MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



WINTER 2024-2025

MONTGOMERY COUNTY Recreation

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NOTICE FOR INDIVIDUALS WITH DISABLITIES

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

MONTGOMERY COUNTY Recreation

Winter 2025 registration begins

Wednesday Nov. 13

6:30 a.m.

Registration opens for most winter programs and activities.

9 a.m.

Registration opens for all senior programs and activities.

NEW Jump to ActiveMONTGOMERY to register for activities. Use the clickable link, located on various pages.

CLICK HERE TO REGISTER.

- Facility Addresses 99
- Payment/Refund Information 100
- Customer Service Information 101

View 2025 Holiday Hours

The information in this GUIDE is current as of Friday, Nov. 1, 2024. Changes to programs may occur.







Rec Assist

Financial Assistance Program





Montgomery County Recreation offers financial assistance to those who qualify.

Use your 2024 funds before the end of the year.
Applications for 2025 will be accepted starting Dec. 9.

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

MONTGOMERY COUNTY Recreation

MONTGOMERY COUNTY RECREATION



Free

SUMMER CAMPS FAIR

Germantown CRC: Sunday, Jan. 5
East County CRC: Saturday, Jan. 11
1 - 4 P.M.

Information on summer camps offered by Montgomery County Recreation!
Interactive demos • Games and Snacks • Financial Aid Registration

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

MONTGOMERY COUNTY Recreation



GIVE THE GIFT OF

FUN. RECREATION. HEALTH. WELLNESS. COMMUNITY. CAMPS. & MORE.

Get your ActiveMONTGOMERY gift cards online today,
at **ActiveMONTGOMERY.org**

Active MONTGOMERY

Bauer Drive Community Recreation Center

Holiday Craft Show

45th Year!



Sat., Dec. 7 • 10 a.m.-4 p.m.

Free Admission

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

Free parking.

If you are intersted in being a vendor, call Bauer Drive CRC for more information.

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

www.mocorec.com

MONTGOMERY COUNTY Recreation



WHERE THE

FUN

BEGINS

MOCOREC.COM/APPLY

MONTGOMERY COUNTY

Recreation

IS HIRING

FULL TIME, PART-TIME AND SEASONAL POSITIONS AVAILABLE!

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

CHECK OUT THE FULL LIST OF OPEN POSITIONS ONLINE



AQUATICS

Live a Little...Swim a Lot!

Indoor Pools

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

Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)
240-777-8070
5900 Executive Boulevard, N. Bethesda
CLOSED until 2026

Germantown Indoor Swim Center (GISC)
240-777-6830
18000 Central Park Circle, Boyds
Closed Dec. 13-15
Closed Dec. 25; Jan. 1
Closed Jan. 18-19
Closed Feb. 8

Martin Luther King, Jr. Swim Center (MLK)
240-777-8060
1201 Jackson Road, Silver Spring
Closed Dec. 25
Closed Jan. 1
Closed Feb. 15
Closed Feb. 22-23

Olney Indoor Swim Center (OSC)
240-777-4995
16605 Georgia Avenue, Olney
Closed Dec. 25
Closed Jan. 1
Closed Feb. 1-2

Silver Spring Recreation and Aquatic Center (SSRAC)
240-777-6800
1319 Apple Avenue, Silver Spring
Closed Dec. 25
Closed Jan. 1

2024-25 HOLIDAY SCHEDULE

Wednesday, Nov. 27: Closed at 6 p.m.
Thursday, Nov. 28: CLOSED
Tuesday, Dec. 24 : Closed at 3 p.m.
Wednesday, Dec. 25: CLOSED

Dec. 23-Dec. 30:
The indoor pool schedules will have modified hours from Dec. 23 - Dec. 30. Please check the website for updates.

Tuesday, Dec. 31: Closed at 3 p.m.
Wednesday, Jan. 1: CLOSED

AQUATIC RULES AND REGULATIONS

View the pool rules and regulations.

VIEW HERE

Water Fitness

CLICK HERE TO REGISTER.

Abs & Glutes & More

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01001-202	MLK	1/6	M	10-10:50 a.m.	$56
	R01001-201	MLK	1/8	W	10-10:50 a.m.	$56
	R01001-2500	SSRAC	1/9	Th	11-11:50 a.m.	$56

Aqua Cardio Dance

Ages 12 and up

7 Sessions	R01003-201	OSC	1/5	Su	9:05-9:55 a.m.	$49
8 Sessions	R01003-202	MLK	1/7	Tu	10-10:50 a.m.	$56
	R01003-203	MLK	1/9	Th	10-10:50 a.m.	$56
	R01003-2503	SSRAC	1/7	Tu	9-9:50 a.m.	$56
	R01003-2501	SSRAC	1/8	W	10-10:50 a.m.	$56

Aqua Cardio Challenge

Ages 12 and up

7 Sessions	R01004-202	MLK	1/5	Su	4:10-5 p.m.	$49
8 Sessions	R01004-201	MLK	1/7	Tu	8:30-9:20 p.m.	$56
	R01004-203	MLK	1/10	F	9-9:50 a.m.	$56





CLICK HERE TO REGISTER.

Aqua Fit

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01085-2502	SSRAC	1/6	M	1-1:50 p.m.	$56
	R01085-2500	SSRAC	1/7	Tu	6-6:50 p.m.	$56
	R01085-2503	SSRAC	1/8	W	1-1:50 p.m.	$56
	R01085-2501	SSRAC	1/10	F	11-11:50 a.m.	$56

Aqua Lite

Ages 12 and up

8 Sessions	R01005-203	OSC	1/6	M	10-10:50 a.m.	$56
	R01005-204	OSC	1/8	W	10-10:50 a.m.	$56
	R01005-205	OSC	1/10	F	10-10:50 a.m.	$56
	R01005-2501	SSRAC	1/6	M	11-11:50 a.m.	$56
	R01005-2500	SSRAC	1/8	W	11-11:50 a.m.	$56
	R01005-2503	SSRAC	1/9	Th	8-8:50 a.m.	$56









CLICK HERE TO REGISTER.

Aqua Spin

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
7 Sessions	R01006-210	MLK	1/10	F	7:30-8:20 p.m.	$70
8 Sessions	R01006-213	GISC	1/7	Tu	8-8:50 a.m.	$80
	R01006-214	GISC	1/9	Th	8-8:50 a.m.	$80
	R01006-211	MLK	1/7	Tu	11-11:50 a.m.	$80
	R01006-215	MLK	1/7	Tu	7:30-8:20 a.m.	$80
	R01006-207	MLK	1/8	W	9-9:50 a.m.	$80
	R01006-206	MLK	1/9	Th	11-11:50 a.m.	$80
	R01006-212	MLK	1/9	Th	8:30-9:20 p.m.	$80
	R01006-209	MLK	1/10	F	7:30-8:20 a.m.	$80
	R01006-2500	SSRAC	1/6	M	7:30-8:20 p.m.	$80
	R01006-2501	SSRAC	1/7	Tu	12:30-1:20 p.m.	$80
	R01006-2502	SSRAC	1/8	W	7:30-8:20 p.m.	$80
	R01006-2503	SSRAC	1/9	Th	9-9:50 a.m.	$80
	R01006-2504	SSRAC	1/9	Th	12:30-1:20 p.m.	$80
	R01006-2505	SSRAC	1/10	F	12:30-1:20 p.m.	$80
	R01006-2506	SSRAC	1/11	Sa	9:10-10 a.m.	$80

Aqua YO-Lates

Ages 12 and up

8 Sessions	R01007-201	MLK	1/10	F	10-10:50 a.m.	$56
	R01007-2500	SSRAC	1/7	Tu	11-11:50 a.m.	$56

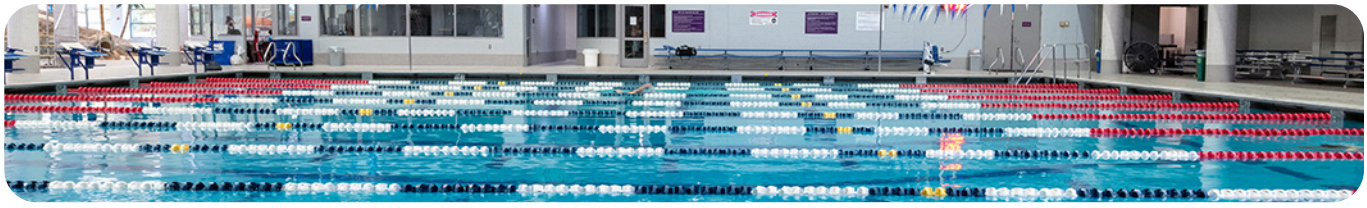


CLICK HERE TO REGISTER.

Deep Water Running

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01008-207	GISC	1/6	M	10-10:50 a.m.	$56
	R01008-210	GISC	1/6	M	7:50-8:40 p.m.	$56
	R01008-206	GISC	1/7	Tu	10-10:50 a.m.	$56
	R01008-208	GISC	1/8	W	10:30-11:20 a.m.	$56
	R01008-209	GISC	1/9	Th	10-10:50 a.m.	$56
	R01008-221	MLK	1/6	M	12-12:50 p.m.	$56
	R01008-224	MLK	1/7	Tu	7:30-8:20 p.m.	$56
	R01008-231	MLK	1/7	Tu	9-9:50 a.m.	$56
	R01008-226	MLK	1/8	W	Noon-12:50 p.m.	$56
	R01008-222	MLK	1/9	Th	7:30-8:20 a.m.	$56
	R01008-223	MLK	1/9	Th	7:30-8:20 p.m.	$56
	R01008-225	MLK	1/10	F	11-11:50 a.m.	$56
	R01008-211	OSC	1/6	M	7:20-8:10 p.m.	$56
	R01008-228	OSC	1/6	M	11-11:50 a.m.	$56
	R01008-212	OSC	1/7	Tu	8:30-9:20 a.m.	$56
	R01008-213	OSC	1/7	Tu	10:30-11:20 a.m.	$56
	R01008-214	OSC	1/8	W	7:20-8:10 p.m.	$56
	R01008-219	OSC	1/8	W	6:30-7:20 a.m.	$56
	R01008-215	OSC	1/9	Th	9-9:50 a.m.	$56
	R01008-216	OSC	1/9	Th	11-11:50 a.m.	$56
	R01008-218	OSC	1/10	F	6:20-7:10 p.m.	$56
	R01008-220	OSC	1/10	F	6:30-7:20 a.m.	$56
	R01008-2508	SSRAC	1/6	M	10-10:50 a.m.	$56
	R01008-2500	SSRAC	1/7	Tu	7:05-7:55 p.m.	$56
	R01008-2501	SSRAC	1/7	Tu	10-10:50 a.m.	$56
	R01008-2502	SSRAC	1/9	Th	7:15-8:05 p.m.	$56
	R01008-2503	SSRAC	1/9	Th	10-10:50 a.m.	$56
	R01008-2504	SSRAC	1/10	F	9-9:50 a.m.	$56
	R01008-2505	SSRAC	1/11	Sa	10:10-11:20 a.m.	$56
	R01008-2506	SSRAC	1/12	Su	11:10 a.m.-Noon	$56



CLICK HERE TO REGISTER.

Hi/Lo Cardio Fusion

Ages 12 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
8 Sessions	R01009-2500	SSRAC	1/10	F	10-10:50 a.m.	$56

Water Aerobics

Ages 12 and up

7 Sessions	R01010-205	GISC	1/9	Th	7:50-8:40 p.m.	$49
8 Sessions	R01010-208	GISC	1/8	W	9:30-10:20 a.m.	$56
	R01010-201	OSC	1/7	Tu	7:20-8:10 p.m.	$56
	R01010-202	OSC	1/7	Tu	9:30-10:20 a.m.	$56
	R01010-203	OSC	1/9	Th	10-10:50 a.m.	$56
	R01010-204	OSC	1/9	Th	7:20-8:10 p.m.	$56

Water Exercise

Ages 12 and up

8 Sessions	R01011-205	MLK	1/6	M	9-9:50 a.m.	$56
	R01011-202	OSC	1/6	M	9-9:50 a.m.	$56
	R01011-203	OSC	1/8	W	9-9:50 a.m.	$56
	R01011-204	OSC	1/10	F	9-9:50 a.m.	$56
	R01011-2501	SSRAC	1/9	Th	6-6:50 p.m.	$56



Swim Lessons

Registration will begin

Wednesday, Nov. 13 at 6:30 a.m.

for County residents.



Please note the following:

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

Observation is allowed from designated areas only. At some facilities, clear observation may not be possible. Observation is not possible at the MLK indoor pool.

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

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

Indoor courses meet for six 30-minute sessions.

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 aquatic lessons or any other Montgomery County Recreation program.

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

Guidelines for Placement in Swim Classes

Don't know where to start?

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

Parent-Assisted Lessons

VIEW CLASSES >>

Waterbabies (Ages 6-18 months)
Aquatots (Ages 18 months-3 years)
Pre-School (Ages 3-5)

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

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

Level 1

VIEW CLASSES >>

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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

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

Level 2

VIEW CLASSES >>

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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

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

Level 3

VIEW CLASSES >>

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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

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

Level 4

VIEW CLASSES >>

Beginner (Ages 4-6)
Youth (Ages 7-13)
Adult (Ages 14+)

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

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

Advanced

VIEW CLASSES >>

Youth (Ages 6-13)

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

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

FOR MORE INFORMATION, CLICK HERE.

Parent-Assisted Swim Lessons

CLICK HERE TO REGISTER.

Waterbabies

Ages 6-18 months

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01063-226	GISC	1/11	Sa	9:55-10:25 a.m.	$60
	R01063-279	MLK	1/8	W	6:10-6:40 p.m.	$60
	R01063-252	OSC	1/5	Su	9:40-10:10 a.m.	$60
	R01063-2500	SSRAC	1/13	M	4-4:30 p.m.	$60
	R01063-2502	SSRAC	1/14	Tu	4:40-5:10 p.m.	$60
	R01063-2503	SSRAC	1/16	Th	9:30-10 a.m.	$60
	R01063-2504	SSRAC	1/17	F	10:50-11:20 a.m.	$60
	R01063-2505	SSRAC	1/18	Sa	9:30-10 a.m.	$60
	R01063-2501	SSRAC	1/19	Su	10:10-10:40 a.m.	$60

Aquatots

Ages 18 months-3

6 Sessions	R01038-226	GISC	1/4	Sa	9:15-9:45 a.m.	$60
	R01038-227	GISC	1/4	Sa	11:15-11:45 a.m.	$60
	R01038-279	MLK	1/5	Su	10-10:30 a.m.	$60
	R01038-280	MLK	1/8	W	5:30-6 p.m.	$60
	R01038-252	OSC	1/5	Su	10:20-10:50 a.m.	$60
	R01038-253	OSC	1/5	Su	11-11:30 a.m.	$60
	R01038-2500	SSRAC	1/13	M	4:40-5:10 p.m.	$60
	R01038-2501	SSRAC	1/14	Tu	10:50-11:20 a.m.	$60
	R01038-2502	SSRAC	1/14	Tu	5:20-5:50 p.m.	$60
	R01038-2504	SSRAC	1/17	F	9:30-10 a.m.	$60
	R01038-2505	SSRAC	1/18	Sa	10:10-10:40 a.m.	$60
	R01038-2503	SSRAC	1/19	Su	9:30-10 a.m.	$60



Parent-Assisted Swim Lessons

CLICK HERE TO REGISTER.

Pre School

Ages 3-5

6 Sessions

Activity	Pool Location	Start Day	Day	Time	Fee
R01062-226	GISC	1/4	Sa	10:35-11:05 a.m.	$60
R01062-279	MLK	1/5	Su	Noon-12:30 p.m.	$60
R01062-280	MLK	1/8	W	6:50-7:20 p.m.	$60
R01062-252	OSC	1/5	Su	9-9:30 a.m.	$60
R01062-2500	SSRAC	1/13	M	5:20-5:50 p.m.	$60
R01062-2501	SSRAC	1/14	Tu	9:30-10 a.m.	$60
R01062-2502	SSRAC	1/14	Tu	4-4:30 p.m.	$60
R01062-2504	SSRAC	1/17	F	10:10-10:40 a.m.	$60
R01062-2503	SSRAC	1/17	F	11:30 a.m.-Noon	$60
R01062-2505	SSRAC	1/19	Su	11:30 a.m.-Noon	$60



Beginner Swim Lessons

CLICK HERE TO REGISTER.

Ages 4-6

BEGINNER LEVEL 1

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01051-226	GISC	1/4	Sa	9:15-9:45 a.m.	$66
	R01051-227	GISC	1/12	Su	9:15-9:45 a.m.	$66
	R01051-229	GISC	1/14	Tu,Th	5-5:30 p.m.	$66
	R01051-230	GISC	1/14	Tu,Th	6:20-6:50 p.m.	$66
	R01051-228	GISC	1/20	M	5:40-6:10 p.m.	$66
	R01051-232	GISC	1/22	W	5:40-6:10 p.m.	$66
	R01051-231	GISC	2/11	Tu,Th	5:40-6:10 p.m.	$66
	R01051-283	MLK	1/5	Su	10:40-11:10 a.m.	$66
	R01051-222	MLK	1/5	Su	11:20-11:50 a.m.	$66
	R01051-223	MLK	1/5	Su	Noon-12:30 p.m.	$66
	R01051-284	MLK	1/6	M	5:30-6 p.m.	$66
	R01051-285	MLK	1/6	M	6:50-7:20 p.m.	$66
	R01051-286	MLK	1/7	Tu	5:30-6 p.m.	$66
	R01051-287	MLK	1/7	Tu	6:10-6:40 p.m.	$66
	R01051-288	MLK	1/8	W	6:10-6:40 p.m.	$66
	R01051-289	MLK	1/9	Th	5:30-6 p.m.	$66
	R01051-290	MLK	1/9	Th	6:10-6:40 p.m.	$66
	R01051-252	OSC	1/5	Su	9-9:30 a.m.	$66
	R01051-253	OSC	1/5	Su	9:40-10:10 a.m.	$66
	R01051-261	OSC	1/6	M	6:20-6:50 p.m.	$66
	R01051-255	OSC	1/6	M	7-7:30 p.m.	$66
	R01051-254	OSC	1/7	Tu	5:20-5:50 p.m.	$66
	R01051-257	OSC	1/7	Tu	6:40-7:10 p.m.	$66
	R01051-258	OSC	1/8	W	5:40-6:10 p.m.	$66
	R01051-262	OSC	1/8	W	6:20-6:50 p.m.	$66
	R01051-259	OSC	1/8	W	7-7:30 p.m.	$66
	R01051-260	OSC	1/9	Th	6-6:30 p.m.	$66
	R01051-2501	SSRAC	1/14	Tu	6:40-7:10 p.m.	$66
	R01051-2500	SSRAC	1/16	Th	6-6:30 p.m.	$66
	R01051-2502	SSRAC	1/16	Th	10:50-11:20 a.m.	$66
	R01051-2503	SSRAC	1/17	F	10:10-10:40 a.m.	$66
	R01051-2505	SSRAC	1/17	F	11:30 a.m.-Noon	$66
	R01051-2504	SSRAC	1/18	Sa	9:30-10 a.m.	$66

Beginner Swim Lessons

CLICK HERE TO REGISTER.

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01052-226	GISC	1/4	Sa	9:55-10:25 a.m.	$66
	R01052-227	GISC	1/12	Su	9:55-10:25 a.m.	$66
	R01052-229	GISC	1/14	Tu,Th	5:40-6:10 p.m.	$66
	R01052-228	GISC	1/20	M	6:20-6:50 p.m.	$66
	R01052-232	GISC	1/22	W	6:20-6:50 p.m.	$66
	R01052-230	GISC	2/11	Tu,Th	5:40-6:10 p.m.	$66
	R01052-231	GISC	2/11	Tu,Th	5-5:30 p.m.	$66
	R01052-223	MLK	1/5	Su	10-10:30 a.m.	$66
	R01052-281	MLK	1/5	Su	10-10:30 a.m.	$66
	R01052-282	MLK	1/5	Su	10:40-11:10 a.m.	$66
	R01052-283	MLK	1/5	Su	Noon-12:30 p.m.	$66
	R01052-284	MLK	1/6	M	5:30-6 p.m.	$66
	R01052-285	MLK	1/6	M	6:10-6:40 p.m.	$66
	R01052-286	MLK	1/7	Tu	5:30-6 p.m.	$66
	R01052-287	MLK	1/7	Tu	6:10-6:40 p.m.	$66
	R01052-288	MLK	1/8	W	6:50-7:20 p.m.	$66
	R01052-289	MLK	1/9	Th	6:10-6:40 p.m.	$66
	R01052-290	MLK	1/9	Th	6:50-7:20 p.m.	$66
	R01052-256	OSC	1/5	Su	9:40-10:10 a.m.	$66
	R01052-257	OSC	1/5	Su	11-11:30 a.m.	$66
	R01052-252	OSC	1/6	M	5:40-6:10 p.m.	$66
	R01052-253	OSC	1/6	M	6:20-6:50 p.m.	$66
	R01052-255	OSC	1/7	Tu	6-6:30 p.m.	$66
	R01052-256	OSC	1/8	W	5:40-6:10 p.m.	$66
	R01052-254	OSC	1/8	W	7-7:30 p.m.	$66
	R01052-258	OSC	1/9	Th	5:20-5:50 p.m.	$66
	R01052-2502	SSRAC	1/14	Tu	6:40-7:10 p.m.	$66
	R01052-2500	SSRAC	1/16	Th	6:40-7:10 p.m.	$66
	R01052-2505	SSRAC	1/16	Th	11:30 a.m.-Noon	$66
	R01052-2503	SSRAC	1/17	F	10:50-11:20 a.m.	$66
	R01052-2501	SSRAC	1/19	Su	11:30 a.m.-Noon	$66
	R01052-2504	SSRAC	1/19	Su	9:30-10 a.m.	$66

BEGINNER LEVEL 2

Beginner Swim Lessons

CLICK HERE TO REGISTER.

