Nov. 21 • 10-11 am
 Course #36026 • Tuesday, Nov. 28 • 10-11 am

9/3 Discover Forest Therapy

Explore the science and practice of forest therapy! Based on the Japanese tradition of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest has been making headlines around the world. This practice combines traditional techniques of mindfulness with a unique approach to nature connection through habits of awareness, presence, and deep observation. Discover what this is all about in an introductory talk.

Ages 16 & up. FREE

Course #38560 • Sunday, Sept. 3 • 4-5 pm

9/9 Saturday Rambles - Lake Frank

The autumn months are perfect for getting outside! Charmed by vibrant colors, invigorated by cooler temperatures, and awed by migrating monarchs and birds, hikers in Montgomery County return home with memories that warm the cold months ahead. Our walks are on natural surface trails, and usually 3 miles in length. We stop frequently to listen, observe and learn. Directions to the trail head will be emailed two to three days prior to the hiking date to registered participants. Dress for whatever the weather brings us and bring water to quench your thirst!

Ages 18 & up. FREE

Course #37777 • Saturday, Sept. 9 • 9:30-11:30 am

9/10 Nature Rx: Forest Therapy Walks (1 hour)

Experience the healing and wellness promoting effects of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest. Take a slow and mindful walk with a Forest Therapy guide on a trail at Brookside Nature Center to awaken your senses and reconnect with nature.

Ages 18 & up. Fee: \$6

Course #38557 • Sunday, Sept. 10 • 10:30-11:30 am

9/10 Explore the Meadow

Have you ever seen a grasshopper or butterfly close up? Come with us as we try to find these and other insects and reptiles that live in our meadow. We'll bring the nets, you bring your enthusiasm! Then we'll come back and make a craft!

Ages 3-11 yrs. Fee: \$6

Course #37278 • Sunday, Sept. 10 • 2-3 pm

9/14 Behind the Scenes at Brookside Nature Center

Join one of our animal specialists to learn about the care and feeding of our resident animals in this free look behind the scenes.

Ages 1 & up. FREE

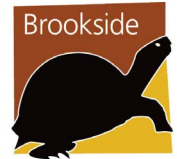
Course #37657 • Thursday, Sept. 14 • 3-4 pm

9/16 Honey Harvest Festival

Join Brookside Gardens, Brookside Nature Center and the Maryland State Beekeepers Association to celebrate honeybees and other pollinators. Talk to beekeepers, watch honey being harvested, buy local honey and bee products and enjoy family friendly activities and crafts. We'll be buzzing about pollinators all day long!

All Ages. FREE

Course #37786 • Saturday, Sept. 16 • 11 am-4 pm



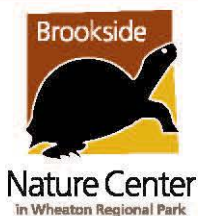
Nature Center
in Wheaton Regional Park



You bring the apples, we'll show you how to make the best apple cider ever!

Call to reserve a press time
301-962-1480

You won't regret it.



9/21 Stroller Nature Strolls:

South Germantown SoccerPlex

Moms! Dads! Eager to get out of the house with your little one and meet other nature-loving parents with young children and a desire to get some exercise? Join a park naturalist for easy strolls on some of the easy paved surfaces in our park system. Once a month we'll explore a different trail, covering a mile or so and enjoying the happenings of springtime. Directions to the trailhead will be emailed ahead to registered strollers, and bad weather cancels the walk.
Ages 6m & up. FREE
Course #37773 • Thursday, Sept. 21 • 11 am-12 pm

9/23 Saturday Rambles - Violet's Lock

The autumn months are perfect for getting outside! Charmed by vibrant colors, invigorated by cooler temperatures, and awed by migrating monarchs and birds, hikers in Montgomery County return home with memories that warm the cold months ahead. Our walks are on natural surface trails, and usually 3 miles in length. We stop frequently to listen, observe and learn. Directions to the trail head will be emailed two to three days prior to the hiking date to registered participants. Dress for whatever the weather brings us and bring water to quench your thirst!
Ages 18 & up. FREE
Course #37778 • Saturday, Sept. 23 • 9:30-11:30 am

9/28 Bugs, Toads, and Snakes, Oh My!

Have you ever seen a grasshopper or toad up close? Come with us as we try to find these and other insects, reptiles, and amphibians that live in our meadow. We'll bring the nets, you bring your enthusiasm! Then we'll come back to the nature center to make a craft!
Ages 3-6 yrs. Fee: \$6
Course #37539 • Thursday, Sept. 28 • 10:30-11:30 am

9/28 Discovery Time: Ted E. Bear Tea

You and your favorite stuffed animal are cordially invited to "afternoon tea." We will enjoy crumpets (teddy grahams) and tea (apple juice). While you are enjoying your tea we will learn about real bears. Following the tea, enjoy a breathtaking view of our pond (go for a hike). In addition, don't forget to take home your own personal small token to remember the day (make a craft). This event is by invitation only. (Activemontgomery registration required!)
Ages 3-7 yrs. Fee: \$8
Course #37660 • Thursday, Sept. 28 • 1-2 pm

OCTOBER 2017

10/5 The Scoop on Poop

Animals signs are everywhere in nature. Did you ever wonder what animal left that pile of scat - otherwise known as animal poop - on the trail? Join us on a scavenger hunt in search of scat and learn how to identify what wildlife left clues behind in the woods and meadow for us to discover. When we're done we will make our own replica scat!
Ages 3-6 yrs. Fee: \$6
Course #37540 • Thursday, Oct. 5 • 10:30-11:30 am

10/7 All About the Apple Day!

How far does the apple fall from the tree? Drop by the nature center between noon and 3 pm for apple games, activities and cider tasting.
Ages 3 & up. Fee: \$6
Course #37664 • Saturday, Oct. 7 • 12-3 pm

10/8 Nature Rx: Forest Therapy Walks (1 hour)

Experience the healing and wellness promoting effects of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest. Take a slow and mindful walk with a Forest Therapy guide on a trail at Brookside Nature Center to awaken your senses and reconnect with nature.
Ages 18 & up. Fee: \$6
Course #38559 • Sunday, Oct. 8 • 10:30-11:30 am

10/8 Apple Cider Pressing

Join us as we put the squeeze on some apples! Learn the history of apples in America, discover the art of cider making, and try a taste of this traditional American drink.
Ages 3 & up. Fee: \$6
Course #37302 • Sunday, Oct. 8 • 2-3 pm

10/8 Owl Prowl

Bring your flashlights as we head out in search of some of our local owls. Learn about where they live, the calls they make, and why they are so important to our local ecosystem.
Ages 3 & up. Fee: \$6
Course #37303 • Sunday, Oct. 8 • 8-9 pm

10/12 Behind the Scenes at Brookside Nature Center

Join one of our animal specialists to learn about the care and feeding of our resident animals in this free look behind the scenes.
Ages 1 & up. FREE
Course #37658 • Thursday, Oct. 12 • 3-4 pm

10/14 3rd Annual Gourmet S'mores Campfire Cook-Off

Marshmallows, chocolate and graham crackers are just the beginning of this sweet family event! Join us for an evening of s'mores, music, and intense s'mores competition. Campfires are lit at 5pm and attendees are welcome to BYO dinner to cook-on-a-stick. After dinner, you can roast marshmallows and join us in a sing-a-long 'round the campfire: S'mores Competition: Judging is based on taste, appearance and creativity. Basic ingredients are provided with your registration fee. You provide additional gourmet add-ins. There will be three top prizes for little s'mores makers and three prizes for adult s'mores chefs. Everyone 3 years - 99 years must register to attend but there's no additional fee to participate in the competition. Registration is limited to a maximum of 75 participants so register early! The event concludes at 8 pm with s'mores judging and prizes awarded.
Ages 3-8 yrs. Fee: \$7
Course #37625 • Saturday, Oct. 14 • 5-8 pm

10/19 Daytime Owl Prowl!

Join us for a daytime "owl prow!" as we learn about some of the owls in our area. Then we'll come back to the nature center to dissect owl pellets and learn about what owls eat!

Ages 3-6 yrs. Fee: \$6

Course #37541 • Thursday, Oct. 19 • 10:30-11:30 am

10/24 Saturday Rambles - Northwest Branch

The autumn months are perfect for getting outside! Charmed by vibrant colors, invigorated by cooler temperatures, and awed by migrating monarchs and birds, hikers in Montgomery County return home with memories that warm the cold months ahead. Our walks are on natural surface trails, and usually 3 miles in length. We stop frequently to listen, observe and learn. Directions to the trail head will be emailed two to three days prior to the hiking date to registered participants. Dress for whatever the weather brings us and bring water to quench your thirst!

Ages 18 & up. FREE

Course #37779 • Saturday, Oct. 21 • 9:30-11:30 am

10/26 Discovery Hike: In Search of the Great Pumpkin

Fall is pumpkin time. Listen to a pumpkin story and learn how pumpkins grow. Then we will head out on the trail in search of a little pumpkin just for you and maybe, just maybe, we will find the great pumpkin along the way.

Ages 3-7 yrs. Fee: \$7

Course #37661 • Thursday, Oct. 26 • 1-2 pm

10/26 Stroller Nature Strolls: Rock Creek Park

Moms! Dads! Eager to get out of the house with your little one and meet other nature-loving parents with young children and a desire to get some exercise? Join a park naturalist for easy strolls on some of the easy paved surfaces in our park system. Once a month we'll explore a different trail, covering a mile or so and enjoying the happenings of springtime. Directions to the trailhead will be emailed ahead to registered strollers, and bad weather cancels the walk.

Ages 6m & up. FREE

Course #37774 • Thursday, Oct. 26 • 11 am-12 pm

10/27 Homeschool Series: Back in Time

Through hands-on activities, elementary-aged homeschool students will travel back in time to understand what life was like for rural farmers in Maryland circa 1865-1885. Topics to be covered against the backdrop of American history will include country medicine, canning and preserving, storytelling, the role of women, daily chores, education, fire building and more. Space is limited and this series is designed for elementary-aged students.

Ages 7-10 yrs. Fee: \$40

Course #37784 • Friday, Oct. 27 • 1-2:30 pm

10/29 Spooky Skull Hike

Can you find the animal skulls hidden in the woods? On this self-guided hike, you'll walk a short loop in search of skulls, and use clues to identify them. Stop by any time during program hours, and pick up a clue sheet at the front desk. Get a Halloween treat after identifying all the skulls (or for wearing a costume)!

Ages 3 & up. FREE

Course #37277 • Sunday, Oct. 29 • 2-4 pm

NOVEMBER 2017

11/2 Web Walk!

Join us in search of spiders as we learn more about our eight-legged friends. We'll also try our hand at making our own webs!

Ages 3-6 yrs. Fee: \$6

Course #37542 • Thursday, Nov. 2 • 10:30-11:30 am

11/4 Saturday Rambles - Muddy Branch

The autumn months are perfect for getting outside! Charmed by vibrant colors, invigorated by cooler temperatures, and awed by migrating monarchs and birds, hikers in Montgomery County return home with memories that warm the cold months ahead. Our walks are on natural surface trails, and usually 3 miles in length. We stop frequently to listen, observe and learn. Directions to the trail head will be emailed two to three days prior to the hiking date to registered participants. Dress for whatever the weather brings us and bring water to quench your thirst!

Ages 18 & up. FREE

Course #37780 • Saturday, Nov. 4 • 9:30-11:30 am

11/4 Emancipation Day at the Harper Cabin

Visit the Harper Cabin to learn how and where post-emancipation African American families lived in Montgomery County. Observe how the land provided interesting culinary experiences.

All Ages. FREE

Course #36039 • Saturday, Nov. 4 • 11 am-4 pm

11/5 Emancipation Day at the Harper Cabin

Visit the Harper Cabin to learn how and where post-emancipation African American families lived in Montgomery County. Observe how the land provided interesting culinary experiences.

All Ages. FREE

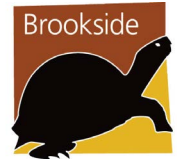
Course #36040 • Sunday, Nov. 5 • 1-5 pm

11/9 Behind the Scenes at Brookside Nature Center

Join one of our animal specialists to learn about the care and feeding of our resident animals in this free look behind the scenes.

Ages 1 & up. FREE

Course #37659 • Thursday, Nov. 9 • 3-4 pm



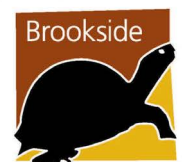
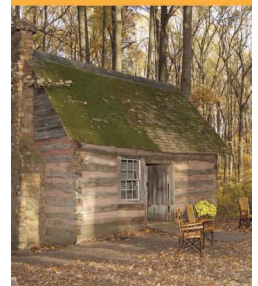
Nature Center
in Wheaton Regional Park

EMANCIPATION DAYS
AT THE HARPER
HOMESTEAD

November 4
10am - 4pm

November 5
1pm - 4pm

Visit the Harper Cabin to learn how and where post-emancipation African American families lived in Montgomery County. Observe how the land provided interesting culinary experiences.



Nature Center
in Wheaton Regional Park

BrooksideNature.org

3RD ANNUAL GOURMET S'MORES CAMPFIRE COOKOFF

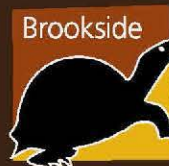


October 14 (Raindate October 21)
5pm - 8pm | \$7 Per Person

Basic ingredients are provided with your registration fee. You provide additional gourmet add-ins. There will be three top prizes for little s'mores makers and three prizes for adult s'mores chefs.

Space is limited so register early for Program #37625

BROOKSIDE NATURE CENTER
1400 Glenallan Ave | Wheaton, MD 20902
BROOKSIDENATURE.ORG



Nature Center
in Wheaton Regional Park

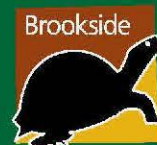
A FOREST JOURNEY COMES TO BROOKSIDE NATURE CENTER

SEPT. - JANUARY | FREE



This rich and inviting interactive exhibit, created by the Franklin Institute, is inspired by the Harvard classic *A Forest Journey: The Role of Wood in the Development of Civilization* by science writer John Perlin. It sheds new light on the history of the use of wood throughout the world, on forest products (from paper to lifesaving pharmaceuticals) and on the relationship between forests and the benefits of trees.

BROOKSIDE NATURE CENTER
1400 Glenallan Ave | Wheaton, MD 20902
BROOKSIDENATURE.ORG



Nature Center
in Wheaton Regional Park

11/9 Stroller Nature Strolls: Swain's Lock

Moms! Dads! Eager to get out of the house with your little one and meet other nature-loving parents with young children and a desire to get some exercise? Join a park naturalist for easy strolls on some of the easy paved surfaces in our park system. Once a month we'll explore a different trail, covering a mile or so and enjoying the happenings of springtime. Directions to the trailhead will be emailed ahead to registered strollers, and bad weather cancels the walk. Ages 6m & up. FREE
Course #37775 • Thursday, Nov. 9 • 11 am-12 pm

11/11 Slime Time!

It's Slime Time at Brookside Nature Center! Drop in anytime during our slime time hours from noon to 3 pm to learn about slime and design your own slime experiments. How far can it stretch? Will it bounce? Learn a bit about galaxies and make your own galaxy slime to take home. Ages 3-11 yrs. Fee: \$6
Course #37665 • Saturday, Nov. 11 • 12-3 pm

11/16 Turkey Talk

Does a turkey really say "gobble, gobble?" Learn the answer to this and other fun facts as we go searching for turkeys! We will return to the nature center to make a turkey craft just in time for Thanksgiving! Ages 3-6 yrs. Fee: \$6
Course #37564 • Thursday, Nov. 16 • 10:30-11:30 am

11/18 Saturday Rambles - Seneca Creek Greenway

The autumn months are perfect for getting outside! Charmed by vibrant colors, invigorated by cooler temperatures, and awed by migrating monarchs and birds, hikers in Montgomery County return home with memories that warm the cold months ahead. Our walks are on natural surface trails, and usually 3 miles in length. We stop frequently to listen, observe and learn. Directions to the trail head will be emailed two to three

days prior to the hiking date to registered participants. Dress for whatever the weather brings us and bring water to quench your thirst!
Ages 18 & up. FREE
Course #37782 • Saturday, Nov. 18 • 9:30-11:30 am

11/19 Nature Rx: Forest Therapy Walks (3 hours)

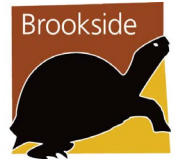
Experience the healing and wellness promoting effects of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest. Take a slow and mindful walk with a Forest Therapy guide on a trail at Brookside Nature Center to awaken your senses and reconnect with nature. The walk will visit different locations in Wheaton Regional Park along natural surface trails and cover less than 1/2 mile. It will include sensory awareness exercises and conclude with tea made from edible foraged plants. Ages 18 & up. Fee: \$12
Course #38562 • Sunday, Nov. 19 • 9 am-12 pm

11/25 Strolling Saturday Hike

Join Brookside Nature Center's post-Thanksgiving tradition! Enjoy the crisp fall air and work off some holiday calories with a naturalist-led hike along our natural surface trails. Ages 4 and up are welcome, but be prepared for a brisk pace! Meet at the Whetzel Rocks behind the nature center. Children must be accompanied by registered adults. Ages 4 & up. FREE
Course #37304 • Saturday, Nov. 25 • 10-11:30 am

11/30 Discovery Hike: A Camping We Will Go!

Hiking, fishing and camping all in one hour? Well...sort of! We'll take a real hike, pitch a real tent, build a real fire and pretend to fish. By the time you are finished, you'll be an expert outdoor enthusiast, ready to go camping anytime, anywhere! All Ages. Fee: \$6
Course #37662 • Thursday, Nov. 30 • 1-2 pm



Nature Center
in Wheaton Regional Park





Nature Center
in Cabin John Regional Park

LOCUST GROVE NATURE CENTER

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org

Open Wednesday 9am-4pm; Saturday 9am-5pm; Sunday 1-5pm

Trails open daily, dawn to dusk.

Recurring Programs

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

Nature Explorers Together

Parents and caregivers will have the chance to play, create, and learn right alongside their little nature explorers. Classes will include hands-on, nature based activities that encourage imaginative play, curiosity, and cooperation. The majority of the class will be outdoors, barring extreme weather, so be sure to dress for the weather. NOTE: This is a one-day class. The Fall term is listed separately for registration.

Ages 1 1/2-3 yrs. Fee: \$10

Course #36583 • Friday, Sept. 15 • 10-11:30 am

Course #36584 • Friday, Sept. 22 • 10-11:30 am

Course #36585 • Friday, Sept. 29 • 10-11:30 am

Course #36586 • Friday, Oct. 6 • 10-11:30 am

Course #36587 • Friday, Oct. 13 • 10-11:30 am

Course #36588 • Friday, Oct. 20 • 10-11:30 am

Course #36589 • Friday, Oct. 27 • 10-11:30 am

Course #36590 • Friday, Nov. 3 • 10-11:30 am

Course #36591 • Friday, Nov. 10 • 10-11:30 am

Course #36592 • Friday, Nov. 17 • 10-11:30 am



**THE
WINTER
SOLSTICE
IS COMING
SOON!**

**12/17 | 4 - 6pm
\$6 per person**

Join us to welcome winter with a campfire, New Year's wishes, candles, treats to share with animals, and roasting chestnuts and marshmallows on an open fire!



Nature Center
in Cabin John Regional Park

SEPTEMBER 2017

9/1 TGIF Crafty Gals - Terrariums

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center. In September we will create glass terrarium orbs.

Ages 21 & up. Fee: \$25

Course #38991 • Friday, Sept. 1 • 6-9 pm

9/5 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topics every month on the first Tuesday. No registration required. Rain cancels the program.

Ages 1 & up. FREE

Course #36595 • Tuesday, Sept. 5 • 11 am-12 pm

9/8 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at night! Join us for a campfire and enjoy a nature walk under the night sky with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for adults and children.

All Ages. Fee: \$7

Course #36578 • Friday, Sept. 8 • 6:30-8 pm

9/11 Homeschool Happenings

Want your child to Learn about nature and make new friends, then join our Homeschool Happenings program! Your child will learn about the wonders of our woods and creek through hands-on science activities, crafts, and hikes. Classes will meet in the program room. Please dress for the weather. We will meet Mondays Sept. 11 through Nov. 20.

Ages 5-9 yrs. Fee: \$66

Course #36581 • Monday, Sept. 11 • 10-11 am

9/12 Nature Explorers

Children will explore, discover, and create together - all while learning through outdoor play. Classes will include hands-on, nature-based activities that encourage social skills, problem-solving, and foster independence and self-esteem. A typical day includes exploration in the woods, imaginative play, and getting messy! Children will spend the majority of their time outdoors, barring extreme weather, so be sure to dress for the weather! * This is a drop off class and parents/caregivers do not attend. Children must be toilet-trained.

Ages 3-5 yrs. Fee: \$630

Course #36582 • Every Tuesday and Thursday, Sept. 12-Nov. 21 • 9:30 am-12 pm

9/15 Nature Explorers Together: Fall

In this 10-week session, parents and caregivers will have the chance to play, create and learn right alongside their little nature explorers. Each one-and-a-half hour class will include hands-on, nature-based activities that encourage imaginative play, curiosity, and cooperation. The majority of each class will be outdoors (barring extreme weather) so be sure to dress appropriately!

Ages 1 1/2-3 yrs. Fee: \$90

Course #36593 • 10 week session, Fridays Sept. 15-Nov. 17 • 10-11:30 am

9/22 Friday Night Folk Fire

A new campfire series featuring folk music and folk tales- September features Scout Songs and Stories for scouts young and old- bring your favorites and we will share our scouting memories as well. Marshmallow roasting included.

Ages 5 & up. Fee: \$7

Course #38989 • Friday, Sept. 22 • 6:30-8 pm

OCTOBER 2017

10/3 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topics every month on the first Tuesday. No registration required. Rain cancels the program.

Ages 1 & up. FREE

Course #36596 • Tuesday, Oct. 3 • 11 am-12 pm

10/6 TGIF Crafty Gals- Gourds

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center. In October we will decorate gourds for Fall.

Ages 21 & up. Fee: \$25

Course #38992 • Friday, Oct. 6 • 6-9 pm

10/13 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at night! Join us for a campfire and enjoy a nature walk under the night sky with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for adults and children.

All Ages. Fee: \$7

Course #36579 • Friday, Oct. 13 • 6:30-8 pm

10/14 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36554 • Saturday, Oct. 14 • 2-3 pm

10/14 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36571 • Saturday, Oct. 14 • 3:30-4:30 pm



**YOUR
FAMILY
CAN
RENT
THE
CIDER
PRESS!**

\$25/hr

CONTACT US FOR
RESERVATIONS



**Locust Grove
Nature Center**
in Cabin John Regional Park

Cider Days

Sat & Sun, Oct 14 & 15, 21 & 22
2pm & 3:30pm | \$7 Per Person

Fall is the perfect time to sip on fresh apple cider! Learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider!

