

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SPRING 2025



MONTGOMERY COUNTY
Recreation

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Spring 2025
registration begins

Wednesday
Feb. 19
6:30 a.m.

Registration opens for most spring programs and activities.

9 a.m.

Registration opens for spring senior programs.



SPRING 2025

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

NOTICE FOR INDIVIDUALS WITH DISABILITIES

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





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



Facility Addresses 111

Payment/Refund Information 112

Customer Service Information Back Cover

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

MONTGOMERY COUNTY RECREATION



SUMMER CAMPS

Sign Up Now!

Visit mcorec.com/camps for more info.

2425 Reedie Drive, 10th Floor, Wheaton • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation

FREE

RECFIT PASS

VALID NOW THROUGH

2025

RENEW YOURS
BEFORE JULY 1!



FITNESS ROOMS

OPEN GYM (DROP-IN) ACTIVITIES

GAME ROOMS



MONTGOMERY COUNTY
Recreation



Rec Assist

Financial Assistance Program



Montgomery County Recreation offers financial assistance to those who qualify. **Apply now!**

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



MONTGOMERY COUNTY
Recreation



WHERE THE
FUN
BEGINS



[MOCOREC.COM/APPLY](https://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**

Are You a Montgomery County High School Student Looking to:

- ✓ Build Your Resume
- ✓ Try Something New
- ✓ Be a Role Model
- ✓ Join the Workforce



Join our TeenWorks team!
We offer various employment opportunities
throughout the county.



TEEN WORKS
MONTGOMERY COUNTY RECREATION

TeenWorks@MontgomeryCountyMD.gov



TeenWorks = REAL-LIFE EXPERIENCE + TRAINING + COACHING



AQUATICS

INDOOR POOLS

Live a Little...Swim a Lot!

**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 March 29-30
Closed April 20

**Martin Luther King, Jr.
Swim Center (MLK)**
240-777-8060
1201 Jackson Road,
Silver Spring
Closed April 20

**Olney Indoor
Swim Center (OSC)**
240-777-4995
16605 Georgia Avenue,
Olney
Closed March 8-9
Closed April 20
Closed May 3

**Silver Spring
Recreation and
Aquatic Center
(SSRAC)**
240-777-6900
1319 Apple Avenue,
Silver Spring
Closed April 20



**KENNEDY SHRIVER AQUATIC CENTER
(KSAC)**

IS
CLOSED
FOR RENOVATIONS
UNTIL 2026.

[CLICK HERE FOR MORE INFORMATION](#)



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

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
11 Sessions	R01001-303	MLK	3/10	M	10-10:50 a.m.	\$77
	R01001-304	MLK	3/19	W	10-10:50 a.m.	\$77
12 Sessions	R01001-3500	SSRAC	3/13	Th	11-11:50 a.m.	\$84

Aqua Cardio Challenge

Ages 12 and up

11 Sessions	R01004-302	MLK	3/9	Su	4-4:50 p.m.	\$77
12 Sessions	R01004-301	MLK	3/11	Tu	8:30-9:20 p.m.	\$84
	R01004-303	MLK	3/14	F	9-9:50 a.m.	\$84

Aqua Cardio Dance

Ages 12 and up

10 Sessions	R01003-302	OSC	3/16	Su	9:05-9:55 a.m.	\$70
12 Sessions	R01003-303	MLK	3/11	Tu	10-10:50 a.m.	\$84
	R01003-304	MLK	3/13	Th	10-10:50 a.m.	\$84
	R01003-3503	SSRAC	3/11	Tu	9-9:50 a.m.	\$84
	R01003-3501	SSRAC	3/12	W	10-10:50 a.m.	\$84

Aqua Fit

Ages 12 and up

11 Sessions	R01085-3502	SSRAC	3/10	M	1-1:50 p.m.	\$77
12 Sessions	R01085-3500	SSRAC	3/11	Tu	6-6:50 p.m.	\$84
	R01085-3503	SSRAC	3/12	W	1-1:50 p.m.	\$84
	R01085-3501	SSRAC	3/14	F	11-11:50 a.m.	\$84

Aqua Lite

Ages 12 and up

11 Sessions	R01005-303	OSC	3/10	M	10-10:50 a.m.	\$77
	R01005-3501	SSRAC	3/10	M	11-11:50 a.m.	\$77
12 Sessions	R01005-304	OSC	3/12	W	10-10:50 a.m.	\$84
	R01005-305	OSC	3/14	F	10-10:50 a.m.	\$84
	R01005-3500	SSRAC	3/12	W	11-11:50 a.m.	\$84
	R01005-3503	SSRAC	3/13	Th	8-8:50 a.m.	\$84



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Aqua Spin

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
11 Sessions	R01006-307	MLK	3/19	W	9-9:50 a.m.	\$110
	R01006-3500	SSRAC	3/10	M	7:30-8:20 p.m.	\$110
12 Sessions	R01006-313	GISC	3/11	Tu	8-8:50 a.m.	\$120
	R01006-314	GISC	3/13	Th	8-8:50 a.m.	\$120
	R01006-308	MLK	3/8	Sa	6:10-7 p.m.	\$120
	R01006-316	MLK	3/8	Sa	8:10-9 a.m.	\$120
	R01006-311	MLK	3/11	Tu	11-11:50 a.m.	\$120
	R01006-315	MLK	3/11	Tu	7:30-8:20 a.m.	\$120
	R01006-306	MLK	3/13	Th	11-11:50 a.m.	\$120
	R01006-312	MLK	3/13	Th	8:30-9:20 p.m.	\$120
	R01006-309	MLK	3/14	F	7:30-8:20 a.m.	\$120
	R01006-310	MLK	3/14	F	7:30-8:20 p.m.	\$120
	R01006-3506	SSRAC	3/8	Sa	9:30-10:20 a.m.	\$120
	R01006-3501	SSRAC	3/11	Tu	12:30-1:20 p.m.	\$120
	R01006-3502	SSRAC	3/12	W	7:30-8:20 p.m.	\$120
	R01006-3504	SSRAC	3/12	Th	12:30-1:20 p.m.	\$120
	R01006-3503	SSRAC	3/13	Th	9-9:50 a.m.	\$120
	R01006-3505	SSRAC	3/14	F	12:30-1:20 p.m.	\$120

Aqua Yo-Lates

Ages 12 and up

12 Sessions	R01007-301	MLK	3/14	F	10-10:50 a.m.	\$84
	R01007-3500	SSRAC	3/11	Tu	11-11:50 a.m.	\$84

GUIDELINES FOR PLACEMENT IN SWIM CLASSES



Looking for more
**THERAPEUTIC
RECREATION**
activities?

[VIEW TR ACTIVITIES](#)

[→ CLICK HERE TO REGISTER.](#)

Deep Water Running

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
11 Sessions	R01008-333	GISC	3/8	Sa	10-10:50 a.m.	\$77
	R01008-308	GISC	3/10	M	10-10:50 a.m.	\$77
	R01008-311	GISC	3/10	M	7:50-8:40 p.m.	\$77
	R01008-323	MLK	3/10	M	Noon-12:50 p.m.	\$77
	R01008-331	OSC	3/10	M	11-11:50 a.m.	\$77
	R01008-312	OSC	3/10	M	7:20-8:10 p.m.	\$77
	R01008-332	OSC	3/15	Sa	9:05-9:55 a.m.	\$77
	R01008-3506	SSRAC	3/9	Su	11:10 a.m.-Noon	\$77
	R01008-3508	SSRAC	3/10	M	10-10:50 a.m.	\$77
12 Sessions	R01008-307	GISC	3/11	Tu	10-10:50 a.m.	\$84
	R01008-309	GISC	3/12	W	10:30-11:20 a.m.	\$84
	R01008-310	GISC	3/13	Th	10-10:50 a.m.	\$84
	R01008-330	MLK	3/8	Sa	9-9:50 a.m.	\$84
	R01008-324	MLK	3/11	Tu	9-9:50 a.m.	\$84
	R01008-327	MLK	3/11	Tu	7:30-8:20 p.m.	\$84
	R01008-329	MLK	3/12	W	Noon-12:50 p.m.	\$84
	R01008-325	MLK	3/13	Th	7:30-8:20 a.m.	\$84
	R01008-326	MLK	3/13	Th	7:30-8:20 p.m.	\$84
	R01008-328	MLK	3/14	F	11-11:50 a.m.	\$84
	R01008-313	OSC	3/11	Tu	8:30-9:20 a.m.	\$84
	R01008-314	OSC	3/11	Tu	10:30-11:20 a.m.	\$84
	R01008-321	OSC	3/12	W	6:30-7:20 a.m.	\$84
	R01008-316	OSC	3/12	W	7:20-8:10 p.m.	\$84
	R01008-317	OSC	3/13	Th	9-9:50 a.m.	\$84
	R01008-318	OSC	3/13	Th	11-11:50 a.m.	\$84
	R01008-322	OSC	3/14	F	6:30-7:20 a.m.	\$84
	R01008-320	OSC	3/14	F	6:20-7:10 p.m.	\$84
	R01008-3505	SSRAC	3/8	Sa	10:30-11:20 a.m.	\$84
	R01008-3501	SSRAC	3/11	Tu	10-10:50 a.m.	\$84
	R01008-3500	SSRAC	3/11	Tu	7:05-7:55 p.m.	\$84
	R01008-3503	SSRAC	3/13	Th	10-10:50 a.m.	\$84
	R01008-3502	SSRAC	3/13	Th	7:15-8:05 p.m.	\$84
	R01008-3504	SSRAC	3/14	F	9-9:50 a.m.	\$84





Hi/Lo Cardio Fusion

Ages 12 and up

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
12 Sessions	R01009-3500	SSRAC	3/14	F	10-10:50 a.m.	\$84

Water Aerobics

Ages 12 and up

12 Sessions	R01010-300	GISC	3/12	W	9:30-10:20 a.m.	\$84
	R01010-308	GISC	3/13	Th	7:50-8:40 p.m.	\$84
	R01010-302	OSC	3/11	Tu	9:30-10:20 a.m.	\$84
	R01010-303	OSC	3/11	Tu	7:20-8:10 p.m.	\$84
	R01010-304	OSC	3/13	Th	10-10:50 a.m.	\$84
	R01010-305	OSC	3/13	Th	7:20-8:10 p.m.	\$84

Water Exercise

Ages 12 and up

11 Sessions	R01011-305	OSC	3/10	M	9-9:50 a.m.	\$77
	R01011-308	MLK	3/10	M	9-9:50 a.m.	\$77
12 Sessions	R01011-306	OSC	3/12	W	9-9:50 a.m.	\$84
	R01011-307	OSC	3/14	F	9-9:50 a.m.	\$84
	R01011-3501	SSRAC	3/13	Th	6-6:50 p.m.	\$84





Spring Outdoor Water Fitness

Join us for water fitness in Spring! Enjoy the heated pool and heated locker rooms at the Wheaton-Glenmont Outdoor pool.

Abs & Glutes & More

Activity R01001-3001

Tuesdays and Thursdays

April 22-May 22

5:30-6:20 p.m.

Deep Water Running

Activity R01008-3002

Tuesdays and Thursdays

April 22-May 22

6:30-7:20 p.m.

**Ages
12 and up
\$70
10 Sessions**



Wheaton-Glenmont Outdoor Pool
12621 Dalewood Drive, Wheaton



REGISTER NOW



Swim Lessons

Registration will begin

Wednesday, Feb. 19 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 and outdoor courses generally 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 listing for schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.



All swim lessons are inclusive, however, adapted swim lessons are offered for those better served with additional support.

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 7-13)

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 breaststroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 35-minute sessions. Group size is limited to 10 students per instructor.

FOR MORE INFORMATION, CLICK HERE.



Parent-Assisted Swim Lessons



CLICK HERE TO REGISTER.

Waterbabies

Ages 6-18 months

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01063-327	GISC	3/4	Tu,Th	5-5:30 p.m.	\$60
	R01063-326	GISC	3/8	Sa	10:35-11:05 a.m.	\$60
	R01063-328	GISC	4/22	Tu,Th	5-5:30 p.m.	\$60
	R01063-378	MLK	3/1	Sa	11:40 a.m.-12:10 p.m.	\$60
	R01063-379	MLK	3/5	W	6:10-6:40 p.m.	\$60
	R01063-380	MLK	4/26	Sa	11:40 a.m.-12:10 p.m.	\$60
	R01063-381	MLK	4/30	W	6:10-6:40 p.m.	\$60
	R01063-355	OSC	2/27	Th	5:20-5:50 p.m.	\$60
	R01063-352	OSC	3/2	Su	9-9:30 a.m.	\$60
	R01063-357	OSC	4/24	Th	5:20-5:50 p.m.	\$60
	R01063-354	OSC	4/27	Su	9-9:30 a.m.	\$60
	R01063-3500	SSRAC	3/7	F	10:50-11:20 a.m.	\$60
	R01063-3501	SSRAC	3/8	Sa	10:10-10:40 a.m.	\$60
	R01063-3502	SSRAC	3/9	Su	9:30-10 a.m.	\$60
	R01063-3503	SSRAC	4/18	F	10:50-11:20 a.m.	\$60
	R01063-3504	SSRAC	4/19	Sa	10:10-10:40 a.m.	\$60
	R01063-3505	SSRAC	4/27	Su	9:30-10 a.m.	\$60



PARENT-ASSISTED LESSONS

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

Parent-Assisted Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Aquatots

Ages 18 months-3

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01038-328	GISC	3/4	Tu,Th	5:40-6:10 p.m.	\$60
	R01038-326	GISC	3/8	Sa	9:55-10:25 a.m.	\$60
	R01038-327	GISC	3/8	Sa	11:15-11:45 a.m.	\$60
	R01038-329	GISC	4/22	Tu,Th	5:40-6:10 p.m.	\$60
	R01038-378	MLK	3/1	Sa	10:20-10:50 a.m.	\$60
	R01038-379	MLK	3/2	Su	10-10:30 a.m.	\$60
	R01038-380	MLK	3/5	W	5:30-6 p.m.	\$60
	R01038-381	MLK	4/26	Sa	10:20-10:50 a.m.	\$60
	R01038-382	MLK	4/27	Su	10-10:30 a.m.	\$60
	R01038-383	MLK	4/30	W	5:30-6 p.m.	\$60
	R01038-355	OSC	2/27	Th	6-6:30 p.m.	\$60
	R01038-352	OSC	3/2	Su	9:40-10:10 a.m.	\$60
	R01038-357	OSC	4/24	Th	6-6:30 p.m.	\$60
	R01038-354	OSC	4/27	Su	9:40-10:10 a.m.	\$60
	R01038-3500	SSRAC	3/3	M	4:40-5:10 p.m.	\$60
	R01038-3501	SSRAC	3/7	F	10:10-10:40 a.m.	\$60
	R01038-3502	SSRAC	3/8	Sa	9:30-10 a.m.	\$60
	R01038-3503	SSRAC	4/14	M	4:40-5:10 p.m.	\$60
	R01038-3504	SSRAC	4/18	F	10:10-10:40 a.m.	\$60
	R01038-3505	SSRAC	4/19	Sa	9:30-10 a.m.	\$60



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Parent-Assisted Swim Lessons

[CLICK HERE TO REGISTER.](#)

Pre School

Ages 3-5

6 Sessions

Activity	Pool Location	Start Date	Day	Time	Fee
R01062-326	GISC	3/8	Sa	9:15-9:45 a.m.	\$60
R01062-327	GISC	3/4	Tu,Th	6:20-6:50 p.m.	\$60
R01062-328	GISC	4/22	Tu,Th	6:20-6:50 p.m.	\$60
R01062-3500	SSRAC	3/3	M	5:20-5:50 p.m.	\$60
R01062-3501	SSRAC	3/7	F	9:30-10 a.m.	\$60
R01062-3502	SSRAC	3/7	F	11:30 a.m.-Noon	\$60
R01062-3503	SSRAC	4/14	M	5:20-5:50 p.m.	\$60
R01062-3504	SSRAC	4/18	F	9:30-10 a.m.	\$60
R01062-3505	SSRAC	4/18	F	11:30 a.m.-Noon	\$60
R01062-352	OSC	3/2	Su	10:20-10:50 a.m.	\$60
R01062-354	OSC	2/27	Th	6:40-7:10 p.m.	\$60
R01062-355	OSC	4/27	Su	10:20-10:50 a.m.	\$60
R01062-357	OSC	4/24	Th	6:40-7:10 p.m.	\$60
R01062-378	MLK	3/1	Sa	1-1:30 p.m.	\$60
R01062-379	MLK	3/2	Su	12-12:30 p.m.	\$60
R01062-380	MLK	3/5	W	6:50-7:20 p.m.	\$60
R01062-381	MLK	4/26	Sa	1-1:30 p.m.	\$60
R01062-382	MLK	4/27	Su	12-12:30 p.m.	\$60
R01062-383	MLK	4/30	W	6:50-7:20 p.m.	\$60



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



Beginner Swim Lessons



CLICK HERE TO REGISTER.

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01051-329	GISC	3/3	M	5:40-6:10 p.m.	\$66
	R01051-330	GISC	3/3	M	6:20-6:50 p.m.	\$66
	R01051-331	GISC	3/5	W	6:20-6:50 p.m.	\$66
	R01051-338	GISC	3/8	Sa	9:55-10:25 a.m.	\$66
	R01051-326	GISC	3/8	Sa	10:35-11:05 a.m.	\$66
	R01051-327	GISC	3/9	Su	9:15-9:45 a.m.	\$66
	R01051-328	GISC	3/9	Su	10:35-11:05 a.m.	\$66
	R01051-332	GISC	3/25	Tu,Th	6:20-6:50 p.m.	\$66
	R01051-333	GISC	4/21	M	6:20-6:50 p.m.	\$66
	R01051-334	GISC	4/23	W	5:40-6:10 p.m.	\$66
	R01051-335	GISC	4/23	W	6:20-6:50 p.m.	\$66
	R01051-378	MLK	3/1	Sa	9:40-10:10 a.m.	\$66
	R01051-379	MLK	3/1	Sa	10:20-10:50 a.m.	\$66
	R01051-380	MLK	3/1	Sa	11-11:30 a.m.	\$66
	R01051-381	MLK	3/1	Sa	12:20-12:50 p.m.	\$66
	R01051-382	MLK	3/1	Sa	1-1:30 p.m.	\$66
	R01051-322	MLK	3/2	Su	11:20-11:50 a.m.	\$66
	R01051-323	MLK	3/2	Su	Noon-12:30 p.m.	\$66
	R01051-383	MLK	3/2	Su	10:40-11:10 a.m.	\$66
	R01051-384	MLK	3/3	M	5:30-6 p.m.	\$66
	R01051-385	MLK	3/3	M	6:50-7:20 p.m.	\$66
	R01051-386	MLK	3/4	Tu	5:30-6 p.m.	\$66
	R01051-387	MLK	3/4	Tu	6:10-6:40 p.m.	\$66
	R01051-388	MLK	3/5	W	6:10-6:40 p.m.	\$66
	R01051-389	MLK	3/6	Th	5:30-6 p.m.	\$66
	R01051-390	MLK	3/6	Th	6:10-6:40 p.m.	\$66
	R01051-391	MLK	4/26	Sa	9:40-10:10 a.m.	\$66
	R01051-392	MLK	4/26	Sa	10:20-10:50 a.m.	\$66
	R01051-393	MLK	4/26	Sa	11-11:30 a.m.	\$66
	R01051-394	MLK	4/26	Sa	12:20-12:50 p.m.	\$66
	R01051-395	MLK	4/26	Sa	1-1:30 p.m.	\$66
	R01051-374	MLK	4/27	Su	11:20-11:50 a.m.	\$66
	R01051-396	MLK	4/27	Su	10:40-11:10 a.m.	\$66
	R01051-397	MLK	4/27	Su	Noon-12:30 p.m.	\$66

BEGINNER LEVEL 1

Beginner Swim Lessons

 [CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01051-398	MLK	4/28	M	5:30-6 p.m.	\$66
	R01051-399	MLK	4/28	M	6:50-7:20 p.m.	\$66
	R01051-348	MLK	4/29	Tu	5:30-6 p.m.	\$66
	R01051-373	MLK	4/29	Tu	6:10-6:40 p.m.	\$66
	R01051-347	MLK	4/30	W	6:10-6:40 p.m.	\$66
	R01051-325	MLK	5/1	Th	5:30-6 p.m.	\$66
	R01051-349	MLK	5/1	Th	6:10-6:40 p.m.	\$66
	R01051-352	OSC	2/24	M	6:20-6:50 p.m.	\$66
	R01051-354	OSC	2/24	M	7-7:30 p.m.	\$66
	R01051-361	OSC	2/25	Tu	6:40-7:10 p.m.	\$66
	R01051-358	OSC	2/26	W	6:20-6:50 p.m.	\$66
	R01051-359	OSC	2/27	Th	5:20-5:50 p.m.	\$66
	R01051-364	OSC	3/1	Sa	11-11:30 a.m.	\$66
	R01051-365	OSC	3/1	Sa	9:40-10:10 a.m.	\$66
	R01051-353	OSC	3/2	Su	11-11:30 a.m.	\$66
	R01051-362	OSC	4/22	Tu	6:40-7:10 p.m.	\$66
	R01051-360	OSC	4/24	W	6:20-6:50 p.m.	\$66
	R01051-366	OSC	4/26	Sa	9:40-10:10 a.m.	\$66
	R01051-367	OSC	4/26	Sa	11-11:30 a.m.	\$66
	R01051-355	OSC	4/27	Su	11-11:30 a.m.	\$66
	R01051-356	OSC	4/28	M	6:20-6:50 p.m.	\$66
	R01051-357	OSC	4/28	M	7-7:30 p.m.	\$66
	R01051-3500	SSRAC	3/3	M	4-4:30 p.m.	\$66
	R01051-3501	SSRAC	3/3	M	6-6:30 p.m.	\$66
	R01051-3502	SSRAC	3/3	M	6:40-7:10 p.m.	\$66
	R01051-3503	SSRAC	3/7	F	10:10-10:40 a.m.	\$66
	R01051-3504	SSRAC	3/8	Sa	10:50-11:20 a.m.	\$66
	R01051-3505	SSRAC	3/8	Sa	11:30 a.m.-Noon	\$66
	R01051-3506	SSRAC	4/14	M	4-4:30 p.m.	\$66
	R01051-3507	SSRAC	4/14	M	6-6:30 p.m.	\$66
	R01051-3508	SSRAC	4/14	M	6:40-7:10 p.m.	\$66
	R01051-3509	SSRAC	4/18	F	10:10-10:40 a.m.	\$66
	R01051-3510	SSRAC	4/19	Sa	10:50-11:20 a.m.	\$66
	R01051-3511	SSRAC	4/19	Sa	11:30 a.m.-Noon	\$66

BEGINNER LEVEL 1

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Beginner Swim Lessons



CLICK HERE TO REGISTER.