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01053-226	GISC	1/12	Su	9:15-9:45 a.m.	$66
	R01053-228	GISC	1/20	M	5:40-6:10 p.m.	$66
	R01053-227	GISC	2/11	Tu,Th	5:40-6:10 p.m.	$66
	R01053-279	MLK	1/5	Su	11:20-11:50 a.m.	$66
	R01053-280	MLK	1/7	Tu	6:50-7:20 p.m.	$66
	R01053-281	MLK	1/9	Th	7:30-8 p.m.	$66
	R01053-252	OSC	1/5	Su	10:20-10:50 a.m.	$66
	R01053-253	OSC	1/6	M	7-7:30 p.m.	$66
	R01053-254	OSC	1/8	W	6:20-6:50 p.m.	$66
	R01053-2501	SSRAC	1/14	Tu	6-6:30 p.m.	$66
	R01053-2500	SSRAC	1/16	Th	6-6:30 p.m.	$66
	R01053-2502	SSRAC	1/18	Sa	10:50-11:20 a.m.	$66
	R01053-2503	SSRAC	1/19	Su	10:50-11:20 a.m.	$66

BEGINNER LEVEL 3



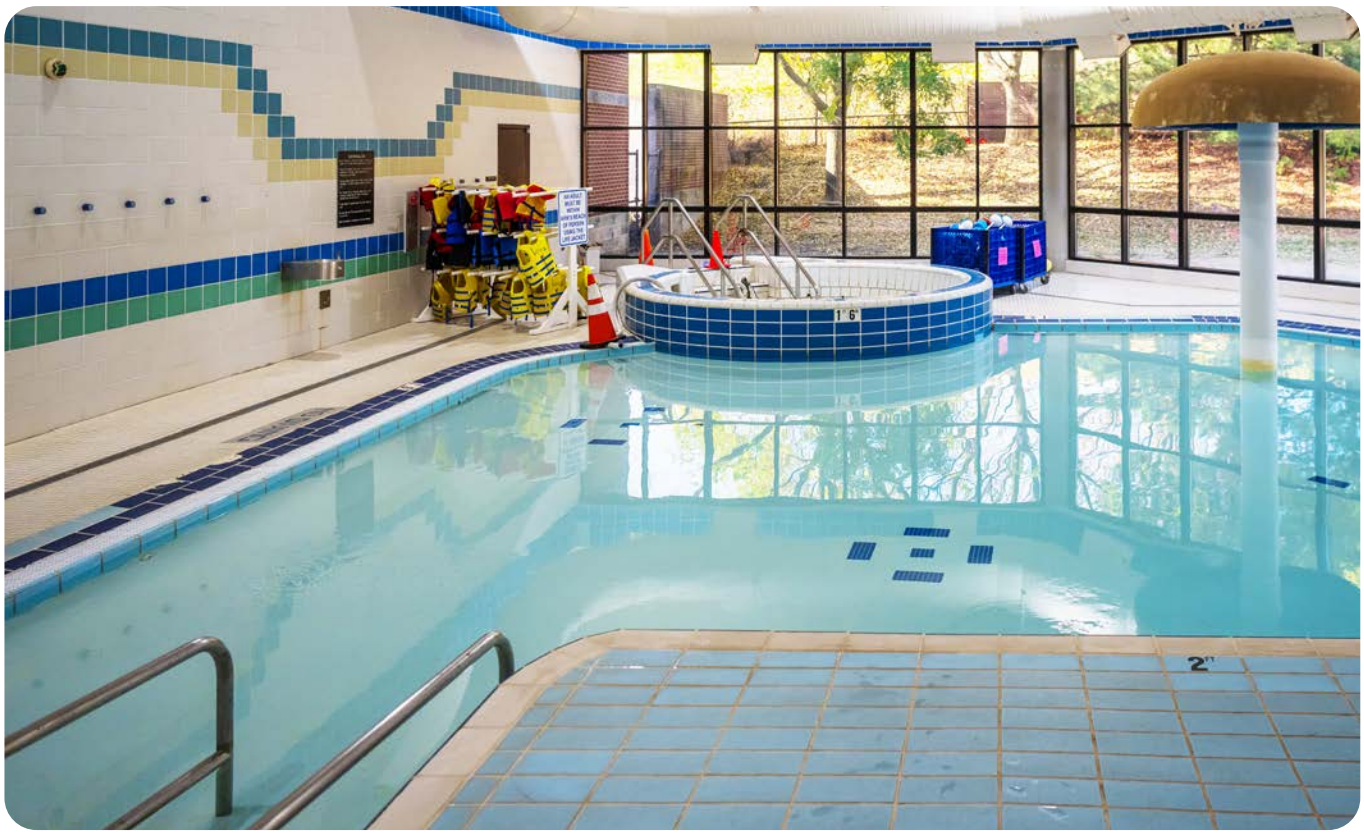
Beginner Swim Lessons

CLICK HERE TO REGISTER.

BEGINNER LEVEL 4

Ages 4-6

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01054-226	GISC	1/12	Su	9:55-10:25 a.m.	$66
	R01054-227	GISC	1/12	Su	11:15-11:45 a.m.	$66
	R01054-278	MLK	1/5	Su	11:20-11:50 a.m.	$66
	R01054-279	MLK	1/7	Tu	7:30-8 p.m.	$66
	R01054-280	MLK	1/9	Th	7:30-8 p.m.	$66
	R01054-252	OSC	1/5	Su	9-9:30 a.m.	$66
	R01054-2501	SSRAC	1/14	Tu	6-6:30 p.m.	$66
	R01054-2500	SSRAC	1/16	Th	6:40-7:10 p.m.	$66
	R01054-2502	SSRAC	1/18	Sa	11:30 a.m.-Noon	$66
	R01054-2503	SSRAC	1/19	Su	10:10-10:40 a.m.	$66



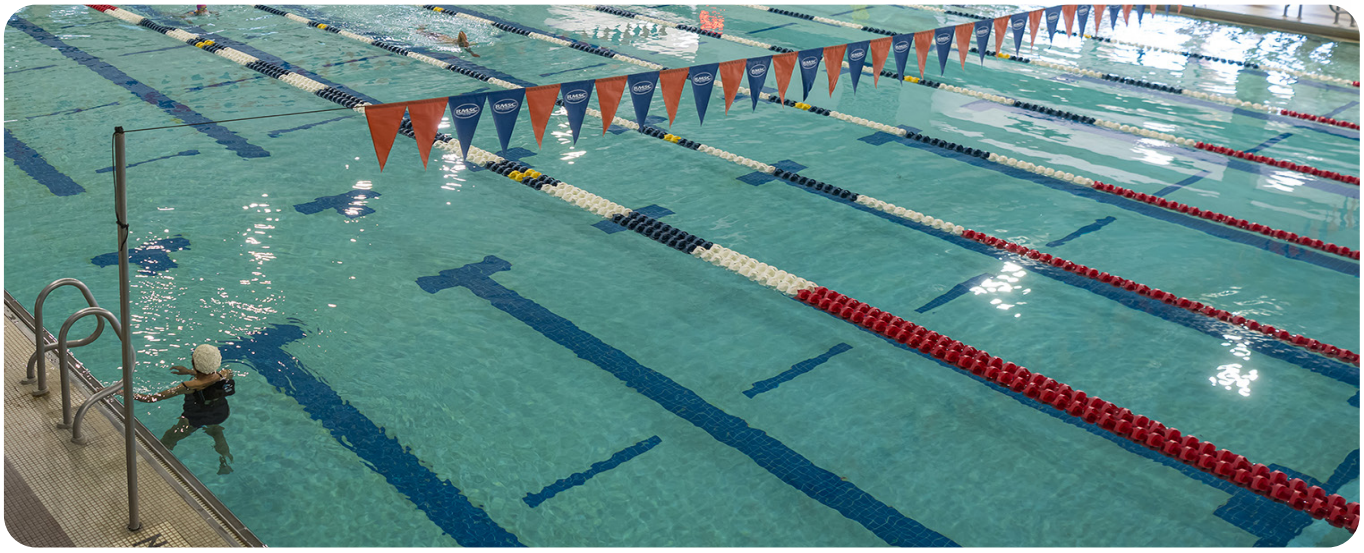
Youth Swim Lessons

CLICK HERE TO REGISTER.

Ages 7-13

YOUTH LEVEL 1

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01045-226	GISC	1/12	Su	9:55-10:25 a.m.	$66
	R01045-227	GISC	1/12	Su	11:15-11:45 a.m.	$66
	R01045-228	GISC	1/14	Tu,Th	5:40-6:10 p.m.	$66
	R01045-231	GISC	1/22	W	6:20-6:50 p.m.	$66
	R01045-229	GISC	2/11	Tu,Th	5-5:30 p.m.	$66
	R01045-230	GISC	2/11	Tu,Th	6:20-6:50 p.m.	$66
	R01045-280	MLK	1/5	Su	10:40-11:10 a.m.	$66
	R01045-281	MLK	1/6	M	6:10-6:40 p.m.	$66
	R01045-282	MLK	1/7	Tu	6:50-7:20 p.m.	$66
	R01045-283	MLK	1/9	Th	5:30-6 p.m.	$66
	R01045-257	OSC	1/5	Su	10:20-10:50 a.m.	$66
	R01045-252	OSC	1/6	M	6:20-6:50 p.m.	$66
	R01045-253	OSC	1/6	M	5:40-6:10 p.m.	$66
	R01045-255	OSC	1/7	Tu	6-6:30 p.m.	$66
	R01045-254	OSC	1/8	W	5:40-6:10 p.m.	$66
	R01045-256	OSC	1/9	Th	5:20-5:50 p.m.	$66
	R01045-2500	SSRAC	1/15	W	4-4:30 p.m.	$66
	R01045-2501	SSRAC	1/16	Th	5:20-5:50 p.m.	$66
	R01045-2502	SSRAC	1/18	Sa	10:50-11:20 a.m.	$66
	R01045-2504	SSRAC	1/18	Sa	9:30-10 a.m.	$66
	R01045-2505	SSRAC	1/18	Sa	11:30 a.m.-Noon	$66
	R01045-2503	SSRAC	1/19	Su	9:30-10 a.m.	$66



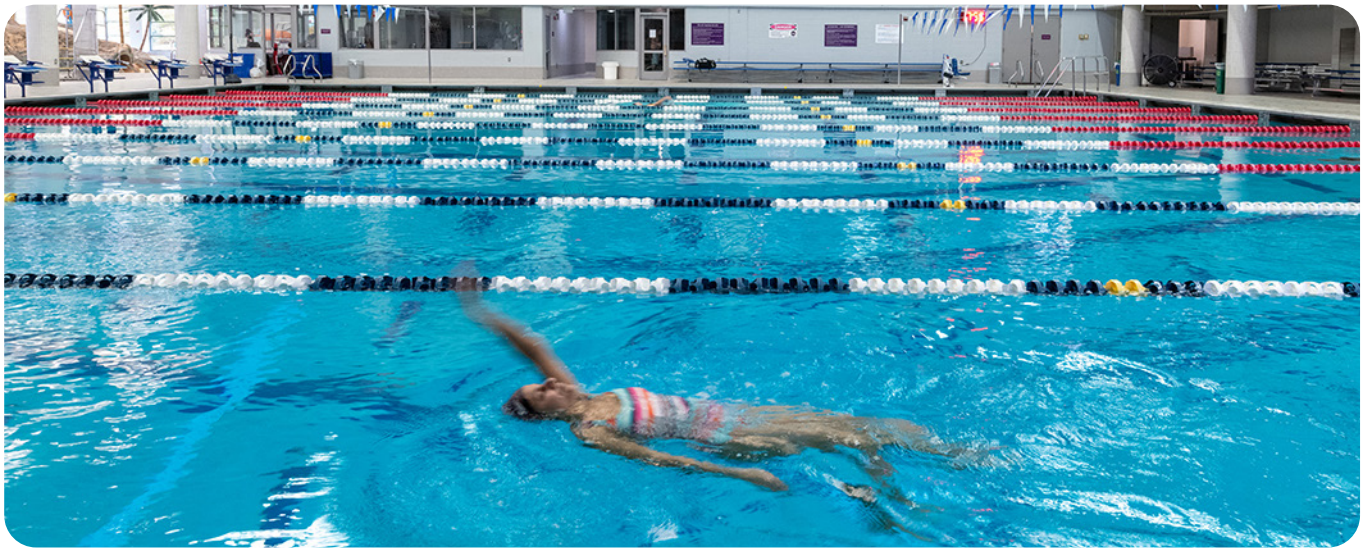
Youth Swim Lessons

CLICK HERE TO REGISTER.

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01046-226	GISC	1/4	Sa	10:35-11:05 a.m.	$66
	R01046-227	GISC	1/12	Su	10:35-11:05 a.m.	$66
	R01046-229	GISC	1/14	Tu,Th	5-5:30 p.m.	$66
	R01046-230	GISC	1/14	Tu,Th	6:20-6:50 p.m.	$66
	R01046-228	GISC	1/20	M	6:20-6:50 p.m.	$66
	R01046-231	GISC	1/22	W	5:40-6:10 p.m.	$66
	R01046-280	MLK	1/5	Su	11:20-11:50 a.m.	$66
	R01046-281	MLK	1/7	Tu	7:30-8 p.m.	$66
	R01046-282	MLK	1/8	W	5:30-6 p.m.	$66
	R01046-283	MLK	1/9	Th	6:50-7:20 p.m.	$66
	R01046-256	OSC	1/5	Su	9-9:30 a.m.	$66
	R01046-258	OSC	1/6	M	7-7:30 p.m.	$66
	R01046-252	OSC	1/7	Tu	5:20-5:50 p.m.	$66
	R01046-253	OSC	1/7	Tu	6:40-7:10 p.m.	$66
	R01046-254	OSC	1/8	W	6:20-6:50 p.m.	$66
	R01046-255	OSC	1/9	Th	6-6:30 p.m.	$66
	R01046-257	OSC	1/9	Th	6:40-7:10 p.m.	$66
	R01046-2500	SSRAC	1/15	W	4:40-5:10 p.m.	$66
	R01046-2501	SSRAC	1/16	Th	5:20-5:50 p.m.	$66
	R01046-2502	SSRAC	1/18	Sa	11:30 a.m.-Noon	$66
	R01046-2504	SSRAC	1/18	Sa	10:10-10:50 a.m.	$66
	R01046-2505	SSRAC	1/18	Sa	10:50-11:20 a.m.	$66
	R01046-2503	SSRAC	1/19	Su	10:10-10:40 a.m.	$66

YOUTH LEVEL 2



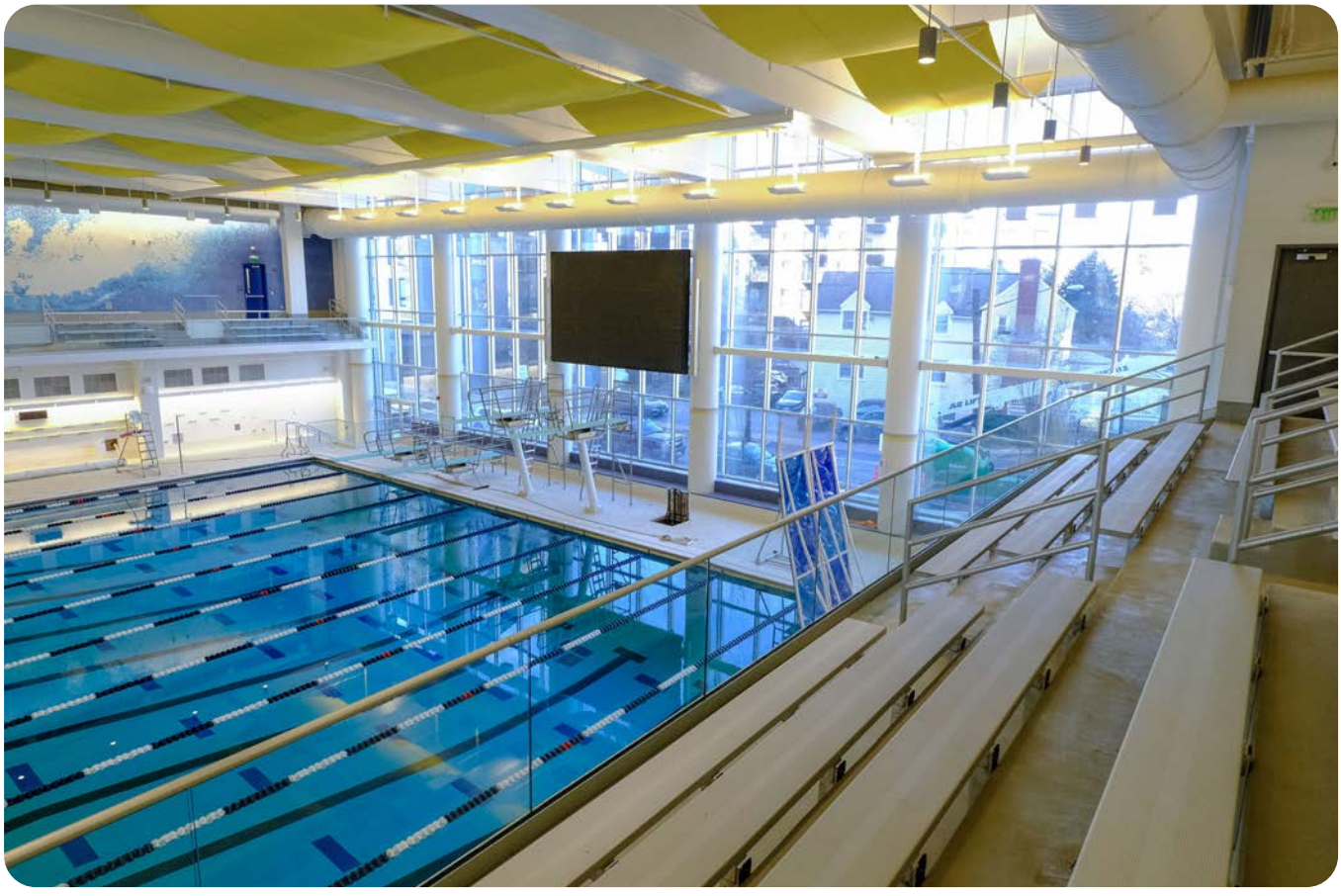
Youth Swim Lessons

CLICK HERE TO REGISTER.

YOUTH LEVEL 3

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01047-226	GISC	1/4	Sa	11:15-11:45 a.m.	$66
	R01047-227	GISC	1/12	Su	10:35-11:05 a.m.	$66
	R01047-228	GISC	1/12	Su	9:55-10:25 a.m.	$66
	R01047-279	MLK	1/5	Su	10:40-11:10 a.m.	$66
	R01047-280	MLK	1/6	M	6:50-7:20 p.m.	$66
	R01047-281	MLK	1/7	Tu	8:50-9:20 p.m.	$66
	R01047-282	MLK	1/9	Th	8:10-8:40 p.m.	$66
	R01047-252	OSC	1/5	Su	11-11:30 a.m.	$66
	R01047-253	OSC	1/6	M	5:40-6:10 p.m.	$66
	R01047-254	OSC	1/8	W	7-7:30 p.m.	$66
	R01047-2500	SSRAC	1/15	W	5:20-5:50 p.m.	$66
	R01047-2501	SSRAC	1/16	Th	4:40-5:10 p.m.	$66
	R01047-2502	SSRAC	1/18	Sa	10:10-10:40 a.m.	$66
	R01047-2503	SSRAC	1/19	Su	10:50-11:20 a.m.	$66



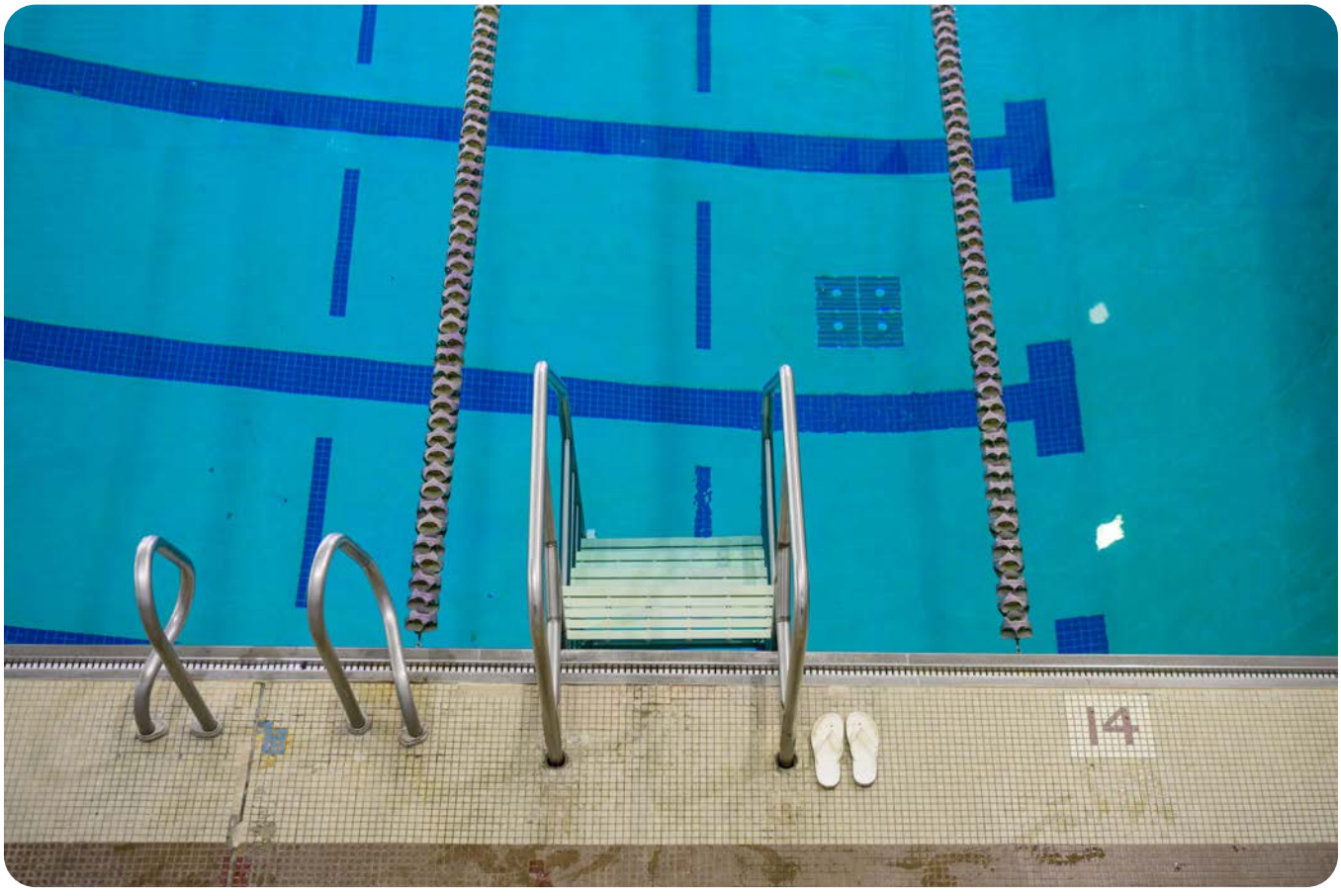
Youth Swim Lessons

CLICK HERE TO REGISTER.

