SUMMER CAMPS

HURRY THERE'S STILL TIME

NOW UNDERWAY
RecAssist is available for Camps 2021.
Register at ActiveMONTGOMERY.org

FULL DAY & HALF DAY OPTIONS
<table>
<thead>
<tr>
<th>Locations</th>
<th>Pre-Season</th>
<th>Summer Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bethesda**</td>
<td>LANES ONLY • 2-7 p.m. RESERVATIONS 1 HR</td>
<td>Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.</td>
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<tr>
<td></td>
<td>Closed M &amp; Tu</td>
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</tr>
<tr>
<td>Germantown†</td>
<td>Weekends &amp; Memorial Day: Noon-6 p.m. Closed Weekdays</td>
<td>Weekends: Noon-8 p.m. Weekdays: 1-8 p.m.</td>
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<tr>
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<td>Closed Weekends</td>
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<tr>
<td>MLK, Jr. Outdoor†</td>
<td>LANES ONLY • M-F • 2-7 p.m. RESERVATIONS 1 HR</td>
<td>Weekends: Noon-8 p.m. Weekdays: Noon-8 p.m.</td>
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<tr>
<td></td>
<td>Closed Weekends</td>
<td>Weekdays: Noon-8 p.m.</td>
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<tr>
<td>Sarah E. Auer Western County</td>
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<tr>
<td>Sgt. Hector I. Ayala Wheaton/Glenmont</td>
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<td>Upper County</td>
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<tr>
<td></td>
<td>Closed Weekends</td>
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Summer 2021 Outdoor Pool Hours

2 HR SWIM SESSIONS

Pre-Season
May 1-May 28

LANES ONLY • 2-7 p.m. RESERVATIONS 1 HR
Closed M & Tu

Weekends & Memorial Day: Noon-6 p.m.
Closed Weekdays

Weekdays: 1-8 p.m.

Summer Season
June 19-August 15

Weekends: Noon-8 p.m.
Weekdays: 1-8 p.m.

Closed

Weekends & Memorial Day: Noon-6 p.m.
Closed Weekdays

Weekdays: Noon-8 p.m.
Weekdays: Noon-8 p.m.

Closed

Weekends & Memorial Day: Noon-6 p.m.
Closed Weekdays

Weekdays: Noon-8 p.m.
Weekdays: Noon-8 p.m.

Closed

Weekends & Memorial Day: Noon-6 p.m.
Closed Weekdays

Weekdays: Noon-8 p.m.
Weekdays: 1-8 p.m. Closed Fridays

All pools close at 6 p.m. on Saturday, July 4, 2021.

For more info, visit www.mocorec.com/pools
240-777-6860 • Hablamos Español

Montgomery County Recreation
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Partnership Programs are run in collaboration with nonprofits and organizations serving Montgomery County. These programs may have registration requirements different from Montgomery County Recreation.

Summer 2021 Registration begins May 10, 2021
Montgomery Parks
The Maryland-National Capital Park and Planning Commission

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Registration Opens
BROOKSIDE GARDENS, NATURE
CENTERS, HISTORICAL, CULTURAL, DRIVING RANGE GOLF
AND ARCHERY PROGRAMS
Monday, MAY 10
ICE SKATING, HOCKEY, AND TENNIS PROGRAMS*
Tuesday, JUNE 8
*ONLY ONE TERM THIS SEASON FOR ICE & TENNIS

HABLAMOS ESPAÑOL
Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6840. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6840.

Individuals with disabilities are encouraged to register for programs offered by Montgomery Parks and Montgomery County Recreation. To facilitate inclusion, you may request auxiliary aids or services. Interpreters, Braille or large print, or other accommodations should be requested prior to the start of programs. Early notification allows us time to put accommodations in place. If you are registering for a Montgomery County Recreation program, please contact a Therapeutic Recreation Specialist at 240-777-6870, or email rec.inclusion@montgomerycountymd.gov. If you're registering for a Montgomery Parks program, please call the Parks Program Access Office at 301-495-2477; email ProgramAccess@MontgomeryParks.org; or visit MontgomeryParks.org/access for more information.

SEASONAL HIGHLIGHTS
Josiah Henson Museum & Park pg. 42
Miniature Train & Carousel pg. 60
Indoor Pools

- **Martin Luther King, Jr Swim Center (MLK)**
  240-777-8060
  1201 Jackson Road
  Silver Spring, MD 20904
  **Closed Aug. 28-Sept. 6**

- **Eunice Kennedy Shriver & Sargent Shriver Aquatic Center (KSAC)**
  240-777-8070
  5900 Executive Boulevard
  N. Bethesda, MD 20852
  **Closed Aug. 7-Aug. 22**

- **Olney Indoor Swim Center (OSC)**
  240-777-4995
  16605 Georgia Avenue
  Olney, MD 20832
  **Closed July 26.-Aug. 8**

- **Germantown Indoor Swim Center (GISC)**
  240-777-6830
  18000 Central Park Circle
  Boyds, MD 20841
  **Closed Aug. 20-Sept. 6**

Outdoor Pools

- **Bethesda Outdoor Pool**
  301-652-1598
  6300 Hillandale Road
  Bethesda, MD 20815
- **Germantown Outdoor Pool**
  240-777-8067
  18905 Kingsview Road
  Germantown, MD 20874
- **Long Branch Outdoor Pool**
  301-431-5700
  8700 Pinetree Branch Road
  Silver Spring, MD 20912
- **Martin Luther King, Jr Outdoor Pool**
  240-777-8066
  1201 Jackson Road
  Silver Spring, MD 20904
- **Upper County Outdoor Pool**
  301-840-2446
  8211 Emory Grove Road
  Gaithersburg, MD 20877
- **Sarah E. Auer Western County Outdoor Pool**
  301-349-2217
  20151 Fisher Avenue
  Poolesville, MD 20837
- **Sgt. Hector I. Ayala Wheaton/Glenmont Outdoor Pool**
  301-929-5460
  12621 Dalewood Drive
  Wheaton, MD 20906

Outdoor pools will close at 6 p.m. on July 4.

Memorial Day Weekend!

**POOL RESERVATIONS**

2 hour swim sessions are available for reservation.
Residents with reservations will have priority admission.

**STAY UP-TO-DATE**

Check our pools information web page for current indoor and outdoor pool information.
## Aquatics

### Water Fitness

#### Abs & Glutes & More

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
<th>8 Sessions</th>
<th>Instructor: H2O Fitness</th>
</tr>
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<tbody>
<tr>
<td>118171 KSAC</td>
<td>6/22 Tu</td>
<td>9-9:50 a.m.</td>
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<tr>
<td>118176 KSAC</td>
<td>6/24 Th</td>
<td>9-9:50 a.m.</td>
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<tr>
<td>118234 MLKOP</td>
<td>6/21 M</td>
<td>10-10:50 a.m.</td>
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<tr>
<td>118266 MLKOP</td>
<td>6/23 W</td>
<td>10-10:50 a.m.</td>
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**$52**

#### Against the Current

<table>
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<th>Instructor: H2O Fitness</th>
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<td>118241 MLKOP</td>
<td>6/21 M</td>
<td>9-9:50 a.m.</td>
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<td>118238 MLKOP</td>
<td>6/21 M</td>
<td>8-10-9 p.m.</td>
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<td>118235 MLKOP</td>
<td>6/22 Tu</td>
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<td>6/22 Tu</td>
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<td>118239 MLKOP</td>
<td>6/23 W</td>
<td>9-9:50 a.m.</td>
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<td>118276 MLKOP</td>
<td>6/23 W</td>
<td>8-10-9 p.m.</td>
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<td>118275 MLKOP</td>
<td>6/24 Th</td>
<td>9-9:50 a.m.</td>
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<tr>
<td>118237 MLKOP</td>
<td>6/26 Sa</td>
<td>10-10:50 a.m.</td>
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#### Aqua Cardio Challenge

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
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<th>Instructor: H2O Fitness</th>
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<tr>
<td>118393 KSAC</td>
<td>6/21 M</td>
<td>7-7:50 p.m.</td>
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<td>118390 KSAC</td>
<td>6/24 Th</td>
<td>11-11:50 a.m.</td>
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<tr>
<td>118387 MLKOP</td>
<td>6/23 W</td>
<td>7-7:50 p.m.</td>
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<tr>
<td>118242 MLKOP</td>
<td>6/25 F</td>
<td>10-10:50 a.m.</td>
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#### Aqua Cardio Dance

