TGIF—Totally Great Inclusive Fun
First Fridays
Ages 15 & Up
2 Sessions $10
138222 Bauer Drive CRC 1/7 F 6:30-8:30 p.m.
138223 Bauer Drive CRC 2/4 F 6:30-8:30 p.m.
138224 Bauer Drive CRC 3/4 F 6:30-8:30 p.m.

TR Sip N Paint
Ages 18 & Up
1 Session $10
141093 White Oak CRC 3/20 Su 7-3 p.m.

TR Undercover Pets - Virtual
Ages 5 & Up
8 Sessions FREE
138718 Virtual Class 1/8 Sa 11 a.m.-Noon

TR Wacky Wednesday Laugh Night - Virtual
Ages 12 & Up
3 Sessions FREE
138722 Virtual Class 1/12 W 7-8 p.m.

TR Where Are You - Virtual
Ages 12 & Up
3 Sessions FREE
138721 Virtual Class 1/9 Su 10-11:30 a.m.

Kaleidoscope Art
Ages 13 & Up
8 Sessions $40
138215 Plum Gar CRC 1/22 Sa 11 a.m.-12:30 p.m.

Basketball
Basketball League TR
Ages 18 & Up
8 Sessions $42
138213 Mid-County CRC 1/9 Su Noon-3 p.m.

Water Fitness
TR Adult Social Swim
Ages 18 & Up
8 Sessions $40
138225 MLK 1/11 Tu 7:45-8:45 p.m.
138226 GISC 1/12 W 8:30-9:30 p.m.
138227 OSC 1/14 F 7:15-8 p.m.
138228 OSC 1/14 F 8:15-9 p.m.

Exercise & Fitness
Moving with Mike: Seated Exercise-Virtual
Ages 18 & Up
10 Sessions $65
138751 Virtual Class 1/9 Su 1-2 p.m.

Stretch 'n Tone
Ages 13 & Up
8 Sessions $40
138221 Wheaton CRC 1/10 M 7-8 p.m.
138219 Potomac CRC 1/11 Tu 7-8 p.m.
138220 Damascus CRC 1/13 Th 7-8 p.m.
138234 Holiday Park SC 1/15 Sa 10-11 a.m.

TR Yoga
Ages 13 & Up
6 Sessions $30
138233 Upper County CRC 1/20 Th 7-7:50 p.m.
Turn the Beat Around
Ages 13 & Up
8 Session
$40
138235  Holiday Park SC
1/15  Sa
11 a.m.-Noon

BUT WAIT... THERE’S MORE!
For
Adapted Aquatics
programs for ages 4 & Up
View more on
PAGE 17

JOIN OUR MAILING LIST
Join our Therapeutic Recreation Mailing List

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.
GUIDE WINTER 2021-2022

MONTGOMERY COUNTY RECREATION

THERAPEUTIC RECREATION

MARDI GRAS CELEBRATION
SATURDAY, FEB. 26, 2022
ACTIVITY 138217
6:30-9:30 P.M.
AGES 15 & UP | $10

CHINESE NEW YEAR PARTY
SATURDAY, FEB. 5, 2022
ACTIVITY 138231
4-7 P.M.
AGES 18 & UP | $10

PAJAMA PARTY
SATURDAY, JAN. 22, 2022
ACTIVITY 138232
6:30-9:30 P.M.
AGES 18 & UP | $10

MARCH MADNESS
SATURDAY, MARCH 12, 2022
ACTIVITY 138230
2-5 P.M.
AGES 18 & UP | $10

Programs for People with Disabilities

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.
TR Kids Zone
A DRAMA Experience: Facial Expressions & Games
138687  1/23  Sundays  1-1:50 p.m.  $10

Dance Creation
138759  1/23  Sundays  2-2:30 p.m.  FREE

Ages 6–12
Germantown CRC

THERAPEUTIC RECREATION

INSTRUCTORS NEEDED

We're looking for daytime, evening & weekend instructors to offer Therapeutic Recreation programs.

Interested? Join Us!

Contact
Angela Luskey

Email
angela.luskey@montgomerycountymd.gov

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.