

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



WINTER 2025-2026



MONTGOMERY COUNTY
Recreation

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 **Winter 2025-26 registration begins**

Tuesday, Nov. 18 6:30 a.m.

Registration opens for most winter programs and activities.

9 a.m.
Registration opens for senior programs.

Abbreviation Key

Outdoor Pools

- BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

- GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

- LP - Local Park
RP - Regional Park/
Recreational Park

Centers

- CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

- ES - Elementary School
MS - Middle School
HS - High School

The information in this GUIDE is current as of Nov. 7, 2025. Changes to programs may occur.



WINTER 2025-26

Explore hundreds of activities and events to help you be healthier and happier!

NOTICE FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities are encouraged to register for programs. Early notification allows us to put accommodations in place. For more information, email: rec.inclusion@montgomerycountymd.gov





Jump to ActiveMONTGOMERY to register for activities.

REGISTER HERE

Use the clickable link located on the bottom of the pages.

Payment/Refund Information 98

Facility Addresses 99

Customer Service Information Back Cover

MONTGOMERY COUNTY RECREATION

Free



SUMMER CAMPS FAIR

Information on summer camps offered by Montgomery County Recreation!
Interactive demos • Games and snacks • Financial aid registration

Follow Montgomery County Recreation on social media for upcoming dates and locations.

 MONTGOMERYCOUNTYRECREATION  MOCOREC  MOCORECREATION

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



 MONTGOMERY COUNTY
Recreation

Bauer Drive Community Recreation Center

Holiday Craft Show

46th Year!

Sat., Dec. 6 • 10 a.m.-4 p.m.
Free Admission



Featuring local and regional artists' original works of art, photography, fabric arts, jewelry, candles, holiday decorations, woodwork and more. Food vendors on-site. Free parking.

Bauer Drive CRC
14625 Bauer Drive, Rockville
240-777-6922 • Hablamos Español



MONTGOMERY COUNTY
Recreation





GIVE THE GIFT OF
**FUN • RECREATION
HEALTH • WELLNESS
COMMUNITY • CAMPS
& MORE**

Get your ActiveMONTGOMERY gift cards online today
at ActiveMONTGOMERY.org

Active
MONTGOMERY

Free

Letters to Santa

Ages 5-12



Saturday, Dec. 6

GERMANTOWN COMMUNITY RECREATION CENTER
18905 KINGSVIEW ROAD, GERMANTOWN



Activity R03003-604

For individuals with disabilities

1-2 p.m.



Scan to register.



Activity R03003-130

All other participants

2-4 p.m.

Enjoy writing letters to Santa, decorating cookies, doing art projects and playing fun games. Pizza provided at 3 p.m.

Participants must register in advance. Space is limited.



COCOA & Crafts

SATURDAY
DEC. 13
NOON – 2 P.M.

All Ages
FREE

ACTIVITY
R03003-2005

Celebrate winter and enjoy a hot cocoa bar, fun themed games and a winter wonderland photo op!

Registration required by Dec. 5.
For more information, call 240-777-8050.



Ross Boddy NRC • 18529 Brooke Road, Sandy Spring

TEENS

Night OUT

WHERE THE
WEEKEND STARTS

Ages 13-21

NO ADULTS, JUST VIBES
CHALLENGE
YOUR FRIENDS
CATCH A VIBE



WHERE WE'RE
POPPIN' UP NEXT

- East County CRC
- Good Hope NRC
- Long Branch CRC
- Plum Gar CRC
- Wheaton CRC
- White Oak CRC

FREE



MONTGOMERY COUNTY
Recreation



KIDS DAY OUT

Kids Day Out is organized out of school time fun, with well-planned and supervised activities.

Winter – Spring 2026

Locations

Bauer Drive-TR

Youth and Teens
with disabilities
Ages 6-12 and 13-21

Clara Barton
Coffield
Damascus
East County
Long Branch

Mid-County
N. Potomac
Plum Gar
Potomac
Praisner
Silver Spring
Upper County
White Oak

Register Today



For Dates and Registration

 Activity **R03045**

Search this code
on ActiveMontgomery.org



**Don't forget
to bring lunch.**

★ Season 10 ★

FASHION

Boot Camp

10 WEEK PROGRAM

Fridays ★ 7 – 9:30 P.M.
Jan. 23 – March 27

Are you a middle or high school youth
interested in modeling and performing?

★
Finale on
**Friday,
March 27**

Make sure to join us for
the parent/guardian
information session on
**Friday, Jan. 23 at 6:30
p.m.** to kick off
the season.



SCAN

Activity
R09009-201

Register early. **Spots are limited.**
Scan the QR code to register.



East County CRC • 3310 Gateshead Manor Way, Silver Spring



AQUATICS

Indoor Pools

Live a Little...Swim a Lot!

Indoor pools will be closed on Thanksgiving, Christmas and New Year's Day.

**Eunice Kennedy
Shriver & Sargent
Shriver Aquatic Center
(KSAC)**

240-777-8070
5900 Executive Boulevard
N. Bethesda

Reopening late 2026

**Germantown
Indoor Swim Center
(GISC)**

240-777-6830
18000 Central Park Circle
Boyd's

Closed Nov. 15-16

Closed Dec. 12-14

Closed Jan. 17-18

Closed Feb. 7

**Martin Luther King, Jr.
Swim Center (MLK)**

240-777-8060
1201 Jackson Road
Silver Spring

Closed Feb. 14

**Olney Indoor
Swim Center (OSC)**

240-777-4995
16605 Georgia Avenue
Olney

**Silver Spring
Recreation and Aquatic
Center (SSRAC)**

240-777-6900
1319 Apple Avenue
Silver Spring



AQUATIC RULES AND REGULATIONS

View the pool
rules and regulations.

VIEW HERE 🔍



**KENNEDY SHRIVER AQUATIC CENTER
(KSAC)**

IS
CLOSED
FOR RENOVATIONS
UNTIL LATE 2026

CLICK HERE FOR MORE INFORMATION



WATER FITNESS

Abs & Glutes & More

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01001-202	MLKSC	1/5	M	10-10:50 a.m.	\$48
8 Sessions	R01001-201	MLKSC	1/7	W	10-10:50 a.m.	\$64
8 Sessions	R01001-2500	SSRAC	1/8	Th	11-11:50 a.m.	\$64

Aqua Cardio Challenge

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
7 Sessions	R01004-202	MLKSC	1/4	Su	4:10-5 p.m.	\$56
8 Sessions	R01004-201	MLKSC	1/6	Tu	8:30-9:20 p.m.	\$64
8 Sessions	R01004-203	MLKSC	1/9	F	9-9:50 a.m.	\$64

Aqua Cardio Dance

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01003-203	MLKSC	1/8	Th	10-10:50 a.m.	\$64
7 Sessions	R01003-201	OSC	1/4	Su	9:05-9:55 a.m.	\$56
8 Sessions	R01003-2501	SSRAC	1/7	W	10-10:50 a.m.	\$64

Aqua Fit

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01085-278	MLKSC	1/6	Tu	10-10:50 a.m.	\$64
6 Sessions	R01085-2502	SSRAC	1/5	M	1-1:50 p.m.	\$48
8 Sessions	R01085-2500	SSRAC	1/6	Tu	6-6:50 p.m.	\$64
8 Sessions	R01085-2503	SSRAC	1/7	W	1-1:50 p.m.	\$64
8 Sessions	R01085-2501	SSRAC	1/9	F	11-11:50 a.m.	\$64

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WATER FITNESS

Aqua Lite

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01005-203	OSC	1/5	M	10-10:50 a.m.	\$48
8 Sessions	R01005-204	OSC	1/7	W	10-10:50 a.m.	\$64
8 Sessions	R01005-205	OSC	1/9	F	10-10:50 a.m.	\$64
6 Sessions	R01005-2501	SSRAC	1/5	M	11-11:50 a.m.	\$48
8 Sessions	R01005-2500	SSRAC	1/7	W	11-11:50 a.m.	\$64

Aqua Spin

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01006-213	GISC	1/6	Tu	8-8:50 a.m.	\$88
8 Sessions	R01006-214	GISC	1/8	Th	8-8:50 a.m.	\$88
8 Sessions	R01006-215	MLKSC	1/6	Tu	7:30-8:20 a.m.	\$88
8 Sessions	R01006-211	MLKSC	1/6	Tu	11-11:50 a.m.	\$88
8 Sessions	R01006-207	MLKSC	1/7	W	9-9:50 a.m.	\$88
8 Sessions	R01006-206	MLKSC	1/8	Th	11-11:50 a.m.	\$88
8 Sessions	R01006-212	MLKSC	1/8	Th	8:30-9:20 p.m.	\$88
8 Sessions	R01006-209	MLKSC	1/9	F	7:30-8:20 a.m.	\$88
7 Sessions	R01006-210	MLKSC	1/9	F	7:30-8:20 p.m.	\$77
6 Sessions	R01006-2500	SSRAC	1/5	M	7:30-8:20 p.m.	\$66
8 Sessions	R01006-2501	SSRAC	1/6	Tu	12:30-1:20 p.m.	\$88
8 Sessions	R01006-2502	SSRAC	1/7	W	7:30-8:20 p.m.	\$88
8 Sessions	R01006-2503	SSRAC	1/8	Th	9-9:50 a.m.	\$88
8 Sessions	R01006-2504	SSRAC	1/8	Th	12:30-1:20 p.m.	\$88
8 Sessions	R01006-2505	SSRAC	1/9	F	12:30-1:20 p.m.	\$88
8 Sessions	R01006-2506	SSRAC	1/10	Sa	9:30-10:20 a.m.	\$88

Aqua Yo-Lates

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01007-201	MLKSC	1/9	F	10-10:50 a.m.	\$64
8 Sessions	R01007-2500	SSRAC	1/6	Tu	11-11:50 a.m.	\$64

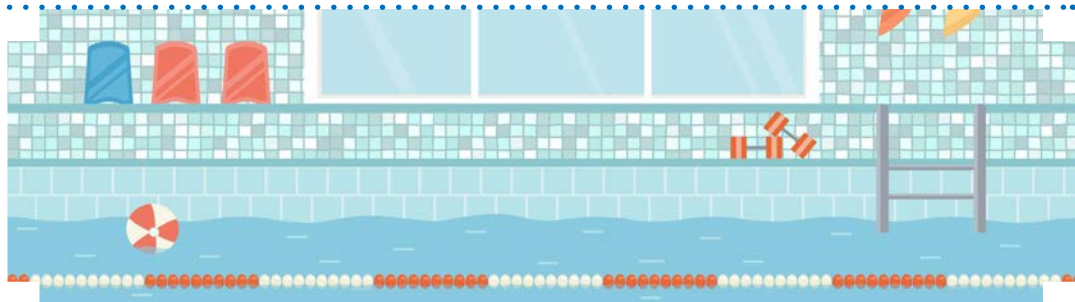
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WATER FITNESS

Deep Water Running

Ages 12 and up



Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01008-207	GISC	1/5	M	10-10:50 a.m.	\$48
6 Sessions	R01008-210	GISC	1/5	M	7:50-8:40 p.m.	\$48
8 Sessions	R01008-206	GISC	1/6	Tu	10-10:50 a.m.	\$64
8 Sessions	R01008-208	GISC	1/7	W	10:30-11:20 a.m.	\$64
8 Sessions	R01008-209	GISC	1/8	Th	10-10:50 a.m.	\$64
6 Sessions	R01008-221	MLKSC	1/5	M	Noon-12:50 p.m.	\$48
8 Sessions	R01008-231	MLKSC	1/6	Tu	9-9:50 a.m.	\$64
8 Sessions	R01008-224	MLKSC	1/6	Tu	7:30-8:20 p.m.	\$64
8 Sessions	R01008-226	MLKSC	1/7	W	Noon-12:50 p.m.	\$64
8 Sessions	R01008-222	MLKSC	1/8	Th	7:30-8:20 a.m.	\$64
8 Sessions	R01008-223	MLKSC	1/8	Th	7:30-8:20 p.m.	\$64
8 Sessions	R01008-225	MLKSC	1/9	F	11-11:50 a.m.	\$64
6 Sessions	R01008-228	OSC	1/5	M	11-11:50 a.m.	\$48
6 Sessions	R01008-211	OSC	1/5	M	7:20-8:10 p.m.	\$48
8 Sessions	R01008-212	OSC	1/6	Tu	8:30-9:20 a.m.	\$64
8 Sessions	R01008-213	OSC	1/6	Tu	10:30-11:20 a.m.	\$64
8 Sessions	R01008-219	OSC	1/7	W	6:30-7:20 a.m.	\$64
8 Sessions	R01008-214	OSC	1/7	W	7:20-8:10 p.m.	\$64
8 Sessions	R01008-215	OSC	1/8	Th	9-9:50 a.m.	\$64
8 Sessions	R01008-216	OSC	1/8	Th	11-11:50 a.m.	\$64
8 Sessions	R01008-220	OSC	1/9	F	6:30-7:20 a.m.	\$64
8 Sessions	R01008-218	OSC	1/9	F	6:20-7:10 p.m.	\$64
8 Sessions	R01008-2506	SSRAC	1/4	Su	11:10 a.m.-Noon	\$64
6 Sessions	R01008-2508	SSRAC	1/5	M	10-10:50 a.m.	\$48
8 Sessions	R01008-2501	SSRAC	1/6	Tu	10-10:50 a.m.	\$64
8 Sessions	R01008-2500	SSRAC	1/6	Tu	7:05-7:55 p.m.	\$64
8 Sessions	R01008-2502	SSRAC	1/8	Th	7:15-8:05 p.m.	\$64
8 Sessions	R01008-2503	SSRAC	1/8	Th	10-10:50 a.m.	\$64
8 Sessions	R01008-2504	SSRAC	1/9	F	9-9:50 a.m.	\$64
8 Sessions	R01008-2505	SSRAC	1/10	Sa	10:30-11:20 a.m.	\$64

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WATER FITNESS

Hi/Lo Cardio Fusion

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01009-2500	SSRAC	1/9	F	10-10:50 a.m.	\$64

Water Aerobics

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01010-202	OSC	1/6	Tu	9:30-10:20 a.m.	\$64
8 Sessions	R01010-201	OSC	1/6	Tu	7:20-8:10 p.m.	\$64
8 Sessions	R01010-203	OSC	1/8	Th	10-10:50 a.m.	\$64
8 Sessions	R01010-204	OSC	1/8	Th	7:20-8:10 p.m.	\$64
7 Sessions	R01010-205	GISC	1/8	Th	7:50-8:40 p.m.	\$56
8 Sessions	R01010-208	GISC	1/7	W	9:30-10:20 a.m.	\$64

Water Exercise

Ages 12 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01011-205	MLKSC	1/5	M	9-9:50 a.m.	\$48
6 Sessions	R01011-202	OSC	1/5	M	9-9:50 a.m.	\$48
8 Sessions	R01011-203	OSC	1/7	W	9-9:50 a.m.	\$64
8 Sessions	R01011-204	OSC	1/9	F	9-9:50 a.m.	\$64
8 Sessions	R01011-2502	SSRAC	1/6	Tu	9-9:50 a.m.	\$64
8 Sessions	R01011-2501	SSRAC	1/8	Th	6-6:50 p.m.	\$64



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INFORMATION ABOUT SWIM LESSONS



Registration will begin Nov. 18 at 6:30 a.m. for County residents.

Please note the following:

Parents: In order to assist us in offering a quality program for your child, you may not remain at the class unless it is stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the Martin Luther King Jr. Indoor Swim Center and Silver Spring Recreation and Aquatic Center indoor pools.

Class fee covers lessons only. Participants may enter the locker rooms 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll. For a detailed list of skills taught in each class, inquire at the pool where you will be taking lessons.

Courses generally meet for six 30-minute sessions.

Fees range from \$60 to \$66 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in swim classes on the following page. Level progression is not like school, it is very common for individuals to repeat levels.

If you are unsure of the student's level or ability, evaluations are available at each indoor facility for one hour after the last lesson every Saturday and Sunday. All other times are by appointment.

Registrations will not be accepted after the first lesson. There are no transfers. If you have enrolled in the incorrect level, you will be withdrawn and withdrawal fees will apply.

Aquatics Lesson Weather Policy

When an indoor lesson is canceled due to inclement weather, a practice pass will be given to each participant at the end of the session. Practice passes can be used for admission to a recreational swim session at any Montgomery County Recreation aquatic center. Practice passes expire six months from the date of issue and are valid for one adult and one child. When two or more lessons are canceled due to inclement weather, a pro-rated credit will be issued to the payer's ActiveMONTGOMERY account at the end of the session. The credit issued will be for the cost of the canceled lesson(s). The credit can be applied to future aquatic lessons or any other Montgomery County Recreation program.

Please check each pool's listings for lesson schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.





GUIDANCE FOR SWIM LESSONS

Don't know where to start?

Swim lessons may be just the right place. Our facilities offer instruction for all ages and swimming abilities, whether you're a beginner learning the basic principles or a seasoned swimmer seeking to improve the strokes you know.

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3 years)

Preschool (Ages 3-5)

On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.

Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to function well in a group setting without parents.

Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.

Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.

Level 3

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.

Level 4

Beginner (Ages 4-6)

Youth (Ages 7-13)

Adult (Ages 14+)

On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.

Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.

Advanced

Youth (Ages 6-13)

On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle), back crawl, breaststroke and be comfortable in deep water.

This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breaststroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35-minute sessions. Group size is limited to 10 students per instructor.

**PARENT-ASSISTED SWIM LESSONS****WATERBABIES****AGES
6-18 MONTHS**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01063-226	GISC	1/3	Sa	9:55-10:25 a.m.	\$60
6 Sessions	R01063-227	GISC	1/6	TuTh	5:40-6:10 p.m.	\$60
6 Sessions	R01063-228	GISC	1/27	TuTh	6:20-6:50 p.m.	\$60
6 Sessions	R01063-279	MLKSC	1/7	W	6:10-6:40 p.m.	\$60
6 Sessions	R01063-252	OSC	1/4	Su	9:10-9:40 a.m.	\$60
6 Sessions	R01063-2505	SSRAC	1/3	Sa	9:30-10 a.m.	\$60
6 Sessions	R01063-2501	SSRAC	1/4	Su	10:10-10:40 a.m.	\$60
6 Sessions	R01063-2500	SSRAC	1/5	M	4:30-5 p.m.	\$60
6 Sessions	R01063-2504	SSRAC	1/9	F	10:50-11:20 a.m.	\$60
6 Sessions	R01063-2506	SSRAC	1/13	Tu	10:50-11:20 a.m.	\$60
6 Sessions	R01063-2507	SSRAC	1/15	Th	10:50-11:20 a.m.	\$60

**PARENT-ASSISTED LESSONS**

In parent-assisted classes, only one adult may be in the pool with a child. Observation is not allowed on deck for an additional adult.

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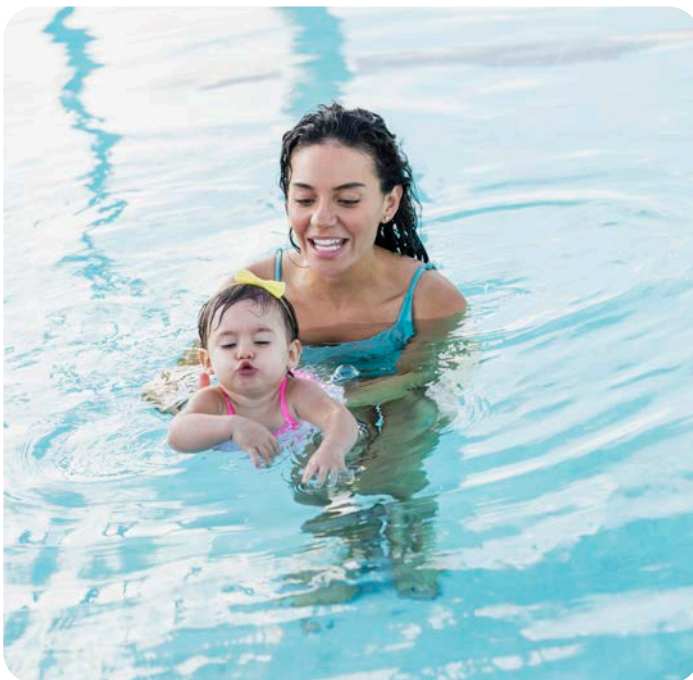


PARENT-ASSISTED SWIM LESSONS

AQUATOTS

**AGES
18 MONTHS-
3 YEARS**

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01038-226	GISC	1/3	Sa	9:15-9:45 a.m.	\$60
6 Sessions	R01038-227	GISC	1/3	Sa	11:15-11:45 a.m.	\$60
6 Sessions	R01038-228	GISC	1/6	TuTh	5-5:30 p.m.	\$60
6 Sessions	R01038-229	GISC	1/27	TuTh	5-5:30 p.m.	\$60
5 Sessions	R01038-278	MLKSC	1/3	Sa	10:20-10:50 a.m.	\$50
6 Sessions	R01038-279	MLKSC	1/4	Su	10-10:30 a.m.	\$60
6 Sessions	R01038-280	MLKSC	1/7	W	5:30-6 p.m.	\$60
6 Sessions	R01038-252	OSC	1/4	Su	9:50-10:20 a.m.	\$60
6 Sessions	R01038-2505	SSRAC	1/3	Sa	10:10-10:40 a.m.	\$60
6 Sessions	R01038-2503	SSRAC	1/4	Su	9:30-10 a.m.	\$60
6 Sessions	R01038-2500	SSRAC	1/5	M	5:10-5:40 p.m.	\$60
6 Sessions	R01038-2506	SSRAC	1/6	Tu	9:30-10 a.m.	\$60
6 Sessions	R01038-2508	SSRAC	1/6	Tu	6:30-7 p.m.	\$60
6 Sessions	R01038-2507	SSRAC	1/8	Th	10:50-11:20 a.m.	\$60
6 Sessions	R01038-2509	SSRAC	1/8	Th	5:50-6:20 p.m.	\$60
6 Sessions	R01038-2504	SSRAC	1/9	F	9:30-10 a.m.	\$60



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PARENT-ASSISTED SWIM LESSONS

PRESCHOOL

AGES 3-5

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01062-226	GISC	1/3	Sa	10:35-11:05 a.m.	\$60
6 Sessions	R01062-227	GISC	1/6	Tu,Th	6:20-6:50 p.m.	\$60
6 Sessions	R01062-228	GISC	1/27	Tu,Th	5:40-6:10 p.m.	\$60
5 Sessions	R01062-278	MLKSC	1/3	Sa	12:20-12:50 p.m.	\$50
6 Sessions	R01062-279	MLKSC	1/4	Su	Noon-12:30 p.m.	\$60
6 Sessions	R01062-280	MLKSC	1/7	W	6:50-7:20 p.m.	\$60
6 Sessions	R01062-252	OSC	1/4	Su	10:30-11 a.m.	\$60
6 Sessions	R01062-253	OSC	1/4	Su	11:10-11:40 a.m.	\$60
6 Sessions	R01062-255	OSC	1/6	Tu	5:20-5:50 p.m.	\$60
6 Sessions	R01062-254	OSC	1/8	Th	5:20-5:50 p.m.	\$60
6 Sessions	R01062-2505	SSRAC	1/4	Su	11:30 a.m.-Noon	\$60
6 Sessions	R01062-2500	SSRAC	1/5	M	5:50-6:20 p.m.	\$60
6 Sessions	R01062-2506	SSRAC	1/6	Tu	11:30 a.m.-Noon	\$60
6 Sessions	R01062-2508	SSRAC	1/6	Tu	5:50-6:20 p.m.	\$60
6 Sessions	R01062-2507	SSRAC	1/8	Th	9:30-10 a.m.	\$60
6 Sessions	R01062-2502	SSRAC	1/8	Th	4:30-5 p.m.	\$60
6 Sessions	R01062-2504	SSRAC	1/9	F	10:10-10:40 a.m.	\$60
6 Sessions	R01062-2503	SSRAC	1/9	F	11:30 a.m.-Noon	\$60

YOUTH
SWIM
LESSONS

VIEW YOUTH SWIM LESSONS 🔍



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Stay in the know with everything that's happening at Montgomery County Recreation.