YOUTH LEVEL 4

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01048-226	GISC	1/12	Su	9:15-9:45 a.m.	$66
	R01048-227	GISC	1/12	Su	10:35-11:05 a.m.	$66
	R01048-279	MLK	1/5	Su	10-10:30 a.m.	$66
	R01048-280	MLK	1/7	Tu	8:10-8:40 p.m.	$66
	R01048-252	OSC	1/5	Su	9:40-10:10 a.m.	$66
	R01048-2501	SSRAC	1/15	W	6-6:30 p.m.	$66
	R01048-2502	SSRAC	1/16	Th	4-4:30 p.m.	$66
	R01048-2500	SSRAC	1/19	Su	10:50-11:20 a.m.	$66
	R01048-2503	SSRAC	1/19	Su	11:30 a.m.-12 p.m.	$66



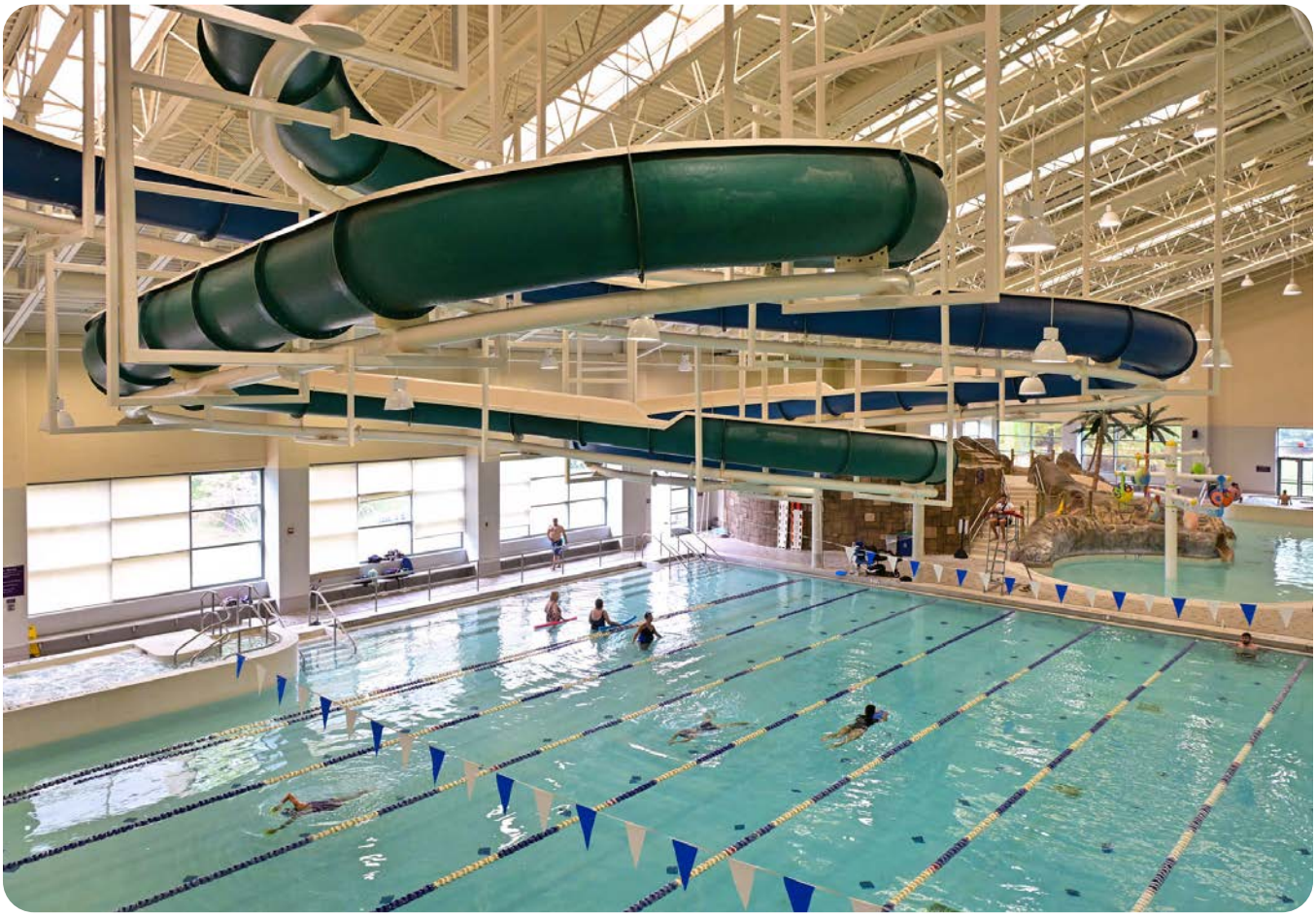
Youth Advanced Lessons

CLICK HERE TO REGISTER.

YOUTH ADVANCED

Ages 7-13

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01057-219	GISC	1/4	Sa	9:15-9:50 a.m.	$90
	R01057-220	GISC	1/4	Sa	9:55-10:30 a.m.	$90
	R01057-221	GISC	1/4	Sa	10:35-11:10 a.m.	$90
	R01057-208	MLK	1/5	Su	11:20 a.m.-11:55 p.m.	$90
	R01057-209	MLK	1/9	Th	7:20-7:55 p.m.	$90
	R01057-201	OSC	1/7	Tu	7:20-7:55 p.m.	$90
	R01057-203	OSC	1/5	Su	10:40-11:15 a.m.	$90
	R01057-202	OSC	1/5	Su	11:20-11:55 a.m.	$90
	R01057-2500	SSRAC	1/16	Th	5:15-5:50 p.m.	$90
	R01057-2501	SSRAC	1/19	Su	9:30-10:05 a.m.	$90
	R01057-2502	SSRAC	1/19	Su	10:10-10:45 a.m.	$90



Adult Swim Lessons

CLICK HERE TO REGISTER.

Ages 14 and up

ADULT LEVEL 1

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01039-226	GISC	1/4	Sa	9:15-9:45 a.m.	$66
	R01039-279	MLK	1/5	Su	10-10:30 a.m.	$66
	R01039-280	MLK	1/7	Tu	8:50-9:20 p.m.	$66
	R01039-252	OSC	1/5	Su	10:20-10:50 a.m.	$66
	R01039-253	OSC	1/9	Th	6:40-7:10 p.m.	$66
	R01039-2501	SSRAC	1/14	Tu	10:10-10:40 a.m.	$66
	R01039-2502	SSRAC	1/14	Tu	4-4:30 p.m.	$66
	R01039-2500	SSRAC	1/16	Th	4-4:30 p.m.	$66

ADULT LEVEL 2

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01040-226	GISC	1/4	Sa	9:55-10:25 a.m.	$66
	R01040-278	MLK	1/7	Tu	8:10-8:40 p.m.	$66
	R01040-280	MLK	1/9	Th	8:50-9:20 p.m.	$66
	R01040-252	OSC	1/5	Su	11-11:30 a.m.	$66
	R01040-2501	SSRAC	1/14	Tu	4:40-5:10 p.m.	$66
	R01040-2500	SSRAC	1/16	Th	4:40-5:10 p.m.	$66
	R01040-2502	SSRAC	1/16	Th	10:10-10:40 a.m.	$66



Adult Swim Lessons

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ADULT LEVEL 3

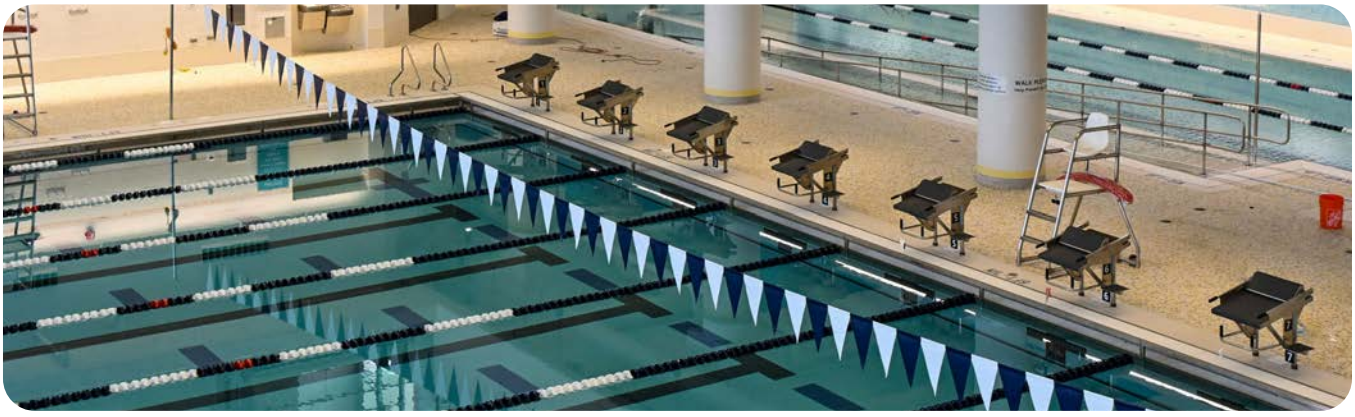
Ages 14 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01041-226	GISC	1/4	Sa	10:35-11:05 a.m.	$66
	R01041-279	MLK	1/9	Th	8:10-8:40 p.m.	$66
	R01041-2500	SSRAC	1/13	M	6-6:30 p.m.	$66
	R01041-2501	SSRAC	1/14	Tu	5:20-5:50 p.m.	$66
	R01041-2502	SSRAC	1/17	F	9:30-10 a.m.	$66

ADULT LEVEL 4

Ages 14 and up

	Activity	Pool Location	Start Day	Day	Time	Fee
6 Sessions	R01042-226	GISC	1/4	Sa	11:15-11:45 a.m.	$66
	R01042-278	MLK	1/5	Su	Noon-12:30 p.m.	$66
	R01042-279	MLK	1/9	Th	8:50-9:20 p.m.	$66
	R01042-2500	SSRAC	1/13	M	6:40-7:10 p.m.	$66
	R01042-2501	SSRAC	1/15	W	6:40-7:10 p.m.	$66
	R01042-2502	SSRAC	1/17	F	8:50-9:20 a.m.	$66



POOL LOCATIONS



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

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

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

CLOSED UNTIL 2026

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

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

MONTGOMERY COUNTY
Recreation

Adapted Swim

CLICK HERE TO REGISTER.

Adapted Swim Lesson

Ages 4-17

	Activity	Pool Location	Start Day	Days	Time	Fee
6 Sessions	R01061-2500	SSRAC	1/18	Sa	10:30-11 a.m.	$66
	R01061-2501	SSRAC	1/18	Sa	11:10-11:40 a.m.	$66

Adapted Aquatics Swim Clinic

Ages 14 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
8 Sessions	R01061-2502	SSRAC	1/18	Sa	11 a.m.- Noon	$90
	R01061-2503	SSRAC	1/18	Sa	12:15-1:15 p.m.	$90

Developmental Swim

SwiMontgomery

Ages 6-13

	Activity	Pool Location	Start Day	Days	Time	Fee
18 Sessions	R01032-202	GISC	1/7	Tu,Th	7:45-8:30 p.m.	$355
	R01032-204	MLK	12/2	M,W	7:30-8:15 p.m.	$355
	R01032-203	OSC	12/2	M,W	7:15-8 p.m.	$355
	R01032-2500	SSRAC	12/2	M,W	6:15-7 p.m.	$355

Diving

Learn to Dive: Level 1

Ages 5-10

	Activity	Pool Location	Start Day	Days	Time	Fee
6 Sessions	R01012-201	GISC	1/6	M	4:30-5:15 p.m.	$96
	R01012-202	GISC	1/8	W	4:30-5:15 p.m.	$96
	R01012-203	GISC	1/10	F	4:30-5:15 p.m.	$96
	R01012-210	OSC	1/8	W	5-5:45 p.m.	$96
	R01012-2501	SSRAC	1/6	M	4:15-5 p.m.	$96
	R01012-2500	SSRAC	1/6	M	5-5:45 p.m.	$96
	R01012-2504	SSRAC	1/7	Tu	4:15-5 p.m.	$96
	R01012-2506	SSRAC	1/8	W	4:15-5 p.m.	$96
	R01012-2507	SSRAC	1/8	W	5-5:45 p.m.	$96

Looking for more
THERAPEUTIC RECREATION
activities?
VIEW TR ACTIVITIES

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Level 2: Intermediate Diving

Ages 7-18

	Activity	Pool Location	Start Day	Days	Time	Fee
6 Sessions	R01013-203	GISC	1/10	F	5:15-6:45 p.m.	$180
7 Sessions	R01013-202	GISC	1/8	W	5:15-6:45 p.m.	$210
8 Sessions	R01013-206	OSC	1/8	W	5:45-7:15 p.m.	$240
	R01013-2500	SSRAC	1/6	M	5:45-7:15 p.m.	$240
	R01013-2501	SSRAC	1/7	Tu	5-6:30 p.m.	$240
	R01013-2502	SSRAC	1/8	W	5:45-7:15 p.m.	$240
	R01013-2503	SSRAC	1/9	Th	4:15-5:45 p.m.	$240
	R01013-2504	SSRAC	1/10	F	4:30-6 p.m.	$240

Level 3: Advanced Diving

Ages 7-18

	Activity	Pool Location	Start Day	Days	Time	Fee
8 Sessions	R01014-2500	SSRAC	1/9	Th	5:45-7:15 p.m.	$264
	R01014-2501	SSRAC	1/10	F	6-7:30 p.m.	$264

High School Diving

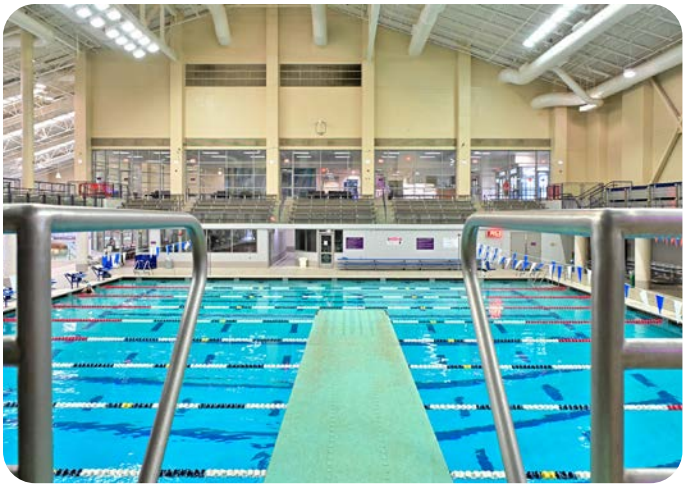
Ages 13-18

	Activity	Pool Location	Start Day	Days	Time	Fee
7 Sessions	R01076-203	GISC	1/8	W	6:30-8 p.m.	$231
8 Sessions	R01076-202	GISC	1/6	M	6:30-8 p.m.	$264
	R01076-2501	SSRAC	1/6	M	7:15-8:30 p.m.	$264
	R01076-2500	SSRAC	1/8	W	7:15-8:30 p.m.	$264

Masters Diving

Ages 19 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
7 Sessions	R01017-202	GISC	1/8	W	6:30-8 p.m.	$231
8 Sessions	R01017-2500	SSRAC	1/6	M	7:15-8:30 p.m.	$264
	R01017-2501	SSRAC	1/8	W	7:15-8:30 p.m.	$264



LOOKING FOR LIFEGUARDING CLASSES?

VIEW LIFEGUARDING INFORMATION

CLICK HERE TO REGISTER.

National Development NPD Competitive

Ages 6-18 • Invitational Only

Activity	Pool Location	Start Day	Days	Time
R01016-6200	GISC	9/17	Tu-Th	6-7:30 p.m.

National Development Program- Seasonal

Ages 6-18 • Invitational Only

	Activity	Pool Location	Start Day	Days	Time	Fee
15 Sessions	R01016-2200	GISC	1/7	Tu,Th	6-7:30 p.m.	$540

JO Diving Team*

Ages 6-18 • Invitational Only

Teams	Activity	Pool Location	Days
JO Silver • 3 days	R01015-6012	Various Locations	M-Sa
JO Red • 4 days	R01015-6014	Various Locations	M-Sa
JO Blue • 5 days	R01015-6016	Various Locations	M-Sa

***JO Diving locations and times will be provided by the coach.**

Homeschool Swim

Ages 4-14 • Invitational Only • 6 Sessions

Level	Activity	Pool Location	Start Day	Days	Time	Fee
Beginner	R01060-278	MLK	1/8	W	10-10:30 a.m.	$48
Intermediate	R01060-279	MLK	1/8	W	10:30-11 a.m.	$48
Advanced	R01060-280	MLK	1/8	W	11-11:30 a.m.	$48

Kayaking

Kayak Rolling

Ages 10 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
1 Session	R01077-278	MLK	1/12	Su	9:45-10:45 a.m.	$20
	R01077-279	MLK	1/19	Su	9:45-10:45 a.m.	$20



Masters

CLICK HERE TO REGISTER.



Scuba

Ages 14 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
8 Sessions	R01028-203	GISC	2/11	Tu	7-10 p.m.	$265
	R01028-201	MLK	2/5	W	7-10 p.m.	$265
	R01028-202	OSC	2/10	M	7-10 p.m.	$265

Water Polo

Youth Water Polo Splashball: Learn to Play (Middle School)

Ages 10-14

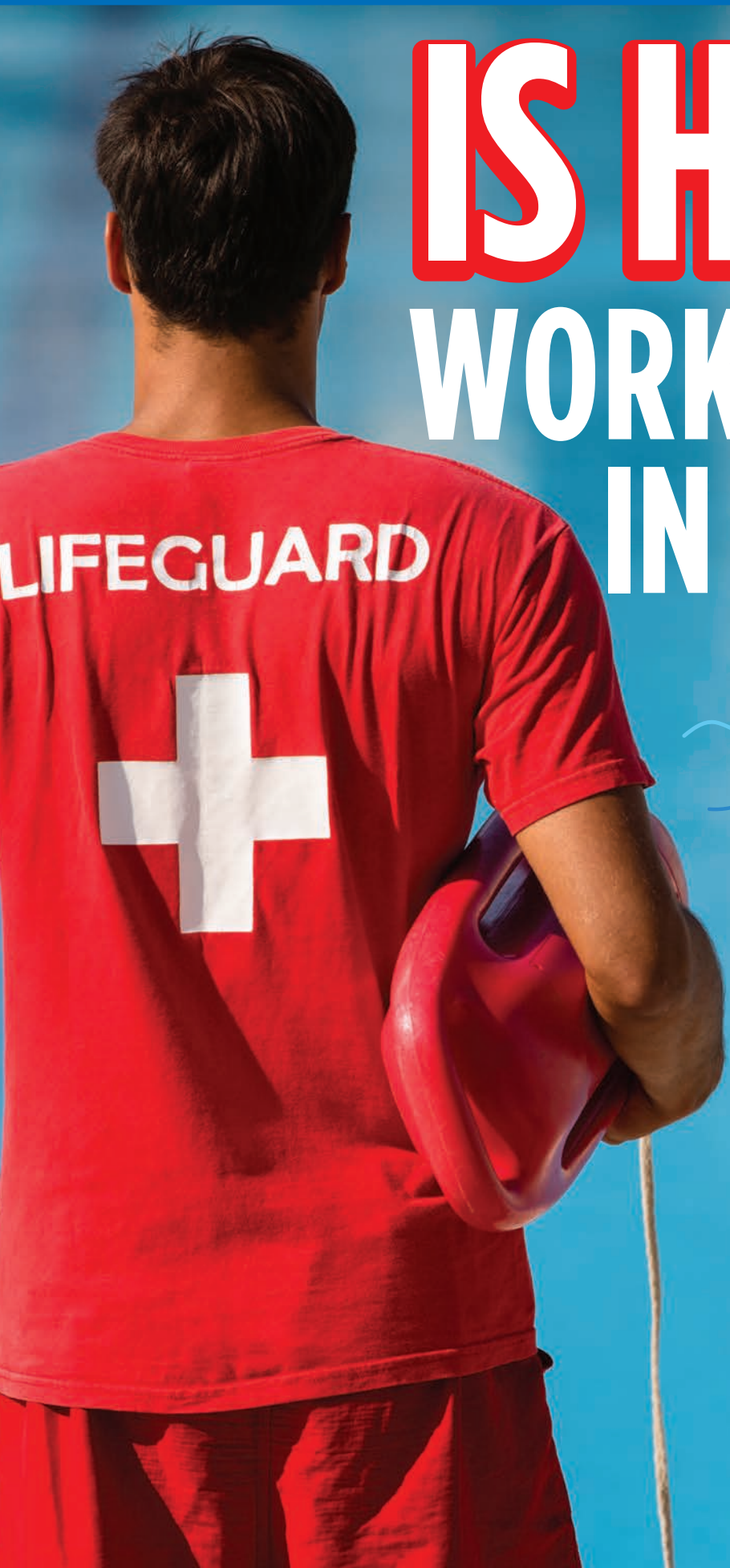
	Activity	Pool Location	Start Day	Days	Time	Fee
8 Sessions	R01079-2501	SSRAC	1/5	Su	3:45-5 p.m.	$150
	R01079-2502	SSRAC	1/8	W	4:45-6 p.m.	$150

Adult Water Polo

Ages 18 and up

	Activity	Pool Location	Start Day	Days	Time	Fee
8 Sessions	R01079-2500	SSRAC	1/5	Su	5:15-7 p.m.	$75

MONTGOMERY COUNTY RECREATION



IS HIRING

WORK WITH US IN AQUATICS

SCAN THE QR

MONTGOMERY COUNTY
Recreation

Lifeguard Training

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions. This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuers. Certifications are valid for two years. Attendance is required at all sessions and the online component must be completed in order to be certified. Students must be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The first date listed is the pre-course. You must pass the pre-course to continue.