LOCUST GROVE NATURE CENTER
7777 Democracy Blvd | Bethesda, MD 20817



LOCUSTGROVENATURE.ORG

NATURE EXPLORERS FALL SERIES

11-WEEK SESSION
TUESDAYS AND THURSDAYS

9/12 - 11/21
9:30am - 12pm

Children in our Nature Explorers class will explore, discover, and create together – all while learning through outdoor play. Classes will include hands-on, nature-based activities that encourage social skills, problem-solving, and foster independence and self-esteem. A typical day includes exploration in the woods, imaginative play, and getting messy! Children will spend the majority of their time outdoors, barring extreme weather, so be sure to dress for the weather!

* This is an outdoor drop off program. Parents and/or caregivers do not attend. Children must be potty-trained.

\$630
PER SESSION

Locust Grove Nature Center
7777 Democracy Boulevard.
Bethesda, Maryland 20817



10/15 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36572 • Sunday, Oct. 15 • 2-3 pm

10/15 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36573 • Sunday, Oct. 15 • 3:30-4:30 pm

10/21 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36574 • Saturday, Oct. 21 • 2-3 pm

10/21 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36575 • Saturday, Oct. 21 • 3:30-4:30 pm

10/22 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36577 • Sunday, Oct. 22 • 2-3 pm

10/22 Cider Days

Fall is the perfect time to sip on fresh apple cider! At Locust Grove Cider Days learn about pollination and the history of apples. You will get to press your own apples in our hand cranked press and then sample the cider and discover some lesser-known apple varieties.

Ages 2 & up. Fee: \$7

Course #36576 • Sunday, Oct. 22 • 3:30-4:30 pm

NOVEMBER 2017**11/3 Friday Night Folk Fire**

A new campfire series featuring folk music and folk tales- in November we'll share spooky songs and stories, ghoulish tales and grim songs to send shivers down your spine. Marshmallow roasting included.

Ages 5 & up. Fee: \$7

Course #38990 • Friday, Nov. 3 • 6:30-8 pm

11/4 Nocturnal Neighbors

Join our naturalists for a night hike and see the woods transform after dark. Find out about our local nocturnal animals and visit with a barred owl. The program ends with roasted marshmallows at the campfire ring.

All Ages. Fee: \$7

Course #36594 • Saturday, Nov. 4 • 5-8 pm

11/5 Soapmaking, Naturally!

Join us to learn how to make soap and other relaxation treats! We will learn about essential oils and herbs that can aid your health and relaxation. This two part class includes making soap from scratch and milling the soap two weeks later to include additives.

Ages 16 & up. Fee: \$50

Course #38988 • Sunday, Nov. 5 and Sunday, Nov. 19- one registration for two part class • 1-4 pm

11/7 Tuesday in the Park

Join a Naturalist at the Cabin John Regional Park playground to explore what's happening outside! New topics every month on the first Tuesday. No registration required. Rain cancels the program.

Ages 1 & up. FREE

Course #36597 • Tuesday, Nov. 7 • 11 am-12 pm

11/10 Friday Night Campfire and Nature Walk

Discover the natural beauty of Cabin John Regional Park at night! Join us for a campfire and enjoy a nature walk under the night sky with one of our naturalists. Feel free to bring your own hot dogs or food to warm over the fire, and we'll provide s'mores. Please register and pay for adults and children.

All Ages. Fee: \$7

Course #36580 • Friday, Nov. 10 • 6:30-8 pm

11/17 TGIF Crafty Gals- Basketweaving

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center. In November we will weave a basket or cornucopia for your harvest table.

Ages 21 & up. Fee: \$25

Course #38993 • Friday, Nov. 17 • 6-9 pm

Nocturnal NEIGHBORS

Saturday, Nov 4th | 5pm - 8pm



What happens in the woods after dark? Hike with a Naturalist to find out! Visit and learn about other not-so-spooky night critters then join us to roast marshmallows around the campfire!

LOCUST GROVE NATURE CENTER

7777 Democracy Blvd, Bethesda | MD 20817

\$7 Per Person | LocustGroveNature.org





MAYDALE NATURE CENTER

1638 Maydale Drive • Colesville, MD 20905 • 301-962-1487
 MCP-Maydale@montgomeryparks.org • Trails open daily, dawn to dusk.
www.montgomeryparks.org/parks-and-trails/maydale-conservation-park/

SEPTEMBER 2017

9/9 Fill the Bill!

Birds are adapted to the environment where they live. This is just one reason why protecting habitats in our parks is so vital. Join us to see how bird bills are adapted to the kinds of foods birds find at Maydale Conservation Park.

Ages 4 & up. FREE

Course #37594 • Saturday, Sep. 9 • 12:30-1:30 pm

9/14 Homeschool Habitat Hikes: Forest

All forms of life need certain things to live. Survival depends on getting these things. Join a Naturalist for an interactive hike to learn about how habitats differ and how living things are adapted to live there. Each hike will explore a different habitat. Bring a bag lunch and enjoy a picnic in the park after the hike!

Ages 7-11 yrs. Fee: \$6

Course #37641 • Thursday, Sep. 14 • 11 am-12 pm

9/16 Apple Turnovers and a Story

What is the story behind making apple turnovers? Join us as we travel the world to gather ingredients needed for our tasty apple treats. After the story and after our ingredients have been gathered, we will make our own apple turnovers to take home and bake!

Ages 6-9 yrs. Fee: \$7

Course #37653 • Saturday, Sep. 16 • 12:30-1:30 pm

9/20 Naturalist Book Club: Teachin the Trees

Join us with a trash-free lunch while we embark on a lively, fact-filled expedition into forests of the eastern United States in a collection of natural-history essays by biologist Joan Maloof. Fee includes a copy of Teaching the Trees: Lessons from the Forest and a fieldtrip to Swallow Falls State Park, a 37-acre old-growth hemlock and pine forest in Garrett County, Maryland.

Ages 18 & up. Fee: \$55

Course #37656 • Wednesday, Sep. 20 • 11:30 am-12:30 pm

9/21 Homeschool Habitat Hikes: Meadow

All forms of life need certain things to live. Survival depends on getting these things. Join a Naturalist for an interactive hike to learn about how habitats differ and how living things are adapted to live there. Each hike will explore a different habitat. Bring a bag lunch and enjoy a picnic in the park after the hike!

Ages 7-11 yrs. Fee: \$6

Course #37643 • Thursday, Sep. 21 • 11 am-12 pm

9/23 Storm Water Nature Hike and Hunt!

World Rivers Day is a global celebration of rivers celebrated the last Sunday of September. Come to the headwaters of the Paint Branch at Maydale to learn about storm water issues, water pollution prevention and the benefits of rivers. Visit the stream and pond to scavenge up facts and help celebrate one of Montgomery County's healthiest streams.

Ages 3 & up. FREE

Course #37595 • Saturday, Sep. 23 • 12:30-1:30 pm

9/24 Maydale Morning Bird Walk

Join us on a guided bird walk through the trails and meadow of Maydale. Bring your binoculars, or use ours. Beginners are welcome!

Ages 6 & up. Fee: \$6

Course #37566 • Sunday, Sep. 24 • 8-9:30 am

9/24 The Scoop on Poop

Animals signs are everywhere in nature. Did you ever wonder what animal left that pile of scat - otherwise known as animal poop - on the trail? Join us on a scavenger hunt in search of scat and learn how to identify what wildlife left clues behind in the woods and meadow for us to discover. When we're done we will make our own replica scat!

Ages 3-11 yrs. Fee: \$6

Course #37586 • Sunday, Sep. 24 • 11 am-12 pm

9/26 Tuesday Tike Hike: Frogs

Join us for a story, craft, and short hike around Maydale Conservation Park as we focus on frogs!

Ages 2-4 yrs. Fee: \$6

Course #37589 • Tuesday, Sep. 26 • 10:30-11:30 am



Maydale



Nature Programs
Maydale Conservation Park

9/28 Homeschool Habitat Hikes: Pond

All forms of life need certain things to live. Survival depends on getting these things. Join a Naturalist for an interactive hike to learn about how habitats differ and how living things are adapted to live there. Each hike will explore a different habitat. Bring a bag lunch and enjoy a picnic in the park after the hike!

Ages 7-11 yrs. Fee: \$6

Course #37644 • Thursday, Sep. 28 • 11 am-12 pm

9/30 WEBELOS Elective: Into the Woods

Understand and examine the need for trees and other forest plants through games, hiking and hands-on activities while completing this WEBELOS elective.

Ages 7-9 yrs. Fee: \$25

Course #37651 • Saturday, Sep. 30 • 9:30 am-12 pm

9/30 Saturday Night Campfire & Movie: Johnny Appleseed

Bring a blanket or chair to sit on as we sit around the campfire making S'mores, watching one of Disney's American Legends, and enjoying other fun activities.

Ages 3-11 yrs. Fee: \$7

Course #37648 • Saturday, Sep. 30 • 6:30-7:30 pm

OCTOBER 2017

10/5 Homeschool Habitat Hikes: Creek

All forms of life need certain things to live. Survival depends on getting these things. Join a Naturalist for an interactive hike to learn about how habitats differ and how living things are adapted to live there. Each hike will explore a different habitat. Bring a bag lunch and enjoy a picnic in the park after the hike!

Ages 7-11 yrs. Fee: \$6

Course #37646 • Thursday, Oct. 5 • 11 am-12 pm

10/14 Pumpkin Birdfeeders

It's migration time! Help our feathered friends traveling south by making a real pumpkin birdfeeder to take home for your backyard avian visitors. We'll supply the pumpkins!

Ages 6-9 yrs. Fee: \$7

Course #37654 • Saturday, Oct. 14 • 12:30-1:30 pm

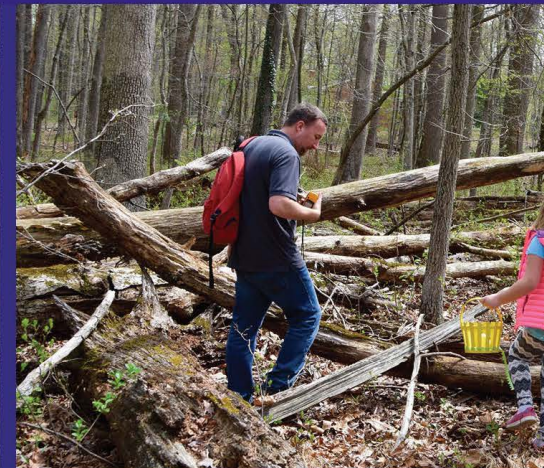
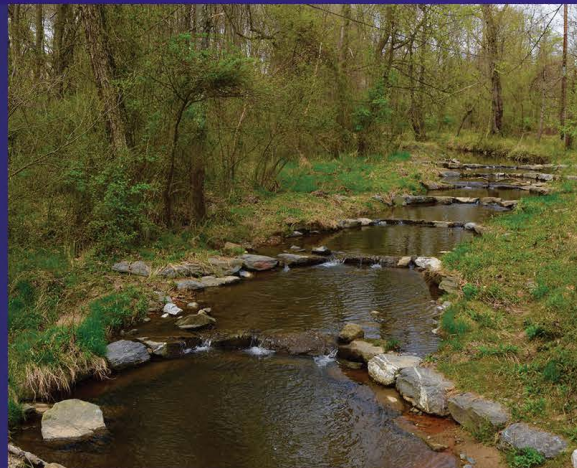
10/14 Saturday Night Campfire & Movie: Paul Bunyan

Bring a blanket or chair to sit on as we sit around the campfire making S'mores, watching one of Disney's American Legends, and enjoying other fun activities.

Ages 3-11 yrs. Fee: \$7

Course #37649 • Saturday, Oct. 14 • 6:30-7:30 pm

VISIT MAYDALE!



Maydale Conservation Park is a hidden gem of Montgomery County. Attend programs, enjoy a quiet walk around the ponds and through the woods or call to arrange a field trip or other group program. For more information call 301-962-1487.

MAYDALE CONSERVATION PARK

1638 Maydale Dr, Colesville | MD 20905

MONTGOMERYPARKS.ORG



Nature Programs
Maydale Conservation Park

10/17 Tuesday Tike Hike: Squirrels

Join us for a story, craft, and short hike around Maydale Conservation Park as we focus on squirrels!

Ages 2-4 yrs. Fee: \$6

Course #37592 • Tuesday, Oct. 17 • 10:30-11:30 am

10/21 Energy in the Environment Scavenger Hunt

October is Energy Awareness Month and Maydale is all about Energy and the Environment! Learn about how the visitor center uses energy and how you can do similar things where you live. We will help celebrate energy awareness month by investigating the presence of energy sources and carriers in and around Maydale Conservation Park. Pick up your scavenger hunt to guide you to interesting facts and figures!

Ages 5 & up. FREE

Course #37596 • Saturday, Oct. 21 • 12:30-1:30 pm

10/22 Spooky Skull Hike

Can you find the animal skulls hidden in the woods? On this self-guided hike, you'll walk a short loop in search of skulls, and use clues to identify them. Stop by any time during program hours, and pick up a clue sheet. Get a Halloween treat after identifying all the skulls (or for wearing a costume)!

Ages 3 & up. FREE

Course #37587 • Sunday, Oct. 22 • 3-5 pm

10/28 Career Critters Save the Day!

How can wild animals and native plants "manage" some environmental problems? Join us at Maydale Conservation Park to discover how plants and animals work to help solve some of the problems people have created by just doing their job!

Ages 3 & up. FREE

Course #37597 • Saturday, Oct. 28 • 12:30-1:30 pm

10/28 Saturday Night Campfire & Movie: Sleepy Hollow

Bring a blanket or chair to sit on as we sit around the campfire making S'mores, watching one of Disney's American Legends, and enjoying other fun activities.

Ages 3-11 yrs. Fee: \$7

Course #37650 • Saturday, Oct. 28 • 6:30-7:30 pm

10/28 WEBELOS Elective: Into the Wild

Care for an insect. Learn about flyways and what birds you will find in your backyard. Explore the role producers, consumers, and decomposers play in the food chain through games, hiking and hands-on activities while completing this WEBELOS Elective.

Ages 7-9 yrs. Fee: \$25

Course #37652 • Saturday, Oct. 28 • 9:30 am-12 pm

NOVEMBER 2017**11/4 Native Games**

Imagine being a child living near what is today Maydale Conservation Park 500 years ago. How might you learn different skills or enjoy a few moments with friends? Join us to learn about and play games played by Native American children those many years ago. We will play games and you will make one to take home.

Ages 7-11 yrs. Fee: \$7

Course #37655 • Saturday, Nov. 4 • 12:30-1:30 pm

11/11 Animal and Insect Census

Winter is coming...How have changes in the weather affected the animal and insect populations at Maydale? Join us as we sweep the meadow and inspect the stream and ponds to discover who is still around in our Fall Census.

Ages 3 & up. FREE

Course #37598 • Saturday, Nov. 11 • 12:30-1:30 pm

11/12 Fall Scavenger Hunt at Maydale

Pick up a scavenger hunt sheet as we wet out to explore the pond, stream, and forest of Maydale and learn about the changes that come to the park in the fall.

Ages 3-11 yrs. FREE

Course #37588 • Sunday, Nov. 12 • 3-4 pm

11/14 Tuesday Tike Hike: Turkeys

Join us for a story, craft, and short hike around Maydale Conservation Park as we focus on turkeys!

Ages 2-4 yrs. Fee: \$6

Course #37593 • Tuesday, Nov. 14 • 10:30-11:30 am



Nature Programs
Maydale Conservation Park



history in the parks homeschool days

Thursdays | 10:00 am – 1:00 pm | \$5 students \$7 adults



History comes alive through our new programs designed especially for homeschool students, grades 2 - 8!

Journey with us to the past and enjoy hands-on activities, demonstrations and crafts. Register at **ActiveMontgomery.org**

September 7

Woodlawn Museum

Woodlawn Manor Cultural Park
16501 Norwood Road
Sandy Spring, MD 20860

Learn about life on a 19th-century plantation. Course #38588

September 21

Josiah Henson Park

11420 Old Georgetown Road
North Bethesda, MD 20852

Explore this historic site through archaeology to learn about the life of Rev. Josiah Henson. Course #38615



September 14

Oakley Cabin African American Museum & Park

3610 Brookeville Road
Olney, MD 20832

Learn about free African American communities founded after the Civil War. Course #38601

September 28

Kingsley Schoolhouse

Little Bennett Regional Park
Kingsley Parking Area, Clarksburg Road
Clarksburg, MD 20871

Experience lessons learned in a 1920s one-room schoolhouse. Course #68604



HistoryInTheParks.org | 301-650-4373 |  @MontgomeryParks

Homeschool Youth Interpreter Program

Agricultural History Farm Park • 18400 Muncaster Road, Derwood, MD 20855 • 301-467-8273

September – November | Ages 12 – 17 | \$325

Bring history to life as a trained volunteer living history interpreter! Homeschool students will engage in new curriculum-based activities that focus on history, museum studies and farming. Students are required to volunteer at least 8 hours per month in addition to Harvest Festival on October 7.

- Learn valuable research and public speaking skills
- Learn about 19th and early 20th-century agriculture and animal care
- Create your own Capstone Project
- Earn Student Service Learning (SSL) hours

TRAINING: Thursdays, September 7 - October 26 | 10:00 am – 12:00 noon

Apply online by September 1 at **HistoryInTheParks.org**





MEADOWSIDE NATURE CENTER

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
MeadowsideNature.org • Meadowside@MontgomeryParks.org
 Open Tuesday–Saturday, 9 am–5 pm. Trails open daily dawn to dusk.

Recurring Programs

Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us remove these non-natives—while getting a little exercise! Bring leather work gloves or borrow ours; wear long pants and sleeves, and closed-toed shoes. SSL-approved. Registration required.

Ages 8 & up. FREE

Course #38904 • Saturday, Sept. 30 • 9:30-10:30 am
 Course #38916 • Friday, Oct. 6 • 2:30-3:30 pm
 Course #38910 • Saturday, Oct. 14 • 9:30-10:30 am
 Course #38918 • Thursday, Nov. 9 • 2:30-3:30 pm
 Course #38913 • Saturday, Nov. 11 • 9:30-10:30 am

Aves y Café: Migración Otoñal

Ven y acompáñanos a observar aves en Meadowside Nature Center durante la migración otoñal. La caminata de observación de aves terminará con una taza de café amigable para las aves, y aprenderemos sobre los retos que enfrentan durante su migración al Sur. Principiantes son bienvenidos; Trae tus binoculares o usa los nuestros. Abra chocolate caliente para los que no toman café.

Edades: 12 en adelante. GRATIS

Course #38576 • Saturday, Sept. 16 • 7:30-9 am
 Course #38737 • Saturday, Sept. 30 • 7:30-9 am
 Course #38738 • Saturday, Oct. 14 • 7:30-9 am
 Course #38739 • Saturday, Oct. 28 • 7:30-9 am

Birds and Beans: Fall Migration

Come join us at Meadowside Nature Center to look for birds as they head South during their fall migration. This guided bird walk will end with a fresh brewed cup of bird friendly coffee to learn about the challenges these migrants face when they arrive to their wintering grounds. Beginners welcome; bring your binoculars or borrow ours. Hot chocolate will be available for non-coffee drinkers.

Ages 12 & up. FREE

Course #38513 • Saturday, Sept. 16 • 7:30-9 am
 Course #38732 • Saturday, Sept. 30 • 7:30-9 am
 Course #38734 • Saturday, Oct. 14 • 7:30-9 am
 Course #38735 • Saturday, Oct. 28 • 7:30-9 am

Historias con Otus

Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, el búho Otus! Traiga su camera para una foto con Otus!

Todas edades. GRATIS

Course #38623 • Wednesday, Sept. 20 • 11-11:20 am
 Course #38728 • Wednesday, Oct. 4 • 11-11:20 am
 Course #38729 • Wednesday, Oct. 18 • 11-11:20 am
 Course #38730 • Wednesday, Nov. 1 • 11-11:20 am
 Course #38731 • Wednesday, Nov. 15 • 11-11:20 am

Meet a Meadowside Raptor

We'll bring out one of our education ambassadors for an informal discussion of what makes raptors unique in the bird world. Get close-up and personal with one of these magnificent birds.

Ages 2 & up. FREE

Course #38897 • Thursday, Sept. 21 • 11:30 am-12 pm
 Course #38900 • Friday, Oct. 6 • 3:30-4 pm
 Course #38902 • Thursday, Nov. 9 • 3:30-4 pm
 Course #38903 • Wednesday, Nov. 22 • 3:30-4 pm

Raptor Training

Observe a training session and see how raptors use positive reinforcement to learn new behaviors and concepts. Meet at the Raptor Deck behind the nature center. Groups, please call in advance.

Ages 2 & up. FREE

Course #38825 • Wednesday, Sept. 6 • 2-2:15 pm
 Course #38826 • Wednesday, Sept. 13 • 2-2:15 pm
 Course #38827 • Wednesday, Sept. 20 • 2-2:15 pm
 Course #38828 • Wednesday, Sept. 27 • 2-2:15 pm
 Course #38829 • Wednesday, Oct. 4 • 2-2:15 pm
 Course #38830 • Wednesday, Oct. 11 • 2-2:15 pm
 Course #38831 • Wednesday, Oct. 18 • 2-2:15 pm
 Course #38832 • Wednesday, Oct. 25 • 2-2:15 pm
 Course #38833 • Wednesday, Nov. 1 • 2-2:15 pm
 Course #38834 • Wednesday, Nov. 8 • 2-2:15 pm
 Course #38836 • Wednesday, Nov. 15 • 2-2:15 pm
 Course #38837 • Wednesday, Nov. 22 • 2-2:15 pm
 Course #38838 • Wednesday, Nov. 29 • 2-2:15 pm



Historias con Otus

¡Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, el búho Otus! Traiga su camera para una foto con Otus.

GRATIS Todas Edades
 Cada primer y tercer
 Miércoles de cada mes
 a las 11-11:20am

Muchos más programas en español están disponibles. Por favor, consulte nuestros listados de guía para los programas individuales

**MEADOWSIDE
NATURE CENTER**



SEPTEMBER 2017

9/8 Culture Vultures

The first Saturday in September has been designated as a day to celebrate the ecological importance of a bird that is otherwise mostly dismissed with a shudder. We will honor the turkey vulture (*Cathartes aura*), one of our two native New World vultures, through natural history, poetry, literature, and art. See how the 'bird of death' has also been a creative inspiration through the ages. Please join us for a cathartic program of vulture lore.

Ages 13 & up. Fee: \$6
Course #38891 • Friday, Sept. 8 • 5-6 pm

9/9 Pawpaw Festival

It's time to get your paws on some pawpaws! Meadowside Nature Center will celebrate this delightful native fruit with music, crafts, games, expert advice on pawpaw cultivation, and most importantly a pawpaw tasting station. We'll have pawpaw fruit and trees for purchase, limited quantities, while supplies last. Children ages 2 and under are free. No registration required.

Ages 3 & up. Fee: \$5
Course #38840 • Saturday, Sept. 9 • 12-4 pm

9/12 iNaturalist Photo Hike

Use your camera, cell phone, or tablet to record the plants and animals we see as we walk one of the Meadowside trails. Share with the online community of citizen scientists, photographers, and amateur & professional naturalists through the iNaturalist app. Ages 13 & up. FREE

Course #38895 • Tuesday, Sept. 12 • 9:30-10:30 am

9/12 Introduction to iNaturalist

Bring your cell phone or tablet and learn to use the iNaturalist app and website to record the plants and animals you see and help us document the biodiversity of Meadowside and Rock Creek Regional Park (or anywhere you choose to hike). Join an online community of citizen scientists, photographers, and amateur & professional naturalists and share your photographs and observations.

