LONG TIME NO SEE

LOOKING FOR AQUATIC PROGRAMS?

SAFETY IS OUR NUMBER ONE PRIORITY.
WE WILL BEGIN OFFERING AQUATIC PROGRAMS
AT OUR INDOOR AQUATIC CENTERS BASED ON
GUIDANCE FROM OUR PUBLIC HEALTH OFFICIALS.
BE ON THE LOOK OUT FOR UPDATES. 💖💖

WWW.MOCOREC.COM
240-777-6840 | Hablamos Español

MONTGOMERY COUNTY Recreation

MONTGOMERY COUNTY
MARYLAND
Montgomery County Recreation pools are open. The outdoor pool swim season has been extended through October 4, weather permitting. Effective September 8, all indoor aquatic centers will offer lap swimming and water fitness. For more information visit www.mocorec.com.
WELCOME TO FALL 2020

As we head into fall, our battle to stop COVID 19 continues. There is no doubt that this is one of the most challenging periods of our nation’s history. Regardless of how much this crisis has altered our way of life, it is more important than ever that we exercise for mental, social and physical health.

That is why Montgomery County Recreation has developed a fall program that will be safe and enjoyable. The fall program will include activities that are outdoors or virtual, so participants feel comfortable and safe. In addition, the County’s aquatic centers will be open with appropriate health and safety measures in place.

In this year’s fall guide, you will find activities that are much like the ones you have always enjoyed. There are experiences people of all ages can use to stay active throughout the fall.

We are in a different time and we have to find new and different ways to spend our recreational free time. This fall, Montgomery County Recreation will make it easy for you to keep busy, have fun and do it while staying safe.

Marc Elrich
Montgomery County Executive

Registration For
Fall Classes Begins
August 24

Facility Addresses .................. 22
Programs by Location .................. 21
Registration Form .... Inside Back Cover
Don’t delay! Your next adventure is just five steps away.

1. **STEP 1 SET UP**
   Go to ActiveMontgomery.org and click “Create an Account”

2. **STEP 2 ADD YOUR INFO**
   Add your contact info and all the people you plan to sign-up to your account

3. **STEP 3 CREATE A PASSWORD**
   And click “Create Account”

4. **STEP 4 ACTIVATE YOUR ACCOUNT**
   Check your email and confirm your account

5. **STEP 5 SHOP**
   Add items to your cart and check out!
Montgomery County Recreation is now offering a variety of great outdoor and virtual programs designed with you mind. We miss the laughter, joy and fun our 55+ seniors bring and we can’t wait to see you again.
MONTGOMERY COUNTY RECREATION IS MOVING TO 2425 REEDIE DRIVE WHEATON FALL 2020

For building and parking information, visit the Department of Transportation at www.montgomerycountymd.gov/dts

WWW.MOCOREC.COM 240-777-6840 | Hablamos Español
MONTGOMERY COUNTY BOARD OF ELECTIONS
PRESIDENTIAL GENERAL ELECTION IS NOVEMBER 3

AVOID LONG LINES!
Request a Vote-by-Mail Ballot TODAY!

Text VBM To 77788  Deadline: October 20

777VOTE.ORG  ★  240-777-8550  ★  @777VOTE

JUNTA ELECTORAL DEL CONDADO DE MONTGOMERY
ELECCIÓN GENERAL PRESIDENCIAL ES 3 de noviembre

¡EVITE HACER LARGAS FILAS!
¡Solicite votar por correo HOY!
Envíe por texto las letras VPC AL 77788
Fecha Límite: 20 de octubre
FREE COVID-19 TESTING

- Testing is free and no insurance is required
- No doctor’s order needed
- Appointments encouraged, but walk-ins allowed
- Make an appointment online or call 240-777-1755
- Do not eat, drink, smoke, chew gum, or brush teeth 30 minutes before taking COVID-19 test

For upcoming dates & locations:
MoCoCOVIDTesting.org
240-777-1755
**ARTS & CRAFTS**

**Abrakadoodle: Anime Art**
Ages 5-12  
6 Sessions  
$78  
Instructor: Stephanie Burke  
89894 Virtual Class  
9/16  W  
4:45 p.m.

**Abrakadoodle: Draw Rah Rah Art**
Ages 5-12  
6 Sessions  
$78  
Instructor: Stephanie Burke  
89895 Virtual Class  
11/4  W  
4:45 p.m.

**Abrakadoodle: Doodle Drawing**
Ages 3-5  
6 Sessions  
$78  
Instructor: Stephanie Burke  
89914 Virtual Class  
9/16  W  
11:45 a.m.

**Drawing with Young Rembrandts**
Ages 5-12  
8 Sessions  
$82  
Instructor: Young Rembrandts  
90053 Virtual Class  
10/5  M  
6 p.m.

**COOKING**

**Future Chefs**
Ages 7-14  
4 Sessions  
$125  
Instructor: Future Resource Learning  
90050 Virtual Class  
9/15  Tu  
4:30 p.m.  
90052 Virtual Class  
10/20  Tu  
4:30 p.m.