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NEWSLETTER TODAY!**



MONTGOMERY COUNTY
Recreation



BEGINNER SWIM LESSONS

LEVEL 1

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01051-233	GISC	1/3	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01051-228	GISC	1/5	M	5:40-6:10 p.m.	\$66
6 Sessions	R01051-229	GISC	1/6	Tu,Th	5-5:30 p.m.	\$66
6 Sessions	R01051-230	GISC	1/6	Tu,Th	6:20-6:50 p.m.	\$66
6 Sessions	R01051-231	GISC	1/7	W	5:40-6:10 p.m.	\$66
6 Sessions	R01051-239	GISC	1/7	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-227	GISC	1/11	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01051-237	GISC	1/11	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01051-236	GISC	1/11	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01051-242	GISC	1/27	Tu,Th	5:40-6:10 p.m.	\$66
5 Sessions	R01051-278	MLKSC	1/3	Sa	11-11:30 a.m.	\$55
5 Sessions	R01051-279	MLKSC	1/3	Sa	11:40 a.m.-12:10 p.m.	\$55
5 Sessions	R01051-280	MLKSC	1/3	Sa	12:20-12:50 p.m.	\$55
6 Sessions	R01051-283	MLKSC	1/4	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01051-222	MLKSC	1/4	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01051-223	MLKSC	1/4	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01051-284	MLKSC	1/5	M	5:30-6 p.m.	\$66
6 Sessions	R01051-285	MLKSC	1/5	M	6:50-7:20 p.m.	\$66
6 Sessions	R01051-286	MLKSC	1/6	Tu	5:30-6 p.m.	\$66
6 Sessions	R01051-287	MLKSC	1/6	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01051-288	MLKSC	1/7	W	6:10-6:40 p.m.	\$66
6 Sessions	R01051-289	MLKSC	1/8	Th	5:30-6 p.m.	\$66
6 Sessions	R01051-290	MLKSC	1/8	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01051-261	OSC	1/5	M	6:20-6:50 p.m.	\$66
6 Sessions	R01051-255	OSC	1/5	M	7-7:30 p.m.	\$66
6 Sessions	R01051-254	OSC	1/6	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01051-257	OSC	1/6	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01051-253	OSC	1/7	W	6:20-6:50 p.m.	\$66
6 Sessions	R01051-252	OSC	1/8	Th	6-6:30 p.m.	\$66
6 Sessions	R01051-256	OSC	1/8	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01051-2504	SSRAC	1/3	Sa	9:30-10 a.m.	\$66
6 Sessions	R01051-2500	SSRAC	1/5	M	6:30-7 p.m.	\$66
6 Sessions	R01051-2502	SSRAC	1/8	Th	6:30-7 p.m.	\$66
6 Sessions	R01051-2503	SSRAC	1/9	F	10:10-10:40 a.m.	\$66
6 Sessions	R01051-2505	SSRAC	1/9	F	11:30 a.m.-Noon	\$66

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AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01052-233	GISC	1/3	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01052-234	GISC	1/3	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01052-228	GISC	1/5	M	6:20-6:50 p.m.	\$66
6 Sessions	R01052-229	GISC	1/6	TuTh	5:40-6:10 p.m.	\$66
6 Sessions	R01052-232	GISC	1/7	W	6:20-6:50 p.m.	\$66
6 Sessions	R01052-227	GISC	1/11	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01052-235	GISC	1/11	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01052-231	GISC	1/27	TuTh	5-5:30 p.m.	\$66
6 Sessions	R01052-230	GISC	1/27	TuTh	6:20-6:50 p.m.	\$66
5 Sessions	R01052-279	MLKSC	1/3	Sa	11-11:30 a.m.	\$55
5 Sessions	R01052-280	MLKSC	1/3	Sa	11:40 a.m.-12:10 p.m.	\$55
5 Sessions	R01052-278	MLKSC	1/3	Sa	12:20-12:50 p.m.	\$55
6 Sessions	R01052-281	MLKSC	1/4	Su	10-10:30 a.m.	\$66
6 Sessions	R01052-282	MLKSC	1/4	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01052-283	MLKSC	1/4	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01052-284	MLKSC	1/5	M	5:30-6 p.m.	\$66
6 Sessions	R01052-285	MLKSC	1/5	M	6:10-6:40 p.m.	\$66
6 Sessions	R01052-286	MLKSC	1/6	Tu	5:30-6 p.m.	\$66
6 Sessions	R01052-287	MLKSC	1/6	Tu	6:10-6:40 p.m.	\$66
6 Sessions	R01052-288	MLKSC	1/7	W	6:50-7:20 p.m.	\$66
6 Sessions	R01052-289	MLKSC	1/8	Th	6:10-6:40 p.m.	\$66
6 Sessions	R01052-290	MLKSC	1/8	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01052-252	OSC	1/5	M	5:40-6:10 p.m.	\$66
6 Sessions	R01052-253	OSC	1/5	M	6:20-6:50 p.m.	\$66
6 Sessions	R01052-255	OSC	1/6	Tu	6-6:30 p.m.	\$66
6 Sessions	R01052-256	OSC	1/7	W	5:40-6:10 p.m.	\$66
6 Sessions	R01052-254	OSC	1/7	W	7-7:30 p.m.	\$66
6 Sessions	R01052-257	OSC	1/8	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01052-258	OSC	1/8	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01052-2504	SSRAC	1/4	Su	9:30-10 a.m.	\$66
6 Sessions	R01052-2501	SSRAC	1/4	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01052-2500	SSRAC	1/5	M	7:10-7:40 p.m.	\$66
6 Sessions	R01052-2502	SSRAC	1/6	Tu	6:30-7 p.m.	\$66
6 Sessions	R01052-2505	SSRAC	1/8	Th	6:30-7 p.m.	\$66
6 Sessions	R01052-2503	SSRAC	1/9	F	10:50-11:20 a.m.	\$66

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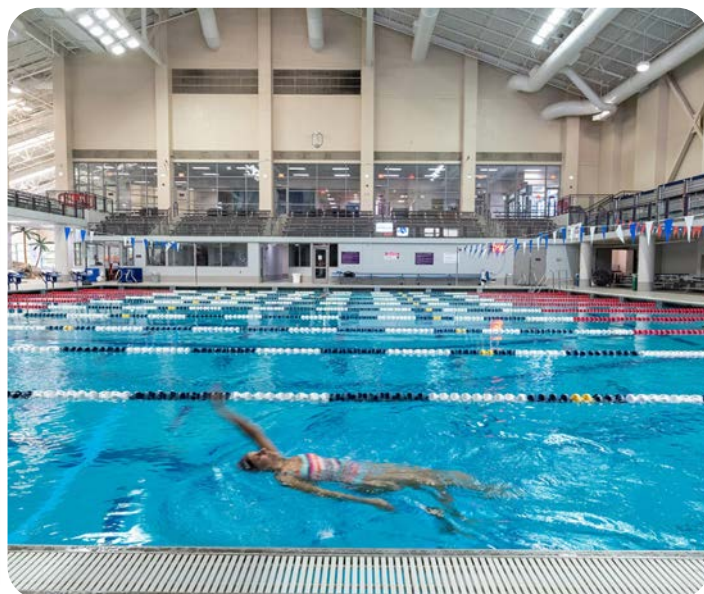
AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01053-229	GISC	1/3	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01053-226	GISC	1/11	Su	9:15-9:45 a.m.	\$66
6 Sessions	R01053-227	GISC	1/27	TuTh	5:40-6:10 p.m.	\$66
5 Sessions	R01053-282	MLKSC	1/3	Sa	10:20-10:50 a.m.	\$55
6 Sessions	R01053-279	MLKSC	1/4	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01053-280	MLKSC	1/6	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01053-281	MLKSC	1/8	Th	7:30-8 p.m.	\$66
6 Sessions	R01053-253	OSC	1/4	Su	10:30-11 a.m.	\$66
6 Sessions	R01053-252	OSC	1/4	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01053-254	OSC	1/6	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01053-2502	SSRAC	1/3	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01053-2503	SSRAC	1/4	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01053-2500	SSRAC	1/6	Tu	7:10-7:40 p.m.	\$66



DIVING

VIEW DIVING SECTION 🔍



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LEVEL 4

AGES 4-6

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01054-230	GISC	1/11	Su	10:35-11:05 a.m.	\$66
6 Sessions	R01054-227	GISC	1/11	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01054-278	MLKSC	1/4	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01054-279	MLKSC	1/6	Tu	7:30-8 p.m.	\$66
6 Sessions	R01054-280	MLKSC	1/8	Th	7:30-8 p.m.	\$66
6 Sessions	R01054-252	OSC	1/4	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01054-253	OSC	1/4	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01054-2502	SSRAC	1/3	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01054-2503	SSRAC	1/4	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01054-2501	SSRAC	1/6	Tu	4:30-5 p.m.	\$66
6 Sessions	R01054-2500	SSRAC	1/8	Th	7:10-7:40 p.m.	\$66


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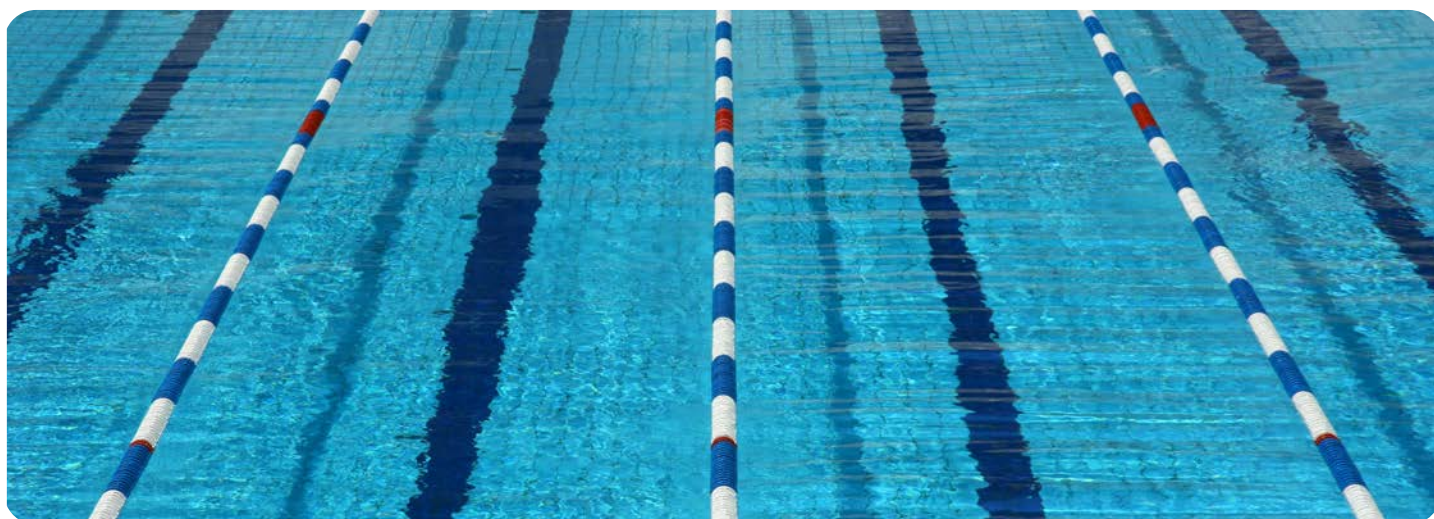


YOUTH SWIM LESSONS

LEVEL 1

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01045-232	GISC	1/5	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-228	GISC	1/6	TuTh	5:40-6:10 p.m.	\$66
6 Sessions	R01045-226	GISC	1/11	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01045-227	GISC	1/11	Su	11:15-11:45 a.m.	\$66
6 Sessions	R01045-229	GISC	1/27	TuTh	5-5:30 p.m.	\$66
6 Sessions	R01045-230	GISC	1/27	TuTh	6:20-6:50 p.m.	\$66
5 Sessions	R01045-279	MLKSC	1/3	Sa	10:20-10:50 a.m.	\$55
5 Sessions	R01045-278	MLKSC	1/3	Sa	11:40 a.m.-12:10 p.m.	\$55
6 Sessions	R01045-280	MLKSC	1/4	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01045-281	MLKSC	1/5	M	6:10-6:40 p.m.	\$66
6 Sessions	R01045-282	MLKSC	1/6	Tu	6:50-7:20 p.m.	\$66
6 Sessions	R01045-283	MLKSC	1/8	Th	5:30-6 p.m.	\$66
6 Sessions	R01045-253	OSC	1/5	M	5:40-6:10 p.m.	\$66
6 Sessions	R01045-255	OSC	1/6	Tu	6-6:30 p.m.	\$66
6 Sessions	R01045-254	OSC	1/7	W	5:40-6:10 p.m.	\$66
6 Sessions	R01045-252	OSC	1/7	W	7-7:30 p.m.	\$66
6 Sessions	R01045-256	OSC	1/8	Th	5:20-5:50 p.m.	\$66
6 Sessions	R01045-257	OSC	1/8	Th	6-6:30 p.m.	\$66
6 Sessions	R01045-2502	SSRAC	1/3	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01045-2505	SSRAC	1/3	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01045-2503	SSRAC	1/4	Su	9:30-10 a.m.	\$66
6 Sessions	R01045-2508	SSRAC	1/6	Tu	5:50-6:20 p.m.	\$66
6 Sessions	R01045-2501	SSRAC	1/8	Th	4:30-5 p.m.	\$66



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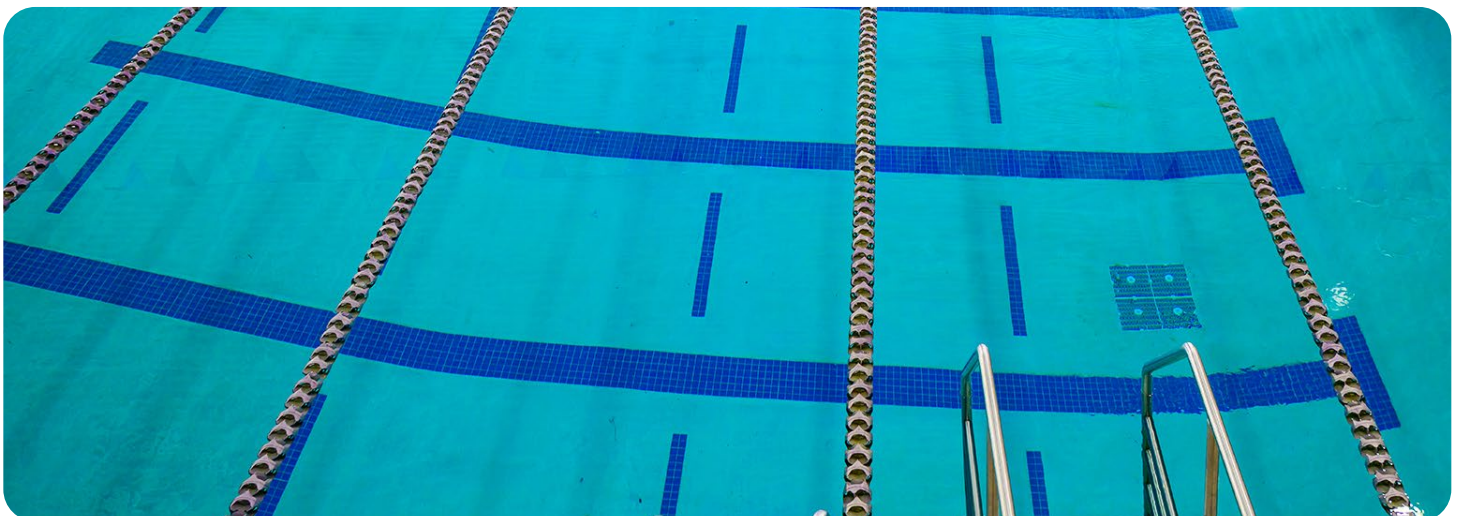




YOUTH SWIM LESSONS

LEVEL 2
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01046-226	GISC	1/3	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01046-228	GISC	1/5	M	6:20-6:50 p.m.	\$66
6 Sessions	R01046-229	GISC	1/6	Tu, Th	5-5:30 p.m.	\$66
6 Sessions	R01046-230	GISC	1/6	Tu, Th	6:20-6:50 p.m.	\$66
6 Sessions	R01046-231	GISC	1/7	W	5:40-6:10 p.m.	\$66
6 Sessions	R01046-227	GISC	1/11	Su	10:35-11:05 a.m.	\$66
5 Sessions	R01046-278	MLKSC	1/3	Sa	11-11:30 a.m.	\$55
6 Sessions	R01046-280	MLKSC	1/4	Su	11:20-11:50 a.m.	\$66
6 Sessions	R01046-281	MLKSC	1/6	Tu	7:30-8 p.m.	\$66
6 Sessions	R01046-282	MLKSC	1/7	W	5:30-6 p.m.	\$66
6 Sessions	R01046-283	MLKSC	1/8	Th	6:50-7:20 p.m.	\$66
6 Sessions	R01046-258	OSC	1/5	M	7-7:30 p.m.	\$66
6 Sessions	R01046-252	OSC	1/6	Tu	5:20-5:50 p.m.	\$66
6 Sessions	R01046-256	OSC	1/6	Tu	6-6:30 p.m.	\$66
6 Sessions	R01046-253	OSC	1/6	Tu	6:40-7:10 p.m.	\$66
6 Sessions	R01046-254	OSC	1/7	W	6:20-6:50 p.m.	\$66
6 Sessions	R01046-255	OSC	1/8	Th	6-6:30 p.m.	\$66
6 Sessions	R01046-2501	SSRAC	1/8	Th	5:10-5:40 p.m.	\$66
6 Sessions	R01046-2505	SSRAC	1/3	Sa	10:50-11:20 a.m.	\$66
6 Sessions	R01046-2502	SSRAC	1/3	Sa	11:30 a.m.-Noon	\$66
6 Sessions	R01046-2503	SSRAC	1/4	Su	10:10-10:40 a.m.	\$66
6 Sessions	R01046-2504	SSRAC	1/4	Su	10:50-11:20 a.m.	\$66


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YOUTH SWIM LESSONS

LEVEL 3

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01047-229	GISC	1/3	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01047-226	GISC	1/3	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01047-228	GISC	1/11	Su	11:15-11:45 a.m.	\$66
5 Sessions	R01047-278	MLKSC	1/3	Sa	12:20-12:50 p.m.	\$55
6 Sessions	R01047-279	MLKSC	1/4	Su	10:40-11:10 a.m.	\$66
6 Sessions	R01047-280	MLKSC	1/5	M	6:50-7:20 p.m.	\$66
6 Sessions	R01047-281	MLKSC	1/6	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01047-282	MLKSC	1/8	Th	8:10-8:40 p.m.	\$66
6 Sessions	R01047-252	OSC	1/4	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01047-253	OSC	1/4	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01047-254	OSC	1/8	Th	6:40-7:10 p.m.	\$66
6 Sessions	R01047-2502	SSRAC	1/3	Sa	10:10-10:40 a.m.	\$66
6 Sessions	R01047-2501	SSRAC	1/6	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01047-2500	SSRAC	1/8	Th	5:50-6:20 p.m.	\$66

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LEVEL 4
AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01048-228	GISC	1/3	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01048-227	GISC	1/11	Su	10:35-11:05 a.m.	\$66
5 Sessions	R01048-278	MLKSC	1/3	Sa	11-11:30 a.m.	\$55
6 Sessions	R01048-279	MLKSC	1/4	Su	10-10:30 a.m.	\$66
6 Sessions	R01048-280	MLKSC	1/6	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01048-252	OSC	1/4	Su	10:30-11 a.m.	\$66
6 Sessions	R01048-253	OSC	1/4	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01048-2500	SSRAC	1/4	Su	10:50-11:20 a.m.	\$66
6 Sessions	R01048-2503	SSRAC	1/4	Su	11:30 a.m.-Noon	\$66
6 Sessions	R01048-2502	SSRAC	1/6	Tu	7:10-7:40 p.m.	\$66
6 Sessions	R01048-2501	SSRAC	1/7	W	4:30-5 p.m.	\$66

MSTC


Montgomery Stroke and Turn Clinic

Registration Underway

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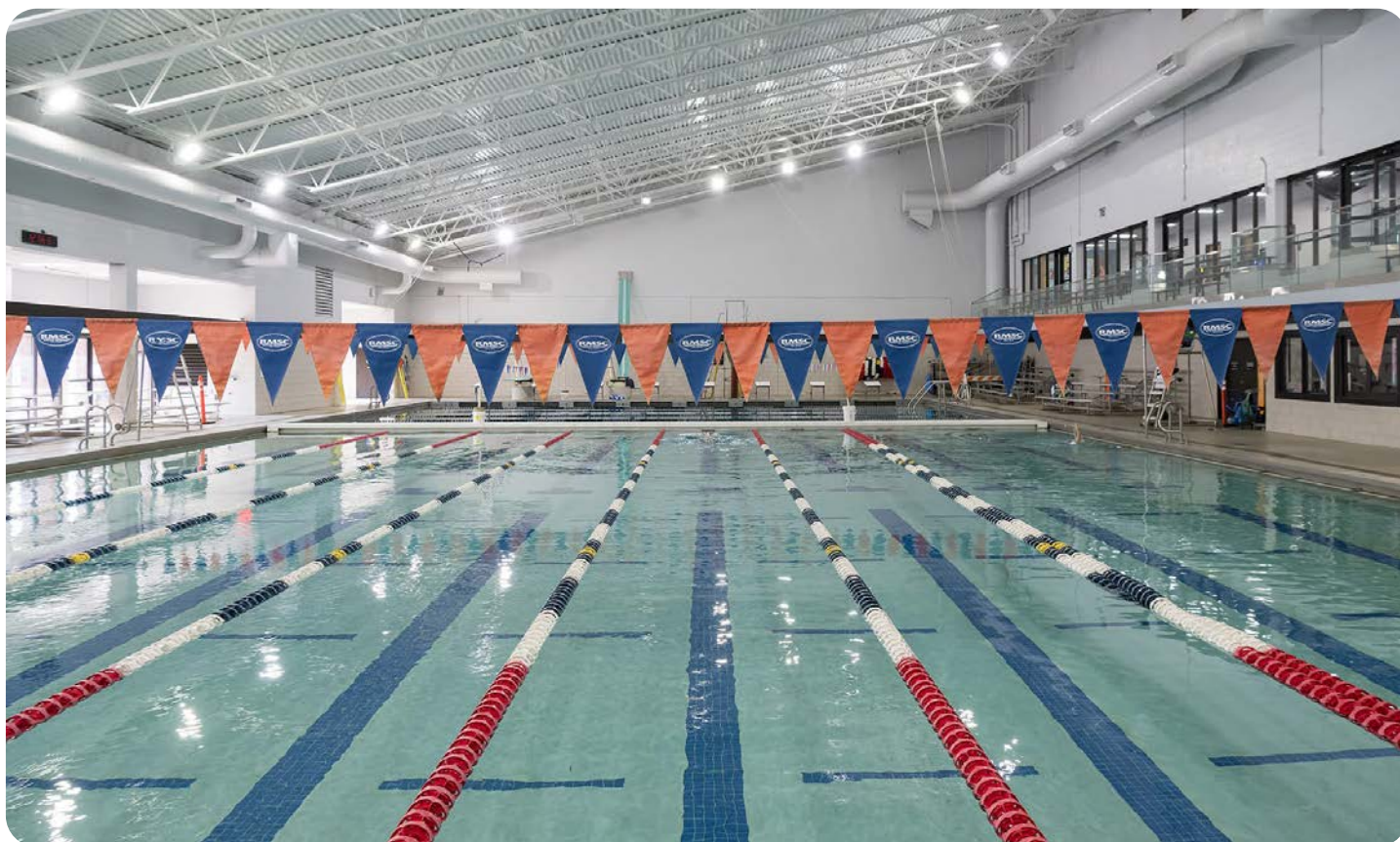


YOUTH SWIM LESSONS

ADVANCED

AGES 7-13

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01057-219	GISC	1/3	Sa	9:15-9:50 a.m.	\$90
6 Sessions	R01057-220	GISC	1/3	Sa	9:55-10:30 a.m.	\$90
6 Sessions	R01057-221	GISC	1/3	Sa	10:35-11:10 a.m.	\$90
6 Sessions	R01057-208	MLKSC	1/4	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-209	MLKSC	1/8	Th	7:20-7:55 p.m.	\$90
6 Sessions	R01057-203	OSC	1/4	Su	10:40-11:15 a.m.	\$90
6 Sessions	R01057-202	OSC	1/4	Su	11:20-11:55 a.m.	\$90
6 Sessions	R01057-201	OSC	1/6	Tu	7:20-7:55 p.m.	\$90
6 Sessions	R01057-2502	SSRAC	1/12	M	4:40-5:15 p.m.	\$90
6 Sessions	R01057-2501	SSRAC	1/12	M	5:20-5:55 p.m.	\$90