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01052-329	GISC	3/3	M	6:20-6:50 p.m.	\$66
	R01052-330	GISC	3/4	Tu,Th	5-5:30 p.m.	\$66
	R01052-326	GISC	3/8	Sa	9:55-10:25 a.m.	\$66
	R01052-327	GISC	3/8	Sa	11:15-11:45 a.m.	\$66
	R01052-328	GISC	3/9	Su	9:55-10:25 a.m.	\$66
	R01052-331	GISC	3/25	Tu,Th	5-5:30 p.m.	\$66
	R01052-332	GISC	4/21	M	5:40-6:10 p.m.	\$66
	R01052-378	MLK	3/1	Sa	11-11:30 a.m.	\$66
	R01052-379	MLK	3/1	Sa	9:40-10:10 a.m.	\$66
	R01052-380	MLK	3/1	Sa	12:20-12:50 p.m.	\$66
	R01052-381	MLK	3/1	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01052-323	MLK	3/2	Su	10-10:30 a.m.	\$66
	R01052-382	MLK	3/2	Su	10:40-11:10 a.m.	\$66
	R01052-383	MLK	3/2	Su	Noon-12:30 p.m.	\$66
	R01052-384	MLK	3/3	M	5:30-6 p.m.	\$66
	R01052-385	MLK	3/3	M	6:10-6:50 p.m.	\$66
	R01052-386	MLK	3/4	Tu	5:30-6 p.m.	\$66
	R01052-387	MLK	3/4	Tu	6:10-6:40 p.m.	\$66
	R01052-388	MLK	3/5	W	6:50-7:20 p.m.	\$66
	R01052-389	MLK	3/6	Th	6:10-6:40 p.m.	\$66
	R01052-390	MLK	3/6	Th	6:50-7:20 p.m.	\$66
	R01052-391	MLK	4/26	Sa	9:40-10:10 a.m.	\$66
	R01052-392	MLK	4/26	Sa	11-11:30 a.m.	\$66
	R01052-393	MLK	4/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01052-394	MLK	4/26	Sa	12:20-12:50 p.m.	\$66
	R01052-347	MLK	4/27	Su	10-10:30 a.m.	\$66
	R01052-395	MLK	4/27	Su	10:40-11:10 a.m.	\$66
	R01052-396	MLK	4/27	Su	Noon-12:30 p.m.	\$66

BEGINNER LEVEL 2



Beginner Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01052-397	MLK	4/28	M	5:30-6 p.m.	\$66
	R01052-398	MLK	4/28	M	6:10-6:40 p.m.	\$66
	R01052-324	MLK	4/29	Tu	6:10-6:40 p.m.	\$66
	R01052-399	MLK	4/29	Tu	5:30-6 p.m.	\$66
	R01052-325	MLK	4/30	W	6:50-7:20 p.m.	\$66
	R01052-348	MLK	5/1	Th	6:10-6:40 p.m.	\$66
	R01052-349	MLK	5/1	Th	6:50-7:20 p.m.	\$66
	R01052-352	OSC	2/24	M	5:40-6:10 p.m.	\$66
	R01052-365	OSC	2/25	T	5:20-5:50 p.m.	\$66
	R01052-354	OSC	2/25	Tu	6-6:30 p.m.	\$66
	R01052-357	OSC	2/26	W	5:40-6:10 p.m.	\$66
	R01052-362	OSC	2/26	W	7-7:30 p.m.	\$66
	R01052-358	OSC	2/27	Th	6:40-7:10 p.m.	\$66
	R01052-353	OSC	3/1	Sa	10:20-10:50 a.m.	\$66
	R01052-359	OSC	3/2	Su	10:20-10:50 a.m.	\$66
	R01052-366	OSC	4/22	Tu	5:20-5:50 p.m.	\$66
	R01052-356	OSC	4/22	Tu	6-6:30 p.m.	\$66
	R01052-361	OSC	4/23	W	5:40-6:10 p.m.	\$66
	R01052-363	OSC	4/23	W	7-7:30 p.m.	\$66
	R01052-364	OSC	4/26	Sa	10:20-10:50 a.m.	\$66
	R01052-360	OSC	4/27	Su	10:20-10:50 a.m.	\$66
	R01052-355	OSC	4/28	M	5:40-6:10 p.m.	\$66
	R01052-3500	SSRAC	3/3	M	4-4:30 p.m.	\$66
	R01052-3501	SSRAC	3/3	M	5:20-5:50 p.m.	\$66
	R01052-3502	SSRAC	3/6	Th	6:40-7:10 p.m.	\$66
	R01052-3503	SSRAC	3/7	Fri	10:50-11:20 a.m.	\$66
	R01052-3504	SSRAC	3/8	Sa	10:50-11:20 a.m.	\$66
	R01052-3505	SSRAC	3/8	Sa	11:30 a.m.-Noon	\$66
	R01052-3506	SSRAC	4/14	M	4-4:30 p.m.	\$66
	R01052-3507	SSRAC	4/14	M	5:20-5:50 p.m.	\$66
	R01052-3508	SSRAC	4/17	Th	6:40-7:10 p.m.	\$66
	R01052-3509	SSRAC	4/18	Fri	10:50-11:20 a.m.	\$66
	R01052-3510	SSRAC	4/19	Sa	10:50-11:20 a.m.	\$66
	R01052-3511	SSRAC	4/19	Sa	11:30 a.m.-Noon	\$66

BEGINNER LEVEL 2

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





Beginner Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01053-327	GISC	3/3	M	5:40-6:10 p.m.	\$66
	R01053-328	GISC	3/5	W	6:20-6:50 p.m.	\$66
	R01053-326	GISC	3/9	Su	11:15-11:45 a.m.	\$66
	R01053-329	GISC	3/25	Tu,Th	5:40-6:10 p.m.	\$66
	R01053-330	GISC	4/22	Tu,Th	6:20-6:50 p.m.	\$66
	R01053-331	GISC	4/23	W	5:40-6:10 p.m.	\$66
	R01053-378	MLK	3/1	Sa	12:20-12:50 p.m.	\$66
	R01053-379	MLK	3/2	Su	11:20-11:50 a.m.	\$66
	R01053-380	MLK	3/4	Tu	6:50-7:20 p.m.	\$66
	R01053-381	MLK	3/6	Th	7:30-8 p.m.	\$66
	R01053-382	MLK	4/26	Sa	12:20-12:50 p.m.	\$66
	R01053-383	MLK	4/27	Su	11:20-11:50 a.m.	\$66
	R01053-384	MLK	4/29	Tu	6:50-7:20 p.m.	\$66
	R01053-385	MLK	5/1	Th	7:30-8 p.m.	\$66
	R01053-356	OSC	2/24	M	7-7:30 p.m.	\$66
	R01053-352	OSC	3/1	Sa	10:20-10:50 a.m.	\$66
	R01053-354	OSC	3/1	Sa	9-9:30 a.m.	\$66
	R01053-355	OSC	3/2	Su	9:40-10:10 a.m.	\$66
	R01053-353	OSC	4/26	Sa	10:20-10:50 a.m.	\$66
	R01053-357	OSC	4/26	Sa	9-9:30 a.m.	\$66
	R01053-358	OSC	4/27	Su	10:20-10:50 a.m.	\$66
	R01053-359	OSC	4/28	M	7-7:30 p.m.	\$66
	R01053-3500	SSRAC	3/3	M	4:40-5:10 p.m.	\$66
	R01053-3501	SSRAC	3/9	Su	10:50-11:20 a.m.	\$66
	R01053-3502	SSRAC	3/9	Su	11:30 a.m.-Noon	\$66
	R01053-3503	SSRAC	4/14	M	4:40-5:10 p.m.	\$66
	R01053-3504	SSRAC	4/27	Su	10:50-11:20 a.m.	\$66
	R01053-3505	SSRAC	4/27	Su	11:30 a.m.-Noon	\$66

BEGINNER LEVEL 3



Beginner Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 4-6

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01054-326	GISC	3/9	Su	9:15-9:45 a.m.	\$66
	R01054-328	GISC	3/9	Su	10:35-11:05 a.m.	\$66
	R01054-378	MLK	3/2	Su	11:20-11:50 a.m.	\$66
	R01054-379	MLK	3/4	Tu	7:30-8 p.m.	\$66
	R01054-380	MLK	3/6	Th	7:30-8 p.m.	\$66
	R01054-381	MLK	4/27	Su	11:20-11:50 a.m.	\$66
	R01054-382	MLK	4/29	Tu	7:30-8 p.m.	\$66
	R01054-383	MLK	5/1	Th	7:30-8 p.m.	\$66
	R01054-352	OSC	3/1	Sa	9:40-10:10 a.m.	\$66
	R01054-353	OSC	3/2	Su	9-9:30 a.m.	\$66
	R01054-354	OSC	4/26	Sa	9:40-10:10 a.m.	\$66
	R01054-355	OSC	4/27	Su	11-11:30 a.m.	\$66
	R01054-3500	SSRAC	3/4	Tu	4-4:30 p.m.	\$66
	R01054-3501	SSRAC	3/9	Su	10:10-10:40 a.m.	\$66
	R01054-3502	SSRAC	3/9	Su	11:30 a.m.-Noon	\$66
	R01054-3503	SSRAC	4/15	Tu	4-4:30 p.m.	\$66
	R01054-3504	SSRAC	4/27	Su	10:10-10:40 a.m.	\$66
	R01054-3505	SSRAC	4/27	Su	11:30 a.m.-Noon	\$66

BEGINNER LEVEL 4

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





Youth Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01045-327	GISC	3/4	Tu,Th	5:40-6:10 p.m.	\$66
	R01045-328	GISC	3/5	W	5:40-6:10 p.m.	\$66
	R01045-326	GISC	3/9	Su	9:55-10:25 a.m.	\$66
	R01045-329	GISC	3/25	Tu,Th	5:40-6:10 p.m.	\$66
	R01045-330	GISC	4/21	M	5:40-6:10 p.m.	\$66
	R01045-331	GISC	4/22	Tu,Th	5-5:30 p.m.	\$66
	R01045-332	GISC	4/23	W	6:20-6:50 p.m.	\$66
	R01045-378	MLK	3/1	Sa	10:20-10:50 a.m.	\$66
	R01045-379	MLK	3/1	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01045-380	MLK	3/2	Su	10:40-11:10 a.m.	\$66
	R01045-381	MLK	3/3	M	6:10-6:40 p.m.	\$66
	R01045-382	MLK	3/4	Tu	6:50-7:20 p.m.	\$66
	R01045-383	MLK	3/6	Th	5:30-6 p.m.	\$66
	R01045-384	MLK	4/26	Sa	10:20-10:50 a.m.	\$66
	R01045-389	MLK	4/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01045-385	MLK	4/27	Su	10:40-11:10 a.m.	\$66
	R01045-386	MLK	4/28	M	6:10-6:40 p.m.	\$66
	R01045-387	MLK	4/29	Tu	6:50-7:20 p.m.	\$66
	R01045-388	MLK	5/1	Th	5:30-6 p.m.	\$66
	R01045-358	OSC	2/24	M	5:40-6:10 p.m.	\$66
	R01045-354	OSC	2/25	Tu	5:20-5:50 p.m.	\$66
	R01045-352	OSC	2/26	W	5:40-6:10 p.m.	\$66
	R01045-353	OSC	2/26	W	7-7:30 p.m.	\$66
	R01045-359	OSC	2/27	Th	6-6:30 p.m.	\$66
	R01045-365	OSC	3/1	Sa	9-9:30 a.m.	\$66
	R01045-357	OSC	4/22	Tu	5:20-5:50 p.m.	\$66
	R01045-355	OSC	4/23	W	5:40-6:10 p.m.	\$66
	R01045-356	OSC	4/23	W	7-7:30 p.m.	\$66
	R01045-362	OSC	4/24	Th	6-6:30 p.m.	\$66
	R01045-364	OSC	4/24	Th	6:40-7:10 p.m.	\$66
	R01045-367	OSC	4/26	Sa	9-9:30 a.m.	\$66
	R01045-363	OSC	4/27	Su	9:40-10:10 a.m.	\$66
	R01045-361	OSC	4/28	M	5:40-6:10 p.m.	\$66
7 Sessions	R01045-360	OSC	3/2	Su	9:40-10:10 a.m.	\$66

YOUTH LEVEL 1



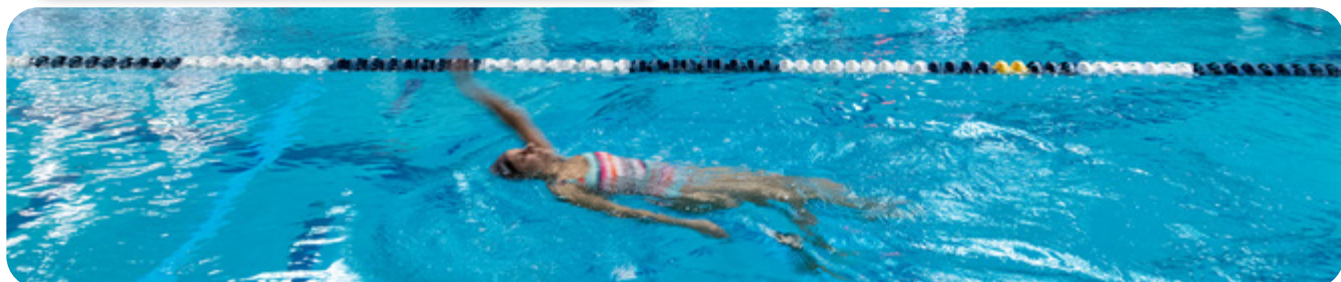
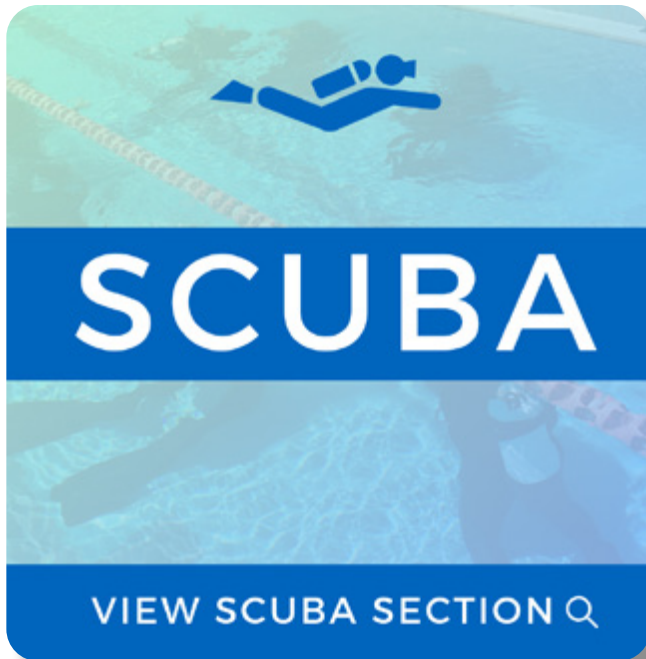
Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01045-3500	SSRAC	3/3	M	6-6:30 p.m.	\$66
	R01045-3501	SSRAC	3/4	Tu	5:20-5:50 p.m.	\$66
	R01045-3502	SSRAC	3/4	Tu	6:40-7:10 p.m.	\$66
	R01045-3503	SSRAC	3/6	Th	6-6:30 p.m.	\$66
	R01045-3504	SSRAC	3/8	Sa	9:30-10 a.m.	\$66
	R01045-3505	SSRAC	3/8	Sa	11:30 a.m.-Noon	\$66
	R01045-3506	SSRAC	4/14	M	6-6:30 p.m.	\$66
	R01045-3507	SSRAC	4/15	Tu	5:20-5:50 p.m.	\$66
	R01045-3508	SSRAC	4/15	Tu	6:40-7:10 p.m.	\$66
	R01045-3509	SSRAC	4/17	Th	6-6:30 p.m.	\$66
	R01045-3510	SSRAC	4/19	Sa	9:30-10 a.m.	\$66
	R01045-3511	SSRAC	4/19	Sa	11:30 a.m.-Noon	\$66

YOUTH LEVEL 1



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Swim Lessons



CLICK HERE TO REGISTER.

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01046-327	GISC	3/4	Tu,Th	6:20-6:50 p.m.	\$66
	R01046-328	GISC	3/5	W	6:20-6:50 p.m.	\$66
	R01046-326	GISC	3/9	Su	9:15-9:45 a.m.	\$66
	R01046-329	GISC	3/25	Tu,Th	5-5:30 p.m.	\$66
	R01046-330	GISC	3/25	Tu,Th	6:20-6:50 p.m.	\$66
	R01046-331	GISC	4/21	M	6:20-6:50 p.m.	\$66
	R01046-332	GISC	4/22	Tu,Th	5:40-6:10 p.m.	\$66
	R01046-378	MLK	3/1	Sa	11-11:30 a.m.	\$66
	R01046-379	MLK	3/1	Sa	1-1:30 p.m.	\$66
	R01046-380	MLK	3/2	Su	11:20-11:50 a.m.	\$66
	R01046-381	MLK	3/4	Tu	7:30-8 p.m.	\$66
	R01046-382	MLK	3/5	W	5:30-6 p.m.	\$66
	R01046-383	MLK	3/6	Th	6:50-7:20 p.m.	\$66
	R01046-384	MLK	4/26	Sa	11-11:30 a.m.	\$66
	R01046-386	MLK	4/26	Sa	1-1:30 p.m.	\$66
	R01046-385	MLK	4/27	Su	11:20-11:50 a.m.	\$66
	R01046-387	MLK	4/29	Tu	7:30-8 p.m.	\$66
	R01046-388	MLK	4/30	W	5:30-6 p.m.	\$66
	R01046-389	MLK	5/1	Th	6:50-7:20 p.m.	\$66

YOUTH LEVEL 2



QUESTIONS?

ASK CUSTOMER SERVICE

Call customer service or send an email.

240-777-6840

RECREATION.CUSTOMERSERVICE
@MONTGOMERYCOUNTYMD.GOV



Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01046-357	OSC	2/24	M	6:20-6:50 p.m.	\$66
	R01046-365	OSC	2/25	Tu	6-6:30 p.m.	\$66
	R01046-354	OSC	2/25	Tu	6:40-7:10 p.m.	\$66
	R01046-358	OSC	3/1	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01046-366	OSC	4/22	Tu	6-6:30 p.m.	\$66
	R01046-360	OSC	4/22	Tu	6:40-7:10 p.m.	\$66
	R01046-355	OSC	4/23	W	6:20-6:50 p.m.	\$66
	R01046-364	OSC	4/24	Th	5:20-5:50 p.m.	\$66
	R01046-353	OSC	4/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01046-362	OSC	4/27	Su	9-9:30 a.m.	\$66
	R01046-363	OSC	4/27	Su	11-11:30 a.m.	\$66
	R01046-359	OSC	4/28	M	6:20-6:50 p.m.	\$66
	R01046-3500	SSRAC	3/3	M	6:40-7:10 p.m.	\$66
	R01046-3501	SSRAC	3/4	Tu	6-6:30 p.m.	\$66
	R01046-3502	SSRAC	3/6	Th	5:20-5:50 p.m.	\$66
	R01046-3503	SSRAC	3/8	Sa	10:10-10:40 a.m.	\$66
	R01046-3504	SSRAC	3/8	Sa	10:50-11:20 a.m.	\$66
	R01046-3505	SSRAC	3/9	Su	10:10-10:40 a.m.	\$66
	R01046-3506	SSRAC	4/14	M	6:40-7:10 p.m.	\$66
	R01046-3507	SSRAC	4/15	Tu	6-6:30 p.m.	\$66
	R01046-3508	SSRAC	4/17	Th	5:20-5:50 p.m.	\$66
	R01046-3509	SSRAC	4/19	Sa	10:10-10:40 a.m.	\$66
	R01046-3510	SSRAC	4/19	Sa	10:50-11:20 a.m.	\$66
	R01046-3511	SSRAC	4/20	Su	10:10-10:40 a.m.	\$66

YOUTH LEVEL 2

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS





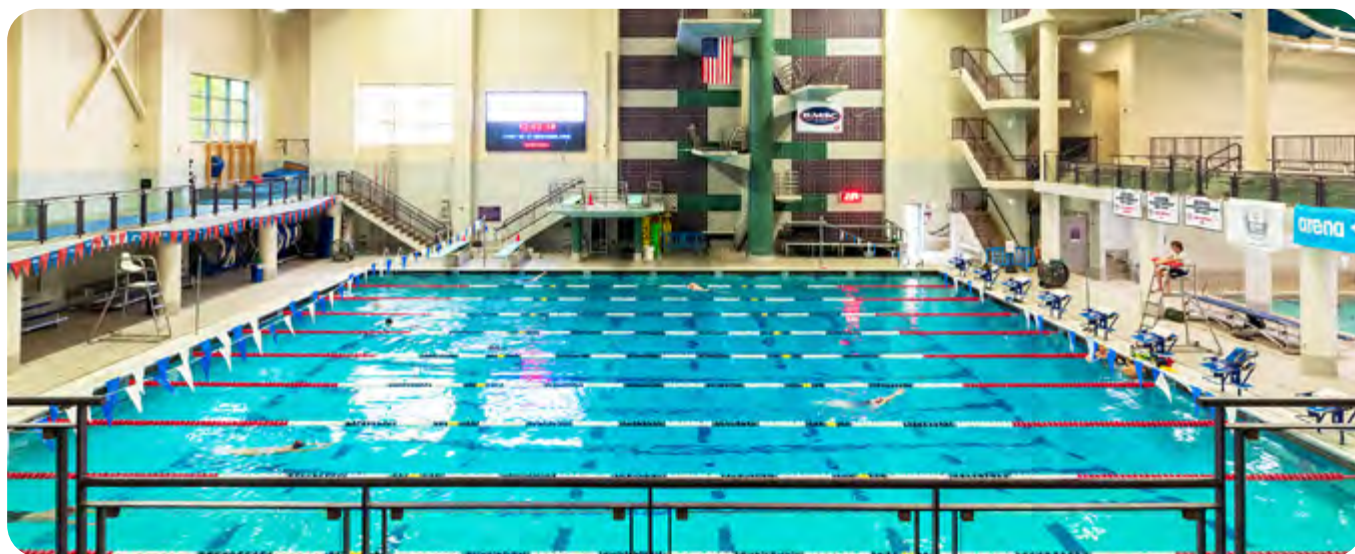
Youth Swim Lessons

[CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01047-326	GISC	3/8	Sa	9:15-9:45 a.m.	\$66
	R01047-327	GISC	3/9	Su	10:35-11:05 a.m.	\$66
	R01047-328	GISC	3/9	Su	11:15-11:45 a.m.	\$66
	R01047-378	MLK	3/1	Sa	1-1:30 p.m.	\$66
	R01047-379	MLK	3/2	Su	10:40-11:10 a.m.	\$66
	R01047-380	MLK	3/3	M	6:50-7:20 p.m.	\$66
	R01047-381	MLK	3/4	Tu	8:50-9:20 p.m.	\$66
	R01047-382	MLK	3/6	Th	8:10-8:40 p.m.	\$66
	R01047-383	MLK	4/26	Sa	1-1:30 p.m.	\$66
	R01047-384	MLK	4/27	Su	10:40-11:10 a.m.	\$66
	R01047-385	MLK	4/28	M	6:50-7:20 p.m.	\$66
	R01047-386	MLK	4/29	Tu	8:50-9:20 p.m.	\$66
	R01047-387	MLK	5/1	Th	8:10-8:40 p.m.	\$66
	R01047-354	OSC	3/1	Sa	11:40-12:10 p.m.	\$66
	R01047-355	OSC	3/2	Su	11-11:30 a.m.	\$66
	R01047-353	OSC	4/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01047-357	OSC	4/27	Su	9-9:30 a.m.	\$66
	R01047-3500	SSRAC	3/4	Tu	4:40-5:10 p.m.	\$66
	R01047-3501	SSRAC	3/6	Th	4:40-5:10 p.m.	\$66
	R01047-3502	SSRAC	3/9	Su	9:30-10 a.m.	\$66
	R01047-3503	SSRAC	4/15	Tu	4:40-5:10 p.m.	\$66
	R01047-3504	SSRAC	4/17	Th	4:40-5:10 p.m.	\$66
	R01047-3505	SSRAC	4/27	Su	9:30-10 a.m.	\$66

YOUTH LEVEL 3



Youth Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 7-13

Sessions	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01048-326	GISC	3/9	Su	9:55-10:25 a.m.	\$66
	R01048-327	GISC	3/9	Su	11:15-11:45 a.m.	\$66
	R01048-378	MLK	3/1	Sa	12:20-12:50 p.m.	\$66
	R01048-379	MLK	3/2	Su	10-10:30 a.m.	\$66
	R01048-380	MLK	3/4	Tu	8:10-8:40 p.m.	\$66
	R01048-381	MLK	4/26	Sa	12:20-12:50 p.m.	\$66
	R01048-382	MLK	4/27	Su	10-10:30 a.m.	\$66
	R01048-383	MLK	4/29	Tu	8:10-8:40 p.m.	\$66
	R01048-352	OSC	3/1	Sa	11-11:30 a.m.	\$66
	R01048-354	OSC	3/2	Su	10:20-10:50 a.m.	\$66
	R01048-357	OSC	4/26	Sa	11-11:30 a.m.	\$66
	R01048-355	OSC	4/27	Su	9:40-10:10 a.m.	\$66
	R01048-3500	SSRAC	3/5	W	4-4:30 p.m.	\$66
	R01048-3501	SSRAC	3/6	Th	4-4:30 p.m.	\$66
	R01048-3502	SSRAC	3/9	Su	10:50-11:20 a.m.	\$66
	R01048-3503	SSRAC	4/16	W	4-4:30 p.m.	\$66
	R01048-3504	SSRAC	4/17	Th	4-4:30 p.m.	\$66
	R01048-3505	SSRAC	4/27	Su	10:50-11:20 a.m.	\$66

YOUTH LEVEL 4



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Advanced Lessons



CLICK HERE TO REGISTER.