<table>
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<th>Ages 12 &amp; Up</th>
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<tr>
<td>118272 MLKOP</td>
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<td>10-10:50 a.m.</td>
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<tr>
<td>118243 MLKOP</td>
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### Aqua Dance for Kids

<table>
<thead>
<tr>
<th>Ages 7-13</th>
<th>8 Sessions</th>
<th>Instructor: H2O Fitness</th>
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</thead>
<tbody>
<tr>
<td>118388 KSAC</td>
<td>6/23 W</td>
<td>Noon-12:50 p.m.</td>
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<tr>
<td>118244 MLKOP</td>
<td>6/22 Tu</td>
<td>11-11:50 a.m.</td>
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<tr>
<td>118273 MLKOP</td>
<td>6/26 Sa</td>
<td>11-11:50 a.m.</td>
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**$52**

### Aqua Lite

<table>
<thead>
<tr>
<th>Ages 12 &amp; Up</th>
<th>7 Sessions</th>
<th>Instructor: Wellness Network</th>
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<tr>
<td>116266 KSAC</td>
<td>6/21 M</td>
<td>11-11:50 a.m.</td>
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<tr>
<td>116267 KSAC</td>
<td>6/23 W</td>
<td>11-11:50 a.m.</td>
</tr>
<tr>
<td>118141 OSC</td>
<td>6/21 M</td>
<td>10-10:50 a.m.</td>
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<tr>
<td>118151 OSC</td>
<td>6/23 W</td>
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<tr>
<td>118160 OSC</td>
<td>6/25 F</td>
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### Aqua Spin

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<th>8 Sessions</th>
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<tr>
<td>118182 KSAC</td>
<td>6/25 F</td>
<td>12-12:50 p.m.</td>
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<tr>
<td>118392 KSAC</td>
<td>6/22 Tu</td>
<td>12:30-1:20 p.m.</td>
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<tr>
<td>118174 KSAC</td>
<td>6/23 W</td>
<td>1-1:50 p.m.</td>
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<td>118175 KSAC</td>
<td>6/23 W</td>
<td>7-7:50 p.m.</td>
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<td>118178 KSAC</td>
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<td>118179 KSAC</td>
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<td>118258 MLKSC</td>
<td>6/20 Su</td>
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<td>118259 MLKSC</td>
<td>6/21 M</td>
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<td>118255 MLKSC</td>
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<td>122519 MLKSC</td>
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<td>118254 MLKSC</td>
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<td>118257 MLKSC</td>
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<td>8-8:50 a.m.</td>
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**$60**

**$68**

### Aqua YO-Lates

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<tr>
<td>118245 MLKOP</td>
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**$52**
### Deep Water Running

<table>
<thead>
<tr>
<th>Ages</th>
<th>Sessions</th>
<th>Price</th>
<th>Instructor</th>
<th>Center</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>122143 BOP</td>
<td>6/20 Su</td>
<td>8-8:50 a.m.</td>
<td>Wellness Network</td>
<td>BOP</td>
<td>6/20</td>
<td>Su 8-8:50 a.m.</td>
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<tr>
<td>122141 BOP</td>
<td>6/21 M</td>
<td>8-8:50 a.m.</td>
<td>Wellness Network</td>
<td>BOP</td>
<td>6/21</td>
<td>M 8-8:50 a.m.</td>
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<tr>
<td>122142 BOP</td>
<td>6/23 W</td>
<td>8-8:50 a.m.</td>
<td>Wellness Network</td>
<td>BOP</td>
<td>6/23</td>
<td>W 8-8:50 a.m.</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>8</strong></td>
<td>$46</td>
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### Hi/Lo Cardio Fusion

<table>
<thead>
<tr>
<th>Ages</th>
<th>Sessions</th>
<th>Price</th>
<th>Instructor</th>
<th>Center</th>
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<th>Time</th>
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### Water Aerobics

<table>
<thead>
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<th>Ages</th>
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<tr>
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<td><strong>Total</strong></td>
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### Water Exercise

<table>
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<th>Ages</th>
<th>Sessions</th>
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<tr>
<td>118144 OSC</td>
<td>6/22 Tu</td>
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<td>Wellness Network</td>
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<td>118146 OSC</td>
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<tr>
<td><strong>Total</strong></td>
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**Montgomery County Recreation**

**55+**

**AQUATICS**

**CLASSES**

**SPORTS**

**THERAPEUTIC RECREATION**

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**Hi/Lo Cardio Fusion**

<table>
<thead>
<tr>
<th>Ages</th>
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<tbody>
<tr>
<td>122141 BOP</td>
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<td>122142 BOP</td>
<td>6/23 W</td>
<td>8-8:50 a.m.</td>
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<td>BOP</td>
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<td>W 8-8:50 a.m.</td>
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<td>$52</td>
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**Montgomery County Recreation**

**55+**

**AQUATICS**

**CLASSES**

**SPORTS**

**THERAPEUTIC RECREATION**
**Blended 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 Rescuer. Certifications are valid for two years. Attendance is required at all sessions and 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. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only legs.
3. 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 $135.

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**Kennedy Shriver Aquatic Center**

**LGT 1: Course 117456**

**June 2021**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Course</td>
<td>Friday, June 18</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, June 19</td>
<td>9 a.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Session 2</td>
<td>Sunday, June 20</td>
<td>9 a.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Session 3</td>
<td>Monday, June 21</td>
<td>4 p.m.</td>
<td>8 p.m.</td>
</tr>
</tbody>
</table>

**Martin Luther King Jr. Swim Center**

**LGT 1: Course 110567**

**June 2021**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Begins</th>
<th>Ends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Course</td>
<td>Saturday, June 12</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>Session 1</td>
<td>Saturday, June 19</td>
<td>Noon</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>Session 2</td>
<td>Sunday, June 20</td>
<td>Noon</td>
<td>4 p.m.</td>
</tr>
<tr>
<td>Session 3</td>
<td>Wednesday, June 23</td>
<td>6 p.m.</td>
<td>9 p.m.</td>
</tr>
<tr>
<td>Session 4</td>
<td>Saturday, June 26</td>
<td>5 p.m.</td>
<td>8 p.m.</td>
</tr>
</tbody>
</table>

**BE A HERO**

Our lifeguarding classes offer the training you need to become a Red Cross certified lifeguard.
Swim Lessons

Please note the following:

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

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

Class fee covers only the lessons and no other use of the facility. Participants may enter the locker rooms ten minutes before the start of class.

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

Indoor courses meet for six 30-minute sessions. Fees range from $58 to $67 depending on the level and number of participants.

Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in Swim Classes on the following page.

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

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

Aquatics Lesson Weather Policy

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

Outdoor lessons are scheduled for eight sessions to allow for inclement weather cancellations. There are no makeups or refunds due to weather related closings and delays for lessons at outdoor pools.