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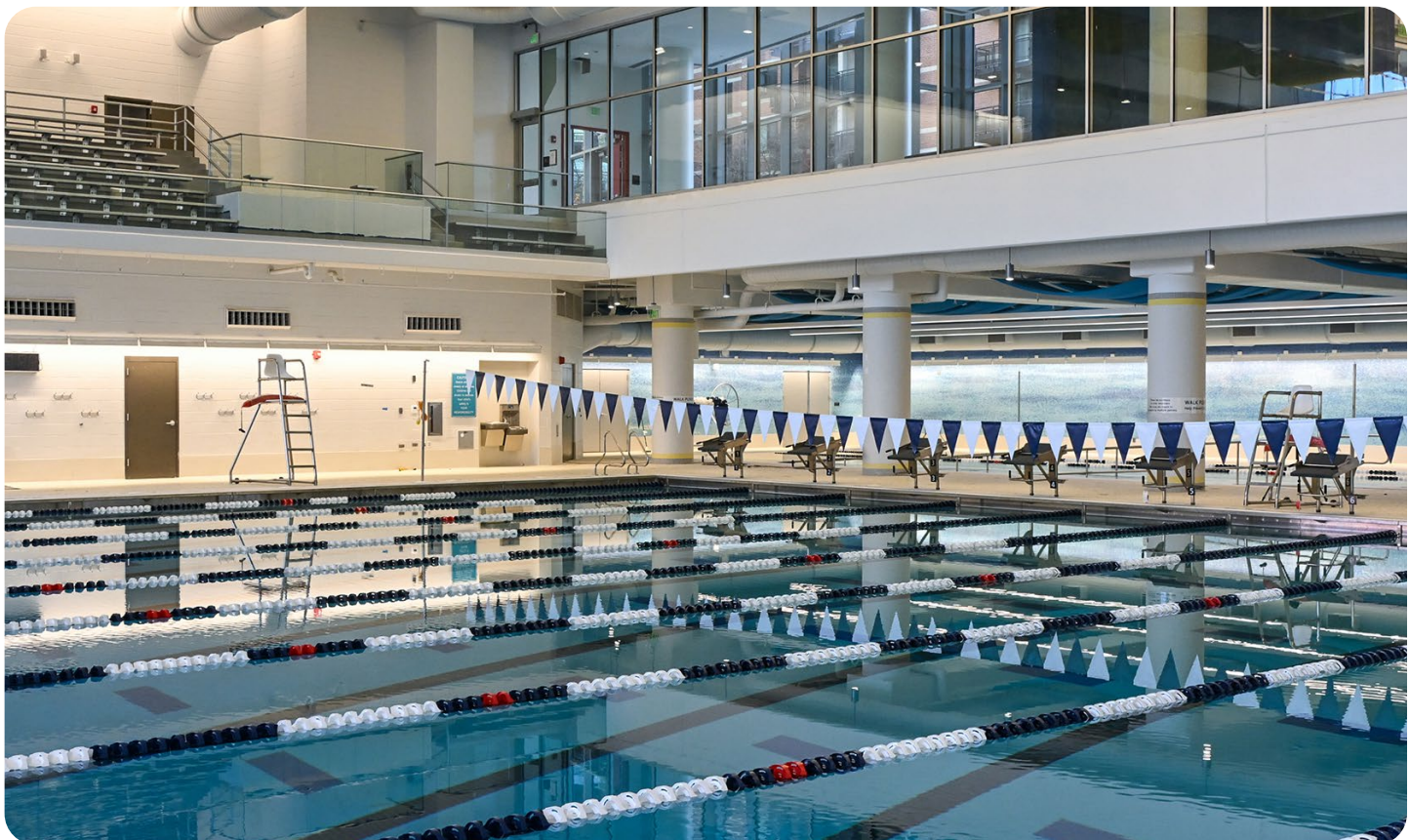




ADULT SWIM LESSONS

LEVEL 1
AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01039-226	GISC	1/3	Sa	9:15-9:45 a.m.	\$66
6 Sessions	R01039-228	GISC	1/5	M	5:40-6:10 p.m.	\$66
6 Sessions	R01039-229	GISC	1/7	W	5:40-6:10 p.m.	\$66
6 Sessions	R01039-227	GISC	1/11	Su	9:15-9:45 a.m.	\$66
5 Sessions	R01039-278	MLKSC	1/3	Sa	11:40 a.m.-12:10 p.m.	\$55
6 Sessions	R01039-279	MLKSC	1/4	Su	10-10:30 a.m.	\$66
6 Sessions	R01039-280	MLKSC	1/6	Tu	8:50-9:20 p.m.	\$66
6 Sessions	R01039-252	OSC	1/4	Su	9:10-9:40 a.m.	\$66
6 Sessions	R01039-2501	SSRAC	1/6	Tu	10:10-10:40 a.m.	\$66
6 Sessions	R01039-2503	SSRAC	1/6	Tu	4:30-5 p.m.	\$66
6 Sessions	R01039-2502	SSRAC	1/7	W	5:10-5:40 p.m.	\$66
6 Sessions	R01039-2504	SSRAC	1/8	Th	5:10-5:40 p.m.	\$66


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ADULT SWIM LESSONS

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AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01040-226	GISC	1/3	Sa	9:55-10:25 a.m.	\$66
6 Sessions	R01040-228	GISC	1/5	M	6:20-6:50 p.m.	\$66
6 Sessions	R01040-229	GISC	1/7	W	6:20-6:50 p.m.	\$66
6 Sessions	R01040-227	GISC	1/11	Su	9:55-10:25 a.m.	\$66
6 Sessions	R01040-278	MLKSC	1/6	Tu	8:10-8:40 p.m.	\$66
6 Sessions	R01040-280	MLKSC	1/8	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01040-252	OSC	1/4	Su	9:50-10:20 a.m.	\$66
6 Sessions	R01040-2503	SSRAC	1/6	Tu	5:10-5:40 p.m.	\$66
6 Sessions	R01040-2501	SSRAC	1/7	W	5:50-6:20 p.m.	\$66
6 Sessions	R01040-2502	SSRAC	1/8	Th	10:10-10:40 a.m.	\$66



WATER POLO

VIEW WATER POLO SECTION 🔍

QUESTIONS?
ASK CUSTOMER SERVICE

Call customer service or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE
@MONTGOMERYCOUNTYMD.GOV

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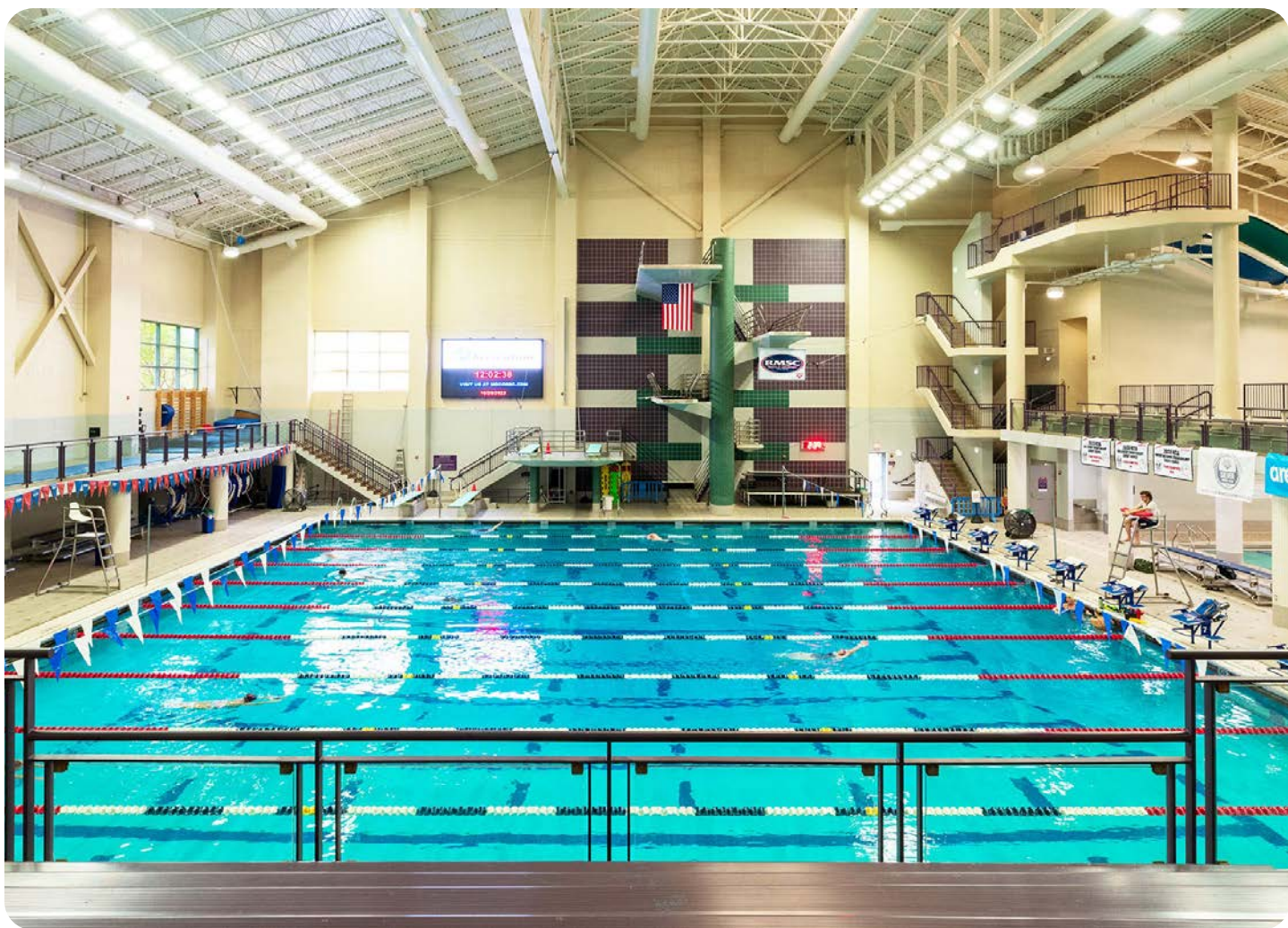




ADULT SWIM LESSONS

LEVEL 3
AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01041-226	GISC	1/3	Sa	10:35-11:05 a.m.	\$66
6 Sessions	R01041-227	GISC	1/11	Su	10:35-11:05 a.m.	\$66
5 Sessions	R01041-278	MLKSC	1/3	Sa	10:20-10:50 a.m.	\$55
6 Sessions	R01041-279	MLKSC	1/8	Th	8:10-8:50 p.m.	\$66
6 Sessions	R01041-252	OSC	1/4	Su	10:30-11 a.m.	\$66
6 Sessions	R01041-2501	SSRAC	1/7	W	6:30-7 p.m.	\$66
6 Sessions	R01041-2503	SSRAC	1/8	Th	7:10-7:40 p.m.	\$66
6 Sessions	R01041-2502	SSRAC	1/9	Fri	9:30-10 a.m.	\$66


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ADULT SWIM LESSONS

LEVEL 4

AGES 14 AND UP

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01042-226	GISC	1/3	Sa	11:15-11:45 a.m.	\$66
6 Sessions	R01042-278	MLKSC	1/4	Su	Noon-12:30 p.m.	\$66
6 Sessions	R01042-279	MLKSC	1/8	Th	8:50-9:20 p.m.	\$66
6 Sessions	R01042-252	OSC	1/4	Su	11:10-11:40 a.m.	\$66
6 Sessions	R01042-2501	SSRAC	1/7	W	7:10-7:40 p.m.	\$66



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ADAPTED SWIM LESSONS

Swim Lessons for Individuals with Disabilities

Ages 4-17

This is a learn-to-swim program for children ages 4 to 17 who have disabilities.

Sessions	Activity	Assistance Available	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01061-2500	Volunteer-Assisted	SSRAC	1/10	Sa	10:30-11 a.m.	\$66
6 Sessions	R01061-2501	Volunteer-Assisted	SSRAC	1/10	Sa	11:10-11:40 a.m.	\$66
6 Sessions	R01061-2504	Parent-Assisted	SSRAC	1/10	Sa	11:50 a.m.-12:20 p.m.	\$66

Adapted Aquatics Swim Clinic

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01061-2502	SSRAC	1/10	Sa	11 a.m.-Noon	\$90
8 Sessions	R01061-2503	SSRAC	1/10	Sa	Noon-1 p.m.	\$90



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info, email:
rec.inclusion@montgomerycountymd.gov



Looking for more THERAPEUTIC RECREATION activities?



[VIEW TR ACTIVITIES](#) 🔍

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DEVELOPMENTAL SWIM

Montgomery Stroke and Turn Clinic (MSTC)

Ages 5-18

Designed to improve the ability to swim the four competitive strokes and learn the correct starts and turn. Registration ongoing.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
24 Sessions	R01033-6114	GISC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6115	GISC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6116	GISC	10/5	Su	6:55-7:45 p.m.	\$560
24 Sessions	R01033-6117	OSC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6118	OSC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6119	OSC	10/5	Su	6:55-7:45 p.m.	\$560
24 Sessions	R01033-6120	MLKSC	10/5	Su	5:05-5:55 p.m.	\$560
24 Sessions	R01033-6121	MLKSC	10/5	Su	6-6:50 p.m.	\$560
24 Sessions	R01033-6122	MLKSC	10/5	Su	6:55-7:45 p.m.	\$560

SwiMontgomery

Ages 6-13

SwiMontgomery is a developmental program for kids 13 and under who have an interest in competitive swimming.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
18 Sessions	R01032-202	GISC	1/6	Tu,Th	7:45-8:30 p.m.	\$360
18 Sessions	R01032-204	MLKSC	12/1	M,W	7:30-8:15 p.m.	\$360
18 Sessions	R01032-203	OSC	12/1	M,W	7:15-8 p.m.	\$360
18 Sessions	R01032-2500	SSRAC	12/1	M,W	6:15-7 p.m.	\$360



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DIVING

Level 1: Learn to Dive

Ages 5-10

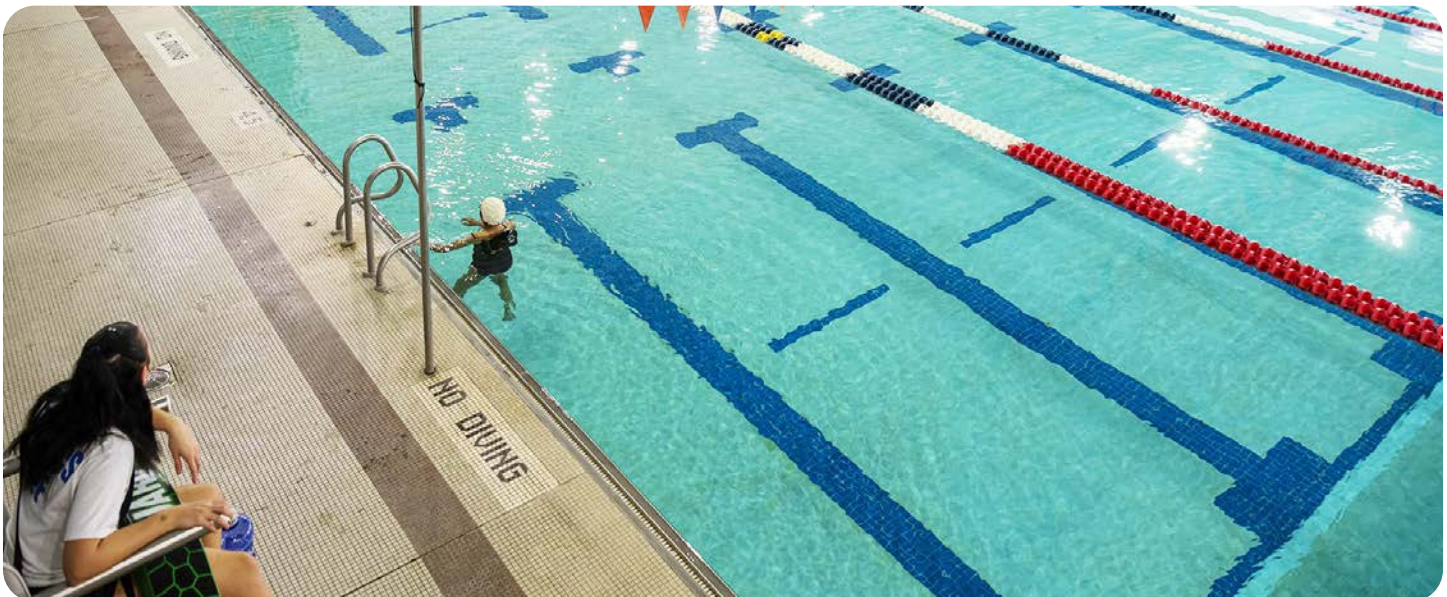
Diving consists of a diver jumping from a springboard or platform and performing acrobatic maneuvers before plunging into water.

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
6 Sessions	R01012-201	GISC	1/5	M	4:30-5:15 p.m.	\$96
6 Sessions	R01012-202	GISC	1/7	W	4:30-5:15 p.m.	\$96
6 Sessions	R01012-203	GISC	1/9	F	4:30-5:15 p.m.	\$96
6 Sessions	R01012-213	GISC	1/9	F	5:15-6:45 p.m.	\$96
6 Sessions	R01012-2501	SSRAC	1/5	M	4:15-5 p.m.	\$96
6 Sessions	R01012-2500	SSRAC	1/5	M	5-5:45 p.m.	\$96
6 Sessions	R01012-2504	SSRAC	1/6	Tu	4:15-5 p.m.	\$96
6 Sessions	R01012-2506	SSRAC	1/7	W	4:15-5 p.m.	\$96
6 Sessions	R01012-2507	SSRAC	1/7	W	5-5:45 p.m.	\$96
6 Sessions	R01012-2508	SSRAC	1/8	Th	4:15-5 p.m.	\$96

Level 2: Intermediate Diving

Ages 7-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01013-201	GISC	1/5	M,W	5:15-6:45 p.m.	\$360
12 Sessions	R01013-2500	SSRAC	1/5	M,W	5:45-7:15 p.m.	\$360
12 Sessions	R01013-2501	SSRAC	1/6	Tu,Th	5-6:30 p.m.	\$360
12 Sessions	R01013-2502	SSRAC	1/7	W,F	4:30-6 p.m.	\$360


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Level 3: Advanced Diving

Ages 7-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01014-2501	SSRAC	1/7	W,F	6-7:30 p.m.	\$396

High School Diving

Ages 13-18

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01076-202	GISC	1/5	M,W	6:30-8 p.m.	\$396
12 Sessions	R01076-2500	SSRAC	1/5	M,W	7:15-8:30 p.m.	\$396

Masters Diving

Ages 19 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
12 Sessions	R01017-202	GISC	1/5	M,W	6:30-8 p.m.	\$396
12 Sessions	R01017-2500	SSRAC	1/5	M,W	7:15-8:30 p.m.	\$396

National Development Program Team (NDP)

Ages 6-18 • Invitational Only • Year-Round Program

Activity	Location	Day(s)	Time
R01016-1201	GISC	Tu,W,Th	6-7:30 p.m.

Junior Olympic Diving Team (JO)

Ages 6-18 • Invitational Only • Year-Round Program

Teams	Activity	Location	Day(s)
JO Silver - 3 days	R01015-1012	GISC	M-F
JO Red - 4 days	R01015-1014	GISC	M-F
JO Blue - 5 days	R01015-1016	GISC	M-F



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MASTERS



MASTERS SWIMMING



ACTIVITY CODE: R01058

Montgomery Ancient Mariners

GISC

Su: 10 a.m.-Noon

MLK Swim Center

M, W: 8:30-10 p.m.

Olney Swim Center

Sa: 7:30-9 a.m.

Tu,Th: 8:30-10 p.m.

Silver Spring RAC

Tu,Th: 6:30-8 a.m.

Germantown Masters

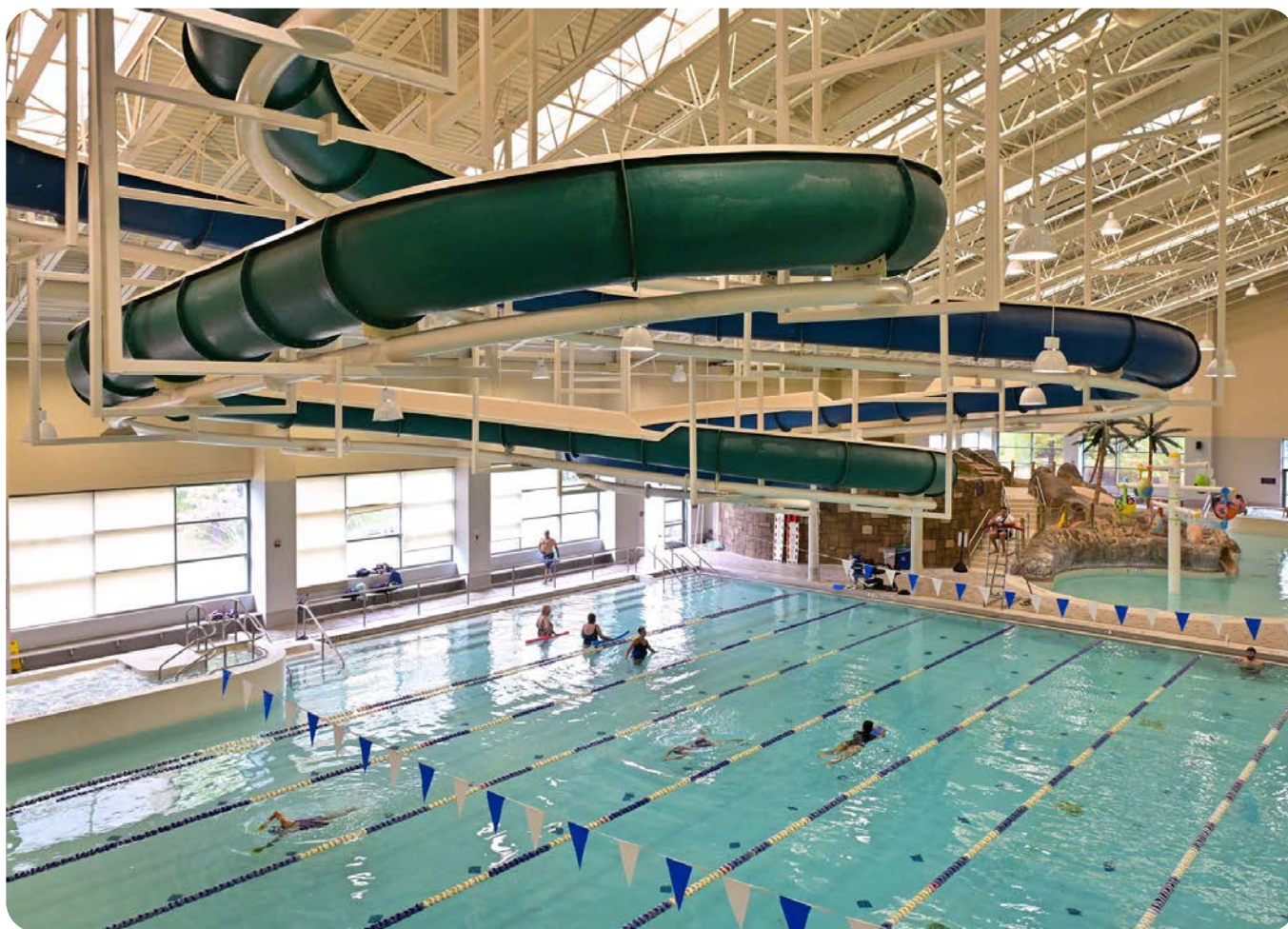
GISC

M,W,F: 6:30-7:30 a.m.

Tu,Th: 8:30-10 p.m.