Ages 7-13

	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01057-309	GISC	3/8	Sa	9:15-9:50 a.m.	\$90
	R01057-310	GISC	3/8	Sa	9:55-10:30 a.m.	\$90
	R01057-311	GISC	3/8	Sa	10:35-11:10 a.m.	\$90
	R01057-303	MLK	3/2	Su	11:20-11:55 a.m.	\$90
	R01057-305	MLK	3/6	Th	7:20-7:55 p.m.	\$90
	R01057-315	MLK	4/27	Su	11:20-11:55 a.m.	\$90
	R01057-321	MLK	5/1	Th	7:20-7:55 p.m.	\$90
	R01057-302	OSC	2/25	Tu	7:20-7:55 p.m.	\$90
	R01057-301	OSC	3/2	Su	11:20-11:55 a.m.	\$90
	R01057-312	OSC	3/2	Su	10:40-11:15 a.m.	\$90
	R01057-322	OSC	4/22	Tu	7:20-7:55 p.m.	\$90
	R01057-313	OSC	4/27	Su	10:40-11:15 a.m.	\$90
	R01057-320	OSC	4/27	Su	11:20-11:55 a.m.	\$90
	R01057-3500	SSRAC	3/3	M	4:40-5:15 p.m.	\$90
	R01057-3501	SSRAC	3/3	M	5:20-5:55 p.m.	\$90
	R01057-3502	SSRAC	4/14	M	4:40-5:15 p.m.	\$90
	R01057-3503	SSRAC	4/14	M	5:20-5:55 p.m.	\$90

YOUTH ADVANCED



Adult Swim Lessons

[→ CLICK HERE TO REGISTER.](#)

Ages 14 and up

	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01039-326	GISC	3/8	Sa	9:15-9:45 a.m.	\$66
	R01039-327	GISC	3/3	M	5:40-6:10 p.m.	\$66
	R01039-328	GISC	4/21	M	5:40-6:10 p.m.	\$66
	R01039-378	MLK	3/1	Sa	11-11:30 a.m.	\$66
	R01039-379	MLK	3/2	Su	10-10:30 a.m.	\$66
	R01039-380	MLK	3/4	Tu	8:50-9:20 p.m.	\$66
	R01039-381	MLK	4/26	Sa	11-11:30 a.m.	\$66
	R01039-382	MLK	4/27	Su	10-10:30 a.m.	\$66
	R01039-383	MLK	4/29	Tu	8:50-9:20 p.m.	\$66
	R01039-352	OSC	3/2	Su	9-9:30 a.m.	\$66
	R01039-353	OSC	4/27	Su	9-9:30 a.m.	\$66
	R01039-3500	SSRAC	3/4	Tu	10:10-10:40 a.m.	\$66
	R01039-3501	SSRAC	3/5	W	4:40-5:10 p.m.	\$66
	R01039-3502	SSRAC	4/15	Tu	10:10-10:40 a.m.	\$66
	R01039-3503	SSRAC	4/16	W	4:40-5:10 p.m.	\$66

ADULT LEVEL 1

	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01040-326	GISC	3/8	Sa	9:55-10:25 a.m.	\$66
	R01040-327	GISC	3/3	M	6:20-6:50 p.m.	\$66
	R01040-328	GISC	4/21	M	6:20-6:50 p.m.	\$66
	R01040-378	MLK	3/1	Sa	10:20-10:50 a.m.	\$66
	R01040-379	MLK	3/4	Tu	8:10-8:40 p.m.	\$66
	R01040-380	MLK	3/6	Th	8:50-9:20 p.m.	\$66
	R01040-381	MLK	4/26	Sa	10:20-10:50 a.m.	\$66
	R01040-382	MLK	4/29	Tu	8:10-8:40 p.m.	\$66
	R01040-383	MLK	5/1	Th	8:50-9:20 p.m.	\$66
	R01040-352	OSC	3/2	Su	9:40-10:10 a.m.	\$66
	R01040-353	OSC	4/27	Su	9:40-10:10 a.m.	\$66
	R01040-3500	SSRAC	3/5	W	5:20-5:50 p.m.	\$66
	R01040-3501	SSRAC	3/6	Th	10:10-10:40 a.m.	\$66
	R01040-3502	SSRAC	4/16	W	5:20-5:50 p.m.	\$66
	R01040-3503	SSRAC	4/17	Th	10:10-10:40 a.m.	\$66

ADULT LEVEL 2

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Adult Swim Lessons



CLICK HERE TO REGISTER.

Ages 14 and up

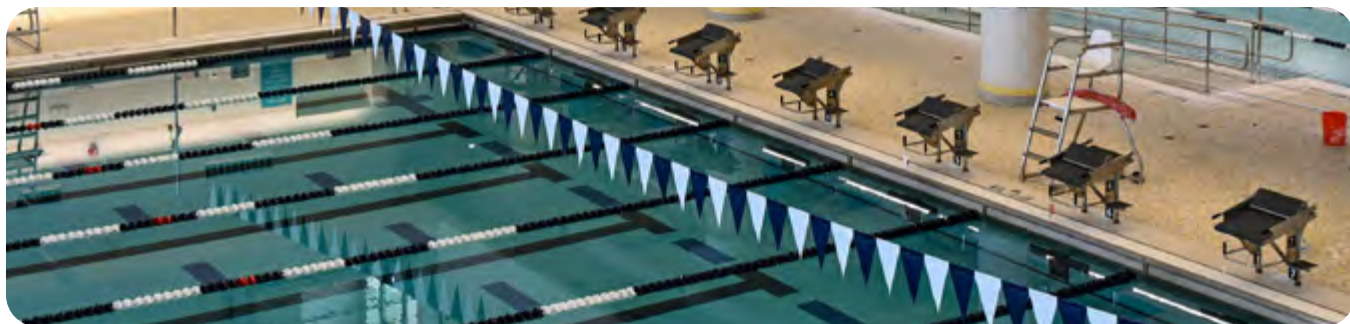
	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01041-326	GISC	3/8	Sa	10:35-11:05 a.m.	\$66
	R01041-327	GISC	3/9	Su	10:35-11:05 a.m.	\$66
	R01041-378	MLK	3/1	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01041-379	MLK	3/6	Th	8:10-8:40 p.m.	\$66
	R01041-380	MLK	4/26	Sa	11:40 a.m.-12:10 p.m.	\$66
	R01041-382	MLK	5/1	Th	8:10-8:40 p.m.	\$66
	R01041-352	OSC	3/2	Su	10:20-10:50 a.m.	\$66
	R01041-353	OSC	4/27	Su	10:20-10:50 a.m.	\$66
	R01041-3500	SSRAC	3/5	W	6-6:30 p.m.	\$66
	R01041-3501	SSRAC	3/7	F	9:30-10 a.m.	\$66
	R01041-3502	SSRAC	4/16	W	6-6:30 p.m.	\$66
	R01041-3503	SSRAC	4/18	F	9:30-10 a.m.	\$66

Ages 14 and up

	Activity	Pool Location	Start Date	Day	Time	Fee
6 Sessions	R01042-326	GISC	3/8	Sa	11:15-11:45 a.m.	\$66
	R01042-327	GISC	3/9	Su	11:15-11:45 a.m.	\$66
	R01042-378	MLK	3/2	Su	Noon-12:30 p.m.	\$66
	R01042-379	MLK	3/6	Th	8:50-9:20 p.m.	\$66
	R01042-380	MLK	4/27	Su	Noon-12:30 p.m.	\$66
	R01042-381	MLK	5/1	Th	8:50-9:20 p.m.	\$66
	R01042-352	OSC	3/2	Su	11-11:30 a.m.	\$66
	R01042-353	OSC	4/27	Su	11-11:30 a.m.	\$66
	R01042-3500	SSRAC	3/5	W	6:40-7:10 p.m.	\$66
	R01042-3501	SSRAC	3/7	F	8:50-9:20 a.m.	\$66
	R01042-3502	SSRAC	4/16	W	6:40-7:10 p.m.	\$66
	R01042-3503	SSRAC	4/18	F	8:50-9:20 a.m.	\$66

ADULT LEVEL 3

ADULT LEVEL 4



POOL LOCATIONS



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



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



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

CLOSED UNTIL 2026

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



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



Adapted Swim

Adapted Swim Lesson

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Ages 4-17

	Activity	Pool Location	Start Date	Days	Time	Fee
6 Sessions	R01061-378	MLK	3/5	W	11:40am-12:10pm	\$66
	R01061-379	MLK	3/5	W	12:20-12:50 p.m.	\$66
	R01061-380	MLK	4/23	W	11:40am-12:10pm	\$66
	R01061-381	MLK	4/23	W	12:20-12:50 p.m.	\$66
	R01061-352	OSC	3/1	Sa	12:30-1 p.m.	\$66
	R01061-353	OSC	3/1	Sa	1:10-1:40 p.m.	\$66
	R01061-354	OSC	4/26	Sa	12:30-1 p.m.	\$66
	R01061-355	OSC	4/26	Sa	1:10-1:40 p.m.	\$66
	R01061-3500	SSRAC	3/8	Sa	10:30-11 a.m.	\$66
	R01061-3501	SSRAC	3/8	Sa	11:10-11:40 a.m.	\$66
	R01061-3502	SSRAC	4/26	Sa	10:30-11 a.m.	\$66
	R01061-3503	SSRAC	4/26	Sa	11:10-11:40 a.m.	\$66

Developmental Swim

MSTC: Montgomery Stroke and Turn Clinic

Ages 5-18

	Activity	Pool Location	Days	Time	Fee
24 Sessions	R01033-6103	GISC	Su	5:05-5:55 p.m.	\$545
	R01033-6109	GISC	Su	6-6:50 p.m.	\$545
	R01033-6110	GISC	Su	6:55-7:45 p.m.	\$545
	R01033-6104	MLK	Su	5:05-5:55 p.m.	\$545
	R01033-6111	MLK	Su	6-6:50 p.m.	\$545
	R01033-6112	MLK	Su	6:55-7:45 p.m.	\$545
	R01033-6016	OSC	Su	6:55-7:45 p.m.	\$545
	R01033-6101	OSC	Su	5:05-5:55 p.m.	\$545
	R01033-6105	OSC	Su	6-6:50 p.m.	\$545

MSTC: Spring Tune-up

Ages 5-18

	Activity	Pool Location	Start Date	Days	Time	Fee
4 Sessions	R01033-303	MLK	4/26	Sa	4-5 p.m.	\$115
	R01033-304	OSC	4/26	Sa	4-5 p.m.	\$115

SwiMontgomery

Ages 6-13

	Activity	Pool Location	Start Date	Days	Time	Fee
18 Sessions	R01032-302	GISC	3/18	Tu,Th	7:45-8:30 p.m.	\$355
	R01032-304	MLK	3/3	M,W	7:30-8:15 p.m.	\$355
	R01032-303	OSC	3/3	M,W	7:15-8 p.m.	\$355
	R01032-3500	SSRAC	3/3	M,W	6:15-7 p.m.	\$355



Diving

Learn to Dive: Level 1

Ages 5-10

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5 Sessions

Activity	Pool Location	Start Date	Days	Time	Fee
R01012-301	GISC	4/21	M	4:30-5:15 p.m.	\$80
R01012-303	GISC	5/2	F	4:30-5:15 p.m.	\$80
R01012-311	GISC	3/10	M	4:30-5:15 p.m.	\$80
R01012-312	GISC	3/12	W	4:30-5:15 p.m.	\$80
R01012-313	GISC	3/14	F	4:30-5:15 p.m.	\$80
R01012-3500	SSRAC	3/10	M	5-5:45 p.m.	\$80
R01012-3501	SSRAC	3/10	M	4:15-5 p.m.	\$80
R01012-3503	SSRAC	4/21	M	5-5:45 p.m.	\$80
R01012-3504	SSRAC	3/11	Tu	4:15-5 p.m.	\$80
R01012-3505	SSRAC	4/21	M	4:15-5 p.m.	\$80
R01012-3506	SSRAC	3/12	W	4:15-5 p.m.	\$80
R01012-3507	SSRAC	3/12	W	5-5:45 p.m.	\$80
R01012-302	GISC	4/23	W	4:30-5:15 p.m.	\$96
R01012-3508	SSRAC	4/22	Tu	4:15-5 p.m.	\$96
R01012-3509	SSRAC	4/23	W	4:15-5 p.m.	\$96
R01012-3510	SSRAC	4/23	W	5-5:45 p.m.	\$96

6 Sessions

Level 2: Intermediate Diving

Ages 7-18

11 Sessions

Activity	Pool Location	Start Date	Days	Time	Fee
R01013-301	GISC	3/10	M	5:15-6:45 p.m.	\$330
R01013-303	GISC	3/14	F	5:15-6:45 p.m.	\$330
R01013-3500	SSRAC	3/10	M	5:45-7:15 p.m.	\$330
R01013-302	GISC	3/12	W	5:15-6:45 p.m.	\$360
R01013-3501	SSRAC	3/11	Tu	5-6:30 p.m.	\$360
R01013-3502	SSRAC	3/12	W	5:45-7:15 p.m.	\$360
R01013-3503	SSRAC	3/13	Th	4:15-5:45 p.m.	\$360
R01013-3504	SSRAC	3/14	F	4:30-6 p.m.	\$360

12 Sessions

Level 3: Advanced Diving

Ages 7-18

12 Sessions

Activity	Pool Location	Start Date	Days	Time	Fee
R01014-3500	SSRAC	3/13	Th	5:45-7:15 p.m.	\$396
R01014-3501	SSRAC	3/14	F	6-7:30 p.m.	\$396

High School Diving

Ages 13-18

11 Sessions

Activity	Pool Location	Start Date	Days	Time	Fee
R01076-302	GISC	3/10	M	6:30-8 p.m.	\$363
R01076-3501	SSRAC	3/10	M	7:15-8:30 p.m.	\$363
R01076-303	GISC	3/12	W	6:30-8 p.m.	\$396
R01076-3500	SSRAC	3/12	W	7:15-8:30 p.m.	\$396

12 Sessions



Masters Diving

Ages 19 and up

	Activity	Pool Location	Start Date	Days	Time	Fee
11 Sessions	R01017-3500	SSRAC	3/10	M	7:15-8:30 p.m.	\$363
12 Sessions	R01017-3501	SSRAC	3/12	W	7:15-8:30 p.m.	\$396
	R01017-301	GISC	3/12	W	6:30-8 p.m.	\$396

National Development Program: Seasonal

Ages 6-18- Invitation Only

	Activity	Pool Location	Start Date	Days	Time	Fee
24 Sessions	R01016-3200	GISC	3/11	Tu,Th	6-7:30 p.m.	\$864

National Development NPD Competitive

Ages 6-18- Invitation Only

	Activity	Pool Location	Start Date	Days	Time
	R01016-6200	GISC	Year-Round	Tu,W,Th	6-7:30 p.m.

JO Diving Team*

Ages 6-18 • Invitational Only

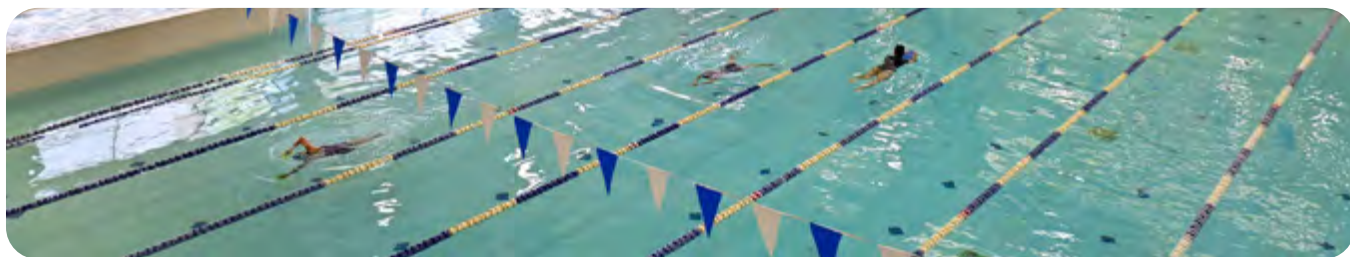
Teams	Activity	Pool Location	Start Date	Days
JO Silver • 3 days	R01015-6012	Various Locations	Year-Round	M-Sa
JO Red • 4 days	R01015-6014	Various Locations	Year-Round	M-Sa
JO Blue • 5 days	R01015-6016	Various Locations	Year-Round	M-Sa

*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 Date	Days	Time	Fee
Beginner	R01060-378	MLK	3/5	W	10-10:30am	\$48
	R01060-382	MLK	4/23	W	10-10:30am	\$48
Intermediate	R01060-379	MLK	3/5	W	10:30-11am	\$48
	R01060-383	MLK	4/23	W	10:30-11am	\$48
Advanced	R01060-380	MLK	3/5	W	11-11:30am	\$48
	R01060-384	MLK	4/23	W	11-11:30am	\$48
Recreational	R01060-381	MLK	3/5	W	10-11:30am	\$54
	R01060-385	MLK	4/23	W	10-11:30am	\$54



Masters

[→ CLICK HERE TO REGISTER.](#)


MASTERS SWIMMING


ACTIVITY CODE: R01058

Ancient Mariners

GISC
Su: 10 a.m.-Noon
MLK Swim Center
M,W: 8:30-10 p.m.
Olney Swim Center
Sa: 7:30-9 a.m.
Tu,Th: 8:30-10 p.m.
Silver Spring RAC
Tu,Th: 6:30-8 a.m.

Germantown Masters

GISC
M,W,F: 6-7:30 a.m.
Tu,Th: 8:30-10 p.m.

SPRING 2025 SCHEDULE

Register on ActiveMontgomery.org



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Scuba

Ages 14 and up

	Activity	Pool Location	Start Date	Days	Time	Fee
8 Sessions	R01028-301	MLK	4/9	W	7-10 p.m.	\$265
	R01028-302	OSC	4/21	M	7:15-10 p.m.	\$265

Water Polo

Youth Water Polo Splashball: Learn to Play

Ages 10-14

	Activity	Pool Location	Start Date	Days	Time	Fee
10 Sessions	R01079-3503	SSRAC	3/9	Su	3:45-5 p.m.	\$215
	R01079-3504	SSRAC	3/12	W	4:45-6 p.m.	\$215

Adult Water Polo*

Ages 18 and up

	Activity	Pool Location	Start Date	Days	Time	Fee
	R01079-3500	SSRAC	3/9	Su	5:15-7 p.m.	\$125
		WGOP	4/2	W	7:15-9:15 p.m.	

*Adult water polo is one class at two locations. WGOP starts in April.

MONTGOMERY COUNTY RECREATION

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LIFEGUARD



SCAN THE QR



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 Date
R01034-6207	GISC	6/1
R01034-6208	GISC	6/13



Lifeguarding: Blended Learning

Germantown Indoor Swim Center

Activity	Pool Location	Start Date
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

R01034-6214	MLK	3/7
R01034-6215	MLK	4/4

The date listed is the pre-course swim session only. Scan the QR code on page 38 to see complete class information.

Olney Swim Center

Activity	Pool Location	Start Date
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

R01034-6526	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



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Art



CLICK HERE TO REGISTER.

