Planning is underway.
For more information call 240-777-6840 or visit
www.mocorec.com/camps.
Rec Assist
Financial Assistance Program
2021

Montgomery County Recreation offers financial assistance to those who qualify.

Now accepting applications for 2021.

For more information visit WWW.MOCOREC.COM/RECASSIST
240-777-6840 • Hablamos Español
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When Is the Guide Available?

To view the GUIDE online visit WWW.MOCOREC.COM/GUIDE

Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.

Registration for Spring 2021 starts on Feb. 8, 2021
MONTGOMERY COUNTY RECREATION HAS MOVED TO

2425 REEDIE DRIVE
FLOOR 10, WHEATON

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

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

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

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

Pool Information

Due to COVID-19, Montgomery County Recreation pools are operating with new safety restrictions. At this time, pools are open to Montgomery County residents and pool pass holders only. While reservations are no longer required, they are encouraged as residents with reservations will have priority admission. The number of available walkup daily admission slots will depend on the number of reservations and pool capacity.

- Reservations are highly encouraged and on a first-come, first-served basis.
- Reservations are available exactly eight days in advance of the date and time of the specific session. (i.e. Sessions that begin at 6 a.m. will open for reservations at 6 a.m. eight days in advance.)
- Pool passes will be available for in-person purchase by Montgomery County residents only. Residents must provide proof of County residency at the time of purchase.
- Online pool pass sales have been suspended indefinitely.

Family Recreational Swims

Recreational and lap-swim sessions are available daily at each pool. Patrons may pay admission for each entry or purchase a family, pair, senior or individual pool pass. Groups of more than six must contact pool management for additional information.

Website Information

Find schedules online for swim lessons, safety training (life guard training), masters swim, diving, water fitness classes and swim team, as well as general pool use.
**AQUATICS**

### Developmental Swim

**Ages 6-18**

- **14 Sessions**
- **$255**
- Instructor: Montgomery Stroke And Turn Clinic

<table>
<thead>
<tr>
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<th>Location</th>
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<td>GISC</td>
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<td>6:15-7 p.m.</td>
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<td>106167</td>
<td>KSAC</td>
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<td>MLK</td>
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<td>106170</td>
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<tr>
<td>106171</td>
<td>OSC</td>
<td>Su</td>
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### Water Fitness

#### Abs & Glutes & More

**Ages 12 & Up**

- **12 Sessions**
- **$78**
- Instructor: H2O Fitness

<table>
<thead>
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<th>Course Code</th>
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<td>KSAC</td>
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<td>KSAC</td>
<td>Th</td>
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<td>103703</td>
<td>MLK</td>
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#### Aqua Cardio Dance

**Ages 12 & Up**

- **13 Sessions**
- **$85**
- Instructor: H2O Fitness

<table>
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<td>103706</td>
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#### Aqua Lite

**Ages 12 & Up**

- **12 Sessions**
- **$78**
- Instructor: Wellness Network

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Location</th>
<th>Day</th>
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<td>106279</td>
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<td>106280</td>
<td>OSC</td>
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### Aqua Spin

**Ages 12 & Up**

- **13 Sessions**
- **$111**
- Instructor: H2O Fitness

<table>
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<td>KSAC</td>
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<td>106265</td>
<td>KSAC</td>
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</tr>
<tr>
<td>106266</td>
<td>KSAC</td>
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<td>106267</td>
<td>KSAC</td>
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<td>103709</td>
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<td>103710</td>
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</table>

### Aqua YO-Lates

**Ages 12 & Up**

- **13 Sessions**
- **$85**
- Instructor: H2O Fitness

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Location</th>
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**POOL RESERVATIONS**

At this time, pools are open to Montgomery County residents and pool pass holders only.

Reservations are encouraged as residents with reservations will have priority admission.

The number of available walkup daily admission slots will depend on the number of reservations and pool capacity.
**Deep Water Running**  
Ages 12 & Up  
12 Sessions  
$78  
Instructor: H2O Fitness  
103716 MLK 3/8 M 12:10-1 p.m.  
Instructor: Wellness Network  
106249 GISC 3/8 M 10:10-11 a.m.  
106252 GISC 3/8 M 12:10-1 p.m.  
106271 KSAC 3/8 M 12:10-1 p.m.  
106281 OSC 3/8 M 12:10-1 p.m.  
106288 OSC 3/13 Sa 11-11:50 a.m.  
13 Sessions  
$85  
Instructor: H2O Fitness  
106268 KSAC 3/9 Tu 10:10-11 a.m.  
106269 KSAC 3/11 Th 10:10-11 a.m.  
106270 KSAC 3/12 F 10:10-11 a.m.  
103712 MLK 3/9 Tu 9:10-10 a.m.  
103713 MLK 3/10 W 12:10-1 p.m.  
103714 MLK 3/11 Th 9:10-10 a.m.  
103715 MLK 3/12 F 11:10 a.m.-Noon  
Instructor: Wellness Network  
106248 GISC 3/9 Tu 10:10-11 a.m.  
106250 GISC 3/10 W 10:10-11 a.m.  
106253 GISC 3/10 W 12:10-1 p.m.  
106251 GISC 3/11 Th 10:10-11 a.m.  
106254 GISC 3/12 F 9:10-10 a.m.  
106272 KSAC 3/10 W 12:10-1 p.m.  
106282 OSC 3/9 Tu 9:10-10 a.m.  
106283 OSC 3/9 Tu 11:10 a.m.-Noon  
106284 OSC 3/10 W 12:10-1 p.m.  
106285 OSC 3/11 Th 9:10-10 a.m.  
106286 OSC 3/11 Th 11:10 a.m.-Noon  
106287 OSC 3/12 F 12:10-1 p.m.  

**Hi/Lo Cardio Fusion**  
Ages 12 & Up  
13 Sessions  
$85  
Instructor: H2O Fitness  
106273 KSAC 3/12 F 11:10 a.m.-Noon  

**Water Aerobics**  
Ages 12 & Up  
12 Sessions  
$78  
Instructor: Wellness Network  
106274 KSAC 3/8 M 9:10-10 a.m.  

**Water Exercise**  
Ages 12 & Up  
12 Sessions  
$78  
Instructor: H2O Fitness  
103717 MLK 3/8 M 9:10-10 a.m.  
Instructor: Wellness Network  
106258 GISC 3/8 M 9:10-10 a.m.  
106291 OSC 3/8 M 9:10-10 a.m.  
13 Sessions  
$85  
Instructor: H2O Fitness  
106276 KSAC 3/9 Tu 11:10-Noon  
106277 KSAC 3/11 Th 11:10-Noon  
Instructor: Wellness Network  
106257 GISC 3/10 W 9:10-10 a.m.  
106292 OSC 3/10 W 9:10-10 a.m.  
106293 OSC 3/12 F 9:10-10 a.m.
Blended Lifeguard Training

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuer. Certifications are valid for 2 years.

Attendance is required at all sessions and online component to be completed in order to be certified. Students must be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The first date listed is the pre-course.

You must pass the pre-course to continue. The pre-course consists of:
1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.

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

Cost for the course is $195.