WINTER 2026 SCHEDULE

Register on ActiveMontgomery.org

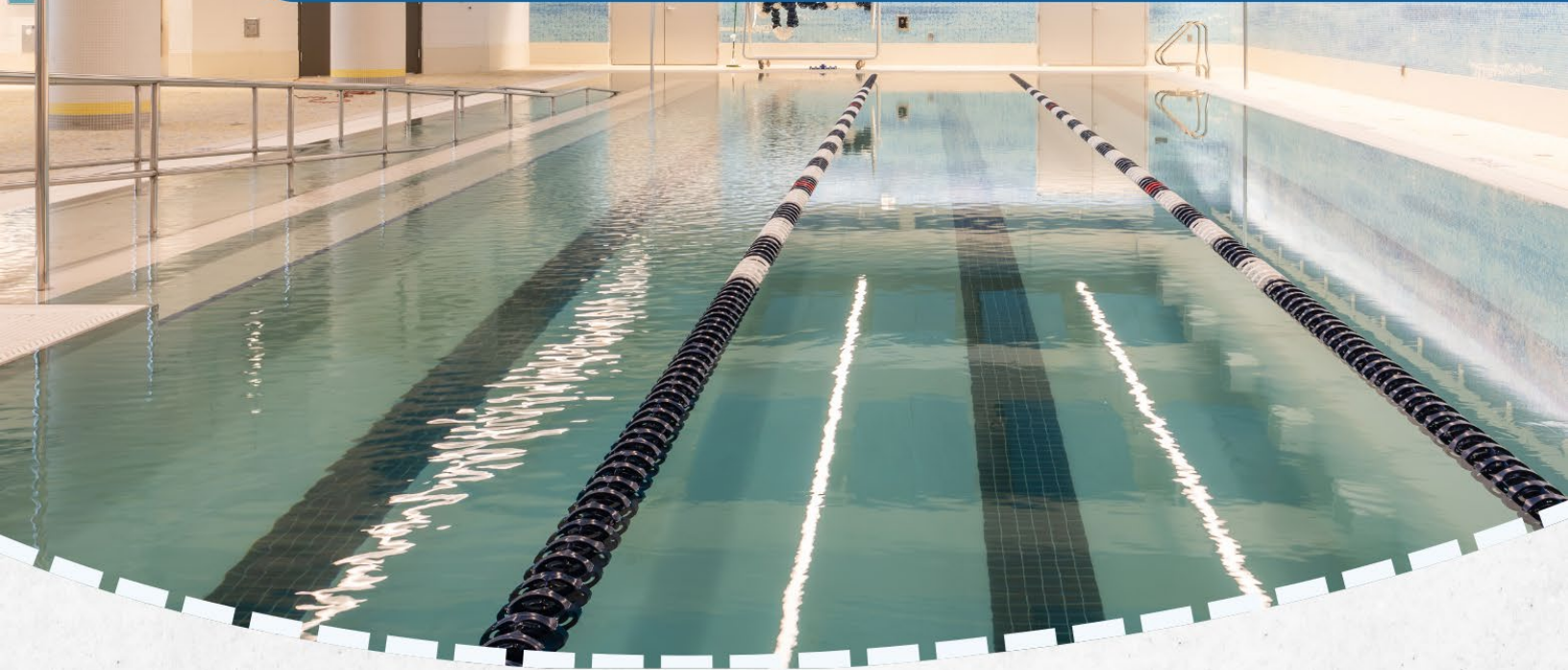


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POOL LOCATIONS



Germantown Indoor Swim Center
18000 Central Park Circle, Boyds
240-777-6830



**Silver Spring Recreation and
Aquatic Center**
1319 Apple Ave., Silver Spring
240-777-6900



Martin Luther King Jr. Swim Center
1201 Jackson Road, Silver Spring
240-777-8060

CLOSED UNTIL LATE 2026

Kennedy Shriver Aquatic Center
5900 Executive Boulevard, N. Bethesda
240-777-8070



Olney Swim Center
16605 Georgia Avenue, Olney
240-777-4995



KAYAKING

Ages 10 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
1 Session	R01077-290	MLKSC	1/4	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-278	MLKSC	1/11	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-279	MLKSC	1/18	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-280	MLKSC	1/25	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-281	MLKSC	2/1	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-282	MLKSC	2/8	Su	9:40-11:10 a.m.	\$20
1 Session	R01077-283	MLKSC	2/15	Su	9:40-11:10 a.m.	\$20

SCUBA

Ages 14 and up

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01028-201	MLKSC	2/4	W	7-9:45 p.m.	\$265
8 Sessions	R01028-202	OSC	2/9	M	7-9:45 p.m.	\$265

WATER POLO

Splashball: Learn to Play

Ages 10-14

Sessions	Activity	Location	Start Date	Day(s)	Time	Fee
8 Sessions	R01079-2501	SSRAC	1/4	Su	3:45-5 p.m.	\$215
8 Sessions	R01079-2502	SSRAC	1/7	W	4:45-6 p.m.	\$215

Adult Water Polo

Ages 18 and up

Sessions	Activity	Location	Start Date	Dates/Times	Fee
16 Sessions	R01079-2500	WGOP* SSRAC	1/4	W* - 7:15-9 p.m. Su- 5:15-7 p.m.	\$64

*Wednesday practice at WGOP is weather-contingent. Location subject to change.


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MONTGOMERY COUNTY RECREATION

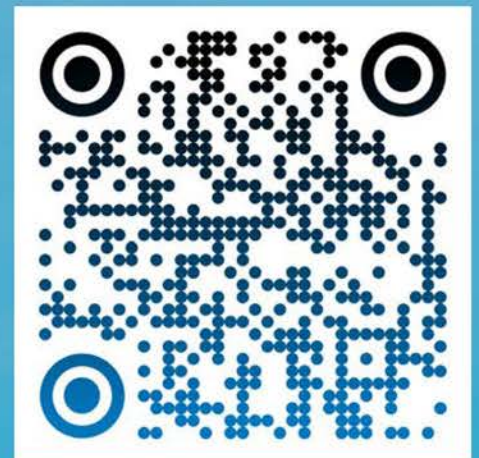
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WORK WITH US IN AQUATICS

LIFEGUARD



SCAN THE QR



MONTGOMERY COUNTY
Recreation



LIFEGUARDING 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 Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the online component must 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. 150 meter swim (front crawl or breaststroke), tread water for two minutes using only legs, and swim 50 meters.
 2. 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.

Lifeguarding: In-Person

Activity	Location	Start Date	Day(s)
R01034-6219	GISC	2/22/26	W,Su
R01034-6220	GISC	3/14/26	M-Th,Sa,Su
R01034-6223	GISC	6/7/26	M,W,Sa,Su
R01034-301	OSC	12/20/25	M-W,F,Sa
R01034-302	OSC	2/8/26	M,Tu,F,Su
R01034-303	OSC	3/3/26	Tu,F,Sa
R01034-306	OSC	4/10/26	F-Su
R01034-307	OSC	4/21/26	Tu,F,Sa
R01035-6517	SSRAC	12/21/25	M-W,Sa,Su

Lifeguarding: Blended Learning

Activity	Location	Start Date	Day(s)
R01034-6217	GISC	12/21/25	M-W,Sa,Su
R01034-6218	GISC	1/4/26	W,Su
R01034-6221	GISC	4/11/26	W,Sa,Su
R01034-6222	GISC	4/25/26	W,Sa,Su
R01034-6224	GISC	6/20/26	M,Tu,Sa,Su
R01034-6225	GISC	7/19/26	M,Tu,Sa,Su
R01034-6301	MLKSC	11/12/25	W,Su
R01034-6302	MLKSC	12/19/25	M,Tu,F,Su
R01034-6303	MLKSC	3/6/26	F-Su
R01034-6304	MLKSC	3/25/26	Tu-Th
R01034-6305	MLKSC	4/17/26	F-Su
R01034-6306	MLKSC	5/1/26	F-Su
R01034-6307	MLKSC	6/3/26	W,Su
R01034-304	OSC	3/18/26	M,Tu,Sa,Su
R01034-305	OSC	3/25/26	M,W,F,Sa
R01034-308	OSC	5/27/26	W,F-Su
R01034-6537	SSRAC	2/13/26	Th-Su
R01034-66538	SSRAC	2/13/26	Th-Su
R01034-6538	SSRAC	2/27/26	Th-Su
R01034-6539	SSRAC	5/1/26	Th-Su
R01034-6540	SSRAC	5/29/26	Th-Su

The date listed is the pre-course swim session only.

Scan the QR code on page 40 to see complete class information.





ARTS

CRAFTS, DRAWING AND PAINTING



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	8	Abrakadoodle Do Re Mi: Art and Music	R05001-202	Wheaton	1/17	Sa	12:15-1 p.m.	\$200
3-5	8	Abrakadoodle Travel the World	R05001-201	Wheaton	1/17	Sa	11:15 a.m.-Noon	\$200
18 and up	7	Acrylic Painting Techniques - Open Studio	R05002-201	Lawton	1/12	M	1-4 p.m.	\$63
5-10	8	Adventures in Art	R05004-201	Bauer Drive	1/17	Sa	10:30-11:30 a.m.	\$126
10-16	8	Art Studio	R05006-201	Bauer Drive	1/17	Sa	Noon-1 p.m.	\$126
12-18	8	Art Studio II	R05006-202	Bauer Drive	1/17	Sa	1:30-2:30 p.m.	\$126
4-9	8	Draw and Clay	R05037-201	Germantown	1/13	Tu	5:15-6:15 p.m.	\$158
4-9	8	Draw and Clay	R05037-202	Bauer Drive	1/14	W	5:45-6:45 p.m.	\$158
4-9	8	Draw and Clay	R05037-204	Upper County	1/15	Th	6-7 p.m.	\$158
4-9	8	Draw and Clay	R05037-203	North Potomac	1/17	Sa	10-11 a.m.	\$158
5-12	7	Drawing with Young Rembrandts	R05129-202	North Potomac	1/12	M	6-7 p.m.	\$164
5-12	9	Drawing with Young Rembrandts	R05129-201	Germantown	1/14	W	6-7 p.m.	\$208
6-12	9	Elementary Drawing with Young Rembrandts	R05129-203	Wheaton	1/13	Tu	6:30-7:30 p.m.	\$119
6-14	8	Learning Art from the Masters	R05087-201	Germantown	1/13	Tu	6:30-7:30 p.m.	\$158
6-14	8	Learning Art from the Masters	R05087-202	North Potomac	1/17	Sa	11:30 a.m.-12:30 p.m.	\$158
13 and up	7	Right Brained Drawing All Levels	R05038-201	Potomac	1/12	M	5:45-7:15 p.m.	\$158



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ARTS

POTTERY AND CERAMICS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	9	Beginner Pottery Wheel and Hand Building	R05093-216	North Potomac	1/13	Tu	10 a.m.-1 p.m.	\$345
18 and up	9	Beginner Pottery Wheel and Hand Building	R05093-217	North Potomac	1/13	Tu	6-8 p.m.	\$295
18 and up	9	Beginner Pottery Wheel and Hand Building	R05093-218	Ross Boddy	1/14	W	6-8 p.m.	\$295
18 and up	7	Handcrafted Pottery	R05093-205	White Oak	1/12	M	5:45-8:45 p.m.	\$250
18 and up	7	Handcrafted Pottery	R05093-204	White Oak	1/13	Tu	10 a.m.-1 p.m.	\$250
18 and up	9	Handcrafted Pottery	R05093-211	Wheaton	1/13	Tu	6-9 p.m.	\$350
18 and up	7	Handcrafted Pottery	R05093-208	Wheaton	1/17	Sa	9 a.m.-Noon	\$280
18 and up	8	Handcrafted Pottery Open Studio	R05093-209	North Potomac	1/12	M	6-8:45 p.m.	\$280
18 and up	8	Handcrafted Pottery Open Studio	R05093-206	Wheaton	1/14	W	10 a.m.-1 p.m.	\$315
18 and up	9	Handcrafted Pottery Open Studio	R05093-219	North Potomac	1/14	W	10 a.m.-1 p.m.	\$345
18 and up	9	Handcrafted Pottery Open Studio	R05093-207	Wheaton	1/15	Th	6-9 p.m.	\$350
18 and up	9	Handcrafted Pottery Open Studio/Hand Built Pottery	R05093-201	Ross Boddy	1/14	W	10:30 a.m.-1:30 p.m.	\$315
18 and up	9	Handcrafted Pottery Open Studio/Hand Built Pottery	R05093-202	North Potomac	1/14	W	5:30-8:30 p.m.	\$315
18 and up	9	Handcrafted Pottery Open Studio/Hand Built Pottery	R05093-203	Ross Boddy	1/15	Th	5:30-8:30 p.m.	\$315
18 and up	9	Introduction to Pottery	R05093-213	Ross Boddy	1/13	Tu	5:30-8:30 p.m.	\$350
18 and up	9	Introduction to Pottery	R05093-212	Ross Boddy	1/17	Sa	10:30 a.m.-1:30 p.m.	\$350
18 and up	8	Introduction to Pottery	R05093-210	North Potomac	1/22	Th	6-8:45 p.m.	\$280
17 and up	2	Pottery Workshop: Ceramic Easter Egg Basket	R05093-220	Ross Boddy	3/5	Th	10:30 a.m.-1:30 p.m.	\$125



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COOKING



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-13	6	International Cooking	R05029-202	Silver Spring	1/10	Sa	1:30-2:30 p.m.	\$195

CPR, AED AND FIRST AID

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
13 and up	1	CPR, AED and First Aid	R05032-205	Wheaton	1/17	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-207	Wheaton	3/14	Sa	10 a.m.-2 p.m.	\$89
13 and up	1	CPR, AED and First Aid	R05032-206	Life Rescue Training	4/11	Sa	10 a.m.-2 p.m.	\$89

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
10-14	1	Safe Sitter	R05099-208	Life Rescue Training	2/21	Sa	10 a.m.-2:30 p.m.	\$123

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DANCE

BALLET

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	8	Ballet	R05010-201	North Potomac	1/13	Tu	10-10:45 a.m.	\$136
4-5	8	Ballet	R05010-203	North Potomac	1/14	W	4:30-5:15 p.m.	\$136
5-6	8	Ballet	R05010-204	North Potomac	1/14	W	5:20-6:05 p.m.	\$136
6-8	8	Ballet	R05010-207	North Potomac	1/14	W	6:15-7:05 p.m.	\$144
7-9	7	Creative Dance	R05010-209	North Potomac	1/12	M	5:30-6:20 p.m.	\$126
3-4	10	Jazzmatazz Preschool Dance	R05010-206	Long Branch	1/10	Sa	10:15-11 a.m.	\$150
5-8	10	Jazzmatazz Pre Ballet	R05010-205	Long Branch	1/10	Sa	11:15 a.m.-12:15 p.m.	\$150

BALLROOM

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Ballroom I Couples	R05011-201	Wheaton	1/22	Th	7-7:55 p.m.	\$88
18 and up	8	Ballroom II Couples	R05011-202	Wheaton	1/22	Th	8-8:55 p.m.	\$88
18 and up	8	Ballroom III Couples	R05011-205	Coffield	1/20	Tu	7:30-8:30 p.m.	\$88

LINE DANCING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Urban Line Dance	R05121-201	Wheaton	1/20	Tu	6-7 p.m.	\$72
18 and up	8	Urban Line Dance	R05121-202	Good Hope	1/21	W	6-7 p.m.	\$72

PLAYTIME AND MOVEMENT

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	8	Ballet Tap Jazz	R05338-201	North Potomac	1/17	Sa	10:30-11:15 a.m.	\$220
3-5	8	Ballet Tap Jazz	R05338-204	White Oak	1/17	Sa	10:30-11:15 a.m.	\$220
3-5	8	Ballet Tap Jazz	R05338-209	Wisconsin Place	1/17	Sa	10:45-11:30 a.m.	\$220
3-5	8	Advanced Ballet Tap Jazz	R05338-210	North Potomac	1/17	Sa	12:30-1:15 p.m.	\$220
5-9	8	Pop Stars	R05338-202	North Potomac	1/17	Sa	11:30 a.m.-12:15 p.m.	\$220
5-9	8	Pop Stars	R05338-205	White Oak	1/17	Sa	11:30 a.m.-12:15 p.m.	\$220
5-9	8	Pop Stars	R05338-208	Wisconsin Place	1/17	Sa	11:45 a.m.-12:30 p.m.	\$220
1-3	8	Toddler and Me	R05338-203	North Potomac	1/17	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-206	White Oak	1/17	Sa	9:30-10:15 a.m.	\$220
1-3	8	Toddler and Me	R05338-207	Wisconsin Place	1/17	Sa	9:45-10:30 a.m.	\$220

TAP

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	7	Tap Dance I	R05336-201	Lawton	1/8	Th	4:50-5:50 p.m.	\$77
18 and up	7	Tap Dance II	R05336-202	Lawton	1/8	Th	6-7 p.m.	\$77

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FITNESS

AEROBIC DANCE



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	20	Dance and Fitness	R05035-206	Bauer Drive	1/5	M,W	5-6 p.m.	\$160
16 and up	20	Dance and Fitness	R05035-208	Rock View ES	1/5	M,W	6:30-7:30 p.m.	\$160
16 and up	20	Dance and Fitness	R05035-204	Veirs Mill LP	1/6	Tu,Th	9:30-10:30 a.m.	\$160
16 and up	10	Dance and Fitness	R05035-201	Wheaton	1/10	Sa	9:15-10:15 a.m.	\$80
16 and up	20	Dance and Fitness	R05035-203	Rock View ES	1/13	Tu,Th	6:30-7:30 p.m.	\$160
18 and up	10	Jacki Sorensen's Aerobic Dance	R05059-201	Potomac	1/6	Tu	9-10 a.m.	\$110
18 and up	10	Jacki Sorensen's Aerobic Dance	R05059-202	Potomac	1/8	Th	9-10 a.m.	\$110

BODY SCULPTING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
30 and up	20	Definition Body Sculpting-Virtual and In Person	R05016-201	Clara Barton	1/6	Tu,Th	9:15-10 a.m.	\$200
30 and up	10	Definition Body Sculpting-Virtual and In Person	R05016-202	Clara Barton	1/6	Tu	9:15-10 a.m.	\$100
30 and up	10	Definition Body Sculpting-Virtual and In Person	R05016-203	Clara Barton	1/8	Th	9:15-10 a.m.	\$100

PILATES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	10	Jazzmatazz Aerobics with Pilates Mat	R05061-201	Wheaton	1/6	Tu	7:15-8:30 p.m.	\$120
16 and up	20	Jazzmatazz Aerobics with Pilates Mat	R05061-203	Wheaton	1/6	Tu,Th	7:15-8:30 p.m.	\$220
16 and up	10	Jazzmatazz Aerobics with Pilates Mat	R05061-202	Wheaton	1/8	Th	7:15-8:30 p.m.	\$120
16 and up	10	Pilates with WBG Sports and Fitness	R05091-201	Silver Spring	1/8	Th	7-8 a.m.	\$100



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FITNESS

TOTAL BODY CONDITIONING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	8	Basic Barre	R05327-202	Wheaton	1/20	Tu	7:15-8:15 p.m.	\$96
16 and up	7	Basic Barre	R05327-201	Wheaton	1/24	Sa	9:15-10:15 a.m.	\$84
16 and up	7	Basic Barre	R05327-203	Wheaton	1/24	Sa	10:25-11:25 a.m.	\$84
16 and up	10	Boxing with WBG Sports and Fitness	R05342-202	Silver Spring RAC	1/6	Tu	5-6 p.m.	\$100
18 and up	8	Cardio Blast	R05018-216	Wheaton	1/5	M	7-8 p.m.	\$80
18 and up	10	Cardio Blast	R05018-217	Wheaton	1/7	W	7-8 p.m.	\$100
7 and up	10	Family Boxing and Kickboxing with WBG Sports and Fitness	R05342-201	Bauer Drive	1/8	Th	7-8 p.m.	\$100
16 and up	10	HIIT (High Intensity Interval Training)	R05018-209	Silver Spring RAC	1/7	W	6:30-7:25 p.m.	\$100
50 and up	8	Kelley's 50+ Complete Fitness Workout	R05072-203	Wheaton	1/5	M	9:15-10:30 a.m.	\$80
50 and up	10	Kelley's 50+ Complete Fitness Workout	R05072-204	Wheaton	1/8	Th	9:15-10:30 a.m.	\$100
18 and up	10	Kelley's Complete Fitness Workout	R05072-202	Bauer Drive	1/7	W	9:10-10:25 a.m.	\$100
18-40	10	Lift to Live+: Group Circuit Fitness Training	R05018-201	Silver Spring RAC	1/6	Tu	6-7 p.m.	\$150
18 and up	8	Stretch, Balance and Mobility Training	R05018-218	White Oak	1/5	M	1-2 p.m.	\$96
18 and up	8	Stretch, Balance and Mobility Training	R05018-219	White Oak	1/9	F	6-7 p.m.	\$96

ZUMBA

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	8	Zumba Gold with Sharon	R05132-213	Lawton	1/5	M	11:15 a.m.-12:15 p.m.	\$80
16 and up	10	Zumba with Andria	R05132-207	Germantown	1/8	Th	7-8 p.m.	\$90
16 and up	10	Zumba with Ingrid	R05132-209	Good Hope	1/7	W	6:45-7:45 p.m.	\$100
16 and up	9	Zumba with Ingrid	R05132-201	Wheaton	1/10	Sa	10:30-11:30 a.m.	\$90
18 and up	8	Zumba with Michelle	R05132-204	Mid-County	1/5	M	6:15-7:15 p.m.	\$80
18 and up	10	Zumba with Michelle	R05132-203	Mid-County	1/7	W	6:15-7:15 p.m.	\$100
18 and up	10	Zumba with Michelle	R05132-205	Bauer Drive	1/10	Sa	9:15-10:15 a.m.	\$100
16 and up	10	Zumba with Tru 2 Fitness Health	R05132-216	Potomac	1/10	Sa	10:30-11:30 a.m.	\$120

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HEALTH AND WELLNESS

YOGA

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	All Levels Yoga (Beginner/Continuing)	R05128-225	Potomac	1/8	Th	5-6 p.m.	\$180
18 and up	10	Essential Yoga for Beginners with Tamara	R05128-210	Coffield	1/8	Th	6-7 p.m.	\$110
18 and up	10	Gentle Yoga with Nancy	R05128-209	Mid-County	1/7	W	10:45 a.m.-Noon	\$150
55 and up	10	Hatha Yoga and Stress Management with Suzana	R05128-208	Lawton	1/9	F	9:45-11 a.m.	\$140
18 and up	11	Level I/II Yoga with Hannah	R05128-215	Wheaton	1/7	W	7:15-8:15 p.m.	\$198
18 and up	8	Yoga: Function and Flow	R05128-204	Good Hope	1/5	M	5:30-6:15 p.m.	\$120
18 and up	8	Yoga en Español	R05128-202	Bauer Drive	1/5	M	7-8 p.m.	\$120
18 and up	10	Yoga for Vitality	R05128-212	North Potomac	1/6	Tu	9:30-10:30 a.m.	\$130
18 and up	10	Yoga for Vitality	R05128-224	North Potomac	1/8	Th	9:30-10:30 a.m.	\$130
18 and up	9	Yoga I: Restore + Recharge with Hannah	R05128-201	Wheaton	1/5	M	7-8 p.m.	\$162
18 and up	10	Yoga with Tru 2 Fitness Health	R05128-226	Potomac	1/9	F	11:30 a.m.-12:30 p.m.	\$120
18 and up	10	Yogalates (Yoga and Pilates)	R05128-213	Wheaton	1/6	Tu	6-7 p.m.	\$110



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FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY
Recreation



MARTIAL ARTS



AIKIDO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14 and up	7	Aikido	R05005-201	Ross Boddy	1/12	M	7-8:30 p.m.	\$63
14 and up	9	Hokkon-ho Budo: Karate and Aikido	R05005-202	Lawton	1/14	W	6-8 p.m.	\$100