Please check each pool’s listings for lesson schedule changes due to facility conflicts. Lessons will be held on all other days the facility is open.
## Guidelines for Placement in Swim Classes

### Parent-Assisted Lessons

<table>
<thead>
<tr>
<th>Waterbabies (Ages 6-18 months)</th>
<th>Aquatots (Ages 18 months-3)</th>
<th>Pre-School (Ages 3-5)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td><strong>Class Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td>On the first day of class, students must be able to have one adult participant per child and wear swim diapers or tight-fitting waterproof pants under their suit if not potty-trained.</td>
<td>Children will learn basic water-adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.</td>
<td></td>
</tr>
</tbody>
</table>

### Level 1

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

### Level 2

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td><strong>Class Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td>On the first day of class, students must be able to enter water, front and back float without support, kick, blow bubbles and do arm strokes. Parents do not accompany children.</td>
<td>Students are already water adjusted. Students must be able to submerge for three seconds and float on their front and back without support. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back and rhythmic breathing.</td>
<td></td>
</tr>
</tbody>
</table>

### Level 3

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td><strong>Class Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td>On the first day of class, students must be able to use basic swimming skills including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.</td>
<td>Students can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of five yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving their front crawl.</td>
<td></td>
</tr>
</tbody>
</table>

### Level 4

<table>
<thead>
<tr>
<th>Beginner (Ages 4-6)</th>
<th>Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td><strong>Class Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td>On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.</td>
<td>Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.</td>
<td></td>
</tr>
</tbody>
</table>

### Level 5

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

### Level 6

<table>
<thead>
<tr>
<th>Advanced Youth (Ages 7-13)</th>
<th>Adult (Ages 14+)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Requirements:</strong></td>
<td><strong>Class Objectives:</strong></td>
</tr>
<tr>
<td>On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</td>
<td>Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.</td>
</tr>
</tbody>
</table>
Beginner 1
Ages 4-6
6 Sessions $67
Germantown Indoor Swim Center
118469 6/19 Sa 9-9:30 a.m.
118470 6/19 Sa 10:30-11 a.m.
118471 6/19 Sa 11:15-11:45 a.m.
118472 6/20 Su 9-9:30 a.m.
118473 6/20 Su 10:30-11 a.m.
118474 6/20 Su 11:15-11:45 a.m.

8 Sessions $67
Germatown Outdoor Pool
117609 7/12 M-Th 9-9:30 a.m.
117610 7/12 M-Th 9:45-10:15 a.m.
117611 7/19 M-Th 9-9:30 a.m.

Western County Outdoor Pool
117571 7/12 M-Th 10-10:30 a.m.

Wheaton/Glenmont Outdoor Pool
118518 7/12 M-Th 9-9:30 a.m.
118520 7/12 M-Th 9:45-10:15 a.m.
118524 7/19 M-Th 9-9:30 a.m.

Beginner 2
Ages 4-6
6 Sessions $65
Germantown Indoor Swim Center
118475 6/19 Sa 9-9:30 a.m.
118476 6/19 Sa 9:45-10:15 a.m.
118477 6/19 Sa 10:30-11 a.m.
118478 6/19 Sa 11:15-11:45 a.m.
118479 6/20 Su 9-9:30 a.m.
118480 6/20 Su 9:45-10:15 a.m.
118481 6/20 Su 11:15-11:45 a.m.

8 Sessions $65
Germatown Outdoor Pool
117612 7/12 M-Th 10:30-11 a.m.
117613 7/19 M-Th 9:45-10:15 a.m.

Western County Outdoor Pool
117572 7/12 M-Th 10:45-11:15 a.m.

Wheaton/Glenmont Outdoor Pool
118522 7/12 M-Th 10:30-11 a.m.
118526 7/19 M-Th 9:45-10:15 a.m.

Beginner 3
Ages 4-6
6 Sessions $65
Germantown Indoor Swim Center
118482 6/19 Sa 11:15-11:45 a.m.
118483 6/20 Su 11:15-11:45 a.m.

8 Sessions $65
Germatown Outdoor Pool
117614 7/19 M-Th 10:30-11 a.m.

Wheaton/Glenmont Outdoor Pool
118528 7/19 M-Th 10:30-11 a.m.
### Youth Level 1

**Ages 7-13**

<table>
<thead>
<tr>
<th>6 Sessions $60</th>
<th>Germantown Indoor Swim Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>118484 6/19 Sa</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>118485 6/19 Sa</td>
<td>10:30-11 a.m.</td>
</tr>
<tr>
<td>118486 6/20 Su</td>
<td>9:45-10:15 a.m.</td>
</tr>
<tr>
<td>118487 6/20 Su</td>
<td>10:30-11 a.m.</td>
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</table>

**Youth Level 2**

**Ages 7-13**

<table>
<thead>
<tr>
<th>6 Sessions $60</th>
<th>Germantown Indoor Swim Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>118489 6/20 Su</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>118488 6/19 Sa</td>
<td>9:45-10:15 a.m.</td>
</tr>
<tr>
<td>118490 6/20 Su</td>
<td>10:30-11 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8 Sessions $60</th>
<th>Germantown Outdoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>117615 7/12 M-Th</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>117616 7/19 M-Th</td>
<td>10:30-11 a.m.</td>
</tr>
</tbody>
</table>

**Wheaton/Glenmont Outdoor Pool**

<table>
<thead>
<tr>
<th>6 Sessions $60</th>
<th>Germantown Indoor Swim Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>118484 6/19 Sa</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>118485 6/19 Sa</td>
<td>10:30-11 a.m.</td>
</tr>
<tr>
<td>118486 6/20 Su</td>
<td>9:45-10:15 a.m.</td>
</tr>
<tr>
<td>118487 6/20 Su</td>
<td>10:30-11 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8 Sessions $60</th>
<th>Germantown Outdoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>117615 7/12 M-Th</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>117616 7/19 M-Th</td>
<td>10:30-11 a.m.</td>
</tr>
</tbody>
</table>

### Youth Level 3

**Ages 7-13**

<table>
<thead>
<tr>
<th>6 Sessions $58</th>
<th>Germantown Indoor Swim Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>118491 6/19 Sa</td>
<td>9:45-10:15 a.m.</td>
</tr>
<tr>
<td>118492 6/20 Su</td>
<td>9:45-10:15 a.m.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8 Sessions $58</th>
<th>Germantown Outdoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>117619 7/12 M-Th</td>
<td>10:30-11 a.m.</td>
</tr>
<tr>
<td>117620 7/19 M-Th</td>
<td>9-9:30 a.m.</td>
</tr>
</tbody>
</table>

**Wheaton/Glenmont Outdoor Pool**

<table>
<thead>
<tr>
<th>8 Sessions $58</th>
<th>Germantown Outdoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>118523 7/12 M-Th</td>
<td>10:30-11 a.m.</td>
</tr>
<tr>
<td>118525 7/19 M-Th</td>
<td>9-9:30 a.m.</td>
</tr>
</tbody>
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**MORE SWIM LESSONS AVAILABLE**

See more swim lessons in ActiveMontgomery.

**BUT WAIT... THERE’S MORE!**

See more swim lessons for all ages located within our Aquatics facilities.

Register online at ActiveMONTGOMERY.org

240-777-6840
Diving

Advance and Tier Level Diving

Ages 7-13  8 Sessions  $240
Instructor: Monumental Diving
120697   KSAC  6/1  T,Th,Sa  7:30 - 9 p.m.

Instructor: Sergey Meshcherskiy
120583   KSAC  6/2  M,W,Sa  7:30 - 9 p.m.
9 Sessions  $315

Instructor: Monumental Diving
120524   MLKSC  6/21 M,W,F  7-8:45 a.m.
120539   MLKSC  6/21 M,W,F  9-10:45 a.m.
120545   MLKSC  6/21 M,W,F  11 a.m.-12:45 p.m.
120529   MLKSC  7/12 M,W,F  7-8:45 a.m.
120530   MLKSC  7/12 M,W,F  9-10:45 a.m.
120546   MLKSC  7/12 M,W,F  11 a.m.-12:45 p.m.

Instructor: Monumental Diving
120503   KSAC  6/21  M,W,F  7-8:45 a.m.
120525   KSAC  6/21  M,W,F  9-10:45 a.m.
120541   KSAC  6/21  M,W,F  11 a.m.-12:45 p.m.
120522   KSAC  7/12  M,W,F  7-8:45 a.m.
120526   KSAC  7/12  M,W,F  9-10:45 a.m.
120542   KSAC  7/12  M,W,F  11 a.m.-12:45 p.m.

Instructor: Monumental Diving
120570   KSAC  6/2  M,W,F,Sa  4-5:30 p.m.
120569   KSAC  6/2  M,W, Th,Sa  5:45-7:15 p.m.

Instructor: Monumental Diving
120558   KSAC  6/1  Su,Tu,Th,F  5:45-7:15 p.m.
120549   GISC  6/2  Su,M,W,F  5:45-7:15 p.m.
15 Sessions  $525

Instructor: Monumental Diving
120505   MLKSC  6/21  M-F  7-8:45 a.m.
120516   KSAC  6/21  M-F  9-10:45 a.m.
120543   MLKSC  6/21  M-F  11 a.m.-12:45 p.m.
120515   MLKSC  7/12  M-F  7-8:45 a.m.
122155   MLKSC  7/12  M-F  9-10:45 a.m.
120544   MLKSC  7/12  M-F  11 a.m.-12:45 p.m.