ARTS AND CRAFTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Abrakadoodle Anime Drawsters								
6-12	8 Sessions	R05001-304	Silver Spring RAC	4/11	F	5-5:45 p.m.	Abrakadoodle	\$197
Abrakadoodle Cute and Cuddly								
6-12	6 Sessions	R05001-302	Wheaton CRC	4/26	Sa	11:15 a.m.-Noon	Abrakadoodle	\$159
Abrakadoodle It's a Jungle Out There								
3-5	6 Sessions	R05001-303	Wheaton CRC	4/26	Sa	12:15-1 p.m.	Abrakadoodle	\$159
Adventures in Art								
5-10	6 Sessions	R05004-301	Bauer Drive CRC	4/26	Sa	10:30-11:30 a.m.	Tatiana Martin	\$85
	8 Sessions	R05004-302	Upper County CRC	4/11	F	5-6 p.m.	Tatiana Martin	\$105




[CLICK HERE TO REGISTER.](#)

DRAWING

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Art Studio

10-16	6 Sessions	R05006-301	Bauer Drive CRC	4/26	Sa	Noon-1 p.m.	Tatiana Martin	\$85
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Art Studio II

12-18	6 Sessions	R05006-303	Bauer Drive CRC	4/26	Sa	1:15-2:15 p.m.	Tatiana Martin	\$92
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Cartooning

5-12	6 Sessions	R05129-302	N. Potomac CRC	4/7	M	6-7 p.m.	Young Rembrandts	\$136
	8 Sessions	R05129-301	Germantown CRC	4/9	W	6-7 p.m.	Young Rembrandts	\$178

Draw and Clay

4-9	6 Sessions	R05037-304	N. Potomac CRC	4/12	Sa	11 a.m.-Noon	Yolanda Prinsloo	\$129
	7 Sessions	R05037-301	Germantown CRC	4/8	Tu	5:15-6:15 p.m.	Yolanda Prinsloo	\$148
		R05037-302	Bauer Drive CRC	4/9	W	5:45-6:45 p.m.	Yolanda Prinsloo	\$148
		R05037-303	Upper County CRC	4/10	Th	6-7 p.m.	Yolanda Prinsloo	\$148

Elementary Cartooning

5-12	6 Sessions	R05129-304	Silver Spring RAC	4/26	Sa	9-10 a.m.	Young Rembrandts	\$136
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Elementary Drawing

5-12	6 Sessions	R05129-305	Silver Spring RAC	4/26	Sa	10:30-11:30 a.m.	Young Rembrandts	\$136
	8 Sessions	R05129-303	Glenallan ES	4/9	W	6:30-7:30 p.m.	Young Rembrandts	\$178

Right Brained Drawing All Levels

13 and up	6 Sessions	R05038-301	Potomac CRC	4/28	M	5:45-7:15 p.m.	Yolanda Prinsloo	\$155
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PAINTING

Learning Art from the Masters

6-14	7 Sessions	R05087-301	Germantown CRC	4/8	Tu	6:30-7:30 p.m.	Yolanda Prinsloo	\$148
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Oil or Acrylic Painting Open Studio

18 and up	6 Sessions	R05002-301	Lawton CRC	4/28	M	1-4 p.m.	Kathrine Roznowski	\$54
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POTTERY - CERAMICS


[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Beginner Pottery Wheel and Hand Building

17 and up	10 Sessions	R05093-317	N. Potomac CRC	4/1	Tu	6:30-8:30 p.m.	Joan Suchoski	\$240
		R05093-318	N. Potomac CRC	4/1	Tu	10 a.m.-1 p.m.	Joan Suchoski	\$340
		R05093-319	White Oak CRC	4/2	W	10 a.m.-1 p.m.	Joan Suchoski	\$340
		R05093-320	Ross Boddy NRC	4/2	W	6:30-8:30 p.m.	Joan Suchoski	\$240

Handcrafted Pottery

17 and up	7 Sessions	R05093-307	White Oak CRC	4/28	M	6-9 p.m.	Kiyoung Nam	\$245
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Handcrafted Pottery Open Studio

17 and up	7 Sessions	R05093-308	N. Potomac CRC	3/31	M	6-8:45 p.m.	Ann Marie Deml	\$250
		R05093-306	White Oak CRC	4/29	Tu	10 a.m.-1 p.m.	Kiyoung Nam	\$245
	8 Sessions	R05093-301	Ross Boddy NRC	4/9	W	10:30 a.m.-1:30 p.m.	Susan Mapp	\$280
		R05093-302	N. Potomac CRC	4/9	W	5:30-8:30 p.m.	Susan Mapp	\$280
		R05093-303	Ross Boddy NRC	4/10	Th	5:30-8:30 p.m.	Susan Mapp	\$280
		R05093-304	Ross Boddy NRC	4/10	Th	3-5 p.m.	Susan Mapp	\$180
	9 Sessions	R05093-315	Wheaton CRC	4/22	Tu	6-9 p.m.	Margaret Dickerson	\$375
		R05093-316	Wheaton CRC	4/23	W	9:30 a.m.-12:30 p.m.	Margaret Dickerson	\$375
		R05093-312	Sligo Creek ES	4/24	Th	10 a.m.-2 p.m.	Catherine Grubman	\$470

Handcrafted Pottery Open Studio All Levels

17 and up	6 Sessions	R05093-321	Ross Boddy NRC	4/26	Sa	10:30 a.m.-1:30 p.m.	Catherine Joanny	\$240
	7 Sessions	R05093-322	Ross Boddy NRC	4/22	Tu	6:30-8:30 p.m.	Catherine Joanny	\$170

Intro to Wheel and Open Studio

17 and up	7 Sessions	R05093-305	Ross Boddy NRC	4/7	M	5:30-8:30 p.m.	Robin Ziek	\$250
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Introductory Pottery

17 and up	8 Sessions	R05093-309	N. Potomac CRC	4/24	Th	6-8:45 p.m.	Ann Marie Deml	\$220
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Pottery at Sligo

17 and up	8 Sessions	R05093-310	Sligo Creek ES	4/22	Tu	10 a.m.-2 p.m.	Catherine Grubman	\$470
		R05093-313	Sligo Creek ES	4/22	Tu	6-9 p.m.	Roger Kirk	\$360
		R05093-314	Sligo Creek ES	4/28	M	6:30-9:30 p.m.	Margaret Dickerson	\$285

Pottery Wheel Focus at Sligo

17 and up	9 Sessions	R05093-311	Sligo Creek ES	4/23	W	10 a.m.-2 p.m.	Catherine Grubman	\$470
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Cooking


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Tiny Chefs-Rounded Bites

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
5-11	8 Sessions	R05029-302	Silver Spring RAC	4/11	F	4-5 p.m.	Tiny Chefs	\$224

CPR and First Aid

CPR, AED and First Aid

16 and up	1 Session	R05032-308	Life Rescue Training	4/5	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-309	Life Rescue Training	5/10	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89
		R05032-310	Life Rescue Training	6/21	Sa	10 a.m.-2 p.m.	Life Rescue Training	\$89

Safe Sitter

10-13	1 Session	R05099-303	N. Potomac CRC	6/21	Sa	10a.m.-230p.m.	Life Rescue Training	\$123
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APRIL
14-18

SPRING
BREAK
CAMPS

[View 2025 Spring Break Camps](#)
➔



Dance



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BALLET

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Pre-Ballet								
3	8 Sessions	R05010-301	N. Potomac CRC	4/8	Tu	10-10:45 a.m.	Judy Schonberger	\$136
		R05010-310	N. Potomac CRC	4/10	Th	10-10:45 a.m.	Judy Schonberger	\$136
4-5		R05010-302	N. Potomac CRC	4/8	Tu	10:50-11:35 a.m.	Judy Schonberger	\$136
		R05010-303	N. Potomac CRC	4/9	W	4:30-5:15 p.m.	Judy Schonberger	\$136

Ballet

5-6	8 Sessions	R05010-304	N. Potomac CRC	4/9	W	5:20-6:05 p.m.	Judy Schonberger	\$136
6-8		R05010-307	N. Potomac CRC	4/9	W	6:15-7:05 p.m.	Judy Schonberger	\$136

Jazzmatazz Pre Ballet

5-8	11 Sessions	R05010-309	Long Branch CRC	4/5	Sa	11:15am-Noon	Betsy Saunders	\$144
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Jazzmatazz Preschool Dance

3-5	11 Sessions	R05010-308	Long Branch CRC	4/5	Sa	10:15-11 a.m.	Betsy Saunders	\$144
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BALLROOM

Ballroom I

16 and up	8 Sessions	R05011-301	Wheaton CRC	4/10	Th	7-7:55 p.m.	Ann Basso	\$88
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Ballroom II

16 and up	8 Sessions	R05011-302	Wheaton CRC	4/10	Th	8-8:55 p.m.	Ann Basso	\$88
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Ballroom III

16 and up	8 Sessions	R05011-303	Coffield CRC	4/8	Tu	7:30-8:30 p.m.	Ann Basso	\$88
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HULA


[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to Hula Dance								
16 and up	7 Sessions	R05057-301	Wheaton CRC	4/9	W	5-6 p.m.	Dawn Felsen	\$80

LINE DANCING

Urban Line Dance

18 and up	8 Sessions	R05121-301	Wheaton CRC	4/8	Tu	6-7 p.m.	Peytrienne McCormick	\$81
		R05121-302	Good Hope NRC	4/9	W	6-7 p.m.	Peytrienne McCormick	\$81

PLAYTIME AND MOVEMENT

Ballet Tap Jazz

3-5	8 Sessions	R05338-302	N. Potomac CRC	4/26	Sa	10:30-11:15 a.m.	Tippi Toes	\$220
		R05338-305	White Oak CRC	4/26	Sa	10:30-11:15 a.m.	Tippi Toes	\$220
		R05338-310	Wisconsin Place CRC	4/26	Sa	10:30-11:15 a.m.	Tippi Toes	\$220

Pop Stars

6-9	8 Sessions	R05338-303	N. Potomac CRC	4/26	Sa	11:30am-12:15pm	Tippi Toes	\$220
		R05338-306	White Oak CRC	4/26	Sa	11:30am-12:15pm	Tippi Toes	\$220
		R05338-308	Wisconsin Place CRC	4/26	Sa	11:30am-12:15pm	Tippi Toes	\$220

Toddler and Me

18 mos-3	8 Sessions	R05338-301	N. Potomac CRC	4/26	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-304	White Oak CRC	4/26	Sa	9:30-10:15 a.m.	Tippi Toes	\$220
		R05338-307	Wisconsin Place CRC	4/26	Sa	9:30-10:15 a.m.	Tippi Toes	\$220

TAP DANCING

Tap Dance I

18 and up	7 Sessions	R05336-301	Lawton CRC	4/10	Th	4:50-5:50 p.m.	Andrea Cali	\$77
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Tap Dance II

18 and up	7 Sessions	R05336-302	Lawton CRC	4/10	Th	6-7 p.m.	Andrea Cali	\$77
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Educational


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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Dog Obedience Class								
18 and up	6 Sessions	R05372-312	Germantown CRC Grounds	4/26	Sa	10:45-11:45 a.m.	Canine Commisioner	\$125
		R05372-314	Wheaton CRC Grounds	4/29	Tu	5-6 p.m.	Canine Commisioner	\$125
		R05372-313	White Oak CRC Grounds	4/29	Tu	6:45-7:45 p.m.	Canine Commisioner	\$125

Gemology I Introduction

18 and up	8 Sessions	R05049-301	Potomac CRC	4/10	Th	10 a.m.-12:15 p.m.	Timothy Morgan	\$108
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Gemology II Advanced

18 and up	8 Sessions	R05049-302	Potomac CRC	4/9	W	10 a.m.-12:15 p.m.	Timothy Morgan	\$108
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**MONTGOMERY COUNTY
Recreation**



Fitness

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AEROBIC DANCE

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Dance and Fitness								
16 and up	7 Sessions	R05035-304	Wheaton CRC	4/12	Sa	9:15-10:15 a.m.	Virginia Azuree	\$56
	15 Sessions	R05035-306	Rock View ES	4/7	M,W	6:30-7:30 p.m.	Virginia Azuree	\$120
		R05035-307	Bauer Drive CRC	4/7	M,W	5-6 p.m.	Virginia Azuree	\$120
	16 Sessions	R05035-302	Veirs Mill LP	4/8	Tu,Th	9:30-10:30 a.m.	Virginia Azuree	\$128
		R05035-303	Rock View ES	4/8	Tu,Th	6:30-7:30 p.m.	Virginia Azuree	\$128

Jacki Sorensen's Aerobic Dance

18 and up	8 Sessions	R05059-301	Potomac CRC	4/8	Tu	9-10 a.m.	Karin Baker	\$88
		R05059-302	Potomac CRC	4/10	Th	9-10 a.m.	Karin Baker	\$88

Jazzmatazz Aerobics with Pilates Mat

16 and up	9 Sessions	R05061-301	Wheaton CRC	4/8	Tu	7:15-8:30 p.m.	Betsy Saunders	\$108
		R05061-303	Wheaton CRC	4/10	Th	7:15-8:30 p.m.	Betsy Saunders	\$108
	18 Sessions	R05061-302	Wheaton CRC	4/8	Tu,Th	7:15-8:30 p.m.	Betsy Saunders	\$216

BODY SCULPTING

Definition Body Sculpting - Virtual and In-Person

18 and up	8 Sessions	R05016-302	Clara Barton NRC	4/8	Tu	9:15-10 a.m.	Juliet Rodman	\$80
		R05016-303	Clara Barton NRC	4/10	Th	9:15-10 a.m.	Juliet Rodman	\$80
	16 Sessions	R05016-301	Clara Barton NRC	4/8	Tu,Th	9:15-10 a.m.	Juliet Rodman	\$160



PILATES


[CLICK HERE TO REGISTER.](#)

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Pilates for Fitness								
16 and up	6 Sessions	R05091-301	Bauer Drive CRC	4/28	M	7-8 p.m.	Fit 2 Believe	\$60
		R05091-303	Lawton CRC	4/26	Sa	10-11 a.m.	Fit 2 Believe	\$60
	8 Sessions	R05091-302	Bauer Drive CRC	4/10	Th	7-8 p.m.	Fit 2 Believe	\$80

TOTAL BODY CONDITIONING

Basic Barre

16 and up	7 Sessions	R05327-301	Wheaton CRC	4/26	Sa	9:15-10:15 a.m.	Patricia Anderson	\$84
		R05327-303	Wheaton CRC	4/26	Sa	10:25-11:25 a.m.	Patricia Anderson	\$84
	8 Sessions	R05327-302	Wheaton CRC	4/22	Tu	7:15-8:15 p.m.	Patricia Anderson	\$96

Boxing

16 and up	8 Sessions	R05342-303	Silver Spring RAC	4/8	Tu	5-6 p.m.	WBG Sports & Fitness	\$80
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Boxing and Kickboxing

18 and up	8 Sessions	R05342-301	Lawton CRC	4/8	Tu	7:30-8:30 p.m.	Fit 2 Believe	\$80
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Cardio Blast

18 and up	8 Sessions	R05018-315	Wheaton CRC	4/7	M	7-8 p.m.	Coach Cardio	\$64
		R05018-316	Wheaton CRC	4/9	W	7-8 p.m.	Coach Cardio	\$64

Fit Family Boxing and Kickboxing

7 and up	8 Sessions	R05342-302	Lawton CRC	4/8	Tu	6:30-7:30 p.m.	Fit 2 Believe	\$80
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High Intensity Interval Training (HIIT)

14 and up	8 Sessions	R05018-308	Silver Spring RAC	4/10	Th	6-7 p.m.	WBG Sports & Fitness	\$80
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Kelley's 50+ Complete Fitness

50 and up	6 Sessions	R05072-305	Wheaton CRC	4/7	M	9:15-10:30 a.m.	Pamela Kelley	\$60
	8 Sessions	R05072-304	Wheaton CRC	4/10	Th	9:15-10:30 a.m.	Pamela Kelley	\$80

Kelley's Complete Fitness

18 and up	8 Sessions	R05072-303	Bauer Drive CRC	4/9	W	9:15-10:25 a.m.	Pamela Kelley	\$80
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Mommy & Me Bootcamp

18 and up	7 Sessions	R05018-311	Bauer Drive CRC	4/7	M	5:30-6:30 p.m.	Giuliana McKinney	\$70
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Rebuild & Restore: Core Class

18 and up	8 Sessions	R05018-313	Lawton CRC	4/8	Tu	5:30-6:30 p.m.	Giuliana McKinney	\$80
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Stroller Workout

18 and up	8 Sessions	R05018-312	Bauer Drive CRC	4/10	Th	5:30-6:30 p.m.	Giuliana McKinney	\$80
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Total Body Conditioning

18 and up	8 Sessions	R05018-305	Bauer Drive CRC	4/9	W	7-8 p.m.	Fit 2 Believe	\$80
		R05018-314	Bauer Drive CRC	4/9	W	8-9 p.m.	Fit 2 Believe	\$80

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



ZUMBA

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Zumba								
16 and up	4 Sessions	R05132-309	Good Hope NRC	5/14	W	6:45-7:45 p.m.	Ingrid Higgins	\$38
	6 Sessions	R05132-301	Mid-County CRC	4/7	M	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$60
		R05132-303	Bauer Drive CRC	4/26	Sa	9:15-10:15 a.m.	Michelle Johnson-Lancaster	\$60
	7 Sessions	R05132-304	Wheaton CRC	4/26	Sa	10:30-11:30 a.m.	Ingrid Higgins	\$67
	8 Sessions	R05132-302	Mid-County CRC	4/9	W	6:15-7:15 p.m.	Michelle Johnson-Lancaster	\$80
		R05132-311	Germantown CRC	4/10	Th	7-8 p.m.	Andria O'Brien	\$72
Zumba Gold								
18 and up	5 Sessions	R05132-322	Lawton CRC	5/5	M	11:15am-12:15pm	Sharon Gelboin-Katz	\$50
Zumba Toning								
16 and up	4 Sessions	R05133-301	Good Hope NRC	4/9	W	6:45-7:45 p.m.	Ingrid Higgins	\$38



Health and Wellness


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YOGA

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
All Levels Yoga (Beginner/Continuing)								
16 and up	8 Sessions	R05128-320	Potomac CRC	4/10	Th	5:15-6:15 p.m.	Anna Barshay	\$144
Essential Yoga for Beginners								
16 and up	9 Sessions	R05128-310	Coffield CRC	4/10	Th	6-7 p.m.	Tamera Lewis-Johnson	\$99
Gentle Yoga								
18 and up	7 Sessions	R05128-309	Mid-County CRC	4/9	W	10:45 a.m.-Noon	Nancy Neves	\$105
Hatha Yoga and Stress Management								
55 and up	8 Sessions	R05128-308	Lawton CRC	4/11	F	9:45-11 a.m.	Suzana Cooper	\$112
Level I/II Yoga								
18 and up	8 Sessions	R05128-318	Wheaton CRC	4/9	W	7:15-8:15 p.m.	Hannah Davis	\$144
Yoga for Vitality								
18 and up	8 Sessions	R05128-311	N. Potomac CRC	4/8	Tu	9:30-10:30 a.m.	Warrior One Yoga	\$104
		R05128-312	N. Potomac CRC	4/10	Th	9:30-10:30 a.m.	Warrior One Yoga	\$104
Yoga I: Restore and Recharge								
18 and up	8 Sessions	R05128-301	Wheaton CRC	4/7	M	7-8 p.m.	Hannah Davis	\$144
Yoga with Sylvia								
16 and up	8 Sessions	R05128-321	Plum Gar CRC	4/10	Th	6-7 p.m.	Serenity Yoga Studio	\$64
Yogalates (Yoga and Pilates)								
18 and up	8 Sessions	R05128-315	Wheaton CRC	4/8	Tu	6-7 p.m.	Anne Harrison	\$88



55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Martial Arts



AIKIDO

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Aikido								
11 and up	6 Sessions	R05005-301	Ross Boddy CRC	4/7	M	7-8:30 p.m.	Christopher Rowe	\$54
Suenaka-ha Aikido								
14 and up	8 Sessions	R05005-302	Lawton CRC	4/9	W	6-8 p.m.	James Huss	\$100

KARATE-JUJITSU

Okinawan Karate

18 and up	14 Sessions	R05357-301	Silver Spring RAC	4/7	M,Th	7-8:30 p.m.	Kokyuh LLC	\$140
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TKA Adult Karate

13 and up	7 Sessions	R05070-302	Wheaton CRC	4/7	M	7:30-9 p.m.	TKA	\$84
		R05070-301	Upper County CRC	4/7	M	8-9:30 p.m.	TKA	\$84
9 Sessions		R05070-304	Mid-County CRC	4/8	Tu	7:30-9 p.m.	TKA	\$108
		R05070-303	Germantown CRC	4/8	Tu	8-9:30 p.m.	TKA	\$108
		R05070-305	Damascus CRC	4/9	W	8-9:30 p.m.	TKA	\$108
		R05070-306	Bauer Drive CRC	4/9	W	8-9:30 p.m.	TKA	\$108
		R05070-309	Praisner CRC	4/10	Th	7:30-9 p.m.	TKA	\$108
		R05070-308	Bethesda ES	4/10	Th	8-9:30 p.m.	TKA	\$108

TKA Karate Jujitsu Club

18 and up	9 Sessions	R05070-310	White Oak CRC	4/11	F	7:30-8:30pm.	TKA	\$36
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TKA Karate Jujitsu Club 2

18 and up	9 Sessions	R05070-311	White Oak CRC	4/11	F	8:30-9:30pm.	TKA	\$41
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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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TKA Youth Karate Advanced White Belt and Higher

6-12	7 Sessions	R05066-317	Wheaton CRC	4/7	M	6:30-7:30 p.m.	TKA	\$70
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TKA Youth Karate All Levels

6-12	9 Sessions	R05066-309	Clara Barton NRC	4/9	W	6:30-7:30 p.m.	TKA	\$90
		R05066-313	Praisner CRC	4/10	Th	6:30-7:30 p.m.	TKA	\$90
		R05066-314	Bethesda ES	4/10	Th	7-8 p.m.	TKA	\$90

TKA Youth Karate Beginner and Advanced White Belts

6-12	9 Sessions	R05066-312	Potomac CRC	4/9	W	6-7 p.m.	TKA	\$90
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TKA Youth Karate Beginner through Orange Belts

6-12	7 Sessions	R05066-301	Upper County CRC	4/7	M	6-7 p.m.	TKA	\$70
	9 Sessions	R05066-304	Germantown CRC	4/8	Tu	6-7 p.m.	TKA	\$90
		R05066-306	Mid-County CRC	4/8	Tu	6:30-7:30 p.m.	TKA	\$90
		R05066-307	Damascus CRC	4/9	W	6-7 p.m.	TKA	\$90

TKA Youth Karate Beginner through White Belts

6-12	9 Sessions	R05066-310	Bauer Drive CRC	4/9	W	6-7 p.m.	TKA	\$90
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TKA Youth Karate Intermediate

6-12	9 Sessions	R05066-305	Germantown CRC	4/8	Tu	7-8 p.m.	TKA	\$90
		R05066-308	Damascus CRC	4/9	W	7-8 p.m.	TKA	\$90
		R05066-311	Bauer Drive CRC	4/9	W	7-8 p.m.	TKA	\$90