KARATE-JUJITSU

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	16	Okinawan Karate	R05357-201	Silver Spring	1/12	M,Th	7-8:30 p.m.	\$150
13 and up	8	TKA Adult Karate	R05070-201	Upper County	1/12	M	8-9:30 p.m.	\$96
13 and up	8	TKA Adult Karate	R05070-202	Wheaton	1/12	M	7:30-9 p.m.	\$96
13 and up	10	TKA Adult Karate	R05070-203	Germantown	1/13	Tu	8-9:30 p.m.	\$120
13 and up	10	TKA Adult Karate	R05070-204	Mid-County	1/13	Tu	7:30-9 p.m.	\$120
13 and up	10	TKA Adult Karate	R05070-206	Bauer Drive	1/14	W	8-9:30 p.m.	\$120
13 and up	10	TKA Adult Karate	R05070-205	Damascus	1/14	W	8-9:30 p.m.	\$120
13 and up	10	TKA Adult Karate	R05070-207	Bethesda ES	1/15	Th	8-9:30 p.m.	\$120
13 and up	10	TKA Adult Karate	R05070-208	Praisner	1/15	Th	7:30-9 p.m.	\$120
13 and up	8	TKA Karate Jujitsu Club	R05070-209	White Oak	1/16	F	7:30-9:30 p.m.	\$40
6-12	8	TKA Youth Karate Advanced White Belt and Higher	R05066-215	Wheaton	1/12	M	6:30-7:30 p.m.	\$80
6-12	10	TKA Youth Karate All Levels	R05066-209	Clara Barton	1/14	W	6:30-7:30 p.m.	\$100
6-12	10	TKA Youth Karate All Levels	R05066-213	Praisner	1/15	Th	6:30-7:30 p.m.	\$100
6-12	10	TKA Youth Karate All Levels	R05066-214	Bethesda ES	1/15	Th	7-8 p.m.	\$100
6-12	10	TKA Youth Karate Beginner and Advanced White Belts	R05066-212	Potomac	1/14	W	6-7 p.m.	\$100
6-12	8	TKA Youth Karate Beginner through Orange Belts	R05066-201	Upper County	1/12	M	6-7 p.m.	\$80
6-12	10	TKA Youth Karate Beginner through Orange Belts	R05066-204	Germantown	1/13	Tu	6-7 p.m.	\$100
6-12	10	TKA Youth Karate Beginner through Orange Belts	R05066-206	Mid-County	1/13	Tu	6:30-7:30 p.m.	\$100
6-12	10	TKA Youth Karate Beginner through Orange Belts	R05066-207	Damascus	1/14	W	6-7 p.m.	\$100
6-12	10	TKA Youth Karate Beginner through White Belts	R05066-210	Bauer Drive	1/14	W	6-7 p.m.	\$100
6-12	10	TKA Youth Karate Intermediate	R05066-205	Germantown	1/13	Tu	7-8 p.m.	\$100
6-12	10	TKA Youth Karate Intermediate	R05066-211	Bauer Drive	1/14	W	7-8 p.m.	\$100
6-12	10	TKA Youth Karate Intermediate	R05066-208	Damascus	1/14	W	7-8 p.m.	\$100
6-12	8	TKA Youth Karate New Beginners	R05066-203	Wheaton	1/12	M	5:45-6:30 p.m.	\$80
6-12	10	TKA Youth Karate Orange Belt and Higher	R05066-217	Potomac	1/14	W	7-8 p.m.	\$100
6-12	8	TKA Youth Karate Yellow Belts and Higher	R05066-202	Upper County	1/12	M	7-8 p.m.	\$80
6-12	10	TKA Youth Karate Yellow Belts and Higher	R05066-216	Mid-County	1/13	Tu	6:30-7:30 p.m.	\$100

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MARTIAL ARTS

SELF-DEFENSE

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14 and up	16	Practical Self Defense	R05095-201	Wisconsin Place	1/12	M,Th	7-8 p.m.	\$80

TAEKWONDO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2-3	8	Taekwondo Wee Dragons	R05360-210	Damascus	1/13	Tu	10-10:30 a.m.	\$88
2-3	8	Taekwondo Wee Dragons	R05360-212	Lawton	1/15	Th	10:45-11:15 a.m.	\$88
4-5	8	Taekwondo Tiny Dragons	R05360-211	Damascus	1/13	Tu	10:45-11:15 a.m.	\$88
4-5	8	Taekwondo Tiny Dragons	R05360-213	Lawton	1/15	Th	11:30 a.m.-Noon	\$88

TAI CHI

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
16 and up	8	Tai Chi Beginning	R05112-201	Bauer Drive	1/5	M	7-8 p.m.	\$80
55 and up	9	Intermediate Yang Style Tai Chi and Chi Gong	R05112-202	Potomac	1/14	W	2-3:15 p.m.	\$90

VOVINAM

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-13	7	Vovinam Martial Arts For Kids	R05126-205	Plum Gar	1/12	M	6-7 p.m.	FREE
6-13	9	Vovinam Martial Arts For Kids	R05126-201	Long Branch	1/14	W	6-7 p.m.	FREE
6-13	9	Vovinam Martial Arts For Kids	R05126-203	Long Branch	1/17	Sa	10-11 a.m.	FREE
13 and up	7	Vovinam Martial Arts For Adults	R05126-206	Plum Gar	1/12	M	7-8:30 p.m.	FREE
13 and up	9	Vovinam Martial Arts For Adults	R05126-202	Long Branch	1/14	W	7-8:30 p.m.	FREE
13 and up	9	Vovinam Martial Arts For Adults	R05126-204	Long Branch	1/17	Sa	11 a.m.-Noon	FREE


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MUSIC

GUITAR



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Beginner Guitar	R05053-201	Mid-County	2/5	Th	7-8 p.m.	\$169
8-12	8	Beginner Kids Guitar	R05053-202	School of Music	1/9	F	5:30-6:20 p.m.	\$120
8-12	8	Intermediate Kids Guitar	R05053-205	School of Music	1/10	Sa	12:30-1:20 p.m.	\$120
13 and up	8	Beginner Adult Guitar	R05053-203	School of Music	1/5	M	8-8:50 p.m.	\$120
13 and up	8	Intermediate Adult Guitar	R05053-204	School of Music	1/8	Th	8-8:50 p.m.	\$120
18 and up	8	Advanced Adult Guitar	R05053-206	School of Music	1/10	Sa	2-2:50 p.m.	\$120

PIANO

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Beginner Piano	R05089-204	Damascus	1/26	M	6-7 p.m.	\$169
5-12	6	Beginner Piano	R05089-201	Bauer Drive	2/4	W	7-8 p.m.	\$169
5-12	6	Beginner Piano	R05089-203	Silver Spring	2/6	F	6-7 p.m.	\$169

PLAYTIME AND MOVEMENT

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
1-5	8	Instrument Explorers	R05379-202	Silver Spring	1/10	Sa	10-10:50 a.m.	\$180
1-5	8	Instrument Explorers	R05379-203	Silver Spring	1/10	Sa	11-11:50 a.m.	\$180
3mos.-4 yrs	10	Music Together	R05085-203	Wheaton	1/8	Th	10:30-11:15 a.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-202	Wheaton	1/8	Th	11:30 a.m.-12:15 p.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-206	Mid-County	1/10	Sa	10-10:45 a.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-207	Mid-County	1/10	Sa	11-11:45 a.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-204	Silver Spring	1/10	Sa	9:15-10 a.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-201	Silver Spring	1/10	Sa	10:15-11 a.m.	\$305
3mos.-4 yrs	10	Music Together	R05085-205	Silver Spring	1/10	Sa	11:15 a.m.-Noon	\$305
1-5	8	Musical Munchkins	R05288-204	Clara Barton	1/20	Tu	10-10:45 a.m.	\$250
1-5	8	Musical Munchkins	R05288-203	Clara Barton	1/20	Tu	11-11:45 a.m.	\$250
1-5	8	Musical Munchkins	R05288-202	Wisconsin Place	1/22	Th	10-10:45 a.m.	\$250
1-5	8	Musical Munchkins	R05288-201	Wisconsin Place	1/22	Th	11-11:45 a.m.	\$250

VIOLIN

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-12	6	Beginner Violin	R05359-201	Longwood	1/31	Sa	10-11 a.m.	\$169


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S.T.E.A.M.

CODING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-10	6	2D Game Design with Construct	R05308-202	North Potomac	1/8	Th	5-6 p.m.	\$219
11-14	6	Drone Coding with Python	R05308-203	North Potomac	1/8	Th	6:15-7:45 p.m.	\$319
5-7	6	Robotics with Scratch Programming	R05308-201	North Potomac	1/8	Th	5-6 p.m.	\$219

ENGINEERING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-12	7	Snapology Amusement Park Engineers	R05039-202	Wheaton	1/12	M	6:30-7:30 p.m.	\$135
6-12	9	Snapology Gamebots	R05039-203	Wheaton	1/14	W	6:30-7:30 p.m.	\$175
6-12	8	Snapology Creature Creator Robotics	R05039-201	Germantown	1/17	Sa	9-10:30 a.m.	\$275

GEMOLOGY

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	10	Gemology Advanced	R05049-201	Potomac	1/7	W	10 a.m.-12:15 p.m.	\$100



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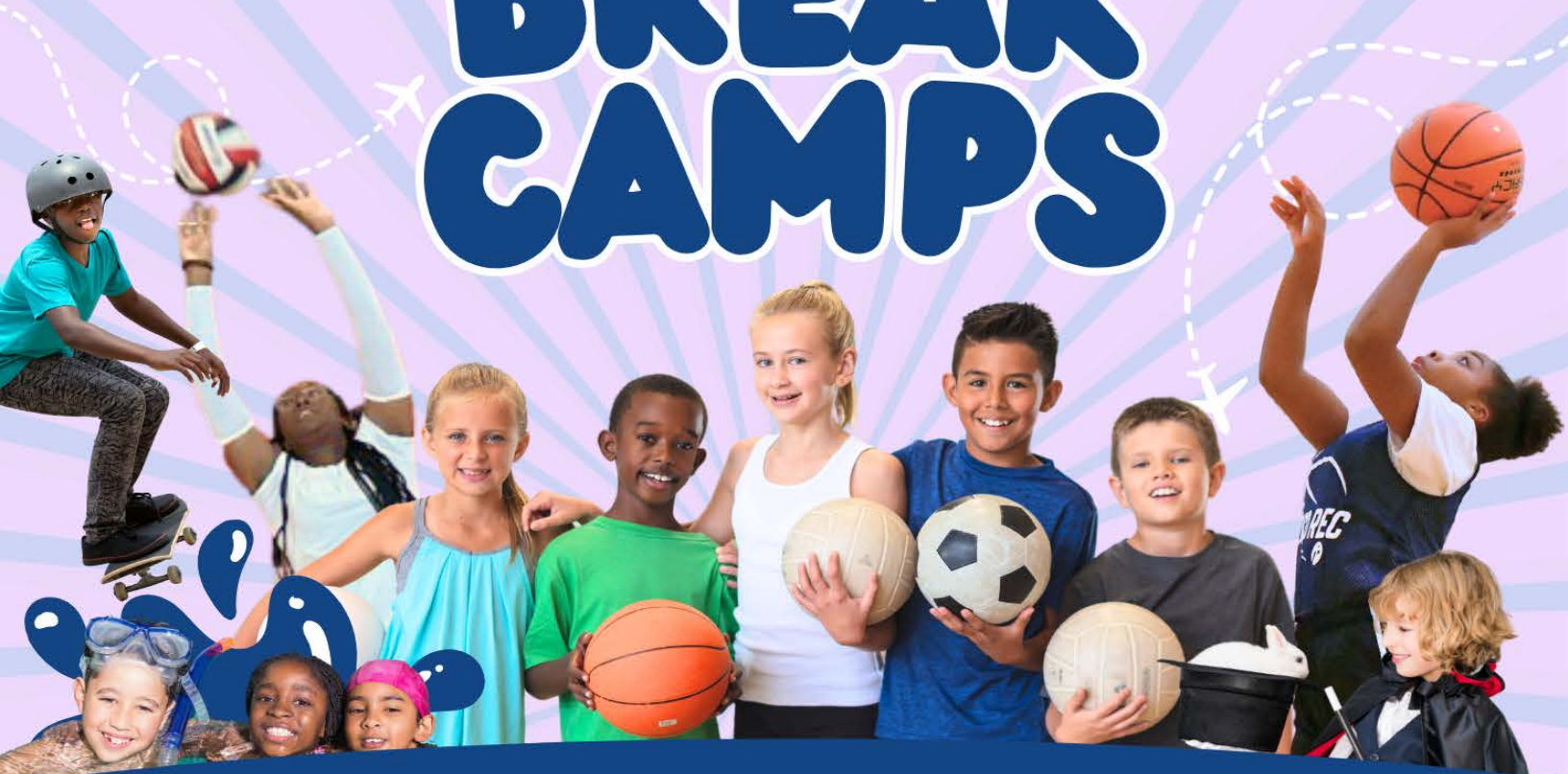
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2026

SPRING BREAK CAMPS

MARCH 30-
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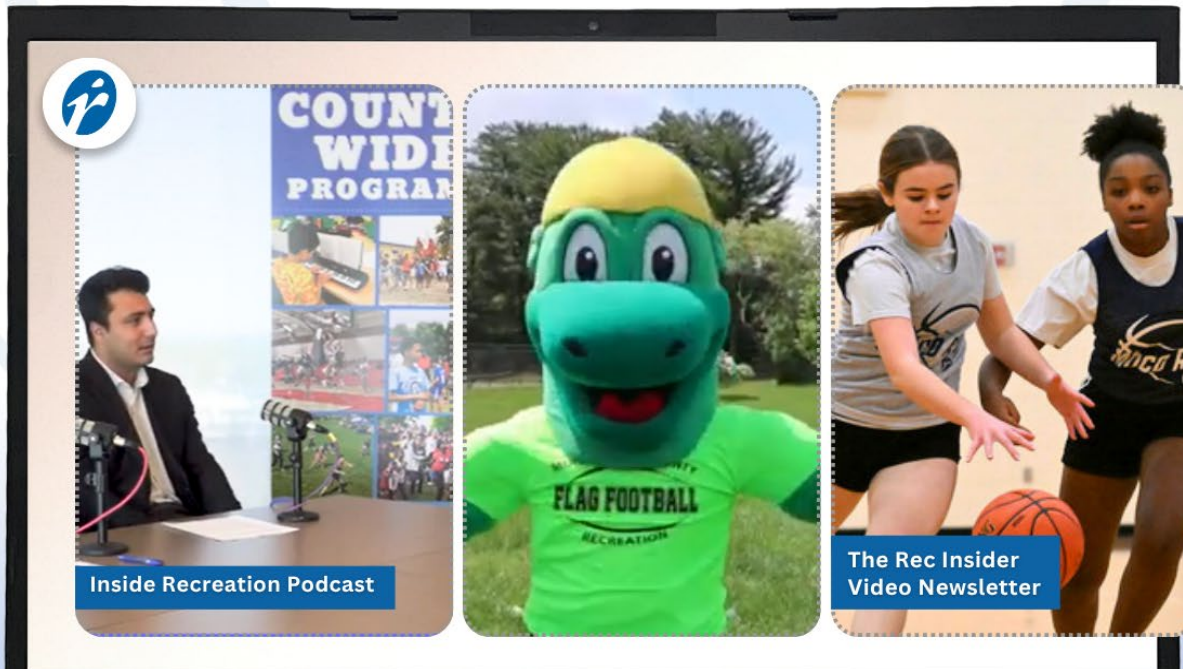


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SPORTS



BASKETBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-8	6	MCR Basketball Skills and Drills	R05012-204	Kemp Mill ES	1/14	W	6:15-7:15 p.m.	\$75
5-8	6	MCR Basketball Skills and Drills	R05012-206	Germantown	1/26	M	6-7 p.m.	\$75
9-12	6	MCR Basketball Skills and Drills	R05012-205	Kemp Mill ES	1/14	W	7:30-8:30 p.m.	\$75
9-12	6	MCR Basketball Skills and Drills	R05012-203	Cabin John MS	1/22	Th	6:15-7:45 p.m.	\$90
9-12	6	MCR Basketball Skills and Drills	R05012-207	Germantown	1/26	M	7-8 p.m.	\$75
4-5	6	Jump Start Little Hoop Stars	R05012-231	Silver Spring	1/10	Sa	12:30-1:25 p.m.	\$135
6-8	6	Jump Start Hoop Stars	R05012-232	Silver Spring	1/10	Sa	1:30-2:30 p.m.	\$135
3-5	8	OTA Juniors: Mini Hoopers	R05317-205	Arcola ES	1/10	Sa	9-9:45 a.m.	\$145
6-8	8	OTA Rising Stars: Hustle & Hoops	R05317-206	Arcola ES	1/10	Sa	10-10:55 a.m.	\$145
9-11	8	OTA Academy: Next Level Hoops	R05317-207	Arcola ES	1/10	Sa	11-11:55 a.m.	\$145

CHEER AND POMS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
5-10	8	Elementary PomPons	R05021-201	Wootton HS	1/5	M	5:30-6:30 p.m.	\$160

FLOOR HOCKEY

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-5	7	OTA Juniors: Mini Sticks	R05317-203	Kensington Parkwood ES	1/11	Su	Noon-12:45 p.m.	\$145
6-8	7	OTA Rising Stars: Quick Sticks Hockey	R05317-204	Kensington Parkwood ES	1/11	Su	1-1:55 p.m.	\$145
9-11	7	OTA Academy: Power Play Hockey	R05317-210	Kensington Parkwood ES	1/11	Su	2-2:55 p.m.	\$145



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SPORTS

MULTI-SPORTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18-36 mos.	6	Chickadee Multi-Sports	R05103-213	Lawton	1/10	Sa	10-10:40 a.m.	\$115
18-36 mos.	6	Chickadee Multi-Sports	R05103-214	Lawton	1/10	Sa	11-11:40 a.m.	\$115
1-3	9	Coach Doug Pre Wee Wanna Be	R05025-205	Germantown	1/20	Tu	9:30-10:15 a.m.	\$132
1-3	9	Coach Doug Pre Wee Wanna Be	R05025-209	Bauer Drive	1/14	W	9:30-10:15 a.m.	\$132
1-3	9	Coach Doug Pre Wee Wanna Be	R05025-211	Potomac	1/15	Th	9:30-10:15 a.m.	\$132
4-8	9	Coach Doug Seasonal Sports	R05025-203	Oakland Terrace ES	1/17	Sa	11-11:45 a.m.	\$132
4-8	9	Coach Doug Seasonal Sports	R05025-207	Germantown	1/20	Tu	4:15-5 p.m.	\$132
4-8	9	Coach Doug Seasonal Sports	R05025-213	Potomac	1/15	Th	4:15-5 p.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-201	Oakland Terrace ES	1/17	Sa	9:30-10:15 a.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-202	Oakland Terrace ES	1/17	Sa	10:15-11 a.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-206	Germantown	1/20	Tu	10:15-11 a.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-210	Bauer Drive	1/14	W	10:15-11 a.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-212	Potomac	1/15	Th	10:15-11 a.m.	\$132
3-6	9	Coach Doug Wee Wanna Be	R05025-216	Potomac	1/18	Su	10:15-11 a.m.	\$132



QUESTIONS?

CONTACT CUSTOMER SERVICE



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240-777-6840

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SPORTS

PICKLEBALL CLASSES



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	2	Beginner	R05261-203	Potomac	1/27	Tu	Noon-2 p.m.	\$80
18 and up	2	Beginner	R05261-205	Potomac	3/10	Tu	Noon-2 p.m.	\$80
18 and up	1	Beginner	R05261-224	Longwood	2/21	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	3	Beginner	R05261-225	North Potomac	3/16	M	Noon-1:30 p.m.	\$90
18 and up	1	Beginner	R05261-262	Longwood	1/10	Sa	10-11 a.m.	\$30
18 and up	1	Beginner	R05261-240	Longwood	1/24	Sa	10-11 a.m.	\$30
18 and up	1	Beginner	R05261-229	Longwood	2/7	Sa	10-11 a.m.	\$30
18 and up	2	Beginner	R05261-267	Silver Spring	1/12	M	6-7:15 p.m.	\$50
18 and up	3	Beginner	R05261-231	Coffield	1/28	W	6-7:15 p.m.	\$75
18 and up	2	Beginner	R05261-232	Coffield	3/18	W	6:30-8:30 p.m.	\$80
18 and up	3	Beginner	R05261-236	Lawton	2/4	W	11 a.m.-12:30 p.m.	\$90
18 and up	3	Beginner 1.0	R05261-212	North Potomac	1/26	M	Noon-1:30 p.m.	\$90
18 and up	1	Beginner 1.0	R05261-245	Ross Boddy	1/13	Tu	6-8:30 p.m.	\$55
18 and up	3	Beginner 1.0	R05261-268	Silver Spring	2/2	M	6-7:15 p.m.	\$75
18 and up	3	Advance Beginner 1.5-2.0	R05262-224	Coffield	2/18	W	6-7:15 p.m.	\$75
18 and up	2	Advance Beginner 2.0+	R05262-237	Silver Spring	1/12	M	7:15-8:30 p.m.	\$50
18 and up	3	Advance Beginner 2.5-3.0	R05262-219	North Potomac	3/16	M	1:30-3 p.m.	\$90
18 and up	3	Advance Beginner 2.5-3.0	R05262-204	Lawton	3/4	W	11 a.m.-12:30 p.m.	\$90
18 and up	2	Intermediate	R05262-211	Potomac	2/24	Tu	Noon-2 p.m.	\$80
18 and up	3	Intermediate 3.0-3.5	R05262-203	Lawton	2/4	W	12:30-2 p.m.	\$90
18 and up	3	Intermediate 3.0-3.5	R05262-227	Lawton	1/7	W	12:30-2 p.m.	\$90
18 and up	3	Intermediate 3.0-3.5	R05262-228	Lawton	3/4	W	12:30-2 p.m.	\$90
18 and up	3	Intermediate 3.0-3.5+	R05262-238	Silver Spring	2/2	M	7:15-8:30 p.m.	\$75
3-6	5	Pickleball Paradise	R05261-222	Bauer Drive	2/1	Su	12:15-1 p.m.	\$92



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SPORTS

PICKLEBALL CLINICS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	3	Beginner Drill	R05261-214	North Potomac	2/23	M	Noon-1:30 p.m.	\$90
18 and up	1	Beginner Skills and Drills	R05261-228	Longwood	1/31	Sa	10-11 a.m.	\$30
18 and up	1	Beginner Skills and Drills	R05261-243	Longwood	3/7	Sa	10 a.m.-12:30 p.m.	\$55
18 and up	2	Advance Beginner Drills	R05261-217	Potomac	3/24	Tu	Noon-2 p.m.	\$80
18 and up	3	Advance Beginner Drills 2.5-3.0	R05262-207	Coffield	1/7	W	6-7:15 p.m.	\$75
18 and up	3	Advance Beginner Drills 2.5-3.0	R05262-223	Coffield	1/28	W	7:15-8:30 p.m.	\$75
18 and up	3	Advance Beginner Drills 2.5-3.0	R05262-226	Lawton	1/7	W	11 a.m.-12:30 p.m.	\$90
18 and up	3	Advance Beginner Skills and Drills	R05261-213	North Potomac	1/26	M	1:30-3 p.m.	\$90
18 and up	1	Advance Beginner Skills and Drills	R05261-230	Longwood	1/17	Sa	10-11 a.m.	\$30
18 and up	1	Advance Beginner Skills and Drills	R05261-246	Ross Boddy	1/20	Tu	6-8:30 p.m.	\$55
18 and up	3	Advanced Beginner/Intermediate Drill	R05262-239	Silver Spring	3/2	M	6-7 p.m.	\$60
18 and up	3	Advanced Beginner/Intermediate Drill	R05262-240	Silver Spring	3/23	M	6-7 p.m.	\$60
18 and up	3	Intermediate 3.0-3.5 Drills	R05262-221	North Potomac	2/23	M	1:30-3 p.m.	\$90
18 and up	1	Intermediate Better Volley	R05263-203	Potomac	2/17	Tu	Noon-2 p.m.	\$40
18 and up	1	Intermediate Better Volley	R05263-206	Lawton	1/28	W	12:30-2 p.m.	\$30
18 and up	3	Intermediate Drills 3.0-3.5	R05262-208	Coffield	1/7	W	7:15-8:30 p.m.	\$75
18 and up	3	Intermediate Drills 3.0-3.5	R05262-225	Coffield	2/18	W	7:15-8:30 p.m.	\$75
18 and up	2	Intermediate Skills and Drills 3.0-3.5	R05262-222	Potomac	1/13	Tu	Noon-2 p.m.	\$80
18 and up	1	Neutralizing Bangers	R05263-201	Potomac	2/10	Tu	Noon-2 p.m.	\$40
18 and up	1	Neutralizing Bangers Intermediate	R05263-207	Lawton	1/28	W	11 a.m.-12:30 p.m.	\$30
18 and up	1	Skills and Drills	R05262-236	Longwood	3/21	Sa	10 a.m.-12:30 p.m.	\$55