**Martin Luther King, Jr. Swim Center**

**LGT 1: Course 107863**  
March 2021

<table>
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<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Saturday, Mar. 6</td>
<td>5 p.m.</td>
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<td>Session 1</td>
<td>Saturday, Mar. 13</td>
<td>Noon</td>
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<tr>
<td>Session 2</td>
<td>Sunday, Mar. 14</td>
<td>Noon</td>
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<td>Session 3</td>
<td>Wednesday, Mar. 17</td>
<td>6 p.m.</td>
<td>9 p.m.</td>
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<tr>
<td>Session 4</td>
<td>Saturday, Mar. 20</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
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**LGT 2: Course 107867**  
April 2021

<table>
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<td>Saturday, Apr. 10</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
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<tr>
<td>Session 1</td>
<td>Saturday, Apr. 17</td>
<td>Noon</td>
<td>8 p.m.</td>
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<tr>
<td>Session 2</td>
<td>Sunday, Apr. 18</td>
<td>Noon</td>
<td>4 p.m.</td>
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<td>Session 3</td>
<td>Wednesday, Apr. 21</td>
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<td>9 p.m.</td>
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<td>Session 4</td>
<td>Saturday, Apr. 24</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
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</table>

MORE CLASSES AVAILABLE

See more lifeguard classes in ActiveMontgomery.

Register online at ActiveMONTGOMERY.org  
240-777-6840  
Montgomery County Recreation GUIDE | 2021 Spring Session
**Arts & Crafts**

**Abrakadoodle It's a Jungle Out There**
Ages 5-12 10 Sessions $130
Instructor: Stephanie Burke
107372 Virtual Class 4/14 W 4-4:45 p.m.

**Abrakadoodle Studio 1 Art**
Ages 5-12 10 Sessions $130
Instructor: Nancy Delasos
107774 Virtual Class 4/15 Th 3:30-4:15 p.m.

**Abrakadoodle Doodle Drawing**
Ages 3-5 8 Sessions $104
Instructor: Stephanie Burke
105356 Virtual Class 4/14 W 11-11:45 a.m.

**Adventures in Art**
Ages 5-10 6 Sessions $70
Instructor: Tatiana Martin
107804 Virtual Class 4/10 Sa 10:15-11:15 a.m.

**Cooking**

**Beginner Cooking for Adults**
Ages 18 & Up 4 Sessions $125
Instructor: Future Resource Learning
107797 Virtual Class 4/22 Th 6-7:30 p.m.

**Future Chefs**
Ages 7-14 4 Sessions $100
Instructor: Future Resource Learning
107307 Virtual Class 4/13 Tu 4-5:30 p.m.
107308 Virtual Class 5/11 Tu 4-5:30 p.m.

**Dance**

**Ballet**
**Ballet for Adults**
Ages 16 & Up 8 Sessions $90
Instructor: Robyn Lindsey
107156 Virtual Class 4/15 Th 7-8 p.m.

**Hip Hop**
**Urban Line Dance**
Ages 17 & Up 8 Sessions $72
Instructor: Peytrienne McCormick
107373 Good Hope NRC 4/14 W 6-7 p.m.

**Hip Hop Dance**
Ages 10-15 6 Sessions $60
Instructor: Strathmore Hall Foundation
107869 Virtual Class 4/12 M 7-8 p.m.

**CPR & First Aid**

**CPR, First Aid and AED**
Ages 13 & Up 1 Session $89
Instructor: Life Rescue Training
107126 Holiday Park SC 4/15 Th 5:30-9:30 p.m.
107127 Bauer Drive CRC 5/8 Sa 10:30 a.m.-2:30 p.m.
107128 Holiday Park SC 6/10 Th 5:30-9:30 p.m.

**CPR, First Aid and AED Spanish**
Ages 13 & Up 1 Session $89
Instructor: Life Rescue Training
107129 Bauer Drive CRC 4/24 Sa 10:30 a.m.-2:30 p.m.

**Virtual Classes**
Now Available
Prefer to stay home? Register for a virtual class. Instructions and links will be provided after registration.
Hippo Hoppo
Ages 3-5
4 Sessions $30
Instructor: Robyn Lindsey
105365 Virtual Class 4/21 W 5:50 p.m.
105364 Virtual Class 5/26 W 5:5:30 p.m.

Playtime & Movement
Toddler and Me Dance
Ages 1 1/2-3
6 Sessions $85
Instructor: Tippi Toes DC
107789 N. Potomac CRC 4/17 Sa 9:30-10 a.m.

Fitness
Aerobic Dance
Dance and Fitness
Ages 18 & Up
22 Sessions $165
Instructor: Lois Antos
104460 Good Hope NRC 4/6 Tu,Th 10-11 a.m.
20 Sessions $150
Instructor: Elaine Waldstreicher
104048 Holiday Park SC 4/7 M,W 6-7 p.m.
9 Sessions $68
Instructor: Katy Wiemers
104461 Holiday Park SC 4/10 Sa 8:45-9:45 a.m.

Aerobic Exercise
Fitness Bootcamp for Kids
Ages 5-12
4 Sessions $55
Instructor: Future Resource Learning
107790 Potomac CRC 4/24 Sa 10:30-11:30 a.m.

Pilates
Pilates for Fitness
Ages 16 & Up 10 Sessions $100
Instructor: Fit 2 Believe
107095 Bauer Drive CRC 4/8 Th 7-8 p.m.
107096 Lawton CRC 4/10 Sa 10-11 a.m.

Playtime & Movement
Funfit Tots
Ages 11 months-2
6 Sessions $94
Instructor: Funfit Foundation
105407 Tilden Woods LP 4/24 Sa 9:30-10:15 a.m.

Funfit Tots Family Class
Ages 1 1/2-4
6 Sessions $94
Instructor: Funfit Foundation
105404 Bauer Drive CRC 4/20 Tu 10-10:45 a.m.
105409 Tilden Woods LP 4/24 Sa 10:30-11:15 a.m.

Strength Training
Strength and Toning
Ages 18 & Up
8 Sessions $80
Instructor: Elite Quality Sports
107670 Virtual Class 4/12 M 10-10:45 a.m.
9 Sessions $90
107669 Virtual Class 4/14 W 10-10:45 a.m.

Outdoor Classes
All in-person activities will take place outdoors.
Access to buildings will not be permitted.
Face masks are required.
Total Body Conditioning

ACT The Workout-Fitness
Ages 18 & Up 11 Sessions $83
103149 Potomac CRC 4/6 Tu 6-7 p.m.
20 Sessions $150
103148 Bauer Drive CRC 4/7 M,W 5-6 p.m.
9 Sessions $68
Instructor: Marie Castellucci
103147 Potomac CRC 4/10 Sa 9-10 a.m.

Kelley’s 50+ Complete Workout
Ages 50 & Up 11 Sessions $83
Instructor: Pamela Kelley
103150 Virtual Class 4/8 Th 9:15-10:15 a.m.

Kelley’s Complete Fitness Workout
Ages 18 & Up 9 Sessions $68
Instructor: Pamela Kelley
103151 Virtual Class 4/12 M 7-8 p.m.

Powerblast
Ages 18 & Up 9 Sessions $90
107196 Wheaton CRC 4/21 W 7-8 p.m.
7 Sessions $70
Instructor: Julien Elie
107197 Wheaton CRC 4/24 Sa 10-11 a.m.

Zumba

Zumba Fitness
Ages 16 & Up 11 Sessions $88
Instructor: Michelle Johnson-Lancaster
104463 Virtual Class 4/8 Th 5:30-6:30 p.m.
9 Sessions $72
104464 Bauer Drive CRC 4/10 Sa 9-10 a.m.
104465 Good Hope NRC 4/12 M 5:30-6:30 p.m.

