MONTGOMERY COUNTY
GUIDE
CLASSES. PROGRAMS. ACTIVITIES. EVENTS.

WINTER 2019-2020

MONTGOMERY PARKS
M-NCPPC

MONTGOMERY COUNTY
Recreation
Free Summer Camps Fair
Saturday, January 25, 2020
Noon - 3 p.m.

- Information on hundreds of summer camps offered by Montgomery County Recreation
- Interactive demos for kids
- Raffles and prizes
- On-site Registration

Wheaton Community Recreation Center
11701 Georgia Avenue • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM
Dive with SCUBA SANTA

December 8, 2019 | Noon-4 P.M.

HAVE YOUR PHOTO TAKEN WITH SANTA

All ages welcome! Ages 10+ may use BA equipment after receiving instruction. Those nine and younger can hold their breath and swim down for a quick action shot with Santa or visit with Santa in the shallow end.

DONATIONS

Bringing a non-perishable food item or a donation of $5 or more is suggested. All contributions suggested. All contributions

LOCATION

Olney Swim Center
16605 Georgia Ave., Olney
240-777-4995 • Hablamos Español

Welcome to the winter issue of the Montgomery County Guide. Inside these pages, you will find hundreds of activities, classes and programs to keep you active during these colder months. The new Wheaton Community Recreation Center is open, and activities and programs at the state-of-the-art facility are ramping up. Celebrate the holidays with Montgomery County Recreation – our Holiday Craft Show at the Bauer Drive Community Recreation Center and Dive with Scuba Santa at the Olney Swim Center are popular events. Visit the calendar on the MoCoRec.com website for more upcoming holiday happenings. I wish you a happy and healthy holiday season, and encourage you to stay active and engaged in the new year!

Marc Eirich
Montgomery County Executive

Registration For Winter Classes & Swim Lessons Begin

NOVEMBER 12
NOW OPEN

HOURS OF OPERATION:

MONDAY-THURSDAY: 9 A.M. - 9 P.M.
FRIDAY-SATURDAY: 9 A.M. - 11 P.M.
SUNDAY: 1 - 5 P.M.

Wheaton Community Recreation Center
11701 Georgia Avenue, Wheaton
240-773-4825 | Hablamos Español
GIVE THE GIFT OF
FUN. RECREATION. HEALTH. WELLNESS. COMMUNITY. CAMPS. & MORE.

Get your ActiveMONTGOMERY gift cards online today, at ActiveMONTGOMERY.org
For teens ages 12-18, interested in modeling, dancing and theater production.

REGISTRATION BEGINS JANUARY 2020.

For more information call 240-777-8080.

Youth Development Office: 240-777-8080

www.mocorec.com/youth
MAKE A DIFFERENCE

BECOME A TEENWORKS VOLUNTEER

ARE YOU?

☑️ At least 14 years old and currently enrolled in a Montgomery County high school?

☑️ Interested in volunteering for a diverse set of youth development programs?

☑️ Want to earn student service learning (SSL) hours?

THEN WE ARE LOOKING FOR YOU!

Volunteers will assist Youth Development staff in providing fun and safe programming to all participants. For more information call Chass Seymour at 240-777-6969 or email chass.seymour@montgomerycountymd.gov.

Hablamos Español | WWW.MOCOREC.COM
Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to the Olney Manor Recreational Park, 16605 Georgia Ave., Olney. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn onto Emory Lane, take the second left and follow signs for Skate Park and Ballfield #1.

FALL REGISTRATION BEGINS TUESDAY, AUGUST 13, 2019 AT 8:30 A.M.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Name</th>
<th>Day</th>
<th>Date</th>
<th>Start Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>64664</td>
<td>Zip &amp; Sip - Terrapin Adventures, Savage, Md.</td>
<td>Sa</td>
<td>9/21</td>
<td>10:30 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64665</td>
<td>&quot;Annie&quot; at the Riverside Theatre</td>
<td>Su</td>
<td>9/29</td>
<td>10:15 a.m.</td>
<td>$100</td>
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<tr>
<td>64666</td>
<td>Bridge Bust-Veterans Memorial Bridge, Pa.</td>
<td>Sa</td>
<td>10/5</td>
<td>8 a.m.</td>
<td>$59</td>
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<tr>
<td>64667</td>
<td>Tudor House Tour, Tea &amp; D.C. Neighborhood Shopping</td>
<td>Th</td>
<td>10/10</td>
<td>10 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64668</td>
<td>Tudor House Tour, Tea &amp; D.C. Neighborhood Shopping</td>
<td>F</td>
<td>10/11</td>
<td>10 a.m.</td>
<td>$79</td>
</tr>
<tr>
<td>64669</td>
<td>Fells Point Fun Festival, Baltimore, Md.</td>
<td>Sa</td>
<td>10/12</td>
<td>10 a.m.</td>
<td>$46</td>
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<tr>
<td>64670</td>
<td>Oysterfest, St. Michael's, Md.</td>
<td>Sa</td>
<td>10/26</td>
<td>8 a.m.</td>
<td>$71</td>
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<tr>
<td>64671</td>
<td>Frank Lloyd Wright's Fallingwater &amp; Kentuck Knob</td>
<td>Sa</td>
<td>11/2</td>
<td>6:30 a.m.</td>
<td>$119</td>
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<tr>
<td>64672</td>
<td>&quot;Newsies&quot; at Arena Stage</td>
<td>Sa</td>
<td>11/16</td>
<td>11:45 a.m.</td>
<td>$119</td>
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<tr>
<td>64673</td>
<td>&quot;Joy to the World&quot; at the American Music Theatre Pa.</td>
<td>Sa</td>
<td>11/23</td>
<td>9 a.m.</td>
<td>$119</td>
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<tr>
<td>64674</td>
<td>Christmas Tea at the Red Brick Tea Room, Pa.</td>
<td>Tu</td>
<td>11/26</td>
<td>9:15 a.m.</td>
<td>$82</td>
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<tr>
<td>64675</td>
<td>A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.</td>
<td>F</td>
<td>12/6</td>
<td>9 a.m.</td>
<td>$89</td>
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<tr>
<td>68453</td>
<td>&quot;Holiday Inn&quot; at the Dutch Apple Theatre</td>
<td>Su</td>
<td>12/8</td>
<td>9 a.m.</td>
<td>$104</td>
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<tr>
<td>64676</td>
<td>A Tea Affair Tea Room, Tea and Shops, Lititz, Pa.</td>
<td>F</td>
<td>12/13</td>
<td>9 a.m.</td>
<td>$89</td>
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<tr>
<td>68454</td>
<td>Christmas Village in Baltimore, Lights on the Bay</td>
<td>Sa</td>
<td>12/14</td>
<td>2:30 p.m.</td>
<td>$104</td>
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<td>68455</td>
<td>&quot;Jesus Christ Superstar&quot; at the Hippodrome, Baltimore, Md.</td>
<td>W</td>
<td>12/18</td>
<td>5:30 p.m.</td>
<td>$149</td>
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<tr>
<td>69402</td>
<td>&quot;Miracle on 34 Street&quot; at the Allenberry Playhouse, Pa.</td>
<td>Sa</td>
<td>12/21</td>
<td>9:30 a.m.</td>
<td>$139</td>
</tr>
</tbody>
</table>

FIRST DAY, IN PERSON REGISTRATION ON AUGUST 13 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.
Montgomery County Recreation offers financial assistance to those who qualify.
Applications for 2020 will be accepted beginning December 16, 2019.

For more information visit WWW.MOCOREC.COM
240-777-6840 • Hablamos Español
Montgomery County Recreation

Aquatics

Live a Little ... Swim a Lot!

Indoor Pools

Martin Luther King, Jr Swim Center (MLK)
240-777-8060
1201 Jackson Road
Silver Spring, MD 20904

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

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

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

Closed: Dec. 12-15, 2019
Jan. 17-19, 2020
Feb. 7-8 & 13-15 2020

All pools will close at 3pm on Dec. 24 and Dec. 31, 2019.
All facilities will be closed Nov. 28 and Dec. 25, 2019 and Jan. 1, 2020.

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

Swimming Instruction
Please check each pool’s listing for lesson schedule changes. Lessons will be held on all other days the facility is open. Please register accordingly.

Rentals and Parties
Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well. Contact the facility or visit www.mocorec.com for available times and fees.

Website Information
Find schedules online for swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes and swim team, as well as general pool use. Visit www.mocorec.com for more information.

Follow us on Facebook and Twitter!
**Water Fitness Classes**

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running student must be comfortable in deep water.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 164.
- For more information, contact Linda Costello at 301-924-3488 or wellnet1@aol.com, or Teresa Shelton at 410-491-3000 or tsshelton100@yahoo.com.

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**Water Fitness**

**Abs & Glutes & More**

Ages 12 & Up: Shallow water aerobics class with high energy packed with power that will sculpt your abs, glutes, and more. Gloves are recommended and can be purchased at class.

10 Sessions $65
Instructor: H2O Fitness
72518 MLK 1/6 M 10 a.m. - 10:50 a.m.
72521 KSAC 1/7 Tu 9 a.m. - 9:50 a.m.
72519 MLK 1/8 W 10 a.m. - 10:50 a.m.
72522 KSAC 1/9 Th 9 a.m. - 9:50 a.m.
72520 MLK 1/9 Th 8:30 p.m. - 9:20 p.m.

**Aqua Cardio Challenge**

Ages 12 & Up: This class offers a vigorous shallow water workout giving you the cardio challenge you want. It is a power packed class where you will build muscle, endurance and stamina.

9 Sessions $59
Instructor: H2O Fitness
72524 MLK 1/5 Su 5 p.m. - 5:50 p.m.
72523 MLK 1/7 Tu 8:30 p.m. - 9:20 p.m.

**Aqua Cardio Dance**

Ages 12 & Up: A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

10 Sessions $65
Instructor: H2O Fitness
72526 MLK 1/7 Tu 9:30 a.m. - 10:20 a.m.
72527 MLK 1/9 Th 9:30 a.m. - 10:20 a.m.
Instructor: Wellness Network
72528 OSC 1/5 Su 9 a.m. - 9:50 a.m.

**Aqua Lite**

Ages 12 & Up: This class is low intensity and low impact, and will improve joint flexibility, balance and coordination. For those with arthritis, or recovering from injury or surgery, this class will help reduce muscle weakness, pain and stiffness in the upper and lower body.

10 Sessions $65
Instructor: Wellness Network
72529 OSC 1/6 M 10 a.m. - 10:50 a.m.
72532 KSAC 1/6 M 11 a.m. - 11:50 a.m.
72530 OSC 1/8 W 10 a.m. - 10:50 a.m.
72533 KSAC 1/8 W 11 a.m. - 11:50 a.m.
72531 OSC 1/10 F 10 a.m. - 10:50 a.m.

**Aqua Spin**

Ages 12 & Up: Patrons of all fitness levels can spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle spinning class with a water exercise class. Some of these benefits include: high intensity workout using the water to cushion and protect the joints as well as facilitate high caloric burn, lean muscle building of upper and lower body, and cardio conditioning. Get ready to have fun! Aqua shoes are mandatory.

9 Sessions $81
Instructor: H2O Fitness
72536 MLK 1/10 F 7:30 p.m. - 8:20 p.m.
76038 KSAC 1/10 F 8 a.m. - 8:50 a.m.
72544 KSAC 1/10 F 8 p.m. - 8:50 p.m.
72538 MLK 1/11 Sa 7 p.m. - 7:50 p.m.

10 Sessions $90
Instructor: H2O Fitness
72535 MLK 1/7 Tu 10:30 a.m. - 11:20 a.m.
72539 MLK 1/8 W 7:30 a.m. - 8:20 a.m.
72541 KSAC 1/8 W 12:30 p.m. - 1:20 p.m.
72540 KSAC 1/8 W 8:30 p.m. - 9:20 p.m.
72534 MLK 1/9 Th 10:30 a.m. - 11:20 a.m.
72542 KSAC 1/9 Th 1 p.m. - 1:50 p.m.
72545 MLK 1/10 F 6:30 a.m. - 7:20 a.m.
72537 MLK 1/10 F 9 a.m. - 9:50 a.m.
Montgomery County Recreation

WATER FITNESS

Aqua YO-Lates
Ages 12 & Up: Aqua Yo-Lates blends yoga and Pilates exercises in the water. The gentle movement sequences will improve range of motion and help strengthen the whole body.

10 Sessions $65
Instructor: H2O Fitness
72546 MLK 1/10 F 10 a.m. - 10:50 a.m.

Deep Water Running
Ages 12 & Up: Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross-training and/or rehabilitating persons requiring cushioning of deep water. Deep water belt is required and may be purchased at the pool $20.

10 Sessions $65
Instructor: Wellness Network

WATER AEROBICS

Aqua Yo-Lates
Ages 12 & Up: Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

8 Sessions $52
Instructor: Wellness Network

72577 GISC 1/9 Th 7:50 p.m. - 8:40 p.m.

10 Sessions $65
Instructor: Wellness Network

Water Aerobics
72577 GISC 1/9 Th 7:50 p.m. - 8:40 p.m.

72578 KSAC 1/6 M 10 a.m. - 10:50 a.m.
72580 OSC 1/7 Tu 9:30 a.m. - 10:20 a.m.
72581 OSC 1/7 Tu 7:15 p.m. - 8:05 p.m.
72579 KSAC 1/8 W 10 a.m. - 10:50 a.m.
72576 OSC 1/8 W 8:15 p.m. - 9:05 p.m.
72582 OSC 1/9 Th 10 a.m. - 10:50 a.m.
72583 OSC 1/9 Th 7:15 p.m. - 8:05 p.m.
72525 KSAC 1/10 F 10 a.m. - 10:50 a.m.

Water Exercise
Ages 12 & Up: Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

10 Sessions $65
Instructor: H2O Fitness

Hi/Lo Cardio Fusion
Ages 12 & Up: A unique class that gives you a cardio workout with a blend of yoga and pilates exercises infused into the workout.

9 Sessions $59
Instructor: H2O Fitness

Now Hiring:
Part Time Staff
Part-time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.
For more information, contact a facility supervisor at the indoor pool nearest you or call the Aquatics Office at 240-777-6860.

Follow us on Facebook and Twitter!
Diving

AAU National Team
Ages 6-17: This is an invitation-only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area, with the goal of qualifying for the AAU National Championships. All participants must pay a $300 team fee each year and sign up for the email newsletter at www.montgomerycountydiveclub.org.

$675
Instructor: Built By Beavers
75587 MLK 12/2 Su-T,F-Sa 7 p.m.-9 p.m.

High School Diving
Ages 13-17: This group is perfect for divers interested in trying out for a high school diving team, or who want to improve their performance at Metro, Regional and State Championship Meets. Primary focus is on one-meter springboard, but other equipment is used to build skills. All participants must pay a $15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
75597 GISC 12/2 M 8:30 p.m.-10 p.m.
75595 KSAC 12/2 M 8:30 p.m.-10 p.m.
75596 KSAC 12/5 T 8 p.m.-9:30 p.m.

Level 1: Human Springs
Ages 5-11: This 45-minute class is designed for beginners or students who prefer a shorter class format. Participants must be comfortable swimming in deep water and must be able to dive in head-first. All participants must pay a $15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.

$145
Instructor: Built By Beavers
75607 GISC 12/2 Tu 4:15 p.m.-5 p.m.
75606 KSAC 12/4 W 4:15 p.m.-5 p.m.
75605 OSC 12/4 W 5 p.m.-5:45 p.m.
75604 GISC 12/5 Th 4:15 p.m.-5 p.m.
75603 KSAC 12/6 F 4:15 p.m.-5 p.m.

Register online at ActiveMONTGOMERY.org
Level 2/3: Human Springs
Ages 8-17: This is a combined Level-2 and Level-3 class. These 90-minute classes are for students with some experience in summer diving, trampoline, gymnastics or dance, who are interested in improving their diving skills. Divers will learn skills on the one-meter and three-meter springboards as well as poolside. Divers must be comfortable jumping off the 1-meter springboard and swimming in deep water. All participants must pay a $15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
75610 OSC 12/4 W 5:45 p.m.-7:15 p.m.
75609 KSAC 12/8 Su-T,F,Sa 8:30 a.m.-10 a.m.

Level 2: Human Springs
Ages 8-17: These 90-minute classes are best for students with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for students who cannot yet perform an inward dive or a 1½. All participants must pay a $15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
75612 GISC 12/3 Tu 5 p.m.-6:30 p.m.
75613 GISC 12/5 Th 5 p.m.-6:30 p.m.
75614 KSAC 12/3 Tu 5 p.m.-6:30 p.m.
75611 KSAC 12/5 Th 4:30 p.m.-6 p.m.
75616 KSAC 12/6 F 5 p.m.-6:30 p.m.

Level 3: Human Springs
Ages 8-17: These 90-minute classes are for students with past diving experience from summer diving or Level 2. Participants can already perform an inward dive and a front 1½. All participants must pay a $15 team fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org.

$275
Instructor: Built By Beavers
75619 KSAC 12/2 M 6:30 p.m.-8 p.m.
75622 KSAC 12/3 Tu 6:30 p.m.-8 p.m.
75620 KSAC 12/4 W 6:30 p.m.-8 p.m.
75621 KSAC 12/5 Th 6 p.m.-7:30 p.m.
75623 KSAC 12/6 F 6:30 p.m.-8 p.m.
Masters Diving
Ages 19 & Up: This program is for adults who want to try diving, or former competitive divers who aren’t quite ready to hang up the speedo. All participants must pay a $15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org.
$275
Instructor: Built By Beavers
75624 KSAC 12/2 M 8 p.m.-9:30 p.m.
75625 KSAC 12/5 Th 8 p.m.-9:30 p.m.

Springs Diving Team - Homeschool Edition
Ages 6-17: This class is appropriate for Level 2 and 3 divers who are homeschooled. All participants must pay a $15 team fee each quarter and sign up for the email newsletter at www.montgomerycountymd.org
$275
Instructor: Built By Beavers
75626 KSAC 12/2 M 11:30 a.m.-1 p.m.
75627 KSAC 12/4 W 11:30 a.m.-1 p.m.
75628 KSAC 12/6 F 11:30 a.m.-1 p.m.

USAD Developmental Group
Ages 6-12: This is an invitation-only program designed to prepare athletes for AAU competition. Participants will train once a week in the water and once a week on dry land (for a separate fee). Divers will learn basics on one-meter and three-meter. Participants must pay a $300 team fee each year and sign up for the email newsletter at www.montgomerydiveclub.org.
$400
Instructor: Built by Beavers
75630 GISC 12/3 Tu,Th 4:30 p.m.-6:30 p.m.
75629 KSAC 12/3 Tu,Th 5 p.m.-7 p.m.

Masters

Masters Swimming
Ages 18 & Up: Competitive swimming adults get a structured workout with a professional coach. Those who wish to compete can do so at local or national competitions. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle-swim a workout. Training is offered at all indoor pools. Current membership in US Masters Swimming is required to participate in this activity.

1 Day per Week $120
73730 12/29
2 Days per Week $180
73732 12/29
3 Days per Week $220
73734 12/29
4 Days per Week $260
73735 12/29
5 Days per Week $300
73737 12/29

<table>
<thead>
<tr>
<th>Fall/Winter/Spring Master's Swimming Schedule</th>
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<tbody>
<tr>
<td><strong>GISC</strong></td>
</tr>
<tr>
<td>M: 6:30-7:30 a.m.</td>
</tr>
<tr>
<td>Tu: 8:30-10 p.m.</td>
</tr>
<tr>
<td>W: 6:30-7:30 a.m.</td>
</tr>
<tr>
<td>Th: 8:30-10 p.m.</td>
</tr>
<tr>
<td>F: 6:30-7:30 a.m.</td>
</tr>
<tr>
<td><strong>MLK</strong></td>
</tr>
<tr>
<td>M: 8:30-10 p.m.</td>
</tr>
<tr>
<td>W: 8:30-10 p.m.</td>
</tr>
<tr>
<td>Tu: 8:30-10 p.m.</td>
</tr>
</tbody>
</table>
**Developmental**

**Swimontgomery**

Ages 5-13: A developmental program for kids 13 and under who have an interest in competitive swimming and want to build a foundation of related skills. Swimmers must be able to swim 25 yards/meters without stopping.

**18 Sessions** $295

Instructor: Montgomery Stroke And Turn Clinic

<table>
<thead>
<tr>
<th>Location</th>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>GISC</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>5:30 p.m.-6:20 p.m.</td>
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<td>KSAC</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>6:20 p.m.-7:10 p.m.</td>
</tr>
<tr>
<td>MLK</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>7:10 p.m.-8 p.m.</td>
</tr>
<tr>
<td>OSC</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>5:30 p.m.-6:20 p.m.</td>
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<tr>
<td>GISC</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>6:20 p.m.-7:10 p.m.</td>
</tr>
<tr>
<td>GISC</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>7:10 p.m.-8 p.m.</td>
</tr>
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<td>5:30 p.m.-6:20 p.m.</td>
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<td>Su</td>
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<tr>
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</tr>
<tr>
<td>MLK</td>
<td>10/6-5/17</td>
<td>Su</td>
<td>7:10 p.m.-8 p.m.</td>
</tr>
</tbody>
</table>

**Stroke and Turn Clinic**

Ages 5-18: Montgomery Stroke and Turn Clinic is designed for swimmers who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. This is not a training program, but coaches will work on proper stroke mechanics and techniques to prepare swimmers for the upcoming summer season. Swimmers must be able to swim 25 yards or 25 meters without stopping.

**24 Sessions** $425

Instructor: Montgomery Stroke And Turn Clinic

<table>
<thead>
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<th>Location</th>
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**Scuba**

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions on safe snorkeling and SCUBA diving techniques. A mandatory swim evaluation will be conducted at the first class, each student must demonstrate comfort in the water. Bring a swimsuit and towel to all sessions, including the first. Students must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, and it will be described at the first lecture. Other SCUBA equipment is included in the course fee, including SCUBA tanks, air, regulators and buoyancy compensators. Additional fees apply and will be discussed at the first class session. After successful completion of the course, written evaluation, and required open water certification dives the student will earn a BASIC SCUBA Diver certification card.

**8 Sessions** $265

Instructor: Scott Hagedorn

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Instructor: Joe Lodmell

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Check out our Yoga-Pilates Fusion Class at KSAC at the same time!

See page 50 for details!
**Lifeguard Training**

MCR-Aquatics offers American Red Cross courses for potential aquatics professionals. Participants must meet all prerequisites and attend all sessions. Call the facility for further information.

This course will train students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 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, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

1. Swim 300 meters using front crawl or breaststroke.
2. Tread water for two minutes using only legs.
3. Swim 20 yards using free or breaststroke, surface dive to seven-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards on your back to starting position and exit the water on your own in under one minute 40 seconds.

Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Course length is based on number of instructional hours, not the number of sessions. Each pool conducts courses based on the pool schedule. Cost of the course is $135.