TKA Youth Karate New Beginners

6-12	7 Sessions	R05066-303	Wheaton CRC	4/7	M	5:45-6:30 p.m.	TKA	\$70
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TKA Youth Karate Orange Belt and Higher

6-12	9 Sessions	R05066-315	Potomac CRC	4/9	W	7-8 p.m.	TKA	\$90
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TKA Youth Karate Yellow Belt and Higher

6-12	7 Sessions	R05066-302	Upper County CRC	4/7	M	7-8 p.m.	TKA	\$70
	9 Sessions	R05066-316	Mid County CRC	4/8	Tu	6:30-7:30 p.m.	TKA	\$90

Zen Budo Karate

6-12	10 Sessions	R05352-310	Silver Spring RAC	4/3	Th	6:30-7:30 p.m.	Christopher Bowers	\$98
13 and up		R05352-311	Silver Spring RAC	4/3	Th	7:30-8:30 p.m.	Christopher Bowers	\$98



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AQUATICS



SELF-DEFENSE



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Practical Self Defense								
14 and up	14 Sessions	R05095-301	Wisconsin Place CRC	4/7	M,Th	7-8 p.m.	Ivan Black	\$70

TAI CHI

Tai Chi Beginning

16 and up	6 Sessions	R05112-301	Bauer Drive CRC	4/7	M	7-8 p.m.	Elizabeth Leek	\$60
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Tai Chi Continuing

16 and up	6 Sessions	R05112-302	Bauer Drive CRC	4/7	M	8-9 p.m.	Elizabeth Leek	\$60
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VOVINAM

Vovinam Martial Arts

6-13	5 Sessions	R05126-305	Plum Gar CRC	4/28	M	6-7 p.m.	Yanni Nguyen	FREE
	6 Sessions	R05126-303	Long Branch CRC	4/26	Sa	10-11 a.m.	Yanni Nguyen	FREE
	7 Sessions	R05126-301	Long Branch CRC	4/23	W	6-7 p.m.	Yanni Nguyen	FREE
13 and up	5 Sessions	R05126-306	Plum Gar CRC	4/28	M	7-8:30 p.m.	Yanni Nguyen	FREE
	6 Sessions	R05126-304	Long Branch CRC	4/26	Sa	11 a.m.-12:30 p.m.	Yanni Nguyen	FREE
	7 Sessions	R05126-302	Long Branch CRC	4/23	W	7-8:30 p.m.	Yanni Nguyen	FREE



2025 SPRING BREAK CAMPS

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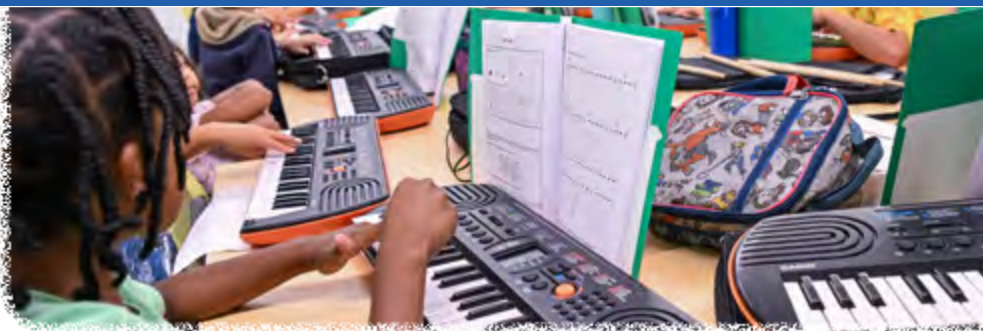


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Music



DJing

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Intro to DJing								
12-17	5 Sessions	R05377-302	Lawton CRC	4/29	Tu	6:30-7:30 p.m.	Milkr8z	\$175
18 and up		R05377-301	Germantown CRC	4/26	Sa	1-2 p.m.	Milkr8z	\$175

GUITAR

Beginner Guitar

8-12	6 Sessions	R05053-302	School of Music	4/11	F	5:30-6:20 p.m.	Kevin Mittleman	\$100
13 and up		R05053-301	School of Music	4/7	M	8-8:50 p.m.	Kevin Mittleman	\$100

Intermediate Guitar

13 and up	6 Sessions	R05053-305	School of Music	4/10	Th	8-8:50 p.m.	Kevin Mittleman	\$100
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Groovy Guitar

5-12	8 Sessions	R05053-303	Bauer Drive CRC	4/9	W	7-8 p.m.	Learn Now Music	\$208
		R05053-306	Silver Spring RAC	4/10	Th	7-8 p.m.	Learn Now Music	\$208



SPORTS

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SPORTS LEAGUES

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PIANO

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Little Fingers Piano								
2-5	6 Sessions	R05089-304	Mid-County CRC	4/7	M	10-10:30 a.m.	Learn Now Music	\$150

Poppin Piano

5-12	8 Sessions	R05089-301	Bauer Drive CRC	4/9	W	7-8 p.m.	Learn Now Music	\$208
		R05089-303	Silver Spring RAC	4/10	Th	6-7 p.m.	Learn Now Music	\$208

PLAYTIME AND MUSIC

Instrument Explorers

1-5	6 Sessions	R05379-303	Silver Spring RAC	4/26	Sa	10-11 a.m.	Tiny Sprouts	\$115
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Music Together

0-4	10 Sessions	R05085-301	Wheaton CRC	3/27	Th	10:30-11:15 a.m.	Nancy Nuttle	\$300
		R05085-302	Wheaton CRC	3/27	Th	11:30am-12:15pm	Nancy Nuttle	\$300
		R05085-304	Mid-County CRC	3/29	Sa	10-10:45 a.m.	Nancy Nuttle	\$300
		R05085-305	Mid-County CRC	3/29	Sa	11-11:45 a.m.	Nancy Nuttle	\$300
		R05085-307	Silver Spring RAC	3/29	Sa	9:15-10 a.m.	Nancy Nuttle	\$300
		R05085-306	Silver Spring RAC	3/29	Sa	10:15-11 a.m.	Nancy Nuttle	\$300
		R05085-308	Silver Spring RAC	3/29	Sa	11:15a.m.-Noon	Nancy Nuttle	\$300

My First Music Class

2-5	6 Sessions	R05321-303	Mid-County CRC	4/7	M	10:30-11 a.m.	Learn Now Music	\$150
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Skip The Terrible Twos

0-2	6 Sessions	R05379-301	Silver Spring RAC	4/26	Sa	9-9:50 a.m.	Tiny Sprouts	\$115
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VIOLIN

Viva Violin

5-12	7 Sessions	R05359-301	Longwood CRC	4/12	Sa	10-11 a.m.	Learn Now Music	\$192
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AQUATICS



S.T.E.A.M.

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Coding and Computer Programming Foundations

18 and up	16 Sessions	R05308-306	Wheaton CRC	4/7	M,W	6-7:30 p.m.	TSESSEBE Technologies	\$428
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Exploring STEM Careers and Skills for Future Leaders

13-17	16 Sessions	R05308-308	Upper County CRC	4/7	M,Th	6:30-8 p.m.	TSESSEBE Technologies	\$442
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Web Development Crash Course: Build Your First Website

10-13	3 Sessions	R05308-307	Bauer Drive CRC	4/26	Sa	9 a.m.-Noon	TSESSEBE Technologies	\$172
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Mini Medical School

5-12	6 Sessions	R05308-305	Bauer Drive CRC	4/7	M	6-7 p.m.	Medical Me LLC	\$218
	8 Sessions	R05308-303	N. Potomac CRC	4/10	Th	5:30-6:30 p.m.	Medical Me LLC	\$283
		R05308-304	White Oak CRC	4/11	F	6-7 p.m.	Medical Me LLC	\$283

Mini Veterinary Medicine

5-12	6 Sessions	R05308-302	Wheaton CRC	4/5	Sa	6-7 p.m.	Medical Me LLC	\$218
		R05308-301	Silver Spring RAC	4/7	M	6-7 p.m.	Medical Me LLC	\$218

Snapology Foundational Engineering

7-14	6 Sessions	R05039-301	Wheaton CRC	4/26	Sa	12:30-1:30 p.m.	Supernova Kids	\$138
	8 Sessions	R05039-302	Glenallan ES	4/8	Tu	6:30-7:30 p.m.	Supernova Kids	\$184



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Sports



BADMINTON



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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Badminton Beginner/Adv. Beginner								
9 and up	8 Sessions	R05008-301	Bauer Drive CRC	4/5	Sa	9:30-10:30 a.m.	Yen-Ping Chao	\$110
Badminton Intermediate								
9 and up	8 Sessions	R05008-302	Bauer Drive CRC	4/5	Sa	10:30am-12:30pm.	Yen-Ping Chao	\$175
Badminton Advanced								
9 and up	8 Sessions	R05008-303	Bauer Drive CRC	4/5	Sa	12:45-1:45 p.m.	Yen-Ping Chao	\$175

BASEBALL

Rookie League Baseball

5-6	5 Sessions	R05323-304	Layhill Village LP	4/27	Su	2:30-3:30 p.m.	Jump Start Sports	\$120
T-Birds T-Ball								
3-4	5 Sessions	R05323-303	Layhill Village LP	4/27	Su	1:30-2:25 p.m.	Jump Start Sports	\$120



BASKETBALL



Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
OTA: Lil' Hoopers								
3-5	6 Sessions	R05317-304	Arcola ES	4/12	Sa	9-9:45 a.m.	Overtime Athletics	\$110
		R05317-305	Arcola ES	4/12	Sa	10-11 a.m.	Overtime Athletics	\$110

OTA: Basketball Academy

9-11	6 Sessions	R05317-306	Arcola ES	4/12	Sa	11am-Noon	Overtime Athletics	\$110
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Train Like a Pro Juniors Basketball Skills and Drills

5-9	7 Sessions	R05012-302	N. Potomac CRC	4/26	Sa	1-2 p.m.	Fit 2 Believe	\$98
	8 Sessions	R05012-309	Forest Knolls ES	4/22	Tu	6:15-7:15 p.m.	Fit 2 Believe	\$111

Train Like a Pro Basketball Skills and Drills

8-14	6 Sessions	R05012-305	Chevy Chase ES	4/26	Sa	10-11:30 a.m.	Fit 2 Believe	\$132
		R05012-301	Potomac CRC	4/27	Su	1-2:30 p.m.	Fit 2 Believe	\$132
	8 Sessions	R05012-303	Cabin John MS	4/10	Th	6:30-8 p.m.	Fit 2 Believe	\$173
		R05012-311	Tilden MS	4/23	W	6:30-8 p.m.	Fit 2 Believe	\$173
10-14		R05012-310	Forest Knolls ES	4/22	Tu	7:15-8:45 p.m.	Fit 2 Believe	\$173

CHEER AND POMS

PomPoms

5-10	6 Sessions	R05021-301	Wootton HS	4/7	M	5:30-6:30 p.m.	Mia Krawzel	\$160
11-14		R05021-302	Wootton HS	4/9	W	6:45-7:45 p.m.	Mia Krawzel	\$160

CRICKET

Youth Cricketball Academy

6-8		R05364-205	Calverton Galway LP	4/5	Sa	9 a.m.-Noon	Int'l Sports Org.	FREE
9-12		R05364-206	Calverton Galway LP	4/5	Sa	9 a.m.-Noon	Int'l Sports Org.	FREE
13-16		R05364-207	Calverton Galway LP	4/5	Sa	9 a.m.-Noon	Int'l Sports Org.	FREE

GIRLS

6-15		R05364-208	Calverton Galway LP	4/5	Sa	9 a.m.-Noon	Int'l Sports Org.	FREE
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LACROSSE

Instructional Lacrosse Clinic

6-10	5 Sessions	R05341-301	Bauer Drive LP	5/3	Sa	11am-1215p.m.	Montgomery County	\$25
11-14		R05341-302	Bauer Drive LP	5/3	Sa	12:30-1:45 p.m.	Montgomery County	\$25



MULTI-SPORTS

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Coach Doug Wee Wanna Be

Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
3-6	8 Sessions	R05025-313	Oakland Terrace ES	4/5	Sa	9:30-10:15 a.m.	Coach Doug Academy \$116
		R05025-314	Oakland Terrace ES	4/5	Sa	10:15-11 a.m.	Coach Doug Academy \$116
		R05025-311	Potomac CRC	4/6	Su	9:30-10:15 a.m.	Coach Doug Academy \$116
		R05025-312	Potomac CRC	4/6	Su	10:15-11 a.m.	Coach Doug Academy \$116
		R05025-302	Germantown CRC	4/8	Tu	10:45-11:30 a.m.	Coach Doug Academy \$116
		R05025-305	Bauer Drive CRC	4/9	W	9:30-10:15 a.m.	Coach Doug Academy \$116
		R05025-308	Potomac CRC	4/10	Th	10:45-11:30 a.m.	Coach Doug Academy \$116

Coach Doug Seasonal Sports

4-8	8 Sessions	R05025-315	Oakland Terrace ES	4/5	Sa	11-11:45 a.m.	Coach Doug Academy \$116
		R05025-303	Germantown CRC	4/8	Tu	4:15-5 p.m.	Coach Doug Academy \$116
		R05025-309	Potomac CRC	4/10	Th	4:15-5 p.m.	Coach Doug Academy \$116

PICKLEBALL

Beginner 1.0

18 and up	1 Session	R05261-311	Longwood CRC	4/12	Sa	10 a.m.-12:30 p.m.	\$50
		R05261-312	Longwood CRC	4/26	Sa	10 a.m.-12:30 p.m.	\$50
	2 Sessions	R05261-315	N. Potomac CRC	4/14	M	Noon-1:30 p.m.	\$60
		R05261-317	Potomac CRC	5/6	Tu	Noon-2 p.m.	\$80
	3 Sessions	R05261-313	Silver Spring RAC	4/7	M	6-7 p.m.	\$69
		R05261-305	Lawton CRC	4/9	W	12:15-1:15 p.m.	\$69
		R05261-309	Coffield CRC	4/9	W	6:30-7:30 p.m.	\$69
		R05261-314	Silver Spring RAC	5/5	M	6-7 p.m.	\$69
		R05261-307	Lawton CRC	5/14	W	12:15-1:15 p.m.	\$69
		R05261-310	Coffield CRC	5/14	W	6:30-7:30 p.m.	\$69

Advanced Beginner 1.5-2.0

18 and up	3 Sessions	R05262-312	Silver Spring RAC	4/7	M	7-8 p.m.	\$69
		R05262-308	Lawton CRC	4/9	W	1:15-2:15 p.m.	\$69
		R05262-305	Coffield CRC	4/9	W	7:30-8:30 p.m.	\$69
		R05262-313	Silver Spring RAC	5/5	M	7-8 p.m.	\$69
		R05262-309	Lawton CRC	5/14	W	1:15-2:15 p.m.	\$69
		R05262-306	Coffield CRC	5/14	W	7:30-8:30 p.m.	\$69

Beginner 2

18 and up	1 Session	R05261-319	Longwood CRC	5/3	Sa	10 a.m.-12:30 p.m.	\$50
		R05261-320	Longwood CRC	5/17	Sa	10 a.m.-12:30 p.m.	\$50
		R05261-321	Longwood CRC	5/31	Sa	10 a.m.-12:30 p.m.	\$50
	3 Sessions	R05261-318	N. Potomac CRC	5/5	M	Noon-1:30 p.m.	\$90



Ages	Sessions	Activity	Location	Start Date	Day	Time	Fee
Advanced Beginner Skills and Drills							
18 and up	2 Sessions	R05261-316	N. Potomac CRC	4/14	M	1:30-3 p.m.	\$60
High Intermediate Non Volley Zone Drills							
18 and up	1 Session	R05262-315	Potomac CRC	5/20	Tu	Noon-2 p.m.	\$40
Intermediate Skills and Drills							
18 and up	2 Sessions	R05262-316	N. Potomac CRC	4/14	M	Noon-2 p.m.	\$80
	3 Sessions	R05262-317	N. Potomac CRC	5/5	M	1:30-3 p.m.	\$90
Learn to Play: Pickleball							
7-9	6 Sessions	R05317-307	N.Potomac CRC	4/13	Su	2-2:45 p.m.	Overtime Athletics \$130
10-12		R05317-308	N.Potomac CRC	4/13	Su	3-3:45 p.m.	Overtime Athletics \$130
Pickleball Palooza							
3-6	4 Sessions	R05261-352	Potomac CRC	4/27	Su	2-3 p.m.	\$92
7-10		R05261-351	Potomac CRC	4/27	Su	1-2 p.m.	\$92

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SKATEBOARDING

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Goats on Wheels Beginner Skateboarding								
5-7	6 Sessions	R05363-307	Olney Manor RP	4/14	M	4-5 p.m.	Goats on Wheels	\$25
		R05363-305	Clara Barton NRC	4/23	W	4-5 p.m.	Goats on Wheels	\$25
		R05363-302	Damascus CRC	4/25	F	4-5 p.m.	Goats on Wheels	\$25
8-11		R05363-306	Olney Manor RP	4/14	M	5-6 p.m.	Goats on Wheels	\$25
		R05363-304	Clara Barton NRC	4/23	W	5-6 p.m.	Goats on Wheels	\$25
		R05363-301	Damascus CRC	4/25	F	5-6 p.m.	Goats on Wheels	\$25

SOCCER

Chickadee Soccer

18-36 mos. 8 Sessions	R05103-355	Lawton CRC	4/26	Sa	10-10:40 a.m.	Fit 2 Believe	\$115
	R05103-356	Lawton CRC	4/26	Sa	11-11:40 a.m.	Fit 2 Believe	\$115

Coach Doug Soccer

3-7 8 Sessions	R05025-316	Oakland Terrace ES	4/5	Sa	11:45am-12:30pm	Coach Doug Academy	\$116
	R05025-301	Germantown CRC	4/8	Tu	10-10:45 a.m.	Coach Doug Academy	\$116
	R05025-304	Germantown CRC	4/8	Tu	5-5:45 p.m.	Coach Doug Academy	\$116
	R05025-306	Bauer Drive CRC	4/9	W	10:15-11 a.m.	Coach Doug Academy	\$116
	R05025-307	Potomac CRC	4/10	Th	10-10:45 a.m.	Coach Doug Academy	\$116
	R05025-310	Potomac CRC	4/10	Th	5-5:45 p.m.	Coach Doug Academy	\$116

CORE Elite Clinic

BOYS

9-14 10 Sessions	R05103-317	Potomac CRC	3/20	Th	6:50-7:55 p.m.	CORE FC	\$289
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GIRLS

9-14 10 Sessions	R05103-316	Potomac CRC	3/20	Th	5:40-6:45 p.m.	CORE FC	\$289
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CORE Grassroots Soccer Clinic

3-5 5 Sessions	R05103-309	Bauer Drive CRC	4/5	Sa	10-10:45 a.m.	CORE FC	\$115
	R05103-307	Damascus CRC	4/5	Sa	2-2:45 p.m.	CORE FC	\$115
	R05103-303	Potomac CRC	4/5	Sa	2-2:45 p.m.	CORE FC	\$115
	R05103-305	Germantown CRC	4/6	Su	10-10:45 a.m.	CORE FC	\$115
	R05103-310	Bauer Drive CRC	4/5	Sa	11-11:50 a.m.	CORE FC	\$115
6-8	R05103-308	Damascus CRC	4/5	Sa	3-3:50 p.m.	CORE FC	\$115
	R05103-304	Potomac CRC	4/5	Sa	3-3:50 p.m.	CORE FC	\$115
	R05103-306	Germantown CRC	4/6	Su	11-11:50 a.m.	CORE FC	\$115



QUESTIONS?