Instructor: Monumental Diving
120480   KSAC  6/21  M-F  7-8:45 a.m.
120519   KSAC  7/12  M-F  7-8:45 a.m.
120513   KSAC  7/12  M-F  9-10:45 a.m.
120540   KSAC  7/12  M-F  11 a.m.-12:45 p.m.

Ages 11-19  10 Sessions  $340
Instructor: Sergey Meshcherskiy
120531   MLKSC  6/15 M,F  5-6:15 p.m.
**Masters**

**Masters Swimming**
Ages 18 & Up  
Instructor: Montgomery Ancient Mariners

| 1 Day per Week | $100  
| 116546 | 6/20 | 8 a.m.-10 p.m. |
| 2 Days per Week | $160  
| 116548 | 6/20 | 8 a.m.-10 p.m. |
| 3 Days per Week | $200  
| 116550 | 6/20 | 8 a.m.-10 p.m. |
| 4 Days per Week | $230  
| 116551 | 6/20 | 8 a.m.-10 p.m. |
| 5 Days per Week | $250  
| 116553 | 6/20 | 8 a.m.-10 p.m. |

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**Scuba**

Ages 14 & Up  
6 Sessions  
$265  
Instructor: Joseph M. Lodmell

120265 KSAC  
7/20 Tu,Th  
6:30-9:30 p.m.
Arts & Crafts

**Abrakadoodle Let’s Go Camping**  
Ages 5-12  
8 Sessions  
$80  
Instructor: Stephanie Burke  
118994 Virtual Class  
6/23  W  5:30-6:15 p.m.

**Adventures in Art**  
Ages 5-10  
3 Sessions  
$35  
Instructor: Tatiana Martin  
118993 Virtual Class  
6/26  Sa  10:15-11:15 a.m.

**Beginner Right Brained Drawing**  
Ages 14 & Up  
6 Sessions  
$130  
Instructor: Yolanda Prinsloo  
120281 Virtual Class  
7/1  Th  5:45-7:15 p.m.

DANCE

**Ballet**  
**Ballet for Adults**  
Ages 16 & Up  
7 Sessions  
$70  
Instructor: Robyn Lindsey  
118951 Virtual Class  
6/24  Th  7-8 p.m.

**Hip-Hop**  
**Hippo Hoppo**  
Ages 3-5  
7 Sessions  
$45  
Instructor: Robyn Lindsey  
119826 Virtual Class  
6/23  W  5-5:30 p.m.

**Line Dancing**  
**Urban Line Dance**  
Ages 17 & Up  
7 Sessions  
$63  
Instructor: Peytrienne McCormick  
118950 Good Hope NRC  
6/23  W  6-7 p.m.

CPR & First Aid

**CPR, First Aid and AED**  
Ages 13 & Up  
1 Session  
$89  
Instructor: Life Rescue Training  
116557 Bauer Drive CRC  
6/26  Sa  10:30 am-2:30 p.m.  
116558 Bauer Drive CRC  
7/10  Sa  10:30 am-2:30 p.m.  
116559 Bauer Drive CRC  
8/14  Sa  10:30 am-2:30 p.m.

IMPORTANT CLOSURE NOTICE

Classes will not meet on the following dates:

- July 3
- July 4
- July 5
**FITNESS**

**Aerobic Dance**

Dance and Fitness 🌟
Ages 18 & Up 11 Sessions $88
Instructor: Elaine Waldstreicher & Katy Wiemers
116297 Holiday Park SC 6/21 M/Th 6-7 p.m.

**Pilates**

Pilates for Fitness 🌟 ⚫
Ages 16 & Up 7 Sessions $70
Instructor: Elite Quality Sports
116303 Virtual Class 6/21 M 10-10:45 a.m.
116302 Virtual Class 6/23 W 10-10:45 a.m.

**Playtime & Movement**

Funfit Tots 🌟
Ages 11 Months-2 6 Sessions $94
Instructor: Funfit Foundation
119098 Tilden Woods LP 6/26 Sa 9:30-10:15 a.m.

Funfit Tots Family Class 🌟
Ages 1 1/2-4 6 Sessions $94
Instructor: Funfit Foundation
119099 Tilden Woods LP 6/26 Sa 10:30-11:15 a.m.

Strength Training

Strength and Toning
Ages 18 & Up 5 Sessions $50
Instructor: Elite Quality Sports
116303 Virtual Class 6/21 M 10-10:45 a.m.
116302 Virtual Class 6/23 W 10-10:45 a.m.

**Total Body Conditioning**

ACT The Workout-Fitness 🌟 ⚫
Ages 18 & Up 15 Sessions $113
Instructor: Marie Castellucci
116295 Holiday Park SC 6/21 MWF 4:45-5:45 p.m.
8 Sessions $60
116296 Virtual Class 6/22 Tu 4:45-5:45 p.m.
7 Sessions $53
116294 Potomac CRC 6/26 Sa 8-9 a.m.

Kelley’s Complete Fitness Workout
Ages 18 & Up 4 Sessions $30
Instructor: Pamela Kelley
116293 Virtual Class 6/21 M 7-8 p.m.

Zumba

Zumba Fitness 🌟 ⚫
Ages 16 & Up 7 Sessions $58
Instructor: Michelle Johnson-Lancaster
116309 Good Hope NRC 6/21 M 5:30-6:30 p.m.
116308 Bauer Drive CRC 6/26 Sa 9-10 a.m.
8 Sessions $66
116307 Virtual Class 6/24 Th 5:30-6:30 p.m.

Instructor: Ingrid Higgins
Ages 16 & Up 7 Sessions $58
116311 Virtual/Outdoors 6/26 Sa 10-11 a.m.
Outdoor Location: Good Hope NRC

Zumba Toning 🌟 ⚫
Ages 16 & Up 8 Sessions $66
Instructor: Ingrid Higgins
116310 Virtual/Outdoors 6/23 W 7-8 p.m.
Outdoor Location: Good Hope NRC
<table>
<thead>
<tr>
<th>Health/Wellness</th>
<th>Martial Arts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tai Chi 🏔️</strong></td>
<td><strong>Aikido</strong></td>
</tr>
<tr>
<td>Ages 18 &amp; Up</td>
<td>Ages 11 &amp; Up</td>
</tr>
<tr>
<td>Instruct: Yanni Nguyen</td>
<td>7 Sessions</td>
</tr>
<tr>
<td>118666 Plum Gar CRC</td>
<td>$70</td>
</tr>
<tr>
<td>6/21 M</td>
<td>8 Sessions</td>
</tr>
<tr>
<td>6:30-7:30 p.m.</td>
<td>$80</td>
</tr>
<tr>
<td>118665 Virtual Class</td>
<td>6/24 Th</td>
</tr>
<tr>
<td>6-7 p.m.</td>
<td><strong>Karate/Jujitsu</strong></td>
</tr>
<tr>
<td><strong>Workshops or Speaker Series</strong></td>
<td><strong>Karate/Jujitsu Adult and Youth Outdoor All Levels 🌟</strong></td>
</tr>
<tr>
<td><strong>Safe Sitter</strong></td>
<td>Ages 6-12</td>
</tr>
<tr>
<td>Ages 10-13</td>
<td>4 Sessions</td>
</tr>
<tr>
<td>Instruct: Life Rescue Training</td>
<td>$60</td>
</tr>
<tr>
<td>116560 Virtual Class</td>
<td>6/21 M-Th</td>
</tr>
<tr>
<td>6/30 W</td>
<td>9-11 a.m.</td>
</tr>
<tr>
<td>4-5:45 p.m.</td>
<td><strong>Karate/Jujitsu Adult Outdoor All Levels 🌟</strong></td>
</tr>
<tr>
<td>116561 Virtual Class</td>
<td>Ages 13 &amp; Up</td>
</tr>
<tr>
<td>7/29 Th</td>
<td>7 Sessions</td>
</tr>
<tr>
<td>4-5:45 p.m.</td>
<td>$70</td>
</tr>
<tr>
<td><strong>Yoga</strong></td>
<td><strong>Instruct: TKA Inc.</strong></td>
</tr>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td>120465 Damascus CRC</td>
</tr>
<tr>
<td>Ages 18 &amp; Up</td>
<td>6/21 M</td>
</tr>
<tr>
<td>8 Sessions</td>
<td>6-7 p.m.</td>
</tr>
<tr>
<td>$80</td>
<td></td>
</tr>
<tr>
<td>116300 Virtual Class</td>
<td>$80</td>
</tr>
<tr>
<td>6/23 W</td>
<td>120463 Mid-County CRC</td>
</tr>
<tr>
<td>6:15-7:15 p.m.</td>
<td>6/22 Tu</td>
</tr>
<tr>
<td><strong>Hatha Yoga and Stress Management Beg/Cont</strong></td>
<td>7-8 p.m.</td>
</tr>
<tr>
<td>Ages 35 &amp; Up</td>
<td>119857 Wheaton CRC</td>
</tr>
<tr>
<td>7 Sessions</td>
<td>6/24 Th</td>
</tr>
<tr>
<td>$70</td>
<td>6-7 p.m.</td>
</tr>
<tr>
<td>116305 Virtual Class</td>
<td><strong>Karate/Jujitsu Adult and Youth 🏡</strong></td>
</tr>
<tr>
<td>6/25 F</td>
<td>Ages 6-12</td>
</tr>
<tr>
<td>10-11 a.m.</td>
<td>8 Sessions</td>
</tr>
<tr>
<td><strong>Yoga Basics</strong></td>
<td>$80</td>
</tr>
<tr>
<td>Ages 18 &amp; Up</td>
<td>120470 Praisner CRC</td>
</tr>
<tr>
<td>8 Sessions</td>
<td>6/24 Th</td>
</tr>
<tr>
<td>$80</td>
<td><strong>Instruct: TKA Inc.</strong></td>
</tr>
<tr>
<td>116301 Virtual Class</td>
<td>6/23 W</td>
</tr>
<tr>
<td>6:30-8:30 p.m.</td>
<td>7:30-8:30 p.m.</td>
</tr>
<tr>
<td><strong>Please Remember Your Mask</strong></td>
<td></td>
</tr>
</tbody>
</table>