Healt/Wellness

Tai Chi

Bamboo Fusion
Ages 18 & Up 10 Sessions $80
Instructor: Move Well Eat Better
107667 Germantown CRC 4/8 Th 10-10:45 a.m.

Tai Chi
Ages 18 & Up 11 Sessions $110
Instructor: Yanni Nguyen
105556 Virtual Class 4/8 Th 7-8 p.m.

Tai Chi Flow
Ages 18 & Up 9 Sessions $72
Instructor: Move Well Eat Better
107636 Virtual Class 4/9 F 9-9:45 a.m.

Tai Chi: Outdoor
Ages 18 & Up 9 Sessions $90
Instructor: Yanni Nguyen
105557 Wheaton CRC 4/6 Tu 6:30-7:30 p.m.

Workshops

Safe Sitter
Ages 10-13 3 Sessions $98
Instructor: Life Rescue Training
107113 Virtual Class 4/13 Tu 4-6 p.m.
107114 Virtual Class 5/4 Tu 4-6 p.m.

= Virtual classes are also available.
### Yoga

#### Evening Yoga
- Ages 18 & Up  
  - 11 Sessions  
  - $110  
  - Instructor: Robin Morris  
  - 104013 Virtual Class  
  - 4/6 Tu  
  - 6-7 p.m.

#### Gentle Yoga
- Ages 18 & Up  
  - 11 Sessions  
  - $110  
  - Instructor: Irene Bopp  
  - 103152 Virtual Class  
  - 4/7 W  
  - 6:15-7:15 p.m.

#### Hatha Yoga and Stress Management
- Beg/Cont 50+
- Ages 55 & Up  
  - 11 Sessions  
  - $110  
  - Instructor: Suzana Cooper  
  - 104034 Virtual Class  
  - 4/9 F  
  - 10-11 a.m.

#### Restore and Recharge Yoga
- Ages 18 & Up  
  - 9 Sessions  
  - $90  
  - Instructor: Hannah Davis  
  - 104476 Virtual Class  
  - 4/12 M  
  - 7-8 p.m.

#### Yoga Basics
- Ages 18 & Up  
  - 11 Sessions  
  - $110  
  - Instructor: Irene Bopp  
  - 103153 Virtual Class  
  - 4/7 W  
  - 7:30-8:30 p.m.

#### Yoga for Preschoolers
- Ages 3 & Up  
  - 8 Sessions  
  - $45  
  - Instructor: Martha Hare  
  - 107788 Bauer Drive CRC  
  - 4/7 W  
  - 11-11:30 a.m.

*Parent and child must both register.

#### Yoga for Youth Children
- Ages 5-7  
  - 10 Sessions  
  - $120  
  - Instructor: Martha Hare  
  - 107092 Bauer Drive CRC  
  - 4/8 Th  
  - 4-4:45 p.m.

#### Yoga Outdoors
- Ages 18 & Up  
  - 11 Sessions  
  - $110  
  - Instructor: Martha Hare  
  - 107883 Bauer CRC  
  - 4/8 Th  
  - 11 a.m.-Noon

### Martial Arts

#### Aikido
- Ages 11 & Up  
  - 9 Sessions  
  - $90  
  - Instructor: Christopher Rowe  
  - 104015 Virtual Class  
  - 4/12 M  
  - 7-8:30 p.m.

#### Iaido
**Karate Do / Iaido Outdoor**
- Ages 7 & Up  
  - 10 Sessions  
  - $120  
  - Instructor: Salvador Cortes  
  - 105432 Potomac CRC  
  - 4/8 Th  
  - 6:30-7:30 p.m.

### Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.
**Montgomery County Recreation**

**Karate/Jujitsu**

**Karate/Jujitsu Outdoor**

- Ages 6-12
- 10 Sessions
- $100
- Instructor: TKA Inc.
  - 105169 Bauer Drive CRC 4/7 W 5:30-6:30 p.m.
  - 105172 Bauer Drive CRC 4/7 W 6:45-7:45 p.m.
  - 105168 Clara Barton NRC 4/7 W 6:30-7:30 p.m.
  - 105167 Damascus CRC 4/7 W 5:30-6:30 p.m.
  - 105173 Damascus CRC 4/7 W 6:45-7:45 p.m.

- Karate: Youth Adv. White and Orange Belts
- Ages 6-12
- 11 Sessions
- $110
- Instructor: TKA Inc.
  - 105159 Virtual Class 4/6 Tu 6:30-7:30 p.m.

- Karate: Youth Yellow and Red Belts
- Ages 6-12
- 9 Sessions
- $90
- Instructor: TKA Inc.
  - 105162 Virtual Class 4/12 M 6:30-7:30 p.m.

- Karate: Youth Green Belts and Higher
- Ages 6-12
- 11 Sessions
- $110
- Instructor: TKA Inc.
  - 105160 Virtual Class 4/8 Th 6:30-7:30 p.m.

- Karate: Youth Training and Practice (Current Students Only)
- Ages 6-12
- 11 Sessions
- $55
- Instructor: TKA Inc.
  - 105161 Virtual Class 4/7 W 6:30-7:30 p.m.

- Karate/Jujitsu Adult and Youth Outdoor
- Ages 6 & Up
- 10 Sessions
- $100
- Instructor: TKA Inc.
  - 105170 Potomac CRC 4/7 W 6-7 p.m.

- Karate/Jujitsu Adult Outdoor
- Ages 13 & Up
- 10 Sessions
- $100
- Instructor: TKA Inc.
  - 105163 Wheaton CRC 4/8 Th 6-7 p.m.
  - 105164 Bauer Drive CRC 4/7 W 8-9 p.m.

- Karate: Adult White Through Red Belts
- Ages 13 & Up
- 11 Sessions
- $110
- Instructor: TKA Inc.
  - 105158 Virtual Class 4/6 Tu 7:45-8:45 p.m.

- Karate: Adult Green Through Blue Belts
- Ages 13 & Up
- 9 Sessions
- $90
- Instructor: TKA Inc.
  - 105156 Virtual Class 4/12 M 7:45-8:45 p.m.

- Karate: Adult Brown Belts
- Ages 13 & Up
- 11 Sessions
- $110
- Instructor: TKA Inc.
  - 105155 Virtual Class 4/8 Th 7:45-8:45 p.m.

- Karate: Adult Training and Practice (Current Students Only)
- Ages 13 & Up
- 11 Sessions
- $55
- Instructor: TKA Inc.
  - 105157 Virtual Class 4/7 W 7:45-8:45 p.m.
Specialty Programs

Bagua Outdoor
Ages 14 & Up           10 Sessions                     $50
Instructor: Finding Your Breath
107779 Wheaton CRC   4/14 W                 5-6:30 p.m.

Practical Self-Defense
Ages 14 & Up           11 Sessions                    $55
Instructor: Ivan Black
104487 Virtual Class   4/8  Th                  7-8 p.m.
9 Sessions                      $45
104486 Virtual Class   4/12  M                  7-8 p.m.

Beginner Ukulele
Ages 10 & Up           6 Sessions                      $60
Instructor: Strathmore Hall Foundation
107868 Virtual Class   4/12 M                  6-7 p.m.