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SPORTS



SOCCER

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
3-7	9	Coach Doug Soccer	R05025-204	Oakland Terrace ES	1/17	Sa	11:45 a.m.-12:30 p.m.	\$132
3-7	9	Coach Doug Soccer	R05025-208	Germantown	1/20	Tu	5-5:45 p.m.	\$132
3-7	9	Coach Doug Soccer	R05025-214	Potomac	1/15	Th	5-5:45 p.m.	\$132
3-7	9	Coach Doug Soccer	R05025-217	Potomac	1/18	Su	9:30-10:15 a.m.	\$132
7-9	5	CORE Elite Indoor Soccer Clinic	R05103-201	Mid-County	1/16	F	4:15-5:05 p.m.	\$175
7-9	5	CORE Elite Indoor Soccer Clinic	R05103-203	Ross Boddy	1/15	Th	6:30-7:20 p.m.	\$175
10-15	5	CORE Elite Indoor Soccer Clinic	R05103-202	Mid-County	1/16	F	5:10-6 p.m.	\$175
10-15	5	CORE Elite Indoor Soccer Clinic	R05103-204	Ross Boddy	1/15	Th	7:30-8:20 p.m.	\$175
10-15	5	CORE Girls Elite Soccer Clinic	R05103-206	Good Hope	1/10	Sa	4:10-5 p.m.	\$175
7-9	5	CORE Girls Elite Soccer Clinic	R05103-205	Good Hope	1/10	Sa	5:10-6 p.m.	\$175
3-4	6	Jump Start Hummingbirds Soccer	R05103-211	Silver Spring	1/10	Sa	11-11:55 a.m.	\$135
5-6	6	Jump Start Hummingbirds Soccer	R05103-212	Silver Spring	1/10	Sa	10-10:55 a.m.	\$135

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SPORTS

VOLLEYBALL



Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
14-17	6	Level 1 Skills Development Clinic	R05124-203	Wheaton	1/15	Th	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-216	Wheaton	3/26	Th	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-206	Bauer Drive	1/16	F	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-209	Mid-County	1/12	M	7:45-8:45 p.m.	\$119
14-17	6	Level 1 Skills Development Clinic	R05124-220	Bauer Drive	3/27	F	7:45-8:45 p.m.	\$119
14-17	6	Level 2 Skills Development Clinic	R05124-213	Wheaton	1/15	Th	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-217	Wheaton	3/26	Th	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-212	Bauer Drive	1/16	F	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-221	Bauer Drive	3/27	F	7:45-8:45 p.m.	\$139
14-17	6	Level 2 Skills Development Clinic	R05124-232	Mid-County	1/12	M	7:45-8:45 p.m.	\$139



55+ PROGRAMS

SENIORS PICKLEBALL

VIEW ACTIVITIES 🔍

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SPORTS

VOLLEYBALL

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-11	6	Skills Development Clinic	R05124-201	Wheaton	1/15	Th	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-204	Bauer Drive	1/16	F	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-207	Mid-County	1/12	M	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-214	Wheaton	3/26	Th	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-218	Bauer Drive	3/27	F	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-222	Germantown	1/14	W	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-226	Germantown	3/25	W	5:45-6:45 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-237	Potomac	1/13	Tu	6:30-7:30 p.m.	\$119
8-11	6	Skills Development Clinic	R05124-241	Potomac	3/24	Tu	6:30-7:30 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-202	Wheaton	1/15	Th	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-205	Bauer Drive	1/16	F	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-208	Mid-County	1/12	M	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-215	Wheaton	3/26	Th	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-219	Bauer Drive	3/27	F	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-223	Germantown	1/14	W	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-227	Germantown	3/25	W	6:45-7:45 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-238	Potomac	1/13	Tu	6:30-7:30 p.m.	\$119
12-13	6	Skills Development Clinic	R05124-242	Potomac	3/24	Tu	6:30-7:30 p.m.	\$119
14-17	6	Skills Development Clinic	R05124-224	Germantown	1/14	W	7:45-8:45 p.m.	\$119
14-17	6	Skills Development Clinic	R05124-228	Germantown	3/25	W	7:45-8:45 p.m.	\$119
14-17	6	Skills Development Clinic Level 1	R05124-239	Potomac	1/13	Tu	7:30-8:30 p.m.	\$119
14-17	6	Skills Development Clinic Level 1	R05124-243	Potomac	3/24	Tu	7:30-8:30 p.m.	\$119
14-17	6	Skills Development Clinic Level 2	R05124-240	Potomac	1/13	Tu	7:30-8:30 p.m.	\$139
14-17	6	Skills Development Clinic Level 2	R05124-244	Potomac	3/24	Tu	7:30-8:30 p.m.	\$139



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SPORTS LEAGUES

BASKETBALL

Youth Instructional - Grades K-2



Activity	# of Weeks	League Division	Region	Grade Level	Start Date	Day(s)	Time	Fee
R05152-201	8	Boys West (Free Agent)	West County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05140-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05149-201	8	Co-Rec North (Free Agent)	North County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05155-201	8	Girls West (Free Agent)	West County	K	1/10	Sa	9 a.m.-6 p.m.	\$40
R05153-201	8	Boys West (Free Agent)	West County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05141-201	8	Co-Rec Mid/East (Free Agent)	Mid/East County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05150-201	8	Co-Rec North (Free Agent)	North County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05156-201	8	Girls West (Free Agent)	West County	1	1/10	Sa	9 a.m.-6 p.m.	\$40
R05136-201	8	Boys Mid/East (Free Agent)	Mid/East County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05145-201	8	Boys North (Free Agent)	North County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05154-201	8	Boys West (Free Agent)	West County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05139-201	8	Girls Mid/East (Free Agent)	Mid/East County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05148-201	8	Girls North (Free Agent)	North County	2	1/10	Sa	9 a.m.-6 p.m.	\$40
R05157-201	8	Girls West (Free Agent)	West County	2	1/10	Sa	9 a.m.-6 p.m.	\$40



WINTER WELLNESS

Montgomery County Recreation offers open gym sports at various locations.

[VIEW OPEN GYM SCHEDULE](#)


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SPORT LEAGUES

BASKETBALL

High School Boys - Grades 9-12

Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05209-201	8	Boys Intermediate (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05208-201	8	Boys Advanced (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05211-201	8	Boys Intermediate (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05210-201	8	Boys Advanced (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05213-201	8	Boys Intermediate (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05212-201	8	Boys Advanced (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05215-201	8	Boys Intermediate (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85
R05214-201	8	Boys Advanced (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85

High School Girls - Grades 9-12

Activity	# of Games	League Division	Location	Grade Level	Start Date	Day(s)	Time	Fee
R05217-201	8	Girls Intermediate (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05216-201	8	Girls Advanced (Free Agent)	Multiple	9	1/10	Sa	9 a.m.-6 p.m.	\$85
R05219-201	8	Girls Intermediate (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05218-201	8	Girls Advanced (Free Agent)	Multiple	10	1/10	Sa	9 a.m.-6 p.m.	\$85
R05221-201	8	Girls Intermediate (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05220-201	8	Girls Advanced (Free Agent)	Multiple	11	1/11	Su	Noon-6 p.m.	\$85
R05223-201	8	Girls Intermediate (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85
R05222-201	8	Girls Advanced (Free Agent)	Multiple	12	1/11	Su	Noon-6 p.m.	\$85

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05232-201	6+1 Playoff	Mens Basketball League	Bauer Drive	1/25	Su	2-9:30 p.m.	\$725
R05013-201	8	Womens Basketball Drop-In	Bauer Drive	1/25	Su	10 a.m.-Noon	\$80
R05013-202	4	Womens Basketball Drop-In	Bauer Drive	1/25	Su	10 a.m.-Noon	\$40
R05013-203	4	Womens Basketball Drop-In	Bauer Drive	3/1	Su	10 a.m.-Noon	\$40



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SPORTS LEAGUES



NFL FLAG FOOTBALL LEAGUE

Youth - Ages 6-14

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05287-306	6	Co-Rec 8U (Free Agent)	Damascus	6-8	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-307	6	Co-Rec 11U (Free Agent)	Damascus	8-11	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-308	6	Co-Rec 14U (Free Agent)	Damascus	12-14	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-301	6	Co-Rec 8U (Free Agent)	Kennedy HS	6-8	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-302	6	Co-Rec 10U (Free Agent)	Kennedy HS	8-10	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-303	6	Co-Rec 12U (Free Agent)	Wheaton HS	10-12	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-304	6	Co-Rec 14U (Free Agent)	Wheaton HS	12-14	4/12	Su	8 a.m.-5 p.m.	\$60
R05287-305	6	Girls 14U (Free Agent)	Wheaton HS	12-14	4/12	Su	8 a.m.-5 p.m.	\$60

PICKLEBALL

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05348-204	5	Ladder League	Longwood	1/10	Sa	11 a.m.-12:30 p.m.	\$55
R05384-201	6	Ladder League	Silver Spring	3/2	M	7-8:30 p.m.	\$65
R05310-201	6	Ladder League 20-25	Bauer Drive	1/12	M	6-9:30 p.m.	\$65
R05310-202	6	Ladder League 20-25	Bauer Drive	3/9	M	6-9:30 p.m.	\$65
R05314-201	6	Ladder League 20-25	Longwood	1/15	Th	6-9:30 p.m.	\$65
R05314-202	6	Ladder League 20-25	Longwood	3/5	Th	6-9:30 p.m.	\$65
R05311-201	6	Ladder League 25-30	Bauer Drive	1/12	M	6-9:30 p.m.	\$65
R05311-202	6	Ladder League 25-30	Bauer Drive	3/9	M	6-9:30 p.m.	\$65
R05315-201	6	Ladder League 25-30	Longwood	1/15	Th	6-9:30 p.m.	\$65
R05315-202	6	Ladder League 25-30	Longwood	3/5	Th	6-9:30 p.m.	\$65
R05348-205	6	Ladder League 25-30	Ross Boddy	2/3	Tu	5:45-9:30 p.m.	\$65
R05312-201	6	Ladder League 30-35	Bauer Drive	1/12	M	6-9:30 p.m.	\$65
R05312-202	6	Ladder League 30-35	Bauer Drive	3/9	M	6-9:30 p.m.	\$65
R05348-206	6	Ladder League 30-35	Ross Boddy	2/3	Tu	5:45-9:30 p.m.	\$65
R05316-201	6	Ladder League Expert 30-35	Longwood	1/15	Th	6-9:30 p.m.	\$65
R05316-202	6	Ladder League Expert 30-35	Longwood	3/5	Th	6-9:30 p.m.	\$65



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SPORT LEAGUES

ULTIMATE FRISBEE LEAGUE - INDOOR

Adult - Ages 18 and up

Activity	# of Games	League Division	Location	Start Date	Day(s)	Time	Fee
R05119-204	9	Womens	Wisconsin Place	1/5	M	6:30-9:30 p.m.	\$65
R05119-205	9	Mens	Wisconsin Place	1/5	M	6:30-9:30 p.m.	\$65

VOLLEYBALL

Youth - Ages 10-17

Activity	# of Games	League Division	Location	Ages	Start Date	Day(s)	Time	Fee
R05319-201	5+ playoff	HERtime2shine Co-Rec	Silver Spring	10-11	1/11	Su	9 a.m.-1 p.m.	\$80
R05319-206	5+ playoff	HERtime2shine Co-Rec	Silver Spring	12-13	1/11	Su	1-5 p.m.	\$80
R05319-207	4+ playoff	HERtime2shine Co-Rec	East County	12-13	1/17	Sa	12:45-6:45 p.m.	\$70
R05319-203	5+ playoff	HERtime2shine Co-Rec	Mid-County	14-17	1/11	Su	2:30-8:30 p.m.	\$80
R05319-205	4+ playoff	HERtime2shine Girls	Churchill HS	14-17	1/31	Sa	5:30-10:30 p.m.	\$70



MONTGOMERY COUNTY RECREATION

REC REFEREES & SCOREKEEPERS WANTED

2026

The Recreation Department is seeking officials for the **2026** season.

For more information, contact
Rec.Sports@montgomerycountymd.gov.



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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

ARTS, DRAMA AND GAMES

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-15	6	Paint and Punch	R06009-206	Germantown	2/1	Su	1-1:45 p.m.	\$30
6-14	6	Dance Creation: Create Your Own Dance Moves	R06020-208	Germantown	2/1	Su	2-2:30 p.m.	\$30
6-14	6	Brain Games	R06020-209	Germantown	2/1	Su	2:30-3 p.m.	\$30
6-12	5	Caring for Animals	R06009-210	Longwood	1/10	Sa	11:15 a.m.-12:15 p.m.	\$30
18 and up	7	Create with Clay	R06009-211	Ross Boddy	1/12	M	11 a.m.-Noon	\$105
18 and up	7	Create with Clay	R06009-212	Ross Boddy	1/12	M	1:30-2:30 p.m.	\$105
6-14	6	Drama: Facial Expressions	R06020-206	Upper County	2/5	Th	6:30-7:15 p.m.	\$30
15 and up	6	Drama: Facial Expressions	R06020-207	Upper County	2/5	Th	7:15-8 p.m.	\$30
6-14	8	Kaleidoscope Art	R06009-201	Good Hope	1/14	W	5-6 p.m.	\$35
15 and up	8	Kaleidoscope Art	R06009-202	Good Hope	1/14	W	6:15-7:15 p.m.	\$35
15 and up	3	Paint	R06009-205	Plum Gar	2/7	Sa	12:30-1:30 p.m.	\$15



WE SUPPORT ACCESSIBILITY

Individuals with disabilities are encouraged to register for MCR programs. Early notification allows us time to put accommodations in place.

For more info, email:

rec.inclusion@montgomerycountymd.gov

ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

[VIEW ADAPTED SWIM LESSONS](#)

THE REC INSIDER



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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

FITNESS AND WELLNESS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-14	6	Movin Like a Yogi	R06024-201	Germantown	2/4	W	6:30-7:15 p.m.	\$30
15 and up	6	Movin Like a Yogi	R06024-202	Germantown	2/4	W	7:15-8 p.m.	\$30
7-12	8	Neural Movement: Fitness and Focus	R06045-201	Wheaton	1/17	Sa	Noon-12:50 p.m.	\$30
13-18	9	Neural Movement: Fitness and Focus	R06045-203	Wheaton	1/16	F	4-4:50 p.m.	\$35
13-18	8	Neural Movement: Fitness and Focus	R06045-202	Wheaton	1/17	Sa	1-1:50 p.m.	\$30
19 and up	9	Neural Movement: Fitness and Focus	R06045-205	Bauer Drive	1/13	Tu	11-11:50 a.m.	\$35
19 and up	9	Neural Movement: Fitness and Focus	R06045-204	Wheaton	1/16	F	2:15-3:05 p.m.	\$35
18 and up	10	Virtual Moving with Mike: Seated Exercise	R06015-204	Virtual Class	1/11	Su	1-2 p.m.	\$50
10 and up	8	Virtual Stretch 'n Tone	R06015-201	Virtual Class	1/22	Th	7-7:45 p.m.	FREE
12 and up	8	ZamDance	R06030-201	Bauer Drive	1/13	Tu	5-6 p.m.	\$40
12 and up	8	ZamDance	R06030-202	North Potomac	1/15	Th	5-6 p.m.	\$40
15 and up	8	Zumba	R06025-203	Germantown	1/13	Tu	7-8 p.m.	\$40

THERAPEUTIC RECREATION

SPRING BREAK CAMPS

2026

Spring Break starts here!

Register for spring break camp activities for individuals with disabilities here!

**MARCH 30-
APRIL 3**

ACTIVITY

R06003

Scan to register:



To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com





THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

MUSIC

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
8-13	8	Musical Games	R06040-205	Silver Spring	1/17	Sa	11-11:50 a.m.	\$40
6-11	6	Sensory Beat Bash! Group Drumming	R06036-201	Praisner	1/26	M	5-5:50 p.m.	\$40
12-21	6	Sensory Beat Bash! Group Drumming	R06036-202	Praisner	1/26	M	6-6:50 p.m.	\$40
6-13	8	Sing and Swim	R06040-204	Silver Spring	1/17	Sa	Noon-2 p.m.	\$40

COOKING

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
6-11	4	Lunch Bunch	R06007-203	North Potomac	1/25	Su	12:30-2 p.m.	\$45
12-21	4	Lunch Bunch	R06007-204	North Potomac	1/25	Su	2:30-4 p.m.	\$45
6-18	1	Parents Night Off	R06046-200	Silver Spring	1/23	F	6-8:30 p.m.	\$35
6-18	2	Parents Night Off	R06046-201	Silver Spring	3/13	F	6-8:30 p.m.	\$35

ENJOY RECREATION WITHOUT BARRIERS

Montgomery County Recreation's Therapeutic Recreation (TR) programs offer a wide range of activities and events for individuals with disabilities and their families to enjoy throughout the year.



WATCH THE VIDEO →

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THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

SPORTS

Ages	Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
10-13	7	Adaptive Athletes Basketball Skills and Drills (Middle School)	R06044-201	North Potomac	1/21	W	6-6:50 p.m.	\$30
14-21	7	Adaptive Athletes Basketball Skills and Drills (High School)	R06044-202	North Potomac	1/21	W	7-7:50 p.m.	\$30
18 and up	8	Adult Basketball	R06012-201	Mid-County	1/11	Su	12:30-2 p.m.	\$50
12-17	8	Pickleball	R06042-201	Bauer Drive	1/18	Su	1-1:45 p.m.	\$20
18 and up	8	Pickleball	R06042-202	Bauer Drive	1/18	Su	1:45-2:30 p.m.	\$20
7-11	6	Poms	R06038-201	Wootton HS	1/26	M	6:45-7:30 p.m.	\$30
9-12	1	Indoor Rock Climbing	R06043-201	North Potomac	2/18	W	6-6:50 p.m.	\$5
9-12	1	Indoor Rock Climbing	R06043-203	White Oak	1/21	W	6-6:50 p.m.	\$5
13-18	1	Indoor Rock Climbing	R06043-202	North Potomac	2/18	W	7-7:50 p.m.	\$5
13-18	1	Indoor Rock Climbing	R06043-204	White Oak	1/21	W	7-7:50 p.m.	\$5
6-14	9	Seasonal Sports Skills	R06019-201	Oakland Terrace ES	1/17	Sa	12:30-1:15 p.m.	\$45
15 and up	9	Seasonal Sports Skills	R06019-202	Potomac	1/18	Su	11-11:45 a.m.	\$45


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SPECIAL EVENTS

Join us this winter for various special events designed for individuals with disabilities.



Youth

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
4-13	Letters to Santa	R03003-604	Germantown	12/6	Sa	1-2 p.m.	FREE
6-17	Totally Great Inclusive Fun Night	R06005-201	Bauer Drive	2/6	F	6-8 p.m.	\$5
2-17	Egg-travaganza	R06008-201	Bauer Drive	3/14	Sa	11 a.m.-1 p.m.	FREE
6-17	Totally Great Inclusive Fun Night	R06005-202	Bauer Drive	3/6	F	6-8 p.m.	\$5

Adults

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
18 and up	Let's Boogie Dance	R06051-201	Longwood	1/16	F	1-2:30 p.m.	\$5
18 and up	All Star Football Dance	R06014-201	East County	1/24	Sa	6-9 p.m.	\$10
18 and up	Valentine's Dance	R06051-202	Upper County	2/20	F	1-2:30 p.m.	\$5
18 and up	Pajama Party Dance	R06014-202	Longwood	2/28	Sa	6-9 p.m.	\$10
18 and up	Spring Madness Dance	R06051-203	White Oak	3/20	F	1-2:30 p.m.	\$5
18 and up	Wild West Dance	R06014-203	Potomac	3/28	Sa	6-9 p.m.	\$10
18 and up	Be Good to Your Heart	R06006-202	Wheaton	2/14	Sa	1-4 p.m.	\$10
18 and up	BIG Game Night	R06004-201	White Oak	1/16	F	6:30-8:30 p.m.	\$10
18 and up	BIG Game Night	R06004-202	White Oak	2/20	F	6:30-8:30 p.m.	\$10
18 and up	BIG Game Night	R06004-203	White Oak	3/20	F	6:30-8:30 p.m.	\$10
18 and up	Pie Day Celebration	R06006-203	Bauer Drive	3/14	Sa	1-4 p.m.	\$10
21 and up	Baltimore and Ohio Ellicott City Station Museum Day Trip	R06050-201	Olney Manor RP	3/18	W	9 a.m.-3 p.m.	\$20

Family

Ages	Class Title	Activity	Location	Start Date	Day(s)	Time	Fee
2 and up	Sunday Funday Swim	R06010-201	GISC	2/22	Su	2-5 p.m.	\$5
2 and up	Sunday Funday Swim	R06010-202	Silver Spring	3/22	Su	Noon-4 p.m.	\$5

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WHERE THE
FUN
BEGINS



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MONTGOMERY COUNTY
Recreation
IS HIRING

FULL TIME, PART-TIME AND
SEASONAL POSITIONS
AVAILABLE!

From working in our after-school
programs, to lifeguarding at our
pools, there are a variety of
opportunities available.

**CHECK OUT
THE FULL LIST
OF OPEN
POSITIONS
ONLINE**



55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Card Making	R07095-227	Schweinhaut	12/13	Sa	11:30 a.m.-2:30 p.m.
23	Ceramic Class	R07098-204	Schweinhaut	12/2	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramics (Painting)*	R07098-203	Silver Spring	12/3	W	Noon-3:30 p.m.
3	Crafty Companions	R07095-233	North Potomac	12/8	M	4-5 p.m.
11	Drawing Club	R07052-211	Damascus	12/3	W	2-3 p.m.
2	Evening Crafters	R07095-218	North Potomac	12/10	W	4-5:30 p.m.
12	Fun with Art	R07052-204	Schweinhaut	12/3	W	10 a.m.-Noon
11	Intro to Drawing	R07095-202	Wheaton	12/4	Th	11 a.m.-Noon
11	Jewelry Club (Non-Instructional)	R07117-201	Wheaton	12/4	Th	1-2:30 p.m.
8	Mosaics*	R07095-238	Damascus	1/6	Tu	9:30-11:30 a.m.
3	Origami Class	R07096-202	Schweinhaut	12/8	M	1-3 p.m.
2	Painting	R07095-232	North Potomac	12/3	W,Th	3-4 p.m.
13	Painting with Acrylics	R07095-203	Wheaton	12/5	F	11 a.m.-Noon
6	Watercolor	R03061-200	Lawton	12/16	Tu	1-2:30 p.m.
6	Watercolor Painting*	R07095-263	Damascus	1/12	M	10 a.m.-12:30 p.m.
8	Watercolor Painting	R07052-201	Long Branch	12/2	Tu	10-11 a.m.
8	Watercolor Painting*	R07095-228	Silver Spring	12/1	M	Noon-2 p.m.
5	Watercolor Painting Practice	R07052-202	Long Branch	12/2	Tu	10-11 a.m.

*This activity has a fee.

