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 15 & Up  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
107751 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
Song Birds
Ages 6 - 13  4 Sessions  FREE
107866 Upper County CRC  4/10  Sa  2:15-12:45 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.

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG

See specific activity for more information
240-777-6840 • Hablamos Español • WWW.MOCOREC.COM

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.inclusion@montgomerycountymd.gov to request accommodations.
# THERAPEUTIC RECREATION

## 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.

### 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.

### TR Virtual Dance Party
- **Baseball Fever**
  - Activity 105334
  - 1 Session | FREE | Virtual Event
  - Ages 5 & Up
  - Saturday, April 24, 2021
  - 6-7:30 p.m.

- **School Spirit**
  - Activity 105335
  - 1 Session | FREE | Virtual Event
  - Ages 5 & Up
  - Saturday, May 22, 2021
  - 6-7:30 p.m.

- **Hawaiian Luau**
  - Activity 105336
  - 1 Session | FREE | Virtual Event
  - Ages 5 & Up
  - Saturday, June 26, 2021
  - 6-7:30 p.m.

To register visit activemontgomery.org

See specific activity for more information
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