Piano

Poppin Piano
Ages 5-12           9 Sessions                   $245
Instructor: Learn Now Music
107773 Virtual Class   4/7  W                  7-8 p.m.
9 Sessions                      $45
104486 Virtual Class   4/12  M                  7-8 p.m.

Playtime & Music
My First Music Class
Ages 2-5          6 Sessions                  $120
Instructor: Learn Now Music
105412 N. Potomac CRC   4/20  Tu     10:30-11 a.m.

S.T.E.A.M.

Chess
Chess for Beginners
Ages 6-14        9 Sessions                  $135
Instructor: Arkadiy Frenkel
107386 Virtual Class   4/12 M                 4-5 p.m.

Chess for Advanced
Ages 6-14       10 Sessions                 $150
Instructor: Arkadiy Frenkel
107392 Virtual Class   4/8  Th                 4-5 p.m.

Playtime & Language
Spanish for Youth
Ages 5-8          8 Sessions                  $96
Instructor: Maria Rhoe
107787 Virtual Class   4/14  W                4:30-5:15 p.m.

Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.
**SPORTS**

**Kickball**
Ages 5-12  
8 Sessions  
$170
Instructor: KIDspired, LLC
105554 Snowden Farm ES  4/9   F   3:45-4:45 p.m.

**Kickball Co-Rec League**
Ages 18 & Up  
7 Sessions  
$65
109921 Various  5/11 Tu  6-8 p.m.
109926 Various  5/12 W  6-8 p.m.

**Baseball/Softball**

**Kickball**
Ages 5-12  
8 Sessions  
$170
Instructor: KIDspired, LLC
105554 Snowden Farm ES  4/9   F   3:45-4:45 p.m.

**Kickball Co-Rec League**
Ages 18 & Up  
7 Sessions  
$65
109921 Various  5/11 Tu  6-8 p.m.
109926 Various  5/12 W  6-8 p.m.

**Lil’ Sluggers T-Ball**
Ages 3-5  
6 Sessions  
$95
Instructor: Overtime Athletics
105144 QO Valley NP  4/10 Sa  10 a.m.-Noon*
105145 Aylawn LP  4/10 Sa  10 a.m.-Noon*
105147 Layhill Village LP  4/11 Su  1-2 p.m.

**Coach Pitch Baseball**
Ages 5-7  
6 Sessions  
$95
Instructor: Overtime Athletics
105146 QO Valley NP  4/10 Sa  12:30-2:30 p.m.*
105148 Aylawn LP  4/10 Sa  12:30-2:30 p.m.*
105149 Layhill Village LP  4/11 Su  2:15-3:15 p.m.

*Saturday sessions are one hour within the listed timeframe.

**Basketball**

**Basketballer Club**
Ages 5-12  
8 Sessions  
$170
Instructor: KIDspired, LLC
105553 Snowden Farm ES  4/6   Tu  3:45-4:45 p.m.

**CP Basketball Skills and Conditioning**
Ages 7-11  
4 Sessions  
$60
Instructor: Coach Parker Basketball Academy
105422 White Oak CRC  4/6 Tu  4-5 p.m.
105426 Mid-County CRC  4/8 Th  4-5 p.m.
105428 White Oak CRC  5/18 Tu  4-5 p.m.
105430 Mid-County CRC  5/20 Th  4-5 p.m.

**Kickball Co-Rec League**
Ages 12-14  
4 Sessions  
$60
105425 White Oak CRC  4/6 Tu  5:15-6:15 p.m.
105427 Mid-County CRC  4/8 Th  5:15-6:15 p.m.
105429 White Oak CRC  5/18 Tu  5:15-6:15 p.m.
105431 Mid County CRC  5/20 Th  5:15-6:15 p.m.

**Train Like a Pro Basketball Skills and Drills**
Ages 10-16  
6 Sessions  
$125
Instructor: Fit 2 Believe
105559 Potomac CRC  4/14 W  5:30-7 p.m.
105563 N. Potomac CRC  4/17 Sa  Noon-1:30 p.m.

**Cheer and Poms**

**Intro to Cheer**
Ages 5-10  
9 Sessions  
$90
Instructor: Prodigy All-Star Cheerleading
105131 Virtual Class  4/12 M  4:30-5:15 p.m.

**Intro to Poms**
Ages 5-10  
9 Sessions  
$90
Instructor: Prodigy All-Star Cheerleading
105132 Virtual Class  4/12 M  5:30-6:15 p.m.

**Outdoor Classes**

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

Fencing Outdoor: Beginner I
Instructor: Gitty Mohebban
Ages 8 & Up 11 Sessions $162
105259 Germantown CRC 4/7 W 5-6 p.m.
9 Sessions $138
105238 North Potomac CRC 4/12 M 5-6 p.m.

Fencing Outdoor: Beginner I/II
Ages 8 & Up 11 Sessions $162
Instructor: Gitty Mohebban
105253 Bauer Drive CRC 4/9 F 5-6 p.m.

Fencing Outdoor: Beginner II
Ages 8 & Up 11 Sessions $162
Instructor: Gitty Mohebban
105260 Germantown CRC 4/7 W 6:15-7:15 p.m.
9 Sessions $138
105239 N. Potomac CRC 4/12 M 6:15-7:15 p.m.

Fencing Outdoor: Intermediate
Ages 8 & Up 11 Sessions $162
Instructor: Gitty Mohebban
105247 Bauer Drive CRC 4/9 F 6:15-7:15 p.m.

Football/Flag Football

Flag Football Club Skills and Drills
Ages 5-12 8 Sessions $170
Instructor: KIDspired LLC
105522 Wilson Wims ES 4/8 Th 3:45-4:45 p.m.

Lacrosse

Overtime Lacrosse Academy
Ages 6-8 6 Sessions $95
Instructor: Overtime Athletics
105152 Timberlawn LP 4/18 Su 3:45-4:45 p.m.

Ages 9-11 6 Sessions $95
105153 Timberlawn LP 4/18 Su 5-6 p.m.

Multi-Sports

Coach Doug Seasonal Sports Class
Ages 2-5 9 Sessions $109
Instructor: Coach Doug Academy
104493 Bauer Drive CRC 4/8 Th 5:15-6 p.m.

Ages 4-7 8 Sessions $105
Instructor: Coach Doug Academy
104495 Oakland Terrace ES 4/10 Sa 11-11:45 a.m.

Coach Doug Wee Wanna Be
Ages 2-5 9 Sessions $109
Instructor: Coach Doug Academy
104491 Germantown CRC 4/6 Tu 10:30-11:15 a.m.
8 Sessions $105
104494 Oakland Terrace ES 4/10 Sa 10:15-11 a.m.
104497 Potomac CRC 4/11 Su 11-11:45 a.m.

Coach Doug Wee Wanna Be Sports
Ages 2-5 8 Sessions $50
Instructor: Coach Doug Academy
107886 Virtual Class 4/15 Th 10-10:35 a.m.

Sports Spectacular Skills and Drills
Ages 5-11 8 Sessions $115
Instructor: Overtime Athletics
105154 N. Potomac CRC 4/15 Th 4:30-5:30 p.m.
**Rugby**

**Rugby Skills and Drills**
Ages 5-9  8 Sessions  $125  
Instructor: Bethesda Roosters Rugby Club  
105189 Bauer Drive CRC  4/12  M  4:30-5:30 p.m.  
105193 Bauer Drive CRC  4/12  M  5:45-6:45 p.m.