Germantown Indoor Swim Center

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Kennedy Shriver Aquatic Center

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Montgomery County Recreation

LIFEGUARD TRAINING

Martin Luther King, Jr. Swim Center

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Olney Swim Center

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<td>4:30pm</td>
</tr>
<tr>
<td>Pre-course Wednesday, Apr. 1</td>
<td>6:30pm</td>
<td>10:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 1 Saturday, Apr. 4</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 2 Sunday, Apr. 5</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 3 Monday, Apr. 6</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 4 Tuesday, Apr. 7</td>
<td>9:00am</td>
<td>4:30pm</td>
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</tr>
<tr>
<td>Session 5 Wednesday, Apr. 8</td>
<td>9:00am</td>
<td>12:30pm</td>
<td></td>
</tr>
<tr>
<td>LGT 4: Course 70682</td>
<td>May - June 2020</td>
<td>9:00am</td>
<td>12:30pm</td>
</tr>
<tr>
<td>Pre-course Wednesday, May 27</td>
<td>6:30pm</td>
<td>12:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 1 Saturday, May 30</td>
<td>9:00am</td>
<td>4:30pm</td>
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</tr>
<tr>
<td>Session 2 Sunday, May 31</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 3 Wednesday, Jun. 3</td>
<td>6:30pm</td>
<td>10:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 4 Saturday, Jun. 6</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 5 Saturday, Jun. 7</td>
<td>9:00am</td>
<td>5:00pm</td>
<td></td>
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<tr>
<td>LGT 5: Course 70683</td>
<td>June - July 2020</td>
<td>9:00am</td>
<td>12:30pm</td>
</tr>
<tr>
<td>Pre-course Saturday, Jun. 27</td>
<td>9:30am</td>
<td>12:30pm</td>
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<tr>
<td>Session 1 Monday, Jun. 29</td>
<td>9:00am</td>
<td>4:30pm</td>
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</tr>
<tr>
<td>Session 2 Tuesday, Jun. 30</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 3 Wednesday, Jul. 1</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 4 Thursday, Jul. 2</td>
<td>9:00am</td>
<td>4:30pm</td>
<td></td>
</tr>
<tr>
<td>Session 5 Friday, Jul. 3</td>
<td>9:00am</td>
<td>1:00pm</td>
<td></td>
</tr>
</tbody>
</table>

Lifeguard Training—Accelerated

$230
Instructor: Aquatic Training and Consulting Services

Martin Luther King, Jr. Swim Center

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>LGT 1: Course 70738</td>
<td>May 2020</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Pre-course Tuesday, May 12</td>
<td>9:00am</td>
<td>7:00pm</td>
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</tr>
<tr>
<td>Session 1 Wednesday, May 13</td>
<td>9:00am</td>
<td>7:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2 Thursday, May 14</td>
<td>9:00am</td>
<td>7:00pm</td>
<td></td>
</tr>
<tr>
<td>LGT 2: Course 69720</td>
<td>May 2020</td>
<td>9:00am</td>
<td>7:00pm</td>
</tr>
<tr>
<td>Session 1 Tuesday, May 19</td>
<td>9:00am</td>
<td>7:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 2 Wednesday, May 20</td>
<td>9:00am</td>
<td>7:00pm</td>
<td></td>
</tr>
<tr>
<td>Session 3 Thursday, May 21</td>
<td>9:00am</td>
<td>7:00pm</td>
<td></td>
</tr>
</tbody>
</table>

Follow us on Facebook and Twitter!
LGT 3: Course 69717  May 2020
Session 1  Tuesday, May 26  9:00am  7:00pm
Session 2  Wednesday, May 27  9:00am  7:00pm
Session 3  Thursday, May 28  9:00am  7:00pm

LGT 4: Course 69718  June 2020
Session 1  Tuesday, Jun. 2  9:00am  7:00pm
Session 2  Wednesday, Jun. 3  9:00am  7:00pm
Session 3  Thursday, Jun. 4  9:00am  7:00pm

Upper County Outdoor Pool
Session  Date  Begins  Ends

LGT 1: Course 69721  June 2020
Session 1  Tuesday, Jun. 16  9:00am  7:00pm
Session 2  Wednesday, Jun. 17  9:00am  7:00pm
Session 3  Thursday, Jun. 18  9:00am  7:00pm

Lifeguard Training Review
Students looking to renew their lifeguard certification are eligible to do a review provided their certification is still current or recently expired. $160
Instructor: Aquatic Training and Consulting Services

Germantown Indoor Swim Center
Session  Date  Begins  Ends

LGT 1: Course 70772  December 2019
Session 1  Saturday, Dec. 29  9:00am  10:00pm

Martin Luther King, Jr. Swim Center
Session  Date  Begins  Ends

LGT 1: Course 70777  December 2019
Session 1  Sunday, Dec. 22  9:00am  10:00pm

LGT 2: Course 69724  April 2020
Session 1  Saturday, Apr. 11  9:00am  10:00pm

LGT 3: Course 69725  May 2020
Session 1  Friday, May 22  9:00am  10:00pm

LGT 4: Course 69726  May 2020
Session 1  Saturday, May 23  9:00am  10:00pm

Olney Swim Center
Session  Date  Begins  Ends

LGT 1: Course 70776  May 2020
Session 1  Saturday, May 9  9:00am  10:00pm

Lifeguard Instructor Course
This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at all sessions to be certified. Students must be 17 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 pre-course consists of successful completion of the American Red Cross Lifeguard Review. You must pass the pre-course to continue to the Lifeguard Instructor Course. $290

Kennedy Shriver Aquatic Center
Session  Date  Begins  Ends

LGI 1: Course 55179  Dec. 2019/Jan. 2020
Pre-Course  Friday, Dec. 20  5:00pm  9:00pm
Pre-Course  Saturday, Dec. 28  9:30am  4:00pm
Pre-Course  Sunday, Dec. 29  9:30am  4:00pm
Session 1  Tuesday, Dec. 31  5:00pm  9:00pm
Session 2  Saturday, Jan. 4  9:30am  2:30pm
Session 3  Sunday, Jan. 5  9:30am  2:30pm
Session 4  Saturday, Jan. 11  9:30am  2:30pm
Session 5  Sunday, Jan. 12  9:30am  2:30pm

Pool Operator Course
This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. Pool Operator Review Course also available. For further information, call 240-777-6860.

Aquatics 240.777.6860
Montgomery County Recreation

Swim Lessons

Indoor Swim Lesson Registration will begin

November 12 at 6:30 a.m.
for residents

November 13 at 6:30 a.m.
for non-residents

Registrations will not be processed before this time. In person registration between 6:30 and 8:30 a.m. will be held at the indoor aquatic centers only.

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 otherwise 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 MLK pool.

Class fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms ten 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, please inquire at the pool where you will be taking lessons.

Indoor courses meet for six 30-minute sessions. Fees range from $58 to $67 depending on the level and the number of participants. Non-county residents are charged an additional $15 fee.

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.

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 aquatics 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.
# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

<table>
<thead>
<tr>
<th>Waterbabies (Ages 6-18 months)</th>
<th>Aquatots (Ages 18 months-3)</th>
<th>Pre-School (Ages 3-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td><strong>Class Objectives:</strong> 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.</td>
<td></td>
</tr>
</tbody>
</table>

## Level 1

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>On the first day of class, students must be able to function well in a group setting without parents.</td>
<td><strong>Class Objectives:</strong> Students learn water-adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.</td>
</tr>
</tbody>
</table>

## Level 2

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>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.</td>
<td><strong>Class Objectives:</strong> 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.</td>
</tr>
</tbody>
</table>

## Level 3

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>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.</td>
<td><strong>Class Objectives:</strong> 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.</td>
</tr>
</tbody>
</table>

## Level 4

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>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.</td>
<td><strong>Class Objectives:</strong> 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.</td>
</tr>
</tbody>
</table>

## Level 5

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>On the first day of class, students must be able to demonstrate a proficient front crawl (freestyle) and backstroke, and be comfortable in deep water.</td>
<td><strong>Class Objectives:</strong> Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.</td>
</tr>
</tbody>
</table>

## Level 6

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td>On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</td>
<td><strong>Class Objectives:</strong> Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.</td>
</tr>
</tbody>
</table>
Waterbabies
Ages 6m-18m: Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water.

6 Sessions $58

Germantown Indoor Swim Center
73289 1/4 Sa 10:25 a.m. - 10:55 a.m.
73290 1/5 Su 9:15 a.m. - 9:45 a.m.

Kennedy Shriver Aquatic Center
73579 1/4 Sa 10:20 a.m. - 10:50 a.m.
73580 1/4 Sa 11:40 a.m. - 12:10 p.m.
73581 1/5 Su 9:40 a.m. - 10:10 a.m.
73582 1/5 Su 11:40 a.m. - 12:10 p.m.
73583 1/6 M 9:30 a.m. - 10 a.m.
73584 1/7 Tu 10 a.m. - 10:30 a.m.

Martin Luther King Jr Swim Center
73345 1/5 Su 10 a.m. - 10:30 a.m.
73346 1/5 Su 10:40 a.m. - 11:10 a.m.

Olney Swim Center
73379 1/4 Sa 12:30 p.m. - 1 p.m.
73417 1/5 Su 10:30 a.m. - 11 a.m.
73434 1/7 Tu 5:20 p.m. - 5:50 p.m.

Aquatots
Ages 18m-3 years: Designed for children 18 months - 3 years of age. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water.

6 Sessions $58

Germantown Indoor Swim Center
73239 1/4 Sa 11:45 a.m. - 12:15 p.m.
73240 1/4 Sa 12:25 p.m. - 12:55 p.m.
73241 1/5 Su 10:35 a.m. - 11:05 a.m.
73242 1/8 W 6:10 p.m. - 6:40 p.m.

Kennedy Shriver Aquatic Center
73514 1/4 Sa 9 a.m. - 9:30 a.m.
73515 1/4 Sa 12:20 p.m. - 12:50 p.m.
73516 1/5 Su 9 a.m. - 9:30 a.m.
73517 1/5 Su 11 a.m. - 11:30 a.m.
73518 1/7 Tu 9:30 a.m. - 10 a.m.
73519 1/8 W 6:10 p.m. - 6:40 p.m.
73520 1/9 Th 10 a.m. - 10:30 a.m.
73521 1/9 Th 5:30 p.m. - 6 p.m.

Martin Luther King Jr. Swim Center
73319 1/5 Su 11:20 a.m. - 11:50 a.m.
73317 1/6 M 5:50 p.m. - 6:20 p.m.
73318 1/8 W 5:10 p.m. - 5:40 p.m.

Olney Swim Center
73372 1/4 Sa 9:50 a.m. - 10:20 a.m.
73398 1/4 Sa 1:10 p.m. - 1:40 p.m.
73402 1/5 Su 8:30 a.m. - 9 a.m.
73409 1/5 Su 9:50 a.m. - 10:20 a.m.
73419 1/5 Su 11:10 a.m. - 11:40 a.m.
73435 1/7 Tu 6 p.m. - 6:30 p.m.
73446 1/8 W 6:20 p.m. - 6:50 p.m.

Reminder
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.

Follow us on Facebook and Twitter!
Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions $58

**Germantown Indoor Swim Center**

| 73284 | 1/4 | Sa | 11:05 a.m. - 11:35 a.m. |
| 73285 | 1/4 | Sa | 1:05 p.m. - 1:35 p.m. |
| 73286 | 1/5 | Su | 9:55 a.m. - 10:25 a.m. |
| 73287 | 1/5 | Su | 11:15 a.m. - 11:45 a.m. |
| 73288 | 1/8 | W | 5:30 p.m. - 6 p.m. |

**Kennedy Shriver Aquatic Center**

| 73571 | 1/4 | Sa | 11 a.m. - 11:30 a.m. |
| 73572 | 1/4 | Sa | 1 p.m. - 1:30 p.m. |
| 73573 | 1/5 | Su | 10:20 a.m. - 10:50 a.m. |
| 73574 | 1/5 | Su | 1 p.m. - 1:30 p.m. |
| 73575 | 1/7 | Tu | 10:30 a.m. - 11 a.m. |
| 73576 | 1/7 | Tu | 3:30 p.m. - 4 p.m. |
| 73577 | 1/7 | Tu | 6:10 p.m. - 6:40 p.m. |
| 73578 | 1/9 | Th | 9:30 a.m. - 10 a.m. |

**Martin Luther King Jr. Swim Center**

| 73344 | 1/5 | Su | Noon - 12:30 p.m. |
| 73342 | 1/6 | M | 6:30 p.m. - 7 p.m. |
| 73343 | 1/8 | W | 6:30 p.m. - 7 p.m. |

**Olney Swim Center**

| 73370 | 1/4 | Sa | 9:10 a.m. - 9:40 a.m. |
| 73407 | 1/5 | Su | 9:10 a.m. - 9:40 a.m. |
| 73438 | 1/7 | Tu | 6:40 p.m. - 7:10 p.m. |
| 73445 | 1/8 | W | 5:40 p.m. - 6:10 p.m. |
| 73455 | 1/9 | Th | 6 p.m. - 6:30 p.m. |

**Beginner 1**

Ages 4-6: This class is for students who need to learn basic water adjustment skills. Parents do not accompany children. Courses meet for six 30-minute sessions. Class size is limited to five students.

6 Sessions $67

**Germantown Indoor Swim Center**

| 73243 | 1/4 | Sa | 9:45 a.m. - 10:15 a.m. |
| 73244 | 1/4 | Sa | 10:25 a.m. - 10:55 a.m. |
| 73245 | 1/4 | Sa | 11:05 a.m. - 11:35 a.m. |
| 73246 | 1/4 | Sa | 11:45 a.m. - 12:15 p.m. |
| 73247 | 1/4 | Sa | 12:25 p.m. - 12:55 p.m. |
| 73248 | 1/4 | Sa | 1:05 p.m. - 1:35 p.m. |
| 73249 | 1/5 | Su | 9:15 a.m. - 9:45 a.m. |
### Beginner 2

Ages 4-6: Parents do not accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30-minute sessions. Class size is limited to six students.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Sessions</td>
<td>$65</td>
</tr>
</tbody>
</table>

**Germantown Indoor Swim Center**

| 73260 | 1/4 | Sa | 9:45 a.m. - 10:15 a.m. |
| 73261 | 1/4 | Sa | 10:25 a.m. - 10:55 a.m. |
| 73262 | 1/4 | Sa | 11:45 a.m. - 12:15 p.m. |
| 73263 | 1/4 | Sa | 12:25 p.m. - 12:55 p.m. |
| 73264 | 1/5 | Su | 9:15 a.m. - 9:45 a.m. |
| 73265 | 1/5 | Su | 11:15 a.m. - 11:45 a.m. |
| 73272 | 1/6 | M | 6:10 p.m. - 6:40 p.m. |
| 73266 | 1/7 | Tu,Th | 5 p.m. - 5:30 p.m. |
| 73268 | 1/7 | Tu,Th | 5:40 p.m. - 6:10 p.m. |
| 73267 | 1/7 | Tu,Th | 6:20 p.m. - 6:50 p.m. |
| 73273 | 1/8 | W | 6:10 p.m. - 6:40 p.m. |
| 73269 | 2/4 | Tu,Th | 5 p.m. - 5:30 p.m. |
| 73270 | 2/4 | Tu,Th | 5:40 p.m. - 6:10 p.m. |
| 73271 | 2/4 | Tu,Th | 6:20 p.m. - 6:50 p.m. |

**Kennedy Shriver Aquatic Center**

| 73536 | 1/4 | Sa | 9 a.m. - 9:30 a.m. |
| 73537 | 1/4 | Sa | 9:40 a.m. - 10:10 a.m. |
| 73538 | 1/4 | Sa | 11:40 a.m. - 12:10 p.m. |
| 73539 | 1/4 | Sa | 12:20 p.m. - 12:50 p.m. |
| 73540 | 1/5 | Su | 9:40 a.m. - 10:10 a.m. |
| 73541 | 1/5 | Su | 11:40 a.m. - 12:10 p.m. |
| 73542 | 1/5 | Su | 12:20 p.m. - 12:50 p.m. |
| 73543 | 1/6 | M | 5:30 p.m. - 6 p.m. |
| 73544 | 1/7 | Tu | 5:30 p.m. - 6 p.m. |
| 73545 | 1/8 | W | 5:30 p.m. - 6 p.m. |
| 73546 | 1/9 | Th | 4:10 p.m. - 4:40 p.m. |

**Martin Luther King Jr. Swim Center**

| 73336 | 1/5 | Su | Noon - 12:30 p.m. |
| 73330 | 1/6 | M | 5:10 p.m. - 5:40 p.m. |
| 73331 | 1/6 | M | 5:50 p.m. - 6:20 p.m. |
| 73332 | 1/6 | M | 6:30 p.m. - 7 p.m. |
| 73333 | 1/7 | Tu | 5:30 p.m. - 6 p.m. |
| 73334 | 1/8 | W | 5:50 p.m. - 6:20 p.m. |
| 73335 | 1/9 | Th | 6:10 p.m. - 6:40 p.m. |
| 75673 | 1/9 | Th | 7:30 p.m. - 8 p.m. |

### Olney Swim Center

| 73368 | 1/4 | Sa | 9:10 a.m. - 9:40 a.m. |
| 73374 | 1/4 | Sa | 9:50 a.m. - 10:20 a.m. |
| 73383 | 1/4 | Sa | 11:10 a.m. - 11:40 a.m. |
| 73388 | 1/4 | Sa | 11:50 a.m. - 12:20 p.m. |
| 73394 | 1/4 | Sa | 12:30 p.m. - 1 p.m. |
| 73400 | 1/4 | Sa | 1:10 p.m. - 1:40 p.m. |
| 73405 | 1/5 | Su | 9:10 a.m. - 9:40 a.m. |
| 73411 | 1/5 | Su | 9:50 a.m. - 10:20 a.m. |
| 73415 | 1/5 | Su | 10:30 a.m. - 11 a.m. |
| 73421 | 1/5 | Su | 11:10 a.m. - 11:40 a.m. |
| 73425 | 1/6 | M | 5:40 p.m. - 6:10 p.m. |
| 73428 | 1/6 | M | 6:20 p.m. - 6:50 p.m. |
| 73436 | 1/7 | Tu | 6 p.m. - 6:30 p.m. |
| 73437 | 1/7 | Tu | 6:40 p.m. - 7:10 p.m. |
| 73444 | 1/8 | W | 5:40 p.m. - 6:10 p.m. |
| 73449 | 1/8 | W | 7 p.m. - 7:30 p.m. |
| 73452 | 1/9 | Th | 5:20 p.m. - 5:50 p.m. |

### Beginner 3

Ages 4-6: Parents do not accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Sessions</td>
<td>$65</td>
</tr>
</tbody>
</table>

**Germantown Indoor Swim Center**

| 73274 | 1/4 | Sa | 9:45 a.m. - 10:15 a.m. |
| 73275 | 1/4 | Sa | 10:25 a.m. - 10:55 a.m. |
| 73276 | 1/5 | Su | 10:35 a.m. - 11:05 a.m. |
| 73281 | 1/6 | M | 5:30 p.m. - 6 p.m. |
| 73278 | 1/7 | Tu,Th | 5 p.m. - 5:30 p.m. |
| 73277 | 1/7 | Tu,Th | 5:40 p.m. - 6:10 p.m. |
| 73280 | 2/4 | Tu,Th | 5 p.m. - 5:30 p.m. |
| 73279 | 2/4 | Tu,Th | 5:40 p.m. - 6:10 p.m. |

**Kennedy Shriver Aquatic Center**

| 73547 | 1/4 | Sa | 9 a.m. - 9:30 a.m. |
| 73548 | 1/4 | Sa | 11 a.m. - 11:30 a.m. |
| 73549 | 1/4 | Sa | 11:40 a.m. - 12:10 p.m. |
| 73550 | 1/4 | Sa | 1 p.m. - 1:30 p.m. |
| 73551 | 1/5 | Su | 9 a.m. - 9:30 a.m. |
| 73552 | 1/5 | Su | 9:40 a.m. - 10:10 a.m. |
| 73553 | 1/5 | Su | 11 a.m. - 11:30 a.m. |
| 73554 | 1/7 | Tu | 4:10 p.m. - 4:40 p.m. |
| 73555 | 1/8 | W | 5:30 p.m. - 6 p.m. |
| 73556 | 1/9 | Th | 4:50 p.m. - 5:20 p.m. |
| 73557 | 1/9 | Th | 6:10 p.m. - 6:40 p.m. |

**Martin Luther King Jr. Swim Center**

| 73339 | 1/5 | Su | 11:20 a.m. - 11:50 a.m. |
| 73337 | 1/7 | Tu | 6:50 p.m. - 7:20 p.m. |
| 73338 | 1/8 | W | 5:10 p.m. - 5:40 p.m. |

Follow us on Facebook and Twitter!
Register online at ActiveMONTGOMERY.org

Olney Swim Center
73369 1/4 Sa 9:10 a.m. - 9:40 a.m.
73375 1/4 Sa 9:50 a.m. - 10:20 a.m.
73378 1/4 Sa 10:30 a.m. - 11 a.m.
73389 1/4 Sa 11:50 a.m. - 12:20 p.m.
73412 1/5 Su 9:50 a.m. - 10:20 a.m.
73416 1/5 Su 10:30 a.m. - 11 a.m.
73431 1/6 M 7 p.m. - 7:30 p.m.
73450 1/8 W 7 p.m. - 7:30 p.m.

Beginner 4
Ages 4-6: Parents do not accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions $65

Germantown Indoor Swim Center
73282 1/4 Sa 11:05 a.m. - 11:35 a.m.
73283 1/5 Su 10:35 a.m. - 11:05 a.m.

Kennedy Shriver Aquatic Center
73558 1/4 Sa 11 a.m. - 11:30 a.m.
73559 1/4 Sa 12:20 p.m. - 12:50 p.m.
73560 1/5 Su 10:20 a.m. - 10:50 a.m.
73561 1/5 Su 11 a.m. - 11:30 a.m.
73562 1/5 Su 11:40 a.m. - 12:10 p.m.
73563 1/5 Su 1 p.m. - 1:30 p.m.
73564 1/6 M 5:30 p.m. - 6 p.m.
73565 1/8 W 6:10 p.m. - 6:40 p.m.
73566 1/9 Th 6:10 p.m. - 6:40 p.m.

Martin Luther King Jr. Swim Center
73341 1/5 Su 10 a.m. - 10:30 a.m.
73340 1/9 Th 6:50 p.m. - 7:20 p.m.

Olney Swim Center
73390 1/4 Sa 11:50 a.m. - 12:20 p.m.
73406 1/5 Su 9:10 a.m. - 9:40 a.m.

Youth Level 1
Ages 7-13: This class is for students who need to learn basic water adjustment skills. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 $60

Germantown Indoor Swim Center
73291 1/4 Sa 9:45 a.m. - 10:15 a.m.
73292 1/4 Sa 1:05 p.m. - 1:35 p.m.
73293 1/5 Su 9:55 a.m. - 10:25 a.m.
73297 1/6 M 6:10 p.m. - 6:40 p.m.
73294 1/7 Tu, Th 6:20 p.m. - 6:50 p.m.
73295 2/4 Tu, Th 6:20 p.m. - 6:50 p.m.

Kennedy Shriver Aquatic Center
73585 1/4 Sa 10:20 a.m. - 10:50 a.m.
73586 1/4 Sa 1 p.m. - 1:30 p.m.
73587 1/5 Su 9:40 a.m. - 10:10 a.m.
73588 1/6 M 6:10 p.m. - 6:40 p.m.

Martin Luther King Jr. Swim Center
73349 1/5 Su 10 a.m. - 10:30 a.m.
73347 1/7 Tu 6:50 p.m. - 7:20 p.m.
73508 1/7 Tu, Th 7:30 p.m. - 8 p.m.
73348 1/9 Th 6:10 p.m. - 6:40 p.m.

Olney Swim Center
73380 1/4 Sa 10:30 a.m. - 11 a.m.
73401 1/4 Sa 1:10 p.m. - 1:40 p.m.
73403 1/5 Su 8:30 a.m. - 9 a.m.
73426 1/6 M 5:40 p.m. - 6:10 p.m.
73429 1/6 M 6:20 p.m. - 6:50 p.m.
73448 1/8 W 6:20 p.m. - 6:50 p.m.
73451 1/8 W 7 p.m. - 7:30 p.m.
73453 1/9 Th 5:20 p.m. - 5:50 p.m.

Youth Level 2
Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for three seconds and float on their front and back. Courses meet for six 30-minute sessions. Class size is limited to eight students.

Sessions 6 $60

Germantown Indoor Swim Center
73298 1/4 Sa 12:25 p.m. - 12:55 p.m.
73299 1/4 Sa 1:05 p.m. - 1:35 p.m.
73300 1/5 Su 11:15 a.m. - 11:45 a.m.
73301 1/8 W 5:30 p.m. - 6 p.m.

Kennedy Shriver Aquatic Center
73589 1/4 Sa 12:20 p.m. - 12:50 p.m.
73590 1/5 Su 11:40 a.m. - 12:10 p.m.
73591 1/5 Su 12:20 p.m. - 12:50 p.m.
73592 1/7 Tu 5:30 p.m. - 6 p.m.