KNIT, CROCHET AND MORE

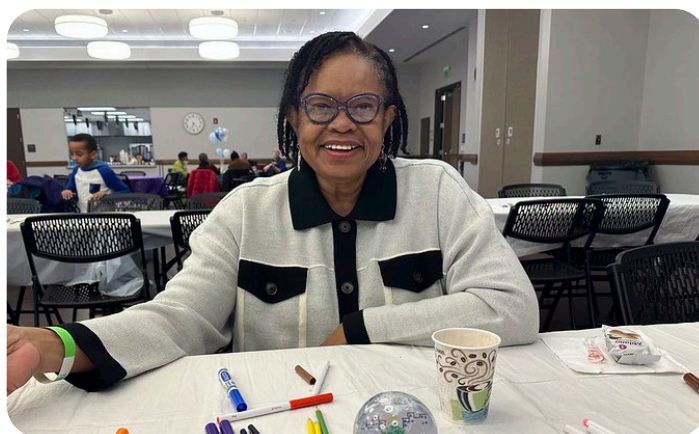
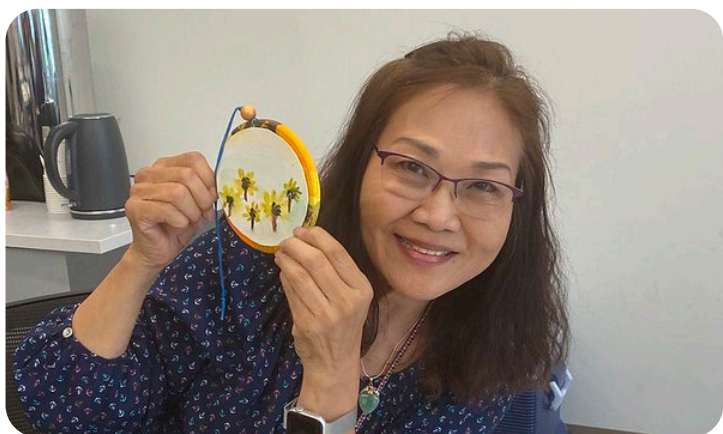
Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-210	Long Branch	12/3	W	1:15-2:15 p.m.
13	Knit and Crochet Group	R07003-201	North Potomac	12/2	Tu	1-3 p.m.
12	Knit and Crochet Group	R07003-208	North Potomac	12/5	F	12:30-2:30 p.m.
8	Knit and Crochet Workshop	R07003-204	Holiday Park	1/7	W	10-11:30 a.m.
11	Needlecraft, Crochet and Sewing Club	R07053-203	Silver Spring	12/5	F	2-4 p.m.
11	Needlecraft Club	R07053-220	Damascus	12/4	Th	10:30 a.m.-12:30 p.m.
24	Needles and Yarn	R07003-203	Wheaton	12/1	M,Tu	1-3 p.m.
6	Quilting Club	R07053-221	Damascus	1/5	M	2-3:45 p.m.
12	Sewing for Beginners*	R07095-234	Silver Spring	12/2	Tu	10 a.m.-Noon
12	Stitchers	R07003-205	Schweinhaut	12/3	W,F	1-3 p.m.


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ARTS AND COOKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Cooking for Beginners	R07048-201	Silver Spring	12/2	Tu	12:30-2:30 p.m.
4	Photography Club	R07001-202	Holiday Park	1/7	W	10 a.m.-Noon
12	Reader's Theater	R07056-204	Damascus	12/1	M	2:30-3:30 p.m.
3	Seasoned Players	R07056-203	Schweinhaut	12/3	W	1:30-3:30 p.m.
8	Woodcarving	R07002-202	Holiday Park	1/9	F	1-3 p.m.



QUESTIONS?

CONTACT CUSTOMER SERVICE



Call customer service or send an email.
240-777-6840

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DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Ballet	R07012-202	Wheaton	12/2	Tu	1:30-2:30 p.m.
11	Ballet	R07012-227	Silver Spring	12/3	W	10-11 a.m.
12	Ballet	R07012-201	Wheaton	12/3	W	2:15-3:15 p.m.
12	Ballroom Dance	R07050-206	Schweinhaut	12/3	W	Noon-1 p.m.
11	Ballroom Dancing Practice	R07129-211	Damascus	12/4	Th	1-2:30 p.m.
23	Ballroom/Line Dance	R07011-202	Wheaton	12/3	W,Th	1-2 p.m.
8	BIODANZA	R07028-202	Holiday Park	12/5	F	9:45-10:50 a.m.
12	Cardio Dance Fitness	R07012-239	Wheaton	12/3	W	9:05-9:50 a.m.
13	Cardio Fit	R07012-238	North Potomac	12/3	W	9:15-10:15 a.m.
13	Chinese Classical Folk Dance	R07009-203	North Potomac	12/2	Tu	1-3 p.m.
12	Chinese Dance and Fitness	R07012-206	Wheaton	12/3	W	9-10:45 a.m.
13	Chinese Folk Dancing	R07009-201	North Potomac	12/3	W	1-2 p.m.
11	Chinese Folk Dancing	R07012-205	Wheaton	12/1	M	1-2 p.m.
13	Chinese Folk Dancing	R07009-200	White Oak	12/2	Tu	10:30 a.m.-Noon
8	Chinese Folk Dancing (Beginner)	R07009-207	Holiday Park	1/9	F	1-2 p.m.
11	Chinese Line Dancing	R07009-219	Long Branch	12/1	M	9:30-10:30 a.m.
10	Dance Fitness	R07012-204	Schweinhaut	12/1	M	9:30-10:30 a.m.
8	Dance for Fun and Fitness	R07012-241	Silver Spring	12/4	Th	2-3 p.m.
13	Dance for Posture and Elegance (Mandarin)	R07009-204	North Potomac	12/4	Th	1-3 p.m.
10	Dance with Me!	R07011-208	Wheaton	12/1	M	9:05-9:55 a.m.
13	International Ballroom Dancing	R07057-202	North Potomac	12/3	W	1-3 p.m.
11	International Folk Dance Instruction	R07009-202	North Potomac	12/5	F	12:15-1:15 p.m.


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DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Jazz Dance	R07012-242	Silver Spring	12/5	F	2-3 p.m.
10	LaBlast	R03052-205	Longwood	1/15	Th	10-11 a.m.
12	Line Dance	R03048-201	Potomac	1/6	Tu	10:15-11:15 a.m.
12	Line Dance	R03048-203	Potomac	1/7	W	10:30-11:30 a.m.
12	Line Dance	R03048-204	Potomac	1/8	Th	10:30-11:30 a.m.
12	Line Dance	R03048-202	Potomac	1/9	F	10:15-11:15 a.m.
12	Line Dancing	R07011-207	Schweinhaut	12/6	Sa	10:30 a.m.-Noon
10	Line Dancing - Trail Ride	R07011-205	North Potomac	12/12	F	1:30-2:15 p.m.
11	Martial Arts Health and Dance	R07010-202	North Potomac	12/6	Sa	9:30-11 a.m.
12	Martial Arts Health and Dance	R03052-203	Potomac	1/5	M	10:30-11:30 a.m.
12	Martial Arts Health and Dance	R03052-204	Potomac	1/10	Sa	2-4 p.m.
10	Move and Groove Fitness	R03027-2021	Germantown	1/3	Sa	10-11 a.m.
12	Sacred Circle Dance	R07012-203	Wheaton	12/3	W	3:05-4:35 p.m.
11	Soul Line Dance	R07005-210	White Oak	12/4	Th	10:15-11:15 a.m.
13	Superpower Dance Circle	R07012-236	Long Branch	12/2	Tu	10-11 a.m.
12	Superpower Dance Circle	R07012-217	Wheaton	12/3	W	11-11:45 a.m.
11	Superpower Dance Circle	R07012-233	White Oak	12/4	Th	12:45-1:45 p.m.
9	Superpower Dance Circle	R07012-226	Silver Spring	12/6	Sa	11 a.m.-Noon
12	Superpower Line Dance	R07005-212	Silver Spring	12/2	Tu	12:30-1:30 p.m.
12	Tap Dance*	R07007-223	Damascus	12/1	M	11 a.m.-12:30 p.m.
11	Yuan Chi Dance	R07012-240	Wheaton	12/1	M	2:30-4 p.m.


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EDUCATIONAL COMPUTER

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Tech Resources for Everyday Life	R07084-201	Holiday Park	1/13	Tu,Th	10-11:15 a.m.
3	Tech Tutoring	R07105-207	North Potomac	12/4	Th	3:30-4:30 p.m.

DISCUSSIONS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Golden Meet and Greet	R07092-207	Holiday Park	1/6	Tu, F	9-10 a.m.
6	Active Living in Spanish- Cafecito y Amistad	R07087-204	Holiday Park	1/5	M	10-10:50 a.m.
2	Book Club	R07065-201	Holiday Park	1/21	W	3-4 p.m.
3	Book Discussion	R07065-203	Schweinhaut	12/9	Tu	1-2:30 p.m.
3	Chat with the Senior Center Director	R07314-202	North Potomac	12/5	F	11-11:45 a.m.
3	Chat with the Senior Center Director	R07314-201	Wheaton	12/30	Tu	10-11 a.m.
3	Coffee and Conversation with Staff	R07092-206	Schweinhaut	12/18	Th	9:30-10:15 a.m.
8	Coffee House Social	R03058-200	Lawton	1/8	Thu	9:30 a.m.-12:30 p.m.
61	Coffee Social	R07092-201	Long Branch	12/1	M-F	9-10 a.m.
62	Coffee Social	R07092-218	Damascus	12/1	M-F	9-11 a.m.
8	Coping with Change	R07076-204	Holiday Park	1/8	Th	10:30-11:30 a.m.
11	Coping with Change	R07076-205	North Potomac	12/5	F	10-11 a.m.
11	Coping with Change	R07076-208	Damascus	12/4	Th	11 a.m.-Noon
13	Current Events	R07063-203	North Potomac	12/4	Th	10-11:30 a.m.
2	Fire Safety	R07092-204	Holiday Park	1/21	W	9:30-11:30 a.m.
	One Cup Coffee (or Hot Cocoa) at a Time					
8	Grupo de Apoyo Emocional	R07076-206	Holiday Park	1/6	Tu	11-11:50 a.m.
13	Jai Ho Discussion and Social Group	R07312-204	North Potomac	12/1	M	11:30 a.m.-1 p.m.
13	Morning Chat and Chew	R07063-200	White Oak	12/3	W	9:30-10:30 a.m.
3	Reader's Delight Book Club	R07078-200	White Oak	12/9	Tu	10:30-11:30 a.m.
13	Senior Circle (Formerly Coping with Change)	R07076-200	White Oak	12/1	M	10:30-11:30 a.m.
8	Share and Care	R07043-202	Holiday Park	1/6	Tu	10:30-11:30 a.m.
3	Veterans Discussion Group	R07312-203	Schweinhaut	12/10	W	1-2 p.m.
6	Views on the News	R07063-201	Holiday Park	1/5	M	10-11:25 a.m.



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EDUCATIONAL

LANGUAGE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Cultural and Positive English Exercise	R07061-203	Holiday Park	1/6	Tu,Th	10 a.m.-Noon
9	English Class	R03027-2004	Germantown	1/6	Tu	9:30 a.m.-Noon
20	English Conversation Group	R07021-204	Schweinhaut	12/1	M,Th	1-2:30 p.m.
16	Everyday English (Basic)	R07061-202	Holiday Park	1/6	Tu,Th	9:50-10:40 a.m.
13	Everyday English for Chinese Natives	R07061-205	North Potomac	12/1	M	9:30-10:30 a.m.
12	Bonjour! Basic French Conversation and Culture	R07019-203	North Potomac	12/8	M	12:15-1:15 p.m.
8	Conversational English	R07061-206	Holiday Park	1/7	W	11-11:50 a.m.
6	French Conversation	R07019-200	Schweinhaut	12/13	Sa	10:30 a.m.-Noon
12	Beginner Italian	R07021-203	Schweinhaut	12/3	W	1-2 p.m.
12	Intermediate Italian	R07021-205	Schweinhaut	12/3	W	2-3 p.m.
13	Japanese, Intermediate and Up	R07021-201	North Potomac	12/2	Tu	10:30 a.m.-Noon
6	Superpower Sign: Learn ASL Through Music and Movement	R07015-225	White Oak	1/9	F	1-1:45 p.m.
11	Beginner Spanish	R07015-205	Schweinhaut	12/4	Th	9:30-10:30 a.m.
11	Beginner Spanish	R07118-202	Wheaton	12/1	M	10-11 a.m.
11	Beginner Plus Spanish	R07015-206	Schweinhaut	12/4	Th	10:30-11:30 a.m.
13	Beginner Spanish Conversation Group	R07015-200	White Oak	12/3	W	9:45-10:45 a.m.
13	Conversational Spanish	R07118-201	Wheaton	12/5	F	10-11 a.m.
10	Conversational Spanish Practice	R07118-205	North Potomac	12/10	W	3:15-4 p.m.
13	Intermediate Spanish	R07118-204	Wheaton	12/2	Tu	10-11 a.m.
12	Intermediate Spanish	R07015-207	Schweinhaut	12/3	W	10:30-11:30 a.m.


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EDUCATIONAL SPECIALTY PROGRAMS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Brain Games	R07090-202	White Oak	12/1	M	10-11 a.m.
10	Brain Games	R07090-203	Silver Spring	12/1	M	9:30-10:30 a.m.
13	Brainworks	R07023-208	Long Branch	12/3	W	10:30-11:30 a.m.
13	Mental Movements	R07090-200	White Oak	12/5	F	11 a.m.-Noon



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EDUCATIONAL

WORKSHOP OR SPEAKER SERIES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	1 PM Educational Lectures	R07105-202	Holiday Park	12/4	M-Th	1-2 p.m.
1	Fire Safety for You in Your Home: It's About Time!	R07116-203	North Potomac	12/3	W	10:30-11:30 a.m.
5	Lunch and Learn	R07028-203	Long Branch	1/28	W	Noon-12:30 p.m.
26	Nutrition 101	R07024-204	Schweinhaut	12/2	Tu,Th	1:30-2:30 p.m.
2	Senior Nutrition Program Update	R07028-204	Virtual Class	1/12	M	1-2 p.m.
8	Wellness Matters	R07028-213	Silver Spring	1/6	Tu	9-10:30 a.m.

WRITING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Memoir Writing	R07058-206	Silver Spring	12/4	Th	1-2:30 p.m.
12	Memoir Writing for Beginners	R07058-201	Wheaton	12/3	W	10-11:30 a.m.
8	Writers Group	R07058-202	Holiday Park	1/9	F	10-11:25 a.m.
6	Writers Group	R07058-205	Schweinhaut	12/2	Tu	10 a.m.-Noon



View flyers and register for activities



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FITNESS

LOW IMPACT



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Balance and Mobility	R07039-205	Silver Spring	12/2	Tu	3-4 p.m.
3	Basic Functional Balance Exercise	R07030-205	Schweinhaut	12/5	F	9:30-10:30 a.m.
13	Chairobics	R07066-213	Damascus	12/2	Tu	10-10:45 a.m.
11	Chairobics	R07066-214	Damascus	12/3	W	10-10:45 a.m.
11	Chairobics	R07066-215	Damascus	12/4	Th	10-10:45 a.m.
11	Chairobics	R07066-216	Damascus	12/5	F	10-10:45 a.m.
9	Fitness Boot Camp	R07039-216	Silver Spring	12/6	Sat	9:30-10:30 a.m.
13	Full Body Workout	R07041-201	Wheaton	12/2	Tu	9:05-9:55 a.m.
8	Gentle Exercise	R07039-215	Holiday Park	1/9	F	11-11:50 a.m.
13	Gentle Spin	R07039-200	White Oak	12/1	M	10-11 a.m.
6	Heart Plus Exercise	R07041-203	North Potomac	12/2	Tu	3:15-4 p.m.
7	Heart Plus Exercise	R07041-204	North Potomac	12/4	Th	3:15-4 p.m.
8	Low Impact Exercise	R03053-204	Clara Barton	1/5	M	11:30 a.m.-12:30 p.m.
12	Low Impact Exercise	R03053-203	Potomac	1/7	W	10:30-11:30 a.m.
8	Muscle Up!	R07039-217	Silver Spring	12/7	Sun	1-2 p.m.
13	Muscle Up!	R07030-201	Wheaton	12/5	F	1:30-2:30 p.m.
8	Music and Fun Exercise Active Golden	R07039-221	Holiday Park	1/6	Tu	10:30-11:15 a.m.
5	Seated Meditation and Movement	R07041-208	Long Branch	1/28	W	10-10:45 a.m.
11	Sit and Be Fit	R07039-220	Silver Spring	12/5	F	1-2 p.m.
13	Sit and Be Fit	R07066-202	North Potomac	12/3	W	11-11:45 a.m.
12	Sit and Stretch	R03053-201	East County	1/9	F	11 a.m.-Noon
13	Stretch and Mobility	R03053-200	Lawton	12/3	W	12:30-1:30 p.m.
10	Stretch and Mobility	R03053-205	Longwood	1/15	Th	11:15 a.m.-12:15 p.m.
11	Stretching Exercise	R07041-205	North Potomac	12/1	M	9:30-10:45 a.m.
13	Stretching Exercise	R07041-206	North Potomac	12/3	W	9:30-10:45 a.m.
12	Stretching Exercise	R07041-207	North Potomac	12/5	F	9:30-10:45 a.m.
3	Low Impact Exercise	R07060-205	Schweinhaut	12/12	F	9:30-10:30 a.m.
23	Low Impact Exercise Video	R07060-215	White Oak	12/4	Th,F	10:30 a.m.-Noon



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FITNESS

STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Balance Boom	R07039-218	Silver Spring	12/1	M	10:15-11:15 a.m.
13	Balance Boom	R07060-200	White Oak	12/3	W	11 a.m.-Noon
12	Fall Prevention and Balance Exercise	R07060-201	Long Branch	12/3	W	11 a.m.-Noon
3	Kickboxing	R07060-204	Schweinhaut	12/19	F	9:30-10:30 a.m.
1	Fitness Room Orientation	R07060-231	Damascus	12/8	M	11-11:45 a.m.
1	Fitness Room Orientation	R07060-232	Damascus	1/12	M	11 a.m.-Noon
1	Fitness Room Orientation	R07060-233	Damascus	2/9	M	11 a.m.-Noon
10	Strength with Resistance Bands	R07060-292	Damascus	12/1	M	11-11:45 a.m.
11	Steady Strength	R07060-299	Damascus	12/4	Th	6:15-7:15 p.m.

TAI CHI

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Intermediate Yang Style Tai Chi and Chi Gong*	R05112-202	Potomac	1/14	W	2-3:15 p.m.
11	Tai Chi	R07025-219	Long Branch	12/1	M	10-11 a.m.
39	Tai Chi	R07025-210	White Oak	12/1	M,W,F	9-10 a.m.
13	Tai Chi	R07025-230	Damascus	12/2	Tu	11-11:45 a.m.
26	Tai Chi	R07025-211	White Oak	12/2	Tu,Th	2-3 p.m.
11	Tai Chi	R07025-222	Long Branch	12/3	W	2-3 p.m.
11	Tai Chi	R07025-222	Long Branch	12/3	W	2-3 p.m.
12	Tai Chi	R07025-223	Wheaton	12/3	W	2-3 p.m.
13	Tai Chi	R07025-220	Wheaton	12/5	F	10:45-11:45 a.m.
20	Tai Chi	R03046-201	Potomac	1/13	Tu,Th	10:30-11:45 a.m.
10	Tai Chi Beginners	R07025-221	Silver Spring	12/3	W	12:30-1:30 p.m.
8	Tai Chi Beginners	R07025-205	Holiday Park	1/7	W	9:30-10:20 a.m.
7	Tai Chi Beginners	R03046-202	Clara Barton	1/7	W	Noon-1 p.m.
5	Tai Chi Beginners	R03046-203	Clara Barton	1/19	M	10-11 a.m.
11	Tai Chi Chen 18	R07027-202	North Potomac	12/12	F	2:30-3:30 p.m.
12	Tai Chi Chuan	R07025-207	Schweinhaut	12/2	Tu	2-3 p.m.
10	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-215	North Potomac	1/14	W	9:15-10:45 a.m.
8	Tai Chi Exercises	R07025-202	Holiday Park	1/6	Tu	9:30-10:20 a.m.
11	Tai Chi Intermediate	R07025-218	Silver Spring	12/5	F	9-10 a.m.
13	Tai Chi Practice	R07025-217	North Potomac	12/2	Tu	9:30-11 a.m.
11	Tai Chi Practice (Mandarin)	R07025-204	North Potomac	12/1	M	9:45-11 a.m.
11	Tai Chi Practice for Beginners	R07025-224	North Potomac	12/1	M	9:15-10 a.m.
6	Tai Chi Sword	R07027-203	Holiday Park	1/5	M	2:30-3:25 p.m.

*This activity has a fee.

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WALKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Indoor/Outdoor Walking Club	R07035-225	White Oak	12/3	W	1:15-1:45 p.m.
4	Indoor Walking Club	R07035-206	Wheaton	2/4	W	10-11 a.m.
13	Trail Walking Club	R07035-222	Damascus	12/3	W	9:15-10:15 a.m.
11	Walking Club	R03057-201	East County	1/6	Tu	11 a.m.-Noon
12	Wheaton Walks	R07035-202	Wheaton	12/3	W	9:30-11 a.m.



SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.



[VIEW OPEN GYM SCHEDULE](#)



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FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Zumba	R03050-201	Clara Barton	1/7	W	3-4 p.m.
10	Zumba	R03050-203	Longwood	1/14	W	12:45-1:45 p.m.
13	Zumba	R07070-205	North Potomac	12/1	M	9:15-10:15 a.m.
13	Zumba	R07070-201	Wheaton	12/2	Tu	11-11:50 a.m.
13	Zumba	R07070-221	Long Branch	12/2	Tu	2-3 p.m.
8	Zumba	R07070-224	Damascus	12/3	W	11 a.m.-Noon
11	Zumba	R07070-202	Wheaton	12/4	Th	11-11:50 a.m.
10	Zumba	R07070-222	Silver Spring	12/4	Th	6:30-7:30 p.m.
13	Zumba	R07070-209	Wheaton	12/5	F	9:45-10:45 a.m.
10	Zumba Gold	R03050-202	Longwood	1/13	Tu	11:15 a.m.-12:15 p.m.
11	Zumba Gold	R07070-208	Wheaton	12/1	M	1:30-2:30 p.m.
26	Zumba Gold	R07070-210	White Oak	12/2	Tu,Th	9-10 a.m.
8	Zumba Gold	R07070-225	Damascus	12/4	Th	5-6 p.m.
11	Zumba Gold	R07071-202	Silver Spring	12/5	F	10-11 a.m.
13	Zumba Video	R07070-206	North Potomac	12/2	Tu	9:30-10:15 a.m.
11	Zumba Video	R07070-207	North Potomac	12/4	Th	9:30-10:15 a.m.

55+ PROGRAMS

SOAR AND DAYTRIPPERS

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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Active Golden Bingo	R07085-206	Holiday Park	1/6	Tu,F	1-2:30 p.m.
13	American Mah Jongg	R07047-200	White Oak	12/5	F	12:30-3:30 p.m.
11	American Mah Jongg	R07047-210	North Potomac	12/1	M	10 a.m.-Noon
13	American Mah Jongg	R07047-212	North Potomac	12/4	Th	1-4 p.m.
12	American Mah Jongg	R07047-262	Damascus	12/2	Tu	11:30 a.m.-3 p.m.
12	American Mah Jongg	R03054-201	Potomac	1/4	Su	Noon-2 p.m.
23	American Mah Jongg	R07047-201	Wheaton	12/1	M,W	1-4 p.m.
6	American Mah Jongg Club	R07047-202	Holiday Park	1/5	M	1-4 p.m.
11	Bid Whist	R07112-210	White Oak	12/4	Th	Noon-4 p.m.
12	Bingo	R07085-201	Long Branch	12/2	Tu	11 a.m.-Noon
13	Bingo	R07085-207	White Oak	12/2	Tu	1-2 p.m.
21	Bingo	R07085-212	Schweinhaut	12/1	M,Th	10:30-11:30 a.m.
10	Bingo	R07085-213	Silver Spring	12/4	Th	12:30-1:30 p.m.
6	Bingo: Participant's Choice	R07085-200	White Oak	12/10	W	1-2 p.m.
10	Board Games	R07112-206	Silver Spring	12/1	M	1-3 p.m.
8	Bridge	R07074-211	North Potomac	1/8	Th	1-2:30 p.m.
12	Bridge Club (with instruction)	R07074-263	Damascus	12/2	Tu	11:30 a.m.-3 p.m.
10	Bridge Lessons for Beginners	R07074-210	North Potomac	12/2	Tu,Th	2-3:30 p.m.
6	Bridge Lessons for Beginners	R07074-212	North Potomac	12/4	Th	2-3:30 p.m.
11	Canasta Club	R07112-264	Damascus	12/4	Th	12:30-3:30 p.m.
8	Cards and Board Games	R03056-200	Lawton	1/8	Th	1-3:30 p.m.
10	Chess Club	R07110-204	Schweinhaut	12/1	M	10:30 a.m.-1 p.m.
13	Chinese Mahjong	R07047-207	North Potomac	12/3	W	10 a.m.-Noon
12	Chinese Mahjong	R07047-209	North Potomac	12/5	F	Noon-2 p.m.
11	Chinese Mahjong	R07047-204	Long Branch	12/1	M	9:30 a.m.-Noon
12	Chinese Mahjong	R07047-206	Wheaton	12/3	W	1-3 p.m.