Ages 13 & up. FREE
Course #38893 • Tuesday, Sept. 12 • 10:30-11:30 am

9/13 Nature Matters: Bat Tracks

How far will bats go for food? Edward Hurme, a National Geographic Young Explorer and PhD candidate at the University of Maryland, is researching the movement ecology of bats using miniature GPS trackers. His work focuses on the rare Mexican fishing bat. If time allows, we'll step outside and try to locate some of our local bat species.

Ages 14 & up. Fee: \$8
Course #38861 • Wednesday, Sept. 13 • 6:45-8:15 pm

NATURE MATTERS

LECTURE SERIES



9/13 - Bat Tracks

10/4 - ID of Maryland Diurnal Raptors

11/8 - The Private Life of an Unloved Bird

Join us for this special evening lecture series that focuses on current topics of the natural world. Light hot and cold appetizers, prepared foods, beer and wine will be available as you mingle with your fellow science and nature enthusiasts, followed by an engaging presentation by one of our experts in the field.

Registration required at ActiveMontgomery.com. Please register early (low registration numbers will cancel program) Ages 14+ | \$8 entrance fee

MEADOWSIDE NATURE CENTER

5100 Meadowside Lane | Rockville, Maryland 20855

MEADOWSIDENATURE.ORG



9/13 Tyke Hike: Squirrels

Come discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home. Today, we'll learn all about our bushy-tailed friends.

Ages 2-4 yrs. Fee: \$5

Course #38860 • Wednesday, Sept. 13 • 10:30-11:15 am

9/16 La ecología y tú

Pájaros, insectos, peces, mamíferos, plantas, hongos, anfibios, reptiles ¡y tú! Todo coopera en una bella ecología. Bienvenidos familias y niños de todas edades a Meadowside para una caminata en la naturaleza. Exploraremos unos hábitats como bosque y arroyo y aprenderemos a conservar el ecosistema.

Edades: 2 en adelante. GRATIS

Course #38919 • Sabado, Sept. 16 • 2-3:30 pm

9/19 Nature Explorers:

Here Comes Autumn

Budding Nature Explorers will experience the outdoors in Autumn as we hike, play games, learn about nature, and create crafts together! This six-week session will foster kids' curiosity for the world around us while building friendships along the way. Adults must accompany explorers.

Ages 3-5 yrs. Fee: \$54 covers all 6 sessions

Course #38852 • Tuesdays, Sept. 19, Sept. 26, Oct. 3, Oct. 10, Oct. 17, Oct. 24 • 10-11:30 am

9/21 Conoce el Zorro rojo

¿Quién corre y brinca por allí, de pelo y ojos brillantes? ¡Es el ágil zorro rojo! Ven a caminar por el hábitat del zorro rojo aquí en Meadowside. Aprenderemos cómo este animal inteligente sobrevive y haremos artesanía para llevar. Saldremos a ser pacientes naturalistas en los senderos ¡igual que el zorro silencioso!

Edades: 3 en adelante. GRATIS

Course #38921 • Jueves, Sept. 21 • 10-11:15 am

9/21 Introduction to Bird Photography

Join our Naturalist for this two day workshop focused on bird photography. On the first day you will have an opportunity to learn about the basic equipment and techniques that will help you improve your skills in bird photography. On the second day we will put all the skills learned to practice by taking pictures in the field, and of some of our raptor friends from our live animal exhibits. You will be able get pointers and feedback of your photos from our experienced and published Naturalist.

Ages 14 & up. Fee: \$24 for both classes

Course #38579 • Thursday, Sept. 21 • 6:30-7:30 pm

Course #38743 • Saturday, Sept. 23 • 3:30-6:30 pm

9/22 Apple Festival and Campfire

It's apple harvest time! Join us for apple cider pressing, apple lore, hands-on activities, live music and making s'mores at our campfire ring. Please register and pay for all attending. No walk-ins will be allowed.

Ages 3 & up. Fee: \$8

Course #38842 • Friday, Sept. 22 • 6-8 pm

9/23 Native Plant Workshop and Seed Collection

Want to get started gardening with native plants? We'll discuss bringing native plants into your gardens and you will be given two specimens to get you started. Following the workshop, we will show you how to collect seeds for next year's garden. Each family will be able to take home some of the seeds collected.

Ages 12 & up. Fee: \$9

Course #38850 • Saturday, Sept. 23 • 10-11:30 am

9/23 Tortugas acuáticas

Si sales a explorar los estanques y humedales de Maryland, puedes observar varias tortugas acuáticas, por ejemplo la tortuga de orejas rojas. En este programa, vamos a conocer las residentes tortugas acuáticas de Meadowside y crear arte especial.

También buscaremos tortugas en su hábitat natural y aprenderemos a protegerlas.

Edades: 3 en adelante. Precio: \$6

Course #38926 • Sabado, Sept. 23 • 2-3 pm

9/28 Otus the Owl Storytime

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras!

Ages 2-10 yrs. FREE

Course #38886 • Thursday, Sept. 28 • 10:30-10:50 am

OCTOBER 2017

10/4 Nature Matters: ID of Maryland Diurnal Raptors

Twenty-one species of diurnal raptors have been recorded in Maryland, with thirteen of those seen each year during fall migration. Though less colorful than songbirds, raptor species can be readily identified once the observer knows what traits, field marks, and behaviors to look for. Naturalist, Paul Grindrod, will break down the major groups to give participants a general understanding of the key features and qualities to identify a bird at least to the genus level, with additional pointers for refining their identification to species. A brief overview of various raptor field guides will also be included.

Ages 14 & up. Fee: \$8

Course #38870 • Wednesday, Oct. 4 • 6:45-8:15 pm

10/5 Introduction to Wildlife Macro Photography

Join our Naturalist for this two day workshop focused on wildlife macro photography. On the first day you will have an opportunity to learn about the basic equipment and techniques that will help you improve your skills in wildlife macro photography. On the second day we will put all the skills learned to practice by taking pictures in the field, and of some of our friends from our live animal exhibits. You will be able to get pointers and feedback of your photos from our experience and published Naturalist.

Ages 14 & up. Fee: \$24 for both classes

Course #38578 • Thursday, Oct. 5 • 6:30-8 am

Course #38742 • Saturday, Oct. 7 • 3:30-6:30pm



**BOY SCOUT
AND GIRL
SCOUT
BADGES
AVAILABLE AT
MEADOWSIDE**

We offer programs that meet the requirements for many badges. Fees depend on the length of program and the badge. Contact us now to schedule your **TROOP!**

301-258-4030
Call to Schedule!



10/7 Hawk Watch Trip to Washington Monument State Park

Raptor migration is one of autumn's amazing rites of passage, with notable historic eastern sites at Hawk Mountain, Pennsylvania, Cape May, New Jersey, and Kiptopeke, Virginia. Join a Meadowside Nature Center naturalist for a day trip to the Washington Monument State Park hawk watch on the ridge of South Mountain to hone our raptor ID skills and count the migrants as they wing their way south. Identification tips and transportation provided; bring binoculars, lunch, water, sunscreen, and a portable lawn chair for more comfortable viewing.

Ages 13 & up. Fee: \$30

Course #38905 • Saturday, Oct. 7 • 8:30 am-3:30 pm

10/12 ¡Calabazas y mas!

Tomaremos una caminata para encontrar objetos que la naturaleza ha dejado en su viaje hacia el Otoño. Después decoramos calabazas con los objetos que encontramos para crear obras de arte para su hogar.

Edades: 3 en adelante. Precio \$6

Course #38652 • Jueves, Oct. 12 • 2-3 pm

10/12 Otus the Owl Storytime

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras!

Ages 2-10 yrs. FREE

Course #38887 • Thursday, Oct. 12 • 10:30-10:50 am

10/13 Sabios árboles, mágicos árboles

Leeremos el libro de Jack Delano titulado: Sabios árboles, mágicos árboles y veremos un cortometraje ilustrado del cuento. Aprenderás sobre la importancia de conservar los árboles y haremos una manualidad que te puedes llevar.

Edades: 3-5. Precio \$6

Course #38602 • Viernes, Oct. 13 • 10-11:30 am

10/14 The Magic of Harry Potter, Part 2!

With Halloween fast approaching, all witches and wizards are called to put forth their magical knowledge and join us while we explore the science and nature of Harry Potter's world. We'll enter the Forbidden Forest, learn about Herbology, brew up our own Potions, and even have some Butterbeer! Costumes are encouraged; come dressed as your favorite witch, wizard, or muggle! Registration is required; no walk-ins. Parents, please contact us if your child has dietary allergies.

Ages 7-13 yrs. Fee: \$12

Course #38785 • Saturday, Oct. 14 • 11 am-1 pm

10/19 Encuentro con la Fauna Nocturna

Cuando nos acostamos a dormir es solo el comienzo del día para muchos de los residentes de Meadowside Nature Center. Ven y visita el centro para un recorrido en la noche y participar en una charla sobre la contaminación lumínica y los efectos que tiene sobre la biodiversidad. Recuerda traer tu linterna y curiosidad!

Edades: 2 en adelante. Precio \$6

Course #38607 • Jueves, Oct. 19 • 7-8:30 pm

10/20 Ghost Stories and Pumpkin Beer

Start off the evening by sampling and comparing some pumpkin and fall microbrews. Then we'll gather around the toasty campfire to listen to some scary stories told by a professional storyteller. This is an adults-only campfire just in time for Halloween!

Ages 21 & up. Fee: \$20

Course #38776 • Friday, Oct. 20 • 7-8:30 pm

10/21 Aprender a abonar

¡Cada miembro de la familia puede ayudar a abonar para "vivir verde"! Aprenderemos los beneficios del abono en el hogar y en la naturaleza. Apreciaremos un animalito super importante la lombriz de tierra. Podrás llevar a casa unos materiales para crear tu propio sistema de abono.

Edades: 5 en adelante. GRATIS

Course #38930 • Sabado, Oct. 21 • 2-3:15 pm

10/21 Eye of Newt, Toe of Frog

Are newts and frogs really as evil as they have been portrayed? Meet the creatures and learn how to separate the facts from the myths. Join our naturalist, and discover what makes them key players in the ecosystem. After the presentation we will make a craft and go on a short walk to find these creatures in the wild.

Ages 4 & up. Fee: \$6

Course #38596 • Sabado, Oct. 21 • 10-11:30 am

10/25 Tyke Hike: Life Under the Leaves

Learn about the mysterious world hidden under the leaves in the forest and why we depend on the creatures that live there. We will go out on the trails to search for the creatures to take a closer look at them with magnifying glasses and a microscope.

Ages 2-4 yrs. Fee: \$5

Course #38605 • Wednesday, Oct. 25 • 10:30-11:15 am

10/27 Owl-o-ween

Join us around the campfire for owl facts, folklore and fun and meet our mascot Otus the Owl. We'll have marshmallows, graham crackers, and chocolate to make s'mores. Wear a costume if you want! Children and adults must register and pay.

Ages 3 & up. Fee: \$7

Course #38847 • Friday, Oct. 27 • 6:30-7:30 pm

10/28 Pumpkin Playtime

Help Meadowside's animals celebrate Halloween! Create your own carved pumpkin masterpiece for one of our animals and then delight in watching the animal explore and enjoy their new spooky enrichment! Pumpkins and carving tools will be provided. Parents must accompany children although only children need to register. This program is bilingual/Este programa es bilingüe.

Ages 7-12 yrs. Fee: \$9

Course #38781 • Saturday, Oct. 28 • 10-11:30 am

PAWPAW FESTIVAL

Get your paws on some pawpaws!

Saturday, September 9, 2017 Noon-4pm



Celebrate this delightful native fruit with us at Meadowside Nature Center!

- Music • Crafts • Games
- Advice on growing pawpaws
- Pawpaw tasting station!
- Face painting

\$5 per person (children under 2 free)
No registration required
No pets, please

PawPaw fruit and trees
available for purchase!
(limited quantities, while supplies last)

MeadowsideNature.org | 301-258-4030
f Facebook.com/MeadowsideNature



FREE Programs at Meadowside!

Saturdays:

Raptors

Meet at the Raptor Walkway behind the nature center, rain or shine.

Raptor Enrichment

11:30 – 11:45am

Raptors are smart! Come see Meadowside's resident raptors as they search for food, explore new objects, and encounter new experiences. *There is no 9/9 Enrichment due to Pawpaw Festival*



Raptor Feeding

Noon – 12:20pm

Observe Meadowside's resident raptors during their **feeding time and hear some stories** about the raptors on exhibit.

There is no 9/9 Feeding due to Pawpaw Festival



Wednesdays:

Raptor Training

2:00-2:15pm

Observe a training session and **see how raptors use positive reinforcement** to learn new behaviors and concepts.

Animal Encounters

2:30 – 3pm

Come meet an animal in our lobby!



No registration required. All programs are free and open to all ages. Groups, please call in advance.

**NOVEMBER 2017****11/4 BSA Merit Badge: Environmental Science**

Get a taste of what it is like to be an environmental scientist by making observations and carrying out experiments to investigate the natural world. Bring lunch and a refillable water bottle. In accordance with BSA Advancement Policy, 10-year old Scouts may participate if they have completed 5th grade or earned the Arrow of Light Award.

Ages 10-17 yrs. Fee: \$50

Course #38884 • Saturday, Nov. 4 • 10 am-2:30 pm

11/4 Nature Matters: The Private Life of Unloved Bird

Vultures are often overlooked, underappreciated, and unloved, despite the vital role they play in healthy ecosystems. Worldwide, vultures are more likely to be threatened or endangered than any other group of raptor, but in the United States turkey and black vultures may be increasing in number. Katie Fallon, author and co-founder of the Avian Conservation Center of Appalachia, will discuss the life and times of the noble turkey vulture, including its feeding, nesting, and roosting habits, migratory behaviors, and common misconceptions.

Ages 14 & up. Fee: \$8

Course #38873 • Wednesday, Nov. 8 • 6:45-8:15 pm

11/11 Los robles nobles

Adivina cuántos especies de seres vivos pueden sobrevivir en un sólo roble? ¡es impresionante! Juntos haremos un proyecto creativo para apreciar este árbol. Caminaremos en los senderos de Meadowside para investigar los robles del bosque desde bellotas hasta grandes árboles.

Edades: 3 en adelante. Precio \$6

Course #38931 • Sabado, Nov. 11 • 10-11:15 am

11/15 Tyke Hike: Hibernation

Come discover the bustling world around the nature center. Take a nature mini-hike and make a craft to take home. Who's getting ready to go to sleep for the winter?

Ages 2-4 yrs. Fee: \$5

Course #39041 • Wednesday, Nov. 15 • 10:30-11:15 am

11/17 Otus the Owl Storytime

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras!

Ages 2-10 yrs. FREE

Course #38889 • Friday, Nov. 17 • 10:30-10:50 am

11/17 Poison Ivy: Be Aware, Not Afraid

Poison Ivy (*Toxicodendron radicans*; PI) is widespread and toxic, with exposure causing an uncomfortable blistering and itching rash that can be severe in many people. Properly identifying poison ivy can be difficult. Uncertainty about successfully recognizing poison ivy and fear or anxiety about the rash leads many people to avoid the outdoors. The best method for learning to live with it and to prevent poison ivy contact or rash is to learn the facts about it and go outside and practice recognizing it. We will share and learn from others' personal PI experiences, dispel some myths about PI, take a hike to learn to recognize some of its local forms and favorite places, and we'll explore some of the options available to ease the itch if you ever do get into it. This poison ivy hour will leave you calm, not itchy.

Ages 2 & up. FREE

Course #38912 • Friday, Nov. 17 • 2-3 pm

11/17 Talkin' Turkey

Wild Turkeys are occasionally spotted in the Park. After learning about turkeys, we'll take a short hike to see if we can spot their favorite foods. Then, make a turkey caller to take home. Adults must accompany children; fee is for children only.

Ages 4-10 yrs. Fee: \$6

Course #38874 • Friday, Nov. 17 • 2:30-3:30 pm

11/18 Talkin' Turkey

Wild Turkeys are occasionally spotted in the Park. After learning about turkeys, we'll take a short hike to see if we can spot their favorite foods. Then, make a turkey caller to take home. Adults must accompany children; fee is for children only.

Ages 4-10 yrs. Fee: \$6

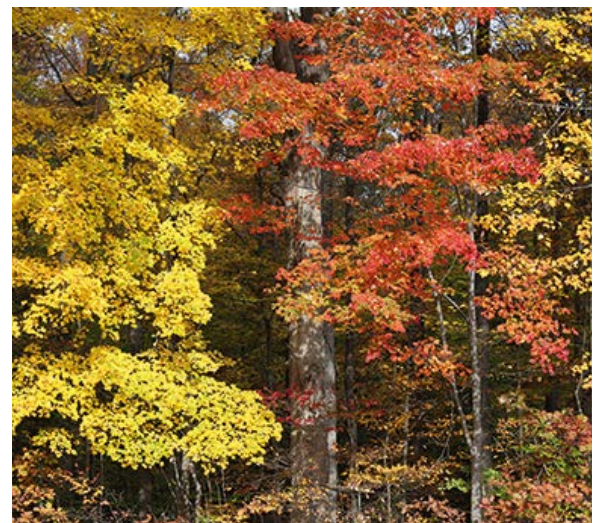
Course #38876 • Saturday, Nov. 18 • 2:30-3:30 pm

11/24 Into the Woods We Go

Work off yesterday's feast while getting to know the Meadowside trails. This naturalist-guided hike is designed to get you moving, but there will be plenty of chances to explore and learn about what we see along the way. We'll travel around two miles, with some hills.

Ages 6 & up. Fee: \$9

Course #38880 • Friday, Nov. 24 • 1-2:30 pm



Ice Skating & Hockey Group Lessons • Fall 2017



www.CabinJohnIce.org
10610 Westlake Drive
Rockville, MD 20852
301-765-8620



www.WheatonIceArena.org
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000

Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on   

CLASS DATES

Fall 1 Classes: Sept 7-Oct 21, No Classes Sept 21 & 29-30
Fall 2 Classes: Nov 2-Dec 17, No Classes Nov 23-26

ONLINE REGISTRATION DATES

Fall 1 registration Aug 30-Sept 5
Fall 2 registration Oct 22-Oct 31

If you register for Fall 1 after September 5 or Fall 2 after October 31, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are added after the second week of class.

On your first day of class...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15 - 20 minutes early for subsequent lessons to have time to get skates on properly
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protection against injuries.

COURSE FEES COVER

- Six group lessons
- Rental Skates
- A practice card good for public session admissions and skate rental, if needed.
- Practice cards are valid until the start date of the next lesson series. Practice cards are non-transferrable, non-refundable, and cannot be replaced if lost.

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match the skater's ability and experience. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future.
- If you see a class you like, register! Classes may be cancelled or combined if a minimum enrollment is not met.

Skaters will receive a ribbon award at the end of the 6-week course.

FALL 2017 EVENTS AND IMPORTANT DATES:

Open for public skating all through the Fall except for these dates:

Rinks Closed:

September 2-4
November 23
December 24 - Closed by 3pm
December 25

Winter Ice Shows:

Cabin John - December 16, 2017, 6:30 pm
Wheaton - January 5, 6:30 pm

Halloween Skates

Friday, October 27, see page 179

Veterans Day Skate

See page 183

Keep Your Neighbors Warm Skate

Friday, November 7, see page 180

School's Out Skate Days

See page 189



LEARN TO SKATE

AGES 3-5

Parent & Tot Skating

Snowplow Sam 1 Ice Skating

Snowplow Sam 2 Ice Skating

Snowplow Sam 3 Ice Skating

Snowplow Sam 4 Ice Skating

AGES 6-12

Basic 1 Ice Skating

Basic 2 Ice Skating

Basic 3 Ice Skating

Basic 4 Ice Skating

Basic 5 Ice Skating

Basic 6 Ice Skating

AGES 12 & UP

Teen & Adult 1 Ice Skating

Teen & Adult 2 Ice Skating

Teen & Adult 3 Ice Skating

Teen & Adult 4 Ice Skating

Teen & Adult Advanced Ice Skating

GROUP LESSON GUIDE

WHERE SHOULD I START? WHERE WILL I GO?

ICE HOCKEY

ICE HOCKEY CLASSES

Hockey 1

(Passed Basic 1 or Snowplow Sam 4)

Hockey 2

Hockey 3

Hockey 4

Power Skating Hockey

AGES 14 & UP

Teen & Adult Introductory Hockey

Teen & Adult Advanced Hockey

ADVANCED CLASSES

Scrimmage

Stickhandling

Offensive Skills

Game Strategies

Goalie Class

FIGURE SKATING

FIGURE SKATING CLASSES

Pre Free Skate

(Passed Basic 6 or Teen/Adult Advanced)

Free Skate 1

Free Skate 2

Free Skate 3

Free Skate 4

Free Skate 5

Free Skate 6

ADVANCED CLASSES

(PASSED FREE SKATE 1)

Moves & Edges

Spins 1, 2, & 3

Jumps 1 & 2

Ice Dance 1,2, & 3

Theater on Ice

Artistry in Motion

Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers registration for child and parent, skate rental for child and parent, and a practice card good for admission to 6 public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

36659	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	10:30-11 am
36660	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	2:30-3 pm
36661	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36662	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	1-1:30 pm
36915	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	10:30-11 am
36997	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	2:30-3 pm
36785	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm
36860	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	1-1:30 pm

Wheaton Ice Arena

35878	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	5:45-6:15 pm
35879	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:30-1 pm
35880	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36127	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	5:45-6:15 pm
36128	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:30-1 pm
36129	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm

Snowplow Sam

Snowplow Sam classes are designed to help preschool-age children develop the preliminary coordination and strength to maneuver on the ice.

Snowplow Sam 1 Ice Skating

This class is designed for children ages 3-5 who are beginning skaters. Skaters will learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment required: Helmet and gloves.