**Soccer**

**Coach Doug Soccer Class**
Ages 3-6  9 Sessions  $109  
Instructor: Coach Doug Academy  
104492 Germantown CRC  4/6  Tu  5-5:45 p.m.  
104496 Oakland Terrace ES  4/10  Sa  11:45 a.m.-12:30 p.m.

**Hummingbirds Soccer Skills and Drills**
Ages 3-4  6 Sessions  $95  
Instructor: Jump Start Sports  
104471 Bauer Drive CRC  4/10  Sa  10:30-11:15 a.m.  
105140 Bauer Drive CRC  4/10  Sa  11:30 a.m.-12:30 p.m.  
105141 Cabin John RP  4/10  Sa  3-4 p.m.  
105142 Germantown CRC  4/11  Su  11 a.m.-Noon  
105143 Timberlawn LP  4/11  Su  2:30-3:30 p.m.

**Core Soccer Skills and Drills Clinic**
Ages 6-10  8 Sessions  $110  
Instructor: CORE FC  
105518 Potomac CRC  4/7  W  6-7 p.m.  
105519 Damascus CRC  4/11  Su  1-2 p.m.  
105520 Mid-County CRC  4/10  Sa  1-2 p.m.

**Train Like a Pro Soccer Skills and Drills**
Ages 10-16  6 Sessions  $125  
Instructor: Fit 2 Believe  
105560 Bauer Drive CRC  4/13  Tu  5:30-7 p.m.

**Route 29 Shooting Stars Soccer Skills and Drills**
Ages 3-4  5 Sessions  $80  
Instructor: Overtime Athletics  
105151 Jackson Road ES  4/17  Sa  10-11 a.m.

Ages 5-7  5 Sessions  $80  
105150 Jackson Road ES  4/17  Sa  11:15am-12:15pm

**Recipe for Success**

Sign-up for Rec Alerts for inclement weather information.
## Soccer Leagues

### Men’s Soccer Leagues

#### Ages 18 & Up

**Starts April 11**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>86276</td>
<td>Open Division 1</td>
<td>Su</td>
<td>9 a.m.-5 p.m.</td>
<td>8</td>
<td>0</td>
<td>$1299</td>
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<tr>
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<td>Su</td>
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<td>8</td>
<td>0</td>
<td>$1099</td>
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<td>44063</td>
<td>Free Agent</td>
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<td>9 a.m.-5 p.m.</td>
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#### Ages 45 & Up

**Starts April 10**

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<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
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</thead>
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<tr>
<td>86279</td>
<td>Red Division 1</td>
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<td>86280</td>
<td>Blue Division 2</td>
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<td>86281</td>
<td>Green Division 3</td>
<td>Su</td>
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<tr>
<td>44064</td>
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#### Ages 55 & Up

**Starts April 11**

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<th>Division</th>
<th>Day</th>
<th>Times</th>
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<th>Local Park Games</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>86283</td>
<td>Division 1</td>
<td>Sa</td>
<td>9 a.m.-5 p.m.</td>
<td>8</td>
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<td>86284</td>
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<td>Free Agent</td>
<td>Sa</td>
<td>9 a.m.-5 p.m.</td>
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#### Ages 65 & Up

**Starts April 11**

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<th>Division</th>
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<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
<th>Fee</th>
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<tbody>
<tr>
<td>86283</td>
<td>Open Division</td>
<td>Su</td>
<td>10 a.m-2 p.m.</td>
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<td>$1099</td>
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<td>Su</td>
<td>9 a.m.-5 p.m.</td>
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### Women’s Soccer Leagues

#### Ages 24 & Up

**Starts April 10**

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<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
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<tbody>
<tr>
<td>86288</td>
<td>Women’s 24+</td>
<td>Sa</td>
<td>9 a.m.-5 p.m.</td>
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#### Ages 40 & Up

**Starts April 14**

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<th>Day</th>
<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>86289</td>
<td>Women’s 40+</td>
<td>W</td>
<td>6-10:30 p.m.</td>
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<td>0</td>
<td>$1299</td>
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<tr>
<td>25411</td>
<td>Free Agent</td>
<td>W,Sa</td>
<td>9 a.m.-10:30 p.m.</td>
<td>8</td>
<td>0</td>
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### Co-Rec Soccer Leagues

#### Ages 18 & Up

**Starts April 11**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Times</th>
<th>Regional Park Games</th>
<th>Local Park Games</th>
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</thead>
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<tr>
<td>86285</td>
<td>Open South Division</td>
<td>Su</td>
<td>9 a.m.-5 p.m.</td>
<td>0</td>
<td>8</td>
<td>$899</td>
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<tr>
<td>86286</td>
<td>Open World Division</td>
<td>Su</td>
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<td>8</td>
<td>$899</td>
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<td>86287</td>
<td>Open Metro Division</td>
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<tr>
<td>44066</td>
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<td>Su</td>
<td>9 a.m.-5 p.m.</td>
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<td>FREE</td>
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## Softball Leagues

### Co-Rec Softball Leagues

**Ages 18 & Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
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<tbody>
<tr>
<td>107957</td>
<td>DH</td>
<td>M</td>
<td>4/19</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Olney/Cabin John LP</td>
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<td>109870</td>
<td>Women's Free Agent</td>
<td>M-F</td>
<td>4/19</td>
<td>6-10:30 p.m. n/a</td>
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<td>107912</td>
<td>Men's Free Agent</td>
<td>M-F</td>
<td>4/19</td>
<td>6-10:30 p.m. n/a</td>
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<td>Various Regional Parks</td>
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<tr>
<td>107958</td>
<td>DH</td>
<td>W</td>
<td>4/21</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Cabin John LP</td>
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<tr>
<td>107959</td>
<td>DH</td>
<td>W</td>
<td>4/21</td>
<td>6-10:30 p.m.</td>
<td>16</td>
<td>Local Parks-Down County</td>
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<tr>
<td>107960</td>
<td>DH</td>
<td>Th</td>
<td>4/22</td>
<td>6-10:30 p.m.</td>
<td>16</td>
<td>Ridge Road RP</td>
<td>$965</td>
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<tr>
<td>107962</td>
<td>Single</td>
<td>M</td>
<td>4/22</td>
<td>6-10:30 p.m.</td>
<td>14</td>
<td>Various Local Parks</td>
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<tr>
<td>107961</td>
<td>Social Leagues</td>
<td>Th</td>
<td>5/6</td>
<td>6-10:30 p.m.</td>
<td>10</td>
<td>Various Local Parks</td>
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### Men's Softball Leagues

**Ages 18 & Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
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<tbody>
<tr>
<td>107935</td>
<td>Level C/D &amp; D- DH</td>
<td>W</td>
<td>4/21</td>
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<td>Olney Manor RP</td>
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<tr>
<td>107944</td>
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<td>W</td>
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<td>6-10:30 p.m.</td>
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<td>Ridge Road RP</td>
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<td>107946</td>
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<tr>
<td>107951</td>
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<td>107945</td>
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<tr>
<td>107953</td>
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<td>6-10:30 p.m.</td>
<td>20</td>
<td>Olney Manor RP</td>
<td>$1205</td>
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**Ages 50 & Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>108021</td>
<td>Men's 50+ - DH</td>
<td>Th</td>
<td>4/22</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Various Regional Parks</td>
<td>$1205</td>
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**Ages 55 & Up**