The pre-course consists of:

1. 150 meter swim (front crawl or breaststroke), tread water for two minutes using only legs, and swim 50 meters.
2. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.

Enrollment in this course does not guarantee certification. Students must pass written and physical exams.

Cost for the course is $195.

Lifeguarding Class: In-Person

Germantown Indoor Swim Center

Activity	Pool Location	Start Day
R01034-6202	GISC	1/3
R01034-6203	GISC	2/23
R01034-6207	GISC	6/1
R01034-6208	GISC	6/13



Lifeguarding: Blended Learning

Germantown Indoor Swim Center

Activity	Pool Location	Start Day
R01034-6204	GISC	4/5
R01034-6205	GISC	4/18
R01034-6206	GISC	4/25
R01034-6209	GISC	7/14

Martin Luther King Jr. Swim Center

R01034-6211	MLK	12/13
R01034-6212	MLK	11/8
R01034-6213	MLK	1/10
R01034-6214	MLK	3/7
R01034-6215	MLK	4/4

The date listed is the pre-course swim session only. Scan the QR code on page 32 to see complete class information.

Olney Swim Center

Activity	Pool Location	Start Day
R01034-5316	OSC	1/17
R01034-5317	OSC	2/9
R01034-5318	OSC	3/16
R01034-5319	OSC	4/6
R01034-5326	OSC	4/16
R01034-5327	OSC	5/4
R01034-5328	OSC	6/1

Silver Spring Recreation and Aquatic Center

R01034-6524	SSRAC	1/3
R01034-6525	SSRAC	2/13
R01034-6526	SSRAC	2/28
R01034-6527	SSRAC	3/13
R01034-6528	SSRAC	4/6
R01034-6529	SSRAC	4/19
R01034-6530	SSRAC	5/2
R01034-6531	SSRAC	5/16
R01034-6532	SSRAC	6/6
R01034-6533	SSRAC	6/20
R01034-6534	SSRAC	7/11
R01034-6535	SSRAC	8/1

Arts and Crafts



ARTS AND CRAFTS

CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Abrakadoodle America the Beautiful Painting								
6-12	9 Sessions	R05001-202	Wheaton CRC	1/11	Sa	12:15-1 p.m.	Abrakadoodle	$226
Abrakadoodle Paint Step by Step								
6-12	10 Sessions	R05001-203	Silver Spring RAC	1/9	Th	4:15-5 p.m.	Abrakadoodle	$245
Abrakadoodle Young Artists of Today								
3-5	9 Sessions	R05001-201	Wheaton CRC	1/11	Sa	11:15 a.m.-Noon	Abrakadoodle	$226
Adventures in Art								
5-10	8 Sessions	R05004-201	Bauer Drive CRC	1/11	Sa	10:30-11:30 a.m.	Tatiana Martin	$116







CLICK HERE TO REGISTER.

Art Studio

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
10-16	8 Sessions	R05006-201	Bauer Drive CRC	1/11	Sa	Noon-1 p.m.	Tatiana Martin	$116

Art Studio II

12-18	8 Sessions	R05006-202	Bauer Drive CRC	1/11	Sa	1:30-2:30 p.m.	Tatiana Martin	$116

Draw and Clay

4-9	8 Sessions	R05037-203	N. Potomac CRC	1/11	Sa	11 a.m.-Noon	Yolanda Prinsloo	$159
		R05037-201	Germantown CRC	1/14	Tu	5:15-6:15 p.m.	Yolanda Prinsloo	$159
		R05037-202	Bauer Drive CRC	1/15	W	5:40-6:40 p.m.	Yolanda Prinsloo	$159
		R05037-204	Upper County CRC	1/16	Th	6-7 p.m.	Yolanda Prinsloo	$159

Elementary Drawing

5-12	8 Sessions	R05129-202	N. Potomac CRC	1/6	M	6-7 p.m.	Young Rembrandts	$178
		R05129-203	Wheaton CRC	1/21	Tu	6:30-7:30 p.m.	Young Rembrandts	$178
		R05129-204	Silver Spring RAC	1/22	W	6:30-7:30 p.m.	Young Rembrandts	$178
	10 Sessions	R05129-201	Germantown CRC	1/8	W	6-7 p.m.	Young Rembrandts	$220

Right Brained Drawing All Levels

13 and up	6 Sessions	R05038-201	Potomac CRC	1/13	M	5:45-7:15 p.m.	Yolanda Prinsloo	$138

PAINTING

Acrylic Painting Techniques - Open Studio

18 and up	8 Sessions	R05002-201	Lawton CRC	1/6	M	1-4 p.m.	Kathrine Roznowski	$72

Learning Art from the Masters

6-14	8 Sessions	R05087-201	Germantown CRC	1/14	Tu	6:30-7:30 p.m.	Yolanda Prinsloo	$159

PERFORMING ARTS

Acting Improv

13-17	10 Sessions	R05372-210	Ashburton ES	1/11	Sa	11 a.m.-12:30 p.m.		$152
					W	5:30-7 p.m.		
18 and up		R05372-211	Ashburton ES	1/11	Sa	12:30-2 p.m.		$152
					W	7-8:30 p.m.		

PHOTOGRAPHY

Beginner Photography Workshop

16 and up	1 Session	R05088-201	N. Potomac CRC	3/8	Sa	9 a.m.-Noon		$55



POTTERY-CERAMICS

CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Beginner Pottery Wheel								
13-17	10 Sessions	R05093-206	N. Potomac CRC	1/7	Tu	6:30-8:30 p.m.	Joan Suchoski	$240
17 and up		R05093-218	N. Potomac CRC	1/7	Tu	10 a.m.-1 p.m.	Joan Suchoski	$340
		R05093-207	Ross Boddy NRC	1/8	W	6:30-8:30 p.m.	Joan Suchoski	$240
Handcrafted Pottery								
17 and up	8 Sessions	R05093-205	White Oak CRC	1/6	M	6-9 p.m.	KiYoung Nam	$275
	10 Sessions	R05093-209	Wheaton CRC	1/8	W	6-9p.m.	Roger Kirk	$332
	7 Sessions	R05093-210	Wheaton CRC	1/13	M	6-9 p.m.	Meg Dickerson	$242
	9 Sessions	R05093-211	Wheaton CRC	1/14	Tu	6-9p.m.	Meg Dickerson	$302
		R05093-212	Wheaton CRC	1/15	W	9:30 a.m.-12:30 p.m.	Meg Dickerson	$302
Handcrafted Pottery Open Studio								
17 and up	8 Sessions	R05093-213	N. Potomac CRC	1/6	M	6-8:45 p.m.	Ann Deml	$275
		R05093-204	White Oak CRC	1/7	Tu	10 a.m.-1 p.m.	KiYoung Nam	$275
	10 Sessions	R05093-215	Ross Boddy NRC	1/7	Tu	5:30-8:30 p.m.	Catherine Joanny	$340
		R05093-201	Ross Boddy NRC	1/8	W	10:30 a.m.-1:30 p.m.	Susan Mapp	$340
		R05093-203	N. Potomac CRC	1/8	W	5:30-8:30 p.m.	Susan Mapp	$340
		R05093-202	Ross Boddy NRC	1/9	Th	5:30-8:30 p.m.	Susan Mapp	$340
		R05093-216	Ross Boddy NRC	1/11	Sa	10:30 a.m.-1:30 p.m.	Catherine Joanny	$340
Intro to Wheel and Open Studio								
17 and up	7 Sessions	R05093-208	Ross Boddy NRC	1/13	M	5:30-8:30 p.m.	Robin Ziek	$250
Introductory Pottery								
17 and up	8 Sessions	R05093-214	N. Potomac CRC	1/16	Th	6-8:45 p.m.	Ann Deml	$275

Cooking

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Italian Cooking								
8-13	6 Sessions	R05029-202	N. Potomac CRC	2/22	Sa	12:30-1:30 p.m.	Liana Henderson	$195
Sweet and Savory Snacks								
5-10	9 Sessions	R05029-201	Silver Spring RAC	1/10	F	4-5 p.m.	Tiny Chefs	$224





CPR and First Aid

CLICK HERE TO REGISTER.



Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
CPR, AED and First Aid								
16 and up	1 Session	R05032-201	Life Rescue Training	1/11	Sa	10 a.m.-2 p.m.	Life Rescue Training	$89
		R05032-202	Life Rescue Training	2/8	Sa	10 a.m.-2 p.m.	Life Rescue Training	$89
		R05032-203	Life Rescue Training	3/8	Sa	10 a.m.-2 p.m.	Life Rescue Training	$89
Safe Sitter								
10-13	1 Session	R05099-204	Life Rescue Training	3/15	Sa	10 a.m.-2:30 p.m.	Life Rescue Training	$145







Dance



CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Jazzmatazz Preschool Dance								
3-5	10 Sessions	R05010-206	Long Branch CRC	1/11	Sa	10:15-11 a.m.	Betsy Saunders	$150
Jazzmatazz PreBallet								
5-8	10 Sessions	R05010-205	Long Branch CRC	1/11	Sa	11:15a.m.-Noon	Betsy Saunders	$150
BALLET								
Ballet								
3	9 Sessions	R05010-201	N. Potomac CRC	1/7	Tu	10-10:45 a.m.	Judy Schonberger	$120
4-5		R05010-202	N. Potomac CRC	1/7	Tu	10:50-11:35 a.m.	Judy Schonberger	$120
		R05010-203	N. Potomac CRC	1/8	W	4:30-5:15 p.m.	Judy Schonberger	$120
5-6		R05010-204	N. Potomac CRC	1/8	W	5:20-6:05 p.m.	Judy Schonberger	$120
6-8		R05010-207	N. Potomac CRC	1/8	W	6:15-7 p.m.	Judy Schonberger	$120
BALLROOM								
Ballroom I								
18 and up	8 Sessions	R05011-201	Wheaton CRC	1/23	Th	7-7:55 p.m.	Ann Basso	$88
Ballroom II								
18 and up	8 Sessions	R05011-202	Wheaton CRC	1/23	Th	8-8:55 p.m.	Ann Basso	$88
Ballroom III								
18 and up	8 Sessions	R05011-205	Coffield CRC	1/21	Tu	7:30-8:30 p.m.	Ann Basso	$88
BOLLYWOOD								
Bollywood Kids								
6-13	7 Sessions	R05017-201	Potomac CRC	1/14	Tu	6:15-7 p.m.	Kumud Mathur	$95
Bollywood Dance Fitness								
14 and up	7 Sessions	R05017-202	Potomac CRC	1/14	Tu	7:15-8 p.m.	Kumud Mathur	$95

CLICK HERE TO REGISTER.

INTERNATIONAL

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to Tahitian Dance								
16 and up	6 Sessions	R05057-201	Wheaton CRC	1/8	W	5-6 p.m.	Dawn Felsen	$72
Salsa Fit with Everest Wellness								
18 and up	10 Sessions	R05100-201	Silver Spring RAC	1/9	Th	5:30-6:30 p.m.	Everest Wellness LLC	$140

LINE DANCING

Urban Line Dance								
18 and up	8 Sessions	R05121-201	Wheaton CRC	1/21	Tu	6-7 p.m.	Peytrienne McCormick	$72
		R05121-202	Good Hope NRC	1/22	W	6-7 p.m.	Peytrienne McCormick	$72

PLAYTIME AND MOVEMENT

Ballet Tap Jazz								
3-5	8 Sessions	R05338-201	N. Potomac CRC	1/18	Sa	10:30-11:15 a.m.	Tippi Toes	$220
		R05338-204	White Oak CRC	1/18	Sa	10:30-11:15 a.m.	Tippi Toes	$220
		R05338-209	Lawton CRC	1/18	Sa	10:30-11:15 a.m.	Tippi Toes	$220
Pop Stars								
6-9	8 Sessions	R05338-208	Lawton CRC	1/18	Sa	11:30 a.m.-12:15 p.m.	Tippi Toes	$220
		R05338-202	N. Potomac CRC	1/18	Sa	11:30 a.m.-12:15 p.m.	Tippi Toes	$220
Toddler and Me								
18 mos-3	8 Sessions	R05338-207	Lawton CRC	1/18	Sa	9:30-10:15 a.m.	Tippi Toes	$220
		R05338-203	N. Potomac CRC	1/18	Sa	9:30-10:15 a.m.	Tippi Toes	$220
		R05338-206	White Oak CRC	1/18	Sa	9:30-10:15 a.m.	Tippi Toes	$220

TAP DANCING

Tap Dance I								
18 and up	7 Sessions	R05336-201	Lawton CRC	1/9	Th	4:50-5:50 p.m.	Andrea Cali	$77
Tap Dance II								
18 and up	7 Sessions	R05336-202	Lawton CRC	1/9	Th	6-7 p.m.	Andrea Cali	$77



Educational

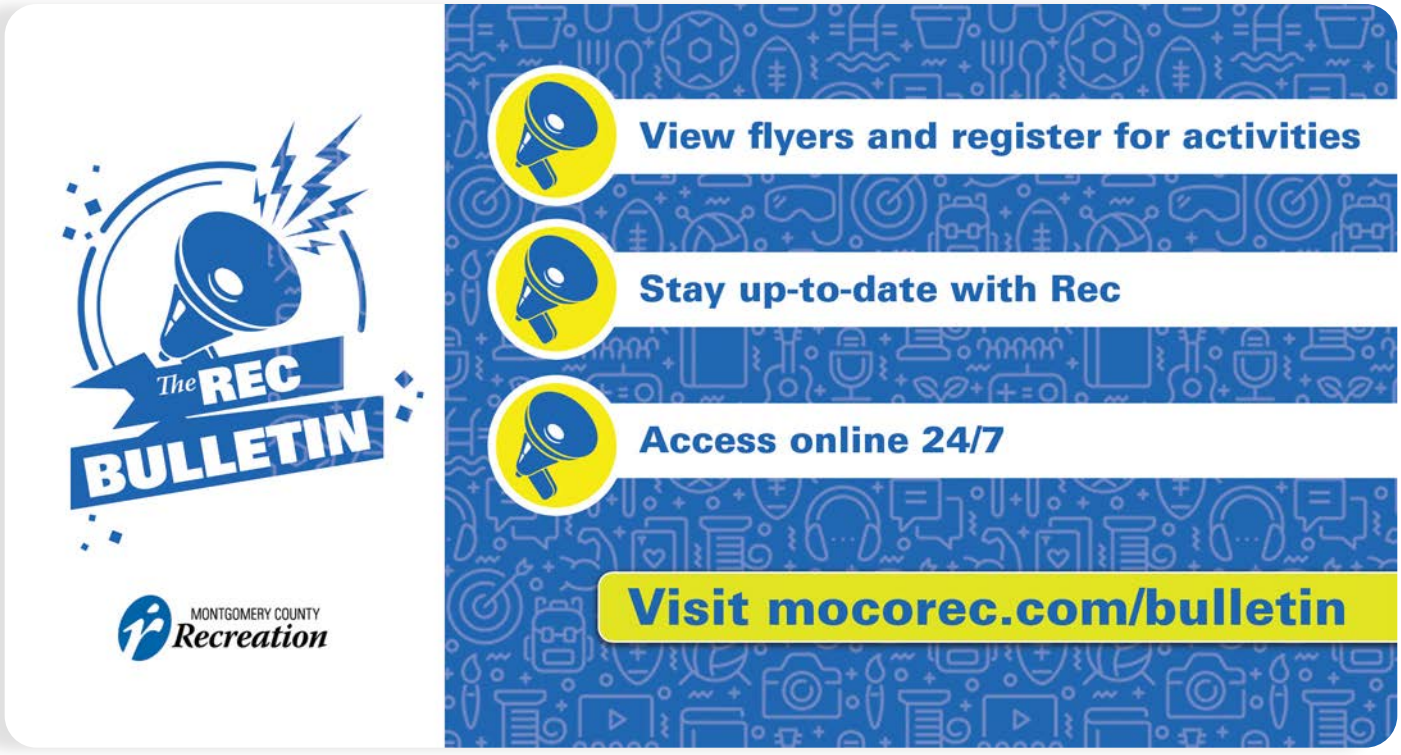


CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to Nail Care								
13 and up	1 Session	R05372-205	East County CRC	1/11	Sa	11 a.m.-2 p.m.	Special K Academy	$110
		R05372-206	N. Potomac CRC	2/8	Sa	11 a.m.-2 p.m.	Special K Academy	$110
Science and Style Studio: The Chemistry of Haircare								
9-12	1 Session	R05372-201	Praisner CRC	1/11	Sa	9 a.m.-Noon	Shawnte Berry	$159
		R05372-204	Praisner CRC	3/1	Sa	9 a.m.-Noon	Shawnte Berry	$159
13-16		R05372-202	Praisner CRC	1/11	Sa	1-3 p.m.	Shawnte Berry	$159
		R05372-203	Praisner CRC	3/1	Sa	1-3 p.m.	Shawnte Berry	$159







FASHION *Boot Camp*

11 Week Program

Fridays ★ 7–9:30 P.M.
Jan 17. – March 28

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

Finale on Friday, March 28

Make sure to join us for the parent/guardian information session on **Friday, Jan. 17** at **6:30 p.m.** to kick off the season.



East County Community Recreation Center
3310 Gateshead Manor Way, Silver Spring

Activity
R09009-201

Register early, spots are limited.

Click me to register!

Fitness



AEROBIC DANCE

CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Army Combat Fitness Test								
18 and up	16 Sessions	R03034-203	Silver Spring RAC	2/5	W	8-10:15 a.m.		FREE
Dance and Fitness								
16 and up	9 Sessions	R05035-201	Wheaton CRC	1/11	Sa	9:15-10:15 a.m.	Virginia Azuree	$72
	18 Sessions	R05035-206	Bauer Drive CRC	1/6	M,W	5-6 p.m.	Virginia Azuree	$144
		R05035-208	Rock View ES	1/6	M,W	6:30-7:30 p.m.	Virginia Azuree	$144
		R05035-207	White Oak CRC	1/6	M,W	7-8 p.m.	Virginia Azuree	$144
	20 Sessions	R05035-204	Veirs Mill LP	1/7	Tu,Th	9:30-10:30 a.m.	Virginia Azuree	$160
Jacki Sorensen's Aerobic Dance								
18 and up	10 Sessions	R05059-201	Potomac CRC	1/7	Tu	9-10 a.m.	Karin Baker	$110
		R05059-202	Potomac CRC	1/9	Th	9-10 a.m.	Karin Baker	$110
Jazzmatazz Aerobics with Pilates Mat								
16 and up	10 Sessions	R05061-201	Wheaton CRC	1/7	Tu	7:15-8:30 p.m.	Betsy Saunders	$120
		R05061-202	Wheaton CRC	1/9	Th	7:15-8:30 p.m.	Betsy Saunders	$120
	20 Sessions	R05061-203	Wheaton CRC	1/7	Tu,Th	7:15-8:30 p.m.	Betsy Saunders	$240

BODY SCULPTING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Definition Body Sculpting - Virtual and In-Person								
18 and up	10 Sessions	R05016-202	Clara Barton NRC	1/7	Tu	9:15-10 a.m.	Juliet Rodman	$90
		R05016-203	Clara Barton NRC	1/9	Th	9:15-10 a.m.	Juliet Rodman	$90
	20 Sessions	R05016-201	Clara Barton NRC	1/7	Tu,Th	9:15-10 a.m.	Juliet Rodman	$180



CLICK HERE TO REGISTER.