---

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

Ballet

Ballet for Adults
Ages 16 & Up  6 Sessions  $70
Instructor: Robyn Lindsey

89886 Virtual Class  9/17  Th  7:15-8:15 p.m.
89887 Virtual Class  11/5  Th  7:15-8:15 p.m.

Hip-Hop

Hip-Hop Dance
Ages 10-15  6 Sessions  $60
Instructor: Strathmore Hall Foundation

92271 Virtual Class  9/14  M  7-8 p.m.

Hippo Hoppo
Ages 3-5  5 Sessions  $35
Instructor: Robyn Lindsey

89653 Virtual Class  9/16  W  5-5:30 p.m.
89654 Virtual Class  9/19  Sa  10-10:30 a.m.
89902 Virtual Class  10/28  W  5-5:30 p.m.
89903 Virtual Class  10/31  Sa  10-10:30 a.m.

Step Dance for Kids
Ages 7-15  5 Sessions  $70
Instructor: Craig Perry

89948 Holiday Park SC  9/14  M  6-7 p.m.

Commotion Hip-Hop Dance
Ages 10-15  6 Sessions  $75
Instructor: Bonnie Slawson
92459 Virtual Class  9/17  Th  5-6 p.m.
92460 Virtual Class  11/5  Th  5-6 p.m.

Line Dancing

Urban Line Dance
Ages 17 & Up  5 Sessions  $45
Instructor: Peytrienne McCormick
89907 Good Hope NRC  9/16  W  6-7 p.m.

Performing Arts

Bollywood Dance Fitness
Ages 14 & Up  5 Sessions  $65
Instructor: Kumud Mathur
92232 Potomac CRC  9/17  Th  6-6:45 p.m.

Sign-up for Rec Alerts to stay up-to-date on newly available classes and other updates.
**FITNESS**

### Aerobic Dance
**Dance and Fitness**
Ages 18 & Up  
7 Sessions  
$42  
Instructor: Virginia Azuree  
90792 Holiday Park SC  
9/16W  
6-7 p.m.

### Pilates
**Pilates for Fitness**
Ages 16 & Up  
7 Sessions  
$70  
Instructor: Fit 2 Believe  
89425 White Oak CRC  
9/15 Tu  
6-7 p.m.  
89422 Bauer Drive CRC  
9/17 Th  
6-7 p.m.

### Boot Camp and Strength Training
Ages 16 & Up  
7 Sessions  
$70  
Instructor: Fit 2 Believe  
89423 Bauer Drive CRC  
9/15 Tu  
6-7 p.m.  
89424 White Oak CRC  
9/17 Th  
6-7 p.m.

### Total Body Conditioning
**Kelley’s 50+ Complete Workout**
Ages 50 & Up  
11 Sessions  
$66  
Instructor: Pamela Kelley  
89415 Virtual Class  
9/17 Th  
9:15-10:15 a.m.

**Kelley’s Complete Fitness Workout**
Ages 18 & Up  
12 Sessions  
$72  
Instructor: Pamela Kelley  
89416 Virtual Class  
9/14 M  
7-8 p.m.

**ACT The Workout-Fitness**
Ages 18 & Up  
7 Sessions  
$42  
Instructor: Marie Castellucci  
89570 Potomac CRC  
9/19 Sa  
9-10 a.m.  
89422 Bauer Drive CRC  
9/17 Th  
6-7 p.m.

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

Zumba
Ages 16 & Up 4 Sessions $30
89414 Virtual Class 11/14 Sa 10-11 a.m.

Ages 16 & Up 7 Sessions $42
Instructor: Ingrid Higgins
89694 Wheaton CRC 9/19 Sa 10-11 a.m.
Instructor: Lauren Farr
91502 Damascus CRC 9/14 M 7:30-8:30 a.m.
91501 Damascus CRC 9/17 Th 6-7 p.m.

Zumba Fitness
Ages 16 & Up 7 Sessions $42
Instructor: Michelle Johnson-Lancaster
92273 Good Hope NRC 9/14 M 5:30-6:30 p.m.
89421 Bauer Drive CRC 9/19 Sa 9-10 a.m.

Ages 16 & Up 11 Sessions $66
89420 Virtual Class 9/17 Th 5:30-6:30 p.m.

Zumba Toning
Ages 16 & Up 12 Sessions $72
Instructor: Ingrid Higgins
89413 Virtual Class 9/16 W 5:30-6:30 p.m.

STAY TUNED
MORE FALL 2020 ACTIVITIES COMING

We will be adding more activities to our Fall 2020 Guide.

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

**Yoga**

**Chair Yoga**
- Ages 18 & Up
- 12 Sessions
- $120
- Instructor: Suzana Cooper
- 92237 Virtual Class 9/14 M 10-11 a.m.

**Gentle Yoga**
- Ages 18 & Up
- 11 Sessions
- $110
- Instructor: Irene Bopp
- 89426 Virtual Class 9/16 W 6:15-7:15 p.m.

**Hatha Yoga and Stress Management Beg/Cont**
- Ages 18 & Up
- 11 Sessions
- $110
- Instructor: Suzana Cooper
- 89412 Virtual Class 9/18 F 10-11 a.m.

**Restore and Recharge Yoga**
- Ages 18 & Up
- 12 Sessions
- $120
- Instructor: Hannah Davis
- 89691 Virtual Class 9/14 M 7-8 p.m.

**Yoga Basics**
- Ages 18 & Up
- 11 Sessions
- $110
- Instructor: Irene Bopp
- 89427 Virtual Class 9/16 W 7:30-8:30 p.m.
- 89428 Virtual Class 9/17 Th 10:30-11:30 a.m.