Martin Luther King Jr. Swim Center
73352 1/5 Su 11:20 a.m. - 11:50 a.m.
73353 1/5 Su Noon - 12:30 p.m.
73350 1/7 Tu 6:10 p.m. - 6:40 p.m.
73354 1/9 Th 5:30 p.m. - 6 p.m.
73355 1/9 Th 8:20 p.m. - 8:50 p.m.

Olney Swim Center
73371 1/4 Sa 9:10 a.m. - 9:40 a.m.
73376 1/4 Sa 9:50 a.m. - 10:20 a.m.
73381 1/4 Sa 10:30 a.m. - 11 a.m.
73408 1/5 Su 9:10 a.m. - 9:40 a.m.
73432 1/6 M 7 p.m. - 7:30 p.m.
73457 1/9 Th 6:40 p.m. - 7:10 p.m.

Aquatics 240.777.6860
Youth Level 3
Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

Schedules 6 $58

Germantown Indoor Swim Center
73302 1/4  Sa  11:05 a.m. - 11:35 a.m.
73303 1/5  Su  11:15 a.m. - 11:45 a.m.
73304 1/8  W   6:10 p.m. - 6:40 p.m.
75073 1/4  Sa  1:05 p.m. - 1:35 p.m.

Kennedy Shriver Aquatic Center
73593 1/4  Sa  9:40 a.m. - 10:10 a.m.
73594 1/4  Sa  11 a.m. - 11:30 a.m.
73595 1/4  Sa  11:40 a.m. - 12:10 p.m.
73596 1/5  Su  10:20 a.m. - 10:50 a.m.
73597 1/5  Su  11 a.m. - 11:30 a.m.

Martin Luther King Jr. Swim Center
75085 1/5  Su  10 a.m. - 10:30 a.m.
73359 1/5  Su  10:40 a.m. - 11:10 a.m.
75084 1/5  Su  11 a.m. - 11:30 a.m.
73585 1/9  Th  8:20 p.m. - 8:50 p.m.

Olney Swim Center
73385 1/4  Sa  11:10 a.m. - 11:40 a.m.
73413 1/5  Su  9:50 a.m. - 10:20 a.m.
73459 1/9  Th  7:20 p.m. - 7:50 p.m.

Youth Level 4
Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Courses meet for six 40-minute sessions. Class size is limited to 10 students.

6 Sessions $58

Germantown Indoor Swim Center
75074 1/4  Sa  11:45 a.m. - 12:15 p.m.
73305 1/4  Sa  12:25 p.m. - 12:55 p.m.
73306 1/5  Su  9:55 a.m. - 10:25 a.m.

Kennedy Shriver Aquatic Center
73598 1/4  Sa  11:40 a.m. - 12:10 p.m.
73599 1/5  Su  11 a.m. - 11:30 a.m.
73600 1/5  Su  12:20 p.m. - 12:50 p.m.
73601 1/5  Su  1 p.m. - 1:30 p.m.

Martin Luther King Jr. Swim Center
73361 1/5  Su  10:40 a.m. - 11:10 a.m.
73362 1/5  Su  Noon - 12:30 p.m.

Olney Swim Center
73386 1/4  Sa  11:10 a.m. - 11:40 a.m.
73391 1/4  Sa  11:50 a.m. - 12:20 p.m.
73396 1/4  Sa  12:30 p.m. - 1 p.m.
73418 1/5  Su  10:30 a.m. - 11 a.m.

Youth Advanced
Ages 7-13: 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 breast stroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 40-minute sessions. Group size is limited to 10 students per instructor.

6 Sessions $77

Germantown Indoor Swim Center
74612 GISC 1/4  Sa  9:45 a.m. - 10:25 a.m.
74613 GISC 1/4  Sa  10:25 a.m. - 11:05 a.m.
74614 GISC 1/4  Sa  11:05 a.m. - 11:45 a.m.

Kennedy Shriver Aquatic Center
74609 KSAC 1/4  Sa  10:20 a.m. - 11 a.m.
74610 KSAC 1/4  Sa  11 a.m. - 11:40 a.m.
74611 KSAC 1/4  Sa  11:40 a.m. - 12:20 p.m.

Four Ways to Register

1. ONLINE
Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

2. BY MAIL
Fill out and sign the registration form and mail it to: ActiveMONTGOMERY, 4010 Randolph Rd., Silver Spring, MD 20902

3. VIA FAX
If paying by credit card, you may fax your completed, signed registration form to 240-777-6818.

4. IN PERSON
Stop by any Montgomery County Recreation location, including our Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30 a.m.-4 p.m.).

Follow us on Facebook and Twitter!
Adult Level 1

Ages 14 & Up: This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Course meets for six 30-minute sessions. Class size is limited to 6 students.

6 Sessions $67

Germantown Indoor Swim Center
73230 1/4 Sa 11:05 a.m. - 11:35 a.m.
73232 1/5 Su 9:55 a.m. - 10:25 a.m.
73231 1/6 M 5:30 p.m. - 6 p.m.

Kennedy Shriver Aquatic Center
73505 1/4 Sa 11 a.m. - 11:30 a.m.
73506 1/5 Su 10:20 a.m. - 10:50 a.m.
73507 1/9 Th 8:30 p.m. - 9 p.m.

Martin Luther King Jr. Swim Center
73312 1/5 Su Noon - 12:30 p.m.
73311 1/9 Th 9 p.m. - 9:30 p.m.

Olney Swim Center
73458 1/9 Tu 7:20 p.m. - 7:50 p.m.

Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions $65

Germantown Indoor Swim Center
73233 1/4 Sa 10:25 a.m. - 10:55 a.m.
73234 1/5 Su 9:15 a.m. - 9:45 a.m.
73235 1/6 M 6:10 p.m. - 6:40 p.m.

Kennedy Shriver Aquatic Center
73508 1/4 Sa 10:20 a.m. - 10:50 a.m.

Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of five yards. Courses meet for six 30-minute sessions. Class size is limited to six students.

6 Sessions $65

Germantown Indoor Swim Center
73236 1/4 Sa 9:45 a.m. - 10:15 a.m.
73237 1/5 Su 11:15 p.m. - 11:45 p.m.

Kennedy Shriver Aquatic Center
73509 1/4 Sa 9:40 a.m. - 10:10 a.m.

Adult Level 4

Ages 14 & Up: Designed for teenagers and adults who can already swim a coordinated front and back crawl for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions $65

Germantown Indoor Swim Center
73238 1/4 Sa 11:45 a.m. - 12:15 p.m.

Kennedy Shriver Aquatic Center
73510 1/5 Su 11:40 a.m. - 12:10 p.m.
73511 1/7 Tu 8:30 p.m. - 9 p.m.

Martin Luther King Jr. Swim Center
73316 1/9 Th 9 p.m. - 9:30 p.m.

Olney Swim Center
73460 1/9 Th 8 p.m. - 8:30 p.m.
**SWIM LESSONS**

**Adult Level 5**
Ages 14 & Up: Designed for teenagers and adults who can already swim one length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

*6 Sessions $65*

Kennedy Shriver Aquatic Center
73512 1/8 W 8:30 p.m. - 9 p.m.

**Adult Swim for Conditioning**
Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six 30 minute sessions. Class size is limited to 10 students.

*6 Sessions $65*

Kennedy Shriver Aquatic Center
73513 1/6 M 8:30 p.m. - 9 p.m.

**THERAPEUTIC RECREATION**

**Adapted Aquatics Swim Clinic**
Ages 14 & Up: This class is designed for individuals with disabilities interested in competing in swim meets, such as Special Olympics. This is not a learn how to swim class, but instructors will work on stroke development, turns and overall swimming improvement. Swimmers must be able to swim one length of the pool without stopping or assistance.

*8 Sessions $90*

Kennedy Shriver Aquatic Center
74758 1/4 Sa 11:15 a.m. - 12:15 p.m.

**Adapted Aquatics Lesson - Level 1**
Ages 18 and up: This is a learn-to-swim program for those individuals with physical and developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

*6 Sessions $65*

Kennedy Shriver Aquatic Center
73606 KSAC 1/6 M 10:45 a.m. - 11:15 a.m.

**Adapted Aquatics Lesson - Volunteer Assisted**
Ages 4-17: This is a learn-to-swim program for children who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for only one (1) class per session. Class size is limited to 8 students.

*6 Sessions $65*

Kennedy Shriver Aquatic Center
73607 KSAC 1/4 Sa 9:45 a.m.-10:15 a.m.

**Water Exercise - Adaptive**
Ages 14 & Up: This course is designed for individuals with physical and developmental disabilities. Participant will have the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants must be accompanied in the water by a caregiver and in arms reach at all times.

*9 Sessions $104*

Instructor: H2O Fitness
75632 MLK 1/5 S 4 p.m.-4:50 p.m.

*10 Sessions $115*

Instructor: Wellness Network
75633 GISC 1/8 W 11:30 a.m.-12:20 p.m.

Follow us on Facebook and Twitter!
Classes Will Not Meet On
September 30, October 9, November 11,
and November 28-December 1*

*Does not apply to Aquatic activities
ARTS & CRAFTS

Arts

Acrylic Painting Techniques
Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. All ability levels welcome. Material fee included in price.
8 Sessions $152
Instructor: Margaret Deskin
73769 Bauer Dr. CRC 1/18 Sa 10:30 a.m.-12:30 p.m.

Adventures in Art
Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition. Material fee included in price.
8 Sessions $88
Instructor: Tatiana Martin
72360 Longwood CRC 1/18 Sa 10:15 a.m.-11:15 a.m.

Art Studio
Ages 10-17: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application. Material fee included in price.
8 Sessions $88
Instructor: Tatiana Martin
72361 Longwood CRC 1/18 Sa 11:30 a.m.-12:30 p.m.

Draw and Clay-Ocean Life
Ages 4-10: In this session we will explore ocean life, including the arctic regions and the great barrier reef. We will talk about scientific and environmental facts. We will draw, paint and sculpt in clay. Material fee included in price.
8 Sessions $127
Instructor: Yolanda Prinsloo
73157 Germantown CRC 1/14 Tu 5:15 p.m.-6:15 p.m.
73158 Bauer Dr. CRC 1/15 W 5:40 p.m.-6:40 p.m.

Drawing with Young Rembrandts
Ages 5-11: Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Winter Birdhouses and Sporty Snowboarder lesson. Students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood’s American Gothic.
6 Sessions $90
Instructor: Young Rembrandts
72804 Glenallan ES 1/13 M 6 p.m.-7 p.m.
72805 Damascus CRC 1/14 Tu 6 p.m.-7 p.m.
72806 Germantown CRC 1/15 W 6 p.m.-7 p.m.
72807 Bauer Dr. CRC 1/16 Th 6 p.m.-7 p.m.

Learning Art from the Masters
Ages 7-15: In this session we will learn about five women who have influenced the art world. We will emulate their artistic styles in drawings, paintings and sculptures. Material fee included in price.
8 Sessions $127
Instructor: Yolanda Prinsloo
73159 Germantown CRC 1/14 Tu 6:30 p.m.-7:30 p.m.

Mini Doodlers: Tell Me a Story
Ages 3-5: Using Model Magic, participants will create their own storyteller dolls that reflect the tradition of passing down stories. Participants will learn about Patrick Benson, the award-winning illustrator of "Owl Babies" as they create their own soft owl babies. Also featured are Lisa Kowalski’s colors, dabs and doodles, and beautiful indigo cloth designs. Artwork will take on a three-dimensional effect with shapes that pop off the page and use architectural design. Material fee included in the price.
10 Sessions $160
Instructor: Nancy Delasos
72292 Clara Barton NRC 1/13 M 11 a.m.-11:45 a.m.
72293 Lawton CRC 1/14 Tu 9:30 a.m.-10:15 a.m.
Instructor: Stephanie Burke
75057 Wheaton CRC 1/18 Sa 12:30 p.m.-1:15 p.m.
Twoosy Doodlers: My First Art Class
Ages 1y 8m-3: This "My First" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration. This special series of "My Firsts" includes sculpture, printing, finger painting, wax resist with oil pastels, monoprinting, repetition and rubbings. The activities are designed to provide opportunities for our Twoosys to touch, feel, hear, see and explore while building fine motor skills, language, creativity and cognitive skills.

10 Sessions $160
Instructor: Stephanie Burke
72149 Coffield CRC 1/14 Tu 10:15 a.m.-11 a.m.
72150 Mid-County CRC 1/15 W 11:15 a.m.-12 p.m.
72151 White Oak CRC 1/16 Th 11 a.m.-11:45 a.m.
Instructor: Nancy Delasos
72295 N. Potomac CRC
72294 Potomac CRC 1/17 F 9:30 a.m.-10:15 a.m.

CRAFTS

It's a Stitch
Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Students must bring their own sewing machine. Supply list will be on your receipt. All ability levels welcome. Material fee included in price.

4 Sessions $145
Instructor: Nora Elias
73487 Lawton CRC 1/16 Th 10:30 a.m.-1:30 p.m.
73488 Lawton CRC 2/20 Th 10:30 a.m.-1:30 p.m.
6 Sessions $145
73489 Holiday Park SC 1/17 F 10:30 a.m.-12:30 p.m.
73492 Bauer Dr. CRC 1/18 Sa 1:30 p.m.-3:30 p.m.

Kids Sew and Tell
Ages 9 -16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. Students must bring their own sewing machine. A supply list will be on your receipt. All ability levels welcome. Material fee included in price.

6 Sessions $145
Instructor: Nora Elias
73491 Bauer Dr. CRC 1/18 Sa 11:15 a.m.-1:15 p.m.

FINE ARTS

Beginner Right Brained Drawing
Ages 13 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Material fee included in price.

7 Sessions $110
Instructor: Yolanda Prinsloo
73155 Potomac CRC 1/13 M 5:15 p.m.-7 p.m.

Advanced Right Brained Drawing
Ages 13 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil, pastel or watercolor. For students with drawing experience. Material fee included in price.

7 Sessions $120
Instructor: Yolanda Prinsloo
73156 Potomac CRC 1/13 M 7:15 p.m.-9 p.m.

Drawing Seascapes With Krott
Ages 18 & Up: All levels. It's easy to draw waves and the rocks they crash on. Maybe add some palm trees, beach grass and sand dunes. We'll work from photos. Grab your pencil and let's get started!

4 Sessions $75
Instructor: Penny Kritt
73493 Kritt Studio 1/13 M 10 a.m.-12 p.m.
73494 Kritt Studio 1/13 M 7 p.m.-9 p.m.

Oil or Acrylic Painting-Open Studio
Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

7 Sessions $84
Instructor: Karen Helfert
72910 Lawton CRC 1/13 M 1 p.m.-4 p.m.
9 Sessions $108
Instructor: Karen Helfert
72911 Lawton CRC 1/14 Tu 1 p.m.-4 p.m.

Painting Landscapes With Kritt
Ages 18 & Up: Simple steps make mountains and skies that are blue or stormy. Add a forest and a waterfall. Want a quiet pond or raging river? You've just created a great landscape! You can do it all.

6 Sessions $105
Instructor: Penny Kritt
73495 Kritt Studio 1/14 Tu 10 a.m.-12 p.m.
73496 Kritt Studio 1/14 Tu 7 p.m.-9 p.m.
ARTS & CRAFTS

Painting Waterfalls and Rocks With Kritt Workshop
Ages 18 & Up: Watercolor and Acrylic: It’s easy to add drama and movement to your landscapes with waterfalls and rippling brooks. Then put in boulders and rocks for some extra splash!

1 Session $55
Instructor: Penny Kritt
73747 Kritt Studio  3/7  Sa 10 a.m.-3 p.m.
69399 Kritt Studio  1/4  M 7:00p.m.-9 p.m.

Photography

Intro to Digital Photography
Ages 16 & Up: Delve into DLSR basics and achieve your photographic vision by learning what goes into making a great image. Learn about your cameras functions, composition and lighting in order to best capture your desired outcome. Must bring your own DSLR camera.

4 Sessions $125
Instructor: Haneine Ramadan
73741 N. Potomac CRC  9/11  W 7 p.m.-8:15 p.m.

JEWELRY

Advanced Beading
Ages 15 & Up: Learn to work with multi strand beading techniques that use advanced skills to create designer jewelry. You will complete earrings and a necklace by the end of class. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. Material fee included in the price.

1 Session $56
Instructor: Renee Prioleau
73716 Wisconsin Pl. CRC  3/7  Sa 10 a.m.-12 p.m.

CERAMICS

Ceramics Introductory Wheel
Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing. Material fee included in price.

8 Sessions $230
Instructor: Robin Ziek
73714 Ross Boddy NRC  1/18  Sa 10:30 a.m.-1:30 p.m.

Photography

Intro to Digital Photography
Ages 16 & Up: Delve into DLSR basics and achieve your photographic vision by learning what goes into making a great image. Learn about your cameras functions, composition and lighting in order to best capture your desired outcome. Must bring your own DSLR camera.

4 Sessions $125
Instructor: Haneine Ramadan
73741 N. Potomac CRC  9/11  W 7 p.m.-8:15 p.m.

Metal Jewelry Design
Ages 15 & Up: Learn to make jewelry using metals and wire techniques. Students will design and create a trendy modern pair of earrings and a necklace. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. Material fee included in the price.

1 Session $56
Instructor: Renee Prioleau
73717 Wisconsin Pl. CRC  3/7  Sa 12 p.m.-2 p.m.

Handcrafted Pottery
Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter’s wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee included in price.

8 Sessions $205
Instructor: Pamela Reid
72912 White Oak CRC  1/14 Tu  6 p.m. - 8:30 p.m.

8 Sessions $215
Instructor: Margaret Dickerson
74324 Wheaton CRC  1/14 Tu  6 p.m. - 9 p.m.
74325 Wheaton CRC  1/16 Th  9:30 a.m. - 12:30 p.m.

Performing Arts

Playwriting: Write Together Play Together
Ages 9 - 12: Students will develop fundamental skills in improvisation, playwriting and performance techniques. Students collaborate not only in the writing of the play, but also in choosing or creating the costumes, props and set pieces necessary for their original production. At the end of each session, students will perform in a showcase featuring their original scene for parents and family!

8 Session $160
Instructor: Olney Theater
72408 Potomac CRC  1/18 Sa 10 a.m.-11:20 a.m.

8 Sessions $230
Instructor: Susan Mapp
72398 Ross Boddy NRC  1/16 Th  6 p.m. - 9 p.m.

Handcrafted Pottery
Ages 17 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter’s wheel, including centering, and learn about clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee included in price.

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Instructor: Pamela Reid
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74324 Wheaton CRC  1/14 Tu  6 p.m. - 9 p.m.
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Playwriting: Write Together Play Together
Ages 9 - 12: Students will develop fundamental skills in improvisation, playwriting and performance techniques. Students collaborate not only in the writing of the play, but also in choosing or creating the costumes, props and set pieces necessary for their original production. At the end of each session, students will perform in a showcase featuring their original scene for parents and family!

8 Session $160
Instructor: Olney Theater
72408 Potomac CRC  1/18 Sa 10 a.m.-11:20 a.m.

9 Sessions $260
Instructor: Valerie Haber
72905 N. Potomac CRC  1/16 Th 10 a.m.-1 p.m.

Follow us on Facebook and Twitter!
Handcrafted Pottery Open Studio
Ages 16 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Material fee included in cost. Intermediate and advanced levels.

8 Sessions $215
Instructor: Margaret Dickerson
75421  Wheaton CRC  1/15 W  9:30 a.m. - 12:30 p.m.

8 Sessions $230
Instructor: Pamela Reid
72913  White Oak CRC  1/14 Tu  10 a.m.- 2 p.m.
Instructor: Robin Ziek
73715  Ross Boddy NRC  1/14 Tu  6 p.m. - 9 p.m.
74599  Ross Boddy NRC  1/18 Sa  10:30 a.m.- 1:30 p.m.
Instructor: Susan Mapp
72402  Ross Boddy NRC  1/15 W  10:30 a.m.- 1:30 p.m.
9 Sessions $265
Instructor: Valerie Haber
72811  N. Potomac CRC  1/14 Tu  6 p.m. - 9 p.m.

Sewing
Round Loom Knitting
Ages 13 & Up: Learn a fun and easy new way of making different types of knitted apparel. Winter is here so we'll make hats, scarves or blankets to use or give as gifts.

5 Sessions $60
Instructor: Mary Kate Griffith
72392  Germantown CRC  1/28  Sa  10 a.m.-12 p.m.

Cooking
Cooking Techniques: Salad Dressings and What to Dress
Ages 15 & Up: We will make and dine on a salad with unexpected flavors, colors and textures, enrobed with one of a choice of dressings. You will go home with samples of a variety of dressings and recipes. Menu includes an artfully composed salad containing a mixture of colorful ingredients, lemon and olive oil dressing, red wine vinaigrette, egg and anchovy dressing, Bagna Cauda, shallot and sherry vinaigrette, creamy mustard dressing, avocado and herb dressing, citrus zest vinaigrette and bunk house dressing. Material and food fee included in price.

1 Session $75
Instructor: Sheila Crye
74151  Ross Boddy CRC  1/15 W  6:30 p.m. - 9:30 p.m.

Wine and Dine: Asian Flavors Seafood Dinner
Ages 21 & Up: Learn how to replicate both delicate and assertive Asian dishes in your own kitchen. Two locally available great value wines will complement the flavorful meal. Menu includes Malaysian-style stir-fried turmeric shrimp, stir-fried snow pea shoots with crabmeat, stir-fried chili scallops with baby bok choy, Chinese Indian vegetarian fried rice, and fortune cookies. Material and food fee included in price.

1 Session $75
Instructor: Sheila Crye
74153  N. Potomac CRC  3/13 F  6:30 p.m. - 9:30 p.m.

Youth Cooking
Chopped!
Ages 5 - 12: Never have food challenge reality shows been so popular and "Chopped" is a favorite here at Tiny Chefs! Our version of the beloved TV show, has the added twist of focusing on different cuisines. Each class, the Tiny Chef students will be presented with 3 - 4 secret ingredients, which reflect different cuisines from different countries!

8 Sessions $245
Instructor: Tiny Chefs
73152  Wheaton CRC  1/18  Sa  10 a.m.- 11:15 a.m.
**Montgomery County Recreation**

**DANCE**

**BACHATA**

**Bachata I**
Ages 17 & Up: Learning Bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. All ability levels welcome. No partner required.

*8 Sessions*  **$96**
Instructor: Avant Garde Ballroom Dance Center
72385 Avant Garde DC  1/14 Tu  7 p.m.-7:45 p.m.

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**BALLET**

**Ballet**
Ages 5-11: Young dancers get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

*8 Sessions*  **$88**
Instructor: Grace Oleson
72496 Coffield CRC  1/13 M  4:30 p.m.-5:15 p.m.
72497 N. Potomac CRC  1/14 Tu  4:30 p.m.-5:15 p.m.
72498 Germantown CRC  1/15 W  4:30 p.m.-5:15 p.m.
72499 Wheaton CRC  1/16 Th  5:15 p.m.-6 p.m.

**Ballet for Adults**
Ages 16 & Up: It’s never too late to learn to dance, while improving posture and flexibility in a social atmosphere. Students will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center of the floor and moving across the floor. Clothing should be loose and comfortable, no denim. Bare feet or flat ballet shoes recommended. For more information contact Robyn at info@rldancecompany.com.

*9 Sessions*  **$99**
Instructor: Robyn Lindsey
73164 Potomac CRC  1/16 Th  7 p.m.-8 p.m.

**Contemporary Dance I**
Ages 9-12: Learn combinations that include floor work, lyrical movements and techniques that include modern dance, jazz dance and ballet. This class is sure to get you moving to the music.

*10 Sessions*  **$210**
Instructor: Bonnie Slawson
73168 Commotion  1/18 Sa  12 p.m.-1 p.m.
Fitness Studio

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**THE ART OF CUPCAKES**

**Ages 5 - 12:** If you have an avid baker at home, the Art of Cupcakes is what they have been waiting for! We will be decorating cupcakes into unique and artful creations all day long!

*1 Session*  **$95**
Instructor: Tiny Chefs
73154 Wheaton CRC  1/20 M  9 a.m.-4 p.m.