PILATES

Pilates for Fitness

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
16 and up	7 Sessions	R05091-201	Bauer Drive CRC	1/13	M	7-8 p.m.	Fit 2 Believe	$70
	9 Sessions	R05091-202	Bauer Drive CRC	1/16	Th	7-8 p.m.	Fit 2 Believe	$90
		R05091-203	Lawton CRC	1/18	Sa	10-11 a.m.	Fit 2 Believe	$90

TOTAL BODY CONDITIONING

Basic Barre

16 and up	7 Sessions	R05327-201	Wheaton CRC	1/18	Sa	9:15-10:15 a.m.	Patricia Anderson	$84
	10 Sessions	R05327-202	Wheaton CRC	1/7	Tu	7:15-8:15 p.m.	Patricia Anderson	$120

Boxing

16 and up	10 Sessions	R05342-202	Silver Spring RAC	1/7	Tu	5-6 p.m.	WBG Sports & Fitness	$100

Fit Family Boxing and Kickboxing

7 and up	9 Sessions	R05342-201	Lawton CRC	1/14	Tu	7-8 p.m.	Fit 2 Believe	$90

Fitness Boot Camp

18 and up	8 Sessions	R05018-208	Silver Spring RAC	1/6	M	6:30-7:30 p.m.	Everest Wellness	$112

High Intensity Interval Training (HIIT)

13 and up	7 Sessions	R03034-201	Mid-County CRC	1/23	Th	6:45-7:45 p.m.	Sean Thompson	$50
16 and up	9 Sessions	R05018-209	Silver Spring RAC	1/8	W	6:30-7:25 p.m.	WBG Sports & Fitness	$90

Kelley's 50+ Complete Fitness

50 and up	8 Sessions	R05072-203	Wheaton CRC	1/6	M	9:15-10:30 a.m.	Pamela Kelley	$80
	10 Sessions	R05072-204	Wheaton CRC	1/9	Th	9:15-10:30 a.m.	Pamela Kelley	$100

Kelley's Complete Fitness

18 and up	10 Sessions	R05072-202	Bauer Drive CRC	1/8	W	9:10-10:25 a.m.	Pamela Kelley	$100

Kickboxing

16 and up	9 Sessions	R05042-201	Silver Spring RAC	1/8	W	2-3 p.m.	WBG Sports & Fitness	$90

Mommy & Me Bootcamp

16 and up	8 Sessions	R05018-212	Bauer Drive CRC	1/9	M	5:30-6:30 p.m.	Giuliana McKinney	$160

Rebuild & Restore: Core Class

18 and up	10 Sessions	R05018-213	Lawton CRC	1/7	Tu	5:30-6:30 p.m.	Giuliana McKinney	$200

Stroller Workout

18 and up	10 Sessions	R05018-211	Bauer Drive CRC	1/9	Th	5:30-6:30 p.m.	Giuliana McKinney	$200

Total Body Conditioning

18 and up	9 Sessions	R05018-201	Bauer Drive CRC	1/15	W	7-8 p.m.	Fit 2 Believe	$90
		R05018-207	Lawton CRC	1/18	Sa	11 a.m.-Noon	Fit 2 Believe	$90

ZUMBA

CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Zumba								
16 and up	5 Sessions	R05132-209	Good Hope NRC	2/12	W	6:45-7:45 p.m.	Ingrid Higgins	$45
18 and up	8 Sessions	R05132-204	Mid-County CRC	1/6	M	6:15-7:15 p.m.	Michelle Johnson-Lancaster	$80
16 and up	9 Sessions	R05132-201	Wheaton CRC	1/11	Sa	10:30-11:30 a.m.	Ingrid Higgins	$72
18 and up	9 Sessions	R05132-205	Bauer Drive CRC	1/11	Sa	9:15-10:15 a.m.	Michelle Johnson-Lancaster	$90
16 and up	10 Sessions	R05132-208	Upper County CRC	1/7	Tu	6:30-7:30 p.m.	Andria O'Brien	$90
		R05132-206	Damascus CRC	1/8	W	7-8 p.m.	Andria O'Brien	$90
		R05132-207	Germantown CRC	1/9	Th	7-8 p.m.	Andria O'Brien	$90
18 and up	10 Sessions	R05132-203	Mid-County CRC	1/8	W	6:15-7:15 p.m.	Michelle Johnson-Lancaster	$100
Zumba Gold								
18 and up	8 Sessions	R05132-213	Lawton CRC	1/6	M	11:15a.m.-12:15p.m.	Sharon Gelboin-Katz	$80
Zumba Gold Chair/Dance								
18 and up	10 Sessions	R05132-215	Silver Spring RAC	1/9	Th	11:15a.m.-12:15p.m.	Sharon Gelboin-Katz	$100
Zumba Toning								
16 and up	5 Sessions	R05133-201	Good Hope NRC	1/8	W	6:45-7:45 p.m.	Ingrid Higgins	$45



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Health and Wellness



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YOGA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Essential Yoga for Beginners								
16 and up	10 Sessions	R05128-210	Coffield CRC	1/9	Th	6-7 p.m.	Tamara Lewis-Johnson	$100
Gentle Yoga								
18 and up	10 Sessions	R05128-209	Mid-County CRC	1/8	W	10:45 a.m.-Noon	Nancy Neves	$150
Yoga for Vitality								
18 and up	10 Sessions	R05128-212	N.Potomac CRC	1/7	Tu	9:30-10:30 a.m.	Warrior One Yoga	$130
Yoga I/II								
18 and up	12 Sessions	R05128-215	Wheaton CRC	1/8	W	7:15-8:15 p.m.	Hannah Davis	$224
Yoga I: Restore and Recharge								
18 and up	10 Sessions	R05128-201	Wheaton CRC	1/6	M	7-8 p.m.	Hannah Davis	$186
Yoga with Sylvia								
16 and up	10 Sessions	R05128-222	Plum Gar CRC	1/9	Th	6-7 p.m.	Serenity Yoga Studio	$80
Yogalates (Yoga and Pilates)								
18 and up	10 Sessions	R05128-213	Wheaton CRC	1/7	Tu	6-7 p.m.	Anne Harrison	$110



Martial Arts



AIKIDO

CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Aikido								
11 and up	8 Sessions	R05005-201	Ross Boddy NRC	1/6	M	7-8:30 p.m.	Christopher Rowe	$72
Suenaka-ha Aikido								
14 and up	10 Sessions	R05005-202	Lawton CRC	1/8	W	6-8 p.m.	James Huss	$100

KARATE-JUJITSU

Beginners Youth Karate								
4-6	4 Sessions	R05352-205	White Oak CRC	1/6	M	6-6:55 p.m.	CORE FC	$83
		R05352-206	White Oak CRC	2/3	M	6-6:55 p.m.	CORE FC	$83
Youth Karate II								
4-6	4 Sessions	R05352-208	White Oak CRC	2/3	M	7-7:55 p.m.	CORE FC	$83
6-12	4 Sessions	R05352-207	White Oak CRC	1/6	M	7-7:55 p.m.	CORE FC	$83
Youth Karate III								
4-6	4 Sessions	R05352-209	White Oak CRC	2/4	Tu	6:30-7:25 p.m.	CORE FC	$83
Okinawan Karate								
18 and up	16 Sessions	R05357-201	Silver Spring RAC	1/6	M,Th	7-8:30 p.m.	Kokyuho LLC	$140
TKA Adult Karate								
13 and up	10 Sessions	R05070-202	Wheaton CRC	1/6	M	7:30-9 p.m.	TKA	$120
		R05070-201	Upper County CRC	1/6	M	8-9:30 p.m.	TKA	$120
	12 Sessions	R05070-204	Mid-County CRC	1/7	Tu	7:30-9 p.m.	TKA	$144
		R05070-203	Germantown CRC	1/7	Tu	8-9:30 p.m.	TKA	$144
		R05070-205	Damascus CRC	1/8	W	8-9:30 p.m.	TKA	$144
		R05070-206	Bauer Drive CRC	1/8	W	8-9:30 p.m.	TKA	$144
		R05070-208	Praisner CRC	1/9	Th	7:30-9 p.m.	TKA	$144
		R05070-207	Bethesda ES	1/9	Th	8-9:30 p.m.	TKA	$144
TKA Karate Jujitsu Club								
18 and up	12 Sessions	R05070-209	White Oak CRC	1/10	F	7:30-8:30 p.m.	TKA	$60
TKA Karate Jujitsu Club 2								
18 and up	12 Sessions	R05070-210	White Oak CRC	1/10	F	8:30-9:30 p.m.	TKA	$66

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
TKA Youth Karate Advanced White Belt and Higher								
6-12	10 Sessions	R05066-215	Wheaton CRC	1/6	M	6:30-7:30 p.m.	TKA	$100
TKA Youth Karate All Levels								
6-12	12 Sessions	R05066-209	Clara Barton NRC	1/8	W	6:30-7:30 p.m.	TKA	$120
		R05066-213	Praisner CRC	1/9	Th	6:30-7:30 p.m.	TKA	$120
		R05066-214	Bethesda ES	1/9	Th	7-8 p.m.	TKA	$120
TKA Youth Karate Beginner and Advanced White Belts								
6-12	12 Sessions	R05066-212	Potomac CRC	1/8	W	6-7 p.m.	TKA	$120
TKA Youth Karate Beginner through Orange Belts								
6-12	10 Sessions	R05066-201	Upper County CRC	1/6	M	6-7 p.m.	TKA	$100
	12 Sessions	R05066-204	Germantown CRC	1/7	Tu	6-7 p.m.	TKA	$120
		R05066-206	Mid-County CRC	1/7	Tu	6:30-7:30 p.m.	TKA	$120
		R05066-207	Damascus CRC	1/8	W	6-7 p.m.	TKA	$120
TKA Youth Karate Beginner through White Belts								
6-12	11 Sessions	R05066-210	Bauer Drive CRC	1/8	W	6-7 p.m.	TKA	$120
TKA Youth Karate Intermediate								
6-12	12 Sessions	R05066-205	Germantown CRC	1/7	Tu	7-8 p.m.	TKA	$120
		R05066-208	Damascus CRC	1/8	W	7-8 p.m.	TKA	$120
		R05066-211	Bauer Drive CRC	1/8	W	7-8 p.m.	TKA	$120
TKA Youth Karate New Beginners								
6-12	10 Sessions	R05066-203	Wheaton CRC	1/6	M	5:45-6:30 p.m.	TKA	$100
TKA Youth Karate Orange Belt and Higher								
6-12	12 Sessions	R05066-217	Potomac CRC	1/8	W	7-8 p.m.	TKA	$120
TKA Youth Karate Yellow Belt and Higher								
6-12	10 Sessions	R05066-202	Upper County CRC	1/6	M	7-8 p.m.	TKA	$100
	12 Sessions	R05066-216	Mid-County CRC	1/7	Tu	6:30-7:30 p.m.	TKA	$120
Zen Budo Karate								
6-12	10 Sessions	R05360-201	Silver Spring RAC	1/9	Th	6:30-7:30 p.m.	Chris Bowers	$140
13 and up		R05360-202	Silver Spring RAC	1/9	Th	7:30-8:30 p.m.	Chris Bowers	$140



SELF-DEFENSE

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Practical Self Defense								
14 and up	17 Sessions	R05095-201	Wisconsin Place CRC	1/6	M ,Th	7-8 p.m.	Ivan Black	$85

TAI CHI

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Tai Chi Beginning								
16 and up	8 Sessions	R05112-201	Bauer Drive CRC	1/6	M	7-8 p.m.	Elizabeth Leek	$80
Tai Chi Continuing								
16 and up	8 Sessions	R05112-202	Bauer Drive CRC	1/6	M	8-9 p.m.	Elizabeth Leek	$80

VOVINAM

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Vovinam Martial Arts								
6-13	8 Sessions	R05126-205	Plum Gar CRC	1/6	M	6-7 p.m.	Yanni Nguyen	FREE
	9 Sessions	R05126-203	Long Branch CRC	1/11	Sa	10-11 a.m.	Yanni Nguyen	FREE
	10 Sessions	R05126-201	Long Branch CRC	1/8	W	6-7 p.m.	Yanni Nguyen	FREE
13 and up	8 Sessions	R05126-206	Plum Gar CRC	1/6	M	7-8:30 p.m.	Yanni Nguyen	FREE
	9 Sessions	R05126-204	Long Branch CRC	1/11	Sa	11 a.m.-Noon	Yanni Nguyen	FREE
	10 Sessions	R05126-202	Long Branch CRC	1/8	W	7-8:30 p.m.	Yanni Nguyen	FREE





KIDSDAYOUT



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

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Activity R05113

Winter-Spring 2025
Multiple Locations

TEENSDAYOUT



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Activity R09017

2024-25 HOLIDAY SCHEDULE

Our centers and pools will have adjusted hours during the 2024-25 holiday season.

VIEW SCHEDULE >

Music



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DJING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to DJing								
12-17	5 Sessions	R05377-203	Lawton CRC	1/21	Tu	6:30-7:30 p.m.	Milkr8z	$175
		R05377-201	Germantown CRC	1/25	Sa	12-1 p.m.	Milkr8z	$175
18 and up		R05377-202	Germantown CRC	1/25	Sa	1-2 p.m.	Milkr8z	$175

GUITAR

Beginner Guitar								
8-12	8 Sessions	R05053-202	School of Music	1/10	F	5:30-6:20 p.m.	Kevin Mittleman	$130
13 and up		R05053-203	School of Music	1/6	M	8-8:50 p.m.	Kevin Mittleman	$130
Intermediate Guitar								
13 and up	8 Sessions	R05053-204	School of Music	1/9	Th	8-8:50 p.m.	Kevin Mittleman	$130
Groovy Guitar								
5-12	10 Sessions	R05053-201	Bauer Drive CRC	1/9	Th	7-8 p.m.	Learn Now Music	$232









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PIANO

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Little Fingers Piano								
2-5	10 Sessions	R05089-202	N. Potomac CRC	1/8	W	10-10:30 a.m.	Learn Now Music	$208
Poppin Piano								
5-12	10 Sessions	R05089-201	Bauer Drive CRC	1/8	W	7-8 p.m.	Learn Now Music	$232
		R05089-203	Silver Spring RAC	1/10	F	6-7 p.m.	Learn Now Music	$232

PLAYTIME AND MUSIC

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Instrument Explorers								
1-5	8 Sessions	R05379-205	Wisconsin Place CRC	1/6	M	10-10:50 a.m.	Tiny Sprouts	$195
	9 Sessions	R05379-203	Silver Spring RAC	1/11	Sa	11-11:50 a.m.	Tiny Sprouts	$215
Music Together								
0-4	10 Sessions	R05085-201	Silver Spring RAC	1/4	Sa	10:15-11 a.m.	Nancy Nuttle	$300
		R05085-204	Silver Spring RAC	1/4	Sa	9:15-10 a.m.	Nancy Nuttle	$300
		R05085-205	Silver Spring RAC	1/4	Sa	11:15 a.m.-Noon	Nancy Nuttle	$300
		R05085-206	Mid-County CRC	1/4	Sa	10-10:45 a.m.	Nancy Nuttle	$300
		R05085-207	Mid-County CRC	1/4	Sa	11-11:45 a.m.	Nancy Nuttle	$300
		R05085-202	Wheaton CRC	1/9	Th	11:30 a.m.-12:15 p.m.	Nancy Nuttle	$300
		R05085-203	Wheaton CRC	1/9	Th	10:30-11:15 a.m.	Nancy Nuttle	$300
My First Music Class								
2-5	10 Sessions	R05321-201	N. Potomac CRC	1/8	W	10:30-11 a.m.	Learn Now Music	$208
Skip The Terrible Twos								
0-2	8 Sessions	R05379-204	Wisconsin Place CRC	1/6	M	9-9:50 a.m.	Tiny Sprouts	$195
	9 Sessions	R05379-201	Silver Spring RAC	1/11	Sa	9-9:50 a.m.	Tiny Sprouts	$215
		R05379-202	Silver Spring RAC	1/11	Sa	10-10:50 a.m.	Tiny Sprouts	$215

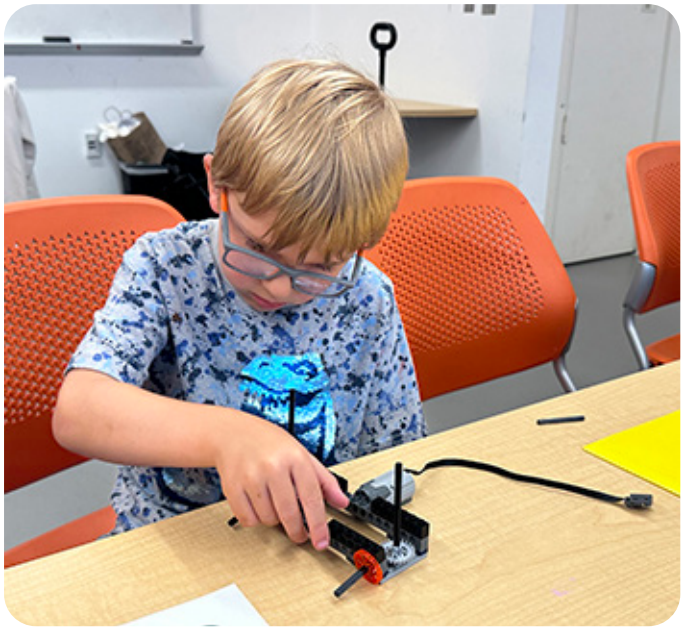


S.T.E.A.M.



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Gemology Advanced								
18 and up	10 Sessions	R05049-202	Potomac CRC	1/8	W	10 a.m.-12:15 p.m.	Timothy Morgan	$115
Snapology Super Structure								
5-12	7 Sessions	R05344-210	Wheaton CRC	1/13	M	6-7 p.m.	Supernova Kids LLC	$140
7-12	9 Sessions	R05344-211	Silver Spring RAC	1/16	Th	6:30-7:30 p.m.	Supernova Kids LLC	$180
Video Game Development								
8-10	10 Sessions	R05344-212	N.Potomac CRC	1/7	Tu	4:30-5:30 p.m.	The Olive Academy	$140
		R05344-213	Bauer Drive CRC	1/9	Th	4:30-5:30 p.m.	The Olive Academy	$140







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Sports



BASKETBALL

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Jump Start Little Hoop Stars								
4-6	6 Sessions	R05012-231	Silver Spring RAC	1/11	Sa	2:15-3:10 p.m.	Jump Start Sports	$135
Jump Start Hoop Stars								
6-8	6 Sessions	R05012-232	Silver Spring RAC	1/11	Sa	3:15-4:15pm.	Jump Start Sports	$135
Train Like a Pro Juniors Basketball Skills and Drills								
5-9	9 Sessions	R05012-207	Kemp Mill ES	1/15	W	6:15-7:15 p.m.	Fit 2 Believe	$124
	10 Sessions	R05012-201	N. Potomac CRC	1/11	Sa	12-1 p.m.	Fit 2 Believe	$137
Train Like a Pro Basketball Skills and Drills								
8-14	7 Sessions	R05012-206	Germantown CRC	1/13	M	6:30-8 p.m.	Fit 2 Believe	$154
	9 Sessions	R05012-204	Wood MS	1/14	Tu	6:30-8 p.m.	Fit 2 Believe	$196
		R05012-205	Cabin John MS	1/16	Th	6:30-8 p.m.	Fit 2 Believe	$196
10-14		R05012-208	Kemp Mill ES	1/15	W	7:15-8:45 p.m.	Fit 2 Believe	$196
	10 Sessions	R05012-203	N. Potomac CRC	1/11	Sa	1-2:30 p.m.	Fit 2 Believe	$217
OTA Lil Hoopers								
3-5	6 Sessions	R05317-201	Ashburton ES	1/12	Su	Noon-12:45 p.m.	Overtime Athletics	$115
6-8		R05317-202	Ashburton ES	1/12	Su	1-1:45 p.m.	Overtime Athletics	$115





CHEER AND POMS

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
PomPoms								
7-12	8 Sessions	R05021-201	Wootton HS	1/8	W	5:30-6:30 p.m.	Mia Krawzel	$160
11-14		R05021-202	Wootton HS	1/8	W	6:45-7:45 p.m.	Mia Krawzel	$160

CRICKET

6-8	6 Sessions	R05364-202	East County CRC	1/4	Sa	Noon-3 p.m.	International Sports Org.	FREE
9-12		R05364-203	East County CRC	1/4	Sa	Noon-3 p.m.	International Sports Org.	FREE
13-16		R05364-204	East County CRC	1/4	Sa	Noon-3 p.m.	International Sports Org.	FREE

MULTI-SPORTS

Chickadee Multi-Sports: Parent/Child								
18mos-3yrs.	6 Sessions	R05103-213	Lawton CRC	1/11	Sa	10-10:40 a.m.	Jump Start Sports	$115
		R05103-214	Lawton CRC	1/11	Sa	11-11:40 a.m.	Jump Start Sports	$115
Coach Doug Pre Wee Wanna Be								
18 mos-3	9 Sessions	R05025-209	Bauer Drive CRC	1/15	W	9:30-10:15 a.m.	Coach Doug Academy	$132
		R05025-211	Potomac CRC	1/16	Th	9:30-10:15 a.m.	Coach Doug Academy	$132
		R05025-205	Germantown CRC	1/21	Tu	9:30-10:15 a.m.	Coach Doug Academy	$132
Coach Doug Wee Wanna Be								
3-6	9 Sessions	R05025-210	Bauer Drive CRC	1/15	W	10:15-11 a.m.	Coach Doug Academy	$132
		R05025-212	Potomac CRC	1/16	Th	10:15-11 a.m.	Coach Doug Academy	$132
		R05025-201	Oakland Terrace ES	1/18	Sa	9:30-10:15 a.m.	Coach Doug Academy	$132
		R05025-202	Oakland Terrace ES	1/18	Sa	10:15-11 a.m.	Coach Doug Academy	$132
		R05025-216	Potomac CRC	1/19	Su	10:15-11 a.m.	Coach Doug Academy	$132
		R05025-206	Germantown CRC	1/21	Tu	10:15-11 a.m.	Coach Doug Academy	$132
Coach Doug Seasonal Sports								
4-8	9 Sessions	R05025-203	Oakland Terrace ES	1/18	Sa	11-11:45 a.m.	Coach Doug Academy	$132
		R05025-207	Germantown CRC	1/21	Tu	4:15-5 p.m.	Coach Doug Academy	$132
		R05025-213	Potomac CRC	1/16	Th	4:15-5 p.m.	Coach Doug Academy	$132







PICKLEBALL

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
Beginner 1 .0							
18 and up	1 Session	R05261-245	Ross Boddy NRC	1/7	Tu	6-8:45 p.m.	$55
		R05261-224	Longwood CRC	1/11	Sa	10 a.m.-12:30 p.m.	$55
		R05261-262	Longwood CRC	1/18	Sa	10 a.m.-12:30 p.m.	$55
	2 Sessions	R05261-205	Potomac CRC	3/25	Tu	Noon-2 p.m.	$80
	3 Sessions	R05261-231	Coffield CRC	1/15	W	6:30-7:30 p.m.	$69
		R05261-234	Lawton CRC	1/15	W	12:15-1:15 p.m.	$69
		R05261-267	Silver Spring RAC	1/27	M	1:15-2:15 p.m.	$69
		R05261-268	Silver Spring RAC	1/27	M	6-7 p.m.	$69
		R05261-232	Coffield CRC	2/12	W	6:30-7:30 p.m.	$69
		R05261-235	Lawton CRC	2/12	W	12:15-1:15 p.m.	$69
		R05261-212	N. Potomac CRC	2/24	M	Noon-1:30 p.m.	$90
		R05261-270	Silver Spring RAC	3/3	M	6-7 p.m.	$69
		R05261-233	Coffield CRC	3/12	W	6:30-7:30 p.m.	$69
		R05261-236	Lawton CRC	3/12	W	12:15-1:15 p.m.	$69
Advanced Beginner 1							
18 and up	1 Session	R05261-246	Ross Boddy NRC	1/14	Tu	6-8:45 p.m.	$55
Advanced Beginner 1.5-2.0							
18 and up	3 Sessions	R05262-223	Coffield CRC	1/15	W	7:30-8:30 p.m.	$69
		R05262-226	Lawton CRC	1/15	W	1:15-2:15 p.m.	$69
		R05262-237	Silver Spring RAC	1/27	M	2:15-3:15 p.m.	$69
		R05262-238	Silver Spring RAC	1/27	M	7-8 p.m.	$69
		R05262-224	Coffield CRC	2/12	W	7:30-8:30 p.m.	$69
		R05262-227	Lawton CRC	2/12	W	1:15-2:15 p.m.	$69
		R05262-240	Silver Spring RAC	3/3	M	7-8 p.m.	$69
		R05262-225	Coffield CRC	3/12	W	7:30-8:30 p.m.	$69
		R05262-228	Lawton CRC	3/12	W	1:15-2:15 p.m.	$69
Beginner 2							
18 and up	1 Session	R05261-242	Longwood CRC	1/25	Sa	10 a.m.-12:30 p.m.	$55
		R05261-244	Longwood CRC	2/1	Sa	10 a.m.-12:30 p.m.	$55
	2 Sessions	R05261-204	Potomac CRC	2/4	Tu	Noon-2 p.m.	$80
	3 Sessions	R05261-225	N. Potomac CRC	3/24	M	Noon-1:30 p.m.	$90
Advanced Beginner 2							
18 and up	1 Session	R05261-247	Ross Boddy NRC	1/21	Tu	6-8:45 p.m.	$55
		R05261-248	Ross Boddy NRC	1/28	Tu	6-8:45 p.m.	$55