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.
Karate/Jujitsu Outdoor All Levels
Ages 6-12 8 Sessions $80
Instructor: TKA Inc.
120290 Mid-County CRC 6/22 Tu 6-7 p.m.
120466 Clara Barton NRC 6/23 W 6:30-7:30 p.m.

Karate/Jujitsu Outdoor Beginner and White Belt
Ages 6-12 7 Sessions $70
Instructor: TKA Inc.
120132 Wheaton CRC 6/21 M 6-7 p.m.
120263 Upper County CRC 6/21 M 6-7 p.m.
120138 Bauer Drive CRC 6/23 W 6-7 p.m.
120268 Damascus CRC 6/23 W 6-7 p.m.

Karate/Jujitsu Outdoor Intermediate
Ages 6-12 7 Sessions $70
Instructor: TKA Inc.
120134 Wheaton CRC 6/21 M 7-8 p.m.
120266 Upper County CRC 6/21 M 7-8 p.m.
120139 Bauer Drive CRC 6/23 W 7-8 p.m.
120269 Damascus CRC 6/23 W 7-8 p.m.

Karate: Adult Brown Belts
Ages 13 & Up 8 Sessions $80
Instructor: TKA Inc.
119843 Virtual Class 6/24 Th 7:45-8:45 p.m.

Karate: Adult Green Through Blue Belts
Ages 13 & Up 7 Sessions $70
Instructor: TKA Inc.
119842 Virtual Class 6/21 M 7:45-8:45 p.m.

Karate: Adult Training and Practice (Current Students Only)
Ages 13 & Up 8 Sessions $40
Instructor: TKA Inc.
120473 Virtual Class 6/23 W 7:45-8:45 p.m.

Karate: Adult White Through Red Belts
Ages 13 & Up 8 Sessions $80
Instructor: TKA Inc.
119841 Virtual Class 6/22 Tu 7:45-8:45 p.m.

Karate: Youth Adv. White and Orange Belts
Ages 6-12 8 Sessions $80
Instructor: TKA Inc.
119837 Virtual Class 6/22 Tu 6:30-7:30 p.m.

Karate: Youth Green Belts and Higher
Ages 6-12 8 Sessions $80
Instructor: TKA Inc.
119840 Virtual Class 6/24 Th 6:30-7:30 p.m.

Karate: Youth Yellow and Red Belts
Ages 6-12 7 Sessions $70
Instructor: TKA Inc.
119838 Virtual Class 6/21 M 6:30-7:30 p.m.

Specialty Programs
Practical Self-Defense
Ages 14 & Up 7 Sessions $35
Instructor: Ivan Black
120285 Virtual Class 6/21 M 7-8 p.m.
120286 Virtual Class 6/24 Th 7-8 p.m.

Classes will not meet on the following dates:
July 3
July 4
July 5
Music

Guitar
Beginner Guitar
Ages 8-13 6 Sessions $89
Instructor: Kevin Mittleman
118945 Virtual Class 6/25 F 5:30-6:20 p.m.
118947 Guitar Rental (if needed) $40

Beginner Guitar
Ages 16 & Up 6 Sessions $89
Instructor: Kevin Mittleman
118941 Virtual Class 6/21 M 8-8:50 p.m.
118948 Guitar Rental (if needed) $40

Piano
Poppin Piano
Ages 5-12 8 Sessions $220
Instructor: Learn Now Music
120284 Virtual Class 6/23 W 7-8 p.m.

S.T.E.A.M.

Chess for Beginners
Ages 6-14 6 Sessions $90
Instructor: Arkadiy Frenkel
118987 Virtual Class 6/21 M 4-5 p.m.

Chess for Advanced
Ages 6-14 7 Sessions $105
Instructor: Arkadiy Frenkel
118992 Virtual Class 6/17 Th 4-5 p.m.
**SPORTS**

**Badminton**

**Badminton Beginner/Adv. Beginner**
- Ages 9 & Up
- 8 Sessions
- $72
- Instructor: Yen-Ping Chao
- 119944 Bauer Drive CRC 6/19 Sa 9:30-10:30 a.m.

**Badminton Intermediate**
- Ages 10 & Up
- 8 Sessions
- $104
- Instructor: Yen-Ping Chao
- 119945 Bauer Drive CRC 6/19 Sa 10:30 a.m.-12:30 p.m.

**Baseball/Softball**

**Coach Pitch Baseball**
- Ages 5-7
- 6 Sessions
- $95
- Instructor: Overtime Athletics
- 119789 Q.O. Valley NP 6/19 Sa 12:30-2:30 p.m.
- 119790 Ayrlawn LP 6/19 Sa 12:30-2:30 p.m.
- 119791 Layhill Village LP 6/20 Su 2:15-3:15 p.m.

*Saturday sessions are one hour within the listed timeframe.

**Lil' Sluggers T-Ball**
- Ages 3-5
- 6 Sessions
- $95
- Instructor: Overtime Athletics
- 119819 Q.O. Valley NP 6/19 Sa 10 a.m.-Noon
- 119820 Ayrlawn LP 6/19 Sa 10 a.m.-Noon
- 119821 Layhill Village LP 6/20 Su 1-2 p.m.

*Saturday sessions are one hour within the listed timeframe.

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**Basketball**

**CP Basketball Skills and Conditioning**
- Ages 7-11
- 4 Sessions
- $70
- Instructor: Coach Parker Basketball Academy
- 120232 Mid-County CRC 6/26 Sa 9-10 a.m.
- 120234 N. Potomac CRC 6/26 Sa 9-10 a.m.
- 120270 Praisner CRC 6/26 Sa 9-10 a.m.

**Basketball Intermediate**
- Ages 12-14
- 8 Sessions
- $104
- Instructor: Yen-Ping Chao
- 120233 Mid-County CRC 6/26 Sa 10-11 a.m.
- 120235 N. Potomac CRC 6/26 Sa 10-11 a.m.
- 120271 Praisner CRC 6/26 Sa 10-11 a.m.

**Train Like a Pro Basketball Skills and Drills**
- Ages 10-16
- 6 Sessions
- $125
- Instructor: Fit 2 Believe
- 118662 Potomac CRC 6/23 W 6-7:30 p.m.
- 118663 N. Potomac CRC 6/26 Sa Noon-1:30 p.m.

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**AQUATICS CLASSES SPORTS THERAPEUTIC 55+ RECREATION**
Multi-Sports

Coach Doug Seasonal Sports Class 🏷
Ages 4-7  6 Sessions  $82
Instructor: Coach Doug Academy
119094  Oakland Terrace ES  6/26  Sa 11-11:45 a.m.

Coach Doug Wee Wanna Be 🏷
Ages 2-5  6 Sessions  $82
Instructor: Coach Doug Academy
119093  Oakland Terrace ES  6/26  Sa 10:15-11 a.m.
119096  Potomac CRC  6/27  Su 10-10:45 a.m.
119097  Potomac CRC  6/27  Su 11-11:45 a.m.

Soccer

Coach Doug Soccer Class 🏷
Ages 3-6  6 Sessions  $82
Instructor: Coach Doug Academy
119095  Oakland Terrace ES  6/26  Sa 11:45 a.m.-12:30 p.m.

Core GIRLS Soccer Development Clinic 🏷
Ages 7-11  9 Sessions  $189
Instructor: CORE FC
120275  East Norbeck LP  7/12  M,T,W  5:30-6:45 p.m.

Hummingbirds Soccer Skills and Drills 🏷
Ages 3-4  6 Sessions  $95
Instructor: Jump Start Sports
119849  Bauer Drive CRC  6/19  Sa 10:30-11:15 a.m.
119847  Fernwood LP  6/19  Sa 2-2:45 p.m.
119848  Germantown CRC  6/20  Su 10-10:45 a.m.
119850  Timberlawn LP  6/20  Su 1-1:45 p.m.
Ages 5-7
119794  Bauer Drive CRC  6/19  Sa 11:30am-12:30pm
119795  Fernwood LP  6/19  Sa 3-4 p.m.
119796  Germantown CRC  6/20  Su 11 a.m.-Noon
119797  Timberlawn LP  6/20  Su 2-3 p.m.

Train Like a Pro Soccer Skills and Drills 🏷
Ages 10-16  6 Sessions  $125
Instructor: Fit 2 Believe
118664  Bauer Drive CRC  6/22  Tu 6-7:30 p.m.

Volleyball

Volleyball Pre-Season Training Clinic 🏐
Ages 14-17  8 Sessions  $249
Instructor: Ofer Levy
120288  Lawton CRC  7/20  Tu,Th  6:30-8 p.m.

Volleyball Skills Development Clinic 🏐
Ages 8-13  6 Sessions  $149
Instructor: Ofer Levy
120287  Damascus CRC  7/22  Th 6:30-8 p.m.
120289  Bauer Drive CRC  7/23  F 6:30-8 p.m.
Don’t delay! Your next adventure is just five steps away.

**STEP 1 SET UP**
Go to ActiveMontgomery.org and click “Create an Account”

**STEP 2 ADD YOUR INFO**
Add your contact info and all the people you plan to sign-up to your account

**STEP 3 CREATE A PASSWORD**
And click “Create Account”

**STEP 4 ACTIVATE YOUR ACCOUNT**
Check your email and confirm your account

**STEP 5 SHOP**
Add items to your cart and check out!

activemontgomery.org
THERAPEUTIC RECREATION

Bocce
TR Sports Skills: Bocce
Ages 14-24
5 Sessions
$25
122188 Schweinhaut SC 7/25 Su 10-10:45 a.m.

Soccer
TR Sports Skills: Soccer Clinic
Ages 6-15
3 Sessions FREE
122191 Bauer Drive CRC 7/10 Sa 10:30-11:15 a.m.
Ages 15-24
3 Sessions FREE
122190 Bauer Drive CRC 7/10 Sa 9:30-10:15 a.m.

TR Undercover Pets
Ages 5 & Up
3 Sessions FREE
122189 Virtual Class 8/7 Sa 11 a.m.-Noon

Special Events

JOIN OUR MAILING LIST
Join our Therapeutic Recreation Mailing List

JOIN

THERAPEUTIC RECREATION

BIG FAMILY GAMES

ACTIVITY 120430
1 Session | Free | Outdoor Event
Ages 5 & Up
Saturday, July 10, 2021
1-3 p.m.

ACTIVITY 120431
1 Session | Free | Outdoor Event
Ages 18 & Up
Saturday, July 10, 2021
4-6 p.m.

Backyard Block Party

ACTIVITY 120483
1 Session | Free | Outdoor Event
Ages 18 & Up
Saturday, August 14, 2021
4-6 p.m.
TR SUMMER FUN ZONE

Damasus Community Recreation Center

Ages 6-12
109850  6/28-8/6  9 a.m. - 4 p.m.  $275

Ages 13-21
109851  6/28-8/6  9 a.m. - 4 p.m.  $275

FORMER REC HEADQUARTERS - 4010 RANDOLPH RD.

Ages 6-12
109853  6/28-8/6  9 a.m. - 4 p.m.  $275

Ages 13-21
109852  6/28-8/6  9 a.m. - 4 p.m.  $275

Don’t forget to check out our TR SUMMER FUN ZONE offerings!

WE SUPPORT ACCESSIBILITY

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

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

FOR DETAILS VISIT WWW.MOCOREC.COM
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55+ Adults

Hobbies

**Knit and Crochet Virtual Group**
Ages 55 & Up 12 Sessions FREE
118995 Virtual Class 6/1 Tu 10-11:30 a.m.

**Photo Club**
Ages 55 & Up 3 Sessions FREE
118936 Virtual Class 6/2 W 10 a.m.-Noon

**Woodcarving Virtual Group**
Ages 55 & Up 12 Sessions FREE
118942 Virtual Class 6/4 F 1-3 p.m.

Dance

**Hula Intermediate Choreography**
Ages 55 & Up 9 Sessions FREE
118890 Virtual Class 6/14 M 1-1:45 p.m.

**The Sound and Movement of Creativity**
Ages 55 & Up 1 Session FREE
118391 Virtual Class 4/23 Th 1:30-2:30 p.m.

Educational

Community Programs

**Opera/Co-Operation**
Ages 55 & Up 1 Session FREE
118395 Virtual Class 7/21 W 2-3 p.m.

**Periodical Cicadas in 2021**
Ages 55 & Up 1 Session FREE
120468 Virtual Class 5/18 Tu 10-11 a.m.

**Sugarloaf: History of a Singular Mountain**
Ages 55 & Up 1 Session FREE
120255 Virtual Class 7/12 M 2-3 p.m.

**What In The World! Virtual Discussion Group**
Ages 55 & Up 12 Sessions FREE
118940 Virtual Class 6/4 F 3-4 p.m.

**Discuss**

**Active Living: Chinese**
Ages 55 & Up 11 Sessions FREE
118949 Virtual Class 6/11 F 11-11:55 a.m.

**Active Living: Hindi**
Ages 55 & Up 10 Sessions FREE
118934 Virtual Class 6/16 W 3:30-4:25 p.m.

**Active Living: Spanish**
Ages 55 & Up 9 Sessions FREE
118938 Virtual Class 6/14 M 9:30-10:25 a.m.

**Cabin John: Legends and Life of an Uncommon Place**
Ages 55 & Up 1 Session FREE
120256 Virtual Class 6/7 M 10-11 a.m.

**Healthy Hobbies Discussion Group**
Ages 55 & Up 10 Sessions FREE
118913 Virtual Class 6/7 M 2-3 p.m.

**Myths & Facts: Nutrition as We Age**
Ages 55 & Up 1 Session FREE
120472 Virtual Class 5/26 W 1-2 p.m.

**Rock Talk for Beginners**
Ages 55 & Up 2 Sessions FREE
120253 Virtual Class 8/11 W 4:45-5:45 p.m.
Language

French Conversation
Ages 55 & Up 9 Sessions FREE
118897 Virtual Class 6/14 M 11 a.m.-Noon

French Intermediate
Ages 55 & Up 10 Sessions FREE
118937 Virtual Class 6/16 W 11 a.m.-Noon

Specialty Programs

Poetry and Discovery
Ages 55 & Up 1 Session FREE
118394 Virtual Class 7/7 W 1:30-2:30 p.m.

Fitness

Low Impact Exercise

Chair Dancing
Ages 55 & Up 10 Sessions FREE
118939 Virtual Class 6/17 Th 1-1:45 p.m.

Tai Chi

Tai Chi
Ages 55 & Up 20 Sessions FREE
122193 Virtual Class 5/12 W, F 10-11 a.m.

Outdoor Tai Chi
Ages 55 & Up 16 Sessions FREE
120245 Potomac CRC 5/12 W, F 10-11 a.m.

Outdoor Tai Chi Sword
Ages 55 & Up 9 Sessions FREE
118896 Virtual Class 6/14 M 2:30-3:25 p.m.

Strength Training

55+ Bone Builders
Ages 55 & Up 18 Sessions FREE
122192 Virtual Class 6/22 Tu, Th 1:30-2:30 p.m.

Total Body Conditioning

Kelley’s 50+ Complete Workout
Ages 50 & Up 4 Sessions $30
Instructor: Pamela Kelley
116292 Virtual Class 6/24 Th 9:15-10:15 a.m.

Yoga

Hatha Yoga
Ages 55 & Up 10 Sessions FREE
118935 Virtual Class 6/15 Tu 9-9:55 a.m.

Outdoor Yoga for Vitality
Ages 45 & Up 4 Sessions $48
Instructor: Natasha Romano
120246 N. Potomac CRC 6/1 Tu 10-11 a.m.
120247 N. Potomac CRC 6/29 Tu 10-11 a.m.
Yoga for Senior Athletes  
Ages 50 & Up  7 Sessions  $80  
Instructor: Recreation Staff  
119014 Virtual Class  6/10  Th  7-8 p.m.

Walking  
Walkers in Motion Challenge  
Ages 55 & Up  4 Sessions  FREE  
120254 Virtual Class  5/10  M/W  9am-4:30 pm.

Explore Montgomery County Walking Trails  🌒  
Ages 55 & Up  13 Sessions  FREE  
120250 Potomac CRC  5/20  Th  10-11 a.m.

Waggin’ Tails Virtual Walk  
Ages 55 & Up  2 Sessions  FREE  
120249 Virtual Class  5/24  M  11-11:45 am.

Walk in the Park 🌒  
Ages 55 & Up  7 Sessions  FREE  
119052 Various Locations  7/1  Th  9-10 am.

Zumba  
55+ Zumba  
Ages 55 & Up  2 Sessions  FREE  
120820 Virtual Class  5/10  M, Th  10-11 am.

Health/Wellness  

Support Groups  
Max You Virtual Group  
Ages 55 & Up  14 Sessions  FREE  
119946 Virtual Class  6/1  Tu  10:30-11:25 a.m.

Music  
Celebrations  
Music Through the Ages  
Ages 55 & Up  4 Sessions  FREE  
120251 Virtual Class  6/3  Th  3-4 p.m.  
120252 Virtual Class  7/8  Th  3-4 p.m.

Senorita Sunshine Independence Day  
Ages 55 & Up  1 Session  FREE  
118277 Virtual Class  7/1  Th  3-4:30 p.m.

Music Performance and Concert  
Drums Shake Rattle and Roll  
Ages 55 & Up  1 Session  FREE  
118389 Virtual Class  6/9  W  1:30-2:30 p.m.

Sports  
Table Tennis  
Outdoor Evening Table Tennis 🌒  
Ages 55 & Up  8 Sessions  FREE  
120248 N. Potomac CRC  6/1  Tu  4-5:45 p.m.
TRIPS AND TOURS

Day Trips

Meet Up Hike - Black Hill Regional Park
Ages 18 & Up  1 Session  FREE
115487 Black Hill RP  6/24  Th  9:30-11:30 a.m.

Meet Up Hike - Towpath C&O Canal, Rileys Lock
Ages 18 & Up  1 Session  FREE
115488 Rileys Lock  7/15  Th  9:30-11:30 a.m.

Meet Up Hike - Woodlawn Manor Park - Underground Railroad Trail
Ages 18 & Up  1 Session  FREE
115489 Woodlawn Manor CP  7/29  Th  9:30-11:30 a.m.

Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events start in August and will run through the fall. Visit www.mdseniorolympics.org, email info@mdseniorolympics.org or call 240-777-4930 for 2021 event details and registration information.
MONTGOMERY COUNTY RECREATION

55+

OUTDOOR

Art • Wellness • Sports • Social Groups • Special Events • Fitness

& VIRTUAL CLASSES

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A new, personalized experience to share with your friends and family. Create a custom class designed just for you. It’s Rec, Your Way. For more information, visit www.mocorec.com/yourway or call 240-777-6840.
Select facilities NOW OPEN ON A LIMITED SCHEDULE

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MONTGOMERY COUNTY Recreation

Montgomery County Recreation is now offering a variety of great outdoor and virtual programs designed with you mind. We miss the laughter, joy and fun our 55+ seniors bring and we can’t wait to see you again.

WE MISS YOU

MONTGOMERY COUNTY RECREATION

SOAR & DAY TRIPPERS

SENIOR OUTDOOR ADVENTURES IN RECREATION

For more information call 240-777-6840 or visit WWW.MOCOREC.COM/TRIPTOURS
# Play

## MONTGOMERY FIND YOUR GAME

### 4-WEEK MULTI-SPORT PROGRAMS

- 5/16-6/12 • Grades 1-8, all skill levels. • $25, space is limited.
- RecAssist is available for those that qualify.
- Each site will sample 4 sports that could include: Soccer, Sports Agility/Track & Field, Flag Football/Cheerleading, Ultimate Frisbee, Volleyball, and Baseball/Softball
- COVID-19 protocols followed • Activities 1 HR each

<table>
<thead>
<tr>
<th>Locations</th>
<th>Ages: 7-9 (1 HR)</th>
<th>Ages: 10-13 (1 HR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcola LP W 6-8 p.m., Su 1:30-3:30 p.m.</td>
<td>ACTIVITY 120686</td>
<td>ACTIVITY 120687</td>
</tr>
<tr>
<td>Centerway LP Tu 6-8 p.m., Sa 1:30-3:30 p.m.</td>
<td>ACTIVITY 120786</td>
<td>ACTIVITY 120787</td>
</tr>
<tr>
<td>Clopper Mill ES Tu 6-8 p.m., Sa 1:30-3:30 p.m.</td>
<td>ACTIVITY 120788</td>
<td>ACTIVITY 120789</td>
</tr>
<tr>
<td>Greencastle ES W 6-8 p.m., Sa 1:30-3:30 p.m.</td>
<td>ACTIVITY 120790</td>
<td>ACTIVITY 120791</td>
</tr>
<tr>
<td>Georgian Forest ES Tu 6-8 p.m., Su 1:30-3:30 p.m.</td>
<td>ACTIVITY 120794</td>
<td>ACTIVITY 120795</td>
</tr>
<tr>
<td>Montgomery Village MS Th 6-8 p.m., Sa 1:30-3:30 p.m.</td>
<td>ACTIVITY 120792</td>
<td>ACTIVITY 120793</td>
</tr>
</tbody>
</table>

*No meeting dates on Memorial Day Weekend (May 28-May 31)
Each session will be one hour long in the time blocks listed above.

#findyourgame
#playmontgomery

TO REGISTER, VISIT ACTIVEMONTGOMERY.ORG

Montgomery County Recreation

WWW.MOCOREC.COM
240-777-6840 • Hablamos Español
## Program Locations

**Montgomery County Recreation**

### 4010 Randolph Rd. (previously the Recreation Headquarters building)
- TR Summer Fun Zone: 22

### Ayrlawn Local Park
- Coach Pitch Baseball: 19
- Lil’ Sluggers T-Ball: 19

### Bauer Drive Community Recreation Center
- Badminton Beginner/Adv. Beginner: 19
- CPR, First Aid and AED: 14
- Fencing Outdoor: Beginner I/II: 15
- Hummingbirds Soccer Skills and Drills: 20
- Karate/Jujitsu Adult Outdoor All Levels: 16
- Karate/Jujitsu Outdoor Beginner/White Belt: 17
- Karate/Jujitsu Outdoor Intermediate: 17
- Pilates for Fitness: 15
- TR Sports Skills: Soccer Clinic: 22
- Train Like a Pro Soccer Skills and Drills: 20
- Volleyball Skills Development Clinic: 20
- Zumba Fitness: 15

### Bethesda Outdoor Pool
- Deep Water Running: 6
- Masters Swimming: 13

### Black Hill Regional Park
- Meet Up Hike: 27

### Clara Barton Neighborhood Recreation Center
- Karate/Jujitsu Outdoor All Levels: 17

### Damascus Community Recreation Center
- Karate/Jujitsu Adult Outdoor All Levels: 16
- Karate/Jujitsu Outdoor Beginner/White Belt: 17
- Karate/Jujitsu Outdoor Intermediate: 17
- Volleyball Skills Development Clinic: 20
- TR Summer Fun Zone: 22

### East Norbeck Local Park
- Core GIRLS Soccer Development Clinic: 20

### Fernwood Local Park
- Hummingbirds Soccer Skills and Drills: 20

### Germantown Community Recreation Center
- Hummingbirds Soccer Skills and Drills: 20

### Germantown Indoor Swim Center
- Advance and Tier Level Diving: 12
- Beginner 1: 10
- Beginner 2: 10
- Beginner 3: 10
- Deep Water Running: 6
- Water Aerobics: 6
- Youth Level 1: 11
- Youth Level 2: 11
- Youth Level 3: 11

### Germantown Outdoor Pool
- Beginner 1: 10
- Beginner 2: 10
- Beginner 3: 10
- Youth Level 1: 11
- Youth Level 2: 11
- Youth Level 3: 11

### Germantown Outdoor Pool
- TR Summer Fun Zone: 22

### Good Hope Neighborhood Recreation Center
- Urban Line Dance: 14
- Zumba: 15
- Zumba Fitness: 15
- Zumba Toning: 15

### Holiday Park Senior Center
- ACT The Workout-Fitness: 15
- TR Backyard Block Party: 22
- TR Outdoor BIG Family Games: 22
- TR Outdoor BIG Games: 22
- Zumba Fitness: 15

### Jane E. Lawton Community Recreation Center
- Pilates for Fitness: 15
- Volleyball Pre-Season Training Clinic: 20

### Kennedy Shriver Aquatic Center
- Abs & Glutes & More: 5
- Advance and Tier Level Diving: 12
- Aqua Cardio Challenge: 5
- Aqua Dance for Kids: 5
- Aqua Life: 5
- Aqua Spin: 5
- Deep Water Running: 6
- Hi/Lo Cardio Fusion: 6
- Lifeguard Training: 7
- Scuba: 13
- Water Aerobics: 6
- Water Exercise: 6

### Layhill Village Local Park
- Coach Pitch Baseball: 19
- Lil’ Sluggers T-Ball: 19

### Margaret Schweinhaut Senior Center
- TR Sports Skills: Bocce Balls: 22

### Marilyn J. Praisner Community Recreation Center
- CP Basketball Skills and Conditioning: 19
- Karate/Jujitsu Adult and Youth: 16

### MLK Outdoor Pool
- Abs & Glutes & More: 5
- Against the Current: 5
- Aqua Cardio Challenge: 5
- Aqua Cardio Dance: 5
- Aqua Dance for Kids: 5
- Aqua YO-Lates: 5

### MLK Swim Center
- Advance and Tier Level Diving: 12
- Aqua Spin: 5
- Deep Water Running: 6
- Masters Swimming: 13
Mid-County Community Recreation Center
CP Basketball Skills and Conditioning............19
Karate/Jujitsu Adult Outdoor All Levels........16
Karate/Jujitsu Outdoor All Levels...............17

Nancy H. Dacek North Potomac Community Recreation Center
CP Basketball Skills and Conditioning............19
Outdoor Evening Table Tennis........................26
Outdoor Yoga for Vitality............................25
Train Like a Pro Soccer Skills and Drills.........20

Oakland Terrace Elementary School
Coach Doug Seasonal Sports Class..................20
Coach Doug Soccer Class..............................20
Coach Doug Wee Wanna Be............................20

Olney Swim Center
Aqua Lite.........................................................5
Deep Water Running........................................6
Masters Swimming.........................................13
Water Aerobics..............................................6
Water Exercise................................................6

Plum Gar Community Recreation Center
Tai Chi..........................................................25

Potomac Community Recreation Center
55+ Outdoor Tai Chi..........................................25
ACT The Workout-Fitness...............................15
Coach Doug Wee Wanna Be............................20
Explore Montgomery County Walking Trails.....26
Karate/Jujitsu Adult & Youth Outdoor All Levels..16
Train Like a Pro Soccer Skills and Drills.........20

Quince Orchard Valley Neighborhood Park
Coach Pitch Baseball.................................19
Lil’ Sluggers T-Ball.................................19

Rileys Lock
Meet Up Hike..................................................27

Tilden Woods Local Park
Funfit Tots......................................................15
Funfit Tots Family Class...............................15

Timberlawn Local Park
Hummingbirds Soccer Skills and Drills...........20

Upper County Community Recreation Center
Karate/Jujitsu Outdoor Beginner/White Belt......17
Karate/Jujitsu Outdoor Intermediate..............17

Western County Outdoor Pool
Beginner 1....................................................10
Beginner 2....................................................10

Wheaton Community Recreation Center
Karate/Jujitsu Adult Outdoor All Levels........16
Karate/Jujitsu Outdoor Beginner/White Belt........17
Karate/Jujitsu Outdoor Intermediate..............17

Wheaton/Glenmont Outdoor Pool
Beginner 1....................................................10
Beginner 2....................................................10
Beginner 3....................................................10
Youth Level 1.................................................11
Youth Level 2.................................................11
Youth Level 3.................................................11

Woodlawn Manor Park
Meet Up Hike..................................................27

Wood Local Park
Karate Clinic - Outdoor...............................16
Facility Addresses

Parks
Ayrlawn Local Park ........................................ 5652 Oakmont Ave, Bethesda, MD 20817
Black Hill Regional Park ................................ 20930 Lake Ridge Dr, Boyds, MD 20841
East Norbeck Local Park .......................... 3131 Norbeck Rd, Silver Spring, MD 20906
Fernwood Local Park .......................... 6708 Michaels Dr, Bethesda, MD 20817
Layhill Village Local Park ........................ 1920 Queensguard Rd, Aspen Hill, MD 20906
Olney Manor Regional Park .......................... 16801 Georgia Ave, Olney, MD 20832
Quince Orchard Valley Neighborhood Park .................. 12015 Suffolk Terrace, Gaithersburg, MD 20878
Rileys Lock ........................................ 13025 Rileys Lock Rd, Poolesville, MD 20837
Tilden Woods Local Park ........................ 6800 Tilden Ln, Rockville, MD 20852
Timberlawn Local Park .......................... 10800 Gloxinia Dr, North Bethesda, MD 20852
Wood Local Park .................................. 6800 Tilden Ln, Rockville, MD 20852
Woodlawn Manor Cultural Park .................... 16501 Norwood Road, Sandy Spring, MD 20860

Recreation Facilities
4010 Randolph Road (Former Recreation Headquarters Building) ........................................ 4010 Randolph Road, Silver Spring, 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
Holiday Park SC .................................. 3950 Ferrara Drive, Wheaton, 20906
Jane E. Lawton CRC .................................. 4301 Willow Lane, Chevy Chase, 20815
Leonard D. Jackson Ken Gar .......................... 4111 Ryders Mill Road, Kensington, 20895
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
Recreation Administrative Office .................. 2425 Reede Drive, 10th Floor, Wheaton, 20902
Ross Boddy NRC .................................. 18529 Brooke Road, Sandy Spring, 20860
Scotland NRC .................................. 7000 Scotland Drive, Potomac, 20854
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

Elementary Schools
Oakland Terrace ES. 2720 Pleyers Mill Rd, Silver Spring, MD 20902

Visit page 4 for Aquatics facility locations.