**KIDS KITCHEN: FOOD, FITNESS, FUN**

**Ages 5-15:** Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/food and fitness activities and prepare delicious recipes from all food groups to develop a healthy lifestyle of eating and exercise. Material fee included in price.

*1 Session*  **$55**
Instructor: Kids Kitchen
72263 White Oak CRC  1/18 Sa  10 a.m.-12 p.m.
72264 N. Potomac CRC  2/15 Sa  10 a.m.-12 p.m.

Follow us on Facebook and Twitter!
Creative Combo Dance
Ages 6-12: Students will combine a range of dance forms including modern, ballet and African dance while also learning to dance with flags. Material fee includes personal flag and T-shirt for final class performance.
8 Sessions $138
Instructor: Venterprises Inc 74482 Wheaton CRC 1/15 W 4 p.m.-5 p.m.

Fairy Tale Ballet
Fairy Tale Ballet is a unique and creative program catered to the imaginations of children between the ages of 3-6. The class incorporates the fundamentals of proper ballet technique in a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination.
10 Sessions $220
Instructor: Jennifer Ferrigno

Jazzmatazz Preschool Dance
Ages 3-4: This class provides an introduction to dance through creative movement, using a variety of musical styles that children love. Wear leotards, tights, and well-fitted all-leather ballet slippers. No lace tutus and only short dance skirts please. Children must be toilet trained.
10 Sessions $100
Instructor: Betsy Saunders
72148 Long Branch CRC 1/18 Sa 10:15 a.m.-11 a.m.

Kidz Dance
Ages 3-4: Children will love this introduction to ballet dance. Students will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.
8 Sessions $110
Instructor: Grace Oleson
72096 Coffield CRC 1/13 M 3:30 p.m.-4:15 p.m.
72099 N. Potomac CRC 1/14 Tu 3:30 p.m.-4:15 p.m.
72097 Germantown CRC 1/15 W 3:30 p.m.-4:15 p.m.
72098 Wheaton CRC 1/16 Th 4:15 p.m.-5 p.m.

Pre-Ballet
Ages 2-5: This class introduces students to dance, movements and basic ballet techniques and terminology while emphasizing rhythm and coordination. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required.
8 Sessions $110
Instructor: Sabine Philippe
72451 Dansez! Dansez! 1/22 W 10 a.m.-10:30 a.m.
72452 Dansez! Dance Studio 1/23 Th 10 a.m.-10:30 a.m.

Ballroom I (Couples)
Ages 16 & Up: Beginner Level—Gain the basics for students with no prior level of instruction. Learn proper dance position, how to lead and follow and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend.
8 Sessions $80
Instructor: Rebecca McKinney
72504 Bethesda ES 1/13 M 7 p.m.-8 p.m.
Instructor: Ann Basso
72348 Wheaton CRC 1/23 Th 7 p.m.-8 p.m.
Ballroom II (Couples)
Ages 16 & Up: After a brief review of Ballroom I dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Intermediate level; Prerequisite: Ballroom I.

8 Sessions $80
Instructor: Rebecca McKinney
72505 Bethesda ES 1/13 M 8 p.m.-9 p.m.
Instructor: Ann Basso
72349 Wheaton CRC 1/23 Th 8 p.m.-9 p.m.

Ballroom III (Couples)
Ages 16 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and Advanced levels; Prerequisite: Ballroom II or equivalent.

8 Sessions $88
Instructor: Ann Basso
72351 Coffield CRC 1/21 Tu 7:45 p.m.-8:45 p.m.

Ballroom IV (Couples)
Ages 16 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student and you must have a partner registered in the class to attend. Intermediate and Advanced levels. Prerequisite: Ballroom III or equivalent.

8 Sessions $88
Instructor: Ann Basso
72350 Wheaton CRC 1/23 Th 9 p.m.-10 p.m.

Cheer and Poms

Poms
Ages 7-12: Are you ready for Poms try outs? We will teach you how to audition as well as teach you the technical skills that you will need to be prepared. Learn how to kick, leap and turn like the poms squads do.

10 Sessions $210
Instructor: Bonnie Slawson
73170 Commotion 1/18 Sa 12 p.m.-1 p.m.

Follow us on Facebook and Twitter!
**Step Dance for Kids**  
Ages 7-14: Students will learn how to use your body as an instrument to create complex rhythms and sounds using a combination of hand claps, foot stomps and spoken word while also including other genres of dance such as hip-hop, tap and modern dance.  
*7 Sessions $105*  
Instructor: Craig Perry  
73765 Wheaton CRC  1/13 M  6:30 p.m.-7:30 p.m.  
*9 Sessions $135*  
Instructor: Craig Perry  
73761 Mid-County CRC  1/16 Th  6:30 p.m.-7:30 p.m.

**Latin**

**Afro Latin Grooves Dance**  
Ages 15 & Up: Students will blend the pocket of afro style dancing with the fun found in Latin footwork. Learn body control, musicality and basic steps to your favorite Latin Dances.  
*7 Sessions $105*  
Instructor: Craig Perry  
75642 Wheaton CRC  1/13 M  8 p.m.-9 p.m.  
*9 Sessions $135*  
Instructor: Craig Perry  
73760 Mid-County CRC  1/16 Th  7:30 p.m.-8:30 p.m.

**Line Dancing**

**Urban Line Dance**  
Ages 17 & Up: This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. Beginner level.  
*8 Sessions $72*  
Instructor: Peytrienne McCormick  
72510 Wheaton CRC  1/14 Tu  6:15 p.m.-7:15 p.m.  
72511 Good Hope NRC  1/15 W  6:30 p.m.-7:30 p.m.

**Performing Arts**

**Bollywood Bhangra Dance Fitness**  
Ages 14 & Up: Students will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.  
*7 Sessions $95*  
Instructor: Kumud Mathur  
72909 N. Potomac CRC  1/15 W  7 p.m.-7:45 p.m.

**Bollywood Dance Fitness**  
Ages 14 & Up: Learn the latest in Bollywood dance while getting a great cardio workout. Techniques include hand, feet and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art. Beginner and Intermediate levels.  
*7 Sessions $95*  
Instructor: Kumud Mathur  
72908 Potomac CRC  1/14 Tu  7:15 p.m.-8 p.m.

**Bollywood Dance for Toddlers**  
Ages 2-5: This high-energy, fun and upbeat dance class allows your children to move freely, using their own body movement styles. Children participate at their own pace.  
*7 Sessions $109*  
Instructor: Kumud Mathur  
72131 Potomac CRC  1/14 Tu  5:15 p.m.-6 p.m.

**International Folk Dancing**  
Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.  
The first half hour is devoted to assisting beginners experience the culture, music, and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more.  
The intermediate/advanced level adds dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and others.  
Cost is $7 per week.  
Contact Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time:</th>
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<tr>
<td>Lawton CRC</td>
<td>Monday</td>
<td>7:30-9:45 p.m.</td>
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<tr>
<td>Social Hall</td>
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<td>Program is ongoing.</td>
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The Center Director may cancel a date if it conflicts with a community event or maintenance issues.
Bollywood Kids
Ages 6-13: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence. For more information contact Kumud Mathur at kumud_mathur@Hotmail.com
7 Sessions $95
Instructor: Kumud Mathur
72907 Potomac CRC 1/14 Tu 6:15 p.m.-7 p.m.

Tiny Toes
Ages 2 1/2-3 1/2: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate!
8 Sessions $144
Instructor: Tippi Toes DC
72457 Lawton CRC 1/16 Th 11 a.m.-11:30 a.m.
72456 White Oak CRC 1/18 Sa 10:15 a.m.-10:45 a.m.

Toddler and Me Dance
Ages 1 1/2-3 1/2: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.
8 Sessions $144
Instructor: Tippi Toes DC
72458 Lawton CRC 1/16 Th 10 a.m.-10:45 a.m.
72459 White Oak CRC 1/18 Sa 9:15 a.m.-10 a.m.

SALSA

Salsa Club Dancing I
Ages 17 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Students will change partners frequently. No partner required.
8 Sessions $96
Instructor: Avant Garde Ballroom Dance Center
72381 Avant Garde 1/14 Tu 7 p.m.-7:45 p.m.

SWING

Swing (couples)
Ages 16 & Up: Get an introduction to East Coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.
10 Sessions $100
Instructor: Rebecca McKinney
72508 Lawton CRC 1/16 Th 8 p.m.-9 p.m.

TAP

Theatre Dance & Tap
Ages 5-8: Is your child theatrical? Here is a class that prepares you for being part of musical theatre shows and talent shows. Learn how to make music with your feet and learn how to dance for musicals!
10 Sessions $210
Instructor: Bonnie Slawson
73171 Commotion 1/14 Tu 5 p.m.-6 p.m.
Fitness Studio

WEDDING DANCE

Wedding Ready
Ages 17 & Up: Wedding ready is an 8-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance.
8 Sessions $96
Instructor: Avant Garde Ballroom Dance Center
72380 Avant Garde 1/14 Tu 7:15 p.m.-8 p.m.

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**FITNESS**

**AEROBIC DANCE**

**Dance & Fitness**

A complete aerobic workout active adults who love music and movement. Dance in an energetic, fun-filled hour, choreographed to all styles of music. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional.

**20 Sessions $160**

Instructor: Yecenia Bell
72226 Lawton CRC 1/6 M,W 6 p.m.-7 p.m.
Instructor: Elaine Waldstreicher
72228 Mid-County CRC 1/6 M,W 7:30 p.m.-8:30 p.m.
Instructor: Katy Wiemers
72227 Rock View ES 1/7 Tu,Th 7 p.m.-8 p.m.
Instructor: Lois Antos
72225 Veirs Mill LP 1/7 Tu,Th 9:30 a.m.-10:30 a.m.

**Dance & Fitness Add a Class**

Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) or Saturday and add more dancing at a different location.

**10 Sessions $80**

Instructor: Katy Wiemers
72229 Wheaton CRC 1/11 Sa 9 a.m.-10 a.m.

**Jacki Sorensen's Aerobic Dance**

Ages 50 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low- or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional.

**11 Sessions $94**

Instructor: Karin Baker
72255 Potomac CRC 1/7 Tu 9 a.m.-10 a.m.
72256 Potomac CRC 1/9 Th 9 a.m.-10 a.m.

**Aerobic Exercise**

**Jacki Sorensen's Aerobic Workout**

Ages 50 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds).

**11 Sessions $94**

Instructor: Karin Baker
72257 Damascus CRC 1/8 W 7 p.m.-8 p.m.

**Jacki Sorensen's Strong Step**

Ages 18 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Students can adjust step level to vary intensity. Bring a step, exercise mat. Hand weights (1-6 pounds) are optional. Limited steps available for class use.

**11 Sessions $94**

Instructor: Karin Baker
72258 Potomac CRC 1/10 F 9 a.m.-10 a.m.

**Jazzmatazz Low-Impact Aerobics**

Ages 50 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

**10 Sessions $80**

Instructor: Betsy Saunders
72171 Bauer Dr. CRC 1/14 Tu 9:30 a.m.-10:30 a.m.
72172 Bauer Dr. CRC 1/16 Th 9:30 a.m.-10:30 a.m.

**Movin' with Millie Aerobics**

Ages 50 & Up: Set to a positive, upbeat music, this class is a unique exercise experience beginning with a total body warm-up, aerobic conditioning for cardiovascular fitness and floor exercise for toning hips, thighs, abdominals and glutes. Bring a mat, exercise bands and hand weights.

**10 Sessions $80**

Instructor: Millie Trimble
75100 Good Hope NRC 1/17 F 10 a.m.-11 a.m.
75099 Good Hope NRC 1/15 W 10 a.m.-11 a.m.
**Body Sculpting**

**Body Sculpt**
Ages 18 & Up: This fun-filled workout focuses on strengthening and toning all major muscle groups while using elements of yoga, Pilates, kickboxing and traditional exercises that are choreographed to great music. Each participant will receive a T-shirt. For all ability levels.

*8 Sessions* $80  
Instructor: Fit 2 Believe  
72302 N. Potomac CRC  1/13  M  7 p.m.-8 p.m.

*10 Sessions* $100  
72300 Bauer Dr. CRC  1/15  W  7 p.m.-8 p.m.  
72301 N. Potomac CRC  1/18  Sa  9 a.m.-10 a.m.

**Definition Body Sculpting**
Ages 18 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Participants will be able to track their individual progress! Instructor ACE and CPR certified.

*18 Sessions* $162  
Instructor: Juliet Rodman  
73980 Clara Barton NRC  1/14 TuTh  9 a.m.-10 a.m.

**Pilates**

**Ballet Workout + Pilates Mat**
Ages 18 & Up: This unique class with classical music combines basic ballet posture and alignment with Pilates, low-impact cardio, weight-bearing exercises and other techniques. Participants will learn a combination of stretches and movements to improve energy, flexibility, core strength and balance. Bring light hand weights, a mat and workout shoes.

*8 Sessions* $80  
Instructor: Esther Brunner  
72200 Wisconsin Pl. CRC  1/9  Th  10:15 a.m.-11:15 a.m.  
72201 Tilden MS  1/7  Tu  7:15 p.m.-8:15 p.m.

**Jazzmatazz Aerobics W/Pilates Mat**
Ages 18 & Up: Work out with a combination of Pilates mat work and a low-impact, high-intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday and Thursday to achieve the best results.

*10 Sessions* $80  
Instructor: Betsy Saunders  
72170 Wheaton CRC  1/14  Tu  7:15 p.m.-8:15 p.m.  
72169 Wheaton CRC  1/16  Th  7:15 p.m.-8:15 p.m.

**Pilates for Fitness**
Ages 18 & Up: This workout will increase strength, flexibility and energy levels. This program is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability. Each participant will receive a T-shirt.

*8 Sessions* $80  
Instructor: Fit 2 Believe  
72308 White Oak CRC  1/14  Tu  7 p.m.-8 p.m.  
72309 N. Potomac CRC  1/15  W  7 p.m.-8 p.m.  
72307 Bauer Dr. CRC  1/16  Th  7:15 p.m.-8:15 p.m.  
72306 Lawton CRC  1/18  Sa  10 a.m.-11 a.m.

**Powerlates**

*NEW!* Ages 18 & Up: A fun, energetic blend of Pilates and traditional resistance training, Powerlates integrates full-body moves with targeted precision to help you increase strength and endurance while improving your balance and flexibility. Developed by a personal trainer, resistance bands are used throughout class allowing you to customize the resistance level for a truly personalized workout. Resistance bands available for purchase or bring your own. Bring a yoga mat.

*8 Sessions* $80  
Instructor: Jieanne Lieder  
72128 Potomac CRC  1/16  Th  6 p.m.-7 p.m.

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PLAYTIME & MOVEMENT FOR TOTS

Funfit Tots
Ages 11m-2: A high-energy exercise class for children and adults to work out together with songs, stories, parachutes, games, balls, music and more. Students develop motor skills, coordination, socialization and cooperation while reinforcing cognitive development. Child must be walking. Adult participation required. A material fee is included in the price.

8 Sessions $124
Instructor: Funfit
72283 Bauer Dr. CRC 1/21 Tu 9:30 a.m.-10:15 a.m.
72285 Tilden MS 1/25 Sa 9:30 a.m.-10:15 a.m.

Funfit Tots Family Class
Ages 1 1/2 -4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child. A material fee is included in the price.

8 Sessions $124
Instructor: Funfit
72284 Bauer Dr. CRC 1/21 Tu 10:15 a.m.-11 a.m.
72286 Tilden MS 1/25 Sa 10:15 a.m.-11 a.m.
72287 Tilden MS 1/25 Sa 11 a.m.-11:45 a.m.

Tots Movement Kid Fit 101
Ages 11m-4: Crawl through tunnels, roll on balls and build big towers all while developing fine and gross motor skills; increasing hand-eye coordination; and engaging in socialization and self-expression. Parents/caregivers participation required.

5 Sessions $95
Instructor: Future Resource Learning
72403 Potomac CRC 1/29 W 10:30 a.m.-11:15 a.m.
72405 Praisner CRC 1/29 W 5 p.m.-5:45 p.m.
72404 Mid-County CRC 2/8 Sa 10:15 a.m.-11 a.m.

STRENGTH TRAINING

Bone Builders - Plus
Ages 50 & Up: An advanced fitness class to strengthen all major muscle groups, gain better balance, improve posture and improve bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body’s needs. Sign-up for two classes per week to achieve optimal results. Due to instructor’s asthma, do not wear perfume or cologne to class.

9 Sessions $81
Instructor: Jaroslawa Palazzo
72188 Lawton CRC 1/6 M 10 a.m.-11 a.m.
72192 Lawton CRC 1/6 M 11:30 a.m.-12:30 p.m.

11 Sessions $99
72190 Potomac CRC 1/7 Tu 3 p.m.-4 p.m.
72189 Lawton CRC 1/8 W 10 a.m.-11 a.m.
72193 Lawton CRC 1/8 W 11:30 a.m.-12:30 p.m.
72191 Potomac CRC 1/9 Th 3 p.m.-4 p.m.

Boot Camp
Ages 18 & Up: Non-traditional way to get in shape and feel great! Workout consists of cardiovascular conditioning (running or walking, plyometrics), strength training (free weights, stability balls, resistance bands, glides, and kettle bells). The coaches vary the exercises and format for every workout so no two boot camp sessions are the same.

4 Sessions $60
Instructor: Nu-You Wellness And Fitness
73966 Praisner CRC 1/29 W 6 p.m.-7 p.m.
73965 Potomac CRC 1/29 W 9:15 a.m.-10:15 a.m.
73967 Potomac CRC 1/30 Th 6 p.m.-7 p.m.
73968 Mid-County CRC 2/8 Sa 9 a.m.-10 a.m.
**FITNESS**

**FITNESS**

**Boot Camp and Strength Training**
Ages 18 & Up: Accept the challenge and get maximum results. Participants will complete sit-ups, curls, squats and other weight-lifting exercises to get fit in a circuit-style class. Each participant will receive a t-shirt.

**10 Sessions $100**
Instructor: Fit 2 Believe
72304 Bauer Dr. CRC
1/14 Tu 7:15 p.m.-8:15 p.m.
72303 White Oak CRC
1/16 Th 7 p.m.-8 p.m.
72305 Ross Boddy CRC
1/18 Sa 10:30 a.m.-11:30 a.m.

**Category 4 Fitness Boot Camp**
Ages 18 & Up: Instructed by an ISSA-certified fitness trainer, this 60-minute program incorporates cardio, resistance and core training. This class utilizes a specific interval training system broken down into segments of 30 seconds to 1 minute that challenge all fitness levels.

**8 Sessions $80**
Instructor: Thomas Witz
72265 Germantown CRC
1/13 M 7:30 p.m.-8:30 p.m.

**10 Sessions $100**
72266 Germantown CRC
1/15 W 7:30 p.m.-8:30 p.m.

**Dynaerobics AND Body Sculpting**
Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, a choreographed aerobic workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

**10 Sessions $99**
Instructor: Regina Gaither
72124 Bauer Dr. CRC
1/18 Sa 10:15 a.m.-11:30 a.m.

**Tone It Up Boot Camp**
Ages 18 & Up: Come tone it up with your instructor who is a current track and field coach and former track athlete. Your tone it up coach will show you all the drills and exercises that will tone up your body in a matter of weeks. Let us work together to achieve your toning up goal by joining a group of like-minded individuals and a coach who will help you get the results. Get ready to do resistance bands, Penalty Box Training, medicine ball strength drills, abdominal muscle strengthening and much more. With a positive attitude, you will have fun and get results.

**8 Sessions $80**
Instructor: Elite Quality Sports
72289 Bauer Dr. CRC
1/13 M 6 p.m.-7 p.m.

**10 Sessions $100**
72290 Bauer Dr. CRC
1/15 W 6 p.m.-7 p.m.
72291 Bauer Dr. CRC
1/18 Sa 10 a.m.-11 a.m.

**Body Conditioning**

**20-20-20**
Ages 18 and up: Enter the Tone Zone. Total body conditioning with 20 minute intervals of cardio, strength and floor core. Burn calories, sculpt your muscles, and tone your abs in this fun, full-body fitness fusion. Resistance bands will be provided or bring your own. Bring a yoga mat.

**8 Sessions $80**
Instructor: Jeanne Lieder
72127 Bauer Drive CRC
1/15 W 6:00 PM - 7:00 PM

**Dynaerobics**
Ages 18 & Up: This vigorous and challenging conditioning program combines cardio, core and resistance exercises for a safe, total-body workout. Class includes an energizing warmup, a choreographed aerobic workout and a relaxing cool down. The last 45 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

**10 Sessions $90**
Instructor: Gina Dols
72123 Bauer Dr. CRC
1/14 Tu 6 p.m.-7:15 p.m.
72122 Bauer Dr. CRC
1/16 Th 6 p.m.-7:15 p.m.

**Follow us on Facebook and Twitter!**
Kelley's Complete Fitness Workout
Ages 18 & Up: This safe, effective, co-ed program strengthens and tones all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a total-body workout, choreographed to music. Emphasis is placed on proper execution, body alignment and posture. Each class concludes with a relaxation segment. Bring a towel or mat. Light hand weights are optional.

- **9 Sessions $72**
  - Instructor: Pamela Kelley
  - 72234 Longwood CRC  1/6  M  7:15 p.m.-8:30 p.m.

- **11 Sessions $88**
  - 72236 Longwood CRC  1/8  W  7:15 p.m.-8:30 p.m.
  - 72235 Bauer Dr. CRC  1/8  W  9:10 a.m.-10:25 a.m.

Kelley's 50+ Complete Fitness Workout
Ages 50 & Up: This class is geared toward the active adult age 50 and above that is looking to improve or maintain his/her level of fitness. This is a safe, effective program that strengthens and tones all major muscle groups. The class incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a low-impact total body workout. Bring a mat to class. Light hand weights are encouraged, but not required.

- **9 Sessions $72**
  - Instructor: Pamela Kelley
  - 72233 Wheaton CRC  1/6  M  9:15 a.m.-10:30 a.m.
  - 72237 Wheaton CRC  1/9  Th  9:15 a.m.-10:30 a.m.

Powerblast
**NEW!** Ages 18 & Up: Bootcamp class that challenges and develops all ages and levels of fitness. Classes follow a structure designed to prepare individuals' bodies for intense activity, while preventing major injury.

- **8 Sessions $80**
  - Instructor: Julien Joseph Elie
  - 73035 Wheaton CRC  1/13  M  6 p.m.-7 p.m.

- **10 Sessions $100**
  - 73034 Wheaton CRC  1/15  W  7 p.m.-8 p.m.
  - 73036 Wheaton CRC  1/18  Sa  10 a.m.-11 a.m.

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**Three Month Pass**
To register click on the membership tab on ActiveMONTGOMERY.org and search for "ACT."

ACT provides a vigorous, easy to follow co-ed class for ages 16 & up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness, the program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes are available for 12, 18, and 24 classes.
Pass is valid for three months from the first class attended.
Take your access card and receipt to any class location and check-in with the front desk staff. Give a copy of the registration to the ACT instructor.

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Times:</th>
<th>Passes</th>
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</thead>
<tbody>
<tr>
<td>Wheaton CRC</td>
<td>M, Tu, W, Th</td>
<td>6 p.m.-7 p.m.</td>
<td>24 Passes-$162</td>
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<td>Sa</td>
<td>9 a.m.-10 a.m.</td>
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<tr>
<td>Bauer Drive CRC</td>
<td>M, W</td>
<td>5 p.m.-6 p.m.</td>
<td>18 Passes-$126</td>
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<td>Praisner CRC</td>
<td>M, W</td>
<td>7 p.m.-8 p.m.</td>
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<tr>
<td>Potomac CRC</td>
<td>Tu, Th</td>
<td>7 p.m.-8 p.m.</td>
<td>12 Passes-$87</td>
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</tbody>
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**Countywide Programs  240-777-6870**
**Workshops**

**Fitness 101**

*NEW!* Ages 18 & Up: With a smaller group you get a more personalized training experience, similar to personal training, but you also get the benefits of group training (accountability, motivation, dynamic interactions and camaraderie). This program will teach you how to properly use gym machines and challenge your body with new moves and routines.

**1 Session $15**
Instructor: Nu-You Wellness And Fitness
73971 N. Potomac CRC 1/14 Tu 7 p.m.-8:30 p.m.
73975 Wheaton CRC 1/15 W 10 a.m.-11:30 a.m.
73974 N. Potomac CRC 2/4 Tu 7 p.m.-8:30 p.m.
73976 Wheaton CRC 2/19 W 10 a.m.-11:30 a.m.
73969 Praisner CRC 2/19 W 7 p.m.-8:30 p.m.
73973 Mid-County CRC 2/22 Sa 11:15 a.m.-12:45 p.m.
73972 Praisner CRC 2/26 W 7 p.m.-8:30 p.m.
73970 Mid-County CRC 2/1 Sa 11:15 a.m.-12:45 p.m.
73977 Wheaton CRC 2/29 W 10 a.m.-11:30 a.m.

**Community Basic First Aid and CPR_AED**

Ages 13 and up: This class offers hands-on First Aid and CPR-AED training and certification. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Certifications and material will be from EMS Safety Service unless a specific request made prior to training. Material fee is included in price.

**1 Session $95**
Instructor: Tiquia Bennett
73961 Germantown CRC 1/11 Sa 10 a.m.-1 p.m.
73959 Bauer Drive CRC 1/22 W 5 p.m.-9 p.m.
73963 Bauer Drive CRC 1/25 Sa 10 a.m.-1 p.m.
73962 Germantown CRC 3/4 W 5 p.m.-8 p.m.
73964 Potomac CRC 3/11 W 5 p.m.-8 p.m.
73960 Potomac CRC 3/25 W 5 p.m.-8 p.m.

**ZUMBA**

**Dance Fit Zumba**

Ages 16 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. Beginner and intermediate levels.

**8 Sessions $64**
Instructor: Dance Fit
73984 Praisner CRC 1/13 M 6 p.m.-7 p.m.
73986 Potomac CRC 1/14 Tu 6 p.m.-7 p.m.
73982 Germantown CRC1/14 Tu 7:15 p.m.-8:15 p.m.
73983 Germantown CRC1/16 Th 7:15 p.m.-8:15 p.m.
73985 N. Potomac CRC 1/18 Sa 10 a.m.-11 a.m.

**Definition Zumba**

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors.

**16 Sessions $144**
Instructor: Juliet Rodman
73981 Clara Barton NRC 1/13 M,F 9 a.m.-10 a.m.

**Glow Zumba**

Ages 18 & Up: Ready for the ultimate experience in a Zumba class? This workout is a dynamic fitness program using Latin dance flavor. Not only will you experience the exhilaration of moving your body to the rhythm of the music, it will be kicked up a notch with participants glowing in the dark! This class features easy-to-follow moves in interval training sessions with fast and slow rhythms, stretching, and most importantly FUN! Participants should come dressed in their neon-colored exercise attire. The first 2-3 classes will be instructional and then be prepared to experience Zumba as you have never experienced it before.

**10 Sessions $100**
Instructor: Elite Quality Sports
72288 Good Hope NRC 1/14 Tu 6:30 p.m.-7:30 p.m.

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**Zumba Fitness**

Ages 16 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

**10 Sessions** $82
Instructor: Michelle Johnson-Lancaster  
72298 Bauer Dr. CRC 1/18 Sa 9 a.m.-10 a.m.

**11 Sessions** $90
72297 Mid-County CRC 1/13 M 6:15 p.m.-7:15 p.m.
72299 Mid-County CRC 1/15 W 6:15 p.m.-7:15 p.m.

**Zumba Toning**

NEW! Ages 16 & Up: Take Zumba to the next level by adding resistance using Zumba® Toning Sticks. Lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning target zones including the arms, core and lower body.

**8 Sessions** $69
Instructor: Ingrid Higgins  
75500 Wheaton CRC 1/13 M 7:30 p.m.-8:30 p.m.

**Zumba**

NEW! Ages 16 & Up: We take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Get a total workout that combines all elements of fitness, cardio, muscle conditioning, balance and flexibility.

**10 Sessions** $80
Instructor: Ingrid Higgins  
75001 Wheaton CRC 1/14 Tu 7:30 p.m.-8:30 p.m.

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**HEALTH/WELLNESS**

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**Meditation**

**Introduction to Mindfulness Meditation**

Ages 18 & Up: Cultivate a greater awareness of the unity of mind and body. Mindfulness meditation helps practitioners stop worrying about forces not under their control, using mindfulness techniques including a full-body scan, seated meditation, walking meditation and eating meditation. No prior meditation experience is needed to enroll in this class.

**1 Session** $49
Instructor: Jerry Hartman  
75146 Lawton CRC 1/25 Sa 10 a.m.-2:00 p.m.

**Using Mindfulness to Increase Happiness**

18 & Up: For most of us, happiness is dependent on outside conditions. We suffer from the “if only” disease and never have enough to be satisfied. Possessions, jobs or relationships - we’re always looking for the next big thing that will finally make us happy. Eventually we realize that approach doesn’t work. Mindfulness meditation gives us tools to create a lasting happiness that doesn’t rely on others. We’ll explore how clinging to our attitudes and possessions create dissatisfaction, and how loving, kindness, generosity and gratitude can help change your outlook on life. No prior meditation experience is required to participate in this class.

**1 Session** $49
75145 Germantown CRC 2/1 Sa 10 a.m.-2 p.m.

**Half-Day Silent Meditation Retreat**

NEW! 18 & Up: Join instructor Jerry Hartman for a half-day of silent retreat from the turmoil of daily life. At the beginning of the class, the teacher will provide guidance to help you settle into silence. As the day goes on, there will be less guidance as you learn to explore on your own. We will alternate periods of seated and walking meditation. Both beginning and experienced mindfulness practitioners are welcome.

**1 Session** $49
75148 Potomac CRC 2/22 Sa 10 a.m.-2 p.m.
Mindfulness of the Body
18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses in our body. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. No prior meditation experience is needed to enroll in this class.

1 Session  $49
75147 N. Potomac CRC  3/7  Sa 10 a.m.-2 p.m.

Speciality Programs

Laughter Fitness
Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

7 Sessions  $65
Instructor: Kumud Mathur
72282 Potomac CRC  1/16 Th 11:15 a.m.-12 p.m.

Tai Chi

Tai Chi - Beginning
Ages 18 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Tai chi benefits everyone from active athletes to those recovering from injuries or back problems. Wear loose clothing. Prospective students may observe a class before registering.

7 Sessions  $69
Instructor: Andy Schettino
72159 Bauer Drive CRC  1/13 M 7 p.m.-8 p.m.

10 Sessions  $99
Instructor: Lon Holland
72160 Wheaton CRC  1/15 W 6:30 p.m.-7:30 p.m.

Tai Chi - Continuing
Ages 18 & Up: Students in this class have already taken Tai Chi - Beginning and will continue to learn this graceful, flowing form.

7 Sessions  $69
Instructor: Andy Schettino
72161 Bauer Dr. CRC  1/13 M 8 p.m.-9 p.m.

10 Sessions  $99
Instructor: Lon Holland
72162 Wheaton CRC  1/15 W 7:30 p.m.-8:30 p.m.

Workshops

Building Strength & Healthy Prostate
Ages 40 & Up: Do you have any difficulty with going to the bathroom? Do you have pain between your legs or gluteals? Do you have erectile dysfuntion? Knowing the warning signs for Prostate and Pelvic Floor health issues becomes an important part of taking care of your overall health. Part of keeping yourself healthy, especially as we get older, starts to get more complicated than lifting weights and keeping up with the cardio. This workshop will give you the tools to start getting answers to the questions that are tough to talk about and practical advise to a healthier and stronger pelvic floor.

1 Session  $30
Instructor: Restore Motion
72136 Restore Motion  1/18 Sa 10:30 a.m.-12 p.m.
72139 Restore Motion  2/18 Tu 6:30 p.m.-8 p.m.
72138 Restore Motion  3/5 Th 5:30 p.m.-7 p.m.

Pelvic Floor-Keeping it Healthy
Ages: 40 & Up: Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses common pelvic floor problems. Learn exercises to improve the strength and function of the pelvic floor, including alternatives to Kegels. An exercise band and exercise handouts are included. An exercise band and exercise handouts are included in the class fee.

1 Session  $30
Instructor: Restore Motion
72141 Restore Motion  1/21 Tu 6:30 p.m.-8 p.m.
72140 Restore Motion  2/20 Th 2 p.m.-3:30 p.m.
72143 Restore Motion  3/17 Tu 6:30 p.m.-8 p.m.

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YOGA

Baby and Me Yoga
Ages 1m-5: Baby and Me Yoga offers confidence, movement milestones, and mind and body awareness while deepening the bond between you and baby.

10 Sessions $120
Instructor: Om Shanti DC
72120 RSC-B-CC 1/14 Tu 11 a.m.-12 p.m.

Itsy Bitsy Yoga
Ages 2w-10m: Come have fun and meet new friends in a calm and nurturing class for you and your baby. Improve baby's sleep, digestion and more with easy to learn techniques that you can incorporate into your daily routine. Wear comfortable clothes and bring a yoga mat and/or blanket.

8 Sessions $96
Instructor: Laura Lunking
72267 Mid-County CRC 1/21 Tu 11 a.m.-11:45 a.m.

Preschool Yoga
Ages 2-4: Toddler yoga combines the perfect dose of yoga and play.

10 Sessions $120
Instructor: Om Shanti DC
72121 RSC-B-CC 1/18 Sa 11 a.m.-12 p.m.

Yoga4Kidz
Ages 5-10: Participants will run, jump and laugh, as they strengthen their minds and hearts with deep breathing techniques and basic yoga poses that are developmentally appropriate. One hour of basic yoga instruction and mindfulness practice increases self-confidence in school-aged children.

4 Sessions $75
Instructor: Maya Albert
Ages 5-6
73787 Lawton CRC 2/15 Sa 10 a.m.-11 a.m.
Ages 7-10
72174 Lawton CRC 2/15 Sa 11 a.m.-12 p.m.

Yoga4Tweenz
Ages 11-13: A new yoga class exclusively for tweens. This class will focus on promoting body positivity, stress management and respect for each other and oneself through yoga. Yoga allows middle-schoolers to express, challenge and set goals for themselves.

4 Sessions $75
Instructor: Maya Albert
72175 Lawton CRC 1/21 Tu 6:30 p.m.-7:30 p.m.
72178 Lawton CRC 2/18 Tu 6:30 p.m.-7:30 p.m.

Easy Yoga
Ages 18 & Up: Yoga at a slower pace for mixed levels that modifies basic poses to enhance each individual experience. Increase energy, stamina and muscle strength and flexibility, and learn to release tension using relaxation techniques and easy, dynamic movement coordinated with simple, rhythmic breathing. Introduction to meditation. Bring a mat or towel and wear comfortable clothing.

10 Sessions $108
Instructor: Moira Martin
72134 Lawton CRC 1/16 Th 9:30 a.m.-10:45 a.m.

Essential Yoga For Beginners
Ages 18 & Up: This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundational yogic concepts, and is perfect for first-time and experienced students. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet.

10 Sessions $105
Instructor: Tamara Lewis Johnson
72224 Coffield CRC 1/16 Th 6 p.m.-7 p.m.

Evening Yoga
Ages 18 & Up: Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and wellbeing as you improve flexibility, strength and energy. Classes begin with warmup movements and breath awareness followed by a sequence of yoga postures and end with deep relaxation. Bring a yoga mat and wear comfortable clothing.

10 Sessions $105
Instructor: Robin Morris
72195 RSC-B-CC 1/14 Tu 6:15 p.m.-7:15 p.m.
72194 Wisconsin Pl. CRC 1/15 W 6:15 p.m.-7:15 p.m.

Gentle Yoga
Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels.

10 Sessions $105
Instructor: Irene Bopp
72277 Bauer Drive CRC 1/14 Tu 6:15 p.m.-7:15 p.m.
72129 Longwood CRC 1/16 Th 5 p.m.-6 p.m.
Hatha Yoga and Stress Management Beg/Cont

NEW! Ages 18 & Up: Learn to handle the stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that increase flexibility and strength and help keep the body in good alignment. Bring a mat or towel, a belt and a block and wear comfortable clothing. Beginner and continuing levels.

**10 Sessions** $150
Instructor: Suzana Cooper
72196 Lawton CRC  1/17  F  9:45 a.m.-11 a.m.
72197 Wisconsin Pl. CRC  1/18  Sa  9:45 a.m.-11 a.m.

Yoga for Beginners and Continuing

Ages 18 & Up: Brings together the philosophy and practice of yoga from a long lineage of great Yogis. Class incorporates, intention, breath practice, alignment, breath guided creative sequences of asana (posture), qi gong, meditations and rejuvenating rest with aromatherapy. Bring a mat or towel and wear comfortable clothing. Continuing levels welcomed.

**10 Sessions** $135
Instructor: Om Shanti DC
72154 Potomac CRC  1/13  M  6:15 p.m.-7:30 p.m.
72155 Potomac CRC  1/16  Th 10:15 a.m.-11:30 a.m.

Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded and more in-tune with your physical body. No yoga experience is necessary. Bring a yoga mat. Instructor will supply blankets, blocks and straps.

**10 Sessions** $105
Instructor: Amy Branson
72130 Longwood CRC  1/16  Th  6:30 p.m.-7:45 p.m.

Restore and Recharge Yoga

Ages 18 & Up: Balancing warmth and discipline, alongside opening and ease, you’ll have the opportunity to reset, while also leaving refreshed and ready to move through your week. The sequences will be fluid, alignment-focused and easy to follow for all. Challenge your inner and outer strength, connecting breathe and movement for a nourishing yoga flow. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Students must practice with bare feet. Beginner and continuing levels. You may purchase yoga supplies from instructor first day of class.

**6 Sessions** $72
Instructor: Hannah Davis
73789 Wheaton CRC  1/13  M  7 p.m.-8 p.m.

**8 Sessions** $96
73791 Wheaton CRC  1/14  Tu  12 p.m.-1 p.m.

Yoga Fundamentals

Ages 18 & Up: Enjoy a balanced practice with benefits for your body, mind and spirit. Classes begin with warmup movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat and blanket. Students must practice with bare feet. Beginner and continuing levels.

**10 Sessions** $150
Instructor: Nancy Neves
73978 Bauer Dr. CRC  1/14  Tu  10:45 a.m.-12 p.m.
Yoga/Stretching for Your Relaxation
Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet.

10 Sessions $120
73979 Mid-County CRC 1/15 W 11 a.m.-12 p.m.

Yoga-Pilates Fusion
Ages 10 & Up: Move through mat-based exercises to build strength, especially in the core. Then the entire body is stretched and relaxed through Yoga poses. Breath is used first to energize, then calm. Participants will need to bring their own sticky Yoga mat.

15 Sessions $105
Instructor: H2O Fitness
75219 KSAC 1/5 Su 5:30 p.m.-6:15 p.m.
75220 KSAC 1/5 Su 6:20 p.m.-7:05 p.m.
75221 KSAC 1/5 Su 7:10 p.m.-7:55 p.m.

MARTIAL ARTS

Aikido/Iaido

Aikido
Ages 11 & Up: Known as "the gentle martial art" aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with "KI" energy and meditative breathing.

8 Sessions $70
Instructor: Christopher Rowe
72173 Ross Boddy CRC 1/13 M 7 p.m.-8:30 p.m.
75056 Ross Boddy CRC 1/22 W 7 p.m.-8:30 p.m.

Iaido
Ages 18 & Up: Iaido is described as cultivation of patience to keep you from conflict. Increase control of the body and mind. Additional benefits include discipline and respect, balance, patience, fitness and energy. A uniform is needed.

10 Sessions $99
Instructor: Salvador Cortes
72395 Ken-Gar Center 1/16 Th 8:20 p.m.-9:20 p.m.

Karate Do / Iaido - Beginners
Ages 7-14: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is needed.

10 Sessions $99
Instructor: Salvador Cortes
72396 Ken-Gar Center 1/16 Th 6:30 p.m.-7:20 p.m.

Karate Do / Iaido - Intermediate
Ages 10 & Up: Japanese classical martial arts strive to understand, learn and incorporate the samurai philosophy. Develop inner strength, self-assurance, physical strength and reflexes. A uniform is needed.

10 Sessions $99
Instructor: Salvador Cortes
72397 Ken-Gar Center 1/16 Th 7:30 p.m.-8:20 p.m.

Judo

Judo
Ages 7-15: This class emphasizes the various basic techniques of judo, Japanese martial arts, including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to promote health in daily life. At the end of each class, the participant is given a symbol to remind them of an aspect of judo. If you need a uniform, please see the instructor directly.

9 Sessions $270
Instructor: Frederic Hocde
72144 Ken-Gar Center 1/14 Tu 6:30 p.m.-7:30 p.m.

Countywide Programs 240.777.6870
**Karate/Jujitsu**

### Karate/Jujitsu

**Ages 6-12:** Develop confidence, fitness, mental focus, and self-discipline in a fun and safe environment learning martial arts with instructors from Tompkins Karate Association. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. If available at the preferred location, beginners must attend the 6 p.m. class.

**9 Sessions $68**  
Instructor: TKA Inc.

- 72415 Longwood CRC 1/6 M 7 p.m.-8 p.m.
- 72414 Upper County CRC 1/6 M 6 p.m.-7 p.m.
- 72416 Upper County CRC 1/6 M 7 p.m.-8 p.m.
- 72417 Wheaton CRC 1/6 M 7 p.m.-8 p.m.

**11 Sessions $83**  
Instructor: TKA Inc.

- 72424 Bauer Dr. CRC 1/8 W 6 p.m.-7 p.m.
- 72425 Bauer Dr. CRC 1/8 W 7 p.m.-8 p.m.
- 72434 Bethesda ES 1/9 Th 7 p.m.-8 p.m.
- 72423 Clara Barton NRC 1/8 W 7 p.m.-8 p.m.
- 72421 Damascus CRC 1/8 W 6 p.m.-7 p.m.
- 72422 Damascus CRC 1/8 W 7 p.m.-8 p.m.
- 72433 N. Potomac CRC 1/9 Th 6:30 p.m.-7:30 p.m.
- 72418 Germantown CRC 1/7 Tu 6 p.m.-7 p.m.
- 72419 Germantown CRC 1/7 Tu 7 p.m.-8 p.m.
- 72431 Praisner CRC 1/9 Th 6 p.m.-7 p.m.
- 72432 Praisner CRC 1/9 Th 7 p.m.-8 p.m.
- 72420 Mid County CRC 1/7 Tu 6:30 p.m.-7:30 p.m.
- 72426 Potomac CRC 1/8 W 6 p.m.-7 p.m.
- 72429 Potomac CRC 1/8 W 7 p.m.-8 p.m.
- 72428 Resnik ES 1/8 W 7 p.m.-8 p.m.
- 72435 Long Branch CRC 1/9 Th 7 p.m.-8 p.m.
- 72430 Stedwick ES 1/8 W 7 p.m.-8 p.m.

### Karate/Jujitsu Adult

**Ages 13 & Up:** Develop confidence, fitness, mental focus, and make new friends in a fun and safe environment learning martial arts with instructors from Tompkins Karate Association. Class offers instruction in Tang Soo Do Korean karate and jujitsu. Promotional exams, camps, and competitions are available. All skill levels are welcome.

**9 Sessions $77**  
Instructor: TKA Inc.

- 72436 Upper County CRC 1/6 M 8 p.m.-9:30 p.m.
- 72437 Wheaton CRC 1/6 M 8 p.m.-9:30 p.m.

**11 Sessions $94**  
Instructor: TKA Inc.

- 72439 Bauer Drive CRC 1/8 W 8 p.m.-9:30 p.m.
- 72442 Bethesda ES 1/9 Th 8 p.m.-9:30 p.m.
- 72438 Damascus CRC 1/8 W 8 p.m.-9:30 p.m.
- 72444 N. Potomac CRC 1/9 Th 7:30 p.m.-9 p.m.
- 72446 Germantown CRC 1/7 Tu 8 p.m.-9:30 p.m.
- 72443 Praisner CRC 1/9 Th 8 p.m.-9:30 p.m.
- 72447 Mid County CRC 1/7 Tu 7:30 p.m.-9 p.m.
- 72440 Potomac CRC 1/8 W 8 p.m.-9:30 p.m.
- 72445 Long Branch CRC 1/9 Th 8 p.m.-9:30 p.m.
- 72441 Stedwick ES 1/8 W 8 p.m.-9:30 p.m.

### Karate/Jujitsu Club

**Ages 13 & Up:** This program is open to brown belt and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Participants must be registered in a regular TKA class during the same season.

**11 Sessions $40**  
Instructor: TKA Inc.

- 72448 East County CRC 1/10 F 7:30 p.m.-8:30 p.m.

### Karate/Jujitsu Club 2

**Ages 13 & Up:** Develop skills under supervision of select instructors. No formal instruction during Club sessions.

**11 Sessions $53**  
Instructor: TKA Inc.

- 72449 East County CRC 1/10 F 8:30 p.m.-9:30 p.m.

Follow us on Facebook and Twitter!
Little Ninjas
Ages 5-7: Through the concept of edutainment, children will develop the skills of concentration and self-control. Help gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Our low student-to-teacher ratio and safe training mats will ensure that your child has a comfortable and exciting experience. An official Kicks Karate uniform and belt are included.

5 Sessions $79
Instructor: Kicks Karate
72314 Kicks-Bethesda 1/11 Sa 10 a.m.-10:30 a.m.
72318 Kicks-Clarksburg 1/11 Sa 10 a.m.-10:30 a.m.
72324 Kicks-Kensington 1/11 Sa 9:40 a.m.-10:10 a.m.
72318 Kicks-N. Bethesda 1/11 Sa 10 a.m.-10:30 a.m.
72316 Kicks-Potomac 1/11 Sa 9:30 a.m.-10 a.m.
72317 Kicks-Shady Grove 1/11 Sa 8:55 a.m.-9:25 a.m.
72321 Kicks-Silver Spring 1/11 Sa 9:30 a.m.-10 a.m.

10 Sessions $129
Instructor: Kicks Karate
72311 Kicks-Bethesda 1/7 Tu,Th 6:20 p.m.-6:50 p.m.
72322 Kicks-Clarksburg 1/7 Tu,Th 6:20 p.m.-6:50 p.m.
72323 Kicks-Kensington 1/7 Tu,Th 6 p.m.-6:30 p.m.
72312 Kicks-N. Bethesda 1/6 M,W 6:20 p.m.-6:50 p.m.
72313 Kicks-Potomac 1/6 M,W 5 p.m.-5:30 p.m.
72319 Kicks-Shady Grove 1/6 M,W 6 p.m.-6:30 p.m.
72320 Kicks-Silver Spring 1/7 Tu,Th 6 p.m.-6:30 p.m.

Super Samurais
Ages 8-12: This high energy class develops physical, mental, and emotional self-defense skills. Students will sharpen their mental focus and learning ability through developing eye contact, enhancing concentration, and improving listening skills in a fun-filled atmosphere for learning. Life skills, like respect and good citizenship will also be reinforced. Students will learn basic karate skills in a safe and professional training environment. Our low student-to-teacher ratio and age-specific grouping maximize learning and fun! Uniform and belt are included.

5 Sessions $79
Instructor: Kicks Karate
72327 Kicks-Bethesda 1/11 Sa 12 p.m.-12:50 p.m.
72328 Kicks-Clarksburg 1/11 Sa 12 p.m.-12:50 p.m.
72331 Kicks-Germantown 1/11 Sa 10 a.m.-10:50 a.m.
72332 Kicks-Kensington 1/11 Sa 10:15 a.m.-11:05 a.m.
72325 Kicks-N. Bethesda 1/11 Sa 12:20 p.m.-1:10 p.m.
72326 Kicks-Potomac 1/11 Sa 9 a.m.-9:50 a.m.
72330 Kicks-Shady Grove 1/11 Sa 11:20 a.m.-12:10 p.m.
72329 Kicks-Silver Spring 1/11 Sa 10:10 a.m.-11 a.m.

Tiny Tigers
Ages 3-5: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and first-time listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. An official Kicks Karate uniform and white belt are included in the class fee.

5 Sessions $79
Instructor: Kicks Karate
72335 Kicks-Bethesda 1/11 Sa 9 a.m.-9:30 a.m.
72342 Kicks-Clarksburg 1/7 Tu,Th 5:20 p.m.-5:50 p.m.
72341 Kicks-Clarksburg 1/11 Sa 9 a.m.-9:30 a.m.
72336 Kicks-Kensington 1/11 Sa 9 a.m.-9:30 a.m.
72337 Kicks-N. Bethesda 1/11 Sa 9 a.m.-9:30 a.m.
72338 Kicks-Potomac 1/11 Sa 9 a.m.-9:30 a.m.
72339 Kicks-Shady Grove 1/11 Sa 10 a.m.-10:30 a.m.
72340 Kicks-Silver Spring 1/11 Sa 9 a.m.-9:30 a.m.

10 Sessions $129
Instructor: Kicks Karate
72343 Kicks-Kensington 1/7 Tu,Th 5:15 p.m.-5:45 p.m.
72347 Kicks-N. Bethesda 1/8 W,F 4 p.m.-4:30 p.m.
72344 Kicks-Potomac 1/7 Tu,Th 4:15 p.m.-4:45 p.m.
72345 Kicks-Shady Grove 1/7 Tu,Th 5:50 p.m.-6:20 p.m.
72346 Kicks-Silver Spring 1/6 M,W 6 p.m.-6:30 p.m.

Tiny Tigers / Little Ninjas
Ages 3 ½-7: This high-energy class is the perfect setting for your child to develop concentration and listening skills while having a blast! Help your child gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. An official Kicks Karate uniform and white belt are included in the class fee.

5 Sessions $79
Instructor: Kicks Karate
72333 Kicks-Germantown 1/11 Sa 9 a.m.-9:30 a.m.

10 Sessions $129
Instructor: Kicks Karate
72334 Kicks-Germantown 1/7 Tu,Th 4 p.m.-4:30 p.m.
72182 Beverly Farms ES 1/8 W 8 p.m.-9:30 p.m.
72183 Beverly Farms ES 1/11 Sa 11:30 a.m.-1 p.m.

Zen Budo Martial Arts: Kids
Ages 7-10: Goshin Jutsu karate is a holistic martial arts program that teaches the basics of self-defense including throws, joint locks, pressure points and sparring practice. Emphasis is on realistic and practical partner work. If you need a uniform, please see the instructor directly.

8 Sessions $100
Instructor: Christopher Bowers
72176 White Oak CRC 1/13 M 6:30 p.m.-7:30 p.m.
**SPECIAL INTEREST**

**Bagua**
Ages 13 & Up: Bagua is a Chinese internal martial art that explores body mechanics, posture, mobility and breathing through circle walking. All ages and physical fitness levels welcome.

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<th>Sessions</th>
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<td>10</td>
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Instructor: Finding Your Breath
73711 Wheaton CRC  1/15 W 8 p.m.-9:30 p.m.

**Naginata**
Ages 13 & Up: Naginata is an ancient Japanese martial art that uses a wooden glaive. Students learn movement patterns and form to increase mobility, body mechanics and breathing. All ages and physical fitness levels welcome.

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<th>Sessions</th>
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<td>10</td>
<td>$50</td>
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Instructor: Finding Your Breath
73710 White Oak CRC  1/14 Tu 7 p.m.-8:30 p.m.

**VOVINAM**

**Classic Vovinam Martial Arts**
Ages 8 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions. Vovinam techniques are simple, effective, and artistic. Each session includes extensive warmups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations and you will train with partners of different sizes.

<table>
<thead>
<tr>
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Instructor: Yanni Nguyen
72179 Plum Gar CRC  1/13 M,W 7 p.m.-8:30 p.m.

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<td>20</td>
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Instructor: Yanni Nguyen
72180 Long Branch CRC  1/14 Tu 6 p.m.-7:15 p.m.
   Sa  11:45 a.m.-1 p.m.

**Classic Vovinam Martial Arts - Advanced**
Ages 8 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions in the Vovinam martial art style. Instructor permission is required for taking the advanced class.

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<th>Sessions</th>
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<td>20</td>
<td>$180</td>
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Instructor: Yanni Nguyen
72181 Long Branch CRC  1/14 Tu 7:15 p.m.-9 p.m.
   Sa  10 a.m.-11:45 p.m.

**MUSIC**

**GUITAR**

**Learn Now Music: HeroeZ of Guitar**
Ages 5-12: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price. For questions - CustomerService@LearnNowMusic.com.

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<thead>
<tr>
<th>Sessions</th>
<th>Cost</th>
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<tr>
<td>9</td>
<td>$244</td>
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Instructor: Learn Now Music
72801 Bauer Dr. CRC  1/15 W 7 p.m.-8 p.m.

**PERFORMING ARTS**

**Learn to DJ**
Ages 12 & Up: Come learn everything you need to know about DJ-ing from the basics of setting up the equipment to mixing, beat matching and basic scratching techniques. At the end of this course you will perform a 10 to 15 minute set in front of your peers and instructors to showcase what you’ve learned! All DJ equipment included.

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<tr>
<td>6</td>
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Instructor: Craig Perry
73763 N. Potomac CRC  1/15 W 6:30 p.m.-7:30 p.m.
73764 Wheaton CRC  1/14 Tu 6:30 p.m.-7:30 p.m.

**PIANO**

**Adult Group Piano I**
Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. $25 material fee included in cost.

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Instructor: Judith Duerk-Habeck
73720 Holiday Park SC  1/13 M 1 p.m.-1:50 p.m.

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<th>Sessions</th>
<th>Cost</th>
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<tr>
<td>10</td>
<td>$220</td>
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Instructor: Joyce Oliver
73754 Holiday Park SC  1/14 Tu 9 a.m.-9:50 a.m.

Follow us on Facebook and Twitter!
**Adult Group Piano II**
Ages 17 & Up: Advanced Beginner level. Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

*7 Sessions* $112
Instructor: Judith Duerk-Habeck
73721 Holiday Park SC  1/13 M  2 p.m.-2:50 p.m.

*10 Sessions* $215
Instructor: Joyce Oliver
73755 Holiday Park SC  1/14 Tu  10 a.m.-10:50 a.m.

**Adult Group Piano III**
Ages 17 & Up: Intermediate level - Some piano skills and knowledge of note reading, theory and rhythm patterns required. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

*7 Sessions* $112
Instructor: Judith Duerk-Habeck
73722 Holiday Park SC  1/13 M  3 p.m.-3:50 p.m.

*10 Sessions* $215
Instructor: Joyce Oliver
73756 Holiday Park SC  1/14 Tu  11 a.m.-11:50 a.m.

**Adult Group Piano IV**
Ages 14 & Up: Advanced level. Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

*7 Sessions* $112
Instructor: Judith Duerk-Habeck
73720 Holiday Park SC  1/13 M  3 p.m.-3:50 p.m.

*10 Sessions* $215
Instructor: Joyce Oliver
73757 Holiday Park SC  1/14 Tu  12 p.m.-12:50 p.m.

**Exploring Music and Piano Level 1**
Ages 6 & Up: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Material fee included in price.

*7 Sessions* $185
Instructor: Geiza Dourado Carvalho
72780 Norwood LP  1/13 M  5 p.m.-6 p.m.

**Exploring Music and Piano Level 2**
Ages 5-11: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class. Material fee included in price.

*7 Sessions* $185
Instructor: Geiza Dourado Carvalho
72810 Norwood LP  1/13 M  6:30 p.m.-7:15 p.m.

**Learn Now Music: KeyZ to Piano**
Ages 5-13: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class. For questions - CustomerService@LearnNowMusic.com.

*8 Sessions* $219
Instructor: Learn Now Music
72787 Mid-County CRC  1/13 M  6:30 p.m.-7:30 p.m.

*9 Sessions* $244
Instructor: Learn Now Music
72800 Bauer Dr. CRC  1/15 W  7 p.m.-8 p.m.
72803 Wheaton CRC  1/16 Th  6 p.m.-7 p.m.

**Playtime & Music**

**Discovering Music for Toddlers**
Ages 1-3: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms, playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, 8 months old and up, must register and pay class fee. A material fee is included in the price.

*7 Sessions* $140
Instructor: Geiza Dourado Carvalho
72117 Wheaton CRC  1/13 M  10 a.m.-10:45 a.m.
72119 Wheaton CRC  1/13 M  11 a.m.-11:45 a.m.

*8 Sessions* $155
Instructor: Geiza Dourado Carvalho
72118 Longwood CRC  1/15 W  10:15 a.m.-10:55 a.m.
72116 Potomac CRC  1/17 F  10:15 a.m.-11 a.m.
72115 Wisconsin Pl. CRC  1/14 Tu  10:15 a.m.-11 a.m.
Learn Now Music: My First Music Class
Ages 2-5: Students will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Students and parents will participate in language repetition speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation handling, rhythm exercises, listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class. For more information contact LNM at 1-80.

8 Sessions $159
Instructor: Learn Now Music
72199 N. Potomac CRC  1/13  M  10:30 a.m.-11 a.m.
72198 Bauer Dr. CRC  1/15  W  10:30 a.m.-11 a.m.

Mini Musicians, Movers & Shakers
Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle; sing; express yourself through movement; act out simple stories and rhymes; and dance, skip, and march around a colorful parachute. The instructor founded The Music in Me Foundation International, is an acclaimed children’s picture book author and a professional entertainer for performs and teaches in schools throughout the area, television and venues such as The Kennedy Center for the Performing Arts.

8 Sessions $150
Instructor: Music In Me Foundation International
72202 N. Potomac CRC  1/22  W  10:30 a.m.-11:15 a.m.
72203 Mid-County CRC  1/23  Th  9:30 a.m.-10:15 a.m.

Music Together
Ages 0-5: This fun, interactive family music experience includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children by having fun and making music regardless of their musical ability. Participants will receive an award-winning Music Together CD and songbook per family.

10 Sessions $250
Instructor: Nancy Nuttle
72125 Mid-County CRC  1/11  Sa  10 a.m.-10:45 a.m.
72126 Mid-County CRC  1/11  Sa  11 a.m.-11:45 a.m.

VIOLIN

Learn Now Music: The Violinist Within
Ages 5-13: Students learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price. For questions - CustomerService@LearnNowMusic.com.

9 Sessions $244
Instructor: Learn Now Music
72802 Longwood CRC  1/18  Sa  11 a.m.-12 p.m.

School Break Programs

Winter Break

Coach Doug Club Holiday Half-Day
Ages 3-12: This program offers all the fun of Coach Doug Club Holiday, for just the morning and including participants age 3 and 4.

5 Sessions $140
Instructor: Coach Doug Academy
72206 Potomac CRC  4/6  M-F  8 a.m.-12:30 p.m.

Follow us on Facebook and Twitter!
Coach Doug Club Holiday Full Day
Ages 5-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs.

5 Sessions $249
Instructor: Coach Doug Academy
72204 Potomac CRC 4/6 M-F 8 a.m.-3:30 p.m.

Coach Doug Club Holiday p.m.
Ages 5-12: This program offers extended care and all the fun of Coach Doug Club Holiday.

5 Sessions $39
Instructor: Coach Doug Academy
72208 Potomac CRC 4/6 M-F 3:30 p.m.-6 p.m.

STEAM

Entrepreneurs Club
Ages 10-13: If you like the show shark tank, this club is for you! Students select a business idea, learn to develop a business plan and make a pitch presentation on the last day. Students also role play as CEO's for leading companies and work in groups to make strategic recommendations to address real business issues. Students will enhance their problem solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

8 Sessions $189
Instructor: Spark Business Academy
73478 Potomac CRC 1/15 Tu 6 p.m.-7 p.m.

Money Matters
Ages 6-9: This innovative class on financial literacy lays the foundation for healthy financial habits early in life, empowering students with the mindset to start making sound financial decisions and develop into responsible global citizens. Role playing and fun activities keep students engaged. Topics include currencies of the world, budgeting 101, prices and bartering, career day and more!

8 Sessions $189
Instructor: Spark Business Academy
73480 Potomac CRC 1/14 Tu 5 p.m.-6 p.m.

Stock Market Club
Ages 10-13: Come and learn how investors make (and lose) money in the stock market and how you can start investing successfully at a young age! In this hands on class, students use a cool stock trading simulation tool with real time market data to select a $10,000 stock portfolio and learn the fundamentals of investing. A solid foundation for successful future investors!

8 Sessions $189
Instructor: Spark Business Academy
73483 Potomac CRC 1/14 Tu 6 p.m.-7 p.m.

Natural Sciences

Gemology I Introductory
Ages 18 & Up: Want to know those gems you are wearing on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? Beginning Gemology, organized around the Mohs' scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

8 Sessions $72
Instructor: Timothy Morgan
72406 Potomac CRC 1/16 Th 10 a.m.-12:15 p.m.

Gemology II Advanced
Ages 18 & Up: Prerequisite - Beginner or Intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible.

8 Sessions $72
Instructor: Timothy Morgan
72407 Potomac CRC 1/15 W 10 a.m.-12:15 p.m.
**Playtime & Language**

**The Art of Handwriting Level 1**
Ages 4-6: This fun handwriting clinic will use movement, music and multi-sensory strategies for students to work on grasp development, eye-hand coordination, letter and number formation, coloring, scissor skills, fine motor control and hand and finger strengthening skills. Students will work in small groups taught by licensed occupational therapist who are also handwriting specialists.

**6 Sessions $270**
Instructor: The Art of Handwriting LLC
72410 N Potomac CRC  2/4 Tu  5 p.m.-6 p.m.
72411 Ashburton ES  2/6 Th  5:30 p.m.-6:30 p.m.

**Mama Goose on the Loose**
Ages 6m-2: What a time for a rhyme! Enrich your child's language, large motor skills and social development with stories, games, music and movement. Price includes all materials. Adult participation required.

**8 Sessions $96**
Instructor: Laura Lunking
72268 Mid-County CRC  1/21 Tu  10 a.m.-10:45 a.m.

**Preschool Spanish**
Ages 4-7: Classes are taught in a full immersion program using Comprehensible Input and Total Physical Response "TPRS" methodologies. All sessions are carefully planned with clear goals and objectives to ensure students learn key vocabulary and improve oral communication in a natural and fun way. Children will be participating in interactive, high energy games and activities that are attractive and age appropriate. No adult participation is required. A material fee is included in the price.

**8 Sessions $130**
Instructor: Maria Rhoe
72104 Wheaton CRC  1/14 Tu  5 p.m.  5:50 p.m.
72100 Lawton CRC  1/16 Th  5 p.m.-5:50 p.m.
72101 Lawton CRC  1/18 Sa  11 a.m.-11:45 a.m.

**Spanish Toddlers**
Ages 1 1/2-3: Children will be fully immersed in the target language through songs, chanting, storytelling, and movement exercises in a circle time approach. All classes are taught using tangible material that is attractive and age appropriate. Adult participation is required. A material fee is included in the price.

**8 Sessions $130**
Instructor: Maria Rhoe
72105 Wheaton CRC  1/14 Tu  4 p.m.-4:45 p.m.
72102 Lawton CRC  1/16 Th  4 p.m.-4:45 p.m.
72103 Lawton CRC  1/18 Sa  10 a.m.-10:45 a.m.

**Engineering**

**Animation using Minecraft®**
Ages 6-9: Students will learn how characters move and look alive in movies and video games. They will be introduced to basic 2D and 3D animation techniques using Minecraft® characters and stages. Students will learn how animators work by completing a variety of short animation exercises and projects.

**6 Sessions $139**
Instructor: C3 Cyber Club
69316 N Bethesda MS  9/24 Tu  6 p.m.-7 p.m.
69331 N Bethesda MS  9/24 Tu  7:15 p.m.-8:15 p.m.

**Game Design**
Ages 6-9: This class is specifically designed for younger children to cultivate their interest to become game designers, multimedia artists, engineers and more. Give your child the opportunity to see how indie games are made. In this exciting class, children will use 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more. Students will acquire computer skills, mathematics, creativity and problem solving skills.

**6 Sessions $139**
Instructor: C3 Cyber Club
69138 Wood MS  9/26 Th  6 p.m.-7 p.m.

Follow us on Facebook and Twitter!
Game Design Using Unreal®
Ages 10-15: Aspiring game designers will love this class as they learn how to utilize the industry-standard game design software Unreal® Editor, among other software, to create games such as Batman: Arkham Asylum® and Mass Effect 3®. Students will learn how to create exterior environments, and apply different procedures of modeling and texturing. Students create their own outdoor terrain using advanced tools such as terrain sculpting, particle creation, and dynamic lighting. Learn how to import pre-set 3D models, control dynamic lighting, add interactive vehicles and weapons.

6 Sessions $139
Instructor: C3 Cyber Club
69359 Wood MS 9/26 Th 7:15 p.m.-8:15 p.m.

Visual Programming Using Scratch
Ages 10-15: Software: Scratch 2.0 Skill Level: Beg. In this course students will learn basic programming and logic flow and learn how to apply those concepts to create games. Using Scratch, a scripting language developed by MIT to give kids an easy entry into coding, students will go through the iterative process of creating a program or game from idea to completion. Successful students in this class will have completed 2D games they will be able to play and show off on most computers and will have mastered the skills they need to continue making games using scratch at home.

6 Sessions $139
Instructor: C3 Cyber Club
73746 Wood MS 1/23 Th 7:15 p.m.-8:15 p.m.

Minecraft Modding
Ages 6-9: Students will learn how to create their own custom gameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization and custom event triggers. They can design their own custom block, food, biomes and more! Introduce your kids to modding Minecraft today!

6 Sessions $139
Instructor: C3 Cyber Club
73743 N. Bethesda MS 1/21 Tu 6 p.m.-7 p.m.
73744 N. Bethesda MS 1/21 Tu 7:15 p.m.-8:15 p.m.

Natural Sciences

Gemology I
Ages 18 & Up: Beginning gemology, organized around the Mohs’ scale of hardness, is an introduction to gemstone study. Hands-on specimens and examples to examine during each class.

11 Session $99
Instructor: Timothy Morgan
68890 Potomac CRC 9/19 Th 10 a.m.-12:15 p.m.

Gemology II
Ages 18 & Up: This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible. Prerequisite: Gemology I.

11 Session $99
Instructor: Timothy Morgan
68892 Potomac CRC 9/18 W 10 a.m.-12:15 p.m.
71991 Ashburton ES 10/31 Th 5:30 p.m.-6:30 pm
**BADMINTON**

**Badminton - Intermediate**
Ages 10 & Up: Students continue to learn individual badminton skills, body movement, concepts, tactics, strategies, history, rules, court etiquette, athletic psychology and competitive techniques of singles and doubles play in this intermediate class. The first class will be an assessment of the players' level. The instructor may reassign students to another level if necessary. Players are required to bring a badminton racquet.

9 Sessions $131
Instructor: Yen-Ping Chao
73148 Praisner CRC 1/11 Sa 10 a.m.-12 p.m.

**BASKETBALL**

**BasketBALLER Club**
Ages 5-11: BasketBALLER Club focuses on fundamental skill development in a fun environment. Kids at the beginner level will receive instruction catered to their skill level and will learn the basics of offense and defense, including correct technique and form. For kids who are more advanced, the club will focus on building their skills. Coaches will referee scrimmages and enforce good sportsmanship.

8 Sessions $130
Instructor: KIDspired LLC
73462 Clarksburg ES 1/13 M 3:40 p.m.-4:40 p.m.
73784 Little Bennett ES 1/14 Tu 3:40 p.m.-4:40 p.m.
73463 William B. ES 1/16 Th 3:40 p.m.-4:40 p.m.

**Hoop Stars**
Ages 6-8: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. Sessions are one hour each week within the listed timeframe.

6 Sessions $95
Instructor: Jump Start Sports
72369 Chevy Chase ES 1/19 Su 2 p.m.-4 p.m.

**KIDspired Dodge It**
Ages 5-11: This active indoor club will focus on the classic game of dodgeball, without playing dodgeball. We will be playing, teaching and learning new versions of the classic game. Kids will learn how to dodge, ditch, duck and throw while playing active games with the coaches.

8 Sessions $130
Instructor: KIDspired LLC
73788 Clarksburg ES 1/17 F 3:40 p.m.-4:40 p.m.

**KIDspired Multi-Sports**
Ages 5-11: Multi-Sports club focuses on the importance of exercise, speed and agility through games and challenges. Coaches are certified personal trainers and will focus on getting kids to enjoy being active. KIDspired programs are designed to build your child's self esteem, improve skills and promote an active lifestyle while having fun and making new friends.

8 Sessions $130
Instructor: KIDspired LLC
73785 Clarksburg ES 1/15 W 3:40 p.m.-4:40 p.m.

**Lil' Hoopers**
Ages 3-5: Learn the basics of dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Focus on the fundamentals of basketball and the concepts of teamwork.

8 Sessions $100
Instructor: William Doyle
72145 Bannockburn ES 1/19 Su 12 p.m.-1 p.m.
**Little Hoop Stars**
Ages 3-5: Learn the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, players will apply skills in low competition games. Includes team T-shirt and award. Sessions are one-hour within the timeframe listed.

- **6 Sessions** $95
- Instructor: Jump Start Sports
- 72375 Flower Valley ES  1/18  Sa 10 a.m.-12 p.m.
- 72374 TraviIah ES  1/18  Sa 1:30 p.m.-3:30 p.m.
- 72376 Chevy Chase ES  1/19  Su 1 p.m.-2 p.m.

**Men's Basketball League**
Ages 18 & Up: Six weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Games are scheduled on the hour.

- **9 Sessions** $645
- 75571 Wheaton CRC  1/12  Su 6 p.m.
- 75572 Bauer Dr. CRC  1/12  Su 6 p.m.
- 75573 WJHS  1/12  Su 6 p.m.
- 75574 Tilden MS  1/22  W 6 p.m.

**Men's Basketball Nights**
Ages 18 & Up: Enjoy a friendly, organized, non-competitive men’s league. Stay active and spend some time with your friends in this fun community activity. Each participant will receive a jersey. Basketballs will be provided.

- **10 Sessions** $100
- Instructor: KIDspired LLC
- 73464 Wells, Hallie MS  1/13  M 8 p.m.-10 p.m.

**Overtime Hoops Academy**
Ages 6-8: Learn dribbling, passing, shooting, rebounding, and defense using gameplay and skills stations. Be ready to take that last second shot, make that extra pass, and block that go-ahead basket while learning the fundamentals of basketball and the concepts of teamwork.

- **8 Sessions** $100
- Instructor: William Doyle
- 72146 Bannockburn ES  1/19  Su 1:15 p.m.-2:15 p.m.
- 72147 Bannockburn ES  1/19  Su 2:30 p.m.-3:30 p.m.

**Pre-Season Basketball Skills & Conditioning I**
Ages 11-14: This program will prepare young athletes for school team and AAU/Rising Star tryouts and in-season competitions. Learn tips and tricks to improve performance and compete for a spot on the team. Expert basketball development coaches will fine tune shot mechanics, fundamental ball-handling skills, individual defense principles, and team strategies.

- **2 Sessions** $99
- Instructor: Coach Parker Basketball Academy
- 72243 Westland MS  3/16a 9 a.m.-12 p.m.
- 72243 Wisconsin Place CRC  3/15  Su 9 a.m.-12 p.m.

**Train Like a Pro Basketball**
Ages 10-17: Develop elite basketball skills for boys and girls of all abilities. Coaches are former professional and college athletes who focus on position-specific fundamentals and advanced drill sequences for all phases of the game, game-simulation drills, scrimmages, and basketball-specific physical and mental conditioning.

- **6 Sessions** $125
- Instructor: Fit 2 Believe
- 72152 Ross Boddy CRC  1/15  W 7 p.m.-8:30 p.m.
- 72153 N. Potomac CRC  1/18  Sa 3 p.m.-4:30 p.m.

**Women's Drop-In Basketball**
Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. Teams will be created from the individual ladies that join the drop-in and play 11 minute games. Once the game is completed, a new game will begin and new teams created. A great way to meet new people and have fun. All skill levels encouraged.

- **10 Sessions** $60
- 75575 Wheaton CRC  1/12  Su 10 a.m.
- **5 Sessions** $30
- 75576 Wheaton CRC  1/12  Su 10 a.m.
- 75667 Wheaton CRC  2/16  Su 10 a.m.

**Fencing**

**Fencing - Beginner I**
Ages 8 & Up: For beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.

- **10 Sessions** $150
- Instructor: Gitty Mohebban
- 72163 Germantown CRC  1/15  W 5:30 p.m.-6:30 p.m.
- 72164 Bauer Drive CRC  1/17  F 6:30 p.m.-7:30 p.m.
Fencing - Beginner I / II
Ages 8 & Up: For beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.  
9 Sessions $138  
Instructor: Gitty Mohebban  
72165 N. Potomac CRC  1/13 M 5:45 p.m.-6:45 p.m.

Fencing - Beginner II
Ages 8 & Up: Students must have taken "Fencing - Beginner I" with Instructor Mohebban or have approval from the instructor to enroll in this class. For advanced beginners to learn basic fencing and foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval.  
10 Sessions $150  
Instructor: Gitty Mohebban  
72166 Germantown CRC  1/15 W 6:30 p.m.-7:30 p.m.  
72167 Bauer Drive CRC  1/17 F 7:30 p.m.-8:30 p.m.

Fencing - Intermediate
Ages 8 & Up: Students learn more advanced fencing and foil techniques including riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban.  
10 Sessions $150  
Instructor: Gitty Mohebban  
72168 Bauer Drive CRC  1/17 F 8:30 p.m.-9:30 p.m.

Golf
Golf Swing Fundamentals
Ages 18 & Up: If you want to give golf a try, now is your chance to learn the fundamentals. The golf swing motion is taught using everyday language and easy steps for long lasting results. Fundamentals include: grip, posture, stance and swing rhythm. Fee includes equipment. Class size is small (no more that 10 students) so you will have personal attention. Please wear athletic shoes. Sessions are taught by Mark J. Diley, PGA professional.  
4 Sessions $149  
Instructor: Mark Diley  
Ages 18 & Up  
72269 Wheaton CRC  1/13 Tu 6:30 p.m.-7:30 p.m.  
72271 Wheaton CRC  1/15 W 6:30 p.m.-7:30 p.m.

Gymnastics
Gymnastics I
Ages 5-6: This class will introduce students to tumbling, balance beam, bar and trampoline skills. Children will develop strength, coordination, flexibility, mental processing and self-confidence.  
6 Sessions $169  
Instructor: Dobre Gymnastics Academy  
72108 Dobre Gymnastics  1/14 Tu 5:15 p.m.-6:15 p.m.  
72109 Dobre Gymnastics  1/15 W 5:15 p.m.-6:15 p.m.  
72110 Dobre Gymnastics  1/17 F 5:15 p.m.-6:15 p.m.

Gymnastics II
Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.  
6 Sessions $169  
Instructor: Dobre Gymnastics Academy  
72111 Dobre Gymnastics  1/14 Tu 6:30 p.m.-7:30 p.m.  
72112 Dobre Gymnastics  1/15 W 6:30 p.m.-7:30 p.m.  
72113 Dobre Gymnastics  1/16 Th 6:30 p.m.-7:30 p.m.  
72114 Dobre Gymnastics  1/17 F 6:30 p.m.-7:30 p.m.

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MULTI-SPORTS

Coach Doug Pre Wee Wanna Be
Ages 1 1/2 -3: Children get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required.

10 Sessions $139
Instructor: Coach Doug Academy
72210 Germantown CRC 1/14 Tu 9:30 a.m.-10:15 a.m.
72211 Bauer Dr. CRC 1/15 W 9:30 a.m.-10:15 a.m.
72212 Potomac CRC 1/16 Th 9:30 a.m.-10:15 a.m.

Coach Doug Seasonal Sports
Ages 4-7: Join us as we build self-esteem, enhance cooperation and focus on skills and fitness. Each class focuses on a specific sport so children can comfortably develop their interests and abilities. Sports change each session and include agility training, soccer, tee ball, lacrosse and more. Adult participation not required.

10 Sessions $139
Instructor: Coach Doug Academy
72213 Germantown CRC 1/14 Tu 4 p.m.-4:45 p.m.
72214 Potomac CRC 1/16 Th 4 p.m.-4:45 p.m.
72215 Oakland Terrace ES 1/18 Sa 11 a.m.-11:45 a.m.

Coach Doug We Wanna Be
Ages 2-5: Kids and their parents/guardians will be introduced to agility training, soccer, tee ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace.

10 Sessions $139
Instructor: Coach Doug Academy
72219 Potomac CRC 1/16 Th 10:30 a.m.-11:15 a.m.
72223 Germantown CRC 1/14 Tu 10:30 a.m.-11:15 a.m.
72220 Bauer Dr. CRC 1/15 W 10:30 a.m.-11:15 a.m.
72221 Oakland Terrace ES 1/18 Sa 9:30 a.m.-10:15 a.m.
72222 Oakland Terrace ES 1/18 Sa 10:15 a.m.-11 a.m.

DSC Futsal Youth League
Ages 6-17: Players will have a great time improving technical foot skills, speed, coordination and agility with the ball through an eight week program of indoor futsal games. Participants will be paired with other players of similar ages to play fast-paced games against other teams. Each team will stay together for the duration of the season, get to compete and rank in local standings, and learn from the game in a safe, low-to-no contact environment. The games are played two 20-minute halves with a five minute half-time and feature licensed futsal referees.

8 Sessions $100
Instructor: Damascus Soccer Club
68691 Damascus CRC 1/5 Su 12 p.m.-7 p.m.
and Germantown CRC

PICKLEBALL

Pickleball Class Beginners
Ages 18 & Up: Learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner also covered. At the conclusion of your three-day session, individuals will have greater understanding of the game and will be ready to participate at a better level in the drop-in programs or leagues.

3 Sessions $24
75532 Praisner CRC 1/14 Tu 10:30 a.m.-11:30 a.m.
75533 Praisner CRC 2/11 Tu 10:30 a.m.-11:30 a.m.
75547 Praisner CRC 3/10 Tu 10:30 a.m.-11:30 a.m.

3 Sessions $27
73475 White Oak CRC 1/8 W 1:30 p.m.-3 p.m.
73484 Potomac CRC 1/9 Th 12:30 p.m.-2 p.m.
73476 White Oak CRC 2/5 W 1:30 p.m.-3 p.m.
73485 Potomac CRC 2/6 Th 12:30 p.m.-2 p.m.
73477 White Oak CRC 3/4 W 1:30 p.m.-3 p.m.
73486 Potomac CRC 3/5 Th 12:30 p.m.-2 p.m.

3 Sessions $60
75557 Wheaton CRC 1/8 W 6 p.m.-7:15 p.m.
75559 Bauer Dr. CRC 2/24 M 6 p.m.-7:30 p.m.
Pickleball Skills & Drills
Ages 18 & Up: This class is for advanced beginners that know how to volley, keep score and have good knowledge of the game. You will learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner also covered. At the conclusion of your three-day session, individuals will have great understanding of the game and will be ready to participate at a better level in the drop-in programs or leagues.

3 Sessions $27
73469  N. Potomac CRC  1/6  M  1 p.m.-2:30 p.m.
73472  East County CRC  1/8  W  10:30 a.m.-12 p.m.
73479  Ross Boddy NRC  1/9  Th  10 a.m.-11:30 a.m.
73473  East County CRC  2/5  W  10:30 a.m.-12 p.m.
73481  Ross Boddy NRC  2/6  Th  10 a.m.-11:30 a.m.
73470  N. Potomac CRC  2/10  M  1 p.m.-2:30 p.m.
73474  East County CRC  2/10  M  1 p.m.-2:30 p.m.

Pickleball Leagues
Ages 18 & Up: This is a four-week, competitive adult pickleball league. The league consists of doubles pool play during the regular season. Doubles teams will consist of any type of doubles (men/men, women/women or mix). Teams will play five games each night to 15 points or 14 minutes. Teams will compete against each other in league play and standings will be recorded. No playoffs for these leagues. Complete season schedule will be provided to all participants prior to start date.

4 Sessions $30
Advance Beginner - Individual
75563  Bauer Dr. CRC  1/13  M  6 p.m.-10 p.m.

4 Sessions $60
Advance Beginner - Team
75562  Bauer Dr. CRC  1/13  M  6 p.m.-10 p.m.

6 Sessions $50
Ladder League - Beginner 2.0
75567  Wheaton CRC  2/5  W  6 p.m.-9 p.m.
75564  Bauer Dr. CRC  3/23  M  6 p.m.-10 p.m.

Ladder League - Intermediate 2.5-3.5
75568  Wheaton CRC  2/5  W  6 p.m.-9 p.m.
75565  Bauer Dr. CRC  3/23  M  6 p.m.-10 p.m.

Ladder League - Expert 3.5+
75566  Bauer Dr. CRC  3/23  M  6 p.m.-10 p.m.

8 Sessions $30
Ladder League - All Levels
75570  East County CRC  1/24  F  Noon-3 p.m.

Follow us on Facebook and Twitter!
**Train Like a Pro Indoor Soccer**

Ages 10-17: Elite soccer skills development training featuring core soccer training methods that have been created to accelerate individual development and on-field production. Coaches are former professional and college athletes that focus on position-specific fundamentals and advanced drill sequences for all phases of the game. Training sessions will have game-simulation drills and scrimmages, as well as soccer-specific physical conditioning and mental conditioning. Participants will receive a T-shirt. For boys and girls of all ability levels.

**6 Sessions** $125
Instructor: Fit 2 Believe
72158 Wheaton CRC  1/16  Th 7 p.m.-8:30 p.m.

**Table Tennis**

**Table Tennis / Ping Pong**

Ages 7-18: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional and one-third games.

**10 Sessions** $179
Instructor: Maryland Table Tennis Center
72107 MD Table Tennis  1/16  Th 6:30 p.m.-7:30 p.m.

**Ultimate Frisbee**

**Adult Ultimate Frisbee Indoor League**

Ages 18 & Up: Adult Co-ed Indoor Ultimate Frisbee league played in a gymnasium. The play is fast paced and non-stop. Regular season consists of seven weeks with two weeks of playoff games to follow.

**9 Sessions** $40
Instructor: Washington Area Frisbee Club
    *Men* 72186 Wisconsin Pl. CRC 1/13  M  7 p.m.-10 p.m.
    *Women* 72187 Wisconsin Pl. CRC 1/13  M  7 p.m.-10 p.m.

**Ultimate Frisbee High School League**

Ages 15-18: This indoor Ultimate Frisbee league is open to high school players of all skill levels looking to keep their skills sharp during the winter. Coaches will oversee and organize weekly games. This program is co-ed and requires no experience. All supplies are provided. Bring athletic clothing, sneakers and a water bottle.

**6 Sessions** $40
Instructor: American Ultimate Academy
73149 Wheaton CRC  1/17  F  8:30 p.m.-10 p.m.

**Ultimate Frisbee Introductory League**

Ages 6-10: This is a non-contact, co-ed sport designed for new players. Over six weeks, players will learn the basics of the sport through fun mini-games. All supplies are provided. Bring a water bottle, sneakers and athletic clothing.

**6 Sessions** $40
Instructor: American Ultimate Academy
73150 Wheaton CRC  1/17  F  6 p.m.-7 p.m.

**Ultimate Frisbee Middle School League**

Ages 10-14: This league is open to middle school players of all skill levels looking to keep their skills sharp during the winter. Coaches will oversee and organize weekly games. This program is co-ed and requires no experience. All supplies are provided. Bring athletic clothing, sneakers and a water bottle.

**6 Sessions** $40
Instructor: American Ultimate Academy
73151 Wheaton CRC  1/17  F  7 p.m.-8:30 p.m.

**Volleyball**

**Introductory Volleyball**

Ages 7-12: Learn fundamentals of volleyball including serves, sets, spikes, blocks, returns, positioning, and team strategy. Includes team T-shirt.

**6 Sessions** $95
**Ages 7-9**
Instructor: Jump Start Sports
72372 Longwood CRC  1/18  Sa  10 a.m.-11 a.m.

**Ages 10-12**
72373 Longwood CRC  1/18  Sa  11 a.m.-Noon
**THERAPEUTIC RECREATION PROGRAMS AND INCLUSION SERVICES**

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in Therapeutic Recreation Programs and/or Inclusion Services.

**Therapeutic Recreation** programs are designed for people with disabilities. Therapeutic Recreation groups are smaller than those in general recreation programs and the staff is trained to work with individuals with disabilities. The programs provide skill development and leisure education while encouraging participation and socialization. Available activities include aquatics, arts, general fitness, sports and special events.

**Inclusion Services** provide accommodations such as sign language interpreters, large print, hearing aids and companions support to facilitate equal access to general recreation programs. To request accommodations call 240-777-6870 or email rec.mainstream@montgomerycountymd.gov. Placements are limited and are not guaranteed. Personal care is not provided for any program. If you plan to bring a personal care assistant, please let us know.
Cooking

Creative Cooking
Ages 6 & Up: Let’s get cooking and creating! This class is for an individual with a disability and one family member to cook together. Yummy creations that will satisfy your tummies! All food ingredients supplied. Cost includes one participant and one parent/guardian.

<table>
<thead>
<tr>
<th>1 Session</th>
<th>$10</th>
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<tbody>
<tr>
<td>Ages 13-22</td>
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<tr>
<td>74210 Holiday Park SC</td>
<td>1/11 Sa 1 p.m.-2:30 p.m.</td>
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<tr>
<td>Ages 18 and up</td>
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<tr>
<td>74211 Holiday Park SC</td>
<td>1/25 Sa 1 p.m.-2:30 p.m.</td>
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<tr>
<td>Ages 6-12</td>
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<tr>
<td>74212 Holiday Park SC</td>
<td>2/8 Sa 1 p.m.-2:30 p.m.</td>
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General Fitness

Cardio 'n Core
Ages 13 & Up: Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

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<thead>
<tr>
<th>8 Sessions</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>74184 Damascus CRC</td>
<td>1/9 Th 7 p.m.-8 p.m.</td>
</tr>
</tbody>
</table>

Stretch 'n Tone
Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. This class is ideal for beginners.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>74616 Wheaton CRC</td>
<td>1/6 M 7 p.m.-8 p.m.</td>
</tr>
<tr>
<td>74195 Potomac CRC</td>
<td>1/7 Tu 7 p.m.-8 p.m.</td>
</tr>
<tr>
<td>74196 Damascus CRC</td>
<td>1/9 Th 6 p.m.-7 p.m.</td>
</tr>
</tbody>
</table>

Turn the Beat Around
Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn fun group dances and line dances for all occasions.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>74216 Holiday Park SC</td>
<td>1/11 Sa 11 a.m.-11:50 a.m.</td>
</tr>
<tr>
<td>74217 East County CRC</td>
<td>1/8 W 7 p.m.-7:50 p.m.</td>
</tr>
</tbody>
</table>

TR Zumba
Ages 7 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 7-12</td>
<td></td>
</tr>
<tr>
<td>74215 Holiday Park SC</td>
<td>1/11 Sa 12 p.m.-12:45 p.m.</td>
</tr>
<tr>
<td>Ages 13 &amp; Up</td>
<td></td>
</tr>
<tr>
<td>74213 Upper County CRC</td>
<td>1/9 Th 7 p.m.-7:50 p.m.</td>
</tr>
<tr>
<td>74214 Holiday Park SC</td>
<td>1/11 Sa 10 a.m.-10:50 a.m.</td>
</tr>
</tbody>
</table>

Moving with Mike
Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues but its great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Mike Alalof</td>
<td></td>
</tr>
<tr>
<td>74190 Germantown CRC</td>
<td>1/12 Su 1 p.m.-2 p.m.</td>
</tr>
</tbody>
</table>

Karate for Individuals with Disabilities
Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: TKA, Inc.</td>
<td></td>
</tr>
<tr>
<td>74188 Holiday Park SC</td>
<td>1/11 Sa 9 a.m.-9:45 a.m.</td>
</tr>
<tr>
<td>74189 Holiday Park SC</td>
<td>1/11 Sa 10 a.m.-10:45 a.m.</td>
</tr>
</tbody>
</table>

Arts

Handbuilt Pottery
Ages 18 & Up: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. One staff to eight participants. No personal care provided. Material fee included in price.

<table>
<thead>
<tr>
<th>6 Sessions</th>
<th>$75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor: Pamela Reid</td>
<td></td>
</tr>
<tr>
<td>74186 White Oak CRC</td>
<td>1/22 W 10:30 a.m.-11:30 a.m.</td>
</tr>
<tr>
<td>74187 White Oak CRC</td>
<td>1/22 W 1:30 p.m.-2:30 p.m.</td>
</tr>
</tbody>
</table>

Kaldeiscope Art Workshops
Ages 13 & Up: Use various materials to create one-of-a-kind art. Come create, socialize and show off your work to others! Participants should be able to follow simple instructions, understand basic rules and express wants and needs. No personal care provided.

<table>
<thead>
<tr>
<th>4 Sessions</th>
<th>$24</th>
</tr>
</thead>
<tbody>
<tr>
<td>75087 Plum Gar CRC</td>
<td>1/11 Sa 11 a.m.-12:30 p.m.</td>
</tr>
<tr>
<td>75088 Holiday Park SC</td>
<td>1/18 Sa 1 p.m.-2:30 p.m.</td>
</tr>
</tbody>
</table>

Imaginative Art
Ages 15 & Up: Time to use your imagination! This art class will get you to think about new and exciting ways to make art. Each week you will work on a new project to take home that you made yourself. Join the fun!

<table>
<thead>
<tr>
<th>8 Sessions</th>
<th>$48</th>
</tr>
</thead>
<tbody>
<tr>
<td>76029 N Potomac CRC</td>
<td>1/6 M 7 p.m.-8:30 p.m.</td>
</tr>
</tbody>
</table>
Sports

TR Basketball League
Ages 18 & Up: Basketball League for teens and adults, ages 18 & older, with developmental disabilities. Team registration is required! A registration form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and official league game days.

8 Sessions $42
74194 Mid-County CRC 1/19 Su 12 p.m.-3 p.m.

Therapeutic Recreation Programs

Drumming - Rock Out
Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using drums, boxes, balls, or cans. Drumsticks are provided or bring your own. No experience necessary. One staff to seven participants.

8 Sessions $40
74185 Bauer Dr. CRC 1/9 Th 7 p.m.-8 p.m.

TR BIG Game Nights
Ages 13 & Up: Play oversized board games, gym games, group games, bingo, and more, every second and fourth Friday of the month. Themes make each night a new adventure:
1/10: New Year Celebration Night - wear bright colors to celebrate 2020.
1/24: Super Fan Night - wear your favorite team jersey.
2/14: Sweatheart Celebration Night - wear red to celebrate Valentines Day.
2/28: Pajama Night - wear pajamas, robes and slippers.
3/13: Freaky Friday Night - wear crazy socks and hats.

5 Sessions $40
74209 Bauer Dr. CRC 1/10 F 7 p.m.-9:30 p.m.

TGIF-Family Nights
Ages 5 & Up: TGIF- Totally Great Inclusive Fun! for families and friends of individuals with disabilities. Enjoy ZamDance and games and the opportunity to network with other families. Third Friday of the month. No personal care provided. Parent/caregiver admitted free with registered participant; all others must register separately.

1 Session $5
74198 Bauer Dr. CRC 1/17 F 6:30 p.m.-8:30 p.m.
74199 Bauer Dr. CRC 2/21 F 6:30 p.m.-8:30 p.m.
74200 Bauer Dr. CRC 3/20 F 6:30 p.m.-8:30 p.m.

TGIF-Totally Great Inclusive Fun - First Fridays
Ages 15 and up: TGIF- Totally Great Inclusive Fun! Start the night with ZamDance! Followed by snack and group activity. First Friday of the month is an opportunity to exercise and make new friends! Collaboration program with Upcounty Community Resources! 1 staff to 12 participants; personal care not provided but caregivers are welcome. Collaboration program with Upcounty Community Resources!

1 Session $10
74201 Bauer Dr. CRC 1/3 F 6:30 p.m. - 8:30 p.m.
74202 Bauer Dr. CRC 2/7 F 6:30 p.m. - 8:30 p.m.
74203 Bauer Dr. CRC 3/6 F 6:30 p.m. - 8:30 p.m.

Aquatics

TR Adult Social Swim
Ages 18 & Up: Adapted aquatics and exercise in a group setting. Have fun, meet new friends and get some exercise one staff to seven participants. No personal care provided.

8 Sessions $40
74205 MLK 1/14 Tu 7:45 p.m.-8:45 p.m.
74206 GISC 1/15 W 8:30 p.m.-9:30 p.m.
74207 OSC 1/17 F 7:15 p.m.-8 p.m.
74208 OSC 1/17 F 8:15 p.m.-9 p.m.
Weekend Adult Social Clubs

Looking to meet new people – we’ve got it. Looking to take some fun group trips – we’ve got it. Looking for a place to hang out with your friends – we’ve got it. You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are $40 each for the year - October 2019 thru June 2020. Activity fees are not included in the membership fee. Activity fees range from free (game night) to $60 (dinner theatre). Club trips depart from the Montgomery County Recreation Administrative Office.

Therapeutic Recreation Social Clubs offer the opportunity for individuals with disabilities (18 & Up) to participate in leisure activities in community recreation centers and/or in the community. Get out of the house and make new friends. Choose a club that fits your style. Game nights, theme parties, craft workshops are center based. Ball games, hiking and hayrides are for the more active individual. Staff ratios vary by club.

Call our Therapeutic Recreation staff at 240-777-6870 to discover the club that’s right for you. We look forward to meeting you.

Lunar New Year
Saturday, January 25, 2020
6:30-9:30 p.m.
Holiday Park Senior Center
Ages 15 and Up with disabilities. Celebrate the start of the Chinese New Year. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 74191  COST: $10

Ready, Set, Leap!
Saturday, February 29, 2020
6:30-9:30 p.m.
Holiday Park Senior Center
Ages 15 and up with disabilities. Get off your seat and leap to the beat. This year we get an extra day to party. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 74192  COST: $10

Jailhouse Rock
Saturday, March 28, 2020
6:30-9:30 p.m.
Holiday Park Senior Center
For ages 15 and up with disabilities. Elvis is back. Roll up your jeans and get ready to be All Shook Up. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

★ Activity 74193  COST: $10
Montgomery County Recreation has many ways for independent adults, 55 and over to stay active and healthy. Whether you are still working, semi-retired, or fully retired, we have a large variety of programs, activities, classes, and events for you to choose from. For a full listing of activities visit www.mocorec.com or call 240-777-4925.

**Damascus Senior Center**
M-F: 9 a.m.-4 p.m.
9701 Main Street, Damascus
240-777-6995

**Long Branch Senior Center**
M-F: 9:30 a.m.-2:30 p.m.
8700 Piney Branch Road, Silver Spring
240-777-6975

**North Potomac Senior Center**
M-F: 9 a.m.-3 p.m.
13850 Travilah Road, Rockville
240-773-4805

**Holiday Park Senior Center**
M-F: 8:45 a.m.-4 p.m.
3950 Ferrara Drive, Wheaton
240-777-4999

**Margaret Schweinhaut Senior Center**
M-F: 8:15 a.m.-4 p.m.
Sat: 9 a.m.-3 p.m.
1000 Forest Glen Road, Silver Spring
240-777-8085

**White Oak Senior Center**
M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944

Follow us on Facebook and Twitter!
White Oak Senior Center
Senior Thanksgiving Event
Tuesday, November 19
11 a.m. – 1 p.m.
Join us for a great event that includes a light meal and live music. Free.

Margaret Schweinhaut Senior Center
Holiday Party
Tuesday, December 17
Noon-2 p.m.
Annual holiday luncheon & music. Soprano Harper Denhard will be singing classic holiday music to get you in the mood for your holiday festivities. Registration is required by calling 240-777-8085. Free.

Damascus Senior Center
Christina Drapkin Holiday Celebration
Tuesday, December 17
Noon-2 p.m.
Enjoy a performance of holiday jazz music. $2.

Long Branch Senior Center
Jingle Bell Breakfast and Gift Making
Wednesday, December 18
10:30 a.m. – Noon
Enjoy holiday music and a delicious continental breakfast. Free.

Holiday Park Senior Center
Chinese New Year
Thursday, January 23
1 p.m.
An amazing display of traditional dances, costumes, and music to celebrate the Year of the Rat. Free.

MARYLAND SENIOR OLYMPICS
Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. MSO is celebrating 40 years in 2020. It’s also qualifying year for the National Senior Olympics in Ft. Lauderdale in 2021. Events run from May to October. Visit www.mdseniorolympics.com or call 240-777-4930 for 2020 event details and registration information.
55+ Active Adult Program

Highlights

Montgomery County Recreation offers a variety of senior programs at thirteen recreation center locations throughout the county. Please call the center nearest you for more information, view the monthly newsletters on our website, or call 240-777-4925 for general program information. Each center offers a variety of programming including sports, exercise, games, concerts and special events. Locations that include a nutrition lunch program are designated with an *. Locations with limited transportation on program meeting days are designated with +.

Bauer Drive CRC
Monday and Wednesday, 10 a.m.-3 p.m.
14625 Bauer Drive, Rockville
240-777-6922

Clara Barton NRC
Monday and Wednesday, 10 a.m.-3 p.m.
7425 MacArthur Blvd., Cabin John
240-777-4910

Clarksburg Park Activity Building
Wednesday, noon-3 p.m.
22501 Wims Road, Clarksburg
240-777-4925

Gwendolyn E. Coffeld CRC
Tuesday and Thursday, 10 a.m.-1 p.m.
2450 Lyttonsville Road, Silver Spring
240-777-4900

East County CRC *
Tuesday and Friday, 10 a.m.-2 p.m.
3310 Gateshead Manor Way, Silver Spring
240-777-8093

Germantown CRC+
Monday and Thursday, 10 a.m.-2 p.m.
18905 Kingsview Road, Germantown
240-777-8098

Jane E. Lawton CRC
Tuesday and Thursday, 10 a.m.-2 p.m.
4301 Willow Lane, Chevy Chase
240-777-6855

Longwood CRC
Monday and Wednesday, 10 a.m.-2 p.m.
19300 Georgia Ave., Brookeville
240-777-6920

Marilyn J. Praisner CRC+
Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC*
Tuesday and Thursday, 10 a.m.-2 p.m.
2004 Queensguard Road, Silver Spring
240-777-6820

Plum Gar CRC
Tuesday and Friday, 10 a.m.-2 p.m.
19561 Scenery Drive, Germantown
240-777-4919

Potomac CRC
Tuesday and Friday, 10 a.m.-1:30 p.m.
11315 Falls Road, Potomac
240-777-6960

Ross Boddy NRC
Tuesday and Thursday, 10 a.m.-2 p.m.
18529 Brooke Road, Sandy Spring
240-777-8050

Senior Sneaker Exercise Program

Montgomery County Recreation’s popular Senior Sneaker program gives adults 55+ access to quality exercise and weight rooms across the county for a membership fee of just $50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.

* Includes a nutrition lunch program.
+ Limited transportation available on program meeting days.

Countywide Programs 240.777.6870

Follow us on Facebook and Twitter!
Senior Sports Activities

Montgomery County Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-in gym programs require an open gym pass for just $30 a year. Several locations also offer league play co-sponsored by the Montgomery County Senior Sports Association (MCSSA). Call 240-777-6810 for more information on league play. Aquatics also offers many programs and classes for 55+ individuals. Call 240-777-6860 for more information on aquatics programs.

Open Gym Badminton

**Damascus CRC**
Thursday, 6-7 p.m.
Saturday, 12-2 p.m.

**Potomac CRC**
Saturday, 2-5 p.m.
(Until November 10)

**Praisner CRC**
Tuesday, 6:15-8:45 p.m.

**North Potomac CRC**
Thursday, 9 a.m.-noon
Thursday, 6:15-8:45 p.m.

Open Gym Basketball

**Bauer CRC**
Tuesday & Thursday,
9 a.m.-12 p.m.

**Coffield CRC**
Tuesday, Wednesday, Thursday
9:30 a.m.-noon

**Damascus CRC**
Monday, 7:30-8:50 p.m.*

**Potomac CRC**
Monday, 8:30-9:30 p.m.
Sunday, noon-4:50 p.m.

**Praisner CRC**
Monday-Thursday, 1-3 p.m.
Wednesday, 6:15-8:45 p.m.
Friday, 12-3 p.m.
Saturday, 10 a.m.-2:50 p.m.

**North Potomac CRC**
Monday, 6:15-8:45 p.m.*
Wednesday, 9 a.m.-noon

**North Potomac CRC: Women**
Friday, 9-11 a.m.

Open Gym Pickleball

**Bauer Drive CRC**
Monday, 12:30-2:30 p.m.
Friday, 10:15 a.m.-12:15 p.m.
(Instructional)

**Clara Barton CRC**
Monday, noon-1 p.m.
Friday, 11 a.m.-12:30 p.m.

**Damascus CRC**
Monday, 7-7:15 p.m.*
Saturday, 10:30 a.m.-12:30 p.m.

**East County CRC**
Friday, 12:30-2:30 p.m.

**Germantown CRC**
Sunday, noon-2 p.m.

**Good Hope NRC**
Wednesday, 6-9 p.m.

**Jane E. Lawton CRC**
Monday, 10 a.m.-noon
(beginners/introduction)
Thursday, 12:30-2:30 p.m.
Friday, 10 a.m.-2 p.m.

**Long Branch CRC**
Friday, 10 a.m.-1 p.m.

**Longwood CRC**
Tuesday, 10 a.m.-noon
Thursday, 12:30 p.m.-2:30 p.m.

**Mid-County CRC**
Monday and Wednesday, Noon-2:30 p.m.
Thursday 6-8:45 p.m.**

**North Potomac CRC**
Monday, 9 a.m.-noon
Monday, 6:15-8:45 p.m.**

**Plum Gar CRC**
Wednesday, 6:30-8:55 p.m.

**Potomac CRC**
Monday, 6:30-7:30 p.m.
Tuesday, 10:30 a.m.-2 p.m.**
Friday, 10:30 a.m.-2 p.m.

**Praisner CRC**
Monday, 6:15-8:45 p.m.**
Tuesday, 10:30 a.m.-1 p.m.*

**Ross Boddy NRC**
Monday and Wednesday, 12:30-2:30 p.m.

**Schweinhaut SC**
Monday, noon-1:45 p.m.
(Intermediate)
Friday, 10:30 a.m.-12:30 p.m.
(Beginner)

**White Oak SC**
Tuesday, Friday 6-9 p.m.
Thursday, 10 a.m.-2 p.m.

Open Gym Table Tennis

**Clara Barton SC**
Tuesday and Thursday,
2:30-4 p.m.

**Holiday Park SC**
During Center Hours

**North Potomac CRC**
Tuesday, 6:15-8:45p.m.**
Wednesday, 9:30 a.m.-noon

**Plum Gar CRC**
Friday, 8:30-11:30 a.m.

**White Oak SC**
Monday- Friday, 9 a.m.- 3 p.m.

Open Gym Volleyball

**Bauer Drive CRC**
Monday, Wednesday
10:30 a.m.-12:30 p.m.

**Coffield CRC**
Thursday 9:30 a.m.-noon

**Damascus CRC**
Monday, 6:15-7:15 p.m.*

**Mid-County CRC**
Friday, noon-2 p.m.

**North Potomac CRC**
Tuesday, 9 a.m.-noon
Tuesday, 6:15-8:45 p.m.**

**Potomac CRC**
Sunday, 9:30-11:30 a.m.

**White Oak CRC**
Monday, 10:30 a.m.-1:30 p.m.

Billiards

**Damascus SC**
During center hours

**Damascus CRC**
10:30 a.m.-1:30 p.m. (daily)

**Holiday Park SC**
During center hours

**Schweinhaut SC**
During center hours

**White Oak SC**
Monday-Friday 9 a.m.- 3 p.m.
(daily)

* Open to all ages  **Open to ages 18 & up
**EXERCISE CLASS HIGHLIGHTS**

In addition to exercise classes offered at our Senior Centers, many community and neighborhood recreation centers offer 55+ exercise classes. For more information and registration call the recreation center you are interested in attending. We partner with many of our local hospitals to provide exercise classes, health services and informational classes and seminars. These include:

**Senior Fit by Holy Cross Health**

These free classes help participants improve strength, endurance and flexibility. Call 301-754-8800 for registration information.

- **Bauer Dr. CRC**
  - Monday and Wednesday, 9:15-10 a.m. and 10:15-11 a.m.
  - Friday, 9:15-10 a.m.
- **Coffield CRC**
  - Tuesday and Thursday, 10:30-11:15 a.m.
- **East County CRC**
  - Monday, Wednesday and Friday, 10:45-11:30 a.m.
- **Germantown CRC**
  - Tuesday, 1:45-2:30 p.m.
  - Thursday, 11:30 a.m.-12:15 p.m.
- **Mid-County CRC**
  - Monday, Wednesday and Friday, 11-11:45 a.m.
- **Long Branch SC**
  - Monday and Wednesday, noon-12:45 p.m.
- **Plum Gar CRC**
  - Monday and Wednesday, 10:30-11:15 a.m.
- **North Potomac SC**
  - Monday and Wednesday, 1-1:45 p.m.
  - Monday-Friday, 9-9:45 a.m.
  - Monday, Wednesday and Friday, 10-10:45 a.m.
  - **Ross Boddy NRC**
  - Tuesday and Thursday, 9-9:45 a.m.
- **Schweinhaut SC**
  - Monday, Wednesday and Friday, 8:30-9:15 a.m. and 9:30-10:15 a.m.
  - Tuesday, 9-9:45 a.m.
  - Saturday, 9:30-10:15 a.m.
- **White Oak SC**
  - Tuesday and Thursday, 9-9:45 a.m.

**Suburban Hospital Senior Shape Exercise Programs**

The Senior Shape program is designed to improve participants’ overall health. The program consists of strength, flexibility and aerobic exercise classes. Register online at events.suburbanhospital.org or call 301-896-3939. Class fee is $40 per three-month session.

**Weight Training**

- **Margaret Schweinhaut SC**
  - Tuesday, 10-10:45 a.m.
- **Holiday Park SC**
  - Friday, 11-11:45 a.m.
- **Clara Barton Neighborhood Recreation Center**
  - Friday, 1-1:45 p.m.

**Aerobics/Strength Training/Stretching**

- **Clara Barton Neighborhood Recreation Center**
  - Tuesday and Thursday, 11:30 a.m.-12:15 p.m.
- **North Potomac SC**
  - Friday, 9:30-10:15 a.m.

**Advanced Aerobics/Strength Training/Stretching:**

- **Wisconsin Place CRC**
  - Tuesday, 10-10:45 a.m.
- **Potomac CRC**
  - Monday, 11-11:45 a.m.
  - Wednesday, 9:15-10 a.m.

**Stability Ball**

- **Holiday Park SC**
  - Monday, 9-9:45 a.m.
- **Margaret Schweinhaut SC**
  - Tuesday, 11-11:45 a.m.

Follow us on Facebook and Twitter!
Exercise Class Highlights

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881, option 4.

Senior Strength & Balance
Increase muscular strength, flexibility and range of motion, and maintain your cardiovascular health. Classes are ongoing and a physician’s consent form is required in order to participate.

Longwood CRC
Tuesday, 9 a.m.

Mid-County CRC
Wednesday, 1 p.m.

Tai Chi
This free, meditative exercise program is designed for seniors. Improve balance, strength, coordination, flexibility and range of motion. Wear comfortable, loose clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC
Monday, 9:45 a.m.

Mid-County CRC
Tuesday, 11 a.m.

Ross Boddy NRC
Thursday, 10 a.m.

Gentle Flow Yoga for Seniors
Use yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Bring a yoga mat, water and comfortable shoes.

Longwood CRC
Call for dates/times, $40 for eight sessions

Zumba Gold
MedStar Montgomery Medical Center is pleased to sponsor Zumba Gold. Please contact Longwood CRC at 240-777-6920 for registration cost and details.

Longwood CRC
Mondays, Wednesdays, 8:45 a.m.-9:45 a.m.

Indoor Walking
Many recreation and senior centers provide space for indoor walking. Call the center nearest you for additional information.

55+ Bone Builders
Bone Builders is a free, volunteer-led exercise program brought to you by Montgomery County Recreation, Health and Human Services and the RSVP Volunteer Program. One-hour classes twice per week are designed to increase bone density. Participants lift ankle weights and hand weights and participate in warm-ups, cool-downs and balance exercises.

Bone Builders has a strict attendance policy. Participants may register for only one class and must consistently attend twice per week to keep their spot.

Interested participants are encouraged to observe a class prior to registering. For more information call 240-777-4925.

Registration begins November 12 at 8:30 a.m.
Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.
# Program Locations

## Ashburton Elementary School
- The Art of Handwriting Level 1

## Avant Garde Ballroom Dance Center
- Bachata
- Hip-Hop
- Salsa Club Dancing
- Wedding Ready

## Bannockburn Elementary School
- Lil’ Hoopers
- Overtime Hoops Academy

## Bauer Drive CRC
- 20-20-20
- 55+ FREE Bone Builders
- 55+ Senior Fit
- Acrylic Painting Techniques
- ACT The Workout-Fitness
- Body Sculpt
- Boot Camp and Strength Training
- Coach Doug Pre Wee Wanna Be
- Coach Doug We Wanna Be
- Community Basic First Aid
- and CPR_AED
- Draw and Clay - Ocean Life
- Drawing with Young Rembrandts
- Drumming - Rock Out
- Dynaerobics
- Dynaerobics AND Body Sculpting
- Fencing - Beginner I
- Fencing - Beginner II
- Fencing - Intermediate
- Funfit Tots
- Funfit Tots Family Class
- Gentle Yoga
- It’s a Stitch
- Jazzmatazz Low-Impact Aerobics
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- Karate/Jujitsu Adult
- Kelley’s Complete Fitness Workout
- Kids Sew and Tell
- Learn Sew and Tell
- Learn Now Music: HeroeZ of Guitar
- Learn Now Music: KeyZ to Piano
- Learn Now Music: My First Music Class
- Men’s Basketball League
- Pickleball Class Beginners
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- Pickleball Skills & Drills
- Pilates for Fitness
- Soccer Petite
- Soccer Petite Parent and Child
- Tai Chi - Beginning
- Tai Chi - Continuing
- TGIF-Family Nights
- TGIF-Totally Great Inclusive Fun - First Fridays
- Tone It Up Boot Camp
- TR BIG Game Nights
- Yoga Basics
- Yoga Fundamentals
- Zumba Fitness

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- Ballroom I (Couples)
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- Karate/Jujitsu
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</tr>
<tr>
<td>Bethesda ES</td>
<td>7600 Arlington Rd., Bethesda, 20814</td>
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<tr>
<td>Chevy Chase ES</td>
<td>4015 Rosemary St., Chevy Chase, 20815</td>
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<tr>
<td>DuFief ES</td>
<td>15001 DuFief Drive, Gaithersburg, 20878</td>
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<tr>
<td>Flower Valley ES</td>
<td>4615 Sunflower Drive, Rockville, 20853</td>
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<tr>
<td>Glenallan ES</td>
<td>12520 Heurich Rd., Silver Spring, 20902</td>
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<tr>
<td>Kensington Parkwood ES</td>
<td>34710 Saul Rd, Kensington, 20895</td>
</tr>
<tr>
<td>Oakland Terrace ES</td>
<td>2720 Pylers Mill Rd., Silver Spring, 20902</td>
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<tr>
<td>Resnik, Judith A. ES</td>
<td>7301 Hadley Farms Drive, Gaithersburg, 20879</td>
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<tr>
<td>Rock View ES</td>
<td>3901 Denfeld Ave, Kensington, 20895</td>
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<td>Rolling Terrace ES</td>
<td>705 Bayfield St., Takoma Park, 20912</td>
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<td>Stedwick ES</td>
<td>10631 Stedwick Rd., Montgomery Village, 20866</td>
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<td>Travilah ES</td>
<td>13801 Dufief Mill Rd., North Potomac, 20878</td>
</tr>
<tr>
<td>Wayside ES</td>
<td>10011 Glen Rd., Potomac, 20854</td>
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</tbody>
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## Middle Schools

<table>
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<th>Address</th>
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</thead>
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<td>300 University Blvd., Silver Spring, 20901</td>
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<td>Frost, Robert MS</td>
<td>9210 Scott Drive, Rockville, 20850</td>
</tr>
<tr>
<td>North Bethesda MS</td>
<td>8935 Bradmoor Drive, Bethesda, 20817</td>
</tr>
<tr>
<td>Parkland MS</td>
<td>4610 W Frankfort Drive, Rockville, 20853</td>
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<tr>
<td>Tilden MS</td>
<td>11211 Old Georgetown Rd., Rockville, 20852</td>
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<tr>
<td>Wood, Earle B. MS</td>
<td>14615 Bauer Drive, Rockville, 20853</td>
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<tr>
<th>School</th>
<th>Address</th>
</tr>
</thead>
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<tr>
<td>Walter Johnson HS</td>
<td>6400 Rock Spring Drive, Bethesda, 20814</td>
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<table>
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<th>Park</th>
<th>Address</th>
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<td>Glenmont LP</td>
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<tr>
<td>Norbeck-Muncaster Mill</td>
<td>4101 Muncaster Mill Rd., Rockville, 20853</td>
</tr>
<tr>
<td>Norwood LP</td>
<td>4700 Norwood Drive, Chevy Chase, 20815</td>
</tr>
<tr>
<td>Pilgrim Hills LP</td>
<td>1615 E Randolph Rd., Silver Spring, 20904</td>
</tr>
<tr>
<td>Veirs Mill LP</td>
<td>4425 Garrett Park RD at Beach Drive, Veirs Mill, 20906</td>
</tr>
</tbody>
</table>

## Other Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avant Garde Ballroom Dance Center</td>
<td>268 Nicholson Ln., Bethesda, 20852</td>
</tr>
<tr>
<td>Danse! Danse! Dance Studio</td>
<td>5050-D Nicholson Ln., Bethesda, 20852</td>
</tr>
<tr>
<td>Dobre Gymnastics</td>
<td>9168 Gaither Rd, Gaithersburg, 20877</td>
</tr>
<tr>
<td>Kicks Karate - Bethesda</td>
<td>2508, 4701 Sangamore Rd., Bethesda, 20816</td>
</tr>
<tr>
<td>Kicks Karate - Clarksburg</td>
<td>12101 Chestnut Branch Way, Clarksburg, 20871</td>
</tr>
<tr>
<td>Kicks Karate - Germantown</td>
<td>13020 Middlebrook Rd., Germantown, 20874</td>
</tr>
<tr>
<td>Kicks Karate - North Bethesda</td>
<td>10400, Old Georgetown Rd., Bethesda, 20814</td>
</tr>
<tr>
<td>Kicks Karate - Potomac</td>
<td>9812 Falls Rd, Potomac, 20854</td>
</tr>
<tr>
<td>Kicks Karate - Shady Grove</td>
<td>9737 Travile Gateway Dr., Rockville, 20854</td>
</tr>
<tr>
<td>Kicks Karate Silver Spring</td>
<td>2257 Bel Pre Rd., Silver Spring, 20906</td>
</tr>
<tr>
<td>Komodo USA Gaithersburg</td>
<td>402 Main St., Gaithersburg, 20878</td>
</tr>
<tr>
<td>Komodo USA Germantown</td>
<td>19727 Executive Park Cr., Germantown, 20874</td>
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<tr>
<td>Kritt Studio</td>
<td>14817 Brownstone Dr., Burtonsville, 20866</td>
</tr>
<tr>
<td>Maryland Table Tennis Center</td>
<td>18761 N. Frederick Ave., Gaithersburg, 20879</td>
</tr>
<tr>
<td>Regional Services Center-B-CC</td>
<td>4805 Edgemoor Ln., Bethesda, 20814</td>
</tr>
<tr>
<td>Restore Motion</td>
<td>5410 Edson Ln., Rockville, 20852</td>
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## Recreation Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bauer Drive CRC</td>
<td>14625 Bauer Drive, Rockville, 20853</td>
</tr>
<tr>
<td>Clara Barton NRC</td>
<td>7425 MacArthur Blvd., Cabin John, 20818</td>
</tr>
<tr>
<td>Damascus CRC</td>
<td>25520 Oak Drive, Damascus, 20872</td>
</tr>
<tr>
<td>East County CRC</td>
<td>3310 Gateshead Manor Way, Silver Spring, 20904</td>
</tr>
<tr>
<td>Germantown CRC</td>
<td>18905 Kingsview Drive, Germantown, 20874</td>
</tr>
<tr>
<td>Germantown ISC</td>
<td>18000 Central Park Cir., Boyds, 20841</td>
</tr>
<tr>
<td>Good Hope NRC</td>
<td>14715 Good Hope Rd., Silver Spring, 20905</td>
</tr>
<tr>
<td>Gwendolyn Coffield CRC</td>
<td>2450 Lyttonsville Rd., Silver Spring, 20910</td>
</tr>
<tr>
<td>Holiday Park SC</td>
<td>3950 Ferrara Drive, Wheaton, 20906</td>
</tr>
<tr>
<td>Jane E. Lawton CRC</td>
<td>4301 Willow Ln., Chevy Chase, 20815</td>
</tr>
<tr>
<td>Kennedy Shriver AC</td>
<td>5900 Executive Blvd., N.Bethesda, 20814</td>
</tr>
<tr>
<td>Leonard D. Jackson Ken Gar</td>
<td>4111 Pylers Mill Rd., Kensington, 20895</td>
</tr>
<tr>
<td>Long Branch CRC</td>
<td>8700 Piney Branch Rd., Silver Spring, 20901</td>
</tr>
<tr>
<td>Longwood CRC</td>
<td>19300 Georgia Ave., Brookeville, 20833</td>
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<tr>
<td>Marilyn J. Praiser CRC</td>
<td>14906 Old Columbia Pwyk., Burtonsville, 20866</td>
</tr>
<tr>
<td>Martin Luther King SC</td>
<td>1201 Jackson Rd., Silver Spring, 20904</td>
</tr>
<tr>
<td>Mid-County CRC</td>
<td>2004 Queensguard Rd., Silver Spring, 20906</td>
</tr>
<tr>
<td>Nancy H. Dacek North Potomac CRC</td>
<td>13850 Travilah Rd., Rockville, 20850</td>
</tr>
<tr>
<td>Olney Swim Center</td>
<td>16601 Georgia Ave., Olney, 20832</td>
</tr>
<tr>
<td>Plum Gar CRC</td>
<td>19561 Scenery Drive, Germantown, 20874</td>
</tr>
<tr>
<td>Potomac CRC</td>
<td>11315 Falls Rd., Potomac, 20854</td>
</tr>
<tr>
<td>Recreation Administrative Office</td>
<td>4010 Randolph Rd., Silver Spring, 20902</td>
</tr>
<tr>
<td>Ross Boddy NRC</td>
<td>18529 Brooke Rd., Sandy Spring, 20860</td>
</tr>
<tr>
<td>Scotland NRC</td>
<td>7000 Scotland Drive, Potomac,20854</td>
</tr>
<tr>
<td>Upper County CRC</td>
<td>8201 Emory Grove Rd., Gaithersburg, 20877</td>
</tr>
<tr>
<td>Wheaton CRC</td>
<td>11701 Georgia Ave., Wheaton 20902</td>
</tr>
<tr>
<td>White Oak CRC</td>
<td>1700 April Ln., Silver Spring, 20904</td>
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<tr>
<td>Wisconsin Place CRC</td>
<td>5311 Friendship Blvd., Chevy Chase, 20815</td>
</tr>
</tbody>
</table>

Register online at ActiveMONTGOMERY.org