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
Beginner Skills and Drills							
18 and up	1 Session	R05261-228	Longwood CRC	2/8	Sa	10 a.m.-12:30 p.m.	$55
		R05261-243	Longwood CRC	3/15	Sa	10 a.m.-12:30 p.m.	$55
Advance Beginner Skills and Drills							
18 and up	1 Session	R05261-249	Ross Boddy NRC	2/4	Tu	6-8:45 p.m.	$55
		R05261-250	Ross Boddy NRC	2/11	Tu	6-8:45 p.m.	$55
Family Pickleball Class							
11 and up	1 Session	R05261-265	Ross Boddy NRC	2/21	F	6-8:30 p.m.	$30
		R05261-266	Ross Boddy NRC	3/7	F	6-8:30 p.m.	$30
Intermediate							
18 and up	1 Session	R05262-234	Ross Boddy NRC	3/4	Tu	6-8:45 p.m.	$55
		R05262-235	Ross Boddy NRC	3/18	Tu	6-8:45 p.m.	$55
		R05262-233	Longwood CRC	3/22	Sa	10 a.m.-12:30 p.m.	$55
Intermediate 1							
18 and up	1 Session	R05262-232	Longwood CRC	3/8	Sa	10 a.m.-12:30 p.m.	$55
Intermediate Guided Play							
18 and up	2 Sessions	R05348-207	Potomac CRC	3/4	Tu	Noon-2 p.m.	$80
	3 Sessions	R05348-206	N. Potomac CRC	1/13	M	1:30-3 p.m.	$90
Intermediate Skills and Drills							
18 and up	1 Session	R05262-201	Ross Boddy NRC	4/1	Tu	6-8:45 p.m.	$55
		R05262-236	Longwood CRC	4/5	Sa	10 a.m.-12:30 p.m.	$55
	3 Sessions	R05262-229	N. Potomac CRC	1/13	M	Noon-1:30 p.m.	$90
		R05262-221	N. Potomac CRC	2/24	M	1:30-3 p.m.	$90
		R05262-222	N. Potomac CRC	3/24	M	1:30-3 p.m.	$90
Middle School Pickleball/Wiffleball							
11-15	1 Session	R05261-263	Ross Boddy NRC	1/24	F	6-8:30 p.m.	$35
		R05261-264	Ross Boddy NRC	4/11	F	6-8:30 p.m.	$35
Pickleball Palooza							
7-10	4 Sessions	R05261-223	Bauer Drive CRC	2/2	Su	1-1:45 p.m.	$92
Pickleball Paradise							
3-6	4 Sessions	R05261-222	Bauer Drive CRC	2/2	Su	12:15-1 p.m.	$92
Pickleball Tournament							
King and Queen: Beginner							
18 and up	1 Session	R05348-202	Ross Boddy NRC	2/18	Tu	6-8:30 p.m.	$25
		R05348-204	Longwood CRC	2/22	Sa	10 a.m.-12:30 p.m.	$25
		R05348-203	Ross Boddy NRC	4/15	Tu	6-8:30 p.m.	$25
King and Queen: Intermediate							
18 and up	1 Session	R05348-205	Longwood CRC	4/19	Sa	10 a.m.-12:30 p.m.	$25

PICKLEBALL CLINICS

CLICK HERE TO REGISTER.

Drop Shots

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
18 and up	1 Session	R05263-202	Potomac CRC	1/28	Tu	Noon-2 p.m.		$40
		R05263-206	N. Potomac CRC	2/10	M	Noon-1:30 p.m.		$30
		R05263-204	Potomac CRC	3/18	Tu	Noon-2 p.m.		$40

Intermediate Volley and Volley Zone Footwork

18 and up	1 Session	R05263-207	N. Potomac CRC	2/10	M	1:30-3 p.m.		$30
		R05263-203	Potomac CRC	2/25	Tu	12-2 p.m.		$40
		R05263-205	Potomac CRC	4/8	Tu	12-2 p.m.		$40



SOCCER

CLICK HERE TO REGISTER.

Coach Doug Soccer

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
3-7	9 Sessions	R05025-214	Potomac CRC	1/16	Th	5-5:45 p.m.	Coach Doug Academy	$132
		R05025-204	Oakland Terrace ES	1/18	Sa	11:45a.m.-12:30p.m.	Coach Doug Academy	$132
		R05025-217	Potomac CRC	1/19	Su	9:30-10:15 a.m.	Coach Doug Academy	$132
		R05025-208	Germantown CRC	1/21	Tu	5-5:45 p.m.	Coach Doug Academy	$132

CORE Elite Indoor Soccer Clinic

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
6-8	5 Sessions	R05103-203	Ross Boddy NRC	1/17	F	6-6:50 p.m.	CORE FC	$175
		R05103-201	Mid-County CRC	1/17	F	4:30-5:20 p.m.	CORE FC	$175
9-10		R05103-204	Ross Boddy NRC	1/17	F	7-7:55 p.m.	CORE FC	$175
		R05103-202	Mid-County CRC	1/17	F	5:30-6:25 p.m.	CORE FC	$175

Jump Start Hummingbirds Soccer Program

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
3-4	6 Sessions	R05103-211	Silver Spring RAC	1/11	Sa	Noon-1 p.m.	Jump Start Sports	$135
		R05103-215	Lawton CRC	1/12	Su	Noon-1 p.m.	Jump Start Sports	$135
5-6		R05103-212	Silver Spring RAC	1/11	Sa	1-2 p.m.	Jump Start Sports	$135









VOLLEYBALL

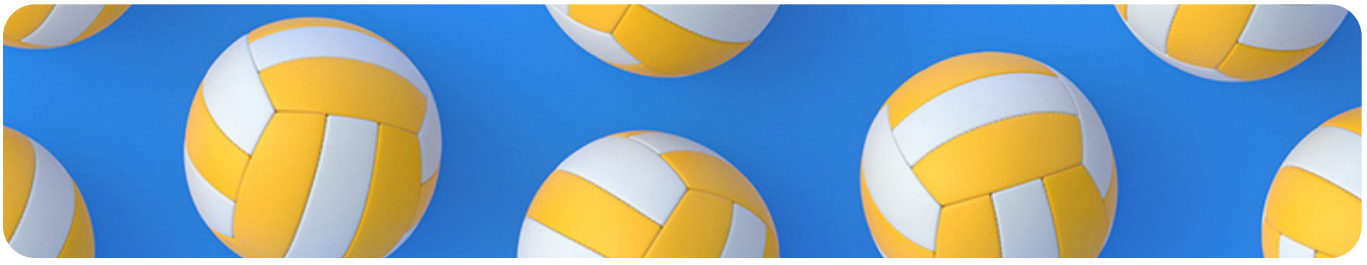
CLICK HERE TO REGISTER.

Youth Volleyball Skills Development Clinic

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
8-11	5 Sessions	R05124-207	Mid-County CRC	1/6	M	6-7 p.m.	Ofer Levy	$99
		R05124-210	Mid-County CRC	3/10	M	6-7 p.m.	Ofer Levy	$99
	6 Sessions	R05124-201	Wheaton CRC	1/2	Th	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-204	Bauer Drive CRC	1/3	F	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-237	Potomac CRC	1/7	Tu	6:30-7:30 p.m.	Ofer Levy	$119
		R05124-222	Germantown CRC	1/8	W	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-214	Wheaton CRC	2/27	Th	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-218	Bauer Drive CRC	2/28	F	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-226	Germantown CRC	3/5	W	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-241	Potomac CRC	3/4	Tu	6:30-7:30 p.m.	Ofer Levy	$119
12-13	5 Sessions	R05124-208	Mid-County CRC	1/6	M	7-8 p.m.	Ofer Levy	$99
		R05124-211	Mid-County CRC	3/10	M	7-8 p.m.	Ofer Levy	$99
	6 Sessions	R05124-202	Wheaton CRC	1/2	Th	6:45-7:45 p.m.	Ofer Levy	$119
		R05124-233	Wheaton CRC	1/2	Th	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-205	Bauer Drive CRC	1/3	F	6:45-7:45 p.m.	Ofer Levy	$119
		R05124-238	Potomac CRC	1/7	Tu	6:30-7:30 p.m.	Ofer Levy	$119
		R05124-223	Germantown CRC	1/8	W	6:45-7:45 p.m.	Ofer Levy	$119
		R05124-215	Wheaton CRC	2/27	Th	6:45-7:45 p.m.	Ofer Levy	$119
		R05124-234	Wheaton CRC	2/27	Th	5:45-6:45 p.m.	Ofer Levy	$119
		R05124-219	Bauer Drive CRC	2/28	F	6:45-7:45 p.m.	Ofer Levy	$119
		R05124-242	Potomac CRC	3/4	Tu	6:30-7:30 p.m.	Ofer Levy	$119
		R05124-227	Germantown CRC	3/5	W	6:45-7:45 p.m.	Ofer Levy	$119
14-17		R05124-224	Germantown CRC	1/8	W	7:45-8:45 p.m.	Ofer Levy	$119
		R05124-228	Germantown CRC	3/5	W	7:45-8:45 p.m.	Ofer Levy	$119

Youth Volleyball Level 1 Skills Development Clinic

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
14-17	5 Sessions	R05124-209	Mid-County CRC	1/6	M	8-9 p.m.	Ofer Levy	$99
		R05124-230	Mid-County CRC	3/10	M	8-9 p.m.	Ofer Levy	$99
	6 Sessions	R05124-203	Wheaton CRC	1/2	Th	7:45-8:45 p.m.	Ofer Levy	$119
		R05124-206	Bauer Drive CRC	1/3	F	7:45-8:45 p.m.	Ofer Levy	$119
		R05124-239	Potomac CRC	1/7	Tu	7:30-8:30 p.m.	Ofer Levy	$119
		R05124-216	Wheaton CRC	2/27	Th	7:45-8:45 p.m.	Ofer Levy	$119
		R05124-220	Bauer Drive CRC	2/28	F	7:45-8:45 p.m.	Ofer Levy	$119
		R05124-243	Potomac CRC	3/4	Tu	7:30-8:30 p.m.	Ofer Levy	$119



CLICK HERE TO REGISTER.

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Youth Volleyball Level 2 Skills Development Clinic								
14-17	5 Sessions	R05124-232	Mid-County CRC	1/6	M	8-9 p.m.	Ofer Levy	$119
		R05124-231	Mid-County CRC	3/10	M	8-9 p.m.	Ofer Levy	$119
	6 Sessions	R05124-213	Wheaton CRC	1/2	Th	7:45-8:45 p.m.	Ofer Levy	$139
		R05124-212	Bauer Drive CRC	1/3	F	7:45-8:45 p.m.	Ofer Levy	$139
		R05124-240	Potomac CRC	1/7	Tu	7:30-8:30 p.m.	Ofer Levy	$139
		R05124-217	Wheaton CRC	2/27	Th	7:45-8:45 p.m.	Ofer Levy	$139
		R05124-221	Bauer Drive CRC	2/28	F	7:45-8:45 p.m.	Ofer Levy	$139
		R05124-244	Potomac CRC	3/4	Tu	7:30-8:30 p.m.	Ofer Levy	$139









ADULT BASKETBALL LEAGUES

CLICK HERE TO REGISTER.

- **Ages 18 and up**

Men's Winter League

Activity	Location	Start Date	Day	# of Games	Fee
R05232-201	Bauer Drive CRC	1/26	Su	6	$725

Women's Winter Drop In League

Activity	Location	Start Date	Day	# of Weeks	Fee
R05013-202	Bauer Drive CRC	1/26	Su	5	$40
R05013-201	Bauer Drive CRC	1/26	Su	10	$80
R05013-203	Bauer Drive CRC	3/9	Su	5	$40



ADULT PICKLEBALL LEAGUES

- **Ages 18 and up**
- **Indoor Leagues; 6 games**

Beginner 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05310-201	Bauer Drive CRC	1/13	M	6-9:30 p.m.	$65
R05310-202	Bauer Drive CRC	3/10	M	6-9:30 p.m.	$65
R05314-201	Longwood CRC	1/16	Th	6-9:30 p.m.	$65
R05314-202	Longwood CRC	3/6	Th	6-9:30 p.m.	$65



Intermediate 2.5-3.0

R05311-201	Bauer Drive CRC	1/13	M	6-9:30 p.m.	$65
R05311-202	Bauer Drive CRC	3/10	M	6-9:30 p.m.	$65
R05315-201	Longwood CRC	1/16	Th	6-9:30 p.m.	$65
R05315-202	Longwood CRC	3/6	Th	6-9:30 p.m.	$65

Expert 3.0-3.5

R05312-201	Bauer Drive CRC	1/13	M	6-9:30 p.m.	$65
R05312-202	Bauer Drive CRC	3/10	M	6-9:30 p.m.	$65
R05316-201	Longwood CRC	1/16	Th	6-9:30 p.m.	$65
R05316-202	Longwood CRC	3/6	Th	6-9:30 p.m.	$65



Social League

R05351-210	Damascus CRC	1/14	Tu	6-8:30 p.m.	$80
R05351-214	Damascus CRC	3/4	Tu	6-8:30 p.m.	$80

ULTIMATE FRISBEE LEAGUES

CLICK HERE TO REGISTER.

- Ages 18-35



Men's

Activity	Location	Start Date	Day	Time	Fee
R05119-205	Wisconsin Place CRC	1/6	M	7-10 p.m.	$65

Women's

Activity	Location	Start Date	Day	Time	Fee
R05119-204	Wisconsin Place CRC	1/6	M	7-10 p.m.	$65

YOUTH VOLLEYBALL LEAGUES

- 8 weeks
- One week evaluation; One week of practice and six weeks of games/practices

Co-Rec

Activity	Ages	Location	Start Date	Day	Time	Fee
R05319-206	12-13	Churchill HS	1/4	Sa	5:30-9:30 p.m.	$80
R05319-205	12-13	Long Branch CRC	1/5	Su	10 a.m.-6 p.m.	$80
R05319-203	14-17	Mid-County CRC	1/5	Su	3-7 p.m.	$80

Girls

R05319-207	14-17	East County CRC	1/4	Sa	5-9 p.m.	$80





Therapeutic Recreation

Programs For Individuals With Disabilities



CLICK HERE TO REGISTER.

AQUATICS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Sing and Swim								
6-13	4 Sessions	R06040-204	GISC	1/26	Su	2-4 p.m.	Melody Music Therapy	$40
Social Swim								
18 and up	8 Sessions	R06002-202	OSC	1/17	F	7:30-8:30 p.m.		$40

ARTS

Create with Clay								
17 and up	6 Sessions	R05093-217	Ross Boddy NRC	1/13	M	11 a.m.-Noon	Catherine Joanny	$78

COOKING

Sweets and Treats								
8-12	5 Sessions	R06007-201	Silver Spring RAC	1/22	W	5:30-6:45 p.m.		$50
13-21		R06007-202	Silver Spring RAC	1/22	W	7-8:15 p.m.		$50

DANCE

Bollywood Style Dance								
18 and up	6 Sessions	R05017-204	Potomac CRC	1/17	F	11-11:45 a.m.	Kumud Mathur	$95
Poms								
8-11	6 Sessions	R06038-201	Wootton HS	1/27	M	5:30-6:15 p.m.	Mia Krawzel	$30
12-21		R06038-202	Wootton HS	1/27	M	6:30-7:15 p.m.	Mia Krawzel	$30
ZamDance								
12 and up	8 Sessions	R06030-201	Bauer Drive CRC	1/14	Tu	5-6 p.m.	Zam Dance	$40
		R06030-202	N. Potomac CRC	1/16	Th	5-6 p.m.	Zam Dance	$40

TR SPECIAL EVENTS

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

VIEW EVENTS >



Therapeutic Recreation

CLICK HERE TO REGISTER.

Programs For Individuals With Disabilities

FITNESS

Neural Movement: Fitness and Focus

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
7-11	7 Sessions	R06045-201	Upper County CRC	1/30	Th	6:30-7:30 p.m.	Neural Movement	$35
12-21		R06045-202	Upper County CRC	1/30	Th	6:30-7:30 p.m.	Neural Movement	$35
7-11	6 Sessions	R06045-203	Wheaton CRC	2/1	Sa	2-3 p.m.	Neural Movement	$30
12-21		R06045-204	Wheaton CRC	2/1	Sa	2-3 p.m.	Neural Movement	$30

Spirit Fitness

6-11	6 Sessions	R06015-202	Plum Gar CRC	1/28	Tu	5:30-6:15pm		$30
12-21		R06015-203	Plum Gar CRC	1/28	Tu	6:30-7:15pm		$30

Virtual Stretch 'n Tone

15 and up	7 Sessions	R06015-201	Virtual Class	1/22	W	7-7:45 p.m.		FREE

Zumba

15 and up	8 Sessions	R06025-203	Germantown CRC	1/14	Tu	7-8 p.m.		$40

Zumba Dance Party Fun

18 and up	4 Sessions	R06025-201	White Oak CRC	1/6	M	1-1:45 p.m.	Sharon Gelboin-Katz	$40
		R06025-202	White Oak CRC	2/10	M	1-1:45 p.m.	Sharon Gelboin-Katz	$40

MARTIAL ARTS

Mindful Movement

18 and up	8 Sessions	R06032-201	Wheaton CRC	1/13	M	7:15-8:15 p.m.	Anne K Harrison	$40

MUSIC

Intro to Playing Musical Instruments

12-21	6 Sessions	R06040-203	Bauer Drive CRC	1/25	Sa	11 a.m.-Noon	Melody Music Therapy	$30

Sensory Beat Bash! Group Drumming

9-12	8 Sessions	R06036-201	Wheaton CRC	1/24	F	5-5:50 p.m.	Melody Music Therapy	$40
13-21		R06036-202	Wheaton CRC	1/24	F	6-6:50 p.m.	Melody Music Therapy	$40

Sensory Music and Movement

4-8	6 Sessions	R06040-201	Bauer Drive CRC	1/25	Sa	9-9:50 a.m.	Melody Music Therapy	$30
8-12		R06040-202	Bauer Drive CRC	1/25	Sa	10-10:50 a.m.	Melody Music Therapy	$30

Therapeutic Recreation

CLICK HERE TO REGISTER.

Programs For Individuals With Disabilities

SPORTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Adult Basketball								
18 and up	8 Sessions	R06012-201	Mid-County CRC	1/12	Su	12:30-2:30 p.m.		$50
Basketball Skills and Drills Clinic								
8-11	6 Sessions	R06044-201	Mid-County CRC	1/12	Su	10:15-11 a.m.		$30
12-17		R06044-202	Mid-County CRC	1/12	Su	11-11:45 a.m.		$30
Intro to Bocce Ball								
11-21	4 Sessions	R06018-202	Bauer Drive CRC	2/2	Su	3-3:45 p.m.		$20
Intro to Pickleball								
11-21	4 Sessions	R06042-201	Bauer Drive CRC	2/2	Su	2-2:45 p.m.	Laskar Tennis	$20
Rock-Reation: Indoor Rock Climbing								
9-18	1 Session	R06043-201	N. Potomac CRC	1/8	W	6-8 p.m.		$5
		R06043-202	N. Potomac CRC	2/12	W	6-8 p.m.		$5
		R06043-203	N. Potomac CRC	3/12	W	6-8 p.m.		$5
Seasonal Sports Skills								
6-14	9 Sessions	R06019-201	Oakland Terrace ES	1/18	Sa	12:30-1:15 p.m.	Coach Doug Academy	$45
15 and up		R06019-202	Potomac CRC	1/19	Su	11-11:45 a.m.	Coach Doug Academy	$45
Volleyball Skills Development Clinic								
12-21	5 Sessions	R06033-202	Mid-County CRC	3/10	M	6-7 p.m.	Ofer Levy	$25





WE'RE HIRING!

JOIN OUR TEAM



Montgomery County Recreation is looking for college students, special education teachers and paraeducators to work with our therapeutic recreation team.

Work with ages 6 - 21. We are also looking for inclusion companions!

For more information call **240-777-8098**.

MONTGOMERY COUNTY Recreation

Hablamos Español
WWW.MOCOREC.COM

Learn more about therapeutic recreation programming:



WE SUPPORT ACCESSIBILITY

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

rec.inclusion@montgomerycountymd.gov.

FOR DETAILS VISIT WWW.MOCOREC.COM
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MONTGOMERY COUNTY Recreation

TR SPECIAL EVENTS

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

TR SOCIAL



HAPPY NEW YEAR- NEW YOU!

Activity R06006-201

SATURDAY, JAN. 11 • 1-4 P.M.

Ages 18 and up • $10 • Holiday Park SC



COCOA 'N CANVAS

Activity R06006-202

SATURDAY, FEB. 8 • 1-4 P.M.

Ages 18 and up • $10 • Holiday Park SC



MARDI GRAS CELEBRATION

Activity R06006-203

SATURDAY, MARCH 8 • 1-4 P.M.

Ages 18 and up • $10 • Holiday Park SC

We Offer Inclusion Services!

Individuals with disabilities are encouraged to register for programs.

Early notification allows us to put accommodations in place.



FOR MORE INFORMATION, EMAIL:

rec.inclusion@montgomerycountymd.gov

TR SPECIAL EVENTS

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

TR SATURDAY SOCIAL



WINTER WONDERLAND DANCE

Activity R06014-201

SATURDAY, JAN. 25 • 6-9 P.M.

Ages 18 and up • $10 • Holiday Park SC



PAJAMA PARTY DANCE

Activity R06014-202

SATURDAY, FEB. 22 • 6-9 P.M.

Ages 18 and up • $10 • Holiday Park SC



RETRO 80s NIGHT DANCE

Activity R06014-203

SATURDAY, MARCH 29 • 6-9 P.M.

Ages 18 and up • $10 • Holiday Park SC

TR FAMILY



SANTA'S WORKSHOP

Activity R06014-201

SATURDAY, DEC 14 • 1-3 P.M.

Ages 2 and up • $10 • Holiday Park SC



SUNDAY FUNDAY FAMILY WATER SAFETY AND SWIM

Activity R06010-202

SUNDAY, FEB. 16 • NOON-1 P.M.

Ages 2 and up • $5 • MLK



SUNDAY FUNDAY FAMILY SWIM

Activity R06010-201

SUNDAY, MARCH 2 • 2-5 P.M.

Ages 2 and up • $5 • GISC

FOR MORE INFORMATION, EMAIL:

rec.inclusion@montgomerycountymd.gov

55+ Senior Programs



Arts

ARTS AND CRAFTS

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Acrylic Paint Instruction with Dereje					
3 Sessions	R07052-203	N. Potomac CRC	1/17	F	Noon-2 p.m.
Card Making with Cindy Boccucci					
3 Sessions	R07095-227	Schweinhaut SC	12/14	Sa	11:30 a.m.-2:30 p.m.
Ceramics					
26 Sessions	R07098-204	Schweinhaut SC	12/3	Tu,Th	9:30 a.m.-1 p.m.
10 Sessions	R07098-203	Silver Spring RAC	12/4	W	Noon-3:30 p.m.
Evening Crafters					
1 Session	R07095-218	N. Potomac CRC	12/4	W	5-6:30 p.m.
Fun with Art					
12 Sessions	R07052-204	Schweinhaut SC	12/4	W	10 a.m.-Noon
Intro to Drawing					
13 Sessions	R07095-202	Wheaton CRC	12/5	Th	11 a.m.-Noon
Wheaton Jewelry Club (Non-Instructional)					
13 Sessions	R07117-201	Wheaton CRC	12/5	Th	1-2:30 p.m.
Origami Class					
2 Sessions	R07096-202	Schweinhaut SC	1/6	M	1-3 p.m.
Painting with Acrylics					
13 Sessions	R07095-203	Wheaton CRC	12/6	F	11 a.m.-Noon



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Valentine's Day Paint and Sip					
1 Session	R07095-220	N. Potomac CRC	2/14	F	12:30-2:30 p.m.
Watercolor Painting					
4 Sessions	R07095-228	Silver Spring RAC	12/2	M	12:30-2 p.m.
6 Sessions	R03027-235	Mid-County CRC	1/29	W	10:30-11:45 a.m.
Watercolor Painting with Dereje					
13 Sessions	R07052-201	Long Branch CRC	12/3	Tu	10-11 a.m.
Watercolor with Gillian					
4 Sessions	R07095-232	N. Potomac CRC	2/4	Tu	10 a.m.-Noon

KNITTING AND CROCHET

Knit and Crochet Group					
13 Sessions	R07003-208	N. Potomac CRC	12/3	Tu	1-3 p.m.
Knit and Crochet Workshop					
11 Sessions	R07003-202	Holiday Park SC	1/8	W	10-11:30 a.m.
Knitting Corner					
23 Sessions	R07003-205	Schweinhaut SC	12/4	W,F	1-3 p.m.
Needlecraft					
13 Sessions	R07053-201	Damascus SC	12/5	Th	9 a.m.-4 p.m.
Needlecraft, Crochet and Sewing Club					
12 Sessions	R07053-203	Silver Spring RAC	12/6	F	2-4 p.m.
Needles and Yarn					
23 Sessions	R07003-203	Wheaton CRC	12/2	M,Tu	1-3 p.m.

PERFORMING ARTS

Seasoned Players					
12 Sessions	R07056-203	Schweinhaut SC	12/4	W	1:30-3:30 p.m.

PHOTOGRAPHY

Photography Club					
5 Sessions	R07001-201	Holiday Park SC	1/15	W	10 a.m.-Noon

Dance



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Ballet					
12 Sessions	R07012-202	Wheaton CRC	12/3	Tu	1:30-2:30 p.m.
10 Sessions	R07012-227	Silver Spring RAC	12/4	W	10-11 a.m.
Ballet I					
10 Sessions	R07012-201	Wheaton CRC	12/4	W	2:15-3:15 p.m.
Ballroom Dance					
13 Sessions	R07050-206	Schweinhaut SC	12/4	W	Noon-1 p.m.
Ballroom/Line Dance					
24 Sessions	R07011-202	Wheaton CRC	12/4	W,Th	1-2 p.m.
Chinese Folk Dancing					
13 Sessions	R07009-209	Long Branch CRC	12/2	M	11 a.m.-Noon
Chinese Folk Dance with Ming					
11 Sessions	R07009-201	N. Potomac CRC	12/4	W	10:30-11:30 a.m.
Chinese Folk Dancing Beginner					
12 Sessions	R07009-205	Holiday Park SC	1/3	F	11-11:50 a.m.
Chinese Folk Dancing with Yilan					
13 Sessions	R07009-200	White Oak CRC	12/3	Tu	10:30 a.m.-Noon
Dance for Posture and Elegance (Mandarin)					
13 Sessions	R07009-204	N. Potomac CRC	12/5	Th	1-3 p.m.





CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time	
International Ballroom Dancing with Ed and Helen						
13 Sessions	R07057-202	N. Potomac CRC	12/4	W	1-3 p.m.	
International Folk Dance Instruction Class						
13 Sessions	R07009-202	N. Potomac CRC	12/6	F	12:30-2 p.m.	
Let's Dance						
13 Sessions	R07050-207	Schweinhaut SC	12/4	W	1-1:30 p.m.	
Line Dancing						
12 Sessions	R07011-207	Schweinhaut SC	12/7	Sa	10:30 a.m.-Noon	
Liuying's Chinese Classical Folk Dance						
13 Sessions	R07009-203	N. Potomac CRC	12/3	Tu	2-3:30 p.m.	
Social Line Dance						
11 Sessions	R07011-201	Wheaton CRC	12/2	M	10-10:45 a.m.	
Soul Line Dance						
11 Sessions	R07005-212	Silver Spring RAC	12/3	Tu	12:30-1:30 p.m.	
Soul Line Dance with Peytrienne						
12 Sessions	R07005-210	White Oak CRC	12/5	Th	10-11:15 a.m.	
Tea Dancing						
12 Sessions	R07129-201	Damascus SC	12/5	Th	1-2:30 p.m.	
Tap Dance						
12 Sessions	R07007-201	Damascus SC	12/2	M	11 a.m.-12:30 p.m.	$50
Yuan Chi Dance						
11 Sessions	R07012-240	Wheaton CRC	12/2	M	2:30-4 p.m.	





Educational



DISCUSSIONS

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Meet and Greet					
23 Sessions	R07092-207	Holiday Park SC	1/3	Tu,F	9:15-10:30 a.m.
Active Living in Spanish- Cafecito y Amistad					
9 Sessions	R07087-201	Holiday Park SC	1/6	M	10-10:50 a.m.
Behind The Headlines - Discussion Group					
9 Sessions	R07063-201	Holiday Park SC	1/6	M	10-11:25 a.m.
Book Club					
3 Sessions	R07065-201	Holiday Park SC	1/22	W	3-4:15 p.m.
Book Discussion					
3 Sessions	R07065-203	Schweinhaut SC	12/10	Tu	1-2:30 p.m.
Caso Cerrado TV Show Episodes Discussion					
12 Sessions	R07016-202	Long Branch CRC	12/6	F	10-11 a.m.
Charla con Arte (Español)					
9 Sessions	R07087-202	Holiday Park SC	1/6	M	11 a.m.-Noon
Chat with the Director: 55+Programs					
3 Sessions	R07314-201	Wheaton CRC	12/19	Th	1-2 p.m.
2 Sessions	R07314-202	N. Potomac CRC	1/23	Th	12:30-1:30 p.m.
Coffee and Conversation with Staff					
3 Sessions	R07092-206	Schweinhaut SC	12/19	Th	9:30-10:15 a.m.
Coffee Social					
86 Sessions	R07092-203	Damascus SC	12/2	M-F	9-10 a.m.
Coping with Change					
12 Sessions	R07076-203	Damascus SC	12/5	Th	11 a.m.-Noon
	R07076-202	Holiday Park SC	1/2	Th	10:30-11:30 a.m.
Coping with Change in Spanish-Cómo Afrontar el Cambio (en Español)					
11 Sessions	R07076-201	Holiday Park SC	1/7	Tu	11 a.m.-Noon

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Cultural and Positive English Exercise with VAN					
10 Sessions	R07061-203	Holiday Park SC	1/7	Tu	10 a.m.-Noon
Current Events Discussion with Lyle					
13 Sessions	R07063-203	N. Potomac CRC	12/5	Th	10-11:30 a.m.
Jai Ho Discussion and Social Group					
13 Sessions	R07312-204	N. Potomac CRC	12/2	M	11:30 a.m.-1 p.m.
Max You					
11 Sessions	R07043-201	Holiday Park SC	1/7	Tu	10:30-11:30 a.m.
Military Discussion Group					
3 Sessions	R07312-203	Schweinhaut SC	12/4	W	1-2 p.m.
Scale Model Display with Robert and Friends					
1 Session	R07023-210	N. Potomac CRC	12/9	M	10:30 a.m.-1:30 p.m.
Scale Modeling Group					
3 Sessions	R07023-209	N. Potomac CRC	12/17	Tu	6:30-8:30 p.m.
Spritual Support					
13 Sessions	R07111-200	White Oak CRC	12/3	Tu	10 a.m.-Noon
Wellness Matters					
8 Sessions	R07028-213	Silver Spring RAC	1/7	Tu	9-10:30 a.m.









LANGUAGE

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
English Conversation Group					
12 Sessions	R07021-204	Schweinhaut SC	12/2	M	1-2:30 p.m.
Everyday English (Basic) with Greg					
22 Sessions	R07061-202	Holiday Park SC	1/7	Tu,Th	9:50-10:40 a.m.
Everyday English with Deb					
11 Sessions	R07061-201	Holiday Park SC	1/8	W	11-11:50 a.m.
French Conversation with Kodjovi Abotchi					
6 Sessions	R07019-200	Schweinhaut SC	12/7	Sa	1-2:30 p.m.
Italian Class					
13 Sessions	R07021-203	Schweinhaut SC	12/4	W	1-2:30 p.m.
Intermediate Japanese					
11 Sessions	R07021-201	N. Potomac CRC	12/3	Tu	10:30 a.m.-Noon
Beginner Spanish Class					
11 Sessions	R07118-202	Wheaton CRC	12/2	M	10-11 a.m.
13 Sessions	R07015-205	Schweinhaut SC	12/5	Th	9:30-10:30 a.m.
Intro to Spanish					
11 Sessions	R07118-203	Wheaton CRC	12/2	Mon	11 a.m.-Noon
Beginner's Spanish Conversation Group					
11 Sessions	R07015-210	White Oak CRC	12/4	W	9:30-10:30 a.m.
Beginner Plus Spanish Class					
13 Sessions	R07015-206	Schweinhaut SC	12/5	Th	10:30-11:30 a.m.
Conversational Spanish					
13 Sessions	R07118-201	Wheaton CRC	12/6	F	10-11 a.m.
Conversational Spanish for Beginners					
4 Sessions	R07015-211	N. Potomac CRC	1/11	Sa	10-11:30 a.m.
Intermediate Spanish					
12 Sessions	R07118-204	Wheaton CRC	12/3	Tu	10-11 a.m.
Intermediate Spanish Conversation Group					
11 Sessions	R07015-200	White Oak CRC	12/4	W	11 a.m.-Noon

CLICK HERE TO REGISTER.

TECHNOLOGY

Sessions	Activity	Location	Start Date	Day	Time
Senior Planet: Instagram Basics					
1 Session	R07105-205	Silver Spring RAC	12/18	W	12:30-1:30 p.m.
Tech Tutoring					
26 Sessions	R07084-206	Long Branch CRC	12/3	Tu,Th	1-4 p.m.
Technology Course					
10 Sessions	R03027-210	Plum Gar CRC	12/6	F	9:30-10:30 a.m.

WRITING

Journaling					
3 Sessions	R07058-203	Holiday Park SC	1/21	Tu	2:15-3:45 p.m.
Writers Group					
6 Sessions	R07058-205	Schweinhaut SC	12/3	Tu	10 a.m.-Noon
12 Sessions	R07058-202	Holiday Park SC	1/3	F	10-11:30 a.m.









Fitness

AEROBIC DANCE



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Ballet Basics					
13 Sessions	R07055-210	White Oak CRC	12/3	Tu	10:30-11:30 a.m.
Chinese Dance and Fitness					
12 Sessions	R07012-206	Wheaton CRC	12/4	W	9:30-11 a.m.
Chinese Folk Dance					
11 Sessions	R07012-205	Wheaton CRC	12/2	M	1-2 p.m.
Dance Fitness with Georgia					
12 Sessions	R07012-241	Schweinhaut SC	12/2	M	9:30-10:30 a.m.
Dances Across the Continents					
8 Sessions	R07012-237	Silver Spring RAC	1/9	Th	1:30-2:30 p.m.
Easy Dance Fitness					
11 Sessions	R07012-210	N. Potomac CRC	12/2	M	10:30-11:30 a.m.
Superpower Dance Circle with Jane					
26 Sessions	R07012-236	Long Branch CRC	12/3	Tu,Th	10-11 a.m.
10 Sessions	R07012-217	Wheaton CRC	12/4	W	11:05-11:55 a.m.
13 Sessions	R07012-233	White Oak CRC	12/5	Th	12:45-1:45 p.m.
9 Sessions	R07012-226	Silver Spring RAC	12/7	Sa	11 a.m.-Noon





LOW IMPACT

CLICK HERE TO REGISTER.

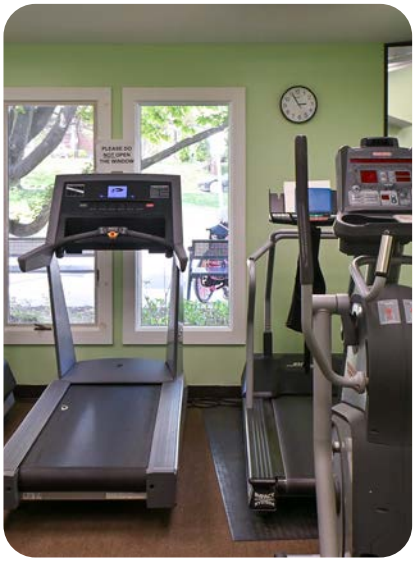
Sessions	Activity	Location	Start Date	Day	Time
Active Golden Gentle Exercise					
12 Sessions	R07039-215	Holiday Park SC	1/3	F	10-10:50 a.m.
Afternoon Chair Aerobics					
24 Sessions	R07066-203	N. Potomac CRC	12/3	Tu,W	12:15-1 p.m.
Balance Boom					
11 Sessions	R07039-218	Silver Spring RAC	12/2	M	10-11 a.m.
Chairobics					
52 Sessions	R07066-201	Damascus SC	12/3	Tu-F	10-10:45 a.m.
Gentle Spin with Julien					
11 Sessions	R07039-200	White Oak CRC	12/2	M	10-11 a.m.
Low Impact Exercise Video					
26 Sessions	R07060-215	White Oak CRC	12/5	Th,F	10:30 a.m.-Noon
Low Impact Exercise with Julien					
3 Sessions	R07060-205	Schweinhaut SC	12/6	F	8:15-9:15 a.m.
Low Impact Exercises with Darius					
12 Sessions	R03027-241	Potomac CRC	1/8	W	10:30-11:30 a.m.
Morning Chair Aerobics					
24 Sessions	R07066-202	N. Potomac CRC	12/3	Tu,W	9:30-10:15 a.m.
Muscle Up!					
9 Sessions	R07039-217	Silver Spring RAC	12/8	Su	1-2 p.m.
Sit and Be Fit					
13 Sessions	R07039-220	Silver Spring RAC	12/6	F	1-2 p.m.
Stretching Exercises with Linda					
35 Sessions	R07040-201	N. Potomac CRC	12/2	M,W,F	9:30-10:30 a.m.
Walking Club					
13 Sessions	R07035-203	Damascus SC	12/2	M	10-11 a.m.
Wheaton Walks					
11 Sessions	R07035-202	Wheaton CRC	12/4	W	9:30-11 a.m.
2 Sessions	R07035-205	Wheaton CRC	12/13	F	5-7 p.m.

STRENGTH TRAINING

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Cardio Fit					
13 Sessions	R07012-238	N. Potomac CRC	12/4	W	9:15-10:15 a.m.
Balance Boom with Everest Wellness					
11 Sessions	R07060-200	White Oak CRC	12/4	W	11 a.m.-Noon
Basic Functional Balance Exercise					
6 Sessions	R07030-205	Schweinhaut SC	12/6	F	9:30-10:30 a.m.
Fall Prevention and Balance Exercise					
13 Sessions	R07060-201	Long Branch CRC	12/4	W	11 a.m.-Noon
Fitness Boot Camp					
9 Sessions	R07039-216	Silver Spring RAC	12/7	Sa	9:30-10:30 a.m.
Full Body Workout					
8 Sessions	R07041-201	Wheaton CRC	1/7	Tu	9:05-9:55 a.m.
Heart Plus Exercise					
10 Sessions	R07041-203	N. Potomac CRC	12/5	Tu,Th	3:15-4 p.m.
Kickboxing					
11 Sessions	R07039-219	Silver Spring RAC	12/3	Tu	10:30-11:30 a.m.
Kickboxing with Julien					
3 Sessions	R07060-204	Schweinhaut SC	12/13	F	8:15-9:15 a.m.
Strength Training with Philoy					
3 Sessions	R07060-216	N. Potomac CRC	12/3	Tu	3-4 p.m.







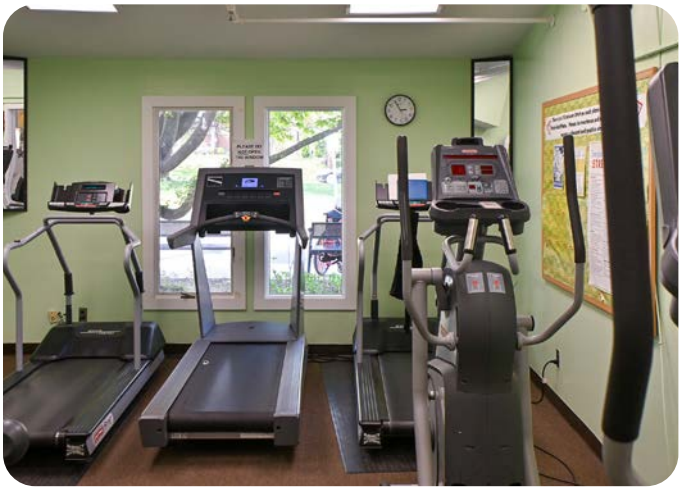
ZUMBA

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Evening Zumba					
12 Sessions	R07070-223	Damascus SC	12/5	Th	5:30-6:30 p.m.
Zumba					
11 Sessions	R07070-205	N. Potomac CRC	12/2	M	9:15-10:15 a.m.
12 Sessions	R07070-201	Wheaton CRC	12/3	Tu	11 a.m.-Noon
	R07070-202	Wheaton CRC	12/5	Th	2-3 p.m.
	R07070-222	Silver Spring RAC	12/5	Th	6-7 p.m.
13 Sessions	R07070-206	Damascus SC	12/4	W	11 a.m.-Noon
	R07070-209	Wheaton CRC	12/6	F	9:45-10:45 a.m.
Zumba Gold					
11 Sessions	R07070-208	Wheaton CRC	12/2	M	1:30-2:30 p.m.
26 Sessions	R07070-210	White Oak CRC	12/3	Tu,Th	9-10 a.m.
13 Sessions	R07071-202	Silver Spring RAC	12/6	F	10-11 a.m.
7 Sessions	R03027-236	Mid-County CRC	1/9	Thu	11:15 a.m.-12:15 p.m.
Zumba Video					
26 Sessions	R07070-200	N. Potomac CRC	12/3	Tu,Th	9:30-10:15 a.m.











BONE BUILDERS

Winter 2025

DEC. 2-MARCH 6

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

FREE AGES 55+

ONE HOUR CLASSES HELD TWICE PER WEEK ARE DESIGNED TO INCREASE BONE DENSITY.

VIRTUAL BONE BUILDERS HAS MOVED.

Starting this winter, Virtual Bone Builders registration will be handled by the Montgomery County Department of Health and Human Services. Registration for the virtual class only will be through Eventbrite, managed by staff from the Aging and Disability Office.

Virtual registration will begin on Monday, Nov. 18. Scan the QR code to register. Additional information and instructions on how to access the zoom class will be provided after you have registered. The schedule will remain the same, Mondays and Wednesdays at 11 a.m.

In-person Bone Builders registration will continue through ActiveMONTGOMERY supported by Montgomery County Recreation. Registration will open at 9 a.m. on Wednesday, Nov. 13.

Scan to register:

The REC BULLETIN

The Fun Starts Here.



- View flyers and register for activities
- Stay up-to-date with Rec
- Access online 24/7

View from your desktop, laptop and mobile device.



VISIT WWW.MOCOREC.COM/BULLETIN

55+ Mini Trips

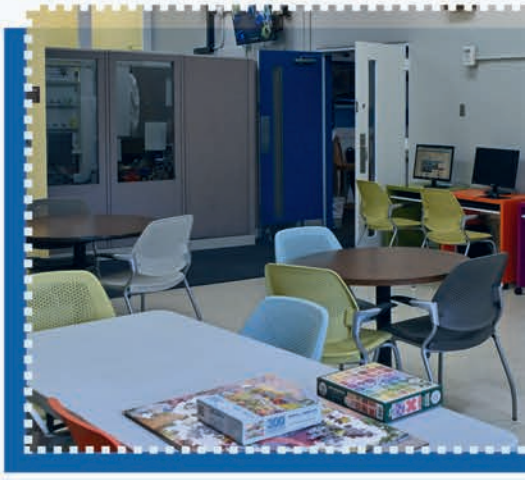
Mini Trip	Activity	Location	Date	Day	Time	Fee
Arundel Mills Mall	R07101-242	Long Branch CRC	12/13	F	9 a.m.-1:30 p.m.	FREE
Brookside Gardens	R07101-211	Wheaton CRC	12/13	F	9:45 a.m.-Noon	FREE
Holiday Bash at White Oak	R07101-244	Long Branch CRC	12/6	F	9:30 a.m.-1:30 p.m.	FREE
Creches at Mormon Visitors Center	R07101-241	N. Potomac CRC	12/17	Tu	9:45 a.m.-12:30 p.m.	FREE
Udvar-Hazy Air Space Center in VA	R07101-240	N. Potomac CRC	2/24	M	9:30 a.m.-2 p.m.	FREE
Winter Lights at Seneca Creek State Park	R07101-228	N. Potomac CRC	12/3	Tu	5-7:30 p.m.	$5
Winter Lights at Seneca Creek State Park	R07101-239	N. Potomac CRC	12/11	W	5-7:30 p.m.	$5
Amish Market and Thrift Store	R07101-232	Long Branch CRC	1/10	F	9:30 a.m.-12:15 p.m.	FREE
Sandy Spring Slave Museum	R07101-245	Wheaton CRC	1/14	Tu	9:45 a.m.-12:30 p.m.	FREE
Shopping at Clarksburg Outlets	R07101-210	Damascus SC	12/10	Tu	9:30 a.m.-1:30 p.m.	FREE
Dollar Tree/Aldi Shopping Trip	R07101-226	White Oak CRC	12/16	M	9:30 a.m.-Noon	FREE
Thrift Store Shopping Trip	R07101-226	White Oak CRC	12/16	M	9:30 a.m.-Noon	FREE

Register to reserve your spot! CLICK HERE.