<table>
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<th>Activity</th>
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<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
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<tbody>
<tr>
<td>108019</td>
<td>Men's 55+ - DH</td>
<td>Th</td>
<td>4/22</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Various Regional Parks</td>
<td>$1205</td>
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**Ages 60 & Up**

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<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>107912</td>
<td>Men's Free Agent</td>
<td>M-F</td>
<td>4/19</td>
<td>6-10:30 p.m. n/a</td>
<td>n/a</td>
<td>Various Regional Parks</td>
<td>FREE</td>
</tr>
<tr>
<td>108022</td>
<td>Men's 60+ - DH</td>
<td>W</td>
<td>4/21</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Various Regional Parks</td>
<td>$1205</td>
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</tbody>
</table>

### Women's Softball Leagues

**Ages 40 & Up**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Division</th>
<th>Day</th>
<th>Start Date</th>
<th>Times</th>
<th>Games</th>
<th>Park</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>108023</td>
<td>DH</td>
<td>M</td>
<td>4/19</td>
<td>6-10:30 p.m.</td>
<td>20</td>
<td>Various Regional Parks</td>
<td>$1205</td>
</tr>
<tr>
<td>109870</td>
<td>Women's Free Agent</td>
<td>M-F</td>
<td>4/19</td>
<td>6-10:30 p.m. n/a</td>
<td>n/a</td>
<td>Various Regional Parks</td>
<td>FREE</td>
</tr>
</tbody>
</table>

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**FREE AGENTS**

Don’t have a team? Look for a sport of your choice and sign up to be a free agent. New to a sport? Don’t worry, we will do our best to match you to a team that fits your level.
Ultimate Frisbee

Frisbee Golf
Ages 6-10 7 Sessions $69
Instructor: American Ultimate Academy
105369 Rosemary/Lyttonsville LP 4/19 M 5-6 p.m.

Ages 11-14 7 Sessions $69
105371 Rosemary/Lyttonsville LP 4/19 M 6:15-7:15 p.m.

Ultimate Frisbee Leagues
Ages 6-10 7 Sessions $69
Instructor: American Ultimate Academy
105373 N. Four Corners LP 4/18 Su 10-11 a.m.

Ages 10-14 7 Sessions $69
105375 N. Four Corners LP 4/18 Su 11 a.m.-12:30 p.m.

Ages 14-18 7 Sessions $69
105374 N. Four Corners LP 4/18 Su 12:30-6:30 p.m.

*Games are played within listed timeframe.

Volleyball

Volleyball Skills Development Clinic
Ages 8-10 6 Sessions $99
Instructor: Ofer Levy
105411 Takoma-Piney Branch LP 5/4 Tu 5-6 p.m.

Ages 11-13 6 Sessions $99
105413 Takoma-Piney Branch LP 5/4 Tu 6-7 p.m.

Ages 14-17 6 Sessions $99
105414 Takoma-Piney Branch LP 5/4 Tu 7-8 p.m.

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

Arts & Crafts
TR Sip 'n Paint
Ages 18 & Up 1 Session $10
105418 Holiday Park SC 4/24 Sa 3-4:15 p.m.

Dance
Dance Creation
Ages 6-13 4 Sessions FREE
107864 Upper County CRC 4/10 Sa 1-1:50 p.m.
Ages 14-21 4 Sessions FREE
107861 Upper County CRC 4/10 Sa 2-2:50 p.m.

Fitness
Moving with Mike: Seated Exercise
Ages 18 & Up 8 Sessions $50
107775 Virtual Class 3/28 Su 1-2 p.m.

TGIF: Totally Virtual
Ages 3 & Up 1 Session FREE
107456 Virtual Class 4/2 F 5-5:50 p.m.
107457 Virtual Class 5/7 F 5-5:50 p.m.
107458 Virtual Class 6/4 F 5-5:50 p.m.

Karate/Jujitsu
Karate Clinic for Individuals with Disabilities
Ages 6 & Up 10 Sessions $75
Instructor: TKA Inc.
107776 Virtual Class 5/1 Sa 9:30-10:30 a.m.

Music
Becoming a Song Bird
Ages 6-13 4 Sessions FREE
107866 Upper County CRC 4/10 Sa 12:15-12:45 p.m.

Performing Arts
A DRAMA Experience: Facial Expressions & Games
Ages 6-12 4 Sessions FREE
107870 Holiday Park SC 4/11 Su 10-10:50 a.m.

Sports
Let's Play Ball at the Miracle League Field
Ages 15 & Up 6 Sessions $38
102620 S. Germantown RP 4/10 Sa 10-11:30 a.m.

TR Sports Skills: Bocce Balls
Ages 14-24 3 Sessions FREE
105079 Schweinhaut SC 3/6 Sa 2-2:45 p.m.
105081 Schweinhaut SC 4/9 F 4:30-5:15 p.m.
105086 Schweinhaut SC 4/11 Su 10-10:45 a.m.

TR Sports Skills: Soccer Clinic
Ages 8-14 6 Sessions FREE
104242 Bauer Drive CRC 4/10 Sa 3-3:45 p.m.
104243 Bauer Drive CRC 5/1 Sa 3-3:45 p.m.
Ages 15-24 6 Sessions FREE
104240 Bauer Drive CRC 4/10 Sa 2-2:45 p.m.
104241 Bauer Drive CRC 5/1 Sa 2-2:45 p.m.

S.T.E.A.M.
Simple Science
Ages 6-13 4 Sessions $10
107847 Holiday Park SC 4/11 Su 11 a.m.-Noon
Ages 14-21 4 Sessions $10
107856 Holiday Park SC 4/11 Su 12:15-1:15 p.m.
Social

**TR’s Thursday Laugh Night**
Ages 14 & Up  8 Sessions  FREE
106310 Virtual Class  4/8  Th  7-8 p.m.

**TR Where Are We In Montgomery County**
Ages 12 & Up  3 Sessions  FREE
107300 Virtual Class  4/11  Su  1-2:30 p.m.

**TR Undercover Therapy Pets**
Ages 5 & Up  6 Sessions  FREE
105419 Virtual Class  4/17  Sa  1:30-2:30 p.m.

**TR Saturday Social Friends at 5**
Ages 16 & Up  10 Sessions  FREE
105333 Virtual Class  4/17  Sa  5-6 p.m.

**TR Virtual Game Night**
Ages 16 & Up  3 Sessions  FREE
105337 Virtual Class  4/30  F  7-8:30 p.m.

Yoga

**TR Yoga Basics**
Ages 15 & Up  6 Sessions  $60
Instructor: Irene Bopp
105338 Virtual Class  4/21  W  4-5 p.m.

JOIN OUR MAILING LIST
Join our Therapeutic Recreation Mailing List

JOIN
55+ Adults

Arts & Crafts

Knitting/Crochet

Knit and Crochet Group
Ages 55 & Up 9 Sessions FREE
107904 Virtual Class 3/30 Tu 10-11:30 a.m.

Photo Club
Ages 55 & Up 2 Sessions FREE
107908 Virtual Class 4/7, 5/5 W 10 a.m.- Noon

Wood Carving/Woodworking

Woodcarving Group
Ages 55 & Up 10 Sessions FREE
107903 Virtual Class 3/26 F 1-2:30 p.m.

Dance

Folk Dancing

International Folk Dance
Ages 55 & Up 10 Sessions FREE
107894 Holiday Park SC 4/1 Th 10-10:45 a.m.

Hula

Hula Dance
Ages 55 & Up 9 Sessions FREE
107896 Virtual Class 3/29 M 1-1:45 p.m.

International

Garba Dance
Ages 55 & Up 10 Sessions FREE
107885 Virtual Class 4/1 Th 2-2:55 p.m.

Line Dancing

Urban Line Dance
Ages 55 & Up 8 Sessions $72
Instructor: Peytrienne McCormick
107374 Good Hope NRC 4/13 Tu 11 a.m.-Noon

Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.
EDUCATIONAL

Community Programs

Active Living Chinese Discussion Group
Ages 55 & Up 13 Sessions FREE
107956 Virtual Class 4/2  F 11 a.m.-Noon

Active Living Spanish Discussion Group
Ages 55 & Up 13 Sessions FREE
109582 Virtual Class 4/5  M 9:30-10:30 a.m.

JCA Transportation Options Webinar
Ages 55 & Up 1 Session FREE
107919 Virtual Class 5/13  Th 11 a.m.-12:30 p.m.

Long Term Care Planning and Funding Options
Ages 55 & Up 1 Session FREE
107916 Virtual Class 4/22  Th 10-11:30 a.m.

Montgomery County’s Seat: History of Rockville
Ages 55 & Up 1 Session FREE
107921 Virtual Class 3/9  Tu 3-4 p.m.

Transportation Options for Seniors
Ages 55 & Up 1 Session FREE
107922 Virtual Class 4/6  Tu 10-11:30 a.m.

Vocabulary Blast
Ages 55 & Up 2 Sessions FREE
107927 Virtual Class 4/19  M 10-11 a.m.

Discussions

Healthy Hobbies Discussion Group
Ages 55 & Up 8 Sessions FREE
107909 Virtual Class 4/5  M 2-3 p.m.

Potomac Storied History with Judith Welles
Ages 55 & Up 1 Session FREE
108180 Virtual Class 3/11  Th 2-3 p.m.

Senior Connections: LGBTQ Alliance
Ages 55 & Up 3 Sessions FREE
107913 Virtual Class 4/8  Th 5-6:30 p.m.

What In The World!
Ages 55 & Up 9 Sessions FREE
107907 Virtual Class 4/2  F 3-4 p.m.

Wheaton Cuisine
Ages 55 & Up 1 Session FREE
107895 Virtual Class 4/13  Tu 11:30 a.m.-12:30 p.m.
107884 Virtual Class 5/11  Tu 11:30 a.m.-12:30 p.m.

Fine Arts

Jazz & Juice: Celebrating International Jazz Day
Ages 55 & Up 1 Session FREE
107918 Virtual Class 4/30  F 5-6 p.m.

Musical Musings
Ages 55 & Up 6 Sessions FREE
107914 Virtual Class 4/8  Th 2-3 p.m.

Virtual Museum Tour
Ages 55 & Up 1 Session FREE
107898 Virtual Class 4/6  Tu 9:30-10:30 a.m.

Language

French Conversation
Ages 55 & Up 9 Sessions FREE
107889 Virtual Class 3/29  M 11 a.m.-Noon

French Intermediate
Ages 55 & Up 10 Sessions FREE
107887 Virtual Class 3/31  W 11:30 a.m.-12:30 p.m.
## Fitness

### Spinning Bike Class
- **Ages**: 55 & Up
- **Sessions**: 12
- **Cost**: FREE
- **Location**: 107920 Schweinhaut SC
- **Dates**: 3/11
- **Time**: 9-10 a.m.

### Bocce Game Day
- **Ages**: 55 & Up
- **Sessions**: 4
- **Cost**: FREE
- **Location**: 108181 Schweinhaut SC
- **Dates**: 4/7
- **Time**: 11 a.m.-Noon

### Walking Around North Potomac Senior Center
- **Ages**: 55 & Up
- **Sessions**: 9
- **Cost**: FREE
- **Location**: 107893 N. Potomac SC
- **Dates**: 3/2
- **Time**: 1:30-2:15 p.m.

### Explore Upper Montgomery County Walking Trails
- **Ages**: 55 & Up
- **Sessions**: 9
- **Cost**: FREE
- **Location**: 107900 N. Potomac SC
- **Dates**: 3/4
- **Time**: 11-11:45 a.m.

### Aerobic Dance
- **Dance and Fitness**
  - **Ages**: 18 & Up
  - **Sessions**: 22
  - **Cost**: $165
  - **Location**: 104460 Good Hope NRC
  - **Dates**: 4/6
  - **Time**: Tu, Th
  - **Dates**: 20
  - **Cost**: $150
  - **Location**: 104048 Holiday Park SC
  - **Dates**: 4/7
  - **Time**: M, W
  - **Dates**: 9
  - **Cost**: $68
  - **Location**: 104461 Holiday Park SC
  - **Dates**: 4/10
  - **Time**: Sa

### Aerobic Exercise
- **Gym Phobia and How to Conquer It**
  - **Ages**: 55 & Up
  - **Sessions**: 4
  - **Cost**: FREE
  - **Location**: 107928 Virtual Class
  - **Dates**: 3/8
  - **Time**: M
  - **Dates**: 11 a.m.-Noon

### Low Impact Exercise
- **Chair Dancing**
  - **Ages**: 55 & Up
  - **Sessions**: 10
  - **Cost**: FREE
  - **Location**: 107890 Virtual Class
  - **Dates**: 4/1
  - **Time**: Th
  - **Dates**: 1-1:45 p.m.

### Seated Stretch & Tone
- **Ages**: 55 & Up
- **Sessions**: 4
- **Cost**: FREE
- **Location**: 107925 Virtual Class
- **Dates**: 4/6
- **Time**: Tu
- **Dates**: 10-10:30 a.m.

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### Total Body Conditioning
- **Kelley’s 50+ Complete Workout**
  - **Ages**: 50 & Up
  - **Sessions**: 11
  - **Cost**: $83
  - **Instructor**: Pamela Kelley
  - **Location**: 103150 Virtual Class
  - **Dates**: 4/8
  - **Time**: Th
  - **Dates**: 9:15-10:15 a.m.

### Yoga
- **Hatha Yoga and Stress Management**
  - **Ages**: 55 & Up
  - **Sessions**: 11
  - **Cost**: $110
  - **Instructor**: Suzana Cooper
  - **Location**: 104034 Virtual Class
  - **Dates**: 4/9
  - **Time**: F
  - **Dates**: 10-11 a.m.

- **Outdoor Yoga for Vitality**
  - **Ages**: 55 & Up
  - **Sessions**: 4
  - **Cost**: $48
  - **Location**: 107929 N. Potomac CRC
  - **Dates**: 4/6
  - **Time**: Tu
  - **Dates**: 11 a.m.-Noon

- **Yoga for Vitality**
  - **Ages**: 55 & Up
  - **Sessions**: 4
  - **Cost**: $48
  - **Location**: 107509 Virtual Class
  - **Dates**: 3/2
  - **Time**: Tu
  - **Dates**: 11 a.m.-Noon

- **Chair Yoga**
  - **Ages**: 55 & Up
  - **Sessions**: 9
  - **Cost**: $90
  - **Instructor**: Suzana Cooper
  - **Location**: 104033 Virtual Class
  - **Dates**: 4/12
  - **Time**: M
  - **Dates**: 10-11 a.m.