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

RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Jump Start Hummingbirds Soccer Program								
3-4		R05103-351	Ayrlawn LP	4/26	Sa	10-10:55 a.m.	Jump Start Sports	\$135
		R05103-353	Layhill LP	4/26	Sa	1:30-2:25 p.m.	Jump Start Sports	\$135
5-6		R05103-352	Ayrlawn LP	4/26	Sa	11 a.m.-Noon	Jump Start Sports	\$135
		R05103-354	Layhill LP	4/26	Sa	2:30-3:30 p.m.	Jump Start Sports	\$135

Train Like a Pro Juniors Soccer Skills and Drills

5-9	6 Sessions	R05103-312	Potomac CRC	4/26	Sa	11 a.m.-Noon	Fit 2 Believe	\$85
		R05103-313	Potomac CRC	4/27	Su	9-10 a.m.	Fit 2 Believe	\$85

Train Like a Pro Soccer Skills and Drills

8-14	8 Sessions	R05103-301	Bauer Drive CRC	4/8	Tu	6:30-8 p.m.	Fit 2 Believe	\$167
10-14	6 Sessions	R05103-302	Potomac CRC	4/26	Sa	Noon-1:30 p.m.	Fit 2 Believe	\$132
		R05103-303	Potomac CRC	4/27	Su	10-11:30 a.m.	Fit 2 Believe	\$132



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VOLLEYBALL

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Adult Volleyball Clinic								
18 and up	6 Sessions	R05124-321	Good Hope NRC	4/29	Tu	6:30-8:30pm	Ofer Levy	\$198

Youth Volleyball Skills Development Clinic

8-11	6 Sessions	R05124-313	Mid-County CRC	5/5	M	6-7 p.m.	Ofer Levy	\$119
	8 Sessions	R05124-317	Potomac CRC	4/22	Tu	6:30-7:30 p.m.	Ofer Levy	\$158
		R05124-341	Germantown CRC	4/23	W	5:45-6:45 p.m.	Ofer Levy	\$158
		R05124-301	Wheaton CRC	4/24	Th	5:45-6:45 p.m.	Ofer Levy	\$158
		R05124-305	Bauer Drive CRC	4/25	F	5:45-6:45 p.m.	Ofer Levy	\$158
12-13	6 Sessions	R05124-314	Mid-County CRC	5/5	M	7-8 p.m.	Ofer Levy	\$119
	8 Sessions	R05124-318	Potomac CRC	4/22	Tu	6:30-7:30 p.m.	Ofer Levy	\$158
		R05124-342	Germantown CRC	4/23	W	6:45-7:45 p.m.	Ofer Levy	\$158
		R05124-302	Wheaton CRC	4/24	Th	6:45-7:45 p.m.	Ofer Levy	\$158
		R05124-306	Bauer Drive CRC	4/25	F	6:45-7:45 p.m.	Ofer Levy	\$158
14-17		R05124-343	Germantown CRC	4/23	W	7:45-8:45 p.m.	Ofer Levy	\$158

Youth Volleyball Level 1 Skills Development Clinic

14-17	6 Sessions	R05124-315	Mid-County CRC	5/5	M	8-9 p.m.	Ofer Levy	\$119
	8 Sessions	R05124-319	Potomac CRC	4/22	Tu	7:30-8:30 p.m.	Ofer Levy	\$158
		R05124-303	Wheaton CRC	4/24	Th	7:45-8:45 p.m.	Ofer Levy	\$158
		R05124-307	Bauer Drive CRC	4/25	F	7:45-8:45 p.m.	Ofer Levy	\$158

Youth Volleyball Level 2 Skills Development Clinic

14-17	6 Sessions	R05124-316	Mid-County CRC	5/5	M	8-9 p.m.	Ofer Levy	\$139
	8 Sessions	R05124-320	Potomac CRC	4/22	Tu	7:30-8:30 p.m.	Ofer Levy	\$185
		R05124-304	Wheaton CRC	4/24	Th	7:45-8:45 p.m.	Ofer Levy	\$185
		R05124-308	Bauer Drive CRC	4/25	F	7:45-8:45 p.m.	Ofer Levy	\$185



ADULT BASKETBALL LEAGUES

• Ages 18 and up

→ [CLICK HERE TO REGISTER.](#)

Men's Spring/Summer

Activity	Location	Start Date	Day	Time	# of Games	Fee
R05232-301	Bauer Drive CRC	5/4	Su	3-9:45 p.m.	6	\$725

Women's Drop In

Activity	Location	Start Date	Day	Time	# of Games	Fee
R05013-301	Bauer Drive CRC	4/27	Su	10 a.m.-Noon	8	\$80
R05013-302	Bauer Drive CRC	4/27	Su	10 a.m.-Noon	4	\$40
R05013-303	Bauer Drive CRC	6/1	Su	10 a.m.-Noon	4	\$40

Women's Spring

Activity	Location	Start Date	Day	Time	# of Games	Fee
R05013-304	Wood MS	4/5	Sa	9 a.m.-2 p.m.	6	\$130



YOUTH 3V3 BASKETBALL

• 3 games per night for 4 weeks

Boys

Activity	Ages	Location	Start Date	Day	Time	Fee
R05293-301	10-11	Various Locations	4/4	F	6-9 p.m.	\$45
R05295-301	12-13	Various Locations	4/4	F	6-9 p.m.	\$45
R05297-301	14-15	Various Locations	4/4	F	6-9 p.m.	\$45
R05299-301	16-17	Various Locations	4/4	F	6-9 p.m.	\$45



Girls

Activity	Ages	Location	Start Date	Day	Time	Fee
R05294-301	10-11	Various Locations	4/4	F	6-9 p.m.	\$45
R05296-301	12-13	Various Locations	4/4	F	6-9 p.m.	\$45
R05298-301	14-15	Various Locations	4/4	F	6-9 p.m.	\$45
R05300-301	16-17	Various Locations	4/4	F	6-9 p.m.	\$45



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NFL FLAG FOOTBALL LEAGUES

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Sunday, May 4-June 8

Sundays • 8 a.m.-6 p.m. • 5 games

\$60

Activity	Level	Location
R05287-301	8U	Wheaton HS Turf
R05287-302	10U	Wheaton HS Turf
R05287-303	12U	Wheaton HS Turf
R05287-304	14U	Wheaton HS Turf
R05287-305	9U Girls	Wheaton HS Turf
R05287-306	14U Girls	Wheaton HS Turf
R05287-307	9U	Damascus CRC Field
R05287-308	14U	Damascus CRC Field
R05287-309	9U	Montgomery Village MS Field
R05287-310	14U	Montgomery Village MS Field
R05287-311	9U	Paint Branch HS Turf
R05287-312	14U	Paint Branch HS Turf
R05287-313	High School Girls	Paint Branch HS Turf



LACROSSE LEAGUES

Instructional Lacrosse League

Activity	Ages	Location	Start Date	Day	Time	Fee
R05341-302	10-14	Bauer Drive LP	5/3	Sa	12:30-1:45 p.m.	\$25



ADULT PICKLEBALL LEAGUES

- Ages 18 and up
- Indoor Leagues; 6 games

Beginner 2.0-2.5

Activity	Location	Start Date	Day	Time	Fee
R05310-301	Bauer Drive CRC	4/28	M	6-10 p.m.	\$59
R05310-302	Bauer Drive CRC	6/16	M	6-10 p.m.	\$59
R05314-301	Longwood CRC	4/24	Th	6-9:30 p.m.	\$59
R05314-302	Longwood CRC	6/5	Th	6-9:30 p.m.	\$59

Intermediate 2.5-3.0

R05311-301	Bauer Drive CRC	4/28	M	6-10 p.m.	\$59
R05311-302	Bauer Drive CRC	6/16	M	6-10 p.m.	\$59
R05315-301	Longwood CRC	4/24	Th	6-9:30 p.m.	\$59
R05315-302	Longwood CRC	6/5	Th	6-9:30 p.m.	\$59

Intermediate 2.5-3.5

R05311-304	Ross Boddy NRC	4/22	Tu	6-9 p.m.	\$65
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Expert 3.0-3.5

R05312-301	Bauer Drive CRC	4/28	M	6-10 p.m.	\$59
R05312-302	Bauer Drive CRC	6/16	M	6-10 p.m.	\$59
R05316-301	Longwood CRC	4/24	Th	6-9:30 p.m.	\$59
R05316-302	Longwood CRC	6/5	Th	6-9:30 p.m.	\$59

Social League

R05351-301	Damascus CRC	4/24	Th	6-9 p.m.	\$80
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ADULT PICKLEBALL TOURNAMENTS

Activity	Tournament Level	Location	Start Date	Day	Time	Fee
R05348-302	High School Doubles	Wood MS Tennis Courts	5/17	Sa	8:30-11 a.m.	\$15
R05348-303	Men's Singles	Wood MS Tennis Courts	5/17	Sa	8:30-11 a.m.	\$25
R05348-304	Women's Doubles	Wood MS Tennis Courts	5/17	Sa	10 a.m.-3 p.m.	\$25
R05348-305	Men's Doubles	Wood MS Tennis Courts	5/17	Sa	10 a.m.-3 p.m.	\$25
R05348-306	Mix Doubles	Wood MS Tennis Courts	5/17	Sa	3-7 p.m.	\$25
R05348-203	Beginner King & Queen	Ross Boddy NRC	4/15	Tu	6-9 p.m.	\$25



ADULT SOCCER LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- Ages 18 and up

Men's 18+

Activity	Division/Level	Location	Start Date	Day	Time	# of games	Fee
R05282-301	Division 1	Germantown Soccer Plex, Ridge Road RP, Kennedy HS	4/6	Su	9 a.m.-6 p.m.	6	\$1150
R05282-315	Division 2	Germantown Soccer Plex, Ridge Road RP, Kennedy HS	4/6	Su	9 a.m.-6 p.m.	6	\$1150
R05282-316	Free Agent	Germantown Soccer Plex, Ridge Road RP, Kennedy HS	4/6	Su	9 a.m.-6 p.m.	6	FREE

Men's 40+

R05276-301	Men's 40+	Ridge Road RP	4/6	Su	9 a.m.-6 p.m.	6	\$1125
R05276-304	Free Agent	Ridge Road RP	4/6	Su	9 a.m.-6 p.m.	6	FREE

Men's 50+

R05279-301	Men's 50+	Ridge Road RP	4/6	Su	9 a.m.-6 p.m.	6	\$999
R05279-302	Free Agent	Ridge Road RP	4/6	Su	9 a.m.-6 p.m.	6	FREE

Men's 55+

R05349-301	Division 1	Laytonia Park	4/5	Sa	9 a.m.-6 p.m.	6	\$999
R05349-302	Division 2	Laytonia Park	4/5	Sa	9 a.m.-6 p.m.	6	\$999
R05349-303	Free Agent	Laytonia Park	4/5	Sa	9 a.m.-6 p.m.	6	FREE

Men's 65+

R05281-302	Men's 65+	N. Potomac CRC	3/16	Su	9 a.m.-3 p.m.	8	\$1099
R05281-303	Free Agent	Laytonia Park	3/16	Su	9 a.m.-3 p.m.	8	FREE

Women's 25+

R05285-301	Women's 25+	N. Potomac CRC	4/5	Sa	9 a.m.-6 p.m.	8	\$999
R05285-302	Free Agent	N. Potomac CRC	4/5	Sa	9 a.m.-6 p.m.	8	FREE

Women's 40+

R05286-301	Women's 40+	Laytonia Park	4/2	W	7-11 p.m.	8	\$1299
R05286-302	Free Agent	Laytonia Park	4/2	W	7-11 p.m.	8	FREE



ADULT SOFTBALL LEAGUES

[CLICK HERE TO REGISTER.](#)

• Ages 18 and up

Men's 18+

Activity	Division/Level	Location	Start Date	Day	Time	# of games	Fee
R05236-301	Men's Free Agent						
R05237-101	Men's C/D & D	Olney Manor	4/23	W	6-10:30 p.m.	18	\$1100
R05237-301	Men's C/D & D	Olney Manor	4/23	W	6-10:30 p.m.	18	\$1100
R05239-301	Men's C/D & D	Ridge Road	4/23	W	6-10:30 p.m.	18	\$1100
R05240-301	Men's D	Olney Manor	4/24	Th	6-10:30 p.m.	18	\$1100
R05242-301	Men's C/D & D	Cabin John	4/24	Th	6-10:30 p.m.	18	\$1100
R05244-301	Men's Fri	Cabin John	4/25	F	6-10:30 p.m.	18	\$1100
R05303-301	Men's D Tues DH	Cabin John	4/22	Tu	6-10:30 p.m.	18	\$1100

Women's

R05309-301	Women's Free Agent						
R05254-301	Women's 40+ Monday DH	Wheaton RP	4/24	Th	6-10:30 p.m.	18	\$964

CoRec

R05245-301	CoRec Monday DH	Cabin John	4/21	M	6-10:30 p.m.	18	\$1100
R05246-301	CoRec Wed DH	Cabin John	4/23	W	6-10:30 p.m.	18	\$1100
R05248-301	CoRec Thu DH	Ridge Road	4/24	Th	6-10:30 p.m.	18	\$1100

Men's 50+

R05252-301	Senior Men's 50+ Tues	Olney Manor /Cabin John	4/15	Tu	6-10:30 p.m.	18	\$1100
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Men's 55+

R05251-301	Senior Men's 55+ Th	Olney Manor /Cabin John	4/17	Th	6-10:30 p.m.	18	\$1100
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ADULT VOLLEYBALL LEAGUES

[→ CLICK HERE TO REGISTER.](#)

- Ages 18 and up
- 8 games

Co-Rec

Activity	Division/Level	Location	Start Date	Day	Time	Fee
R05255-201	Advanced	Silver Spring RAC	4/27	Sa	Noon-5 p.m.	\$425
R05255-202	Advanced Free Agent	Silver Spring RAC	4/27	Sa	Noon-5 p.m.	\$50
R05255-203	Beginner/Intermediate	Silver Spring RAC	4/27	Su	Noon-5 p.m.	\$425
R05255-204	Beginner/Intermediate Free Agent	Silver Spring RAC	4/27	Su	Noon-5 p.m.	\$50

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
R05319-307	12-13	East County CRC	4/26	Sa	5:30-9:30 p.m.	\$80
R05319-308	10-11	Wheaton CRC	4/27	Sa	10:30 a.m.-2:30 p.m.	\$80
R05319-311	14-17	Mid-County CRC	4/27	Su	10 a.m.-6 p.m.	\$80
R05319-312	12-13	Wheaton CRC	4/27	Su	10:30 a.m.-2:30 p.m.	\$80

Girls

R05319-306	14-17	Plum Gar CRC	4/26	Sa	10 a.m.-4 p.m.	\$80
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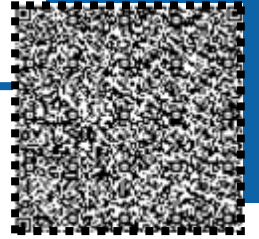


SPORTS @ REC

CAMPS

Sports Camps

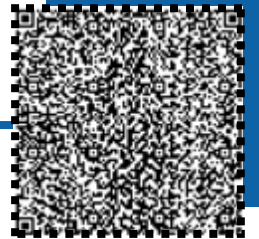
Sports camps are available during winter, spring and summer breaks.



CLASSES/ CLINICS

Sports Classes and Clinics

Sports classes and clinics are available year-round.



Scan to
view offerings

DROP-IN

Drop-In Sports

Drop-in sports are available year-round at your local Recreation center.



LEAGUES

Sports Leagues

Leagues are available for the following:
Basketball, Cricket, Flag Football,
Lacrosse, Pickleball, Soccer, Softball,
Ultimate Frisbee, Volleyball



SENIORS

Seniors Open Gym

Sports for adults 55 and up are available year-round.





Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS
WITH DISABILITIES


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AQUATICS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Sing and Swim								
6-12	4 Sessions	R06040-301	SSRAC	4/27	Su	Noon-2 p.m.	Melody Music Therapy	\$40
Social Swim								
18 and up	8 Sessions	R06002-302	OSC	4/11	F	7:30-8:30 p.m.		\$50

ARTS

Create with Clay

17 and up	5 Sessions	R05093-323	Ross Boddy CRC	4/28	M	11 a.m.-Noon	Catherine Joanny	\$78
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Kaleidoscope Art

6-14	7 Sessions	R06009-310	Good Hope NRC	4/23	W	5-6 p.m.		\$35
15 and up		R06009-311	Good Hope NRC	4/23	W	6:15-7:15 p.m.		\$35

Sunday Fun: Paint and Punch

6-14	6 Sessions	R06009-300	Germantown CRC	3/30	Su	1-1:45 p.m.		\$30
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DANCE

Sunday Fun: Dance Creation

6-14	6 Sessions	R06020-300	Germantown CRC	3/30	Su	2-2:30 p.m.		FREE
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Turn the Beat Around

15 and up	8 Sessions	R06026-301	Praisner CRC	4/23	W	7-7:45 p.m.		\$40
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ZamDance

12 and up	8 Sessions	R06030-301	Bauer Drive CRC	4/22	Tu	5-6 p.m.	Zam Dance	\$40
		R06030-302	N. Potomac CRC	4/24	Th	5-6 p.m.	Zam Dance	\$40

FITNESS

Neural Movement: Fitness and Focus

7-12	6 Sessions	R06045-301	Wheaton CRC	3/22	Sa	2-2:45 p.m.	Neural Movement	\$30
13-21		R06045-302	Wheaton CRC	3/22	Sa	2-2:45 p.m.	Neural Movement	\$30

Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

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Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
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Moving with Mike- Virtual

15 and up	8 Sessions	R06015-302	Virtual Class	4/9	W	7-8 p.m.		\$40
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Stretch 'n Tone

15 and up	8 Sessions	R06015-302	Longwood CRC	4/9	W	7-8 p.m.		\$40
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Zumba

15 and up	8 Sessions	R06025-301	Germantown CRC	4/22	Tu	7-8 p.m.		\$40
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Zumba Dance Party Fun

18 and up	4 Sessions	R06025-302	White Oak CRC	5/5	M	1-1:45 p.m.		\$20
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GAMES

Sunday Fun: Brain Games

6-12	6 Sessions	R06020-301	Germantown CRC	3/30	Su	2:30-3 p.m.		FREE
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MARTIAL ARTS

Mindful Movement

18 and up	7 Sessions	R06032-301	Wheaton CRC	4/28	M	6-6:45 p.m.	Anne Harrison	\$30
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Sensory Friendly Karate

6-12	6 Sessions	R06047-301	Good Hope NRC	4/28	M	5-5:45 p.m.	Kaizen Karate	\$30
		R06047-303	Silver Spring RAC	4/28	M	5:45-6:30 p.m.	Kaizen Karate	\$30
		R06047-302	Bauer Drive CRC	4/29	Tu	5:30-6:15 p.m.	Kaizen Karate	\$30
		R06047-304	Plum Gar CRC	4/29	Tu	5:30-6:15 p.m.	Kaizen Karate	\$30

MUSIC

Musical Games for Teens and Tweens

12-21	6 Sessions	R06040-303	Bauer Drive CRC	4/26	Sa	11-11:50 a.m.	Melody Music Therapy	\$30
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Musical Storytime

5-12	6 Sessions	R06040-302	Bauer Drive CRC	4/26	Sa	10-10:50 a.m.	Melody Music Therapy	\$30
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PERFORMING ARTS

Creative Drama: Defying Gravity with Imagination Stage!

8-12	6 Sessions	R06048-301	Mid-County CRC	4/24	Th	5:30-6:30 p.m.	Imagination Stage	\$30
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Saturday Play: Drama Facial Expressions

6-14	6 Sessions	R06020-303	Upper County CRC	3/29	Sa	10-10:45 a.m.		\$30
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Therapeutic Recreation

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES



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SPORTS

Ages	Sessions	Activity	Location	Start Date	Day	Time	Instructor	Fee
Adult Kickball								
18 and up	6 Sessions	R06013-301	Bauer Drive CRC	4/27	Su	1-2:30 p.m.		\$30
Pickleball Skills and Drills								
12-21	4 Sessions	R06042-301	Potomac CRC	4/27	Su	Noon-12:45 p.m.		\$25
Rock-Reaction: Indoor Rock Climbing								
9-18	1 Session	R06043-301	N. Potomac CRC	4/9	W	6-8 p.m.		\$5
		R06043-302	N. Potomac CRC	5/14	W	6-8 p.m.		\$5
Saturday Play: Kickball								
6-12	8 Sessions	R06020-302	South Germantown RP	3/29	Sa	1:15-2 p.m.		\$20
13-21		R06020-304	South Germantown RP	3/29	Sa	2:15-3 p.m.		\$20
Seasonal Sports Skills								
6-14	8 Sessions	R06019-301	Oakland Terrace ES	4/5	Sa	12:30-1:15 p.m.	Coach Doug Academy	\$40
15 and up		R06019-302	Potomac CRC	4/6	Su	11-11:45 a.m.	Coach Doug Academy	\$40
Soccer Scrimmage								
6-12	4 Sessions	R06011-311	Plum Gar CRC	4/28	M	5:45-6:30 p.m.		\$25
13-21		R06011-312	Plum Gar CRC	4/28	M	5:45-6:30 p.m.		\$25

YOGA

Saturday Play: Yoga for Beginners

6-13	6 Sessions	R06024-300	Upper County CRC	3/29	Sa	11-11:45 a.m.		\$30
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ADAPTED SWIM LESSONS

Montgomery County Recreation offers swim lessons for individuals with disabilities.

[VIEW ADAPTED SWIM LESSONS](#)



THE REC INSIDER

[SIGN UP](#)

FOR OUR NEWSLETTER TODAY!

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.

For more information, call **240-777-6870**.



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 programs. Early notification allows us to put accommodations in place.

For more information, email
rec.inclusion@montgomerycountymd.gov.

FOR DETAILS VISIT WWW.MOCOREC.COM
240-777-6840 • Hablamos Español



MONTGOMERY COUNTY
Recreation

THERAPEUTIC RECREATION SPECIAL EVENTS

Join us this spring for various special events made for individuals with disabilities.

[→ CLICK HERE TO REGISTER.](#)

TR SOCIAL

Kickball Game

Ages 18 and up R06006-302 South Germantown RP 5/17 Sa 3-5 p.m. \$10

TR SOCIAL

Backyard BBQ

Ages 18 and up R06006-303 Schweinhaut SC 6/14 Sa 1-4 p.m. \$10

TR THEME DANCE

Uptown Funky Disco Dance

Ages 15 and up R06014-301 Upper County CRC 4/26 Sa 6-9 p.m. \$10

TR THEME DANCE

Summer Safari Dance

Ages 15 and up R06014-303 East County CRC 6/28 Sa 6-9 p.m. \$10

TR SPECIAL EVENT

Egg-sessible Sunday

Ages 2 and up R06008-301 Silver Spring RAC 4/6 Su 2-4 p.m. FREE

TR SUNDAY FUNDAY

Sunday Funday Family Swim

Ages 2 and up R06010-301 Silver Spring RAC 5/4 Su Noon-4pm. \$5



THERAPEUTIC RECREATION

SPRING BREAK *Camp*

for youth and
teens with
disabilities.

Ages
6-12



\$75



Ages
13-21

MONDAY-WEDNESDAY • 9 A.M.-4 P.M.

APRIL 14-16

BAUER DRIVE CRC • 14625 BAUER DRIVE, ROCKVILLE

R06003-301

R06003-302

Parents' NIGHT OFF

PAINT AND PLAY

Friday, April 25
6-8 p.m.
\$10

Ages 6-18

POTOMAC CRC • 11315 FALLS ROAD, POTOMAC

ACTIVITY
R06046-301



55+ Senior Programs



Arts ARTS AND CRAFTS


[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Card Making						
3 Sessions	R07095-322	Schweinhaut SC	3/8	Sa	11:30 a.m.-2:30 p.m.	
Ceramics						
26 Sessions	R07098-306	Schweinhaut SC	3/4	Tu,Th	9:30 a.m.-1 p.m.	
12 Sessions	R07098-307	Silver Spring RAC	3/5	W	Noon-3:30 p.m.	
Evening Crafters						
10 Sessions	R07095-336	N. Potomac CRC	3/5	W	4-5:30 p.m.	
Fun with Art						
13 Sessions	R07052-306	Schweinhaut SC	3/5	W	10 a.m.-Noon	
Fun with Crafts						
4 Sessions	R07095-347	N. Potomac CRC	3/20	W-F	12:30-4:30 p.m.	
Illustration and Drawing						
4 Sessions	R07052-309	Damascus CRC	4/2	W	2:30-3:30 p.m.	\$5
Intro to Drawing						
13 Sessions	R07095-302	Wheaton CRC	3/6	Th	11 a.m.-Noon	
Mosaics						
8 Sessions	R07095-308	Damascus CRC	4/1	Tu	9:30-11:30 a.m.	\$5
Origami Class						
3 Sessions	R07096-301	Schweinhaut SC	3/3	M	1-3 p.m.	
Painting with Acrylics						
12 Sessions	R07095-301	Wheaton CRC	3/7	F	11 a.m.-Noon	

KNITTING AND CROCHET

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Knit and Crochet Group					
13 Sessions	R07003-308	N. Potomac CRC	3/4	Tu	1-3 p.m.
Knit and Crochet Workshop					
12 Sessions	R07003-301	Holiday Park SC	3/26	W	10-11:30 a.m.
Knitting Corner					
26 Sessions	R07003-305	Schweinhaut SC	3/5	W,F	1-3 p.m.
Needlecraft					
10 Sessions	R07053-303	Damascus CRC	3/27	Th	9 a.m.-2 p.m.
Needlecraft, Crochet and Sewing Club					
13 Sessions	R07053-302	Silver Spring RAC	3/7	F	2-4 p.m.
Needles and Yarn					
24 Sessions	R07003-304	Wheaton CRC	3/3	M,Tu	1-3 p.m.
Quilt Portraits: My Life Matters					
6 Sessions	R07053-304	Silver Spring RAC	3/24	M	12:30-2 p.m.