Senior Center Locations

Several Locations for Adults 55 and up







Damascus Senior Center
9701 Main St., Damascus • 240-777-6995

Holiday Park Senior Center
3950 Ferrara Drive, Silver Spring • 240-777-4999

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

Margaret Schweinhaut Senior Center
1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center
13850 Travilah Road, Rockville • 240-773-4805

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

White Oak Senior Center
1700 April Lane, Silver Spring • 240-777-6944

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

Visit mocorec.com for more information

Games



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
American Mahjong					
13 Sessions	R07047-200	White Oak CRC	12/6	F	12:30-3:30 p.m.
	R07047-210	N. Potomac CRC	12/2	M	10 a.m.-Noon
	R07047-212	N. Potomac CRC	12/5	Th	1-4 p.m.
Asian Mahjong					
24 Sessions	R07047-207	N. Potomac CRC	12/3	Tu,W	10 a.m.-Noon
13 Sessions	R07047-209	N. Potomac CRC	12/6	F	12-4 p.m.
Beginner's Bridge					
12 Sessions	R07074-210	N. Potomac CRC	12/3	Tu,Th	2-3:30 p.m.
11 Sessions	R07074-209	Silver Spring RAC	12/4	W	12:30-2:30 p.m.
Bid Whist					
13 Sessions	R07112-210	White Oak CRC	12/5	Th	Noon-4 p.m.
Bingo					
26 Sessions	R07085-212	Schweinhaut SC	12/2	M,Th	10:30-11:30 a.m.
13 Sessions	R07085-207	White Oak CRC	12/3	Tu	1-2 p.m.
	R07085-201	Long Branch CRC	12/4	W	10-11 a.m.
	R07085-213	Silver Spring RAC	12/5	Th	12:30-1:30 p.m.
Bingo: Participant's Choice					
6 Sessions	R07085-208	White Oak CRC	12/4	W	1-2 p.m.
Brain Games					
11 Sessions	R07090-202	White Oak CRC	12/2	M	10-11 a.m.
	R07090-203	Silver Spring RAC	12/2	M	9:30-10:30 a.m.
Brainworks					
13 Sessions	R07023-211	Long Branch CRC	12/2	M	11 a.m.-Noon
Board Games					
11 Sessions	R07112-206	Silver Spring RAC	12/2	M	2-4 p.m.
Board Games and Coloring					
65 Sessions	R07112-203	Long Branch CRC	12/2	M-F	9 a.m.-10:30 p.m.
Bridge					
12 Sessions	R07074-205	Damascus SC	12/3	Tu	11 a.m.-3 p.m.

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Canasta					
13 Sessions	R07112-202	Damascus SC	12/5	Th	1-4 p.m.
Chess Club					
13 Sessions	R07110-204	Schweinhaut SC	12/2	M	10:30 a.m.-1 p.m.
	R07110-202	Silver Spring RAC	12/5	Th	1-2 p.m.
Duplicate Bridge					
11 Sessions	R07074-203	Holiday Park SC	1/8	W	12:45-4 p.m.
Mahjong					
13 Sessions	R07047-204	Long Branch CRC	12/2	M	9:30 a.m.-Noon
	R07047-205	Damascus SC	12/4	W	12:30-3:30 p.m.
21 Sessions	R07047-201	Wheaton CRC	12/2	M,W	1-4 p.m.
Mahjong Club					
9 Sessions	R07047-203	Holiday Park SC	1/6	M	1-4 p.m.
Musical Bingo					
1 Session	R03027-238	Praisner CRC	12/5	Th	Noon-1 p.m.
	R03027-242	Praisner CRC	1/2	Th	Noon-1 p.m.
	R03027-243	Praisner CRC	2/6	Th	Noon-1 p.m.
Open Party Bridge					
13 Sessions	R07075-201	Holiday Park SC	1/3	F	12:30-3:30 p.m.
Pinochle Card Game					
13 Sessions	R07099-205	Schweinhaut SC	12/4	W	1-3 p.m.
Pinochle with Mr. Kelly					
13 Sessions	R07099-210	White Oak CRC	12/3	Tu	11:30 a.m.-1:30 p.m.
Rummikub					
13 Sessions	R07086-203	Schweinhaut SC	12/2	M	12:30-2 p.m.
	R07086-204	Silver Spring RAC	12/5	Th	10-11:30 a.m.
55 Sessions	R07086-202	Holiday Park SC	1/2	M-F	1-4 p.m.
11 Sessions	R07086-201	Holiday Park SC	1/7	Tu	11 a.m.-2 p.m.
Scrabble					
11 Sessions	R07073-201	Holiday Park SC	1/8	W	1-4 p.m.
Social Bridge					
11 Sessions	R07074-200	White Oak CRC	12/2	M	1-3:30 p.m.

Health and Wellness



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Blood Pressure Screening					
13 Sessions	R07108-204	Schweinhaut SC	12/6	F	1-2 p.m.
Healthy Body, Peaceful Mind with Tammy					
11 Sessions	R07077-203	N. Potomac CRC	12/2	M	2-3:30 p.m.
Mindfulness Meditation					
12 Sessions	R07077-204	Holiday Park SC	1/5	F	11 a.m.-Noon
Nutrition 101					
26 Sessions	R07024-204	Schweinhaut SC	12/3	Tu,Th	1:30-2:30 p.m.
Vaccine Clinic by Giant Food Pharmacy					
1 Session	R07108-205	Schweinhaut SC	12/18	W	10 a.m.-2 p.m.









YOGA

CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Chair Yoga					
12 Sessions	R07032-204	Wheaton CRC	12/3	Tu	3-4 p.m.
13 Sessions	R07032-207	Long Branch CRC	12/5	Th	9-10 a.m.
12 Sessions	R03027-203	Plum Gar CRC	12/6	F	11:30 a.m.-12:30 p.m.
Gentle Yoga					
10 Sessions	R07029-213	Silver Spring RAC	12/2	M	3-4 p.m.
Slow Flow Yoga					
13 Sessions	R07029-211	N. Potomac CRC	1/6	M	2:30-3:30 p.m.
Yin Yoga with Adina Crawford					
12 Sessions	R07032-211	Schweinhaut SC	12/7	Sa	9:15-10:15 a.m.
Yoga					
10 Sessions	R07032-201	Wheaton CRC	12/2	M	10-11 a.m.
13 Sessions	R07029-203	Damascus SC	12/6	F	11 a.m.-Noon
7 Sessions	R03027-232	Mid-County CRC	1/13	M	10-11 a.m.
Yoga for All with Edgar					
13 Sessions	R07029-210	White Oak CRC	12/6	F	9:15-10:15 a.m.
Yoga Para Todos					
13 Sessions	R07032-205	Wheaton CRC	12/5	Th	3-4 p.m.
Yogalates					
11 Sessions	R07032-212	Silver Spring RAC	12/3	Tu	6:30-7:30 p.m.
10 Sessions	R07032-203	Wheaton CRC	12/4	W	9:45-10:45 a.m.





Martial Arts



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Integral Tai Chi with JJ					
13 Sessions	R07025-200	White Oak CRC	12/6	F	1-2 p.m.
Intro to Qigong					
12 Sessions	R07059-203	N. Potomac CRC	12/5	Th	9:30-10:15 a.m.
Let's Practice Qigong					
13 Sessions	R07059-201	Wheaton CRC	12/6	F	1-2 p.m.
Martial Arts Health Dance with Josephine					
12 Sessions	R07010-202	N. Potomac CRC	12/7	Sa	9:30-11 a.m.
Qi Gong					
5 Sessions	R03027-234	Mid-County CRC	1/7	Tu	10-11 a.m.
Qi Gong with Mike Kornely					
12 Sessions	R07059-204	Schweinhaut SC	12/7	Sa	Noon-1 p.m.
Self-Defense Tae Kwon Do					
12 Sessions	R07026-201	Holiday Park SC	1/3	F	2-3 p.m.



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Tai Chi					
13 Sessions	R07025-219	Long Branch CRC	12/2	M	10-11 a.m.
35 Sessions	R07025-210	White Oak CRC	12/2	M,W,F	9-10 a.m.
13 Sessions	R07025-217	N. Potomac CRC	12/3	Tu	9:30-11 a.m.
	R07025-204	Damascus SC	12/3	Tu	11 a.m.-Noon
12 Sessions	R07025-218	Silver Spring RAC	12/6	F	9-10 a.m.
	R07025-220	Wheaton CRC	12/6	F	10:45-11:45 a.m.
13 Sessions	R07025-201	Holiday Park SC	1/8	W	9:30-10:20 a.m.
Tai Chi Chuan with Glenn Moy					
13 Sessions	R07025-207	Schweinhaut SC	12/3	Tu	2-3 p.m.
Tai Chi CMC 37 Yang Style and Chi Gong Exercises					
12 Sessions	R07025-215	N. Potomac CRC	1/10	F	10 a.m.-Noon
Tai Chi Exercises					
11 Sessions	R07025-203	Holiday Park SC	1/7	Tu	9:30-10:20 a.m.
Tai Chi Sword					
9 Sessions	R07027-201	Holiday Park SC	1/6	M	2:30-3:25 p.m.
Tai Chi with Shifu Larry					
13 Sessions	R07027-202	N. Potomac CRC	12/6	F	2:30-3:30 p.m.





Music



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Angklung Music Lessons					
12 Sessions	R07109-202	Schweinhaut SC	12/7	Sa	Noon-2 p.m.
Chinese Karaoke					
3 Sessions	R07080-225	N. Potomac CRC	12/3	Tu	2-3:30 p.m.
Karaoke					
12 Sessions	R07080-223	Holiday Park SC	1/3	F	1-1:45 p.m.
11 Sessions	R07080-222	Holiday Park SC	1/7	Tu	2:30-3:30 p.m.
Let's Practice Ukulele! Club					
3 Sessions	R07115-202	Wheaton CRC	12/5	Th	1-2 p.m.
Piano Club					
3 Sessions	R07115-203	Holiday Park SC	1/6	M	2-3 p.m.
Sing Along with Hong Bich					
25 Sessions	R07080-224	Long Branch CRC	12/2	M	11 a.m.-Noon
Song Circle					
3 Sessions	R07080-208	Schweinhaut SC	12/13	F	1:30-3:30 p.m.



THE REC INSIDER











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

SIGN UP

FOR OUR NEWSLETTER TODAY!



MONTGOMERY COUNTY Recreation

Special Events



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Black History Month Celebration					
1 Session	R07089-200	White Oak CRC	2/20	Th	10:30 a.m.-Noon
Afternoon Cinema					
11 Sessions	R07088-204	Silver Spring RAC	12/3	Tu	12:30-2:30 p.m.
Encore Chorale Winter Concert					
1 Session	R07094-212	Schweinhaut SC	12/20	F	11 a.m.-Noon
Celebrate Black History Month Event					
1 Session	R07089-208	Long Branch CRC	2/19	W	10:30 a.m.-12:30 p.m.
Holiday Ballroom Dance Showcase					
1 Session	R07107-203	N. Potomac CRC	12/6	F	1:30-4:30 p.m.
Holiday Line Dance Party					
1 Session	R07107-259	N. Potomac CRC	12/10	Tu	1-3 p.m.
Lunar New Year Celebration					
1 Session	R07089-237	N. Potomac CRC	2/7	F	10 a.m.-Noon
Motown and More DJ Music for Black History Month					
1 Session	R07107-260	N. Potomac CRC	2/21	F	12:30-2:30 p.m.
Sports Day with Matt					
1 Session	R07107-244	Schweinhaut SC	12/11	W	9 a.m.-1:30 p.m.
	R07107-245	Long Branch CRC	2/11	Tu	11 a.m.-12:15 p.m.
Valentine's Day Party					
1 Session	R07107-258	Silver Spring RAC	2/14	F	2-3:30 p.m.
Wheaton Winter Celebration					
1 Session	R07089-201	Wheaton CRC	12/20	F	11:30 a.m.-1:30 p.m.

JOIN US FOR A MULTI-CENTER

HOLIDAY Bash

Let's celebrate together!

LIVE MUSIC, SING-ALONG, GIFTS AND MORE!

FRIDAY, DEC. 6
10 A.M.-1 P.M.

FREE

AGES 55 AND UP

WHITE OAK SENIOR CENTER

1700 APRIL LANE, SILVER SPRING

REGISTER TODAY

LEAVING FROM	ACTIVITY
SCHWEINHAUT SC	R07107-246
LONG BRANCH SC	R07107-247

LOCATION	ACTIVITY
WHITE OAK SC	R07107-248

SCAN TO REGISTER:

Sports



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
PICKLEBALL					
Beginners Pickleball					
21 Sessions	R03027-246	East County CRC	1/8	W	12:30-2:30 p.m.
Newbies and Beginners Pickleball					
10 Sessions	R07091-212	Schweinhaut SC	12/5	Th	1-2 p.m.
Intermediate Pickleball					
10 Sessions	R07091-214	Schweinhaut SC	12/5	Th	3-4 p.m.
Advanced Beginners Pickleball					
10 Sessions	R07091-213	Schweinhaut SC	12/5	Th	2-3 p.m.
Pickleball					
13 Sessions	R07091-210	White Oak CRC	12/5	Th	10 a.m.-Noon
	R07091-211	Schweinhaut SC	12/6	F	10:30 a.m.-Noon
Pickleball Demo					
1 Session	R07091-216	Silver Spring RAC	12/9	M	10-11 a.m.
	R07091-215	Wheaton SC	12/23	M	9-10 a.m.





MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE JUST AROUND THE CORNER!

MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



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

COMING THIS SPRING

Cherry Blossom Lunch Cruise, D.C. • Escape Tour of Assassin John Wilkes Booth with guide Rick Snider, MD • Winterthur Gardens & Museum, DE Annual Sailing, St. Mary's City Tour, MD • National Museum of the United States Army, VA and more.



MAKE EVERY DAY UNFORGETTABLE!

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

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

DAY TRIPPERS INTERGENERATIONAL



COMING THIS SPRING

- Weinberg Center-Neil Berg's The 70's - Long Live Rock n Roll, MD
- The Tea Trolley Tea House, Delta, PA
- Carroll County Farmers Market - Mother's Day Show, MD
- Shear Madness, Kennedy Center
- Baker Park Band Shell Concert Series, MD





2024-25 HOLIDAY SCHEDULE

Our centers and pools will have adjusted hours during the 2024-25 holiday season.

RECREATION AND SENIOR CENTERS

Thursday-Friday, Nov.28-29: CLOSED
Tuesday, Dec. 24 : Closed at 3 p.m.
Wednesday, Dec. 25: CLOSED

Thursday-Friday, Dec. 26-27

Centers open for modified hours:

Bauer Drive- 9 p.m.-4:30 p.m.
N. Potomac - 9 a.m.- 4:30 p.m.
Potomac - 9 a.m.-6 p.m.
Plum Gar - 9 a.m.-4 p.m.
Praisner - 9 a.m.-4 p.m.
Wheaton - 9 a.m.-8 p.m.
White Oak- 9 a.m.-4:30 p.m.

*** All other recreation and senior centers will be closed.**

Saturday, Dec. 28

Centers open from 9 a.m.-4 p.m.

- Bauer Drive
- North Potomac
- Potomac
- Plum Gar
- Praisner
- Wheaton
- White Oak

*** All other recreation and senior centers will be closed.**

Sunday, Dec. 29: CLOSED

Monday, Dec. 30

Centers open from 9 a.m.-4 p.m.

- Bauer Drive
- North Potomac
- Potomac
- Plum Gar
- Praisner
- Wheaton
- White Oak

*** All other recreation and senior centers will be closed.**

Tuesday, Dec. 31

Centers closed at 3 p.m.

- Bauer Drive
- North Potomac
- Potomac
- Plum Gar
- Praisner
- Wheaton
- White Oak

*** All other recreation and senior centers will be closed.**

Wednesday, Jan. 1: CLOSED

POOLS

Wednesday, Nov. 27: Closed at 6 p.m.
Thursday, Nov. 28: CLOSED
Tuesday, Dec. 24 : Closed at 3 p.m.
Wednesday, Dec. 25: CLOSED

Dec. 23-Dec. 30:

The indoor pool schedules will have modified hours from Dec. 23 - Dec. 30. Please check the website for updates.

Tuesday, Dec. 31: Closed at 3 p.m.
Wednesday, Jan. 1: CLOSED

Customer Service Available
8:30 a.m. - 4:30 p.m.
240-777-6840

MONTGOMERY COUNTY Recreation

www.mocorec.com

Facility Addresses

Registration begins Wednesday, Nov. 13 for winter programs.

Looking for Senior Centers?
Click here to view senior center locations.

Looking for pool locations?
Click here to view aquatic facilities.

ELEMENTARY SCHOOLS

Ashburton ES..... 6314 Lone Oak Dr, Bethesda, 20817
Bethesda ES..... 7600 Arlington Rd, Bethesda 20814
Kemp Mill ES..... 411 Sisson St, Silver Spring, 20902
Oakland Terrace ES..... 2720 Plyers Mill Rd, Silver Spring 20902
Rock View ES.....3901 Denfeld Ave., Kensington 20895

MIDDLE SCHOOLS

Cabin John MS.....10701 Gainsborough Rd, Potomac 20854
Wood MS.....14615 Bauer Dr, Rockville 20853



HIGH SCHOOLS

Churchill HS.....11300 Gainsborough Rd, Potomac, MD 20854
Thomas S. Wootton. HS.....2100 Wootton Pkwy, Rockville 20850

OTHER FACILITIES

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

RECREATION FACILITIES

Recreation Administrative Office ..... 2425 Reedie Drive, 10th Floor, Wheaton, 20902
Bauer Drive CRC ..... 14625 Bauer Drive, Rockville, 20853
Clara Barton NRC ..... 7425 MacArthur Blvd., Cabin John, 20818
Damascus CRC ..... 25520 Oak Drive, Damascus, 20872
East County CRC ..... 3310 Gateshead Manor Way, Silver Spring, 20904
Germantown CRC ..... 18905 Kingsview Drive, Germantown, 20874
Good Hope NRC ..... 14715 Good Hope Road, Silver Spring, 20905
Gwendolyn Coffield CRC ..... 2450 Lyttonsville Road, Silver Spring, 20910
Lawton CRC ..... 4301 Willow Lane, Chevy Chase, 20815
Long Branch CRC ..... 8700 Piney Branch Road, Silver Spring, 20901
Longwood CRC ..... 19300 Georgia Ave., Brookeville, 20833
Marilyn J. Praisner CRC ..... 14906 Old Columbia Parkway,Burtonsville, 20866
Mid-County CRC ..... 2004 Queensguard Road, Silver Spring,20906
Nancy H. Dacek North Potomac CRC ..... 13850 Travilah Road, Rockville, 20850
Plum Gar CRC ..... 19561 Scenery Drive, Germantown, 20874
Potomac CRC ..... 11315 Falls Road, Potomac, 20854
Ross Boddy NRC ..... 18529 Brooke Road, Sandy Spring, 20860
Scotland NRC ..... 7000 Scotland Drive, Potomac,20854
Silver Spring RAC ..... 1319 Apple Ave., Silver Spring,20910
Upper County CRC ..... 8201 Emory Grove Road, Gaithersburg,20877
Wheaton CRC ..... 11701 Georgia Ave., Wheaton, 20902
White Oak CRC ..... 1700 April Lane, Silver Spring, 20904
Wisconsin Place CRC ..... 5311 Friendship Blvd., Chevy Chase, 20815

PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

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

BY MAIL
Check or money order payment only.
Fill out and sign the registration form and mail it to:
ActiveMONTGOMERY
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

DROP-OFF
Customers may drop off their registration form and payment at:
Montgomery County Recreation
Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902
Monday - Friday
9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

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

CHECKS and MONEY ORDERS

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

CREDIT CARDS

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

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least **14 (fourteen) calendar** days before start date	Any reason, ONLINE, EMAIL or IN PERSON	**Full refund**
	Less than **14 (fourteen) calendar** days before start date	Any reason, ONLINE, EMAIL or IN PERSON	**Refund less 50% of the total fee**
	On activity start date or later; After league schedule is posted	N/A	**No refund will be issued**
Rentals	At least **30 (thirty) calendar** days before start date	Any reason, ONLINE, EMAIL or IN PERSON	**Full refund**
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	**Refund less 50% of the total fee**
	On rental date	N/A	**No refund will be issued**

For classes/sessions/games missed by participant	**No refund will be issued**	**For more information visit www.mocorec.com**
When make up sessions are offered		
Memberships		

Withdrawal Methods:
Online: at www.ActiveMONTGOMERY.org
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov
In Person with signature:
Recreation Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

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

Questions:
Call 240-777-6806 (8:30 a.m.-4:30 p.m.)
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov

CONTACT CUSTOMER SERVICE

Customer Service Available
8:30 a.m.-4:30 p.m.
Phone: 240-777-6840
Email: recreation.customerservice@montgomerycountymd.gov

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

MONTGOMERY COUNTY Recreation

MONTGOMERY COUNTY RECREATION

WHERE THE FUN BEGINS

WINTER 2025

Registration begins

Wednesday Nov. 13







Have questions?

The customer service and outreach teams are here to help!

HOURS OF OPERATION

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

CALL US

Customer Service Available
8:30 a.m.-4:30 p.m.
240-777-6840

VISIT US

8:30 a.m.-4:30 p.m.
Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902
See Map

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

www.mocorec.com 240-777-6840

recreation.customerservice@montgomerycountymd.gov

MONTGOMERY COUNTY Recreation