**Yoga for Beginners and Continuing**
- Ages 18 & Up
- 7 Sessions
- $70
- Instructor: Om Shanti DC
- 89689 Potomac CRC 9/17 Th 10-11 a.m.

**Yoga Fundamentals**
- Ages 18 & Up
- 11 Sessions
- $110
- Instructor: Nancy Neves
- 89417 Virtual Class 9/15 Tu 10:30-11:30 a.m.

**Yoga/Stretching for Your Relaxation**
- Ages 18 & Up
- 11 Sessions
- $110
- Instructor: Nancy Neves
- 89418 Virtual Class 9/16 W 11 a.m.-Noon

**Virtual Classes Now Available**

Prefer to stay home? Register for a virtual class. Instructions and links will be provided after registration.
MARTIAL ARTS

Karate Do/Iaido

Karate Do / Iaido Outdoor - Beginners
Ages 7-14              6 Sessions $60
Instructor: Salvador Cortes
89733 Lawton CRC       9/17 Th  5-5:50 p.m.

Karate Do / Iaido Outdoor - Intermediate
Ages 10 & Up            6 Sessions $60
Instructor: Salvador Cortes
89734 Lawton CRC        9/17 Th  6:15-7:15 p.m.

Judo
Ages 7-15               6 Sessions $180
Instructor: Frederic Hocde
89693 Virtual Class    9/15 Tu  6:30-7:30 p.m.

Karate/Jujitsu

Karate/Jujitsu Outdoor
Ages 6-12               6 Sessions $45
Instructor: TKA Inc.
89658 Upper County CRC  9/14 M  5:30-6:15 p.m.
90819 Wheaton CRC       9/14 M  5:30-6:15 p.m.
89735 Upper County CRC  9/14 M  6:30-7:15 p.m.
90820 Wheaton CRC       9/14 M  6:30-7:15 p.m.
89659 Germantown CRC    9/15 Tu  5:30-6:15 p.m.
89737 Germantown CRC    9/15 Tu  6:30-7:15 p.m.
89661 Damascus CRC      9/16 W   5:30-6:15 p.m.
89663 Bauer Drive CRC   9/16 W   5:30-6:15 p.m.
89736 Bauer Drive CRC   9/16 W   6:30-7:15 p.m.
89738 Damascus CRC      9/16 W   6:30-7:15 p.m.

Ages 6-12               6 Sessions $60
89670 Potomac CRC       9/16 W   6-7 p.m.
89662 Clara Barton NRC  9/16 W   6:30-7:30 p.m.

Ages 13 & Up             6 Sessions $60
91454 Damascus CRC      9/14 M   6-7 p.m.
91010 Bauer Drive CRC   9/16 W   7:30-8:30 p.m.
91675 Wheaton CRC       9/17 Th  6-7 p.m.

Karate - Adult Brown Belts
Ages 13 & Up            6 Sessions $60
Instructor: TKA Inc.
89622 Virtual Class     9/17 Th  7:45-8:45 p.m.

Karate - Adult Green Through Blue Belts
Ages 13 & Up             6 Sessions $60
Instructor: TKA Inc.
89623 Virtual Class     9/14 M   7:45-8:45 p.m.

Karate - Adult White Through Red Belts
Ages 13 & Up             6 Sessions $60
Instructor: TKA Inc.
89624 Virtual Class     9/15 Tu  7:45-8:45 p.m.

Karate - Youth Adv. White and Orange Belts
Ages 6-12                6 Sessions $60
Instructor: TKA Inc.
89625 Virtual Class     9/15 Tu  6:30-7:30 p.m.

Karate - Youth Green Belts and Higher
Ages least 6-12          6 Sessions $60
Instructor: TKA Inc.
89626 Virtual Class     9/17 Th  6:30-7:30 p.m.

Karate - Youth Yellow and Red Belts
Ages 6-12                6 Sessions $60
Instructor: TKA Inc.
89627 Virtual Class     9/14 M   6:30-7:30 p.m.

Kung Fu / Wushu
Ages 5-17                6 Sessions $60
Instructor: Ching-Yin Lee
89710 Virtual Class     9/14 M   5:30-6:30 p.m.
Specialty Programs

Bagua Outdoor
Ages 13 & Up 6 Sessions $30
Instructor: Finding Your Breath
89696 Wheaton CRC 9/16 W 6-7 p.m.

Tai Chi

Tai Chi / Vovinam Chikung
Ages 18 & Up 6 Sessions $60
Instructor: Yanni Nguyen
89725 Wheaton CRC 9/15 Tu 6-7 p.m.
89915 Virtual Class 9/17 Th 7:30-8:30 p.m.

Vovinam

Vovinam Martial Arts - Beginner
Ages 6 & Up 6 Sessions $60
Instructor: Yanni Nguyen
89727 Virtual Class 9/17 Th 5-6 p.m.

Vovinam Martial Arts - Advanced
Ages 6 & Up 6 Sessions $60
Instructor: Yanni Nguyen
89726 Virtual Class 9/17 Th 6:15-7:15 p.m.

MUSIC

Learn Now Music: My First Music Class
Ages 2-5 6 Sessions $120
Instructor: Learn Now Music
89632 North Potomac CRC 9/15 Tu 10:30-11 a.m.

Mini Musicians, Movers & Shakers
Ages 2-5 6 Sessions $85
Instructor: Music In Me Foundation International
89633 Bauer Drive CRC 9/24 Th 9:30-10:15 a.m.