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**REC ALERT**

Sign-up for Rec Alerts for inclement weather information.
Health/Wellness

Discussions
Gratitude Lifestyle
Ages 55 & Up
6 Sessions FREE
107888 Virtual Class
4/6 Tu 1:30-2:30 p.m.

Support Groups
Max You Group
Ages 55 & Up
8 Sessions FREE
107906 Virtual Class
4/6 Tu 10:30-11:25 a.m.

Tai Chi
Outdoor Tai Chi
Ages 55 & Up
16 Sessions FREE
107923 Potomac CRC
4/7 W,F 10-11 a.m.

Tai Chi Sword
Ages 55 & Up
9 Sessions FREE
107897 Holiday Park SC
3/29 M 2:30-3:25 p.m.

Music

Discussions
Music Through the Ages Conversations
Ages 55 & Up
4 Sessions FREE
107891 Virtual Class
3/4 Th 4-5 p.m.

Trips and Tours

Day Trips
Meet-Up Hike-Meadowside
Ages 18 & Up
1 Session FREE
80169 Meadowside Lot
4/29 Th 9-11 a.m.

Meet-Up Lake Needwood Hiker/Biker Trail- Walk- Shaded Trail
Ages 18 & Up
1 Session FREE
107507 Lake Needwood
5/13 Th 9-11 a.m.

Meet-Up Woodlawn Manor Park-Underground Railroad Trail
Ages 18 & Up
1 Session FREE
107508 Woodlawn Manor
5/27 Th 9-11 a.m.

SPECIAL EVENTS

First Friday Happy Hour
Ages 55 & Up
2 Sessions FREE
107931 Virtual Class
3/5, 4/2 F 3-4 p.m.

Tea for All Social
Ages 55 & Up
2 Sessions FREE
107874 Virtual Class
3/19, 4/16 F 3-4 p.m.

Who’s the Greenest of Them All? Contest
Ages 55 & Up
1 Session FREE
107930 Virtual Class
3/16 Tu 10-11 a.m.

Monthly Birthday Celebration
Ages 55 & Up
2 Sessions FREE
107902 Virtual Class
3/12, 4/9 F 3-4 p.m.

Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.
MONTGOMERY COUNTY RECREATION

55+

OUTDOOR

Art • Wellness • Sports • Social Groups • Special Events • Fitness

& VIRTUAL CLASSES

For more info visit WWW.MOCOREC.COM/55 or call 240-777-6840.
A new, personalized experience to share with your friends and family. Create a custom class designed just for you. It’s Rec, Your Way. For more information visit [www.mocorec.com/yourway](http://www.mocorec.com/yourway) or call 240-777-6840.

Hablamos Español
FITNESS FACILITIES
REOPENING SOON

We’ve missed you and we’re quite sure you’ve missed us too. But don’t fret, our fitness centers will reopen soon for limited fitness activities. Until then, follow us on Instagram and Twitter, and like us on Facebook for updates.

MONTGOMERY COUNTY RECREATION

MONTGOMERY COUNTY RECREATION

MONTGOMERY COUNTY RECREATION

SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

OPEN TO AGES 18+

For more information call 240-777-6840 or visit WWW.MOCOREC.COM/TRIPTOURS
Montgomery County Recreation’s Youth Development Team uses a variety of means to reach all of the county’s diverse young people. Our recreation activities and services allow children and teens to make the most of their time outside of school. Through these various outlets, we help young people to become healthier, gain leadership experience, develop career skills and connect with caring adult role models.

TO FIND OUT MORE VISIT WWW.MOCOREC.COM

YOUTH DEVELOPMENT
Montgomery County Recreation

In response to the County’s Youth Sports initiative to increase access for youth to engaging sport opportunities, Soccer4Change is expanding our spring league to include middle school youth.

Soccer4Change is a comprehensive collective approach to soccer outreach that connects young people to critical developmental assets through soccer and caring adult mentors.

NOW OFFERING
MIDDLE SCHOOL PROGRAMS

For more information, visit www.mocorec.com/soccer4change
**Program Locations**

**Ayrlawn Local Park**
- Coach Pitch Baseball..............................................14
- Lil’ Sluggers T-Ball..................................................14

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- Coach Doug Seasonal Sports Class........................15
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- CPR, First Aid and AED Spanish.................................8
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- Funfit Tots Family Class.........................................9
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- Pilates for Fitness..................................................9
- Rugby Skills and Drills............................................16
- TR Sports Skills: Soccer Clinic.................................20
- TR Sports Skills: Soccer and Drills.........................16
- Yoga for Preschoolers............................................11
- Yoga Outdoors......................................................11
- Yoga for Youth......................................................11
- Zumba Fitness.......................................................10

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**Damascus Community Recreation Center**
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- Soccer Skills and Drills Clinic................................16

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- Deep Water Running...............................................6
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- CPR, First Aid and AED.............................................8
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- Simple Science.....................................................20
- TR Sip ‘n Paint.......................................................20
- Zumba.......................................................................10
- Zumba Toning.........................................................10

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- Aqua Spin..............................................................5
- Aqua YO-Lates.......................................................5
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- Deep Water Running...............................................6
- Developmental Swim.............................................5
- Water Aerobics.....................................................6
- Water Exercise.....................................................6
**Program Locations**

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- Fitness Bootcamp for Kids..........................9
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- Karate/Jujitsu Adult and Youth Outdoor...........12
- Outdoor Tai Chi...........................................25
- Train Like a Pro Basketball: Skills and Drills...14

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**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.

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

All in-person activities will take place outdoors. Access to buildings will not be permitted. Face masks are required.
### Facility Addresses

**Parks**

- Aylawn Local Park ........................................ 5652 Oakmont Ave, Bethesda, MD 20817
- Cabin John Regional Park ............................... 7400 Tuckerman Ln, Bethesda, MD 20817
- Layhill Village Local Park .............................. 1920 Queensguard Rd, Aspen Hill, MD 20906
- North Four Corners Local Park ....................... 315 University Blvd W, Silver Spring, MD 20901
- Olney Manor Regional Park .............................. 16801 Georgia Ave, Olney, MD 20832
- Quince Orchard Valley Neighborhood Park ........ 12015 Sufolk Terrace, Gaithersburg, MD 20878
- Ridge Road Regional Park .............................. 21155 Frederick Rd, Germantown, MD 20876
- Rosemary Hills-Lyttonsville Local Park ............ 2450 Lyttonsville Rd, Chevy Chase, MD 20810
- South Germantown Recreational Park ............... 14501 Schaeffer Rd, Boyds, MD 20841
- Takoma-Piney Branch Local Park ..................... 2 Darwin Ave, Silver Spring, MD 20910
- Tilden Woods Local Park ............................... 6800 Tilden Ln, Rockville, MD 20852
- Timberlawn Local Park ................................. 10800 Gloxinia Dr, North Bethesda, MD 20852

**Elementary Schools**

- Jackson Road ES ............................... 900 Jackson Rd, Silver Spring, MD 20904
- Oakland Terrace ES ............................... 2720 Pyles Mill Rd, Silver Spring, MD 20902
- Snowden Farm ES .................................. 22500 Sweetspire Dr, Clarksburg, MD 20871
- Wilson Wims ES ................................. 12520 Blue Sky Dr, Clarksburg, MD 20871

**Recreation Facilities**

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

Registration For Spring 2021 begins on Feb. 8