Cabin John Ice Rink

36609	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	1:30-2 pm
36610	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
36611	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	11-11:30 am
36612	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36614	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:45-1:15 pm
36615	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	3-3:30 pm
36613	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36616	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
36617	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	2:30-3 pm
36618	3-5 yrs	6 Classes	\$102	Monday, Sept. 11	4:15-4:45 pm
36619	3-5 yrs	6 Classes	\$102	Tuesday, Sept. 12	3:45-4:15 pm
36620	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	1:30-2 pm
36621	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:15-4:45 pm
36887	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	1:30-2 pm
36888	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36916	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	11-11:30 am
36917	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm

36998	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:45-1:15 pm
36999	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	3-3:30 pm
36945	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36786	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36787	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	2:30-3 pm
36811	3-5 yrs	6 Classes	\$102	Monday, Nov. 6	4:15-4:45 pm
36833	3-5 yrs	6 Classes	\$102	Tuesday, Nov. 7	3:45-4:15 pm
36861	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	1:30-2 pm
36862	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:15-4:45 pm

Wheaton Ice Arena

35881	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	5:15-5:45 pm
35882	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
35883	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:45-5:15 pm
35884	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35885	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:30-1 pm
35887	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35886	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11-11:30 am
36112	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36130	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	5:15-5:45 pm
36131	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36132	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:45-5:15 pm
36133	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36134	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:30-1 pm
36136	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36135	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11-11:30 am
36137	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm

Snowplow Sam 2 Ice Skating

Prerequisite: Passed Snowplow Sam 1

This skating class is for children between the ages of 3-5. Skaters learn how to march followed by a long glide, dip while moving, backward wiggles, forward two-foot swizzles, beginning snowplow stop, and a two-foot hop in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

36622	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	1:30-2 pm
36623	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	3:45-4:15 pm
36624	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	11-11:30 am
36625	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
37181	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:45-1:15 pm
36627	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	3-3:30 pm
36626	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36628	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
36629	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	2:30-3 pm
36630	3-5 yrs	6 Classes	\$102	Monday, Sept. 11	4:15-4:45 pm
36631	3-5 yrs	6 Classes	\$102	Tuesday, Sept. 12	3:45-4:15 pm
36632	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	1:30-2 pm
36633	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:15-4:45 pm
36889	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	1:30-2 pm
36890	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	3:45-4:15 pm
36918	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	11-11:30 am
36919	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
37182	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:45-1:15 pm
37000	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	3-3:30 pm
36946	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36788	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36789	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	2:30-3 pm
36812	3-5 yrs	6 Classes	\$102	Monday, Nov. 6	4:15-4:45 pm
36834	3-5 yrs	6 Classes	\$102	Tuesday, Nov. 7	3:45-4:15 pm
36863	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	1:30-2 pm
36864	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:15-4:45 pm

Winter Ice Show

**Cabin John
Ice Rink**

Dec. 16th, 2017

6:30 pm

Wheaton Ice Arena

January 5th, 6:30 pm



See our local skaters perform in this annual exhibition. Skaters of all ages will entertain you with group and solo performances.

FREE ADMISSION

**Wheaton Ice Arena**

35888	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	5:45-6:15 pm
35889	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
35890	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:45-5:15 pm
35891	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35892	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:30-1 pm
35894	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35893	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11-11:30 am
36113	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36138	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	5:45-6:15 pm
36139	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36140	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:45-5:15 pm
36141	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36142	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:30-1 pm
36144	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36143	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11-11:30 am
36145	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm

Snowplow Sam 3 Ice Skating*Prerequisite: Passed Snowplow Sam 2*

This class is for skaters ages 3-5. Skater will learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

36634	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	1:30-2 pm
36635	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	11-11:30 am
36636	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36638	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	12:45-1:15 pm
36639	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	3-3:30 pm
36637	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36640	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
36641	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	2:30-3 pm
36642	3-5 yrs	6 Classes	\$102	Monday, Sept. 11	4:15-4:45 pm
36643	3-5 yrs	6 Classes	\$102	Tuesday, Sept. 12	3:45-4:15 pm
36658	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	1:30-2 pm
36644	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:15-4:45 pm
36891	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	1:30-2 pm
36920	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	11-11:30 am
36921	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
37001	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	12:45-1:15 pm
37002	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	3-3:30 pm
36947	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36790	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36791	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	2:30-3 pm
36813	3-5 yrs	6 Classes	\$102	Monday, Nov. 6	4:15-4:45 pm
36835	3-5 yrs	6 Classes	\$102	Tuesday, Nov. 7	3:45-4:15 pm
36866	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	1:30-2 pm
36865	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:15-4:45 pm

Wheaton Ice Arena

35895	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	5:45-6:15 pm
35896	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
35897	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	5:15-5:45 pm
35898	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35899	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	11-11:30 am
35900	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35901	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36146	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	5:45-6:15 pm
36147	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36148	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	5:15-5:45 pm

36149	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36151	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36150	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	11-11:30 am
36152	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm

Snowplow Sam 4 Ice Skating*Prerequisite: Passed Snowplow Sam 3*

This class is for skaters ages 3-5. Skater will learn forward skating, backward two foot glides, backward swizzles, rocking horse, two foot turns from forward to backward in place, and two foot hop. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

Cabin John Ice Rink

36645	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	1:30-2 pm
36646	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	10:30-11 am
36647	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36649	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	1:15-1:45 pm
36650	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	3:30-4 pm
36648	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36651	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	12-12:30 pm
36652	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36653	3-5 yrs	6 Classes	\$102	Monday, Sept. 11	5:15-5:45 pm
36654	3-5 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:15-4:45 pm
36655	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	1-1:30 pm
36656	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	3:45-4:15 pm
36657	3-5 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:45-5:15 pm
36892	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	1:30-2 pm
36922	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	10:30-11 am
36923	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
37003	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	1:15-1:45 pm
37004	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	3:30-4 pm
36948	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36792	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	12-12:30 pm
36793	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm
36814	3-5 yrs	6 Classes	\$102	Monday, Nov. 6	5:15-5:45 pm
36836	3-5 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:15-4:45 pm
36867	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	1-1:30 pm
36868	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	3:45-4:15 pm
36869	3-5 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:45-5:15 pm

Wheaton Ice Arena

35902	3-5 yrs	6 Classes	\$102	Thursday, Sept. 7	5:45-6:15 pm
36114	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
35903	3-5 yrs	6 Classes	\$102	Friday, Sept. 8	5:15-5:45 pm
35904	3-5 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35905	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35906	3-5 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36153	3-5 yrs	6 Classes	\$102	Thursday, Nov. 2	5:45-6:15 pm
36158	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36154	3-5 yrs	6 Classes	\$102	Friday, Nov. 3	5:15-5:45 pm
36155	3-5 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36156	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36157	3-5 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm

Basic Skills 1-6

Basic Skills classes teach the fundamentals of skating. The six levels of the program introduce these fundamental moves: forward skating, Backwards skating, stops, edges, crossovers, and turns. Upon completion of Basic Skills 1-6, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1 Ice Skating

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

36269	6-12 yrs	6 Classes	\$102	Thursday, Sept. 7	3:45-4:15 pm
36270	6-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
36271	6-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36272	6-12 yrs	6 Classes	\$102	Friday, Sept. 8	6:15-6:45 pm
36485	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	1:15-1:45 pm
36486	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	2:30-3 pm
36487	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	3:30-4 pm
36488	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	4-4:30 pm
36484	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36489	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12-12:30 pm
36491	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36490	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36492	6-12 yrs	6 Classes	\$102	Monday, Sept. 11	3:45-4:15 pm
36493	6-12 yrs	6 Classes	\$102	Monday, Sept. 11	5:15-5:45 pm
36494	6-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:15-4:45 pm
36495	6-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	3:45-4:15 pm
36496	6-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:45-5:15 pm
36893	6-12 yrs	6 Classes	\$102	Thursday, Nov. 2	3:45-4:15 pm
36894	6-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36924	6-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36925	6-12 yrs	6 Classes	\$102	Friday, Nov. 3	6:15-6:45 pm
37005	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	1:15-1:45 pm
37006	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	2:30-3 pm
37007	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	3:30-4 pm
37008	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	4-4:30 pm
36949	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36794	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12-12:30 pm
36796	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm
36795	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm
36815	6-12 yrs	6 Classes	\$102	Monday, Nov. 6	3:45-4:15 pm
36816	6-12 yrs	6 Classes	\$102	Monday, Nov. 6	5:15-5:45 pm
36837	6-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:15-4:45 pm
36870	6-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	3:45-4:15 pm
36871	6-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:45-5:15 pm

Wheaton Ice Arena

35907	6-12 yrs	6 Classes	\$102	Thursday, Sept. 7	5:15-5:45 pm
35908	6-12 yrs	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
35909	6-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35910	6-12 yrs	6 Classes	\$102	Friday, Sept. 8	5:45-6:15 pm
35911	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35912	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35914	6-12 yrs	6 Classes	\$102	Saturday, Sept. 9	1-1:30 pm

35915	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35913	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
35916	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36115	6-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36159	6-12 yrs	6 Classes	\$102	Thursday, Nov. 2	5:15-5:45 pm
36160	6-12 yrs	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm
36161	6-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36162	6-12 yrs	6 Classes	\$102	Friday, Nov. 3	5:45-6:15 pm
36163	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36164	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36166	6-12 yrs	6 Classes	\$102	Saturday, Nov. 4	1-1:30 pm
36167	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36165	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36168	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm
36169	6-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm

Basic 2 Ice Skating

Prerequisite: Passed Basic 1 or Snowplow Sam 4

This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

36497	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	3:45-4:15 pm
36498	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
36499	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36500	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	6:15-6:45 pm
36502	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	1:15-1:45 pm
36513	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	2:30-3 pm
36503	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	3:30-4 pm
36504	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	4-4:30 pm
36501	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36505	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12-12:30 pm
36507	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36506	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3-3:30 pm
36508	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	3:45-4:15 pm
36509	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	5:15-5:45 pm
36510	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:15-4:45 pm
36511	4-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	3:45-4:15 pm
36512	4-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	4:45-5:15 pm
36895	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	3:45-4:15 pm
36896	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36926	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36927	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	6:15-6:45 pm
37009	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	1:15-1:45 pm
37012	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	2:30-3 pm
37010	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	3:30-4 pm
37011	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	4-4:30 pm
36950	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36797	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12-12:30 pm
36799	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm
36798	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3-3:30 pm
36817	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	3:45-4:15 pm
36818	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	5:15-5:45 pm
36838	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:15-4:45 pm
36872	4-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	3:45-4:15 pm
36873	4-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	4:45-5:15 pm

Ice Skating



Scout Skate Day

Schedule your troop for a Saturday program that will include coaching about ice safety, a skating lesson, and admission to a public session.

Programs will be held on **select Saturdays** from **10:30 am – 2:00 pm**. Fee is \$20/scout (minimum of 5 troop members required).

Contact the Skating Director at **Cabin John Ice Rink**, at 301-765-8627, to register your troop!

**Wheaton Ice Arena**

35917	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	5:15-5:45 pm
35918	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
35919	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35920	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	5:45-6:15 pm
35921	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35922	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35923	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	1-1:30 pm
35925	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35924	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
35926	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36116	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36170	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	5:15-5:45 pm
36171	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm
36172	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36173	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	5:45-6:15 pm
36174	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36175	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36176	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	1-1:30 pm
36178	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36177	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36179	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm
36180	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm

Basic 3 Ice Skating*Prerequisite: Passed Basic 2*

Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36522	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:15-4:45 pm
36524	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36525	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	6:15-6:45 pm
36529	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	12:15-12:45 pm
36531	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	2-2:30 pm
36532	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	4-4:30 pm
36526	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36534	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36535	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	2-2:30 pm
36549	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	3:45-4:15 pm
36536	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	4:45-5:15 pm
36537	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:45-5:15 pm
36538	4-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	5:15-5:45 pm
36897	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:15-4:45 pm
36928	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36929	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	6:15-6:45 pm
37013	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	12:15-12:45 pm
37014	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	2-2:30 pm
37015	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	4-4:30 pm
36951	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36800	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm
36801	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	2-2:30 pm
36820	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	3:45-4:15 pm
36819	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	4:45-5:15 pm
36839	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:45-5:15 pm
36874	4-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	5:15-5:45 pm

Wheaton Ice Arena

35927	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
35928	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
35929	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm

35930	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	5:15-5:45 pm
35931	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
36124	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35933	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	1-1:30 pm
35934	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
35932	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	11:30 am-12 pm
35935	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	3:30-4 pm
36181	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36182	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm
36183	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36184	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	5:15-5:45 pm
36185	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36190	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36187	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	1-1:30 pm
36188	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm
36186	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	11:30 am-12 pm
36189	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	3:30-4 pm

Basic 4 Ice Skating*Prerequisite: Passed Basic 3*

Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one foot glides, beginning two foot spin, and forward lunges. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36539	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:15-4:45 pm
36540	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36542	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	12:15-12:45 pm
36543	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	2-2:30 pm
36541	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36544	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36545	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	2-2:30 pm
36546	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	4:45-5:15 pm
36547	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:45-5:15 pm
36548	4-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	5:15-5:45 pm
36898	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:15-4:45 pm
36930	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
37016	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	12:15-12:45 pm
37017	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	2-2:30 pm
36952	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36802	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm
36803	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	2-2:30 pm
36821	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	4:45-5:15 pm
36840	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:45-5:15 pm
36875	4-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	5:15-5:45 pm

Wheaton Ice Arena

36117	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
35936	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
35937	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35938	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	5:15-5:45 pm
35939	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35941	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
35940	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36197	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36191	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm
36192	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36193	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	5:15-5:45 pm
36194	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36195	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm
36196	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Basic 5 Ice Skating

Prerequisite: Passed Basic 4

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three turns, advanced two foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36599	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:15-4:45 pm
36600	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
36602	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	12:15-12:45 pm
36603	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	2-2:30 pm
36601	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36604	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36605	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	2-2:30 pm
36606	4-12 yrs	6 Classes	\$102	Monday, Sept. 11	4:45-5:15 pm
36607	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	4:45-5:15 pm
36608	4-12 yrs	6 Classes	\$102	Wednesday, Sept. 13	5:15-5:45 pm
36899	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:15-4:45 pm
36931	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
37018	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	12:15-12:45 pm
37019	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	2-2:30 pm
36953	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36804	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm
36805	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	2-2:30 pm
36822	4-12 yrs	6 Classes	\$102	Monday, Nov. 6	4:45-5:15 pm
36841	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	4:45-5:15 pm
36876	4-12 yrs	6 Classes	\$102	Wednesday, Nov. 8	5:15-5:45 pm

Wheaton Ice Arena

36118	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	4:45-5:15 pm
35943	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
35945	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35946	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35948	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
35947	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	12:30-1 pm
36203	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	4:45-5:15 pm
36198	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm
36199	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36200	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36201	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	12:30-1 pm
36202	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Basic 6 Ice Skating

Prerequisite: Passed Basic 5

Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36663	4-12 yrs	6 Classes	\$153	Thursday, Sept. 7	5:15-6 pm
36664	4-12 yrs	6 Classes	\$153	Friday, Sept. 8	5:30-6:15 pm
36665	4-12 yrs	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36666	4-12 yrs	6 Classes	\$153	Sunday, Sept. 10	1-1:45 pm
36667	4-12 yrs	6 Classes	\$153	Monday, Sept. 11	6-6:45 pm
36900	4-12 yrs	6 Classes	\$153	Thursday, Nov. 2	5:15-6 pm
36932	4-12 yrs	6 Classes	\$153	Friday, Nov. 3	5:30-6:15 pm
36954	4-12 yrs	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am

36806	4-12 yrs	6 Classes	\$153	Sunday, Nov. 5	1-1:45 pm
36823	4-12 yrs	6 Classes	\$153	Monday, Nov. 6	6-6:45 pm

Wheaton Ice Arena

35949	4-12 yrs	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35950	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35951	4-12 yrs	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35952	4-12 yrs	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36204	4-12 yrs	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36205	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36206	4-12 yrs	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36207	4-12 yrs	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Homeschool Basic 1 Ice Skating

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

36747	6-12 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
36748	6-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	2-2:30 pm
36933	6-12 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36842	6-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	2-2:30 pm

Homeschool Basic 2 Ice Skating

Prerequisite: Passed Basic 1 or Snowplow Sam 4

This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

Cabin John Ice Rink

36749	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
36750	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	2-2:30 pm
36934	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36843	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	2-2:30 pm

Homeschool Basic 3 Ice Skating

Prerequisite: Passed Basic 2

Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slalom, and forward pivot. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36751	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	2-2:30 pm
36752	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	2-2:30 pm
36935	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	2-2:30 pm
36844	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	2-2:30 pm



**HALLOWEEN
ON ICE
FRIDAY OCT.
27TH**

**NOT-SO-SPOOKY
SKATES**

Costume contest with prizes and treats!

Cabin John Ice Rink:
4:15-6:15pm

Wheaton Ice Arena:
4:45-6:15pm

SPOOKY SKATES

Creepy music and lighting, and treats for all!

Cabin John Ice Rink:
8-10pm

Wheaton Ice Arena:
8:15-10:15pm
(Costume Contest, music, lights & treats)



Homeschool Basic 4 Ice Skating

Prerequisite: Passed Basic 3

Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one foot glides, beginning two foot spin, and forward lunges. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36753	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	2:30-3 pm
36754	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	2:30-3 pm
36936	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	2:30-3 pm
36845	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	2:30-3 pm

Homeschool Basic 5 Ice Skating

Prerequisite: Passed Basic 4

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three turns, advanced two foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36755	4-12 yrs	6 Classes	\$102	Friday, Sept. 8	2:30-3 pm
36756	4-12 yrs	6 Classes	\$102	Tuesday, Sept. 12	2:30-3 pm
36937	4-12 yrs	6 Classes	\$102	Friday, Nov. 3	2:30-3 pm
36846	4-12 yrs	6 Classes	\$102	Tuesday, Nov. 7	2:30-3 pm

Therapeutic Ice Skating 1

Ages 18 and under. This beginning ice skating class is for people with cognitive and/or developmental disabilities who want to learn how to ice skate. Skaters will learn proper technique to fall on the ice and recover, skate forward, and stop safely. Helmets are strongly recommended.

Cabin John Ice Rink

36757	5-17yrs	6 Classes	\$102	Saturday, Sept. 9	8-8:30 am
36955	5-17yrs	6 Classes	\$102	Saturday, Nov. 4	8-8:30 am

Therapeutic Ice Skating 2

Cabin John Ice Rink

36758	5-17yrs	6 Classes	\$102	Saturday, Sept. 9	8-8:30 am
36956	5-17yrs	6 Classes	\$102	Saturday, Nov. 4	8-8:30 am

Teen and Adult Classes

Teen and adult classes are designed for skaters ages 12 & up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom made for you.

Teen & Adult 1 Ice Skating

This class is for beginning skaters age 12 and up. Skaters will learn falling and recovery, forward skating, two foot glide, forward swizzles, rocking horse, dip, snowplow stop, forward one foot glides, slalom, backward skating, backward swizzles, and two foot turns in place. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class. Helmets are strongly recommended.

Cabin John Ice Rink

36693	12 & up	6 Classes	\$153	Thursday, Sept. 7	12:45-1:30 pm
36694	12 & up	6 Classes	\$153	Thursday, Sept. 7	7:45-8:30 pm
36695	12 & up	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36696	12 & up	6 Classes	\$153	Sunday, Sept. 10	1-1:45 pm
36901	12 & up	6 Classes	\$153	Thursday, Nov. 2	12:45-1:30 pm
36902	12 & up	6 Classes	\$153	Thursday, Nov. 2	7:45-8:30 pm
36957	12 & up	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am
36807	12 & up	6 Classes	\$153	Sunday, Nov. 5	1-1:45 pm

Wheaton Ice Arena

35953	12 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
35954	12 & up	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35955	12 & up	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
36208	12 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm
36209	12 & up	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36210	12 & up	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm

Teen & Adult 2 Ice Skating

Prerequisite: Passed Teen & Adult 1

Skaters will learn forward stroking, forward half swizzle pumps on a circle, moving two foot turns on a curve, backward skating to a long two foot glide, forward pivot, forward chasses on a circle, and backward snowplow stops. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

Cabin John Ice Rink

36697	12 & up	6 Classes	\$153	Thursday, Sept. 7	12:45-1:30 pm
36698	12 & up	6 Classes	\$153	Thursday, Sept. 7	7:45-8:30 pm
36699	12 & up	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36903	12 & up	6 Classes	\$153	Thursday, Nov. 2	12:45-1:30 pm
36904	12 & up	6 Classes	\$153	Thursday, Nov. 2	7:45-8:30 pm
36958	12 & up	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am

Wheaton Ice Arena

35956	12 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
35957	12 & up	6 Classes	\$102	Saturday, Sept. 9	10:45-11:15 am
35958	12 & up	6 Classes	\$102	Sunday, Sept. 10	1:15-1:45 pm
36211	12 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm
36212	12 & up	6 Classes	\$102	Saturday, Nov. 4	10:45-11:15 am
36213	12 & up	6 Classes	\$102	Sunday, Nov. 5	1:15-1:45 pm

Teen & Adult 3 Ice Skating

Prerequisite: Passed Teen & Adult 2

Skaters will learn forward edges on a circle, forward crossovers, backward one foot glides, backward half swizzle pumps on a circle, and hockey stops. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

Cabin John Ice Rink

36700	12 & up	6 Classes	\$153	Thursday, Sept. 7	12-12:45 pm
36701	12 & up	6 Classes	\$153	Thursday, Sept. 7	8:30-9:15 pm



**Keep Your
Neighbors
Warm Skate**

**Friday
November 17**

Donate *new or gently used* winter clothing and skate for \$7.00 including skate rental. Donations from Wheaton will go to Arcola Elementary; Cabin John's will go to the National Alliance on Mental Illness Montgomery County.

Cabin John Ice Rink:
8-10:00 am
12:30-2:30 pm
4:45-6:15pm

Wheaton Ice Arena:
12:30-2:30pm
4:45-6:15 pm



Come Skating!

Public Skating Sessions

Fall 2017



Public skating sessions available every day of the week at our two great rinks!

Cabin John Ice Rink

MONDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$7 Public Skate

TUESDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Public Skate

WEDNESDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$7 Public Skate

THURSDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Adult Skate

FRIDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:45-6:15pm	Public Skate
8-10pm	Public Skate

SATURDAYS

Noon-2pm	Public Skate
4-6pm	Public Skate
8:30-10:30pm	Public Skate

SUNDAYS

8:30-10am	Public Skate
12:30-2:30pm	Family Skate
For parents and their children, age 12 and under	
4:30-6:30pm	Public Skate

Wheaton Ice Arena

TUESDAYS

12:30-2:30pm	Cheapskate
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WEDNESDAYS

11:15am-12:15pm	Parent & Tot Skate
12:30-2:30pm	Cheapskate

THURSDAYS

12:30-2:30pm	Cheapskate
4:45-6:15pm	Public Skate

FRIDAYS

11:15am-12:15pm	Parent & Tot Skate
12:30-2:30pm	Cheapskate
4:45-6:15pm	Public Skate
8:15-10:15pm	Public Skate

SATURDAYS

12:30-2:30pm	Public Skate
4-6pm	Public Skate

SUNDAYS

11am-1pm	Public Skate
3-5pm	Public Skate



For a more information and rink schedules, visit
www.WheatonIceArena.org and www.CabinJohnIce.org



Schedule is subject to change.

RINK CLOSURES:

Sept. 2, 3, 4 (Labor Day weekend)
 Nov. 23 (Thanksgiving)
 Dec. 24 - Closed by 3pm
 Dec. 25



36702	12 & up	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36905	12 & up	6 Classes	\$153	Thursday, Nov. 2	12-12:45 pm
36906	12 & up	6 Classes	\$153	Thursday, Nov. 2	8:30-9:15 pm
36959	12 & up	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am

Wheaton Ice Arena

35959	12 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
35960	12 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35961	12 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36214	12 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm
36215	12 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36216	12 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Teen & Adult 4 Ice Skating*Prerequisite: Passed Teen & Adult 3*

Skaters will learn forward outside three-turns, backward outside & inside edges, backward crossovers, forward swing rolls, and beginning two foot spin. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

Cabin John Ice Rink

36703	12 & up	6 Classes	\$153	Thursday, Sept. 7	12-12:45 pm
36704	12 & up	6 Classes	\$153	Thursday, Sept. 7	8:30-9:15 pm
36706	12 & up	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36907	12 & up	6 Classes	\$153	Thursday, Nov. 2	12-12:45 pm
36908	12 & up	6 Classes	\$153	Thursday, Nov. 2	8:30-9:15 pm
36960	12 & up	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am

Wheaton Ice Arena

35962	12 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
35963	12 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35964	12 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36217	12 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm
36218	12 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36219	12 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Teen & Adult Advanced Ice Skating*Prerequisite: Passed Teen & Adult 4*

This class will learn more progressive skating skills and will also include advanced forward and backward crossovers, forward inside three turns, forward outside to inside change of edge, T-stop, lunge, and two foot to one foot spins. Fee includes skate rental plus a practice card good for public sessions to practice the skills learned in class.