Beginner Ukulele
Ages 10 & Up 6 Sessions $60
Instructor: Strathmore Hall Foundation
92238 Virtual Class 9/14 M 6-7 p.m.

Learn Now Music: Groovy Guitar
Ages 5-12 6 Sessions $169
Instructor: Learn Now Music
89888 Virtual Class 9/16 W 4-5 p.m.
89889 Virtual Class 10/28 W 4-5 p.m.

Learn Now Music: Poppin Piano
Ages 5-12 6 Sessions $169
Instructor: Learn Now Music
89890 Virtual Class 9/14 M 3:30-4:30 p.m.
89891 Virtual Class 10/26 M 3:30-4:30 p.m.

Learn Now Music: Viva Violin
Ages 5-12 6 Sessions $169
Instructor: Learn Now Music
89892 Virtual Class 9/17 Th 4-5 p.m.
89893 Virtual Class 10/29 Th 4-5 p.m.
SPORTS

Baseball
Rookie League Baseball
Ages 5-7  6 Sessions  $95
Instructor: Jump Start Sports
89582 QO Valley NP  9/12 Sa  12:30-1:30 p.m.
89584 Ayrlawn LP  9/12 Sa  12:30-1:30 p.m.
89585 Layhill Village LP  9/13 Su  2:15-3:15 p.m.

T-Birds T-Ball
Ages 3-5  6 Sessions  $95
Instructor: Jump Start Sports
89594 Ayrlawn LP  9/12 Sa  10 a.m.-Noon*
89593 QO Valley NP  9/12 Sa  10 a.m.-Noon*
89595 Layhill Village LP  9/13 Sa  1-2 p.m.
* Sessions are 1-hour within the listed timeframe.

Basketball
Basketball Skills and Conditioning
Ages 5-7  6 Sessions  $85
Instructor: Coach Parker Basketball Academy
93151 Plum Gar CRC  9/19 Sa  11 a.m.-Noon

Ages 8-10  6 Sessions  $85
93148 Good Hope NRC  9/14 M  3:45-4:45 p.m.
93149 Plum Gar CRC  9/17 Th  3:45-4:45 p.m.

Ages 11-13  6 Sessions  $85
91455 Good Hope NRC  9/14 M  5-6 p.m.
91457 Plum Gar CRC  9/17 Th  5-6 p.m.

Ages 14-18  6 Sessions  $85
91456 Good Hope NRC  9/14 M  6:15-7:15 p.m.
91458 Plum Gar CRC  9/17 Th  6:15-7:15 p.m.

Basketball Player Development
Ages 10-15  4 Sessions  $160
Instructor: FMR Player Development
90995 White Oak CRC  9/22 Tu  5:30-6:30 p.m.

Hoops Academy- Skills and Drills
Ages 7-10  8 Sessions  $115
Instructor: Overtime Athletics
89560 Germantown CRC  9/12 Sa  11:30 a.m.-12:30 p.m.

Ages 11-13  8 Sessions  $115
89561 Germantown CRC  9/12 Sa  12:45-1:45 p.m.

Please Remember Your Mask
Due to COVID-19 restrictions, all in-person classes require a face mask to participate.
**Train Like a Pro Basketball Skills and Drills**  
Ages 10-17  
6 Sessions  
$125  
Instructor: Fit 2 Believe  
89446 Potomac CRC  9/16 W  5:30-7 p.m.  
89445 White Oak CRC  9/17 Th  5:30-7 p.m.

**Fencing**  
**Fencing Outdoor - Beginner I / II**  
Ages 8 & Up  
6 Sessions  
$102  
Instructor: Gitty Mohebban  
89728 North Potomac CRC  9/14 M  5-6 p.m.

**Fencing Outdoor - Intermediate**  
Ages 8 & Up  
6 Sessions  
$102  
Instructor: Gitty Mohebban  
89729 North Potomac CRC  9/14 M  6:15-7:15 p.m.

**Football/Flag Football**  
**Flag Football Skills and Drills Clinic**  
Ages 5-7  
6 Sessions  
$95  
Instructor: Jump Start Sports  
89586 Germantown CRC  9/13 Su  11 a.m-Noon

**Multi-Sports**  
**Cheer and Poms**  
Ages 10-14  
6 Sessions  
$90  
Instructor: Bonnie Slawson  
92455 Virtual Class  9/15 Tu  5-6 p.m.  
92456 Virtual Class  11/10 Tu  5-6 p.m.

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

**Ages 2-5**  
6 Sessions  
$85  
Instructor: Coach Doug Academy  
89904 Bauer Drive CRC  9/17 Th  5:15-6 p.m.

**Ages 4-7**  
6 Sessions  
$85  
Instructor: Coach Doug Academy  
89908 Oakland Terrace ES  9/19 Sa  11-11:45 a.m.

**Coach Doug Wee Wanna Be**  
Ages 2-5  
6 Sessions  
$85  
Instructor: Coach Doug Academy  
89912 Germantown CRC  9/15 Tu  10:30-11:15 a.m.  
89907 Oakland Terrace ES  9/19 Sa  10:15-11 a.m.  
89906 Potomac CRC  9/20 Su  11:30am-12:15p.m.

**Sports Spectacular Skills & Drills**  
Ages 5-11  
8 Sessions  
$115  
Instructor: Overtime Athletics  
89567 North Potomac CRC  9/17 Th  4:30-5:30 p.m.

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

**Introductory Rugby Skills and Drills**

Ages 6-14  
8 Sessions  
$120

Instructor: Bethesda Roosters Rugby Club

89829 Bauer Drive CRC  
9/14 M  
6-7 p.m.

**Soccer**

**Coach Doug Soccer Class**

Ages 3-6  
6 Sessions  
$85

Instructor: Coach Doug Academy

89913 Germantown CRC  
9/15 Tu  
5-5:45 p.m.

89909 Oakland Terrace ES  
9/19 Sa  
11:45 a.m.-12:30 p.m.

**Hummingbirds Soccer Skills and Drills**

Ages 3-4  
6 Sessions  
$95

Instructor: Jump Start Sports

89576 Bauer Drive CRC  
9/12 Sa  
10-11 a.m.

89579 Cabin John RP  
9/12 Sa  
2-3 p.m.

89580 Germantown CRC  
9/13 Su  
1-2 p.m.

Ages 5-7  
6 Sessions  
$95

Instructor: Jump Start Sports

89572 Bauer Drive CRC  
9/12 Sa  
11:15 a.m.-12:15 p.m.

89573 Cabin John RP  
9/12 Sa  
3:15-4:15 p.m.

89574 Germantown CRC  
9/13 Su  
2:15-3:15 p.m.

**Route 29 Soccer Skills and Drills**

Ages 3-4  
5 Sessions  
$75

Instructor: Jump Start Sports

89581 Jackson Road ES  
9/12 Sa  
10-11 a.m.

Ages 5-7  
5 Sessions  
$75

Instructor: Jump Start Sports

89575 Jackson Road ES  
9/12 Sa  
11:15 am-12:15 pm.

**FALL 2020 OUTDOORS**

All in-person activities will be held outdoors.
<table>
<thead>
<tr>
<th>Event</th>
<th>Ages</th>
<th>Sessions</th>
<th>Price</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shooting Stars Soccer Skills and Drills</strong></td>
<td>7-10</td>
<td>8</td>
<td>$115</td>
<td>Germantown CRC</td>
<td>9/12</td>
<td>9-10 a.m.</td>
</tr>
<tr>
<td></td>
<td>11-13</td>
<td>8</td>
<td>$115</td>
<td>Germantown CRC</td>
<td>9/12</td>
<td>10:15-11:15 a.m.</td>
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<tr>
<td><strong>Soccer Skills and Drills Clinic</strong></td>
<td>5-9</td>
<td>8</td>
<td>$110</td>
<td>Damascus CRC</td>
<td>9/12</td>
<td>10-11 a.m.</td>
</tr>
<tr>
<td></td>
<td>6-9</td>
<td>8</td>
<td>$110</td>
<td>Damascus CRC</td>
<td>9/15</td>
<td>6-7 p.m.</td>
</tr>
<tr>
<td><strong>Train Like a Pro Soccer Skills and Drills</strong></td>
<td>10-17</td>
<td>6</td>
<td>$125</td>
<td>Bauer Drive CRC</td>
<td>9/15</td>
<td>5:30-7 p.m.</td>
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<tr>
<td></td>
<td>9-12</td>
<td>8</td>
<td>$110</td>
<td>Plumgar LP</td>
<td>9/19</td>
<td>9-10 a.m.</td>
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<tr>
<td><strong>Ultra Soccer Academy Skills and Drills</strong></td>
<td>5-8</td>
<td>8</td>
<td>$110</td>
<td>Plumgar LP</td>
<td>9/19</td>
<td>9-10 a.m.</td>
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<tr>
<td></td>
<td>9-12</td>
<td>8</td>
<td>$110</td>
<td>Plumgar LP</td>
<td>9/19</td>
<td>10:15-11:15 a.m.</td>
</tr>
</tbody>
</table>

**Ultimate Frisbee**

<table>
<thead>
<tr>
<th>Event</th>
<th>Ages</th>
<th>Sessions</th>
<th>Price</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Frisbee Golf League - Elementary School</strong></td>
<td>6-10</td>
<td>6</td>
<td>$49</td>
<td>North Four Corners LP</td>
<td>9/20</td>
<td>11-11:45 a.m.</td>
</tr>
<tr>
<td><strong>Frisbee Golf League - Middle School</strong></td>
<td>11-14</td>
<td>6</td>
<td>$49</td>
<td>North Four Corners LP</td>
<td>9/20</td>
<td>Noon-12:45 p.m.</td>
</tr>
<tr>
<td><strong>Frisbee Golf League - High School</strong></td>
<td>15-18</td>
<td>6</td>
<td>$59</td>
<td>North Four Corners LP</td>
<td>9/20</td>
<td>1-2:30 p.m.</td>
</tr>
<tr>
<td><strong>Ultimate Frisbee Workout</strong></td>
<td>13 &amp; Up</td>
<td>4</td>
<td>$40</td>
<td>Virtual Class</td>
<td>9/25</td>
<td>6-7 p.m.</td>
</tr>
</tbody>
</table>
S.T.E.A.M.

Playtime & Language
Spanish for Toddlers
Ages 1½-4
6 Sessions $100
Instructor: Maria Rhoe
89690 Bauer Drive CRC 9/15 Tu 4:30-5:15 p.m.
89681 Lawton CRC 9/19 Sa 10-10:45 a.m.