PERFORMING ARTS

Readers' Theater

4 Sessions	R07056-303	Damascus CRC	4/7	M	2:30-3:30 p.m.
6 Sessions	R07056-302	Schweinhaut SC	3/5	W	1:30-3:30 p.m.

PHOTOGRAPHY

Photography Club

5 Sessions	R07001-301	Holiday Park SC	4/2	W	10 a.m.-Noon
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WOODCARVING

Woodcarving

11 Sessions	R07002-301	Holiday Park SC	4/4	F	1-3 p.m.
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RECREATION

SPORTS

CLASSES

AQUATICS



Dance

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Ballet					
13 Sessions	R07012-307	Wheaton CRC	3/4	Tu	1:30-2:30 p.m.
	R07012-333	Silver Spring RAC	3/5	W	10-11 a.m.
	R07012-306	Wheaton CRC	3/5	W	2:15-3:15 p.m.
Ballroom Dance					
13 Sessions	R07050-301	Schweinhaut SC	3/5	W	Noon-1 p.m.
Ballroom/Line Dance					
13 Sessions	R07011-303	Wheaton CRC	3/5	W	1-2 p.m.
	R07011-305	Wheaton CRC	3/6	Th	1-2 p.m.
Chinese Classical Folk Dance					
12 Sessions	R07009-333	N. Potomac CRC	3/4	Tu	2-3:30 p.m.
Chinese Folk Dance					
11 Sessions	R07012-308	Wheaton CRC	3/3	M	1-2 p.m.
12 Sessions	R07009-316	Long Branch CRC	3/3	M	10 a.m.-Noon
	R07009-302	Holiday Park SC	3/28	F	11-11:50 a.m.
13 Sessions	R07009-300	White Oak CRC	3/4	Tu	10:30 a.m.-Noon
	R07009-331	N. Potomac CRC	3/5	W	10:30-11:30 a.m.
Dance Club					
5 Sessions	R07081-304	Holiday Park SC	4/4	F	1-3 p.m.
Dance to the Beat					
13 Sessions	R07012-341	Long Branch CRC	3/6	Th	12:45-1:45 p.m.





Sessions	Activity	Location	Start Date	Day	Time	
Dance with Me!						
11 Sessions	R07011-318	Wheaton CRC	3/3	M	9:05-9:55 a.m.	
International Ballroom Dancing						
13 Sessions	R07057-312	N. Potomac CRC	3/3	W	1-3 p.m.	
International Folk Dance						
12 Sessions	R07009-332	N. Potomac CRC	3/7	F	12:30-2 p.m.	
Line Dancing						
14 Sessions	R07011-308	Schweinhaut SC	3/1	Sa	10:30 a.m.-Noon	
13 Sessions	R07011-316	Long Branch CRC	3/4	Tu	10-11 a.m.	
Soul Line Dance						
13 Sessions	R07005-310	White Oak CRC	3/6	Th	10:15-11:15 a.m.	
Tea Dancing						
10 Sessions	R07129-301	Damascus CRC	3/27	Th	1-2:30 p.m.	
Tap Dance						
9 Sessions	R07007-302	Damascus CRC	3/24	M	11 a.m.-12:30 p.m.	\$50
Yuan Chi Dance						
11 Sessions	R07012-318	Wheaton CRC	3/3	M	2:30-4 p.m.	



SOAR DAYTRIPPERS

View Spring 2025 SOAR and Daytrippers brochure



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CLASSES

AQUATICS



Educational



DISCUSSIONS


[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Meet and Greet					
24 Sessions	R07092-301	Holiday Park SC	3/25	Tu,F	9:15-10:30 a.m.
Active Living in Spanish- Cafecito y Amistad					
11 Sessions	R07087-301	Holiday Park SC	3/24	M	10-11 a.m.
Behind The Headlines - Discussion Group					
11 Sessions	R07063-301	Holiday Park SC	3/24	M	10-11:25 a.m.
Book Club					
3 Sessions	R07065-301	Holiday Park SC	4/16	W	4:30-8 p.m.
Book Discussion by Zoom					
3 Sessions	R07065-305	Schweinhaut SC	3/11	Tu	1-2:30 p.m.
Charla con Arte (Español)					
11 Sessions	R07087-302	Holiday Park SC	3/31	M	11 a.m.-Noon
Chat with the Director					
3 Sessions	R07314-312	N. Potomac CRC	3/6	Th	12:30-1:30 p.m.
	R07314-301	Wheaton CRC	3/20	Th	1-2 p.m.
Coffee and Conversation with Staff					
3 Sessions	R07092-310	Schweinhaut SC	3/20	Th	9:30-10:15 a.m.
Coffee Social					
55 Sessions	R07092-304	Damascus CRC	3/17	M-F	9-11 a.m.





Sessions	Activity	Location	Start Date	Day	Time
Coping with Change					
12 Sessions	R07076-301	Holiday Park SC	3/27	Th	10:30-11:30 a.m.
10 Sessions	R07076-308	Damascus CRC	3/27	Th	11 a.m.-Noon
Coping with Change in Spanish-Cómo Afrontar el Cambio (en Español)					
12 Sessions	R07076-302	Holiday Park SC	3/25	Tu	11 a.m.-Noon
Current Events Discussion					
12 Sessions	R07063-323	N. Potomac CRC	3/6	Th	10-11:30 a.m.
Driver Safety Tips by MCDOT					
1 Session	R07028-347	N. Potomac CRC	3/13	Th	10:30-11:30 a.m.
Fire Safety, One Cup Coffee (or Hot Cocoa) At A Time					
3 Sessions	R07092-306	Holiday Park SC	4/15	Tu	10-11:30 a.m.
Jai Ho Discussion and Social Group					
12 Sessions	R07312-314	N. Potomac CRC	3/3	M	11:30 a.m.-1 p.m.
Max You					
12 Sessions	R07043-301	Holiday Park SC	3/25	Tu	10:30-11:30 a.m.
Maryland Senior Olympics Presentation					
1 Session	R07116-300	White Oak CRC	3/20	Th	1-2 p.m.
	R07116-306	N. Potomac CRC	3/31	M	10-11 a.m.
Morning Chat & Chew					
13 Sessions	R07063-300	White Oak CRC	3/5	W	9:30-10:30 a.m.
Scale Modeling Group					
3 Sessions	R07023-304	N. Potomac CRC	3/18	Tu	6:30-8:30 p.m.
Veterans Discussion Group					
3 Sessions	R07312-301	Schweinhaut SC	3/5	W	1-2 p.m.
Wellness Matters					
8 Sessions	R07028-311	Silver Spring RAC	4/1	Tu	9-10:30 a.m.





LANGUAGE


[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Basic English Conversation					
12 Sessions	R07061-306	Holiday Park SC	3/26	W	10-10:50 a.m.
Cultural and Positive English Exercise					
12 Sessions	R07061-305	Holiday Park SC	3/25	Tu	10 a.m.-Noon
English Conversation Group					
26 Sessions	R07021-304	Schweinhaut SC	3/3	M,Th	1-2:30 p.m.
Everyday English for Chinese Natives					
12 Sessions	R07021-310	N. Potomac CRC	3/3	M	9:30-10:30 a.m.
Everyday English					
12 Sessions	R07061-304	Holiday Park SC	3/26	W	11-11:50 a.m.
24 Sessions	R07061-301	Holiday Park SC	3/25	Tu,Th	9:50-10:40 a.m.
French Conversation					
6 Sessions	R07019-300	Schweinhaut SC	3/8	Sa	1-2:30 p.m.
Beginner Italian Class					
13 Sessions	R07021-311	Schweinhaut SC	3/5	W	1-2 p.m.
Intermediate Italian Class					
13 Sessions	R07021-312	Schweinhaut SC	3/5	W	2-3 p.m.
Intermediate Japanese					
13 Sessions	R07021-313	N. Potomac CRC	3/4	Tu	10:30 a.m.-Noon
Beginner Spanish Class					
11 Sessions	R07118-301	Wheaton CRC	3/3	M	10-11 a.m.
13 Sessions	R07015-305	Schweinhaut SC	3/6	Th	9:30-10:30 a.m.
Beginner's Spanish Conversation Group					
13 Sessions	R07015-300	White Oak CRC	3/5	W	11 a.m.-Noon
Beginner Plus Spanish Class					
13 Sessions	R07015-306	Schweinhaut SC	3/6	Th	10:30-11:30 a.m.
Conversational Spanish					
12 Sessions	R07061-302	Wheaton CRC	3/7	F	10-11 a.m.
Intermediate Spanish					
13 Sessions	R07118-303	Wheaton CRC	3/4	Tu	10-11 a.m.
Intermediate Spanish Conversation Group					
13 Sessions	R07015-302	White Oak CRC	3/7	F	11 a.m.-Noon



TECHNOLOGY

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Intro to Digital Culture with Senior Planet					
10 Sessions	R07084-302	Holiday Park SC	4/8	Tu,Th	10-11:15 a.m.
Senior Planet: Chromebook Essentials					
10 Sessions	R07105-334	N. Potomac CRC	4/7	M,W	2:15-3:30 p.m.

WRITING

Journaling

3 Sessions	R07058-308	Holiday Park SC	4/15	Tu	2:15-3:45 p.m.
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Memoir Writing for Beginners

6 Sessions	R07058-307	Wheaton CRC	3/5	W	10-11:30 a.m.
12 Sessions	R07058-314	Silver Spring RAC	3/6	Th	1-2:30 p.m.

Writing Group

6 Sessions	R07058-312	Schweinhaut SC	3/4	Tu	10 a.m.-Noon
12 Sessions	R07058-301	Holiday Park SC	3/28	F	10-11:30 a.m.



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SPORTS

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AQUATICS



Fitness

AEROBIC DANCE

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Bollywood Dance Fitness					
11 Sessions	R07012-340	N. Potomac CRC	3/10	M	10:30-11:30 a.m.
Chinese Dance and Fitness					
13 Sessions	R07012-311	Wheaton CRC	3/5	W	9-10:45 a.m.
Dance for Fun and Fitness					
4 Sessions	R07055-311	Damascus CRC	4/4	F	2:30-3:30
Dance Fitness					
12 Sessions	R07012-322	Schweinhaut SC	3/3	M	9:30-10:30 a.m.
Grooves and Moves Dance Fitness					
6 Sessions	R07012-339	Silver Spring RAC	3/13	Th	2-3 p.m.
Move and Groove Dance Fitness					
10 Sessions	R07012-335	Holiday Park SC	3/31	M	2:30-3:30 p.m.
11 Sessions	R07012-336	Holiday Park SC	4/2	W	2:30-3:30 p.m.
Superpower Dance Circle					
12 Sessions	R07012-300	White Oak CRC	3/6	Th	12:45-1:45 p.m.
	R07012-338	Silver Spring RAC	3/8	Sa	11 a.m.-Noon
13 Sessions	R07012-342	Schweinhaut SC	3/5	W	9-10 a.m.
	R07012-337	Wheaton CRC	3/5	W	11 a.m.-Noon
	R07012-334	Long Branch CRC	3/6	Th	10-11 a.m.



BONE BUILDERS

[VIEW BONE BUILDERS CLASSES](#)



LOW IMPACT

Sessions	Activity	Location	Start Date	Day	Time	
Active Golden Gentle Exercise						
12 Sessions	R07039-330	Holiday Park SC	3/28	F	10-10:50 a.m.	
Balance Boom						
12 Sessions	R07039-325	Silver Spring RAC	3/3	M	10-11 a.m.	
13 Sessions	R07060-301	White Oak CRC	3/5	W	11 a.m.-Noon	
Chairobics						
44 Sessions	R07066-303	Damascus CRC	3/18	Tu-F	10-10:45 a.m.	
Earth Day Walk and Plogging						
1 Session	R07023-310	N. Potomac CRC	4/22	Tu	10-11 a.m.	
Gentle Spin Class						
12 Sessions	R07039-300	White Oak CRC	3/3	M	10-11 a.m.	
Low Impact Exercise						
3 Sessions	R07060-310	Schweinhaut SC	3/14	F	9:30-10:30 a.m.	
Low Impact Exercise Video						
26 Sessions	R07041-300	White Oak CRC	3/6	Th,F	10:30 a.m.-Noon	
Muscle Up!						
12 Sessions	R07030-301	Wheaton CRC	3/7	F	1:30-2:30 p.m.	
10 Sessions	R07039-306	Silver Spring RAC	3/9	Su	1-2 p.m.	
Open Fitness Gym						
59 Sessions	R07039-318	Holiday Park SC	3/24	M-F	8:45 a.m.-4 p.m.	
Sit and Be Fit						
13 Sessions	R07039-326	Silver Spring RAC	3/7	F	1-2 p.m.	
Small Group Strength and Balance						
20 Sessions	R07039-315	Damascus CRC	3/25	Tu,Th	10:30 a.m.-Noon	\$5
Stretching Exercises						
36 Sessions	R07040-311	N. Potomac CRC	3/3	M,W,F	9:30-10:30 a.m.	
Walking Club						
13 Sessions	R07035-311	Damascus CRC	3/17	M	9:30-10:30 a.m.	
Wheaton Walks						
11 Sessions	R07035-301	Wheaton CRC	3/5	W	9:30-10:30 a.m.	

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SPORTS

CLASSES

AQUATICS



STRENGTH TRAINING



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Basic Functional Balance Exercise					
6 Sessions	R07030-300	Schweinhaut SC	3/7	F	9:30-10:30 a.m.
Fall Prevention and Balance Exercise					
14 Sessions	R07060-316	Long Branch CRC	2/26	W	9:30-10:30 a.m.
Fitness Boot Camp					
12 Sessions	R07039-324	Silver Spring RAC	3/8	Sa	9:30-10:30 a.m.
Fitness Testing with a Physical Therapist					
1 Session	R07028-345	N. Potomac CRC	3/5	W	9:30-11 a.m.
Full Body Workout					
13 Sessions	R07041-303	Wheaton CRC	3/4	Tu	9:05-9:55 a.m.
Heart Plus Exercise					
26 Sessions	R07041-304	N. Potomac CRC	3/4	Tu,Th	3:15-4 p.m.
Kickboxing					
13 Sessions	R07039-328	Silver Spring RAC	3/4	Tu	10:30-11:30 a.m.
3 Sessions	R07060-308	Schweinhaut SC	3/21	F	9:30-10:30 a.m.



ZUMBA

→ [CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Zumba					
10 Sessions	R07070-304	Damascus CRC	3/26	W	11 a.m.-Noon
	R07070-308	Damascus CRC	3/27	Th	5:30-6:30 p.m.
11 Sessions	R07070-325	N. Potomac CRC	3/3	M	9:15-10:15 a.m.
	R07070-313	Silver Spring RAC	3/13	Th	6:30-7:30 p.m.
12 Sessions	R07070-306	Wheaton CRC	3/7	F	9:45-10:45 a.m.
13 Sessions	R07070-301	Wheaton CRC	3/4	Tu	11-11:50 a.m.
	R07070-302	Wheaton CRC	3/6	Th	11-11:50 a.m.
Zumba Gold					
11 Sessions	R07070-309	Wheaton CRC	3/3	M	1:30-2:30 p.m.
13 Sessions	R07071-304	Silver Spring RAC	3/7	F	10-11 a.m.
26 Sessions	R07071-300	White Oak CRC	3/4	Tu,Th	9:05-10:05 a.m.
Zumba Video					
26 Sessions	R07070-320	N. Potomac CRC	3/4	Tu,Th	9:30-10:15 a.m.



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AQUATICS

BONEBUILDERS

Spring 2025

MARCH 10-JUNE 12

Activity	Location	Date	Days	Time
R03010-302	Bauer Drive 1 CRC	3/10	M,W	11:30 a.m.-12:30 p.m.
R03010-303	Bauer Drive 2 CRC	3/11	Tu,Th	1:30-2:30 p.m.
R03010-304	Clara Barton NRC	3/10	M,W	1:30-2:30 p.m.
R03010-324	Coffield 2 CRC	3/10	M,W	9:15-10:15 a.m.
R03010-305	Coffield 1 CRC	3/11	Tu,Th	9:15-10:15 a.m.
R03010-322	Damascus CRC	3/11	Tu,Th	2:30-3:30 p.m.
R03010-306	Germantown 1 CRC	3/10	M,Th	1-2 p.m.
R03010-325	Germantown 2 CRC	3/10	M,W	2:15-3:15 p.m.
R03010-307	Lawton CRC	3/11	Tu,Th	9:30-10:30 a.m.
R03010-323	Long Branch CRC	3/10	M,W	10-11 a.m.
R03010-308	Longwood 1 CRC	3/10	M,W	11:15 a.m.-12:15 p.m.
R03010-309	Longwood 2 CRC	3/10	M,W	2-3 p.m.
R03010-310	Mid-County CRC	3/11	Tu,Th	1-2 p.m.
R03010-311	N. Potomac 1 CRC	3/10	M,W	10:45-11:45 a.m.
R03010-312	N. Potomac 2 CRC	3/11	Tu,Th	10:40-11:40 a.m.
R03010-313	N. Potomac 3 CRC	3/11	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-314	Potomac 1 CRC	3/10	M,W	9-10 a.m.
R03010-317	Potomac 2 CRC	3/10	M,W	Noon-1 p.m.
R03010-315	Praisner 1 CRC	3/10	M,W	11 a.m.-12 p.m.
R03010-327	Praisner 2 CRC	3/10	M,W	2-3 p.m.
R03010-328	Ross Boddy NRC	3/11	Tu,Th	Noon-1 p.m.
R03010-319	Schweinhaut SC	3/11	Tu,Th	10:30-11:30 a.m.
R03010-326	Silver Spring 2 RAC	3/10	M,W	1-2 p.m.
R03010-321	Silver Spring 1 RAC	3/11	Tu,Th	10-11 a.m.
R03010-320	Wheaton 2 CRC	3/10	M,W	11 a.m.-12 p.m.
R03010-316	Wheaton 1 CRC	3/11	Tu,Th	9:15-10:15 a.m.
R03010-318	Wisconsin Place CRC	3/11	Tu,Th	1-2 p.m.

FREE
AGES 55+

ONE HOUR CLASSES HELD
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DESIGNED TO INCREASE
BONE DENSITY.

Senior Neighborhood Programs

Multiple locations throughout the County

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Sports and Games



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Recreation
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DISCOVERY AWAITS

SENIOR ADVENTURES

SAVE THE DATE

REGISTRATION BEGINS TUESDAY, MAY 13

3-DAY CAMPS • MULTIPLE LOCATIONS • 9 A.M. - 2 P.M.

\$25
PER PERSON

June 10, 11, 12 • North Potomac SC

July 15, 16, 17 • Silver Spring SC

July 29, 30, 31 • Margaret Schweinhaut SC

Aug. 13, 14, 15 • Ross Boddy NRC



For more information about our Senior Adventures Camp, email rec.seniors@montgomerycountymd.gov

Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center

Closing for Renovations on Feb. 28

Senior programs will be available at Damascus Community Recreation Center in mid-March.

25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

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

Long Branch Senior Center

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

Margaret Schweinhaut Senior Center

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

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

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

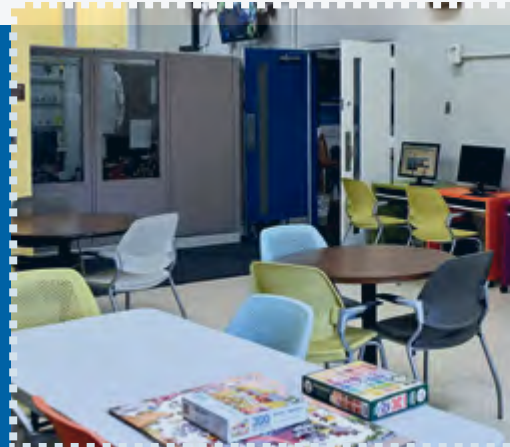
White Oak Senior Center

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

Wheaton Senior Center

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

**Visit mcorec.com
for more information**





Games

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Active Golden Bingo					
12 Sessions	R07085-301	Holiday Park SC	3/25	Tu	1-2:30 p.m.
	R07085-309	Holiday Park SC	3/28	F	10:30 a.m.-Noon
American Mah Jongg					
12 Sessions	R07047-320	N. Potomac CRC	3/3	M	10 a.m.-Noon
13 Sessions	R07047-322	N. Potomac CRC	3/6	Th	1-4 p.m.
	R07047-300	White Oak CRC	3/7	F	12:30-3:30 p.m.
11 Sessions	R07047-301	Holiday Park SC	3/24	M	1-4 p.m.
10 Sessions	R07047-308	Damascus CRC	3/26	W	12:30-3:30 p.m.
	R07047-308	Damascus CRC	3/26	W	12:30-3:30 p.m.
Beginner's American Mah Jongg Lessons					
4 Sessions	R07047-310	N. Potomac CRC	4/7	M	10-11:30 a.m.
Beginner's Bridge					
13 Sessions	R07074-306	Silver Spring RAC	3/5	W	12:30-2:30 p.m.
Bid Whist					
13 Sessions	R07112-300	White Oak CRC	3/6	Th	Noon-5 p.m.
Bingo					
25 Sessions	R07085-302	Schweinhaut SC	3/3	M,Th	10:30-11:30 a.m.
13 Sessions	R07085-304	Long Branch CRC	3/4	Tu	1-2 p.m.
	R07085-315	White Oak CRC	3/4	Tu	1-2 p.m.
	R07085-307	Silver Spring RAC	3/6	Th	12:30-1:30 p.m.
7 Sessions	R07085-316	White Oak CRC	3/5	W	1-2 p.m.
Board Games					
12 Sessions	R07112-307	Silver Spring RAC	3/3	M	1-3 p.m.
Brain Games					
12 Sessions	R07090-300	White Oak CRC	3/3	M	10-11 a.m.
	R07090-304	Silver Spring RAC	3/3	M	9:30-10:30 a.m.
Brainworks					
13 Sessions	R07023-308	Long Branch CRC	3/5	W	10-11 a.m.
Bridge					
10 Sessions	R07074-305	Damascus CRC	3/25	Tu	11 a.m.-3 p.m.