Cabin John Ice Rink

36707	12 & up	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36961	12 & up	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am

Wheaton Ice Arena

35965	12 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
35966	12 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36220	12 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm
36221	12 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or a competitive track in figure skating.

Pre Free Skate*Prerequisite: Passed Basic 6*

Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one foot upright spin, mazurka, and waltz jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36668	4-12 yrs	6 Classes	\$153	Thursday, Sept. 7	5:15-6 pm
36669	4-12 yrs	6 Classes	\$153	Friday, Sept. 8	5:30-6:15 pm
36670	4-12 yrs	6 Classes	\$153	Saturday, Sept. 9	8:30-9:15 am
36671	4-12 yrs	6 Classes	\$153	Sunday, Sept. 10	1-1:45 pm
36672	4-12 yrs	6 Classes	\$153	Monday, Sept. 11	6-6:45 pm
36909	4-12 yrs	6 Classes	\$153	Thursday, Nov. 2	5:15-6 pm
36938	4-12 yrs	6 Classes	\$153	Friday, Nov. 3	5:30-6:15 pm
36962	4-12 yrs	6 Classes	\$153	Saturday, Nov. 4	8:30-9:15 am
36808	4-12 yrs	6 Classes	\$153	Sunday, Nov. 5	1-1:45 pm
36824	4-12 yrs	6 Classes	\$153	Monday, Nov. 6	6-6:45 pm

Wheaton Ice Arena

35967	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35968	5 & up	6 Classes	\$102	Friday, Sept. 8	4:45-5:15 pm
35969	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35970	5 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36222	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36223	5 & up	6 Classes	\$102	Friday, Nov. 3	4:45-5:15 pm
36224	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36225	5 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Free Skate 1*Prerequisite: Passed Pre Free Skate*

Learn forward power stroking, forward outside & inside consecutive edges, backward outside three turns, upright one foot spin from back crossovers, half flip, toe loop, and waltz jump combinations. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36675	5 & up	6 Classes	\$153	Thursday, Sept. 7	5:15-6 pm
36676	5 & up	6 Classes	\$153	Friday, Sept. 8	5:30-6:15 pm
36677	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36678	5 & up	6 Classes	\$153	Monday, Sept. 11	6-6:45 pm
36910	5 & up	6 Classes	\$153	Thursday, Nov. 2	5:15-6 pm
36939	5 & up	6 Classes	\$153	Friday, Nov. 3	5:30-6:15 pm
36963	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36825	5 & up	6 Classes	\$153	Monday, Nov. 6	6-6:45 pm

Wheaton Ice Arena

35971	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35972	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
35973	5 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm

36226	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36227	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36228	5 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Free Skate 2

Prerequisite: Passed Free Skate 1

Skaters will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three turns, beginning back spin, half lutz, and Salchow. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36679	5 & up	6 Classes	\$153	Thursday, Sept. 7	6:15-7 pm
36680	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36681	5 & up	6 Classes	\$153	Monday, Sept. 11	6:45-7:30 pm
36911	5 & up	6 Classes	\$153	Thursday, Nov. 2	6:15-7 pm
36964	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36826	5 & up	6 Classes	\$153	Monday, Nov. 6	6:45-7:30 pm

Wheaton Ice Arena

35974	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35975	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35976	5 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36229	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36230	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36231	5 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Free Skate 3

Prerequisite: Passed Free Skate 2

Skaters will learn alternating back crossovers to backward outside edges, alternating Mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and Salchow/toe loop combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions.

Cabin John Ice Rink

36682	5 & up	6 Classes	\$153	Thursday, Sept. 7	6:15-7 pm
36683	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36684	5 & up	6 Classes	\$153	Monday, Sept. 11	6:45-7:30 pm
36912	5 & up	6 Classes	\$153	Thursday, Nov. 2	6:15-7 pm
36965	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36827	5 & up	6 Classes	\$153	Monday, Nov. 6	6:45-7:30 pm

Wheaton Ice Arena

35977	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35978	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35979	5 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36232	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36233	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36234	5 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Free Skate 4

Prerequisite: Passed Free Skate 3

Skaters will learn forward power three turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36685	5 & up	6 Classes	\$153	Thursday, Sept. 7	7-7:45 pm
36686	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36687	5 & up	6 Classes	\$153	Monday, Sept. 11	7:30-8:15 pm
36913	5 & up	6 Classes	\$153	Thursday, Nov. 2	7-7:45 pm
36966	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36828	5 & up	6 Classes	\$153	Monday, Nov. 6	7:30-8:15 pm

Wheaton Ice Arena

35980	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
35981	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35982	5 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36235	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36236	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36237	5 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Free Skate 5

Prerequisite: Passed Free Skate 4

Skaters will learn backward power three turns, five step Mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

Cabin John Ice Rink

36688	5 & up	6 Classes	\$153	Thursday, Sept. 7	7-7:45 pm
36689	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36690	5 & up	6 Classes	\$153	Monday, Sept. 11	7:30-8:15 pm
36914	5 & up	6 Classes	\$153	Thursday, Nov. 2	7-7:45 pm
36967	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36829	5 & up	6 Classes	\$153	Monday, Nov. 6	7:30-8:15 pm

Wheaton Ice Arena

35983	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
36125	5 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36238	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36239	5 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Free Skate 6

Prerequisite: Passed Free Skate 5

Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/Salchow combination, axel exercises, and backward outside pivot. Fee includes skate rental (if needed) plus a practice card good for admission to public skate session to practice skills learned in class.

Cabin John Ice Rink

36691	5 & up	6 Classes	\$153	Saturday, Sept. 9	10:30-11:15 am
36692	5 & up	6 Classes	\$153	Monday, Sept. 11	7:30-8:15 pm
36968	5 & up	6 Classes	\$153	Saturday, Nov. 4	10:30-11:15 am
36830	5 & up	6 Classes	\$153	Monday, Nov. 6	7:30-8:15 pm

Wheaton Ice Arena

35985	5 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
36126	5 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36240	5 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36241	5 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm



SKATE

Military men and women skate for **FREE** at all public sessions on Sunday November 13th. Offer is open to all military personnel (veterans and active duty) and their families

**SUNDAY
NOVEMBER 12**

Cabin John

Ice Rink:

8:30-10:30 am

12:30-2:30 pm

4:30-6:30pm

Wheaton Ice

Arena:

11-1 pm

3-5 pm



Advanced Figure Skating Classes

Ice Dance 1

Prerequisite: Passed Free Skate 1

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. Skills to be learned include swing rolls, chasses, Kilian hold, and the steps and timing of the Dutch Waltz.

Cabin John Ice Rink

36712	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36990	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am

Ice Dance 2

Prerequisite: Passed Ice Dance Fundamentals 1

Ice Dance 2 will cover forward slide chasses, cross rolls, cross strokes, progressive-chasse sequences, reverse Kilian position, and the steps & timing for the Canasta Tango.

Cabin John Ice Rink

36713	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36991	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am

Ice Dance 3

Prerequisite: Passed Ice Dance Fundamentals 2

Ice Dance 3 will learn forward inside swing rolls, cross behind steps, promenade progressives, lilt action, and the steps & timing for the Rhythm Blues.

Cabin John Ice Rink

36714	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36992	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am

Jumping 1

Prerequisite: Passed Free Skate 1

Work on waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jumps. Build basic combo jumps using toe-loop and half-loop jumps.

Cabin John Ice Rink

36715	5 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
36984	5 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am

Wheaton Ice Arena

36005	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36260	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm

Jumping 2

Prerequisite: Passed Jumping 1 or Free Skate 4

In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump.

Cabin John Ice Rink

36716	5 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
36985	5 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am

Wheaton Ice Arena

36006	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36261	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm



Jumping 3

Prerequisite: Passed Jumping 2 or Free Skate 5

In this advanced class, work on two and three jump combinations, axel, walleys, and connecting footwork into jumps. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36717	5 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
36986	5 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am

Spins 1

Prerequisite: Passed Free Skate 1

This figure skating class will help skaters learn to develop spins. Work on one-foot spin, scratch spin, back spin and sit spin. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36709	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36987	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am

Wheaton Ice Arena

36007	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36262	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4

In this advanced spins class, skaters will work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36710	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36764	5 & up	6 Classes	\$102	Monday, Sept. 11	8:15-8:45 pm
36988	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36831	5 & up	6 Classes	\$102	Monday, Nov. 6	8:15-8:45 pm

Wheaton Ice Arena

36008	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36263	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm

Spins 3

Prerequisite: Passed Spins 2 or Free Skate 5

In this advanced spins class, skaters will work on change foot sit and camel spins, layback spins, flying camel spins, flying sit spins, and advanced sit and camel spin feature positions. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36711	5 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36765	5 & up	6 Classes	\$102	Monday, Sept. 11	8:15-8:45 pm
36989	5 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36832	5 & up	6 Classes	\$102	Monday, Nov. 6	8:15-8:45 pm

Wheaton Ice Arena

36009	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36264	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm

Power Skating

Prerequisite: Passed Basic 5 or Hockey 3.

The half ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

36010	5 & up	6 Classes	\$102	Thursday, Sept. 7	7:30-8 pm
36265	5 & up	6 Classes	\$102	Thursday, Nov. 2	7:30-8 pm

Adult Moves & Edges

Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

Cabin John Ice Rink

36719	12 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
36994	12 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am

Wheaton Ice Arena

36012	12 & up	6 Classes	\$102	Thursday, Sept. 7	7-7:30 pm
36011	12 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
36267	12 & up	6 Classes	\$102	Thursday, Nov. 2	7-7:30 pm
36266	12 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm

Moves & Edges

Prerequisite: Passed Basic 6.

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

Cabin John Ice Rink

36718	5 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
36995	5 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am

Wheaton Ice Arena

36013	5 & up	6 Classes	\$102	Thursday, Sept. 7	6:30-7 pm
36268	5 & up	6 Classes	\$102	Thursday, Nov. 2	6:30-7 pm

Artistry in Motion

Prerequisite: Must have passed Basic 6

This class will help skaters learn the basic principals of choreography, presentation & performance. This class provides a foundation for body alignment, movement, and line. Skaters will learn movements to different styles of music while incorporating skating elements contributing to the training of a complete figure skater. Fee includes a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36720	5 & up	6 Classes	\$102	Saturday, Sept. 9	10-10:30 am
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Theatre On Ice

Prerequisite: Passed Basic 5

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at the Winter Show on December 16, 2017 at 6:30 pm.

Cabin John Ice Rink

36996	5 & up	6 Classes	\$102	Saturday, Nov. 4	10-10:30 am
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Ice Hockey Classes • Fall 2017

WHAT DOES “FULL GEAR” INCLUDE?

For all hockey classes, full gear is required including caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, hockey skates, and a flat stick cut to the skater's height. A protective cup and mouth guard are also recommended.

Rental hockey skates are available for use at no extra charge with your class!

Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 4.

Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two foot glide, front to back turns, and snowplow stop. Fee includes skate rental, and a practice card good for six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates.

Cabin John Ice Rink

36766	4-8 yrs	6 Classes	\$108	Friday, Sept. 8	4:15-4:45 pm
36767	4-8 yrs	6 Classes	\$108	Saturday, Sept. 9	11:30 am-12 pm
36771	9-14 yrs	6 Classes	\$108	Saturday, Sept. 9	11:30 am-12 pm
36768	4-8 yrs	6 Classes	\$108	Sunday, Sept. 10	4-4:30 pm
36769	4-8 yrs	6 Classes	\$108	Tuesday, Sept. 12	5:15-5:45 pm
36772	9-14 yrs	6 Classes	\$108	Tuesday, Sept. 12	5:15-5:45 pm
36770	4-8 yrs	6 Classes	\$108	Wednesday, Sept. 13	6-6:30 pm
36940	4-8 yrs	6 Classes	\$108	Friday, Nov. 3	4:15-4:45 pm
36969	4-8 yrs	6 Classes	\$108	Saturday, Nov. 4	11:30 am-12 pm
36970	9-14 yrs	6 Classes	\$108	Saturday, Nov. 4	11:30 am-12 pm
36809	4-8 yrs	6 Classes	\$108	Sunday, Nov. 5	4-4:30 pm
36847	4-8 yrs	6 Classes	\$108	Tuesday, Nov. 7	5:15-5:45 pm
36848	9-14 yrs	6 Classes	\$108	Tuesday, Nov. 7	5:15-5:45 pm
36877	4-8 yrs	6 Classes	\$108	Wednesday, Nov. 8	6-6:30 pm

Wheaton Ice Arena

35993	4 & up	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35994	4 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35995	4 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36248	4 & up	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36249	4 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36250	4 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Hockey 2

Prerequisite: Passed Hockey 1

Skaters will learn strides using 45 degree v push, forward one foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental, and a practice card good for six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves,

flat stick cut to skater's height, and hockey skates (rental hockey skates are available); protective cup recommended.

Cabin John Ice Rink

36773	4-8 yrs	6 Classes	\$108	Friday, Sept. 8	4:15-4:45 pm
36774	4-8 yrs	6 Classes	\$108	Saturday, Sept. 9	10:30-11 am
36778	9-14 yrs	6 Classes	\$108	Saturday, Sept. 9	10:30-11 am
36777	4-8 yrs	6 Classes	\$108	Sunday, Sept. 10	4-4:30 pm
36775	4-8 yrs	6 Classes	\$108	Tuesday, Sept. 12	5:15-5:45 pm
36776	4-8 yrs	6 Classes	\$108	Wednesday, Sept. 13	6-6:30 pm
36779	9-14 yrs	6 Classes	\$108	Wednesday, Sept. 13	6-6:30 pm
36941	4-8 yrs	6 Classes	\$108	Friday, Nov. 3	4:15-4:45 pm
36971	4-8 yrs	6 Classes	\$108	Saturday, Nov. 4	10:30-11 am
36972	9-14 yrs	6 Classes	\$108	Saturday, Nov. 4	10:30-11 am
36810	4-8 yrs	6 Classes	\$108	Sunday, Nov. 5	4-4:30 pm
36849	4-8 yrs	6 Classes	\$108	Tuesday, Nov. 7	5:15-5:45 pm
36878	4-8 yrs	6 Classes	\$108	Wednesday, Nov. 8	6-6:30 pm
36879	9-14 yrs	6 Classes	\$108	Wednesday, Nov. 8	6-6:30 pm

Wheaton Ice Arena

35996	4 & up	6 Classes	\$102	Friday, Sept. 8	4:15-4:45 pm
35997	4 & up	6 Classes	\$102	Saturday, Sept. 9	11:45 am-12:15 pm
35998	4 & up	6 Classes	\$102	Sunday, Sept. 10	2:15-2:45 pm
36251	4 & up	6 Classes	\$102	Friday, Nov. 3	4:15-4:45 pm
36252	4 & up	6 Classes	\$102	Saturday, Nov. 4	11:45 am-12:15 pm
36253	4 & up	6 Classes	\$102	Sunday, Nov. 5	2:15-2:45 pm

Hockey 3

Prerequisite: Passed Hockey 2

Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one foot forward snowplow stops. Fee includes skate rental and a practice card good for admission to public sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

36744	4-8 yrs	6 Classes	\$159	Friday, Sept. 8	4:45-5:30 pm
36740	4-8 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36741	9-13 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36742	4-8 yrs	6 Classes	\$159	Tuesday, Sept. 12	6-6:45 pm
36745	9-13 yrs	6 Classes	\$159	Tuesday, Sept. 12	7:15-8 pm

36743	4-8 yrs	6 Classes	\$159	Wednesday, Sept. 13	6:30-7:15 pm
36746	9-13 yrs	6 Classes	\$159	Wednesday, Sept. 13	7:45-8:30 pm
36942	4-8 yrs	6 Classes	\$159	Friday, Nov. 3	4:45-5:30 pm
36973	4-8 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36974	9-13 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36850	4-8 yrs	6 Classes	\$159	Tuesday, Nov. 7	6-6:45 pm
36851	9-13 yrs	6 Classes	\$159	Tuesday, Nov. 7	7:15-8 pm
36880	4-8 yrs	6 Classes	\$159	Wednesday, Nov. 8	6:30-7:15 pm
36881	9-13 yrs	6 Classes	\$159	Wednesday, Nov. 8	7:45-8:30 pm

Wheaton Ice Arena

35999	4 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36000	4 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36254	4 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36255	4 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Hockey 4*Prerequisite: Passed Hockey 3*

Skaters will learn quick starts using V-starts, backward one foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

36738	4-8 yrs	6 Classes	\$159	Friday, Sept. 8	4:45-5:30 pm
36732	4-8 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36735	9-14 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36733	4-8 yrs	6 Classes	\$159	Tuesday, Sept. 12	6-6:45 pm
36736	9-14 yrs	6 Classes	\$159	Tuesday, Sept. 12	7:15-8 pm
36734	4-8 yrs	6 Classes	\$159	Wednesday, Sept. 13	6:30-7:15 pm
36737	9-14 yrs	6 Classes	\$159	Wednesday, Sept. 13	7:45-8:30 pm
36943	4-8 yrs	6 Classes	\$159	Friday, Nov. 3	4:45-5:30 pm
36975	4-8 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36976	9-14 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36852	4-8 yrs	6 Classes	\$159	Tuesday, Nov. 7	6-6:45 pm
36853	9-14 yrs	6 Classes	\$159	Tuesday, Nov. 7	7:15-8 pm
36882	4-8 yrs	6 Classes	\$159	Wednesday, Nov. 8	6:30-7:15 pm
36883	9-14 yrs	6 Classes	\$159	Wednesday, Nov. 8	7:45-8:30 pm

Wheaton Ice Arena

36001	4 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36002	4 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36256	4 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36257	4 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Power Skating Hockey*Prerequisite: Passed Hockey 4*

Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

Cabin John Ice Rink

36739	4-8 yrs	6 Classes	\$159	Friday, Sept. 8	4:45-5:30 pm
36729	4-8 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36726	9-14 yrs	6 Classes	\$159	Saturday, Sept. 9	7:45-8:30 am
36730	4-8 yrs	6 Classes	\$159	Tuesday, Sept. 12	6-6:45 pm
36727	9-14 yrs	6 Classes	\$159	Tuesday, Sept. 12	7:15-8 pm
36731	4-8 yrs	6 Classes	\$159	Wednesday, Sept. 13	6:30-7:15 pm
36728	9-14 yrs	6 Classes	\$159	Wednesday, Sept. 13	7:45-8:30 pm
36944	4-8 yrs	6 Classes	\$159	Friday, Nov. 3	4:45-5:30 pm
36978	4-8 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36977	9-14 yrs	6 Classes	\$159	Saturday, Nov. 4	7:45-8:30 am
36855	4-8 yrs	6 Classes	\$159	Tuesday, Nov. 7	6-6:45 pm
36854	9-14 yrs	6 Classes	\$159	Tuesday, Nov. 7	7:15-8 pm
36885	4-8 yrs	6 Classes	\$159	Wednesday, Nov. 8	6:30-7:15 pm
36884	9-14 yrs	6 Classes	\$159	Wednesday, Nov. 8	7:45-8:30 pm

Wheaton Ice Arena

36003	4 & up	6 Classes	\$102	Saturday, Sept. 9	11:15-11:45 am
36004	4 & up	6 Classes	\$102	Sunday, Sept. 10	1:45-2:15 pm
36258	4 & up	6 Classes	\$102	Saturday, Nov. 4	11:15-11:45 am
36259	4 & up	6 Classes	\$102	Sunday, Nov. 5	1:45-2:15 pm

Hockey Scrimmage**Cabin John Ice Rink**

36759	6 & up	6 Classes	\$102	Saturday, Sept. 9	9:15-9:45 am
36760	6 & up	6 Classes	\$102	Wednesday, Sept. 13	7:15-7:45 pm
36982	6 & up	6 Classes	\$102	Saturday, Nov. 4	9:15-9:45 am
36858	6 & up	6 Classes	\$102	Tuesday, Nov. 7	6:45-7:15 pm

Teen & Adult Advanced Hockey*Prerequisite: Passed Teen & Adult Intro hockey*

This class will emphasize advanced hockey techniques, rules, and game play. Skaters will practice skills and elements of the game including scrimmages. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates (rental hockey skates are available). Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

Cabin John Ice Rink

36724	14 & up	6 Classes	\$153	Saturday, Sept. 9	7:45-8:30 am
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Teen & Adult Introductory Hockey**Cabin John Ice Rink**

36722	14 & up	6 Classes	\$153	Saturday, Sept. 9	7:45-8:30 am
36723	14 & up	6 Classes	\$153	Tuesday, Sept. 12	8-8:45 pm
36725	14 & up	6 Classes	\$153	Wednesday, Sept. 13	8:45-9:30 pm
36980	14 & up	6 Classes	\$153	Saturday, Nov. 4	7:45-8:30 am
36979	14 & up	6 Classes	\$153	Saturday, Nov. 4	7:45-8:30 am
36856	14 & up	6 Classes	\$153	Tuesday, Nov. 7	8-8:45 pm
36886	14 & up	6 Classes	\$153	Wednesday, Nov. 8	8:45-9:30 pm



**GET A
CABIN JOHN
HOCKEY
JERSEY**

Get a free Cabin John practice jersey for each paid registration at Cabin John Ice rink for:

*Hockey 1**Hockey 2**Hockey 3**Hockey 4**Power Hockey Skating*



Hockey Stickhandling & Passing

Prerequisite: Passed Hockey 1

You've learned the basics of passing and shooting -- now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills. Full gear and caged hockey helmets required; no game experience needed.

Cabin John Ice Rink

36762	4 & up	6 Classes	\$102	Saturday, Sept. 9	11-11:30 am
36981	4 & up	6 Classes	\$102	Saturday, Nov. 4	11-11:30 am

Hockey Game Strategy

Prerequisite: Passed Hockey 3

This advanced hockey class will focus on specific game strategies. Topics covered will include breaking out of the defensive zone, attacking the offensive zone, face offs, and power plays. Full gear and caged hockey helmets required; no game experience needed.

Cabin John Ice Rink

36763	4 & up	6 Classes	\$102	Tuesday, Sept. 12	6:45-7:15 pm
36857	4 & up	6 Classes	\$102	Saturday, Nov. 4	8:45-9:15 am

Hockey Goalie Class

Prerequisite: Passed Hockey 4

This course will work on developing skills specifically for the hockey goalie position. Required gear: Helmet, Skates, goalie pads, glove, and stick. Fee includes skate rental plus a practice card good for admission to 6 public skate sessions.

Cabin John Ice Rink

36721	7-14 yrs	6 Classes	\$102	Saturday, Sept. 9	9:45-10:15 am
36983	7-14 yrs	6 Classes	\$102	Saturday, Nov. 4	9:45-10:15 am

Hockey Offensive Skills

Prerequisite: Passed Scrimmage 1 or Hockey 3

Hockey offensive skills gives serious players more real-time, hands-on instruction. Learn the of stick handling, winning puck battles, goal scoring, and offensive plays with other players who want to excel. Full gear required.

Cabin John Ice Rink

36761	6 & up	6 Classes	\$102	Saturday, Sept. 9	8:45-9:15 am
36859	6 & up	6 Classes	\$102	Wednesday, Nov. 8	7:15-7:45 pm

Hockey Equipment Rental at Wheaton Ice (4-6 yrs)

Thanks to the Washington Capitals, Wheaton Ice has a supply of hockey equipment for use at no cost for Hockey 1 or 2 classes. Equipment fits kids age 4-6, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet. You'll return all equipment after each class. Supply is limited; use the Active Montgomery numbers listed to reserve equipment after registering for Hockey 1 or 2 at Wheaton Ice.

Wheaton Ice Arena

35987	4-6 yrs	6 Classes	Free	Friday, Sept. 8	4:15-4:45 pm
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Hockey Equipment Rental at Wheaton Ice (6-8 yrs)

Wheaton Ice Arena

35990	6-8 yrs	6 Classes	Free	Friday, Sept. 8	4:15-4:45 pm
35988	4-6 yrs	6 Classes	Free	Saturday, Sept. 9	11:45 am-12:15 pm
35991	6-8 yrs	6 Classes	Free	Saturday, Sept. 9	11:45 am-12:15 pm
35989	4-6 yrs	6 Classes	Free	Sunday, Sept. 10	2:15-2:45 pm
35992	6-8 yrs	6 Classes	Free	Sunday, Sept. 10	2:15-2:45 pm
36242	4-6 yrs	6 Classes	Free	Friday, Nov. 3	4:15-4:45 pm
36245	6-8 yrs	6 Classes	Free	Friday, Nov. 3	4:15-4:45 pm
36243	4-6 yrs	6 Classes	Free	Saturday, Nov. 4	11:45 am-12:15 pm
36246	6-8 yrs	6 Classes	Free	Saturday, Nov. 4	11:45 am-12:15 pm
36244	4-6 yrs	6 Classes	Free	Sunday, Nov. 5	2:15-2:45 pm
36247	6-8 yrs	6 Classes	Free	Sunday, Nov. 5	2:15-2:45 pm



SCHOOL'S OUT SKATE DAY

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), School's Out Events are on. Bring your kids (ages 6-12) for fun activities, including ice skating lessons, arts & crafts, and fun team games and sports.

Ages	Registration #	Date	Location	Time	Fee
6-12	37020	Sept. 21	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37034	Sept. 21	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37021	Dec. 26	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37035	Dec. 26	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37022	Dec. 27	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37036	Dec. 27	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37023	Dec. 28	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37037	Dec. 28	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37024	Dec. 29	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37038	Dec. 29	Wheaton Ice Arena	9:00am - 5:00pm	\$45



NOT SO SPOOKY SKATE

Come celebrate Halloween at Cabin John and Wheaton Ice Arena! Starting at 4:15, we will have free instructional time for beginners followed by public skating beginning at 4:45. Skaters should come in costume so they can trick or treat at the rink, participate in the costume contest, and do some Halloween crafts. Skaters under the age of 6 should have a parent participate in the public skating and craft portion of the program. Please register the child only.

Ages	Registration #	Date	Location	Time	Fee
3-14	37033	Oct. 27	Cabin John Ice Rink	4:15pm - 6:15pm	\$20
3-14	40483	Oct. 27	Wheaton Ice Arena	4:15pm - 6:15pm	\$20



FAIRY TALE FRIDAY SKATE

Come dressed as your favorite princess, super hero, or other characters for a fun skating afternoon. Skaters will have a group lesson, some practice time, and then make princess crowns, super hero masks, or another craft in the party room. No skating experience necessary. Skaters should wear gloves and helmets are recommended.

Ages	Registration #	Date	Location	Time	Fee
3-9	37029	Oct. 6	Cabin John Ice Rink	12:30pm - 2:30pm	\$20
3-9	37030	Nov. 10	Cabin John Ice Rink	12:30pm - 2:30pm	\$20
3-9	37031	Nov. 17	Cabin John Ice Rink	12:30pm - 2:30pm	\$20



Wheaton Ice Arena
11717 Orebaugh Ave
Wheaton, Maryland 20902
WheatonIce.org | 301-905-3000



Cabin John Ice Rink
10610 Westlake Drive
Rockville, Maryland 20852
CabinJohnIce.org | 301-765-8620





Maryland Emancipation Day Celebrations

Enslaved people living in Maryland were freed by a new state constitution on November 1, 1864.

Join us to celebrate Maryland's Emancipation Day. Most Saturday and Sunday events are free and open to the public.

Find program event details at HistoryInTheParks.org.

Saturday November 4

Underground Railroad Experience Trail Hikes

Woodlawn Manor Cultural Park
16501 Norwood Rd., Sandy Spring, MD 20860

Sandy Spring Slave Museum & African Art Gallery | Open House

18524 Brooke Rd., Sandy Spring, MD 20860

Woodlawn Museum | Open House

Woodlawn Manor Cultural Park
16501 Norwood Rd., Sandy Spring, MD 20860

Oakley Cabin African American Museum & Park | Live Music, Tours & Demonstrations

3610 Brookeville Rd., Olney, MD 20832

Harper Cabin at Brookside Nature Center | Tours & Demonstrations

1400 Glenallen Ave., Wheaton, MD 20902

Friday November 3

7:00 PM – 9:00 PM

Special Night Hike

"Voices of the Underground Railroad"

Woodlawn Manor Cultural Park
16501 Norwood Rd.
Sandy Spring, MD 20860

\$5 Admission
ActiveMONTGOMERY.org

Pre-registration required.
Appropriate for children ages 10 and older. **Course # 33591**

Sunday November 5

Underground Railroad Experience Trail Hikes

Woodlawn Manor Cultural Park
16501 Norwood Rd., Sandy Spring, MD 20860

Josiah Henson Park | Open House

11420 Old Georgetown Rd.
North Bethesda, MD 20852

Woodlawn Museum | Open House

Woodlawn Manor Cultural Park
16501 Norwood Rd., Sandy Spring, MD 20860

Harper Cabin at Brookside Nature Center | Tours & Demonstrations

1400 Glenallen Ave., Wheaton, MD 20902



301-650-4373

HistoryInTheParks.org

 **@MontgomeryParks**

Driving Range Lessons • Fall 2017



18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com

CLASS DATES

Session 1 – September 7 - October 7

Session 2 – October 15 - November 11

Registration for fall classes will open August 30th.
Please visit ActiveMontgomery.org to register.

About Our Golf Classes...

Group classes will allow you to learn the game of golf in small intimate group. You'll get four weeks of professional instruction from a Montgomery County Golf Academy Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more.

COURSE FEES COVER

- Four group lessons

On your First Day of Class...

- Bring a water bottle
- Golf clubs if you have them
- Loaner clubs are available, please see the front desk
- Wear proper footwear and athletic clothing

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match ability and experience.
- If you see a class you like, register! Classes may be canceled if minimum enrollment is not met.

Beginning Golf, Adult

If you've always wanted to try golf, or haven't played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you'll get four weeks of professional instruction from a Montgomery County Golf Academy Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs and balls. Class sizes are small (no more than 8 students), so you're sure to get a good bit of personal attention.

South Germantown Driving Range

37047	18 & up	4 Classes	\$99	Thursday, Sept. 7	5:30-6:30 pm
37052	18 & up	4 Classes	\$99	Saturday, Sept. 9	2:30-3:30 pm
37049	18 & up	4 Classes	\$99	Tuesday, Sept. 12	5:30-6:30 pm
37050	18 & up	4 Classes	\$99	Tuesday, Oct. 10	5:30-6:30 pm
37048	18 & up	4 Classes	\$99	Thursday, Oct. 12	5:30-6:30 pm
37051	18 & up	4 Classes	\$99	Saturday, Oct. 14	2:30-3:30 pm

Beginning Golf, Senior

Golf is an excellent way for senior adults to keep active and in good health. It's a great workout for the heart and lungs, improves blood circulation, strengthens the knees, enhances bone density, and keeps the body flexible and limber. It's also a great way to alleviate stress and sharpen your powers of concentration. And most importantly, it's fun! We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs and balls.

South Germantown Driving Range

37043	50 & up	4 Classes	\$99	Thursday, Sept. 7	10-11 am
37045	50 & up	4 Classes	\$99	Tuesday, Sept. 12	10-11 am
37046	50 & up	4 Classes	\$99	Tuesday, Oct. 17	10-11 am
37044	50 & up	4 Classes	\$99	Thursday, Oct. 19	10-11 am



Junior Golf Clinic

These classes are great way for your child to learn and gradually improve their skills on a month-to-month basis. Each month we'll offer a group of four-five different classes, each focusing on a particular swing or golf skill. You choose which classes you want that month, and register and pay for them at one time. It's golf a la carte! Visit our website or check the Clubhouse for specific skills schedule.



South Germantown Driving Range

37059	7-14 yrs	1 Classes	\$15	Tuesday, Sept. 12	4:30-5:30 pm
37063	7-14 yrs	1 Classes	\$15	Thursday, Sept. 14	4:30-5:30 pm
37060	7-14 yrs	1 Classes	\$15	Tuesday, Sept. 26	4:30-5:30 pm
37064	7-14 yrs	1 Classes	\$15	Thursday, Sept. 28	4:30-5:30 pm
37061	7-14 yrs	1 Classes	\$15	Tuesday, Oct. 24	4:30-5:30 pm
37065	7-14 yrs	1 Classes	\$15	Thursday, Oct. 26	4:30-5:30 pm
37062	7-14 yrs	1 Classes	\$15	Tuesday, Nov. 7	4:30-5:30 pm
37066	7-14 yrs	1 Classes	\$15	Thursday, Nov. 9	4:30-5:30 pm

Parent and Child Golf

Golf is a great game for kids to start early, and you'll have a great time learning together. With the help of a Montgomery County Golf certified instructor, you and your child (age 7- 14) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you're already a golfer, the instructor will work with you at your level to help you improve your game. Fee covers one child and one adult; register the child only. Fee covers instruction, balls, and loaner clubs.

South Germantown Driving Range

37053	7-14 yrs	4 Classes	\$120	Saturday, Sept. 9	11 am-12 pm
37058	7-14 yrs	4 Classes	\$120	Saturday, Sept. 9	12-1 pm
37057	7-14 yrs	4 Classes	\$120	Saturday, Sept. 9	4:30-5:30 pm
37054	7-14 yrs	4 Classes	\$120	Saturday, Oct. 14	11 am-12 pm
37055	7-14 yrs	4 Classes	\$120	Saturday, Oct. 14	12-1 pm
37056	7-14 yrs	4 Classes	\$120	Saturday, Oct. 14	4:30-5:30 pm

Parent and Child Archery

Whether you're a novice or you shoot better than Robin Hood, this class is for parents/adults and their children interested in the sport of archery. It is a really FUN way for boys and girls to learn more about archery in a positive learning environment involving both parent and child! Participants should wear comfortable clothing. It is an outdoor class so participants should dress accordingly. Fee covers one child and one adult; register the child only.

South Germantown Driving Range

37075	7-14 yrs	4 Classes	\$65	Sunday, Sept. 10	1-2:30 pm
37076	7-14 yrs	4 Classes	\$65	Sunday, Oct. 15	1-2:30 pm

Beginner Archery

Interested in learning archery? Participants will learn basic skills and safety instruction. You'll learn how to hold, aim, draw, and shoot a bow. We'll introduce or build on participant's current knowledge/skills of Archery and provide time to practice each new skill. We'll provide all the equipment, a safe place to shoot, and a Level 1 Certified Instructor to guide you. Please bring a water bottle and dress for the weather.

South Germantown Driving Range

37067	8-14 yrs	4 Classes	\$50	Saturday, Sept. 9	2-3:30 pm
37068	8-14 yrs	4 Classes	\$50	Saturday, Sept. 9	3:30-5 pm
37074	8-14 yrs	4 Classes	\$50	Sunday, Sept. 10	10-11:30 am
37073	8-14 yrs	4 Classes	\$50	Sunday, Sept. 10	11:30 am-1 pm
37071	8-14 yrs	4 Classes	\$50	Sunday, Oct. 15	10-11:30 am
37072	8-14 yrs	4 Classes	\$50	Sunday, Oct. 15	11:30 am-1 pm
37070	8-14 yrs	4 Classes	\$50	Saturday, Oct. 21	2-3:30 pm
37069	8-14 yrs	4 Classes	\$50	Saturday, Oct. 21	3:30-5 pm

Tennis Group Lessons • Fall 2017



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.org
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.org
301-905-3030

CLASS DATES

Fall 1 Classes September 7-October 21
Fall 2 Classes November 2-December 17

HOLIDAYS AND CLOSURES

September 21 No classes (Rosh Hashana)
September 29, 30 No classes (Yom Kippur)
November 23 CLOSED FOR THANKSGIVING
November 24, 25, 26 No classes

ONLINE REGISTRATION DATES

Fall 1 registration August 30-September 5
Fall 2 registration October 22-October 31

If you register for Fall 1 after September 5 or Fall 2 after October 31, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are accepted after the second session of class.

COURSE FEES COVER

- Six group lessons
- Fall 1 classes meet once/week for 6 weeks
- Fall 2 classes meet once/week for 6 weeks

On your First Day of Class...

- Bring a racquet and water bottle.
- Loaner racquets are available.
- Wear proper footwear and athletic clothes.

PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.

Want to practice but don't have a partner?



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions.




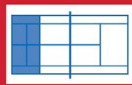
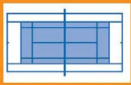
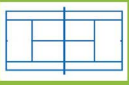
Rent the SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Centers! Sign up at the front desk or call to reserve at either facility.





About Our Youth Tennis Classes...

Group classes for kids 10 and under incorporate use of the official Red/Orange/Green Youth Tennis format which features instruction on shorter courts and with a series of slower-moving, lower-bouncing balls. When kids learn tennis using equipment and methods made just for them, they have more fun, develop skills at a comfortable pace, and want to keep playing and improving!

STAGE	RED	ORANGE	GREEN
BALL	 Red (felt or foam)	 Orange	 Green
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
RACQUET	Up to 23"	23"- 25"	25"- 27"

Parent & Child Tennis

For our youngest beginners, who with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court, Red Balls, 19-21" Racquet; loaner racquets available)

Pauline Betz Addie Tennis

37312	4-6 yrs	6 Classes	\$147	Friday, Sept. 8	5-6 pm
37313	4-6 yrs	6 Classes	\$147	Saturday, Sept. 9	2-3 pm
37314	4-6 yrs	6 Classes	\$147	Sunday, Sept. 10	3-4 pm
37309	4-6 yrs	6 Classes	\$147	Monday, Sept. 11	4-5 pm
37311	4-6 yrs	6 Classes	\$147	Tuesday, Sept. 12	5-6 pm
37310	4-6 yrs	6 Classes	\$147	Wednesday, Sept. 13	4-5 pm
37523	4-6 yrs	6 Classes	\$147	Friday, Nov. 3	5-6 pm
37543	4-6 yrs	6 Classes	\$147	Saturday, Nov. 4	2-3 pm
37567	4-6 yrs	6 Classes	\$147	Sunday, Nov. 5	3-4 pm
37454	4-6 yrs	6 Classes	\$147	Monday, Nov. 6	4-5 pm
37471	4-6 yrs	6 Classes	\$147	Tuesday, Nov. 7	5-6 pm
37489	4-6 yrs	6 Classes	\$147	Wednesday, Nov. 8	4-5 pm

Wheaton Indoor Tennis

37077	4-6 yrs	6 Classes	\$123	Friday, Sept. 8	4-5 pm
37078	4-6 yrs	6 Classes	\$123	Saturday, Sept. 9	11 am-12 pm
37079	4-6 yrs	6 Classes	\$123	Sunday, Sept. 10	1-2 pm
37080	4-6 yrs	6 Classes	\$123	Monday, Sept. 11	4-5 pm
37081	4-6 yrs	6 Classes	\$123	Wednesday, Sept. 13	6-7 pm
37184	4-6 yrs	6 Classes	\$123	Friday, Nov. 3	4-5 pm
37185	4-6 yrs	6 Classes	\$123	Saturday, Nov. 4	11 am-12 pm
37186	4-6 yrs	6 Classes	\$123	Sunday, Nov. 5	1-2 pm
37187	4-6 yrs	6 Classes	\$123	Monday, Nov. 6	4-5 pm
37188	4-6 yrs	6 Classes	\$123	Wednesday, Nov. 8	6-7 pm

Youth Tennis, Beginner

Group lesson class for the young beginner who has limited or no prior tennis experience to teach basic strokes and promote cooperative play through games and skill-building activities. Instruction for ages 5-7 focuses on

hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 7-10 focuses to racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls and Orange Court/Orange Balls, 19"-25" Racquet; loaner racquets available).

Pauline Betz Addie Tennis

37319	5-7 yrs	6 Classes	\$135	Thursday, Sept. 7	5-6 pm
37317	5-7 yrs	6 Classes	\$135	Friday, Sept. 8	4-5 pm
37320	5-7 yrs	6 Classes	\$135	Saturday, Sept. 9	9-10 am
37321	5-7 yrs	6 Classes	\$135	Sunday, Sept. 10	9-10 am
37315	5-7 yrs	6 Classes	\$135	Monday, Sept. 11	4-5 pm
37318	5-7 yrs	6 Classes	\$135	Tuesday, Sept. 12	5-6 pm
37316	5-7 yrs	6 Classes	\$135	Wednesday, Sept. 13	4-5 pm
37435	5-7 yrs	6 Classes	\$135	Thursday, Nov. 2	5-6 pm
37524	5-7 yrs	6 Classes	\$135	Friday, Nov. 3	4-5 pm
37544	5-7 yrs	6 Classes	\$135	Saturday, Nov. 4	9-10 am
37568	5-7 yrs	6 Classes	\$135	Sunday, Nov. 5	9-10 am
37455	5-7 yrs	6 Classes	\$135	Monday, Nov. 6	4-5 pm
37472	5-7 yrs	6 Classes	\$135	Tuesday, Nov. 7	5-6 pm
37507	5-7 yrs	6 Classes	\$135	Wednesday, Nov. 8	4-5 pm

Wheaton Indoor Tennis

37082	5-7 yrs	6 Classes	\$111	Thursday, Sept. 7	5-6 pm
37083	5-7 yrs	6 Classes	\$111	Saturday, Sept. 9	9-10 am
37084	5-7 yrs	6 Classes	\$111	Monday, Sept. 11	5-6 pm
37085	5-7 yrs	6 Classes	\$111	Tuesday, Sept. 12	5-6 pm
37086	5-7 yrs	6 Classes	\$111	Wednesday, Sept. 13	4-5 pm
37189	5-7 yrs	6 Classes	\$111	Thursday, Nov. 2	5-6 pm
37190	5-7 yrs	6 Classes	\$111	Saturday, Nov. 4	9-10 am
37191	5-7 yrs	6 Classes	\$111	Monday, Nov. 6	5-6 pm
37192	5-7 yrs	6 Classes	\$111	Tuesday, Nov. 7	5-6 pm
37193	5-7 yrs	6 Classes	\$111	Wednesday, Nov. 8	4-5 pm

Pauline Betz Addie Tennis

37326	7-10 yrs	6 Classes	\$135	Thursday, Sept. 7	5-6 pm
37324	7-10 yrs	6 Classes	\$135	Friday, Sept. 8	4-5 pm
37327	7-10 yrs	6 Classes	\$135	Saturday, Sept. 9	9-10 am
37328	7-10 yrs	6 Classes	\$135	Sunday, Sept. 10	9-10 am
37322	7-10 yrs	6 Classes	\$135	Monday, Sept. 11	4-5 pm
37325	7-10 yrs	6 Classes	\$135	Tuesday, Sept. 12	5-6 pm
37323	7-10 yrs	6 Classes	\$135	Wednesday, Sept. 13	4-5 pm
37436	7-10 yrs	6 Classes	\$135	Thursday, Nov. 2	5-6 pm
37525	7-10 yrs	6 Classes	\$135	Friday, Nov. 3	4-5 pm
37545	7-10 yrs	6 Classes	\$135	Saturday, Nov. 4	9-10 am
37569	7-10 yrs	6 Classes	\$135	Sunday, Nov. 5	9-10 am
37456	7-10 yrs	6 Classes	\$135	Monday, Nov. 6	4-5 pm
37473	7-10 yrs	6 Classes	\$135	Tuesday, Nov. 7	5-6 pm
37508	7-10 yrs	6 Classes	\$135	Wednesday, Nov. 8	4-5 pm

Wheaton Indoor Tennis

37087	7-10 yrs	6 Classes	\$111	Thursday, Sept. 7	5-6 pm
37088	7-10 yrs	6 Classes	\$111	Saturday, Sept. 9	10-11 am
37089	7-10 yrs	6 Classes	\$111	Sunday, Sept. 10	9-10 am
37090	7-10 yrs	6 Classes	\$111	Monday, Sept. 11	5-6 pm
37091	7-10 yrs	6 Classes	\$111	Tuesday, Sept. 12	6-7 pm
37092	7-10 yrs	6 Classes	\$111	Wednesday, Sept. 13	5-6 pm
37194	7-10 yrs	6 Classes	\$111	Thursday, Nov. 2	5-6 pm
37195	7-10 yrs	6 Classes	\$111	Saturday, Nov. 4	10-11 am
37196	7-10 yrs	6 Classes	\$111	Sunday, Nov. 5	9-10 am
37197	7-10 yrs	6 Classes	\$111	Monday, Nov. 6	5-6 pm
37198	7-10 yrs	6 Classes	\$111	Tuesday, Nov. 7	6-7 pm
37199	7-10 yrs	6 Classes	\$111	Wednesday, Nov. 8	5-6 pm

Have a Ball

IN MONTGOMERY PARKS



TENNIS IS FUN!

YEAR-ROUND GROUP INSTRUCTION

KIDS

We offer developmentally appropriate classes using shorter courts and lower-bouncing, slower moving balls. Kids have fun playing right from the start, and as they mature and grow, tennis grows with them.

TEENS

Whether you are trying tennis for the first time, ready to take your skills up a notch, or getting in shape for high school team tennis or tournaments, we have a match for all levels, both pre-teen and teen.

ADULTS

Group lessons for all skill levels to suit busy schedules, plus Match Play, Cardio Tennis, Round Robins, and more!

COURT TIME OUTSIDE OF CLASS

Put your lessons to good use and have fun playing on your own time!

- **Reserve an Indoor Court** - Book Spot Time by the hour (up to 8 days in advance) at competitive rates, or purchase a seasonal contract to guarantee weekly court time at a discount.
- **Get Outside!** Play for **FREE** on one of Montgomery Parks' many outdoor courts. Larger banks of courts with lights are located in both Wheaton and Cabin John Regional Parks, while several nearby neighborhood parks offer two courts apiece.



Pauline Betz Addie Tennis Center

7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.org | 301-765-8650



Wheaton Indoor Tennis Center

11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.org | 301-905-3030





CELEBRATE WITH A

TENNIS PARTY!

NEW multi-purpose room available for tennis birthday parties, socials, and meetings.

Rental and party package information can be found at WheatonTennis.org

**Youth Tennis, Intermediate**

Prerequisite: Passed Beginner level.

For the novice to intermediate level player who can rally on the Red Court but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court, Red Balls/Orange Court/Orange Balls, 21"-25" Racquet; loaner racquets available)

Pauline Betz Addie Tennis

37329	5-7 yrs	6 Classes	\$135	Thursday, Sept. 7	4-5 pm
37333	5-7 yrs	6 Classes	\$135	Friday, Sept. 8	5-6 pm
37334	5-7 yrs	6 Classes	\$135	Saturday, Sept. 9	10-11 am
37331	5-7 yrs	6 Classes	\$135	Monday, Sept. 11	5-6 pm
37330	5-7 yrs	6 Classes	\$135	Tuesday, Sept. 12	4-5 pm
37332	5-7 yrs	6 Classes	\$135	Wednesday, Sept. 13	5-6 pm
37437	5-7 yrs	6 Classes	\$135	Thursday, Nov. 2	4-5 pm
37526	5-7 yrs	6 Classes	\$135	Friday, Nov. 3	5-6 pm
37546	5-7 yrs	6 Classes	\$135	Saturday, Nov. 4	10-11 am
37570	5-7 yrs	6 Classes	\$135	Sunday, Nov. 5	10-11 am
37457	5-7 yrs	6 Classes	\$135	Monday, Nov. 6	5-6 pm
37474	5-7 yrs	6 Classes	\$135	Tuesday, Nov. 7	4-5 pm
37509	5-7 yrs	6 Classes	\$135	Wednesday, Nov. 8	5-6 pm
37341	7-10 yrs	6 Classes	\$135	Thursday, Sept. 7	4-5 pm
37338	7-10 yrs	6 Classes	\$135	Friday, Sept. 8	5-6 pm
37343	7-10 yrs	6 Classes	\$135	Saturday, Sept. 9	10-11 am
37345	7-10 yrs	6 Classes	\$135	Sunday, Sept. 10	10-11 am
37336	7-10 yrs	6 Classes	\$135	Monday, Sept. 11	5-6 pm
37340	7-10 yrs	6 Classes	\$135	Tuesday, Sept. 12	4-5 pm
37337	7-10 yrs	6 Classes	\$135	Wednesday, Sept. 13	5-6 pm
37438	7-10 yrs	6 Classes	\$135	Thursday, Nov. 2	4-5 pm
37527	7-10 yrs	6 Classes	\$135	Friday, Nov. 3	5-6 pm
37547	7-10 yrs	6 Classes	\$135	Saturday, Nov. 4	10-11 am
37571	7-10 yrs	6 Classes	\$135	Sunday, Nov. 5	10-11 am
37458	7-10 yrs	6 Classes	\$135	Monday, Nov. 6	5-6 pm
37475	7-10 yrs	6 Classes	\$135	Tuesday, Nov. 7	4-5 pm
37493	7-10 yrs	6 Classes	\$135	Wednesday, Nov. 8	5-6 pm

Wheaton Indoor Tennis

37093	5-7 yrs	6 Classes	\$111	Thursday, Sept. 7	5-6 pm
37094	5-7 yrs	6 Classes	\$111	Friday, Sept. 8	5-6 pm
37095	5-7 yrs	6 Classes	\$111	Saturday, Sept. 9	9-10 am
37096	5-7 yrs	6 Classes	\$111	Monday, Sept. 11	6-7 pm
37097	5-7 yrs	6 Classes	\$111	Tuesday, Sept. 12	5-6 pm
37098	5-7 yrs	6 Classes	\$111	Wednesday, Sept. 13	4-5 pm
37200	5-7 yrs	6 Classes	\$111	Thursday, Nov. 2	5-6 pm
37201	5-7 yrs	6 Classes	\$111	Friday, Nov. 3	5-6 pm
37202	5-7 yrs	6 Classes	\$111	Saturday, Nov. 4	9-10 am
37203	5-7 yrs	6 Classes	\$111	Monday, Nov. 6	6-7 pm
37204	5-7 yrs	6 Classes	\$111	Tuesday, Nov. 7	5-6 pm
37205	5-7 yrs	6 Classes	\$111	Wednesday, Nov. 8	4-5 pm
37100	7-10 yrs	6 Classes	\$111	Friday, Sept. 8	6-7 pm
37101	7-10 yrs	6 Classes	\$111	Saturday, Sept. 9	10-11 am
37102	7-10 yrs	6 Classes	\$111	Sunday, Sept. 10	10-11 am
37103	7-10 yrs	6 Classes	\$111	Monday, Sept. 11	6-7 pm
37105	7-10 yrs	6 Classes	\$111	Tuesday, Sept. 12	4-5 pm
37104	7-10 yrs	6 Classes	\$111	Wednesday, Sept. 13	5-6 pm
37206	7-10 yrs	6 Classes	\$111	Friday, Nov. 3	6-7 pm
37207	7-10 yrs	6 Classes	\$111	Saturday, Nov. 4	10-11 am
37208	7-10 yrs	6 Classes	\$111	Sunday, Nov. 5	10-11 am
37209	7-10 yrs	6 Classes	\$111	Monday, Nov. 6	6-7 pm
37211	7-10 yrs	6 Classes	\$111	Tuesday, Nov. 7	4-5 pm
37210	7-10 yrs	6 Classes	\$111	Wednesday, Nov. 8	5-6 pm

Youth Tennis, Intro to Match Play

Prerequisite: Passed Youth Tennis, Intermediate.

It's time to put your skills into play. Learn the basics of match play using the USTA's Junior Team Tennis (JTT) format, where everyone earns points for the team. The focus will be on positioning, serve-and-return, and movement in both singles and doubles using a combination of Red and Orange Ball formats based on age and ability level.

Pauline Betz Addie Tennis

37434	7-10 yrs	6 Classes	\$147	Saturday, Sept. 9	3-4 pm
37548	7-10 yrs	6 Classes	\$147	Saturday, Nov. 4	3-4 pm

Wheaton Indoor Tennis

37112	7-10 yrs	6 Classes	\$111	Saturday, Sept. 9	1-2 pm
37212	7-10 yrs	6 Classes	\$111	Saturday, Nov. 4	1-2 pm

Youth Tennis, More Match Play

Prerequisite: Passed Intro to Match Play or Instructor approval.

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

Wheaton Indoor Tennis

37180	7-10 yrs	6 Classes	\$111	Thursday, Sept. 7	6-7 pm
37213	7-10 yrs	6 Classes	\$111	Thursday, Nov. 2	6-7 pm

Youth Tennis, Advanced

Prerequisite: Passed Intermediate level.

For player who can rally already on the Red Court and comfortably engage in point play against a variety of players. Focus will be on improving movement and positioning, concentration and focus, shot placement, and closing points. (Combination of Red Court, Red Balls/Orange Court/Orange Balls, 21"-25" Racquet; may incorporate use of Green Dot Ball for players ready to transition from the Orange Court to full court play; loaner racquets available).

Pauline Betz Addie Tennis

37352	7-10 yrs	6 Classes	\$147	Thursday, Sept. 7	5-6 pm
37349	7-10 yrs	6 Classes	\$147	Saturday, Sept. 9	11 am-12 pm
37350	7-10 yrs	6 Classes	\$147	Sunday, Sept. 10	11 am-12 pm
37346	7-10 yrs	6 Classes	\$147	Monday, Sept. 11	6-7 pm
37348	7-10 yrs	6 Classes	\$147	Wednesday, Sept. 13	6-7 pm
37439	7-10 yrs	6 Classes	\$147	Thursday, Nov. 2	5-6 pm
37549	7-10 yrs	6 Classes	\$147	Saturday, Nov. 4	11 am-12 pm
37572	7-10 yrs	6 Classes	\$147	Sunday, Nov. 5	11 am-12 pm
37459	7-10 yrs	6 Classes	\$147	Monday, Nov. 6	6-7 pm
37494	7-10 yrs	6 Classes	\$147	Wednesday, Nov. 8	6-7 pm

Wheaton Indoor Tennis

37107	7-10 yrs	6 Classes	\$123	Saturday, Sept. 9	11 am-12 pm
37108	7-10 yrs	6 Classes	\$123	Sunday, Sept. 10	11 am-12 pm
37109	7-10 yrs	6 Classes	\$123	Monday, Sept. 11	5-6 pm
37111	7-10 yrs	6 Classes	\$123	Wednesday, Sept. 13	5-6 pm
37214	7-10 yrs	6 Classes	\$123	Saturday, Nov. 4	11 am-12 pm
37215	7-10 yrs	6 Classes	\$123	Sunday, Nov. 5	11 am-12 pm
37216	7-10 yrs	6 Classes	\$123	Monday, Nov. 6	5-6 pm
37217	7-10 yrs	6 Classes	\$123	Wednesday, Nov. 8	5-6 pm

Beginner 1 Tennis, Pre-Teen/Teen

Prerequisite: For beginners who have never played before or have not played recently.

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads and serves. May incorporate use of Orange and Green Dot Balls to reinforce development consistency, and control.

Pauline Betz Addie Tennis

37363	11-15 yrs	6 Classes	\$135	Thursday, Sept. 7	4-5 pm
37364	11-15 yrs	6 Classes	\$135	Friday, Sept. 8	4-5 pm
37366	11-15 yrs	6 Classes	\$135	Saturday, Sept. 9	11 am-12 pm
37368	11-15 yrs	6 Classes	\$135	Sunday, Sept. 10	11 am-12 pm
37359	11-15 yrs	6 Classes	\$135	Monday, Sept. 11	5-6 pm
37361	11-15 yrs	6 Classes	\$135	Wednesday, Sept. 13	5-6 pm
37440	11-15 yrs	6 Classes	\$135	Thursday, Nov. 2	4-5 pm
37529	11-15 yrs	6 Classes	\$135	Friday, Nov. 3	4-5 pm
37550	11-15 yrs	6 Classes	\$135	Saturday, Nov. 4	11 am-12 pm
37573	11-15 yrs	6 Classes	\$135	Sunday, Nov. 5	11 am-12 pm
37460	11-15 yrs	6 Classes	\$135	Monday, Nov. 6	5-6 pm
37495	11-15 yrs	6 Classes	\$135	Wednesday, Nov. 8	5-6 pm
37115	15-18 yrs	6 Classes	\$135	Friday, Sept. 8	6-7 pm
37528	15-18 yrs	6 Classes	\$135	Friday, Nov. 3	6-7 pm

Wheaton Indoor Tennis

37113	11-15 yrs	6 Classes	\$111	Thursday, Sept. 7	4-5 pm
37116	11-15 yrs	6 Classes	\$111	Monday, Sept. 11	4-5 pm
37218	11-15 yrs	6 Classes	\$111	Thursday, Nov. 2	4-5 pm
37221	11-15 yrs	6 Classes	\$111	Monday, Nov. 6	4-5 pm
37114	15-18 yrs	6 Classes	\$111	Friday, Sept. 8	4-5 pm
37219	15-18 yrs	6 Classes	\$111	Friday, Nov. 3	4-5 pm
37220	15-18 yrs	6 Classes	\$111	Saturday, Nov. 4	12-1 pm

Beginner 2 Tennis, Pre-Teen/Teen

Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals.

Class includes a review of tennis etiquette and vocabulary, safety rules, and scoring. Continued focus on footwork, positioning and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads and serves will be critiqued.

Pauline Betz Addie Tennis

37392	11-15 yrs	6 Classes	\$135	Thursday, Sept. 7	6-7 pm
37393	11-15 yrs	6 Classes	\$135	Friday, Sept. 8	6-7 pm
37120	11-15 yrs	6 Classes	\$135	Tuesday, Sept. 12	4-5 pm
37441	11-15 yrs	6 Classes	\$135	Thursday, Nov. 2	6-7 pm
37531	11-15 yrs	6 Classes	\$135	Friday, Nov. 3	6-7 pm
37476	11-15 yrs	6 Classes	\$135	Tuesday, Nov. 7	4-5 pm
37379	15-18 yrs	6 Classes	\$135	Friday, Sept. 8	6-7 pm
37378	15-18 yrs	6 Classes	\$135	Tuesday, Sept. 12	6-7 pm
37530	15-18 yrs	6 Classes	\$135	Friday, Nov. 3	6-7 pm
37477	15-18 yrs	6 Classes	\$135	Tuesday, Nov. 7	6-7 pm

Wheaton Indoor Tennis

37119	11-15 yrs	6 Classes	\$111	Sunday, Sept. 10	12-1 pm
37224	11-15 yrs	6 Classes	\$111	Sunday, Nov. 5	12-1 pm
37225	11-15 yrs	6 Classes	\$111	Monday, Nov. 6	4-5 pm
37117	15-18 yrs	6 Classes	\$111	Friday, Sept. 8	5-6 pm
37118	15-18 yrs	6 Classes	\$111	Saturday, Sept. 9	12-1 pm
37222	15-18 yrs	6 Classes	\$111	Friday, Nov. 3	5-6 pm
37223	15-18 yrs	6 Classes	\$111	Saturday, Nov. 4	12-1 pm

Intermediate 1 Tennis, Pre-Teen/Teen

Prerequisite: Passed Beginner 2.

Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

Pauline Betz Addie Tennis

37421	11-15 yrs	6 Classes	\$135	Thursday, Sept. 7	6-7 pm
37422	11-15 yrs	6 Classes	\$135	Saturday, Sept. 9	12-1 pm
37423	11-15 yrs	6 Classes	\$135	Sunday, Sept. 10	12-1 pm
37417	11-15 yrs	6 Classes	\$135	Tuesday, Sept. 12	6-7 pm
37442	11-15 yrs	6 Classes	\$135	Thursday, Nov. 2	6-7 pm
37551	11-15 yrs	6 Classes	\$135	Saturday, Nov. 4	12-1 pm
37574	11-15 yrs	6 Classes	\$135	Sunday, Nov. 5	12-1 pm
37478	11-15 yrs	6 Classes	\$135	Tuesday, Nov. 7	6-7 pm
37404	15-18 yrs	6 Classes	\$135	Thursday, Sept. 7	6-7 pm
37407	15-18 yrs	6 Classes	\$135	Saturday, Sept. 9	12-1 pm
37406	15-18 yrs	6 Classes	\$135	Sunday, Sept. 10	12-1 pm
37401	15-18 yrs	6 Classes	\$135	Tuesday, Sept. 12	6-7 pm
37443	15-18 yrs	6 Classes	\$135	Thursday, Nov. 2	6-7 pm
37552	15-18 yrs	6 Classes	\$135	Saturday, Nov. 4	12-1 pm
37575	15-18 yrs	6 Classes	\$135	Sunday, Nov. 5	12-1 pm
37479	15-18 yrs	6 Classes	\$135	Tuesday, Nov. 7	6-7 pm

Wheaton Indoor Tennis

37122	11-15 yrs	6 Classes	\$111	Thursday, Sept. 7	4-5 pm
37125	11-15 yrs	6 Classes	\$111	Tuesday, Sept. 12	4-5 pm
37227	11-15 yrs	6 Classes	\$111	Thursday, Nov. 2	4-5 pm
37226	11-15 yrs	6 Classes	\$111	Tuesday, Nov. 7	4-5 pm
37123	15-18 yrs	6 Classes	\$111	Friday, Sept. 8	4-5 pm
37124	15-18 yrs	6 Classes	\$111	Saturday, Sept. 9	12-1 pm
37228	15-18 yrs	6 Classes	\$111	Friday, Nov. 3	4-5 pm
37229	15-18 yrs	6 Classes	\$111	Saturday, Nov. 4	12-1 pm

Intermediate 2 Tennis, Pre-Teen/Teen

Prerequisite: Passed Intermediate 1.

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy and technical mastery of their strokes and footwork. The focus will be on learning additional shots including slices, topspin, cross-court and down-the-line groundstrokes plus a variety of serves.

Pauline Betz Addie Tennis

37428	11-15 yrs	6 Classes	\$135	Saturday, Sept. 9	1-2 pm
37430	11-15 yrs	6 Classes	\$135	Sunday, Sept. 10	1-2 pm
37425	11-15 yrs	6 Classes	\$135	Monday, Sept. 11	6-7 pm
37426	11-15 yrs	6 Classes	\$135	Wednesday, Sept. 13	6-7 pm
37553	11-15 yrs	6 Classes	\$135	Saturday, Nov. 4	1-2 pm
37576	11-15 yrs	6 Classes	\$135	Sunday, Nov. 5	1-2 pm
37461	11-15 yrs	6 Classes	\$135	Monday, Nov. 6	6-7 pm
37496	11-15 yrs	6 Classes	\$135	Wednesday, Nov. 8	6-7 pm
37412	15-18 yrs	6 Classes	\$135	Saturday, Sept. 9	1-2 pm
37414	15-18 yrs	6 Classes	\$135	Sunday, Sept. 10	1-2 pm
37410	15-18 yrs	6 Classes	\$135	Monday, Sept. 11	6-7 pm
37411	15-18 yrs	6 Classes	\$135	Wednesday, Sept. 13	6-7 pm
37556	15-18 yrs	6 Classes	\$135	Saturday, Nov. 4	1-2 pm
37577	15-18 yrs	6 Classes	\$135	Sunday, Nov. 5	1-2 pm
37462	15-18 yrs	6 Classes	\$135	Monday, Nov. 6	6-7 pm
37497	15-18 yrs	6 Classes	\$135	Wednesday, Nov. 8	6-7 pm

**Wheaton Indoor Tennis**

37131	11-15 yrs	6 Classes	\$111	Thursday, Sept. 7	6-7 pm
37129	11-15 yrs	6 Classes	\$111	Sunday, Sept. 10	12-1 pm
37130	11-15 yrs	6 Classes	\$111	Tuesday, Sept. 12	6-7 pm
37232	11-15 yrs	6 Classes	\$111	Thursday, Nov. 2	6-7 pm
37230	11-15 yrs	6 Classes	\$111	Sunday, Nov. 5	12-1 pm
37231	11-15 yrs	6 Classes	\$111	Tuesday, Nov. 7	6-7 pm
37127	15-18 yrs	6 Classes	\$111	Friday, Sept. 8	6-7 pm
37128	15-18 yrs	6 Classes	\$111	Saturday, Sept. 9	1-2 pm
37235	15-18 yrs	6 Classes	\$111	Friday, Nov. 3	6-7 pm
37236	15-18 yrs	6 Classes	\$111	Saturday, Nov. 4	1-2 pm

Intro to Match Play, Pre-Teen/Teen

Prerequisite: Passed Intermediate Tennis or Instructor Approval

Time to put your skills into play. Learn the basics of match play using USTA's Junior Team Tennis (JTT) format. The focus will be on positioning and strategy for full court play in both singles and doubles. By the end of this class, you should be ready for the fun of playing official Junior Team Tennis on a team with new friends.

Pauline Betz Addie Tennis

37432	11-18 yrs	6 Classes	\$222	Saturday, Sept. 9	4-5:30 pm
37554	11-18 yrs	6 Classes	\$222	Saturday, Nov. 4	4-5:30 pm

Wheaton Indoor Tennis

37121	11-18 yrs	6 Classes	\$222	Saturday, Sept. 9	2-4 pm
37233	11-18 yrs	6 Classes	\$222	Saturday, Nov. 4	2-4 pm

More Match Play, Pre-Teen/Teen

Prerequisite: Passed Intro to Match Play or Instructor approval

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

Pauline Betz Addie Tennis

37433	11-18 yrs	6 Classes	\$222	Saturday, Sept. 9	5:30-7 pm
37555	11-18 yrs	6 Classes	\$222	Saturday, Nov. 4	5:30-7 pm

Wheaton Indoor Tennis

37126	11-18 yrs	6 Classes	\$222	Sunday, Sept. 10	12-2 pm
37234	11-18 yrs	6 Classes	\$222	Sunday, Nov. 5	12-2 pm

Advanced Match Play, Pre-Teen/Teen

Prerequisite: Passed Intermediate 2, Match Play or Instructor Approval.

For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

Pauline Betz Addie Tennis

37424	11-15 yrs	6 Classes	\$147	Saturday, Sept. 9	2-3 pm
37427	11-15 yrs	6 Classes	\$147	Sunday, Sept. 10	2-3 pm
37557	11-15 yrs	6 Classes	\$147	Saturday, Nov. 4	2-3 pm
37578	11-15 yrs	6 Classes	\$147	Sunday, Nov. 5	2-3 pm

37431	15-18 yrs	6 Classes	\$147	Saturday, Sept. 9	2-3 pm
37429	15-18 yrs	6 Classes	\$147	Sunday, Sept. 10	2-3 pm
37558	15-18 yrs	6 Classes	\$147	Saturday, Nov. 4	2-3 pm
37579	15-18 yrs	6 Classes	\$147	Sunday, Nov. 5	2-3 pm

Wheaton Indoor Tennis

37135	11-15 yrs	6 Classes	\$246	Tuesday, Sept. 12	5-7 pm
37237	11-15 yrs	6 Classes	\$246	Tuesday, Nov. 7	5-7 pm
37132	15-18 yrs	6 Classes	\$246	Friday, Sept. 8	5-7 pm
37133	15-18 yrs	6 Classes	\$123	Saturday, Sept. 9	1-2 pm
37238	15-18 yrs	6 Classes	\$246	Friday, Nov. 3	5-7 pm
37239	15-18 yrs	6 Classes	\$123	Saturday, Nov. 4	1-2 pm

Beginner 1 Tennis, Adult (NTRP 2.0)

Designed to turn adult beginners into tennis players. You'll enjoy one hour lessons with our certified tennis coaches. Participants will learn the basics of tennis including the serve, forehand, backhand and net play for singles and doubles featuring a Rally and Play approach.

Pauline Betz Addie Tennis

37400	18 & up	6 Classes	\$135	Thursday, Sept. 7	7-8 pm
37402	18 & up	6 Classes	\$135	Friday, Sept. 8	7-8 pm
37403	18 & up	6 Classes	\$135	Saturday, Sept. 9	10-11 am
37405	18 & up	6 Classes	\$135	Sunday, Sept. 10	10-11 am
37408	18 & up	6 Classes	\$135	Tuesday, Sept. 12	7-8 pm
37409	18 & up	6 Classes	\$135	Wednesday, Sept. 13	10-11 am
37444	18 & up	6 Classes	\$135	Thursday, Nov. 2	7-8 pm
37532	18 & up	6 Classes	\$135	Friday, Nov. 3	7-8 pm
37559	18 & up	6 Classes	\$135	Saturday, Nov. 4	10-11 am
37580	18 & up	6 Classes	\$135	Sunday, Nov. 5	10-11 am
37480	18 & up	6 Classes	\$135	Tuesday, Nov. 7	7-8 pm
37498	18 & up	6 Classes	\$135	Wednesday, Nov. 8	10-11 am

Wheaton Indoor Tennis

37136	18 & up	6 Classes	\$111	Sunday, Sept. 10	1-2 pm
37137	18 & up	6 Classes	\$111	Monday, Sept. 11	10-11 am
37138	18 & up	6 Classes	\$111	Wednesday, Sept. 13	10-11 am
37139	18 & up	6 Classes	\$111	Wednesday, Sept. 13	6-7 pm
37240	18 & up	6 Classes	\$111	Sunday, Nov. 5	1-2 pm
37241	18 & up	6 Classes	\$111	Monday, Nov. 6	10-11 am
37242	18 & up	6 Classes	\$111	Wednesday, Nov. 8	10-11 am
37243	18 & up	6 Classes	\$111	Wednesday, Nov. 8	6-7 pm

Beginner 2 Tennis, Adult (NTRP 2.5)

This player has played some tennis, but needs additional instruction on basic skills and techniques. Rally and Play approach reinforces introduction to positioning, movement, and rules of play.

Pauline Betz Addie Tennis

37394	18 & up	6 Classes	\$135	Thursday, Sept. 7	7-8 pm
37395	18 & up	6 Classes	\$135	Friday, Sept. 8	7-8 pm
37396	18 & up	6 Classes	\$135	Saturday, Sept. 9	11 am-12 pm
37397	18 & up	6 Classes	\$135	Sunday, Sept. 10	11 am-12 pm
37398	18 & up	6 Classes	\$135	Tuesday, Sept. 12	7-8 pm
37399	18 & up	6 Classes	\$135	Wednesday, Sept. 13	11 am-12 pm
37445	18 & up	6 Classes	\$135	Thursday, Nov. 2	7-8 pm
37533	18 & up	6 Classes	\$135	Friday, Nov. 3	7-8 pm
37560	18 & up	6 Classes	\$135	Saturday, Nov. 4	11 am-12 pm
37581	18 & up	6 Classes	\$135	Sunday, Nov. 5	11 am-12 pm
37481	18 & up	6 Classes	\$135	Tuesday, Nov. 7	7-8 pm
37499	18 & up	6 Classes	\$135	Wednesday, Nov. 8	11 am-12 pm

Wheaton Indoor Tennis

37140	18 & up	6 Classes	\$111	Thursday, Sept. 7	6-7 pm
37141	18 & up	6 Classes	\$111	Friday, Sept. 8	10-11 am
37142	18 & up	6 Classes	\$111	Sunday, Sept. 10	9-10 am
37143	18 & up	6 Classes	\$111	Monday, Sept. 11	11 am-12 pm
37144	18 & up	6 Classes	\$111	Wednesday, Sept. 13	11 am-12 pm
37145	18 & up	6 Classes	\$111	Wednesday, Sept. 13	6-7 pm
37244	18 & up	6 Classes	\$111	Thursday, Nov. 2	6-7 pm
37245	18 & up	6 Classes	\$111	Friday, Nov. 3	10-11 am
37246	18 & up	6 Classes	\$111	Sunday, Nov. 5	9-10 am
37247	18 & up	6 Classes	\$111	Monday, Nov. 6	11 am-12 pm
37248	18 & up	6 Classes	\$111	Wednesday, Nov. 8	11 am-12 pm
37249	18 & up	6 Classes	\$111	Wednesday, Nov. 8	6-7 pm

Intermediate 1 Tennis, Adult (NTRP 3.0)

Prerequisite: Passed Beginner 2, Adult.

This player can keep the ball in play, but needs to improve consistency of strokes and overall understanding of court positioning, strategy, and use of shots in various situations.

Pauline Betz Addie Tennis

37380	18 & up	6 Classes	\$135	Thursday, Sept. 7	8-9 pm
37381	18 & up	6 Classes	\$135	Friday, Sept. 8	8-9 pm
37382	18 & up	6 Classes	\$135	Saturday, Sept. 9	12-1 pm
37383	18 & up	6 Classes	\$135	Sunday, Sept. 10	12-1 pm
37384	18 & up	6 Classes	\$135	Monday, Sept. 11	11 am-12 pm
37385	18 & up	6 Classes	\$135	Monday, Sept. 11	7-8 pm
37387	18 & up	6 Classes	\$135	Tuesday, Sept. 12	11 am-12 pm
37386	18 & up	6 Classes	\$135	Tuesday, Sept. 12	8-9 pm
37388	18 & up	6 Classes	\$135	Wednesday, Sept. 13	12-1 pm
37390	18 & up	6 Classes	\$135	Wednesday, Sept. 13	7-8 pm
37446	18 & up	6 Classes	\$135	Thursday, Nov. 2	8-9 pm
37534	18 & up	6 Classes	\$135	Friday, Nov. 3	7-8 pm
37561	18 & up	6 Classes	\$135	Saturday, Nov. 4	12-1 pm
37582	18 & up	6 Classes	\$135	Sunday, Nov. 5	12-1 pm
37463	18 & up	6 Classes	\$135	Monday, Nov. 6	11 am-12 pm
37464	18 & up	6 Classes	\$135	Monday, Nov. 6	7-8 pm
37483	18 & up	6 Classes	\$135	Tuesday, Nov. 7	11 am-12 pm
37482	18 & up	6 Classes	\$135	Tuesday, Nov. 7	8-9 pm
37500	18 & up	6 Classes	\$135	Wednesday, Nov. 8	12-1 pm
37501	18 & up	6 Classes	\$135	Wednesday, Nov. 8	7-8 pm

Wheaton Indoor Tennis

37146	18 & up	6 Classes	\$111	Thursday, Sept. 7	10-11 am
37147	18 & up	6 Classes	\$111	Tuesday, Sept. 12	10-11 am
37148	18 & up	6 Classes	\$111	Wednesday, Sept. 13	7-8 pm
37250	18 & up	6 Classes	\$111	Thursday, Nov. 2	10-11 am
37251	18 & up	6 Classes	\$111	Tuesday, Nov. 7	10-11 am
37252	18 & up	6 Classes	\$111	Wednesday, Nov. 8	7-8 pm

Intermediate 2 Tennis, Adult (NTRP 3.5)

Prerequisite: Passed Intermediate 1, Adult or a 3.5 NTRP level player.

Player has dependable strokes, but needs work on depth, variety, and consistency for power. Can play singles and doubles, but needs to improve net play, shot selection, and serve.

Pauline Betz Addie Tennis

37367	18 & up	6 Classes	\$135	Thursday, Sept. 7	11 am-12 pm
37369	18 & up	7 Classes	\$135	Thursday, Sept. 7	11 am-12 pm
37365	18 & up	6 Classes	\$135	Thursday, Sept. 7	8-9 pm
37370	18 & up	6 Classes	\$135	Friday, Sept. 8	11 am-12 pm
37371	18 & up	6 Classes	\$135	Saturday, Sept. 9	1-2 pm
37372	18 & up	6 Classes	\$135	Sunday, Sept. 10	1-2 pm
37373	18 & up	6 Classes	\$135	Monday, Sept. 11	12-1 pm
37374	18 & up	6 Classes	\$135	Monday, Sept. 11	7-8 pm
37375	18 & up	6 Classes	\$135	Tuesday, Sept. 12	12-1 pm
37376	18 & up	6 Classes	\$135	Tuesday, Sept. 12	8-9 pm
37377	18 & up	6 Classes	\$135	Wednesday, Sept. 13	7-8 pm
37448	18 & up	6 Classes	\$135	Thursday, Nov. 2	11 am-12 pm
37449	18 & up	6 Classes	\$135	Thursday, Nov. 2	11 am-12 pm
37447	18 & up	6 Classes	\$135	Thursday, Nov. 2	8-9 pm
37535	18 & up	6 Classes	\$135	Friday, Nov. 3	11 am-12 pm
37562	18 & up	6 Classes	\$135	Saturday, Nov. 4	1-2 pm
37583	18 & up	6 Classes	\$135	Sunday, Nov. 5	1-2 pm
37465	18 & up	6 Classes	\$135	Monday, Nov. 6	12-1 pm
37466	18 & up	6 Classes	\$135	Monday, Nov. 6	7-8 pm
37484	18 & up	6 Classes	\$135	Tuesday, Nov. 7	12-1 pm
37485	18 & up	6 Classes	\$135	Tuesday, Nov. 7	8-9 pm
37502	18 & up	6 Classes	\$135	Wednesday, Nov. 8	7-8 pm

Wheaton Indoor Tennis

37152	18 & up	6 Classes	\$111	Thursday, Sept. 7	11 am-12 pm
37151	18 & up	6 Classes	\$111	Thursday, Sept. 7	7-8 pm
37149	18 & up	6 Classes	\$111	Tuesday, Sept. 12	11 am-12 pm
37150	18 & up	6 Classes	\$111	Wednesday, Sept. 13	8-9 pm
37256	18 & up	6 Classes	\$111	Thursday, Nov. 2	11 am-12 pm
37255	18 & up	6 Classes	\$111	Thursday, Nov. 2	7-8 pm
37253	18 & up	6 Classes	\$111	Tuesday, Nov. 7	11 am-12 pm
37254	18 & up	6 Classes	\$111	Wednesday, Nov. 8	8-9 pm

Advanced Tennis, Adult (NTRP 4.0 & Up)

Prerequisite: Passed Intermediate 2 or instructor approval.

A competitive clinic involving intense drilling, competitive situational games, and match play. Focus on finessing use of lobs, overheads, approach shots and volleys and hitting with power, spin, depth, and control.

Pauline Betz Addie Tennis

37356	18 & up	6 Classes	\$147	Thursday, Sept. 7	10-11 am
37357	18 & up	6 Classes	\$147	Friday, Sept. 8	12-1 pm
37358	18 & up	6 Classes	\$147	Sunday, Sept. 10	2-3 pm
37360	18 & up	6 Classes	\$147	Monday, Sept. 11	8-9 pm
37362	18 & up	6 Classes	\$147	Wednesday, Sept. 13	8-9 pm
37450	18 & up	6 Classes	\$147	Thursday, Nov. 2	10-11 am
37536	18 & up	6 Classes	\$147	Friday, Nov. 3	12-1 pm
37584	18 & up	6 Classes	\$147	Sunday, Nov. 5	2-3 pm
37467	18 & up	6 Classes	\$147	Monday, Nov. 6	8-9 pm
37503	18 & up	6 Classes	\$147	Wednesday, Nov. 8	8-9 pm



**Reserve
your spot
time.**

It's easy and
quick!

WheatonTennis.org
&
CabinJohnTennis.org

www.WheatonSportsPavilion.org
Email: WheatonSportsPavilion@MontgomeryParks.org
Call: (301) 905-3070



MontgomeryParks.org
The Maryland-National Capital
Park and Planning Commission

WHEATON SPORTS PAVILION

DROP INTO WSP TO PLAY PICK-UP GAMES DURING THE OPEN FIELD TIME

Session Dates: September 3 - October 28, 2017

ADULT OPEN LACROSSE (AGES 18+)

Players can work on their passing and shooting skills on the south side of the field or play a pick-up games on the north end.

Wednesdays, 8:00 - 9:30pm

ADULT OPEN SOCCER (AGES 18+)

This is designed for pick-up games. Field sizes can be adjusted for small sided games.

Mondays, 7:00 - 8:00pm

YOUTH OPEN LACROSSE (UNDER 18)

If you would like some practice fine-tuning your lacrosse skills, come out for some open field time.

Thursdays, 6:00 - 7:30pm & Sundays, 4:00 - 5:30pm

YOUTH OPEN SOCCER (UNDER 18)

Come out for open field time to work on your game. Shin guards are required.

Sundays, 10:00 - 11:00am

OPEN PLAY TIME (AGES 1-10)

Enjoy quality time with your young one this Fall at the Wheaton Sports Pavilion. Open Play Time consists of unstructured play for you and your child to enjoy the freedom of imagination. Stations will include sports games on the turf field as well as learning and coloring activities in the Party Room. Parents must be present to help spark your child's unlimited imagination.

Sundays or Saturdays, 9:00 - 10:00am

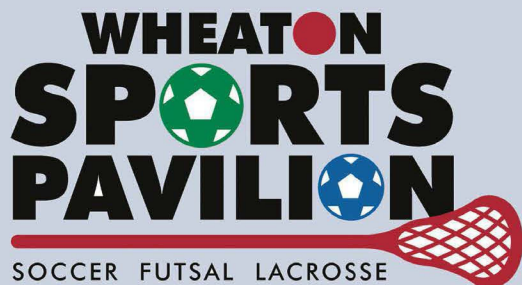
* All Youth Open Programming requires maximum 1:2 adult to child ratio

* This time is not designed for coaches to work with kids as organized team practices

Purchase your punch pass online at www.ActiveMONTGOMERY.org or in person at the Wheaton Sports Pavilion

FALL AND WINTER FIELD RESERVATIONS:

Submit your field request today! Visit www.WheatonSportsPavilion.org for a printable application.





WHEATON REGIONAL PARK Party Packages

Whether you're hosting a kid's birthday party, celebrating the season with your team, or having a business meeting. We have options for all, at prices you can afford in the **Wheaton Regional Park!**

WHEATON INDOOR TENNIS

- ▶ Kid's Tennis Party Package for ages 6-12
- ▶ Customized Event Rental Packages for adult players and groups
- ▶ Party/Meeting Room can accommodate up to 50 people

WheatonIndoorTennis.org | 301-905-3030

WHEATON SPORTS PAVILION

- ▶ Party Packages available for ages 6 and up
- ▶ Party/Meeting Room can accommodate up to 30 people
- ▶ Traditional Sport Packages
- ▶ Bubble Bump Packages

WheatonSportsPavilion.org | 301-905-3071

WHEATON ICE ARENA

- ▶ Year-round ice skating parties available, including discount party skate rate!
- ▶ Party/meeting rooms can accommodate 25 or 50 people
- ▶ Food packages are available from our Snack Bar

WheatonIceArena.org | 301-905-3000

WHEATON TRAIN AND CAROUSEL

- ▶ Train Station Party Room can accommodate up to 60 people
- ▶ Carousel Party Room can accommodate up to 15 people
- ▶ Complimentary Train and Carousel Tickets

WheatonTrainandCarousel.org | 301-563-7545



MONTGOMERYPARKS.ORG





Match Play 3.0 Tennis

Limited to 4 players. The 3.0 player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth, pace or altering distance of shots. First half of class focuses on needed drills and skills and finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

Pauline Betz Addie Tennis

37351	18 & up	6 Classes	\$147	Thursday, Sept. 7	7-8 pm
37355	18 & up	6 Classes	\$294	Monday, Sept. 11	7-9 pm
37353	18 & up	6 Classes	\$147	Tuesday, Sept. 12	8-9 pm
37354	18 & up	6 Classes	\$147	Wednesday, Sept. 13	8-9 pm
37451	18 & up	6 Classes	\$147	Thursday, Nov. 2	7-8 pm
37468	18 & up	6 Classes	\$294	Monday, Nov. 6	7-9 pm
37486	18 & up	6 Classes	\$147	Tuesday, Nov. 7	8-9 pm
37504	18 & up	6 Classes	\$147	Wednesday, Nov. 8	8-9 pm

Wheaton Indoor Tennis

37155	18 & up	6 Classes	\$246	Monday, Sept. 11	7-9 pm
37156	18 & up	6 Classes	\$246	Wednesday, Sept. 13	7-9 pm
37257	18 & up	6 Classes	\$246	Monday, Nov. 6	7-9 pm
37258	18 & up	6 Classes	\$246	Wednesday, Nov. 8	7-9 pm

Match Play 3.5 Tennis

Limited to 4 players. The 3.5 player has dependable strokes, but still lacks depth, variety and the ability to alter distance of shots. Effective use of lobs, overheads, approach shots, and volleys is limited due to a lack of confidence. More comfortable at net, has improved court awareness, and is developing teamwork in doubles. First half of class focuses on needed drills and skills finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

Pauline Betz Addie Tennis

37339	18 & up	6 Classes	\$147	Thursday, Sept. 7	8-9 pm
37342	18 & up	6 Classes	\$147	Monday, Sept. 11	8-9 pm
37344	18 & up	6 Classes	\$147	Tuesday, Sept. 12	7-8 pm
37347	18 & up	6 Classes	\$294	Wednesday, Sept. 13	7-9 pm
37452	18 & up	6 Classes	\$147	Thursday, Nov. 2	8-9 pm
37469	18 & up	6 Classes	\$147	Monday, Nov. 6	8-9 pm
37487	18 & up	6 Classes	\$147	Tuesday, Nov. 7	7-8 pm
37505	18 & up	6 Classes	\$294	Wednesday, Nov. 8	7-9 pm

Wheaton Indoor Tennis

37157	18 & up	6 Classes	\$246	Thursday, Sept. 7	7-9 pm
37159	18 & up	6 Classes	\$246	Tuesday, Sept. 12	7-9 pm
37259	18 & up	6 Classes	\$246	Thursday, Nov. 2	7-9 pm
37260	18 & up	6 Classes	\$246	Tuesday, Nov. 7	7-9 pm

Adult Cardio Tennis

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Pauline Betz Addie Tennis

37413	18 & up	6 Classes	\$147	Thursday, Sept. 7	12-1 pm
37415	18 & up	6 Classes	\$147	Friday, Sept. 8	10-11 am
37416	18 & up	6 Classes	\$147	Saturday, Sept. 9	9-10 am
37418	18 & up	6 Classes	\$147	Sunday, Sept. 10	9-10 am
37419	18 & up	6 Classes	\$147	Monday, Sept. 11	10-11 am
37420	18 & up	6 Classes	\$147	Tuesday, Sept. 12	10-11 am
37453	18 & up	6 Classes	\$147	Thursday, Nov. 2	12-1 pm
37537	18 & up	6 Classes	\$147	Friday, Nov. 3	10-11 am
37563	18 & up	6 Classes	\$147	Saturday, Nov. 4	9-10 am
37585	18 & up	6 Classes	\$147	Sunday, Nov. 5	9-10 am
37470	18 & up	6 Classes	\$147	Monday, Nov. 6	10-11 am
37488	18 & up	6 Classes	\$147	Tuesday, Nov. 7	10-11 am

Wheaton Indoor Tennis

37160	18 & up	6 Classes	\$123	Friday, Sept. 8	9-10 am
37176	18 & up	6 Classes	\$123	Monday, Sept. 11	7-8 pm
37261	18 & up	6 Classes	\$123	Friday, Nov. 3	9-10 am
37262	18 & up	6 Classes	\$123	Monday, Nov. 6	7-8 pm

Stroke of the Week

NEW CLASS! Designed for players of all levels, each one-hour clinic provides intensive instruction on a specific tennis stroke. Fun drills and exercises help you sharpen fundamentals to improve your form, consistency, and overall game.

Wheaton Indoor Tennis

37173	18 & up	6 Classes	\$111	Friday, Sept. 8	11 am-12 pm
37175	18 & up	6 Classes	\$111	Sunday, Sept. 10	10-11 am
37174	18 & up	6 Classes	\$111	Tuesday, Sept. 12	7-8 pm
37263	18 & up	6 Classes	\$111	Friday, Nov. 3	11 am-12 pm
37265	18 & up	6 Classes	\$111	Sunday, Nov. 5	10-11 am
37264	18 & up	6 Classes	\$111	Tuesday, Nov. 7	7-8 pm

Round Robin Tennis (NTRP 3.0-3.5)

Wake up your weekend with some social tennis! Test your skills, meet new people and have fun. You will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winners move up a court and losers move down a court with each rotation.

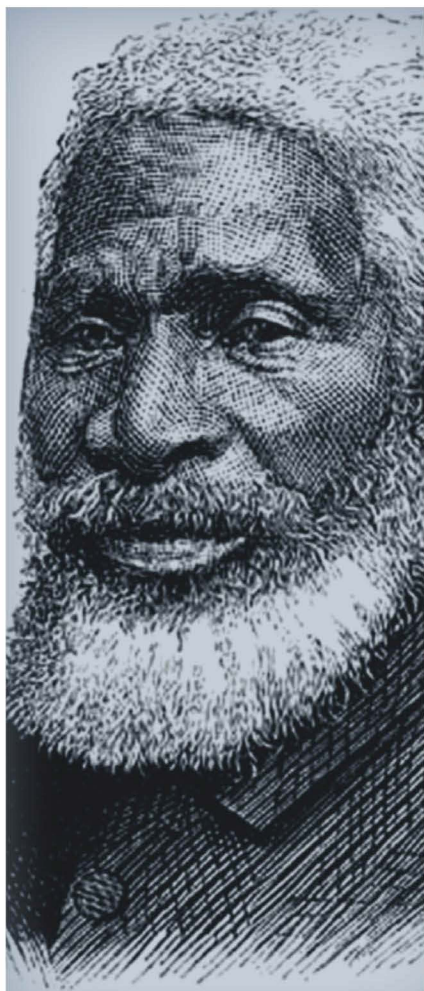
Wheaton Indoor Tennis

37271	18 & up	1 Class	\$15	Sunday, Nov. 5	7-9 am
37272	18 & up	1 Class	\$15	Sunday, Nov. 12	7-9 am
37273	18 & up	1 Class	\$15	Sunday, Nov. 19	7-9 am

Round Robin Tennis (NTRP 3.5 & Up)

Wheaton Indoor Tennis

37266	18 & up	1 Class	\$15	Saturday, Nov. 4	7-9 am
37267	18 & up	1 Class	\$15	Saturday, Nov. 11	7-9 am
37268	18 & up	1 Class	\$15	Saturday, Nov. 18	7-9 am



“Searching for Josiah Henson” Archaeology Field Trip Program



JOSIAH HENSON PARK

11420 Old Georgetown Rd.
North Bethesda, MD 20852



Students learn about the extraordinary life of Reverend Josiah Henson by exploring the work of archaeologists, both in the field and the lab through hands-on activities.

Grades 4 – 8

\$5 students, \$7 adults

Book group tours online at
HistoryInTheParks.org or email:
HistoryTours@Montgomeryparks.org



HistoryInTheParks.org | 301-650-4373



REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

4 WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail it to: ActiveMONTGOMERY • 4010 Randolph Rd.
• Silver Spring, MD 20902

3. VIA FAX

If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

ACTIVITY WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins <i>No withdrawals may be made ONLINE less than five days before activity begins.</i>	<p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.FinanceOffice@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone 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 2 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 Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.



Use this form to register for BOTH **Montgomery Parks** AND **Montgomery County Recreation** activities.*
Use este formulario para activides de **LOS DOS Montgomery Parks** Y **Montgomery County Recreation**.*

* Required Info | Info Requerida

REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN

☐ Check here if this is a new address, phone number or email address. Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico.

Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN | PADRE/GUARDIÁN

Last Name Apellido *	First Name Nombre *	Birthday Fecha de nacimiento (mm/dd/yy) *	Email
Address Dirección *		City Ciudad *	State Estado * ZIP Código Postal *
Home Phone Teléfono de Casa *	Work Phone Teléfono de Trabajo	Cell Phone Celular	

EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 | Participantes de-18

Name Nombre	Relationship Relación	Phone Telf.
---------------	-------------------------	---------------

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					Total Amount Due: Cantidad Total:

* Required Info | Información requerida

PAYMENT | PAGO

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad	State Estado	ZIP Código Postal

- ☐ Visa
☐ MasterCard
☐ Check or Money Order

- ☐ AmEx
☐ Discover

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Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____ Date | Fecha _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC's utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

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