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GAMES

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
65	Creative Coloring and Board Games	R07112-203	Long Branch	12/1	M-F	9-10:30 a.m.
8	Duplicate Bridge	R07074-203	Holiday Park	1/7	W	12:30-3:45 p.m.
11	Gaming Club	R03058-202	East County	1/9	F	1-3 p.m.
1	Introduction to Rummikub	R07086-210	Wheaton	12/2	Tu	10-11 a.m.
1	Introduction to Rummikub	R07086-211	Wheaton	12/16	Tu	10-11 a.m.
11	Introduction to the Game of Pluck	R03058-201	East County	1/6	Tu	1-3 p.m.
8	Open Party Bridge	R07075-201	Holiday Park	1/9	F	12:30-3:30 p.m.
13	Pinochle	R07099-210	White Oak	12/2	Tu	11:30 a.m.-1:30 p.m.
12	Pinochle Card Game	R07099-205	Schweinhaut	12/3	W	1-3 p.m.
11	Play for Fun	R07117-204	Wheaton	12/1	M	11 a.m.-Noon
57	Rummikub Club	R07086-252	Damascus	12/1	M-F	9 a.m.-Noon
38	Rummikub Club	R07086-201	Holiday Park	1/5	M-F	1-4 p.m.
8	Rummikub Club	R07086-202	Holiday Park	1/6	Tu	11 a.m.-2 p.m.
13	Rummikub Game	R07086-208	North Potomac	12/1	M	1:15-3:15 p.m.
10	Rummikub Play	R07086-203	Schweinhaut	12/1	M	Noon-2:30 p.m.
1	Rummikub Tournament	R07086-206	Schweinhaut	1/21	W	9:30 a.m.-12:30 p.m.
1	Rummikub Tournament	R07086-207	Silver Spring	12/18	Th	9:30-11:30 a.m.
8	Scrabble	R07073-201	Holiday Park	1/7	W	1-3:45 p.m.
13	Social Bridge	R07074-200	White Oak	12/1	M	1-3:30 p.m.
1	Wii Bowling Fun!	R07130-202	North Potomac	2/24	Tu	10-11:30 a.m.
1	Wii Bowling Fun!	R07130-203	White Oak	12/12	F	10:30-11:30 a.m.

55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES

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HEALTH AND FITNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
3	Blood Pressure Screening	R07108-235	Damascus	12/3	W	10:30-11:30 a.m.
12	Blood Pressure Screening	R07108-204	Schweinhaut	12/5	F	1-2 p.m.
5	Blood Pressure Screening	R07024-205	Long Branch	1/28	W	9:30-11:30 a.m.
5	Blood Pressure Screening	R07108-206	North Potomac	1/28	W	9:30 a.m.-2:30 p.m.
5	Health and Wellness Presentations	R07108-207	North Potomac	1/28	W	12:15-1 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Healthy Body, Peaceful Mind	R07077-203	North Potomac	12/1	M	2-3:30 p.m.
11	Mindfulness Art	R07077-201	North Potomac	12/4	Th	10:30-11:30 a.m.
5	Mindfulness Fitness	R07108-208	North Potomac	1/28	W	9:30-10:15 a.m.
8	Mindfulness Meditation	R07077-205	Holiday Park	1/9	F	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Chair Yoga	R07029-225	Damascus	12/1	M	9:45-10:45 a.m.
13	Chair Yoga	R07032-200	White Oak	12/1	M	12:45-1:45 p.m.
10	Chair Yoga	R07029-213	Silver Spring	12/1	M	3-4 p.m.
13	Chair Yoga	R07032-204	Wheaton	12/2	Tu	3-4 p.m.
13	Chair Yoga	R07032-207	Long Branch	12/4	Th	9-10 a.m.
11	Laughter Yoga	R07032-205	Wheaton	12/4	Th	10-11 a.m.
12	Yin Yoga	R07032-211	Schweinhaut	12/6	Sa	9:15-10:15 a.m.
10	Yoga	R07032-201	Wheaton	12/1	M	10-11 a.m.
11	Yoga	R07032-202	Long Branch	12/1	M	1-2 p.m.
8	Yoga	R03049-202	Lawton	12/2	Tu	11 a.m.-Noon
12	Yoga	R07029-216	Damascus	12/2	Tu	Noon-1 p.m.
8	Yoga	R07029-217	Damascus	12/3	W	2-3 p.m.
6	Yoga	R03049-201	Lawton	12/4	Th	10:30-11:30 a.m.
8	Yoga	R07029-218	Damascus	12/5	F	11 a.m.-Noon
12	Yoga	R03049-205	Potomac	1/6	Tu	Noon-1 p.m.
12	Yoga	R03049-204	East County	1/7	W	11 a.m.-Noon
8	Yoga	R03049-206	Clara Barton	1/8	Th	12:30-1:30 p.m.
12	Yoga for All	R07029-210	White Oak	12/5	F	9-10 a.m.
12	Yogalates	R07032-212	Silver Spring	12/2	Tu	6:30-7:30 p.m.
12	Yogalates	R07032-203	Wheaton	12/3	W	10-10:50 a.m.
13	Yogalates	R07032-208	Long Branch	12/5	F	1-2 p.m.
11	Yoga - Slow Flow	R07029-211	North Potomac	12/4	Th	2-3 p.m.

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MARTIAL ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
10	Low Impact Aikido	R07028-223	Wheaton	12/4	Th	2-3 p.m.
12	Qigong	R07059-204	Schweinhaut	12/6	Sa	Noon-1 p.m.
13	Qigong	R07059-201	Wheaton	12/5	F	1-2 p.m.
11	Qigong Flow - Beginner	R07059-203	North Potomac	12/4	Th	9:30-10:15 a.m.
7	Self Defense	R07028-222	Wheaton	12/5	F	10:55-11:55 a.m.
8	Self-Defense Tae Kwon Do	R07026-202	Holiday Park	1/9	F	2-3 p.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

Damascus Senior Center is closed for renovations.

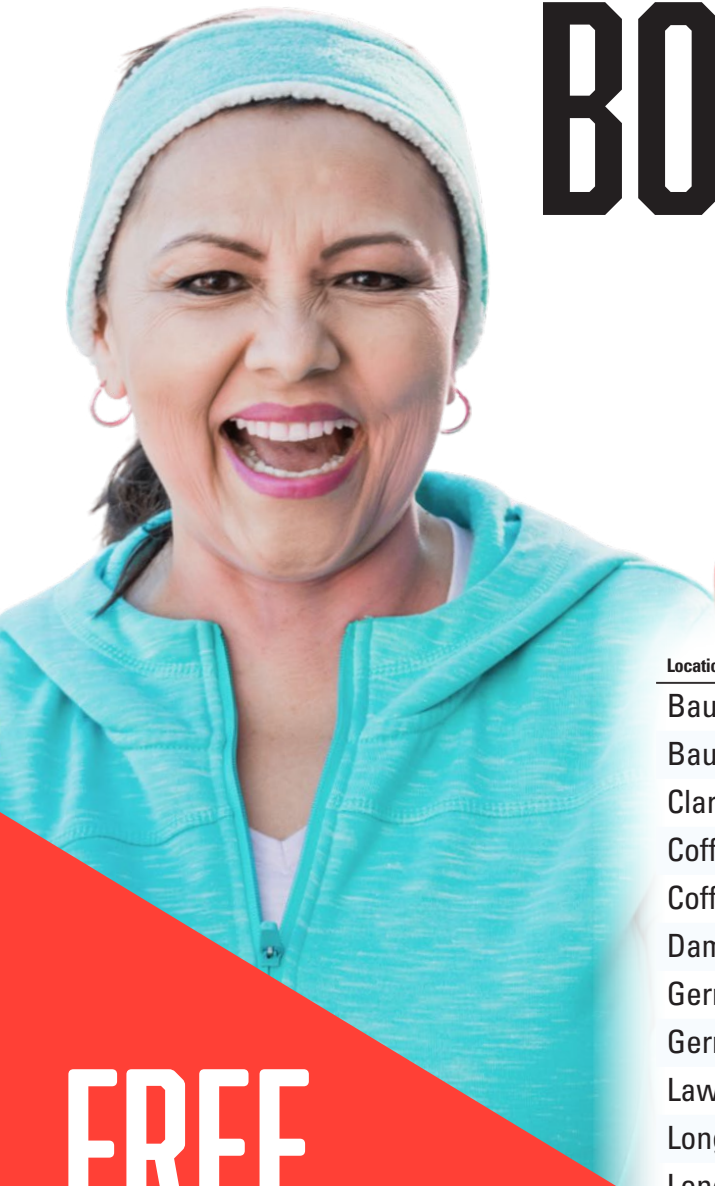
Damascus Senior Center programs and activities will be held at
Damascus Community Recreation Center
 25520 Oak Drive, Damascus


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BONEBUILDERS

Winter 2026

DEC. 1-MARCH 5



**FREE
AGES 55+**

**CLASSES ARE
DESIGNED TO INCREASE
BONE DENSITY.**

**LEARN
MORE**

Location	Activity	Start Date	Day(s)	Time
Bauer Drive 1	R03010-202	12/1	M,W	11:30 a.m.-12:30 p.m.
Bauer Drive 2	R03010-203	12/2	Tu,Th	1:30-2:30 p.m.
Clara Barton	R03010-204	12/1	M,W	1:30-2:30 p.m.
Coffield 1	R03010-205	12/2	Tu,Th	9:15-10:15 a.m.
Coffield 2	R03010-224	12/1	M,W	9:15-10:15 a.m.
Damascus	R03010-222	12/2	Tu,Th	2:30-3:30 p.m.
Germantown	R03010-206	12/1	M,Th	1-2 p.m.
Germantown 2	R03010-225	12/4	M,Th	2:15-3:15 p.m.
Lawton	R03010-207	12/2	Tu,Th	9:30-10:30 a.m.
Long Branch	R03010-223	12/1	M,W	10-11 a.m.
Longwood 1	R03010-208	12/1	M,W	11:15 a.m.-12:15 p.m.
Longwood 2	R03010-209	12/1	M,W	2-3 p.m.
Mid-County	R03010-210	12/2	Tu,Th	1-2 p.m.
North Potomac 1	R03010-211	12/1	M,W	10:45-11:45 a.m.
North Potomac 2	R03010-212	12/2	Tu,Th	10:40-11:40 a.m.
North Potomac 3	R03010-213	12/2	Tu,Th	11:50 a.m.-12:50 p.m.
Potomac 1	R03010-214	12/1	M,W	9-10 a.m.
Potomac 2	R03010-217	12/1	M,W	Noon-1 p.m.
Praisner 1	R03010-215	12/1	M,W	11 a.m.-Noon
Praisner 2	R03010-227	12/3	M,W	2-3 p.m.
Ross Body	R03010-228	12/9	Tu,Th	Noon-1 p.m.
Schweinhaut	R03010-219	12/2	Tu,Th	10:30-11:30 a.m.
Silver Spring	R03010-221	12/2	Tu,Th	10-11 a.m.
Silver Spring	R03010-226	12/3	M,W	1-2 p.m.
Wheaton 1	R03010-216	12/2	Tu,Th	9:15-10:15 a.m.
Wheaton 2	R03010-220	12/1	M,W	11 a.m.-Noon
Wisconsin Place	R03010-218	12/2	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

[Click here to view programs.](#)



**Fitness
and
Wellness**



**Sports
and
Games**



**Connect
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MUSIC



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Active Golden Karaoke	R07080-202	Holiday Park	1/9	F	11 a.m.-Noon
8	Active Golden Karaoke	R07080-201	Holiday Park	1/6	Tu	11:20 a.m.-12:10 p.m.
11	Angklung Music Lessons	R07109-202	Schweinhaut	12/6	Sa	Noon-2 p.m.
12	Chinese Karaoke	R07080-225	North Potomac	12/2	Tu	1:30-3 p.m.
13	Sing Along	R07080-224	Long Branch	12/1	M	11 a.m.-Noon
3	Song Circle	R07080-208	Schweinhaut	12/12	F	1:30-3:30 p.m.
4	Jam Session	R07115-203	Holiday Park	1/7	Th	2-3:30 p.m.
11	Let's Practice Ukulele! Club	R07115-202	Wheaton	12/4	Th	1-2 p.m.
10	Piano	R07115-205	Silver Spring	12/2	Tu	1:30-2:30 p.m.
2	Piano Club	R07115-201	Holiday Park	1/5	M	2-3:45 p.m.



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SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Akhmedova Ballet Presents "Mini Nutcracker"	R07094-202	Schweinhaut	12/6	Sa	1-2:30 p.m.
1	Candles and Wreaths Event with MCPD	R07094-201	Wheaton	12/3	W	10:30 a.m.-12:30 p.m.
9	Cardboard Boat Regatta Design and Build	R07107-231	North Potomac	1/9	F	1-3:30 p.m.
1	Celebrate Puerto Rico Fiesta Calle San Sebastian	R07107-217	Holiday Park	1/16	F	1-3 p.m.
1	Chinese New Year	R07107-214	Holiday Park	2/20	F	1-3 p.m.
1	Cocoa and Crafts	R07107-257	Silver Spring	1/9	F	2-4 p.m.
4	Dance Club Friday	R07081-201	Holiday Park	12/5	F	1-3 p.m.
1	Down County Fitness Fun Day	R07107-267	White Oak	1/16	F	9:30-11:30 a.m.
26	Entertainment Series/ 1 P.M. Show	R07106-202	Holiday Park	12/1	M-Th	1-2 p.m.
1	Gospel with Mel	R07107-216	Holiday Park	2/11	W	1-3 p.m.
1	Hanukkah, A Festival of Lights	R07107-221	North Potomac	12/16	Tu	12:30-1:30 p.m.
1	Holiday Ballroom Dance Showcase	R07107-203	North Potomac	12/5	F	1-5 p.m.
1	Holiday Party	R07107-219	Holiday Park	12/9	Tu	1-2 p.m.
1	International Holiday Bash	R07107-208	Long Branch	12/3	W	10:30 a.m.-1:30 p.m.
1	In the Love of Mike Surrett	R07107-218	Holiday Park	1/9	F	1-3 p.m.
1	Jigsaw Puzzle Competition	R07107-206	North Potomac	1/26	M	10:30 a.m.-4:30 p.m.
1	Jingle Bel Canto and Cookie Decorating	R07107-299	Damascus	12/16	Tu	12:30-2 p.m.
1	Lunar New Year Celebration	R07107-211	North Potomac	2/24	Tu	1:30-3:30 p.m.
1	Mardi Gras	R07107-243	Holiday Park	2/12	Th	1-3 p.m.
1	Mingle and Jingle Holiday Party	R07107-260	North Potomac	12/17	W	1:30-3:30 p.m.
13	New Movie Monday	R07088-200	White Oak	12/1	M	12:30-2 p.m.
1	Scale Model Exhibit	R07107-204	North Potomac	12/8	M	10:30 a.m.-1:30 p.m.
1	TET Lunar Vietnamese New Year Festival	R07107-205	Holiday Park	2/6	F	1-3 p.m.
1	Valentine's Paint Mixer	R07107-220	North Potomac	2/13	F	10:30 a.m.-12:30 p.m.
1	Valentine's Party	R07107-258	Silver Spring	2/13	F	2-4 p.m.
1	Valentine's Party	R07107-215	Holiday Park	2/13	F	1-3 p.m.
1	Winter Celebration	R07089-201	Wheaton	12/19	F	11:45 a.m.-1 p.m.



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SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Basketball Skills	R07122-201	White Oak	12/19	F	10:30-11:30 a.m.
35	Billiards Club	R07103-213	Damascus	12/2	Tu-Th	10:30 a.m.-12:30 p.m.
11	Beginner Pickleball	R03065-200	East County	1/5	M	12:30-2:30 p.m.
11	Newbies and Beginners Pickleball	R07091-212	Schweinhaut	12/4	Th	1-2 p.m.
11	Advanced Beginners Pickleball	R07091-213	Schweinhaut	12/4	Th	2-3 p.m.
11	Intermediate Pickleball	R03065-201	East County	1/7	W	12:30-2:30 p.m.
11	Intermediate Pickleball	R07091-214	Schweinhaut	12/4	Th	3-4 p.m.
12	Indoor Shuffleboard	R07121-203	Schweinhaut	12/2	Tu	12:30-2 p.m.
10	Table Tennis (Ping Pong)	R07097-203	Schweinhaut	12/1	M	Noon-2 p.m.
11	Table Tennis (Ping Pong)	R07097-204	Schweinhaut	12/5	F	10:30 a.m.-Noon



2026 | COMING SOON



Maryland Senior Olympics



LEARN MORE AT [MDSENIOROLYMPICS.ORG](https://mdseniorolympics.org)
"TO PARTICIPATE IS TO WIN!"



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MINI TRIPS

Class Title	Activity	Location	Start Date	Day(s)	Time
Amish Market	R07101-214	North Potomac	12/12	F	9:30-11:30 a.m.
Amish Market	R07101-291	Damascus	12/19	F	9:30-11:30 a.m.
Brookside Conservatory	R07101-209	Long Branch	1/8	Th	9:45-11:45 a.m.
Deleplane Arts	R07101-295	Damascus	1/28	W	9:30-11:45 a.m.
Dollar Tree Store	R07101-219	Long Branch	1/21	W	9:45-11:45 a.m.
Dollar Tree Store	R07101-217	North Potomac	2/9	M	9:30-11:30 a.m.
Down County Fitness Fun Day	R07101-268	White Oak	1/16	F	9:30-11:30 a.m.
Down County Fitness Fun Day	R07101-269	White Oak	1/16	F	9:30-11:30 a.m.
Germantown Library	R07101-297	Damascus	2/13	F	9:30-11:30 a.m.
International Holiday Bash: Trip to Long Branch	R07107-210	Schweinhaut	12/3	W	10 a.m.-2 p.m.
International Holiday Bash: Trip to Long Branch	R07107-207	Silver Spring	12/3	W	10 a.m.-2 p.m.
International Holiday Bash: Trip to Long Branch	R07107-209	White Oak	12/3	W	10 a.m.-1 p.m.
Lidl Grocery Store	R07101-218	North Potomac	1/5	M	9:30-11:30 a.m.
Milestone	R07101-288	Damascus	12/1	M	9:30-11:30 a.m.
Mt Airy Walmart	R07101-298	Damascus	2/2	M	9:30-11:45 a.m.
Silver Spring Recreation and Aquatic Center	R07101-211	Wheaton	1/14	W	9:30 a.m.-1 p.m.
Trader Joe's Grocery Store	R07101-215	North Potomac	12/4	Th	9:30-11 a.m.
Unique Thrift Store	R07101-245	Wheaton	12/18	Th	9:30-11:30 a.m.
Wegmans Grocery Store	R07101-240	North Potomac	12/16	Tu	9:30-11:30 a.m.


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MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE JUST AROUND THE CORNER!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION



Explore... dream... discover! SOAR day trips are designed for active adults 55 and older. Travel by motor coach departing from and returning to Olney Manor Recreational Park, 16605 Georgia Ave., Olney, MD.

A SPRING SNEAK PEEK



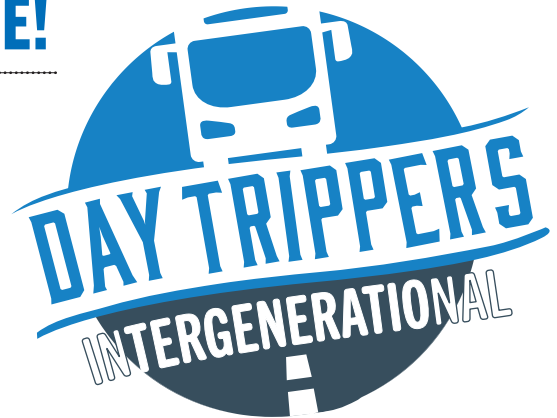
Cherry Blossom Lunch Cruise, D.C. • Ladew Topiary Gardens, MD
• Guided Tour of York, PA • Hillwood Estate, Museum and Gardens, D.C.
• Annual Sailing, MD • Lake Tobias Wildlife Park, PA • American Visionary Art Museum, MD and more.



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip program is planned with your interests in mind.

Join us for exciting trips and leave the driving to us! Children under 18 must be accompanied by an adult. Trips depart from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney, MD.



A SPRING SNEAK PEEK

Riverdance — American Music Theatre, PA • Glenn Miller Orchestra
— Weinberg Center for the Arts, MD • The Kitchen Shoppe, PA •
Carroll County Farmers Market — Mother's Day Show, MD
• Washington National Cathedral Flower Mart, D.C. • Baker Park
Bandshell Concert Series, MD and more.



Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring • 240-777-6975

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

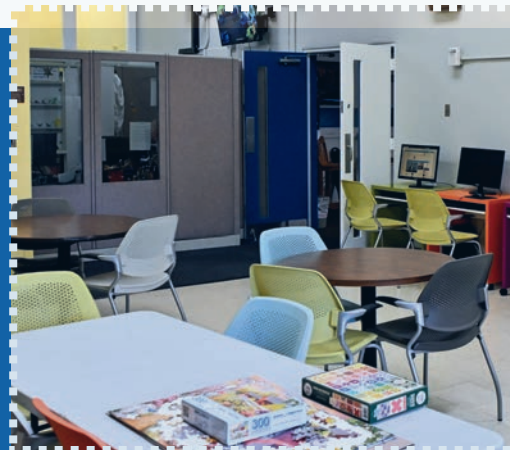
1319 Apple Ave., Silver Spring • 240-777-6900

White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830



Visit mcorec.com/seniors
for more information

PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.

Fill out and sign the registration form and mail it to:

ActiveMONTGOMERY

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Monday - Friday

9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com 
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

In Person with signature:

Recreation Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)

Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

8:30 a.m.-4:30 p.m.

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation

Facility Addresses

Registration begins Tuesday, Nov. 18 for winter programs.



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view aquatic facilities.](#)

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave, Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Kemp Mill ES.....	411 Sisson St, Silver Spring 20902
Kensington Parkwood ES.....	4710 Saul Rd, Kensington, 20895
Rock View ES.....	3901 Denfeld Ave, Kensington, 20895

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
--------------------	--------------------------------------

HIGH SCHOOLS

Churchill HS.....	11300 Gainsborough Rd, Potomac 20854
Kennedy HS.....	1901 Randolph Rd, Wheaton 20902
Wootton HS.....	2100 Wootton Pkwy, Rockville, 20850
Wheaton HS.....	12401 Dalewood Dr, Silver Spring, 20906

RECREATION FACILITIES

Recreation Administrative Office.....	2425 Reedie Drive, 10th Floor, Wheaton, 20902
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
Good Hope NRC.....	14715 Good Hope Road, Silver Spring, 20905
Gwendolyn E. Coffield CRC.....	2450 Lyttonville Road, Silver Spring, 20910
Lawton CRC.....	4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC.....	8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC.....	19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC.....	14906 Old Columbia Pike, Burtonsville, 20866
Mid-County CRC.....	2004 Queensguard Road, Silver Spring, 20906
Nancy H. Dacek North Potomac CRC.....	13850 Travilah Road, Rockville, 20850
Plum Gar CRC.....	19561 Scenery Drive, Germantown, 20874
Potomac CRC.....	11315 Falls Road, Potomac, 20854
Ross Boddy NRC.....	18529 Brooke Road, Sandy Spring, 20860
Scotland NRC.....	7000 Scotland Drive, Potomac, 20854
Silver Spring RAC.....	1319 Apple Ave., Silver Spring, 20910
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

PARKS

Cabin John RP.....	7400 Tuckerman Ln, Bethesda, 20817
Bauer Drive LP.....	14625 Bauer Dr, Rockville, 20853
Olney Manor RP.....	16601 Georgia Ave, Olney 20832
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring, MD 20906
Wheaton RP.....	2000 Shorefield Rd, Silver Spring, 20902



OTHER FACILITIES

Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/ Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School



WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams
are here to help!



HOURS OF OPERATION

Monday - Friday

8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available

8:30 a.m.-4:30 p.m.

240-777-6840



VISIT US

8:30 a.m.-4:30 p.m.

Administrative Office

2425 Reedie Drive

10th Floor

Wheaton, MD 20902

[See Map](#)

WINTER 2025 -26

Registration begins

Tuesday, Nov. 18



Public Outreach Team



Customer Service Team

Montgomery County Recreation
2425 Reedie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation