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.mainstream@montgomerycountymd.gov to request accommodations.

**GUIDE WINTER 2020-2021**

**THERAPEUTIC RECREATION**

**Moving with Mike: Seated Exercise**
Ages 18 & Up  
8 Sessions  
98650 Virtual Class  
1/10 Su  
1-2 p.m.  
$50

**Karate/Jujitsu**
Karate Clinic for Individuals with Disabilities
Ages 6 & Up  
8 Sessions  
93570 Bauer Drive CRC  
10/10 Sa  
2-2:45 p.m.  
$50

**Specialty Programs**
A DRAMA Experience: Facial Expressions & Games
Ages 6-12  
3 Sessions  
100985 Virtual Class  
2/4 Th  
2-2:30 p.m.  
FREE

Ages 6-12  
3 Sessions  
100985 Virtual Class  
2/4 Th  
2-2:30 p.m.  
FREE

**Poetry for Beginners**
Ages 6-12  
3 Sessions  
100978 Virtual Class  
1/25 M  
3-3:45 p.m.  
FREE

Ages 13-21  
3 Sessions  
100979 Virtual Class  
1/25 M  
4-4:45 p.m.  
FREE

**Kaleidoscope Art**
Ages 5 & Up  
4 Sessions  
101053 Virtual Class  
1/16 Sa  
1-1:50 p.m.  
$20

**TGIF**
Ages 6-12  
3 Sessions  
FREE

89998 Virtual Class  
1/8 F  
6-6:50 p.m.

89999 Virtual Class  
2/5 F  
6-6:50 p.m.

90000 Virtual Class  
3/5 F  
6-6:50 p.m.

**TR Friday Friends at Five**
Ages 16 & Up  
5 Sessions  
98579 Virtual Class  
1/22 F  
5-6 p.m.  
FREE

**TR Painting**
Ages 18 & Up  
1 Session  
101055 Virtual Class  
2/6 Sa  
3-5 p.m.  
$10

**TR Undercover Therapy Pets**
Ages 5 & Up  
6 Sessions  
101056 Virtual Class  
1/16 Sa  
4-5 p.m.  
FREE

**TR Virtual Dance Party**
March Madness
Ages 5 & Up  
1 Session  
98583 Virtual Class  
3/27 Sa  
6-7:30p.m.  
FREE

**Pajama Party**
Ages 5 & Up  
1 Session  
98581 Virtual Class  
2/27 Sa  
6-7:30p.m.  
FREE

**Winter Wonderland**
Ages 5 & Up  
1 Session  
98580 Virtual Class  
1/30 Sa  
6-7:30p.m.  
FREE

**Yoga**
TR Yoga Basics
Ages 15 & Up  
6 Sessions  
98582 Virtual Class  
1/20 W  
4-5 p.m.  
$60

**TO REGISTER VISIT**
ACTIVEMONTGOMERY.ORG

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

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