Preschool Spanish
Ages 4-7
6 Sessions $100
Instructor: Maria Rhoe
89692 Bauer Drive CRC 9/15 Tu 5:30-6:15 p.m.
89685 Lawton CRC 9/19 Sa 11-11:45 a.m.

Spanish for Youth
Ages 5-8
6 Sessions $80
Instructor: Maria Rhoe
92269 Virtual Class 11/9 M,W 4:30-5:30 p.m.
Ages 5-8
12 Sessions $120
89901 Virtual Class 9/21 M,W 4:30-5:30 p.m.

THERAPEUTIC RECREATION

Moving with Mike
Ages 18 & Up
9 Sessions $50
Instructor:
84413 Virtual Class 9/27 Su 1-2 p.m.

Karate/Jujitsu
Karate Clinic for Individuals with Disabilities
Ages 6 & Up
10 Sessions $75
Instructor: TKA Inc.
84410 Holiday Park SC 9/12 Sa 9-10:30 a.m.

Virtual Socials
Express Yourself
Ages 6-12
4 Sessions FREE
93154 Virtual Social 9/14 M 3-3:30 p.m.
Ages 13-21
4 Sessions FREE
93155 Virtual Social 9/14 M 4-4:30 p.m.

TGIF- Totally Virtual
Ages 3 & Up
4 Sessions FREE
89993 Virtual Social 9/11 F 6-6:50 p.m.
89994 Virtual Social 10/2 F 6-6:50 p.m.
89995 Virtual Social 11/6 F 6-6:50 p.m.
89996 Virtual Social 12/4 F 6-6:50 p.m.

Outdoor Socials
TR Club - Sip ‘n Paint
Ages 13-16
1 Session FREE
92799 Holiday Park SC 9/12 Sa 1-2:15 p.m.
Ages 18 & Up
1 Session FREE
92891 Holiday Park SC 9/12 Sa 3-4:15 p.m.
Ages 21 & Up
1 Session FREE
92478 Bauer Drive CRC 9/14 M 1-3 p.m.

Walk This Way
All Ages
1 Session FREE
84452 Brookside Gardens 10/3 Sa 10:30 a.m.-Noon

Virtual Classes
Now Available
Prefer to stay home?
Register for a virtual class.
Instructions and links will be provided after registration.
### Program Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Program Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aylawn Local Park</td>
<td>Rookie League Baseball</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>T-Birds T-Ball</td>
<td>16</td>
</tr>
<tr>
<td>Bauer Drive Community Recreation Center</td>
<td>ACT The Workout Fitness</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Boot Camp and Strength Training</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Coach Doug Seasonal Sports</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Hummingbirds Soccer</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Karate/Jujitsu Outdoor</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Mini Musicians, Movers &amp; Shakers</td>
<td>15</td>
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<td></td>
<td>Pilates for Fitness</td>
<td>11</td>
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<tr>
<td></td>
<td>Preschool Spanish</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Rugby (Introductory)</td>
<td>18</td>
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<tr>
<td></td>
<td>Spanish for Toddlers</td>
<td>20</td>
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<tr>
<td></td>
<td>Train Like a Pro Soccer</td>
<td>19</td>
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<td>TR-Sip ‘n Paint</td>
<td>20</td>
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<tr>
<td></td>
<td>Zumba Fitness</td>
<td>12</td>
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<tr>
<td>Brookside Gardens</td>
<td>TR-Walk This Way</td>
<td>20</td>
</tr>
<tr>
<td>Cabin John Regional Park</td>
<td>Hummingbirds Soccer</td>
<td>18</td>
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<tr>
<td>Clara Barton Neighborhood Recreation Center</td>
<td>Karate/Jujitsu Outdoor</td>
<td>14</td>
</tr>
<tr>
<td>Damascus Community Recreation Center</td>
<td>Karate/Jujitsu Outdoor</td>
<td>14</td>
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<tr>
<td></td>
<td>Shooting Stars Soccer</td>
<td>19</td>
</tr>
<tr>
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<td>Soccer Clinic</td>
<td>19</td>
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<tr>
<td></td>
<td>Zumba</td>
<td>12</td>
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<tr>
<td>Germantown Community Recreation Center</td>
<td>Coach Doug Soccer</td>
<td>18</td>
</tr>
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<td></td>
<td>Coach Doug Wee Wanna Be</td>
<td>17</td>
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<tr>
<td></td>
<td>Flag Football Clinic</td>
<td>17</td>
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<tr>
<td></td>
<td>Hoops Academy</td>
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<td></td>
<td>Hummingbirds Soccer</td>
<td>16</td>
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<td></td>
<td>Karate/Jujitsu Outdoor</td>
<td>14</td>
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<td></td>
<td>Shooting Stars Soccer</td>
<td>19</td>
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<tr>
<td>Good Hope Neighborhood Recreation Center</td>
<td>Basketball Skills and Conditioning</td>
<td>16</td>
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<tr>
<td></td>
<td>Urban Line Dance</td>
<td>10</td>
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<tr>
<td></td>
<td>Zumba Fitness</td>
<td>12</td>
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<tr>
<td>Holiday Park Senior Center</td>
<td>Dance and Fitness</td>
<td>11</td>
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<tr>
<td></td>
<td>Karate for Individuals with Disabilities</td>
<td>20</td>
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<tr>
<td></td>
<td>Step Dance for Kids</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>TR-Sip ‘n Paint</td>
<td>20</td>
</tr>
<tr>
<td>Jackson Road Elementary School</td>
<td>Route 29 Soccer</td>
<td>18</td>
</tr>
<tr>
<td>Jane E. Lawton Community Recreation Center</td>
<td>Karate Do/iaido Outdoor -Beginners</td>
<td>14</td>
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<td></td>
<td>Karate Do/iaido Outdoor -Intermediate</td>
<td>14</td>
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<tr>
<td></td>
<td>Preschool Spanish</td>
<td>20</td>
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<tr>
<td></td>
<td>Spanish for Toddlers</td>
<td>20</td>
</tr>
<tr>
<td>Layhill Village Local Park</td>
<td>Rookie League Baseball</td>
<td>16</td>
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<td></td>
<td>T-Birds T-Ball</td>
<td>16</td>
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<tr>
<td>Nancy H. Dacek North Potomac Community Recreation Center</td>
<td>Fencing Outdoor -Beginner I/II</td>
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<td></td>
<td>Fencing Outdoor -Intermediate</td>
<td>17</td>
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<tr>
<td></td>
<td>Learn NowMusic: MyFirstMusic Class</td>
<td>15</td>
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<td></td>
<td>Sports Spectacular</td>
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<td>Train Like a Soccer Pro</td>
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<tr>
<td>North Four Corners Local Park</td>
<td>Frisbee Golf League-Elementary School</td>
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<td>Frisbee Golf League-Middle School</td>
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<td>Frisbee Golf League-High School</td>
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<tr>
<td>Plum Gar Community Recreation Center</td>
<td>Basketball Skills and Conditioning</td>
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<td>Potomac Community Recreation Center</td>
<td>ACT The Workout-Fitness</td>
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<td>Bollywood Dance Fitness</td>
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<td>Coach Doug Wee Wanna Be</td>
<td>17</td>
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<td></td>
<td>Karate/Jujitsu Outdoor</td>
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<td></td>
<td>Soccer Clinic</td>
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<td>Train Like A Pro Basketball</td>
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<td>Yoga for Beginners and Continuing</td>
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<tr>
<td>Quince Orchard Valley Neighborhood Park</td>
<td>Rookie League Baseball</td>
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<td></td>
<td>T-Birds T-Ball</td>
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<tr>
<td>Upper County Community Recreation Center</td>
<td>Karate/Jujitsu Outdoor</td>
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<tr>
<td>Wheaton Community Recreation Center</td>
<td>Bagua Outdoor</td>
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<td>Karate/Jujitsu Outdoor</td>
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<td>Tai Chi / Vovinam Chikung</td>
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<td>Zumba</td>
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<td>Youth Level 4</td>
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<tr>
<td>White Oak Community Recreation Center</td>
<td>Boot Camp Strength and Training</td>
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<td></td>
<td>Basketball Player Development</td>
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<td>Pilates for Fitness</td>
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<tr>
<td></td>
<td>Train Like a Pro Basketball</td>
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</tbody>
</table>
## Facility Addresses

### Recreation Facilities

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bauer Drive CRC</td>
<td>14625 Bauer Drive, Rockville, 20853</td>
</tr>
<tr>
<td>Clara Barton NRC</td>
<td>7425 MacArthur Blvd., Cabin John, 20818</td>
</tr>
<tr>
<td>Damascus CRC</td>
<td>25520 Oak Drive, Damascus, 20872</td>
</tr>
<tr>
<td>East County CRC</td>
<td>3310 Gateshead Manor Way, Silver Spring, 20904</td>
</tr>
<tr>
<td>Germantown CRC</td>
<td>18905 Kingsview Drive, Germantown, 20874</td>
</tr>
<tr>
<td>Germantown ISC</td>
<td>18000 Central Park Circle, Boyds, 20841</td>
</tr>
<tr>
<td>Good Hope NRC</td>
<td>14715 Good Hope Road, Silver Spring, 20905</td>
</tr>
<tr>
<td>Gwendolyn Coffield CRC</td>
<td>2450 Lyttonsville Road, Silver Spring, 20910</td>
</tr>
<tr>
<td>Holiday Park SC</td>
<td>3950 Ferrara Drive, Wheaton, 20906</td>
</tr>
<tr>
<td>Jane E. Lawton CRC</td>
<td>4301 Willow Lane, Chevy Chase, 20815</td>
</tr>
<tr>
<td>Kennedy Shriver AC</td>
<td>5900 Executive Blvd., N.Bethesda, 20814</td>
</tr>
<tr>
<td>Leonard D. Jackson Ken Gar</td>
<td>4111 Plyers Mill Road, Kensington, 20895</td>
</tr>
<tr>
<td>Long Branch CRC</td>
<td>8700 Piney Branch Road, Silver Spring, 20901</td>
</tr>
<tr>
<td>Longwood CRC</td>
<td>19300 Georgia Ave., Brookeville, 20833</td>
</tr>
<tr>
<td>Marilyn J. Praisner CRC</td>
<td>14906 Old Columbia Parkway,Burtonsville, 20866</td>
</tr>
<tr>
<td>Martin Luther King SC</td>
<td>1201 Jackson Road, Silver Spring, 20904</td>
</tr>
<tr>
<td>Mid-County CRC</td>
<td>2004 Queensguard Road, Silver Spring,20906</td>
</tr>
<tr>
<td>Nancy H. Dacek Potomac CRC</td>
<td>3850 Travilah Road, Rockville, 20850</td>
</tr>
<tr>
<td>Olney Swim Center</td>
<td>16601 Georgia Ave., Olney, 20832</td>
</tr>
<tr>
<td>Plumgar Local Park</td>
<td>19561 Scenery Drive, Germantown, 20876</td>
</tr>
<tr>
<td>Potomac CRC</td>
<td>11315 Falls Road, Potomac, 20854</td>
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<tr>
<td>Recreation Administrative Office</td>
<td>4010 Randolph Road, Silver Spring 20902</td>
</tr>
<tr>
<td>Ross Boddy NRC</td>
<td>18529 Brooke Road, Sandy Spring, 20860</td>
</tr>
<tr>
<td>Scotland NRC</td>
<td>7000 Scotland Drive, Potomac,20854</td>
</tr>
<tr>
<td>Upper County CRC</td>
<td>8201 Emory Grove Road, Gaithersburg,20877</td>
</tr>
<tr>
<td>Wheaton CRC</td>
<td>11701 Georgia Ave., Wheaton, 20902</td>
</tr>
<tr>
<td>White Oak CRC</td>
<td>1700 April Lane, Silver Spring, 20904</td>
</tr>
<tr>
<td>Wisconsin Place CRC</td>
<td>5311 Friendship Blvd., Chevy Chase, 20815</td>
</tr>
</tbody>
</table>

### Parks

- Ayrland Local Park: 5652 Oakmont Ave, Bethesda, MD 20817
- Brookside Gardens: 1800 Glenallan Ave, Wheaton, MD 20902
- Layhill Village Local Park: 1920 Queensguard Rd, Aspen Hill, MD 20906
- North Four Corners Local Park: 315 University Blvd W, Silver Spring, MD 20901
- Plumgar Local Park: 19561 Scenery Drive, Germantown, MD 20876
- Quince Orchard Valley Neighborhood Park: 12015 Suffolk Terrace, Gaithersburg, MD 20878

### Elementary Schools

- Jackson Road ES: 900 Jackson Rd, Silver Spring, MD 20904

### Registration for Fall Classes

- Registration For Fall Classes: August 24
- Register Online at ActiveMONTGOMERY.org
CREATE YOUR NEW Account TODAY!

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. 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. Visit the website for more information.

WITHDRAWALS & REFUNDS

<table>
<thead>
<tr>
<th>Withdrawal Time Frame</th>
<th>Withdrawal Reason &amp; Method</th>
<th>Refund Amount</th>
<th>Refund Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any</td>
<td>Activity Canceled by Parks or Recreation</td>
<td>Full or Pro-rated Refund</td>
<td>Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.</td>
</tr>
<tr>
<td>At least 5 (five) business days before activity begins</td>
<td>Any reason, ONLINE</td>
<td>Full Refund</td>
<td>If payment was made by credit card...Refund will be applied to credit card.</td>
</tr>
<tr>
<td>Less than 5 (five) business days before activity begins</td>
<td>Any reason, IN PERSON</td>
<td>Full Refund</td>
<td>Activity fee is $25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</td>
</tr>
<tr>
<td>Less than 5 (five) business days before activity begins</td>
<td>No withdrawals may be made ONLINE less than five days before activity begins</td>
<td>Refund Less $25 Withdrawal Fee</td>
<td>Activity fee is $25 or less: Refund will be applied to customer’s ActiveMONTGOMERY account.</td>
</tr>
<tr>
<td>After second session/class of activity has met</td>
<td>No refund of any type will be issued</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN

PARENT/GUARDIAN | PADRE/GUARDIAN

Last Name | Apellido *
First Name | Nombre *
Birthday | Fecha de nacimiento (mm/dd/yy) *
Address | Dirección *
City | Ciudad *
State | Estado *
ZIP | Código Postal *
Phone | Teléfono *

EMERGENCY CONTACT | EMERGENCIA CONTACT

Name | Nombre
Relationship | Relación
Phone | Telf.

Participant 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

Total Program Fees: Cantidad Total:

To which ethnicity do you identify most? | PAYMENT OPTIONS *

- American Indian/Alaskan Native
- Asian
- Black or African American
- Hispanic or Latino or Spanish Origin of Any Race
- Native Hawaiian or Other Pacific Islander
- White
- Two or More Races
- Other ____________________________
- Prefer not to answer

Total Program Fees $__________________
Non-Resident/Other Fees $__________________
Total Fees Due $__________________
Make checks and money orders payable to: ActiveMONTGOMERY.
Mail checks to: 4010 Randolph Road, Silver Spring, MD 20902

Will you need an ADA (Americans with Disabilities Act) disability accommodation (trained support staff, sign language interpreters, companion, Braille/large print, adaptive equipment, assistive listening/auxiliary devices, and/or audio description?)

- Yes
- No

ADA Requests for Montgomery Parks
To request an accommodation for M-NCPCC, Montgomery Parks programs you must contact the Program Access Office at 301-495-2477 or email ProgramAccess@montgomeryparks.org.

ADA Requests for Montgomery Country Recreation
To request an accommodation for Montgomery County Recreation, you must contact the Therapeutic Recreation and Inclusion Services Office at 240-777-6870 or email rec.mainstream@montgomerycountymd.gov.

IMPORTANT: Request should be made before the program begins.

*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-NCPCC 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 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 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.