Sessions	Activity	Location	Start Date	Day	Time
Canasta					
10 Sessions	R07112-303	Damascus CRC	3/27	Th	1-3:30 p.m.
Chess Club					
12 Sessions	R07110-303	Schweinhaut SC	3/3	M	10:30 a.m.-1 p.m.
13 Sessions	R07110-305	Silver Spring RAC	3/6	Th	1-2 p.m.
Chinese Mahjong					
13 Sessions	R07047-326	Long Branch CRC	3/3	M	9:30 a.m.-Noon
24 Sessions	R07047-306	Wheaton CRC	3/3	M,W	1-4 p.m.
26 Sessions	R07047-307	N. Potomac CRC	3/4	Tu,W	10 a.m.-Noon
13 Sessions	R07047-317	N. Potomac CRC	3/7	F	Noon-4 p.m.
Duplicate Bridge					
12 Sessions	R07074-303	Holiday Park SC	3/26	W	Noon-4 p.m.
Open Party Bridge					
11 Sessions	R07075-301	Holiday Park SC	4/4	F	12:45-3:30 p.m.
Pinochle Card Game					
13 Sessions	R07099-305	Schweinhaut SC	3/5	W	1-3 p.m.
Pinochle Fun					
13 Sessions	R07099-301	White Oak CRC	3/4	Tu	11:30 a.m.-1:30 p.m.
Rummikub					
13 Sessions	R07086-304	Schweinhaut SC	3/3	M	12:30-2 p.m.
	R07086-303	Silver Spring RAC	3/6	Th	9:30-11 a.m.
59 Sessions	R07086-301	Holiday Park SC	3/24	M-F	1-4 p.m.
12 Sessions	R07086-302	Holiday Park SC	3/25	Tu	11 a.m.-2 p.m.
Scrabble					
12 Sessions	R07073-301	Holiday Park SC	3/26	W	1-4 p.m.
Social Bridge					
12 Sessions	R07074-302	White Oak CRC	3/3	M	1-3:30 p.m.
Table Games and Creative Coloring					
64 Sessions	R07112-302	Long Branch CRC	3/3	M-F	9-10:30 a.m.





Health and Wellness



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Blood Pressure Screening					
13 Sessions	R07108-319	Schweinhaut SC	3/7	F	1-2 p.m.
Healthy Body, Peaceful Mind					
11 Sessions	R07077-323	N. Potomac CRC	3/3	M	2-3:30 p.m.
Mindfulness Meditation					
12 Sessions	R07077-304	Holiday Park SC	3/28	F	11 a.m.-Noon
Nutrition 101					
13 Sessions	R07024-308	Schweinhaut SC	3/4	Tu	1:30-2:30 p.m.
UMD Nursing Program					
20 Sessions	R07094-301	Wheaton CRC	3/5	W,Th	9 a.m.-4 p.m.
Wellness Wednesdays with UMD Nursing Students					
10 Sessions	R07028-327	N. Potomac CRC	3/5	W	9:30 a.m.-3 p.m.



YOGA

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Chair Yoga					
26 Sessions	R07032-314	Long Branch CRC	3/4	Tu,Th	9-10 a.m.
13 Sessions	R07032-310	Wheaton CRC	3/4	Tu	3-4 p.m.
Gentle Yoga					
12 Sessions	R07029-311	Silver Spring RAC	3/3	M	3-4 p.m.
Yin Yoga					
12 Sessions	R07032-307	Schweinhaut SC	3/1	Sa	9:15-10:15 a.m.
Yoga					
11 Sessions	R07032-304	Wheaton CRC	3/3	M	10-11 a.m.
13 Sessions	R07032-301	Wheaton CRC	3/6	Th	3-4 p.m.
13 Sessions	R07029-301	White Oak CRC	3/7	F	9:05-10:05 a.m.
10 Sessions	R07029-307	Damascus CRC	3/28	F	11 a.m.-Noon
Yoga Para Todos					
26 Sessions	R07032-311	Long Branch CRC	2/27	Tu,Th	9-10 a.m.
Yogalates					
12 Sessions	R07032-315	Silver Spring RAC	3/4	Tu	6:30-7:30 p.m.
13 Sessions	R07032-303	Wheaton CRC	3/5	W	9:30-10:30 a.m.



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Martial Arts



CLICK HERE TO REGISTER.

Sessions	Activity	Location	Start Date	Day	Time
Beginners Tai Chi					
12 Sessions	R07025-327	N. Potomac CRC	3/11	Tu	9:30-11 a.m.
	R07025-310	Holiday Park SC	3/26	W	9:30-10:20 a.m.
Integral Tai Chi					
13 Sessions	R07025-328	White Oak CRC	3/7	F	1-2 p.m.
Intro to Qigong					
13 Sessions	R07059-313	N. Potomac CRC	3/6	Th	9:30-10:15 a.m.
Martial Arts Health Dance					
14 Sessions	R07010-312	N. Potomac CRC	3/1	Sa	9:30-11 a.m.
Qigong					
12 Sessions	R07059-303	Wheaton CRC	3/7	F	1-2 p.m.
Qi Gong					
14 Sessions	R07059-305	Schweinhaut SC	3/1	Sa	Noon-1 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Self Defense

6 Sessions	R07028-301	Wheaton CRC	3/7	F	11-11:50 a.m.
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Self-Defense Tae Kwon Do

12 Sessions	R07026-301	Holiday Park SC	3/28	F	2-3 p.m.
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Tai Chi

10 Sessions	R07025-302	Damascus CRC	3/25	Tu	11 a.m.-Noon
12 Sessions	R07025-322	Wheaton CRC	3/7	F	10:45-11:45 a.m.
13 Sessions	R07025-321	Long Branch CRC	3/3	M	10-11 a.m.
	R07025-319	Silver Spring RAC	3/7	F	9-10 a.m.
	R07027-322	N. Potomac CRC	3/7	F	2:30-3:30 p.m.
26 Sessions	R07025-305	White Oak CRC	3/4	Tu,Th	2-3 p.m.
39 Sessions	R07025-300	White Oak CRC	3/3	M,W,F	9-10 a.m.

Tai Chi Chuan

13 Sessions	R07025-316	Schweinhaut SC	3/4	Tu	1:30-2:30 p.m.
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Tai Chi Exercises

11 Sessions	R07025-315	Holiday Park SC	3/25	Tu	9:30-10:20 a.m.
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Tai Chi Sword

9 Sessions	R07027-301	Holiday Park SC	3/24	M	2:30-3:30 p.m.
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55+ MINI TRIPS • FREE

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Mini Trip	Activity	Leaving From	Date	Day	Time
Volunteer Fair at N Potomac CRC	R07101-302	Wheaton CRC	3/4	Tu	10:15 a.m.-1 p.m.
Montgomery Mall Mini Trip	R07101-304	Wheaton CRC	5/22	Th	9:30 a.m.-12:30 p.m.
Dollar Tree/Aldi Shopping Trip	R07101-312	White Oak CRC	3/14	F	9:30-11:30 a.m.
Mt. Airy Walmart Trip	R07101-315	Damascus CRC	4/1	Tu	9:30-11:30 a.m.
Milestone Shopping Trip	R07101-316	Damascus CRC	4/15	Tu	9:30-11:30 a.m.
Outing-National Gallery of Art	R07101-334	N. Potomac CRC	5/20	Tu	9:30 a.m.-1 p.m.
Flower Mart/White Elephant Sale at Washington Nat'l Cathedral	R07101-354	N. Potomac CRC	5/2	F	9:15 a.m.-12:30 p.m.
Second Ave. Thrift Store & Lunch	R07101-356	Schweinhaut SC	3/21	F	9:30 a.m.-2 p.m.
Washington DC Cherry Blossoms	R07101-357	Schweinhaut SC	4/11	F	9:30 a.m.-2 p.m.

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Music

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Sessions	Activity	Location	Start Date	Day	Time
African Drumming					
6 Sessions	R07115-311	Silver Spring RAC	3/5	W	2-3 p.m.
Angklung Music Lessons					
14 Sessions	R07109-304	Schweinhaut SC	3/1	Sa	Noon-2 p.m.
Chinese Karaoke					
13 Sessions	R07080-360	N. Potomac CRC	3/4	Tu	2-3:30 p.m.
Karaoke					
14 Sessions	R07080-222	Holiday Park SC	3/25	Tu	2:30-3:30 p.m.
12 Sessions	R07080-324	Holiday Park SC	3/28	F	1-1:45 p.m.
Let's Practice Ukulele! Club					
13 Sessions	R07115-302	Wheaton CRC	3/6	Th	1-2 p.m.
Piano Club					
3 Sessions	R07115-307	Holiday Park SC	4/7	M	2-3:45 p.m.
Practice for Piano Club					
3 Sessions	R07115-309	Holiday Park SC	4/14	M	2-3:45 p.m.
Song Circle					
3 Sessions	R07080-307	Schweinhaut SC	3/14	F	1:30-3:30 p.m.
Ukulele for Beginners					
7 Sessions	R07115-305	Silver Spring RAC	4/16	W	1-2 p.m.



THE REC INSIDER



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MONTGOMERY COUNTY
Recreation



Special Events

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Sessions	Activity	Location	Start Date	Day	Time
Akhmedova Ballet Presents "Pictures at an Exhibition"					
1 Session	R07094-313	Schweinhaut SC	5/10	Sa	1-2:30 p.m.
Aloha Friday, Asian Pacific American Heritage Month					
1 Session	R07107-316	Holiday Park SC	5/23	F	1-3 p.m.
Amateur Hour Showcase					
1 Session	R07107-300	White Oak CRC	5/23	F	10:30 a.m.-Noon
Asian American and Pacific Islander Heritage Month Dance					
1 Session	R07107-349	Holiday Park SC	5/2	F	1-3 p.m.
Fashion Boot Camp Rehearsals					
2 Sessions	R07107-360	East County CRC	3/8	Sa	11 a.m.-2 p.m.
Fashion Show					
1 Session	R07089-320	Long Branch CRC	4/23	W	10:30 a.m.-12:30 p.m.
Hello Spring: Hand Dance vs Line Dance Social					
1 Session	R07107-310	White Oak CRC	3/21	F	11 a.m.-1 p.m.
History of Central Asia Dances					
1 Session	R07107-304	Holiday Park SC	4/8	Tu	1-2 p.m.
Holi Celebration of Colors					
1 Session	R07107-342	N. Potomac CRC	3/10	M	12:30-1:45 p.m.
Kentucky Derby Dance					
1 Session	R07107-321	Holiday Park SC	5/30	F	1-3 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Get to Know the Rec Center					
1 Session	R07107-358	Damascus CRC	3/24	M	1-2 p.m.
Mother's Day Brunch					
1 Session	R07089-306	Wheaton CRC	5/9	F	11:30 a.m.-1 p.m.
New Movie Mondays					
12 Sessions	R07088-300	White Oak CRC	3/3	M	12:30-2 p.m.
Public Transit Travel Training					
1 Session	R07105-335	N. Potomac CRC	4/22	Tu	9-11 a.m.
Spring Line Dance Party					
1 Session	R07107-303	Holiday Park SC	4/25	F	1-3 p.m.
"Swan Lake" with Ballet Theater of Maryland					
1 Session	R07107-302	Holiday Park SC	4/29	Tu	1-2 p.m.
Volunteer Resource Fair					
1 Session	R07107-359	N. Potomac CRC	3/4	Tu	11 a.m.-1 p.m.



JOIN US FOR A SPECIAL EVENT!

DAMASCUS SENIOR CENTER PROGRAMMING BEGINS IN MARCH

**ACTIVITY R07107-358
MARCH 24 • 1-2 P.M.
DAMASCUS CRC**

Damascus Senior Center will close for renovations at the end of February 2025.

Limited programming for seniors will begin at Damascus CRC on March 17.

Full programming for seniors will be available starting March 24 at 25520 Oak Drive, Damascus

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Sports



BASKETBALL

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Basketball Skills Competition					
1 Session	R07122-303	White Oak CRC	4/22	Tu	10:30-11:30 a.m.

KICKBALL

Seniors Kickball Fun

1 Session	R07315-300	N. Potomac CRC	4/3	Th	10-11:30 a.m.
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PICKLEBALL

Newbies and Beginners Pickleball

10 Sessions	R07091-310	Schweinhaut SC	3/6	Th	1-2 p.m.
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Intermediate Pickleball

10 Sessions	R07091-313	Schweinhaut SC	3/6	Th	3-4 p.m.
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Advanced Beginners Pickleball

10 Sessions	R07091-312	Schweinhaut SC	3/6	Th	2-3 p.m.
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Outdoor Pickleball (weather permitting)

9 Sessions	R07091-314	N. Potomac CRC	4/3	Th	4-6 p.m.
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Pickleball Demo

1 Session	R07091-316	Silver Spring RAC	4/7	M	12:30-2 p.m.
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Pickleball

13 Sessions	R07091-315	White Oak CRC	3/6	Th	10 a.m.-Noon
	R07091-300	Schweinhaut SC	3/7	F	10:30 a.m.-Noon



SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.

[VIEW OPEN GYM SCHEDULE](#)

SOCCER

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Outdoor Soccer

26 Sessions	R07128-301	N. Potomac CRC	3/5	W	9:45 a.m.-Noon
22 Sessions	R07128-302	N. Potomac CRC	4/4	F	9:45 a.m.-Noon

Walking Soccer

25 Sessions	R07128-304	N. Potomac CRC	3/3	M	9:45 a.m.-Noon
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TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-308	Schweinhaut SC	3/3	M	Noon-2 p.m.
13 Sessions	R07097-309	Schweinhaut SC	3/7	F	10:30 a.m.-Noon

VOLLEYBALL

Senior Volleyball

12 Sessions	R07039-302	White Oak CRC	3/3	M	11 a.m.-1 p.m.
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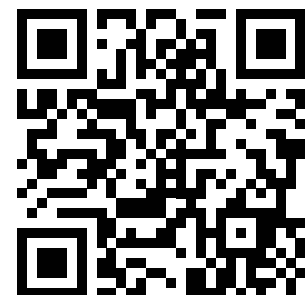
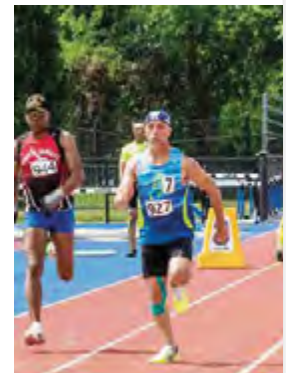


2025 | INFORMATION & REGISTRATION GUIDE



WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



Howard County
RECREATION & PARKS



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REGISTRATION BEGINS WEDNESDAY, FEB. 19 AT 9 A.M.

FOR MORE INFORMATION, VISIT WWW.MOCOREC.COM or call 240-777-4933.



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082-301 Cherry Blossom Cruise and Lunch, Washington D.C. Th, April 3 • Leave 9:30 a.m., Return 4 p.m. • Fee: \$136

We will cruise along the Potomac River and enjoy a lunch buffet on the Spirit of Washington as we enjoy the sights. The Captain will narrate historic sights and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip is on as scheduled regardless of bloom status and held rain or shine.

R07082-302 Walking Tour of Historic St. Mary's City, MD Th, April 10 • Leave 7:15 a.m., Return 5:30 p.m. • Fee: \$89

Experience colorful living history, fascinating archaeology and the great natural beauty of St. Mary's City in the beautiful tidewater landscape of Southern Maryland. We will have a guided tour of the area. Fee includes transportation, tours and lunch at St. Mary's College, Café Bon Appétit. Trip is held rain or shine.

R07082-303 John Wilkes Booth Escape Route Tour, MD Th, April 17 • Leave 8:15 a.m., Return 4:15 p.m. • Fee: \$82

Follow the escape tour of Abraham Lincoln assassin John Wilkes Booth narrated by veteran guide (and Booth relative) Rick Snider. We'll visit the Mary Surratt House in Clinton and Dr. Mudd House in Waldorf while passing several sights along the backroads used by Booth to the Maryland-Virginia border. We will have lunch at a waterfront restaurant on your own. Fee includes transportation, admission and guide. Trip is held rain or shine.

R07082-304 Winterthur Museum, Gardens and Library, DE Th, May 22 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

We will experience a self-guided tour of this stunning mansion, featuring the most significant collection of American decorative arts in the world. We will also see the world-class naturalistic garden, which includes a tram tour. Lunch is on your own at the on-site café. Fee includes transportation and admission. Trip is held rain or shine.

R07082-305 Annual Sailing Trip on the Liberte, Annapolis, MD W, May 28 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$120

Enjoy three hours on a 76-foot-long sailboat with a professional captain and crew. Fee includes transportation, lunch and sail. Trip is held weather permitting.

R07082-306 B&O Railroad Museum, Baltimore, MD Th, June 5 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$82

The museum and historic railway station exhibits historic railroad equipment and is home to the most comprehensive collection of railroad artifacts in the Western Hemisphere. You will enjoy exploring the expansive campus as well as the café and gift shop. Fee includes transportation, admission and tour. Lunch is on your own at The B&O Café. Trip is held rain or shine.

R07082-307 The National Museum of the United States Army, Fort Belvoir, VA Th, June 12 • Leave 8:45 a.m., Return 3:45 p.m. • Fee: \$69

The museum is the first comprehensive and only national museum to capture, display and interpret the Army's history by telling stories through the eyes of soldiers. In addition to the galleries and exhibits, the museum features a multisensory 300-degree screen theatre, a tranquil rooftop garden and hundreds of historic treasures rarely or never-before-seen by the public. Lunch is on your own at the café onsite. Fee includes transportation. Trip is held rain or shine.





MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip 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 leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07083-301 Hershey - Story Museum - Gardens and Chocolate World, Hershey, PA W, April 23 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

The story of Milton S. Hershey and the town that bears his name is presented through exhibits and interactive experiences. We will then make our way to Hershey Gardens to tour the beauty and wonder of nature as well as the butterfly atrium. After our visit, we will travel to Hershey Chocolate World to experience all that it has to offer. Lunch is on your own at the food hall on-site. Fee includes transportation and admissions. Trip is held rain or shine.

R07083-302 "Neil Berg's The 70's: Long Live Rock N' Roll" at The Weinberg Center, Frederick, MD Sa, April 26 • Leave 4:45 p.m., Return 10:45 p.m. • Fee: \$92

The 70's started with new classic rock bands and ended up with an exciting new wave of music. This incredible concert includes the songs and stories of many of the iconic artists of the era including Elton John, Billy Joel, The Eagles, Fleetwood Mac, Queen, Bruce Springsteen, Pink Floyd, The Rolling Stones, Chicago, Styx, David Bowie and one-hit-wonders as well. Visit downtown Frederick before the show for dinner and shopping on your own! Fee includes transportation and admission. Trip is held rain or shine.

R07083-303 Tea Time at the Tea Trolley, Delta, PA Th, May 8 • Leave 9 a.m., Return 5 p.m. • Fee: \$98

Step back in time and enjoy a full high tea service surrounded by Victorian elegance. Fee includes transportation and high tea. Trip is held rain or shine.

R07083-304 Carroll County Farmer's Market - Mother's Day Event, Westminster, MD Sa, May 10 • Leave 9 a.m., Return 3 p.m. • Fee: \$52

The market is all indoors with 60 vendors and a free giveaway of a flowering plant to the first 500 moms to arrive. There will be many beautiful hanging baskets, potted plants, spring garden plants, herbs and more available for Mother's Day gifts. You will also be able to check out crafts, arts, baked goods, gourmet food items, wine and cheese. Fee includes transportation. Trip is held weather permitting.

R07083-305 Virginia Museum of Fine Arts, Richmond, VA W, May 14 • Leave 8 a.m., Return 5 p.m. • Fee: \$74

Visitors will see art that spans over 6,000 years of history and represents many different cultures. You will have time on your own to experience all the museum has to offer. Lunch is on your own at the Best Café. Fee includes transportation and guided tour. Trip is held rain or shine.

R07083-306 "Shear Madness at the Kennedy Center," Washington D.C. Su, June 1 • Leave 12:45 p.m., Return 5:45 p.m. • Fee: \$89

This unique whodunit-comedy takes place in the Shear Madness hairstyling salon and is chock full of up-to-the-minute spontaneous humor. Fee includes transportation and show. Lunch is on your own at the KC Café before the show. Trip is held rain or shine.

R07083-307 Baker Park Bandshell - Concert Series, Frederick, MD Su, June 8 • Leave 5 p.m., Return 10 p.m. • Fee: \$54

Enjoy high quality musical entertainment from a wide range of musical backgrounds. You will have time to enjoy the food trucks before the show and the performing group will be announced in March when they finalize the schedule. Fee includes transportation. Trip is held weather permitting.



CLUB ADVENTURE

★ Winter and Spring

★
After School Program

LOCATIONS*:

Damascus CRC
N. Potomac CRC
Praisner CRC
East County CRC
Long Branch CRC

Coffield CRC
Mid-County CRC
Plum Gar CRC
Upper County CRC
White Oak CRC

**Some sites provide bus transportation from schools. Contact the center for detailed information.*

Monday ★ Friday
3:30 - 6:30 p.m.

Ages 5-11

\$75

Per Month



Scan QR to register

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Join Us!

For grades K-5.

Enjoy sports, crafts, dance and more. Multiple locations available.



MONTGOMERY COUNTY
Recreation



FACILITY ADDRESSES

Registration begins Wednesday, Feb. 19 for spring programs.



Looking for Senior Centers?

Click here to view senior center locations.



Looking for pool locations?

Click here to view aquatic facilities.

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave, Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Chevy Chase ES.....	4015 Rosemary St, Chevy Chase, 20815
Forest Knolls ES.....	10830 Eastwood Ave., Silver Spring, 20901
Glenallan ES.....	12520 Heurich Rd, Silver Spring, 20902
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
Montgomery Village MS....	19300 Watkins Mill Rd, Montgomery Village, 20886
Tilden MS- Rock Terrace Center.....	6300 Tilden Ln, Rockville, 20852
Wood MS.....	14615 Bauer Dr, Rockville 20853

HIGH SCHOOLS

Kennedy HS	1901 Randolph Rd, Wheaton, 20902
Paint Branch HS.....	14121 Old Columbia Pike, Burtonsville, MD 20866
Thomas S. Wootton. HS.....	2100 Wootton Pkwy, Rockville 20850

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

PARKS

Ayrlawn LP.....	5652 Oakmont Ave, Bethesda, 20817
Bauer Drive LP.....	14625 Bauer Dr, Aspen Hill, 20853
Fairland RP.....	3928 Greencastle Rd., Fairland 20866
Layhill LP.....	14901 Layhill Rd, Cloverly, 20906
Layhill Village LP.....	1920 Queensguard Rd, Wheaton, 20906
Laytonia Park.....	7300 Airpark Rd, Gaithersburg, 20879
Northwest Branch RP.....	1450 Norbeck Rd, Aspen Hill, 20906
Olney Manor RP.....	16601 Georgia Ave, Olney 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
South Germantown RP.....	18041 Central Park Circle Boyds, 20841
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring, 20906



OTHER FACILITIES

Germantown Soccer Plex.....	18031 Central Park Cir, Boyds, 20841
Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852

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



WHERE THE FUN BEGINS

Have questions?

The customer service and outreach teams are here to help!



HOURS OF OPERATION

Monday - Friday

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



CALL US

Customer Service Available

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

[240-777-6840](tel: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](#)

SPRING 2025

Registration begins
**Wednesday,
Feb. 19**



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



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation