

MONTGOMERY COUNTY

# GUIDE



MONTGOMERY COUNTY  
*Recreation*



WINTER 2017-18

RECREATION AND PARKS PROGRAMS

SKATING &  
HOCKEY

BASKETBALL

NATURE & SCIENCE

SENIOR PROGRAMS

INDOOR TENNIS

FITNESS

BOTANICAL ART

DANCE

HIKES & HISTORY

SWIM LESSONS

and much more!



Maple Sugaring Days at Brookside Nature Center

Montgomery County

# Thanksgiving Parade

Downtown Silver Spring

On Georgia Avenue from Ellsworth Drive to Silver Spring Avenue

**Saturday, November 18, 2017**

**10:00 am**

240-777-0311 | [SilverSpringDowntown.com](http://SilverSpringDowntown.com) | [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) | @mocreco



**Marching  
in the  
Holiday  
Season!**

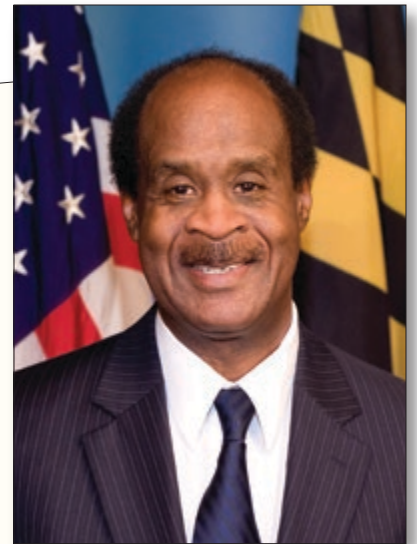
**Free!  
¡Gratis!**



# FROM THE COUNTY EXECUTIVE



Winter 2017-2018



Dear Montgomery County Resident:

As the days are growing shorter and temperatures are dropping, now is a perfect time to peruse some of the many offerings you will find in the winter edition of the Montgomery County Recreation and Parks Guide.

For those looking to stay warm indoors, consider the wide array of classes, activities, and programs easily available for registration. There is something for everyone – from swimming laps in a heated pool on cold winter days to gourmet cooking classes to help you prepare for holiday get-togethers and dinner parties.

Speaking of the holidays, we hope you will celebrate with Montgomery County Recreation. There are holiday activities for all ages, including Dive with SCUBA Santa, Breakfast with Santa, the Bauer Drive Holiday Craft Show, Jingle Bells that Rock and more.

The winter basketball season is upon us. Sign up early so you don't miss out on this popular league program. Also, look for futsal opportunities, and attend the RecZone County Cup Futsal Tournament early next year. Go rock-climbing, play badminton, learn to play pickleball – the newest rage among teens and active adults. There are so many opportunities to keep moving and to have fun with Montgomery County Recreation.

I wish you a joyous holiday season and a happy, healthy New Year. I hope to see you out and about at Montgomery County Recreation Centers and events across the County in the upcoming year.

Sincerely,

A handwritten signature in black ink that reads "Isiah Leggett".

Isiah Leggett,  
County Executive

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Winter 2017-2018  
Recreation and Parks Programs



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Xciting Xtras  
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Montgomery County Recreation  
4010 Randolph Rd., Silver Spring, MD 20902  
240-777-6840  
montgomerycountymd.gov/rec



Registration  
For Winter  
Classes & Swim  
Lessons Begins  
**November 13**

Like  
Montgomery  
County  
Recreation  
on Facebook

Follow  
@mocorec  
on Twitter

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The Maryland-National Capital Park and Planning Commission

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## 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 240-777-6839. 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 240-777-6839.



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.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@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](mailto:ProgramAccess@MontgomeryParks.org); or visit [MontgomeryParks.org/access](http://MontgomeryParks.org/access) for more information.



Registration for many Montgomery Parks Winter classes opens **NOVEMBER 13**  
 Ice Skating, Hockey and Indoor Tennis Open December 18

Montgomery Parks  
 9500 Brunett Ave., Silver Spring, MD 20901  
 301-495-2595 | [MontgomeryParks.org](http://MontgomeryParks.org)



Like  
Montgomery  
Parks



Follow  
@MontgomeryParks

*Give* THE GIFT  
OF *Fun*



Get your ActiveMONTGOMERY gift cards now.  
Go to [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to download yours today.



*Bauer Drive Community Recreation Center*  
**HOLIDAY CRAFT SHOW**

**SATURDAY, DECEMBER 2  10 A.M. - 4 P.M.**

FEATURING LOCAL AND REGIONAL ARTISTS EXHIBITING ORIGINAL CREATIONS OF FINE ART, PHOTOGRAPHY, FABRIC ARTS, JEWELRY, CANDLES, HOLIDAY DECORATIONS, WOOD WORK AND MORE. FOOD VENDORS WILL BE SELLING REFRESHMENTS AT THE EVENT, AND FREE PARKING IS AVAILABLE.

14625 BAUER DRIVE, ROCKVILLE, MD 20853  
FOR MORE INFO PLEASE CALL 240-777-6922

 MONTGOMERY COUNTY  
*Recreation*





# CLUB ADVENTURE

**SPORTS & GAMES, ARTS & CRAFTS,  
SPECIAL EVENTS AND MORE!**

**Damascus Community Recreation Center**  
25520 Oak Drive  
Damascus, MD 20872  
240-777-6930

**Grades K - 5**

- 35713 December
- 35714 January
- 35715 February
- 35716 March
- 35717 April
- 35718 May
- 35719 June

**East County Community Recreation Center**  
3310 Gateshead Manor Way  
Silver Spring, MD 20904  
240-777-8090

**Grades K - 5**

- 35720 December
- 35721 January
- 35722 February
- 35723 March
- 35724 April
- 35725 May
- 35726 June

**Gwendolyn Coffield Community Recreation Center**  
2450 Lyttonsville Road  
Silver Spring, MD 20910  
240-777-4900

**Grades K - 5**

- 35706 December
- 35707 January
- 35708 February
- 35709 March
- 35710 April
- 35711 May
- 35712 June

**Long Branch Community Recreation Center**  
8700 Piney Branch Road  
Silver Spring, MD 20901  
240-777-6965

**Grades K - 5**

- 35727 December
- 35728 January
- 35729 February
- 35730 March
- 35731 April
- 35732 May
- 35733 June

**Mid-County Community Recreation Center**  
2004 Queensguard Road  
Silver Spring, MD 20906  
240-777-6820

**Grades K - 5**

- 35741 December
- 35742 January
- 35743 February
- 35744 March
- 35745 April
- 35746 May
- 35747 June

**Marilyn J. Praisner Community Recreation Center**  
14906 Old Columbia Pike  
Burtonsville, MD 20866  
240-777-4970

**Grades K - 5**

- 35734 December
- 35735 January
- 35736 February
- 35737 March
- 35738 April
- 35739 May
- 35740 June

**North Potomac Community Recreation Center**  
13850 Travilah Road  
Rockville, MD 20850  
240-773-4800

**Grades K - 5**

- 35768 December
- 35771 January
- 35772 February
- 35773 March
- 35774 April
- 35776 May
- 35777 June

**Plum Gar Community Recreation Center**  
19561 Scenery Drive  
Germantown, MD 20876  
240-777-4919

**Grades K - 5**

- 35748 December
- 35749 January
- 35750 February
- 35751 March
- 35752 April
- 35753 May
- 35754 June

**Upper County Community Recreation Center**  
8201 Emory Grove Road  
Gaithersburg, MD 20877  
240-777-8077

**Grades K - 5**

- 35755 December
- 35756 January
- 35757 February
- 35758 March
- 35759 April
- 35760 May
- 35761 June

**White Oak Community Recreation Center**  
1700 April Lane  
Silver Spring, MD 20904  
240-777-6940

**Grades K - 5**

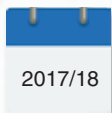
- 35702 December
- 35762 January
- 35763 February
- 35764 March
- 35765 April
- 35766 May
- 35767 June

FOR MORE INFORMATION PLEASE CONTACT THE COMMUNITY CENTERS LISTED ABOVE. VISIT [ACTIVEMONTGOMERY.ORG](http://ACTIVEMONTGOMERY.ORG) TO REGISTER.



# Community CALENDAR

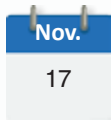
## Clara Barton Community Recreation Center



### Chess Club Every Monday • 4 - 5:30 p.m.

Free! Join our chess club and meet your peers of all skill levels. For grades 1-8. Register online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), activity no. 42465.

## Long Branch Community Recreation Center



### Winter Carnival 7 - 10 p.m.

Free! Games, games and more games! Win prizes and enjoy community members company. Food, drinks and snacks available. Register in person at the center or online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), activity no. 40359.

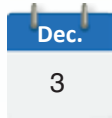
## Bauer Drive Community Recreation Center



### Bauer Drive Holiday Craft Show 10 a.m. - 4 p.m.

Free! Featuring local and regional artists. Photography, fabric arts, jewelry, candles, holiday decorations, wood work and more. For more information, contact 240-777-6922.

## North Potomac Community Recreation Center



### Breakfast with Santa 9 - 11:30 a.m.

\$5 per person. Receive a small gift, take a photo with Santa, eat breakfast, and make a craft! Register online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), activity no. 42525.

## Mid County Community Recreation Center



### Winter Wonderland Noon - 3 p.m.

Free! Enjoy holiday games, a puppet show and have fun. Register in person at the center or online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org), activity no. 35783.

# SUMMER CAMP FAIR & JOB FAIR



## Summer Camp Fair

### What You'll Find

- Camps and summer programs for every age and interest
- Choices for every budget
- Featured camps offer a wide range of experiences from arts and academics to sports, technology, and more!
- Exciting selection, especially for teens, including leadership skills development and community service hours opportunities

### What You Can Do

- Collect informational literature, and meet one-on-one with camp representatives in a relaxed and fun atmosphere
- Enjoy FREE demonstrations, contests, and prizes
- Take a break at the Camp Fair Café offering FREE delicious healthy snacks

☆ Get an early jump on your kids' summer! ☆

## Dates

**January 20, 2017**  
**11 a.m. to 3 p.m.**

Nancy H. Dacek North Potomac CRC  
13850 Travilah Road  
Rockville, MD 20850

**February 17, 2017**  
**11 a.m. to 3 p.m.**

East County CRC  
3310 Gateshead Manor Way  
Silver Spring, MD 20904

## Job Fair



## Looking for Work, But Not Just Another Job!

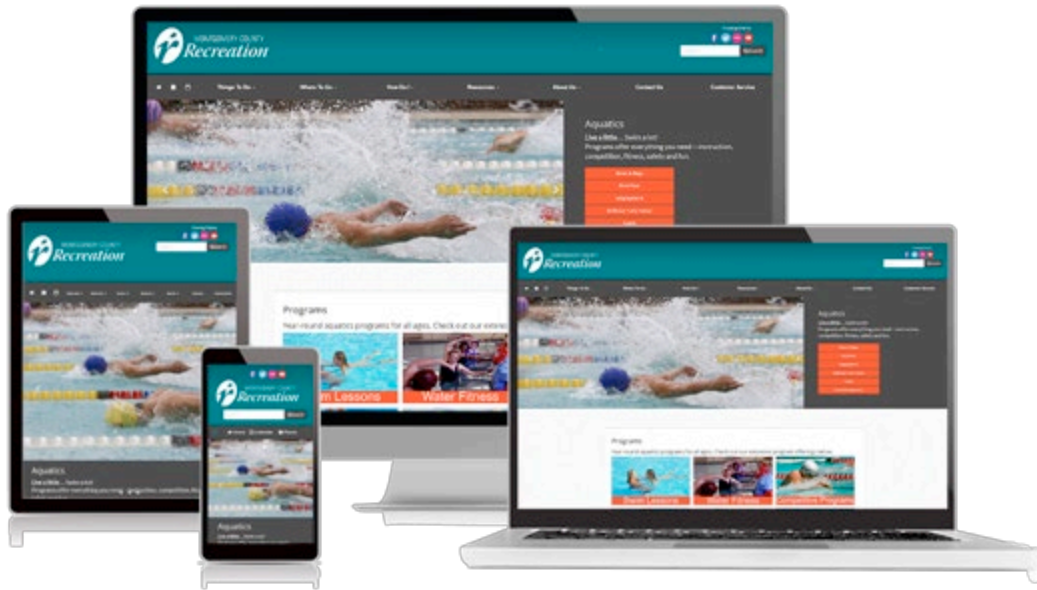
Looking for meaningful summer work! Job Fair – staff on site for speed interviews and to discuss summer employment opportunities! Bring your resume ...

We are seeking enthusiastic and motivated individuals who enjoy working with diverse groups of young people during school time. Regardless of your college major or current employment, the recreation and parks experience allows you to enhance your marketability. Recreation brings a creative and innovative approach to public service; and offer competitive part-time/seasonal pay.

# Look WHAT'S NEW:

## VISIT OUR NEW SITE

*this Winter*



- Easier to navigate
- Mobile/tablet friendly
- Updated information

## MORE CONVENIENT

*Customer Service Hours*

Starting August 14, 2017

our new hours are:

9:30 a.m. - 4 p.m. Monday-Friday

---

For our Administrative Headquarters

located at:

4010 Randolph Road

Silver Spring, MD 20902

240-777-6840



## COMING IN THE NEW YEAR: *Quick Reserve*

Did you know that Recreation Community Centers have conference rooms for rent? Our conference rooms are the perfect place for office meetings, HOA board meetings, and for community and civic organization meetings.

*New!* Starting in January 2018, you can reserve a conference room **online** using **Quick Reserve** on **ActiveMONTGOMERY.org**.

### To Use Quick Reserve

1. Login to ActiveMONTGOMERY.org. (New users will need to create an account.)
2. Click on Facilities and then click on Quick Reserve
3. Select Recreation Quick Reserve Conference Rooms
4. Select the location, date and times needed (reservations must be made at least 7 days before your meeting)
5. Make your payment and you're done!!

**Quick Reserve on ActiveMONTGOMERY**  
**makes booking your next meeting a breeze!**

# 5 Ways to Have Fun this Winter with **RECREATION**



## 1. **Dining or Diving with Santa on December 3... Take your pick or do BOTH!**

**Breakfast with Santa**, 9-11:30 a.m. at North Potomac Community Recreation Center, 240-773-4800 for information.

**Dive with SCUBA Santa**, 12- 4 p.m., Olney Swim Center, 16005 Georgia Ave., 301-938-6220 or email [scubasanta@scubaadventure.org](mailto:scubasanta@scubaadventure.org) for details.

## 2. **RecZone County Cup Futsal Tournament on Fridays, in January and February**

An eight-week winter indoor futsal tournament offered in two locations (Silver Spring & Germantown) for youth ages 19 and under. Students have a safe place to play a series of games on Friday nights. For more information contact: Carlos Castro at 240-777-6925 or [Carlos.castro@montgomerycountymd.gov](mailto:Carlos.castro@montgomerycountymd.gov) or Sara Swarr at 240-777-6966 or [Sara.swarr@montgomerycountymd.gov](mailto:Sara.swarr@montgomerycountymd.gov). See page 99.

## 3. **Here's a great NEW class to keep your kiddies on their toes!**

Youth Ballet for ages 5-7. This class focuses on proper ballet fundamentals and techniques while developing student's creativity, concentration and class etiquette. Instructors will introduce steps and combinations at the barre and across the floor in a fun and motivating environment. It's all on page 43.

## 4. **Aquaman will have nothing on you after this NEW Aqua Spin class!**

Patrons from age 12 at all fitness levels can spin their wheels on a stationary bike in the water. This invigorating class combines the best of a cycle spinning class with a water exercise class. Benefits include: high intensity workout using the water to cushion and protect the joints as well as facilitate high caloric burn, lean muscle building of upper and lower body, and cardio conditioning. Get ready to have fun! Check it out on page 17.



## 5. **No matter how the season goes, there will be Super Bowl partying to do.**

Whether you are hosting a party or contributing to a potluck, learn how to make these classic dishes from Perfect Party Food, by "the diva of do-ahead" Diane Phillips. Learn how to put together this taste-tempting menu for your next party: beef chili; marinated and roasted spicy chipotle wings; creamy cilantro dip for tortilla chips and vegetables; black bean, corn and salsa dip with a grilled entrée or chips; and lime coconut bar cookies with a macadamia nut and coconut crust. All taught by Chef Sheila Crye. Get the yummy details on page 50.



2018



Register your dog and receive a dog bandanna

# 100 MILE CHALLENGE



*Start 2018 off with a healthy challenge for you, your family and your dog. Log 100 miles in 100 days!*

## DATES

**Kickoff:** January 20, 2018 • Executive Office Building Cafeteria • 2-4 p.m.

**Challenge:** January 24, 2018 - May 4, 2018

**Move More Montgomery Festival:** May 12, 2018  
Bohrer Park At Summit Hall Farm • Noon-4 p.m.

## PRIZES

**Grand Prizes:** \$500 in Rec Bucks, Annual Family Pool Pass, Annual Individual Pool Pass, and many others!

**Weekly Prizes:** Gift Cards, fitness classes, passes, fitness equipment, activity trackers and more!

En Español 240-777-6839

## COST

Adults, Seniors, Children: \$5  
Dogs (includes bandanna): \$5

## REGISTRATION

Online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)  
Activity No. 42466

## MORE INFORMATION

[montgomerycountymd.gov/rec/100.html](http://montgomerycountymd.gov/rec/100.html)



MONTGOMERY COUNTY  
*Recreation*



*Gaithersburg*  
A CHARACTER COUNTS! CITY





Montgomery County Board of Elections  
*Future Vote Initiative*

TUESDAY, JUNE 26, 2018

**VOLUNTEER ON ELECTION DAY!**

**Earn Up To**

**\$210**

**or 25 SSL Credits**

Individuals must be U.S. citizens, registered to vote, live in Maryland and at least 16 years old. Voters with bilingual skills are encourage to apply.

**To Apply:** Go to [www.777vote.org](http://www.777vote.org) (scroll/tap) "Election Workers," (click/tap) "Become an Election Judge," (click/tap) "Apply online now."

**Questions?**

240-777-8533 or [election.judge@montgomerycountymd.gov](mailto:election.judge@montgomerycountymd.gov)

[www.777vote.org](http://www.777vote.org)





# DISCOVER WHAT YOU CAN MAKE!

robot-building  
electronics  
video game design  
3D design & print  
woodshop

textiles  
toy-making  
wind tubes  
animation  
coding

WORKSHOPS

CAMPS

FIELD TRIPS

WEEKEND DROP-IN



[www.kid-museum.org](http://www.kid-museum.org)



# Aquatics

*Live a Little ...  
Swim a Lot!*

## INDOOR POOLS

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

**Closed:**  
2/23-2/25 • 2018

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

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

**Closed (for facility refresh):**  
5/1-9/3 • 2018

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

**Closed:**  
12/7-12/10 • 2017  
1/19-1/21 • 2018  
2/9-2/10 • 2018  
2/16-2/18 • 2018

### Family Recreational Swims

Recreational and Lap Swim Sessions are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a family, pair, senior, or individual Pool Pass. Groups of more than six people must contact the pool management for additional information.

### Swimming Instruction

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

### Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups. Party rooms are available for rent. Contact the facility or [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) for available times and fees.

### Website Info

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

# WATER FITNESS CLASSES

Water Exercise, Deep Water Running, and Water Aerobics classes are offered at each indoor pool.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is required. For Deep Water Running and Exercise, must be comfortable in deep water.
- Men and women over 12 years old are welcome.
- Entrance to locker rooms is permitted 10 minutes prior to class.
- Physician release form is required if pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 180.

Wellness Network: Linda Costello 301-924-3488  
 H2O Fitness and More: Teresa Shelton 410-491-3000

[wellnet1@aol.com](mailto:wellnet1@aol.com)  
[tsshelton100@yahoo.com](mailto:tsshelton100@yahoo.com)



## WATER FITNESS

### Water Fitness

#### Abs & Glutes & More

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

<b>9 Sessions</b>	<b>\$59</b>		
Instructor: H2O Fitness			
42791 MLK	1/8	M	10:00am-10:50am
42792 MLK	1/10	W	10:00am-10:50am
42793 MLK	1/11	Th	8:30pm-9:20pm
42794 KSAC	1/9	T	9:00am-9:50am
42795 KSAC	1/11	Th	9:00am-9:50am

#### Aqua Cardio Challenge

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

<b>8 Sessions</b>	<b>\$52</b>		
Instructor: H2O Fitness			
42796 MLK	1/14	S	5:00pm-5:50pm

#### Aqua Cardio Dance

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

<b>9 Sessions</b>	<b>\$59</b>		
Instructor: H2O Fitness			
42800 KSAC	1/12	F	10:00am-10:50am
42801 MLK	1/9	T	9:30am-10:20am
42802 MLK	1/11	Th	9:30am-10:20am
Instructor: Wellness Network			
42798 OSC	1/14	S	9:00am-9:50am

#### Aqua Lite

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

<b>9 Sessions</b>	<b>\$59</b>		
Instructor: Wellness Network			
42804 OSC	1/8	M	10:00am-10:50am
42805 OSC	1/10	W	10:00am-10:50am
42806 OSC	1/12	F	10:00am-10:50am
42807 KSAC	1/8	M	11:00am-11:50am
42808 KSAC	1/10	W	11:00am-11:50am

#### **NEW** Aqua Spin

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

<b>8 Sessions</b>	<b>\$66</b>		
Instructor: H2O Fitness			
43485 MLK	1/13	Sa	7:00pm-7:50pm

<b>9 Sessions</b>	<b>\$74</b>		
Instructor: H2O Fitness			
42809 MLK	1/9	T	10:30am-11:20am
43670 MLK	1/10	W	7:30am-8:20am
42803 MLK	1/11	Th	10:30am-11:20am
42849 MLK	1/12	F	7:30pm-8:20pm





WATER FITNESS

**Aqua YO-Lates**

Ages 12 & Up: Aqua Yo-Lates blends yoga and pilates exercises giving you the best of both worlds. The gentle movement sequences will improve range of motion and help strengthen the whole body.

**9 Sessions \$59**  
Instructor: H2O Fitness  
42810 MLK 1/12 F 10:00am-10:50am

**Deep Water Running**

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

**7 Sessions \$46**  
Instructor: Wellness Network  
42817 GISC 1/12 F 10:30am-11:20am

**8 Sessions \$52**  
Instructor: Wellness Network  
42812 KSAC 1/11 Th 7:30pm-8:20pm  
42816 GISC 1/11 Th 9:30am-10:20am

**9 Sessions \$59**  
Instructor: H2O Fitness  
42829 KSAC 1/9 T 10:00am-10:50am  
42830 KSAC 1/11 Th 10:00am-10:50am  
42831 KSAC 1/12 F 9:00am-9:50am  
42832 MLK 1/8 M 1:00pm-1:50pm  
42833 MLK 1/9 T 7:30am-8:20am  
42834 MLK 1/9 T 7:30pm-8:20pm  
42835 MLK 1/11 Th 7:30am-8:20am  
42836 MLK 1/11 Th 7:30pm-8:20pm  
42837 MLK 1/12 F 11:00am-11:50am  
42838 MLK 1/10 W 1:00pm-1:50pm

**9 Sessions \$59**  
Instructor: Wellness Network  
42811 KSAC 1/9 T 7:45pm-8:35pm  
42813 GISC 1/9 T 10:00am-10:50am  
42814 GISC 1/8 M 10:30am-11:20am  
42815 GISC 1/10 W 10:30am-11:20am  
42818 GISC 1/8 M 7:50pm-8:40pm  
42819 OSC 1/8 M 7:15pm-8:05pm  
42820 OSC 1/9 T 8:30am-9:20am  
42821 OSC 1/9 T 10:30am-11:20am  
42822 OSC 1/9 T 8:15pm-9:05pm  
42824 OSC 1/10 W 7:15pm-8:05pm  
42825 OSC 1/11 Th 9:00am-9:50am  
42826 OSC 1/11 Th 11:00am-11:50am  
42827 OSC 1/11 Th 8:15pm-9:05pm  
42828 OSC 1/12 F 6:15pm-7:05pm

**Hi/Lo Cardio Fusion**

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

**9 Sessions \$59**  
Instructor: H2O Fitness  
42839 KSAC 1/12 F 11:30am-12:20pm

**Water Aerobics**

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

**7 Sessions \$46**  
Instructor: Wellness Network  
42841 GISC 1/11 Th 7:50pm-8:40pm

**9 Sessions \$59**  
Instructor: Wellness Network  
42797 GISC 1/8 M 9:30am-10:20am  
42842 KSAC 1/8 M 10:00am-10:50am  
42843 KSAC 1/10 W 10:00am-10:50am  
42844 OSC 1/8 M 8:15pm-9:05pm  
42845 OSC 1/9 T 9:30am-10:20am  
42846 OSC 1/9 T 7:15pm-8:05pm  
42799 OSC 1/10 W 8:15pm-9:05pm  
42847 OSC 1/11 Th 10:00am-10:50am  
42848 OSC 1/11 Th 7:15pm-8:05pm

**Water Exercise**

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

**8 Sessions \$52**  
Instructor: H2O Fitness  
42853 KSAC 1/8 M 8:30pm-9:20pm

**9 Sessions \$59**  
Instructor: H2O Fitness  
42850 MLK 1/8 M 9:00am-9:50am  
42851 MLK 1/10 W 9:00am-9:50am  
42852 MLK 1/12 F 9:00am-9:50am  
42854 KSAC 1/9 T 11:30am-12:20pm  
42855 KSAC 1/10 W 8:30pm-9:20pm  
42856 KSAC 1/11 Th 11:30am-12:20pm  
Instructor: Wellness Network  
42857 GISC 1/10 W 9:30am-10:20am  
42859 OSC 1/8 M 9:00am-9:50am  
42860 OSC 1/10 W 9:00am-9:50am  
42861 OSC 1/12 F 9:00am-9:50am

## Water Exercise - Adaptive

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

**8 Sessions \$92**  
 Instructor: H2O Fitness  
 44047 GISC 1/10 W 11:30am-12:20pm  
 44046 MLK 1/14 S 4:00pm-4:50pm

## Diving

### AAU Developmental Group

Ages 6-18: This is an invitation only program designed to prepare athletes for AAU competition. Participants will train once a week in the water and once a week for dryland ( a separate fee). Divers will learn excellent basics on 1 meter and 3 meter. Participants must pay a \$300. Team Fee each year and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org). Contact NoahE@montgomerydiveclub.org to try out.

**\$190**  
 Instructor: Built By Beavers  
 43330 MLK 12/16 Sa 7:00pm-8:30pm

### AAU National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for AAU and collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our goal will be to qualify for the AAU National Championships each summer. All participants must pay a \$300 Team fee each year and sign up for the email newsletter@ [www.montgomerycountydiverclub.org](http://www.montgomerycountydiverclub.org). Contact NoahE@montgomerydiveclub.org to try out.

**\$675**  
 Instructor: Built By Beavers  
 43331 MLK 12/18 M,W,F 7:00pm-9:00pm



## Diving National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for USA DIVING and collegiate competition. This is a year round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 Team Fee each year and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org). Contact AlexG@montgomerydiveclub.org for GISC or wesem@montgomerydiveclub.org for KSAC.

**3 Days Per Week \$425**  
 43336 KSAC 12/11 S-F 7:00am-10:00am  
 43337 GISC 12/11 S-F 7:00am-10:00am

**4 Days Per Week \$525**  
 43339 GISC 12/11 S-F 7:00am-10:00am  
 43387 KSAC 12/11 S-F 7:00am-10:00am

**5 Days Per Week \$625**  
 43341 GISC 12/11 S-F 7:00am-10:00am  
 43340 KSAC 12/11 S-F 7:00am-10:00am

### High School Diving

Ages 13-18: Our High School group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 Team fee and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$275**  
 Instructor: Built By Beavers  
 43342 KSAC 12/11 M 8:00pm-9:30pm  
 43343 KSAC 12/14 Th 8:00pm-9:30pm  
 43344 GISC 12/13 W 8:30pm-10:00pm  
 43345 GISC 12/11 M 8:30pm-10:00pm



DIVING

**More Convenient**  
*Customer Service Hours*

Our new hours are:  
 9:30 a.m. - 4 p.m.  
 Monday-Friday

For our Administrative Headquarters located at:  
 4010 Randolph Road  
 Silver Spring, MD 20902  
 240-777-6840





# DIVING



## Level 1: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners, kids aged 5-11, or kids who might like a shorter class format. Participants must be comfortable swimming in deep water and be able to dive in head-first. All SPRINGS participants must pay a \$15 Team fee per quarter and sign up for the email newsletter to stay informed at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$145**

Instructor: Built By Beavers

43356	GISC	12/11 M	4:30pm-5:15pm
43357	GISC	12/13 W	4:30pm-5:15pm
43353	GISC	12/14 Th	4:30pm-5:15pm
43347	KSAC	12/11 M	4:15pm-5:00pm
43348	KSAC	12/11 M	5:00pm-5:45pm
43346	KSAC	12/12 T	4:15pm-5:00pm
43355	KSAC	12/13 W	4:15pm-5:00pm
43349	KSAC	12/13 W	5:00pm-5:45pm
43350	KSAC	12/15 F	4:15pm-5:00pm
43351	MLK	12/17 S	10:30am-11:15am
43352	MLK	12/17 S	11:15am-12:00pm
43354	OSC	12/13 W	5:00pm-5:45pm

## Level 2: Human Springs

Ages 8-18: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for kids who cannot yet perform an inward dive or a 1½. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at [www.montgomerycountydiverclub.org](http://www.montgomerycountydiverclub.org)

**\$275**

Instructor: Built By Beavers

43363	GISC	12/11 M	5:15pm-6:45pm
43360	GISC	12/12 T	5:00pm-6:30pm
43366	GISC	12/13 W	5:00pm-6:30pm
43361	GISC	12/14 Th	5:15pm-6:45pm
43368	GISC	12/15 F	5:15pm-6:45pm
43362	KSAC	12/12 T	5:00pm-6:30pm
43359	KSAC	12/14 Th	4:30pm-6:00pm
43364	KSAC	12/15 F	5:00pm-6:30pm

## Level 2/3: Human Springs

Ages 8-18: This is a combined Level 2 & 3 class. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for kids who are interested in improving their diving skills. Divers will be offered the opportunity to learn skills on the 1-meter & 3-meter springboards, as well as poolside. Divers must be comfortable jumping off the 1-meter springboard and swimming in deep water. All participants must pay a \$15 Team Fee each quarter and sign up for the email newsletter to stay informed at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$275**

Instructor: Built By Beavers

43367	OSC	12/13 W	5:45pm-7:15pm
43365	KSAC	12/17 S	8:30am-10:00am
43358	MLK	12/17 S	9:00am-10:30am

## Level 3: Human Springs

Ages 8-18: These 90 minute classes are for kids with past diving experience from summer diving or Level 2. This class is appropriate for kids who can already perform an inward dive and a front 1½. All participants must pay a \$15 fee per quarter and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org).

**\$275**

Instructor: Built By Beavers

43373	KSAC	12/15 F	6:30pm-8:00pm
43369	KSAC	12/11 M	6:30pm-8:00pm
43370	KSAC	12/13 W	6:30pm-8:00pm
43371	KSAC	12/14 Th	6:00pm-7:30pm
43372	KSAC	12/12 T	6:30pm-8:00pm

## Masters Diving

Ages 19 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! All participants must pay a \$15 team fee and sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org)

**\$275**

Instructor: Built By Beavers

43424	KSAC	12/11 M	8:00pm-9:30pm
43425	KSAC	12/14 Th	8:00pm-9:30pm

## Springs Diving Team - Homeschool Edition

Ages 6-18: This class is appropriate for Level 2 and 3 divers who are homeschooled. All participants must pay a \$15 team fee each quarter and sign up for the email newsletter at [www.montgomerycountymd.org](http://www.montgomerycountymd.org)

**\$275**

Instructor: Built By Beavers

43375 MLK 12/11 M 11:30am-1:00pm  
 43376 MLK 12/13 W 11:30am-1:00pm  
 43377 MLK 12/15 F 11:30am-1:00pm

## USAD Developmental Group

Ages 6-12: This is an invitation only program. It is designed for young, highly talented athletes who aspire to compete at the highest levels in USA Diving competition. Participants train twice a week in the water and twice a week in dryland ( a separate fee). All participants must pay a \$300 Team fee each year and should sign up for the email newsletter at [www.montgomerydiveclub.org](http://www.montgomerydiveclub.org). Contact AlexG@montgomerydiveclub.org to try out

**\$400**

Instructor: Built By Beavers

43482 KSAC 12/12 T,Th 5:00pm-7:00pm

# MASTERS SWIMMING

Ages 18 & Up: Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering US Masters Swimming competitions. Training is offered at all indoor pools. For more information, contact Clay Britt at 301-996-7946 or [clay@claybrittswimming.com](mailto:clay@claybrittswimming.com).



**MASTERS**

42527	1 day per week	12/25-4/14	\$110
42529	2 days per week	12/25-4/14	\$165
42531	3 days per week	12/25-4/14	\$210
42532	4 days per week	12/25-4/14	\$250
42534	5 days per week	12/25-4/14	\$290

Fall/Winter/Spring Master's Swimming Schedule	
GISC	KSAC
M: 6:30am-7:30am	Su: 8:00am-10:00am
Tu: 8:30pm-10:00pm	Tu: 8:30pm-10:00pm
W: 6:30am-7:30am	Th: 8:30pm-10:00pm
Th: 8:30pm-10:00pm	F: 8:30pm-9:30pm
F: 6:30am-7:30am	
MLK	OSC
M: 8:30am-10:00am	Tu: 8:30pm-10:00pm
W: 8:30am-10:00am	Th: 8:30pm-10:00pm
	Sa: 7:30am-9:00am



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**INDIVIDUAL PROGRESS  
TEAM UNITY**

**NATIONALLY RECOGNIZED  
5 PRACTICE SITES**

Rockville, Silver Spring, Bethesda, Olney, and Germantown



DEVELOPMENTAL

All prices, dates, times and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.

DEVELOPMENTAL SWIM

SwiMontgomery

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

Table with 4 columns: Session ID, Location, Dates, and Time. Includes 18 sessions for MLK, OSC, GISC, and KSAC.

Montgomery Stroke and Turn Clinic (MSTC)

Ages 5-18: MSTC has served the Montgomery County swimming community for over 22 years. MSTC is designed for swimmers wanting to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength, and have fun.

Table with 4 columns: Session ID, Location, Dates, and Time. Includes 22 sessions for KSAC, GISC, OSC, and MLK.

SCUBA

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Lectures and use of all SCUBA equipment is included in the course fee.

Table with 4 columns: Sessions, Price, Instructor, and Schedule. Includes 8 sessions for MLK, GISC, and OSC.



Don't Just Sit There!

Join us for Sunday evening land based classes held at aquatic centers

Body Sculpting, pg. 55

Piloxing, pg. 57

Power Jam Cardio Dance Fitness, pg. 53.

Yoga Flow, pg. 61

Yoga-Pilates Fusion, pg. 57



# LIFEGUARD TRAINING

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

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions 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 for every Lifeguard Training course is a pre-course. You **MUST** pass the pre-course to continue. The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the 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 and exit the water on your own in under 1 min 40 seconds.

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

Cost of the course is \$205.



LIFEGUARD TRAINING

## Germantown Indoor Swim Center

Session	Date	Begins	End
<b>LGT 2: Course 40367</b>			
<b>January 2018</b>			
Pre-Course	Friday, Jan 5	7:15pm	9:30pm
Session 1	Sunday, Jan 7	9:30am	12:30pm
Session 2	Sunday, Jan 7	1:00pm	4:00pm
Session 3	Wednesday, Jan 10	6:30pm	9:30pm
Session 4	Sunday, Jan 14	9:30am	12:30pm
Session 5	Sunday, Jan 14	1:00pm	4:00pm
Session 6	Wednesday, Jan 17	6:30pm	9:30pm
Session 7	Wednesday, Jan 24	6:30pm	9:30pm
Session 8	Sunday, Jan 28	9:30am	12:30pm
Session 9	Sunday, Jan 28	1:00pm	4:00pm
Session 10	Wednesday, Jan 31	6:30pm	9:30pm

Session	Date	Begins	End
<b>LGT 3: Course 40368</b>			
<b>Feb/Mar 2018</b>			
Pre-Course	Friday, Feb 23	7:15pm	9:30pm
Session 1	Sunday, Feb 25	9:30am	12:30pm
Session 2	Sunday, Feb 25	1:00pm	4:00pm
Session 3	Wednesday, Feb 28	6:30pm	9:30pm
Session 4	Sunday, March 4	9:30am	12:30pm
Session 5	Sunday, March 4	1:00pm	4:00pm
Session 6	Wednesday, March 7	6:30pm	9:30pm
Session 7	Sunday, March 11	9:30am	12:30pm
Session 8	Sunday, March 11	1:00pm	4:00pm
Session 9	Wednesday, March 14	6:30pm	9:30pm
Session 10	Friday, March 30	2:00pm	5:00pm

Session	Date	Begins	End
<b>LGT 4: Course 40369</b>			
<b>March 2018</b>			
<i>MCPS Spring Break</i>			
Pre-Course	Sunday, March 18	9:30am	12:30pm
Session 1	Monday, March 26	2:00pm	5:00pm
Session 2	Monday, March 26	6:00pm	9:00pm
Session 3	Tuesday, March 27	2:00pm	5:00pm
Session 4	Tuesday, March 27	6:00pm	9:00pm
Session 5	Wednesday, March 28	2:00pm	5:00pm
Session 6	Wednesday, March 28	6:00pm	9:00pm
Session 7	Thursday, March 29	2:00pm	5:00pm
Session 8	Thursday, March 29	6:00pm	9:00pm
Session 9	Friday, March 30	2:00pm	5:00pm
Session 10	Wednesday, April 4	6:30pm	9:30pm

Session	Date	Begins	End
<b>LGT5: Course 40370</b>			
<b>April 2018</b>			
Pre-Course	Friday, April 6	7:15pm	9:30pm
Session 1	Sunday, April 8	9:30am	12:30pm
Session 2	Sunday, April 8	1:00pm	4:00pm
Session 3	Wednesday, April 11	6:30pm	9:30pm
Session 4	Sunday, April 15	9:30am	12:30pm
Session 5	Sunday, April 15	1:00pm	4:00pm
Session 6	Wednesday, April 18	6:30pm	9:30pm
Session 7	Sunday, April 22	9:30am	12:30pm
Session 8	Sunday, April 22	1:00pm	4:00pm
Session 9	Wednesday, April 25	6:30pm	9:30pm
Session 10	Sunday, April 29	9:30am	12:30pm

Session	Date	Begins	End
<b>LGT6: Course 40371</b>			
<b>June 2018</b>			
Pre-Course	Friday, June 15	7:00pm	9:30pm
Session 1	Sunday, June 17	9:30am	12:30pm
Session 2	Sunday, June 17	1:00pm	4:00pm
Session 3	Monday, June 18	2:00pm	5:00pm
Session 4	Monday, June 18	6:00pm	9:00pm
Session 5	Tuesday, June 19	2:00pm	5:00pm
Session 6	Tuesday, June 19	6:00pm	9:00pm
Session 7	Wednesday, June 20	2:00pm	5:00pm
Session 8	Wednesday, June 20	6:00pm	9:00pm
Session 9	Thursday, June 21	6:00pm	9:00pm
Session 10	Friday, June 22	6:00pm	9:00pm

## Kennedy Shriver Aquatic Center

Session	Date	Begins	End
<b>LGT 2: Course 40333</b>			
<b>December 2017</b>			
<i>MCPS Winter Break</i>			
Pre-Course	Friday, Dec. 22	7:00pm	9:00pm
Session 1	Saturday, Dec. 23	9:00am	12:00pm
Session 2	Saturday, Dec. 23	1:00pm	5:00pm
Session 3	Tuesday, Dec. 26	9:00am	12:00pm
Session 4	Tuesday, Dec. 26	1:00pm	5:00pm
Session 5	Wednesday, Dec. 27	9:00am	12:00pm
Session 6	Wednesday, Dec. 27	1:00pm	5:00pm
Session 7	Thursday, Dec. 28	9:00am	12:00pm
Session 8	Thursday, Dec. 28	1:00pm	5:00pm
Session 9	Friday, Dec. 29	9:00am	12:00pm





LIFEGUARD TRAINING

LGT 3: Course 40334

Pre-Course	Friday, Jan. 5	7:00pm	9:00pm
Session 1	Sunday, Jan. 7	9:00am	12:00pm
Session 2	Sunday, Jan. 7	1:00pm	5:00pm
Session 3	Wednesday, Jan. 10	6:30pm	9:30pm
Session 4	Sunday, Jan. 14	9:00am	12:00pm
Session 5	Sunday, Jan. 14	1:00pm	5:00pm
Session 6	Wednesday, Jan. 17	6:30pm	9:30pm
Session 7	Sunday, Jan. 21	9:00am	12:00pm
Session 8	Sunday, Jan. 21	1:00pm	5:00pm
Session 9	Wednesday, Jan. 24	6:30pm	9:30pm

January 2018

LGT 4: Course 40335

<i>MCPS Spring Break</i>			
Pre-Course	Friday, Mar. 23	7:00pm	9:00pm
Session 1	Saturday, Mar. 24	8:00am	12:00pm
Session 2	Saturday, Mar. 24	1:00pm	4:00pm
Session 3	Monday, Mar. 26	8:00am	12:00pm
Session 4	Monday, Mar. 26	1:00pm	4:00pm
Session 5	Wednesday, Mar. 28	8:00am	12:00pm
Session 6	Wednesday, Mar. 28	1:00pm	4:00pm
Session 7	Thursday, Mar. 29	8:00am	12:00pm
Session 8	Thursday, Mar. 29	1:00pm	4:00pm
Session 9	Friday, Mar. 30	8:00am	12:00pm

March 2018

LGT 5: Course 40336

<i>MCPS Spring Break</i>			
Pre-Course	Friday, Mar. 23	7:00pm	9:00pm
Session 1	Sunday, Mar. 25	9:00am	12:00pm
Session 2	Sunday, Mar. 25	1:00pm	5:00pm
Session 3	Monday, Mar. 26	4:30pm	9:30pm
Session 4	Tuesday, Mar. 27	4:30pm	9:30pm
Session 5	Wednesday, Mar. 28	4:30pm	9:30pm
Session 6	Thursday, Mar. 29	4:30pm	9:30pm
Session 7	Saturday, Mar. 31	4:30pm	9:30pm

March 2018

LGT 6: Course 40337

Pre-Course	Friday, Apr. 13	7:00pm	9:00pm
Session 1	Sunday, Apr. 15	9:00am	12:00pm
Session 2	Sunday, Apr. 15	1:00pm	5:00pm
Session 3	Wednesday, Apr. 18	6:30pm	9:30pm
Session 4	Sunday, Apr. 22	9:00am	12:00pm
Session 5	Sunday, Apr. 22	1:00pm	5:00pm
Session 6	Wednesday, Apr. 25	6:30pm	9:30pm
Session 7	Sunday, Apr. 29	9:00am	12:00pm
Session 8	Sunday, Apr. 29	1:00pm	5:00pm
Session 9	Wednesday, May 2	6:30pm	9:30pm

Apr/May 2018

LGT 7: Course 40338

Pre-Course	Friday, June 15	7:00pm	9:00pm
Session 1	Sunday, June 17	9:00am	12:00pm
Session 2	Sunday, June 17	1:00pm	5:00pm
Session 3	Monday, June 18	9:00am	12:00pm
Session 4	Monday, June 18	1:00pm	5:00pm
Session 5	Wednesday, June 20	9:00am	12:00pm
Session 6	Wednesday, June 20	1:00pm	5:00pm
Session 7	Friday, June 22	9:00am	12:00pm
Session 8	Friday, June 22	1:00pm	5:00pm
Session 9	Saturday, June 23	9:00am	12:00pm

June 2018

MLK Swim Center

Session	Date	Begins	End
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LGT 2: Course 40430

<i>MCPS Winter Break</i>			
Pre-course	Monday, Dec 18	7:00pm	9:30pm
Session 1	Thursday, Dec 21	6:30pm	10:00pm
Session 2	Tuesday, Dec 26	9:00am	12:30pm
Session 3	Tuesday, Dec 26	1:00pm	4:00pm
Session 4	Wednesday, Dec 27	9:00am	12:30pm
Session 5	Wednesday, Dec 27	1:00pm	4:00pm
Session 6	Thursday, Dec 28	9:00am	12:30pm
Session 7	Thursday, Dec 28	1:00pm	4:00pm
Session 8	Friday, Dec 29	9:00am	12:30pm
Session 9	Friday, Dec 29	1:00pm	4:00pm

December 2017

LGT 3: Course 40431

<i>MCPS Winter Break</i>			
Pre-course	Monday, Jan 15	7:00pm	9:30pm
Session 1	Sunday, Jan 21	9:00am	12:30pm
Session 2	Sunday, Jan 21	1:00pm	4:00pm
Session 3	Monday, Jan 22	6:30pm	10:00pm
Session 4	Thursday, Jan 25	6:30pm	10:00pm
Session 5	Sunday, Jan 28	9:00am	12:30pm
Session 6	Sunday, Jan 28	1:00pm	4:00pm
Session 7	Monday, Jan 29	6:30pm	10:00pm
Session 8	Sunday, Feb 4	9:00am	12:30pm
Session 9	Sunday, Feb 4	1:00pm	4:00pm

January/February 2018

LGT 4: Course 40432

<i>MCPS Spring Break</i>			
Pre-course	Monday, Mar 19	7:00pm	9:30pm
Session 1	Thursday, Mar 22	6:30pm	10:00pm
Session 2	Monday, Mar 26	9:00am	12:30pm
Session 3	Monday, Mar 26	1:00pm	4:00pm
Session 4	Tuesday, Mar 27	9:00am	12:30pm
Session 5	Tuesday, Mar 27	1:00pm	4:00pm
Session 6	Wednesday, Mar 28	9:00am	12:30pm
Session 7	Wednesday, Mar 28	1:00pm	4:00pm
Session 8	Thursday, Mar 29	9:00am	12:30pm
Session 9	Thursday, Mar 29	1:00pm	4:00pm

March 2018

LGT 5: Course 40433

Pre-course	Monday, Apr 2	7:00pm	9:30pm
Session 1	Saturday, Apr 7	9:00am	12:30pm
Session 2	Saturday, Apr 7	1:00pm	4:00pm
Session 3	Monday, Apr 9	6:30pm	10:00pm
Session 4	Thursday, Apr 12	6:30pm	10:00pm
Session 5	Saturday, Apr 14	9:00am	12:30pm
Session 6	Saturday, Apr 14	1:00pm	4:00pm
Session 7	Monday, Apr 16	6:30pm	10:00pm
Session 8	Saturday, Apr 21	9:00am	12:30pm
Session 9	Saturday, Apr 21	1:00pm	4:00pm

April 2018

LGT 6: Course 40434

Pre-course	Monday, Jun 4	7:00pm	9:30pm
Session 1	Saturday, Jun 9	9:00am	12:30pm
Session 2	Saturday, Jun 9	1:00pm	4:00pm
Session 3	Monday, Jun 11	6:30pm	10:00pm
Session 4	Thursday, Jun 14	6:30pm	10:00pm
Session 5	Saturday, Jun 16	9:00am	12:30pm
Session 6	Saturday, Jun 16	1:00pm	4:00pm
Session 7	Monday, Jun 18	6:30pm	10:00pm
Session 8	Thursday, Jun 21	6:30pm	10:00pm
Session 9	Saturday, Jun 23	9:00am	12:30pm

June 2018

## Olney Swim Center

Session	Date	Begins	End
<b>LGT 2: Course 40422</b>			
<i>MCPS Winter Break</i>			
Pre-course	Wednesday, Dec 20	7:00pm	9:30pm
Session 1	Wednesday, Dec 27	9:00am	12:30pm
Session 2	Wednesday, Dec 27	1:00pm	5:00pm
Session 3	Thursday, Dec 28	9:00am	12:30pm
Session 4	Thursday, Dec 28	1:00pm	5:00pm
Session 5	Friday, Dec 29	9:00am	12:30pm
Session 6	Friday, Dec 29	1:00pm	5:00pm
Session 7	Saturday, Dec 30	9:00am	12:30pm
Session 8	Saturday, Dec 30	1:00pm	5:00pm
Session 9	Sunday, Dec 31	9:00am	12:30pm
Session 10	Sunday, Dec 31	1:00pm	5:00pm

<b>LGT 3: Course 40423</b>			
<i>Jan/Feb 2018</i>			
Pre-course	Sunday, January 28	1:30pm	3:30pm
Session 1	Wednesday January 31	6:30pm	10:00pm
Session 2	Sunday, Feb.4	9:00am	12:30am
Session 3	Sunday, Feb.4	1:00pm	5:00pm
Session 4	Wednesday, Feb.7	6:30pm	10:00pm
Session 5	Sunday, Feb.11	9:00am	12:30am
Session 6	Sunday, Feb.11	1:00pm	5:00pm
Session 7	Wednesday, Feb.14	6:30pm	10:00pm
Session 8	Sunday, Feb.18	9:00am	12:30am
Session 9	Sunday, Feb.18	1:00pm	5:00pm
Session 7	Wednesday, Feb.21	6:30pm	10:00pm

<b>LGT 4: Course 40424</b>			
<i>Feb/March 2018</i>			
Pre-course	Saturday, Feb.24	3:30pm	5:30pm
Session 1	Wednesday, Feb.28	6:30pm	10:00pm
Session 2	Friday, Mar. 2	6:30pm	10:00pm
Session 3	Saturday, Mar. 3	9:00am	12:30pm
Session 4	Saturday, Mar. 3	1:00pm	5:00pm
Session 5	Sunday, Mar. 4	9:00am	12:30pm
Session 6	Sunday, Mar. 4	1:00pm	5:00pm
Session 7	Wednesday, Mar 7	6:30pm	10:00pm
Session 8	Wednesday, Mar 14	6:30pm	10:00pm
Session 9	Friday, Mar. 16	6:30pm	10:00pm
Session 10	Saturday, Mar. 17	9:00am	3:00pm

<b>LGT 5: Course 40425</b>			
<i>March 2018</i>			
<i>MCPS Spring Break</i>			
Pre-course	Sunday, Mar. 18	1:30pm	3:30pm
Session 1	Friday, Mar 23	6:30pm	10:00pm
Session 2	Saturday, Mar 24	9:00am	12:30pm
Session 3	Saturday, Mar 24	1:00pm	5:00pm
Session 4	Sunday, Mar 25	9:00am	12:30pm
Session 5	Sunday, Mar. 25	1:00pm	5:00pm
Session 6	Monday, Mar 26	9:00am	12:30pm
Session 7	Monday, Mar 26	1:00pm	5:00pm
Session 8	Tuesday, Mar 27	9:00am	12:30pm
Session 9	Tuesday, Mar 27	1:00pm	5:00pm
Session 10	Wednesday, Mar 28	9:00am	3:00pm

Session	Date	Begins	End
<b>LGT 6: Course 40426</b>			
<i>Apr 2018</i>			
Pre-course	Saturday, Apr. 7	3:30pm	5:30pm
Session 1	Sunday, Apr 8	9:00am	12:30pm
Session 2	Sunday, Apr 8	1:00pm	5:00pm
Session 3	Wednesday, Apr 11	6:30pm	10:00pm
Session 4	Saturday, Apr. 14	9:00am	12:30pm
Session 5	Saturday, Apr. 14	1:00pm	5:00pm
Session 6	Sunday, Apr. 15	9:00am	12:30pm
Session 7	Sunday, Apr. 15	1:00pm	5:00pm
Session 8	Wednesday, Apr 18	6:30pm	10:00pm
Session 9	Saturday, Apr. 21	9:00am	12:30pm
Session 10	Saturday, Apr. 21	1:00pm	5:00pm

## Pool Operator Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Note: the student must apply to the Department of Health and Human Services for the County Pool Operators License. Pool Operator Review Course is also available. Please visit [www.aquatictrainingservice.com](http://www.aquatictrainingservice.com) for more information.

## Lifeguard Instructor Course

This course will train you to be certified as an American Red Cross Lifeguard Instructor including, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 17 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The pre-course consists of successful completion of the American Red Cross Lifeguard Review. You MUST pass the pre-course to continue on to the Lifeguard Instructor Course.

**\$300**

## Germantown Indoor Swim Center

Session	Date	Begins	Ends
<b>LGT 1: Course 40385</b>			
<i>Dec 2017 - Jan 2018</i>			
Pre-Course	Friday, December 29	5:30pm	9:30pm
Pre-Course	Saturday, December 30	9:30am	4:00pm
Pre-Course	Sunday, December 31	9:30am	4:00pm
Session 1	Wednesday, January 3	5:00pm	9:30pm
Session 2	Saturday, January 6	4:00pm	9:00pm
Session 3	Sunday, January 7	4:00pm	9:00pm
Session 4	Saturday, January 13	4:00pm	9:00pm
Session 5	Sunday, January 14	4:00pm	9:00pm



LIFEGUARD TRAINING





## Lifeguard Training - Accelerated

This class only meets for 3 days. Class meets all day from 9am - 7pm.

**\$225**

Instructor: Aquatic Training and Consulting Services

### MLK Swim Center

Session	Date	Begins	Ends
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**LGT 1: Course 40256** **May 2018**

Session 1	Tuesday, May 15	9:00am	7:00pm
Session 2	Wednesday, May 16	9:00am	7:00pm
Session 3	Thursday, May 17	9:00am	7:00pm

**LGT 2: Course 40257** **May 2018**

Session 1	Tuesday, May 22	9:00am	7:00pm
Session 2	Wednesday, May 23	9:00am	7:00pm
Session 3	Thursday, May 24	9:00am	7:00pm

**LGT 3: Course 40258** **May 2018**

Session 1	Tuesday, May 29	9:00am	7:00pm
Session 2	Wednesday, May 30	9:00am	7:00pm
Session 3	Thursday, May 31	9:00am	7:00pm

**LGT 4: Course 40259** **June 2018**

Session 1	Tuesday, June 5	9:00am	7:00pm
Session 2	Wednesday, June 6	9:00am	7:00pm
Session 3	Thursday, June 7	9:00am	7:00pm

### Upper County Outdoor Pool

Session	Date	Begins	Ends
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**LGT 1: Course 40260** **June 2018**

Session 1	Tuesday, June 19	9:00am	7:00pm
Session 2	Wednesday, June 20	9:00am	7:00pm
Session 3	Thursday, June 21	9:00am	7:00pm



# BE A HERO!

OUR LIFEGUARDING CLASSES OFFER THE TRAINING YOU NEED TO BECOME A RED CROSS CERTIFIED LIFEGUARD.



## Lifeguard Training Review

Ages 15 & Up: Students looking to renew their lifeguard certification are eligible to do a blended learning review class provided that their certification is still current or recently expired. Students will receive a link to the blended learning material shortly after registration. This course work will require 4-5 hours of learning prior to the class date. There is a \$35 fee paid directly to the Red Cross in order to access the online material. This fee is in addition to the \$125 paid at the time of registration for the skill evaluation session. Students should bring their on-line completion certificate to class. Failure to complete the on-line portion prior to the skill session will result in the student being unable to complete their certification renewal. Students will receive their e-cert directly from the Red Cross usually within seven days of the class completion.

**\$125**

Instructor: Aquatic Training and Consulting Services

### Martin Luther King Jr. Swim Center

Session	Date	Begins	Ends
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**LGT 1: Course 40262** **December 2017**

Session 1	Saturday, December 30	9:00am	7:00pm
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**LGT 2: Course 40263** **February 2018**

Session 1	Saturday, February 24	9:00am	7:00pm
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**LGT 3: Course 40264** **March 2018**

Session 1	Saturday, March 31	9:00am	7:00pm
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**LGT 4: Course 40265** **April 2018**

Session 1	Saturday, April 14	9:00am	7:00pm
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**LGT 5: Course 40266** **May 2018**

Session 1	Saturday, May 12	9:00am	7:00pm
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**LGT 6: Course 40267** **May 2018**

Session 1	Friday, May 25	9:00am	7:00pm
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**LGT 7: Course 40268** **May 2018**

Session 1	Saturday, May 26	9:00am	7:00pm
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**LGT 8: Course 40269** **June 2018**

Session 1	Saturday, June 16	9:00am	7:00pm
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LIFEGUARD TRAINING



# Swim Lessons



Indoor Swim Lesson  
Registration will begin

**November 13**  
**at 6:30am**  
for Residents

**November 14 at 6:30am**  
for Non-Residents

Registrations will not be processed  
before this time.

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

By choosing the appropriate level, the student will be more likely to succeed. Read the course description carefully and select the level for which the student has mastered all the prerequisite skills. Review the Guidelines for Placement in Swim Classes on the following page.

If unsure of students level or ability evaluations are available at each indoor facility. **Swim lesson evaluations are available at each indoor facility 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.

**There are no makeups or refunds due to weather related closings/delays.**

## Please note the following:

Parents: in order to assist us in offering a quality program for your child, we ask that you do 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 at the MLK pool is not possible.

The 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.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons.



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.

## Ways to Register for Swim Lessons



### ActiveMONTGOMERY.org

Online registration at ActiveMONTGOMERY.org. Internet users must pay their account in full. Online registration is recommended.



### Walk in at Aquatic Facilities

Registrations can be processed at any of our pools.



# Guidelines for Placement in Swim Classes

## Parent-Assisted Lessons

*Waterbabies (Ages 6 mo-18 mo) Aquatots (Ages 18 mo-3yr) Pre-School (Ages 3yr-5yr)*

### Class Requirements:

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

### Class Objectives:

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

## Level 1

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

### Class Requirements:

On the first day of class, students must be able to: function well in a group setting without parents since parents **do not** accompany children.

### Class Objectives:

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

## Level 2

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

### Class Requirements:

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

### Class Objectives:

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

## Level 3

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

### Class Requirements:

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

### Class Objectives:

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

## Level 4

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

### Class Requirements:

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.

### Class Objectives:

Students who 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.

## Level 5

*Youth (Ages 7-13) Adult (Ages 14+)*

### Class Requirements:

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

### Class Objectives:

Students who can swim 1 pool length of front and back crawl, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

## Level 6

*Youth (Ages 7-13) Adult (Ages 14+)*

### Class Requirements:

On the first day of class, students must: have achieved a proficient level in all previous strokes (front crawl, back crawl and breaststroke).

### Class Objectives:

Students who can swim 2 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.

## Waterbabies

Ages 6m-18m: Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **EACH** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

43063	1/6	Sa	10:25am-10:55am
43064	1/7	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

43169	1/6	Sa	10:20am-10:50am
43170	1/6	Sa	11:40am-12:10pm
43171	1/7	S	9:40am-10:10am
43172	1/7	S	11:40am-12:10pm
43173	1/8	M	9:30am-10:00am
43174	1/9	T	10:00am-10:30am

### Martin Luther King Jr. Swim Center

43304	1/7	S	10:00am-10:30am
43305	1/7	S	10:40am-11:10am

### Olney Swim Center

43001	1/6	Sa	10:30am-11:00am
43002	1/7	S	10:30am-11:00am
43003	1/9	T	5:20pm-5:50pm

## Aquatots

Ages 18m-3: Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained **MUST** wear a swim diaper and separate rubber/vinyl pants. An adult must accompany **EACH** student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

42906	1/3	W	6:10pm-6:40pm
42902	1/6	Sa	11:45am-12:15pm
42903	1/6	Sa	12:25pm-12:55pm
42904	1/7	S	11:05am-11:35am
42905	1/7	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

43175	1/6	Sa	9:00am-9:30am
43176	1/6	Sa	12:20pm-12:50pm
43177	1/7	S	9:00am-9:30am
43178	1/7	S	11:00am-11:30am
43179	1/9	T	9:30am-10:00am
43180	1/10	W	6:10pm-6:40pm
43181	1/11	Th	10:00am-10:30am
43182	1/11	Th	5:30pm-6:00pm

### Martin Luther King Jr. Swim Center

43278	1/7	S	11:20am-11:50am
43276	1/8	M	5:50pm-6:20pm
43277	1/10	W	5:10pm-5:40pm

### Olney Swim Center

42936	1/6	Sa	9:50am-10:20am
42937	1/6	Sa	1:10pm-1:40pm
42938	1/7	S	9:50am-10:20am
42939	1/7	S	8:30am-9:00am
42940	1/7	S	11:10am-11:40am
42941	1/9	T	6:00pm-6:30pm
42942	1/10	W	6:20pm-6:50pm



**SWIM LESSONS**



## Reminder

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





SWIM LESSONS

### Pre-School

Ages 3-5: Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained MUST wear a swim diaper and separate rubber/vinyl pants. An adult must accompany EACH student in the water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

#### Kennedy Shriver Aquatic Center

43183	1/6	Sa	11:00am-11:30am
43184	1/6	Sa	1:00pm-1:30pm
43185	1/7	S	10:20am-10:50am
43186	1/7	S	1:00pm-1:30pm
43187	1/9	T	10:30am-11:00am
43188	1/9	T	3:30pm-4:00pm
43189	1/9	T	6:10pm-6:40pm
43190	1/11	Th	9:30am-10:00am

#### Germantown Indoor Swim Center

43062	1/3	W	5:30pm-6:00pm
43058	1/6	Sa	11:05am-11:35am
43059	1/6	Sa	1:05pm-1:35pm
43060	1/7	S	10:25am-10:55am
43061	1/7	S	11:45am-12:15pm

### Martin Luther King Jr. Swim Center

43303	1/7	S	12:00pm-12:30pm
43301	1/8	M	6:30pm-7:00pm
43302	1/10	W	6:30pm-7:00pm

### Olney Swim Center

42994	1/6	Sa	9:10am-9:40am
42995	1/6	Sa	11:10am-11:40am
42996	1/6	Sa	12:30pm-1:00pm
42997	1/7	S	9:10am-9:40am
42998	1/9	T	6:40pm-7:10pm
42999	1/10	W	5:40pm-6:10pm
43000	1/11	Th	6:00pm-6:30pm

*"Montgomery Recreation has so many things to choose from. Wish we had time to do more."  
-Jennifer C.*



*Dive with*  
**SCUBA SANTA**

Sunday, December 3, 2017 • Noon - 4 p.m.  
**Olney Swim Center**

All ages welcome! Ages 10+ may use provided scuba equipment after receiving instruction. Those 9 and younger can hold their breath and swim down for a quick action shot with Santa.

Or, Santa will go to the concrete steps leading into the pool's shallow end and they can sit on his lap above the surface.

**Call 240-777-4995 for details.**

Fee: Non-perishable food or a donation of \$5 or is suggested. All contributions benefit MUM Capt. Joseph A. Mattingly Jr. Food Pantry.





# Beginner 1

Ages 4-6: Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Courses meet for six (6) 30 minute sessions. Class size is limited to 5 students.

6 Sessions \$67

## Germantown Indoor Swim Center

42927	1/3	W	5:30pm-6:00pm
42907	1/6	Sa	9:45am-10:15am
42908	1/6	Sa	10:25am-10:55am
42910	1/6	Sa	11:05am-11:35am
42911	1/6	Sa	11:45am-12:15pm
42913	1/6	Sa	12:25pm-12:55pm
42914	1/6	Sa	1:05pm-1:35pm
42915	1/7	S	9:45am-10:15am
42917	1/7	S	10:25am-10:55am
42918	1/7	S	11:05am-11:35am
42919	1/7	S	12:25pm-12:55pm
42926	1/8	M	5:30pm-6:00pm
42920	1/9	T,Th	5:00pm-5:30pm
42921	1/9	T,Th	5:00pm-5:30pm
42922	1/9	T,Th	6:20pm-6:50pm
42923	2/6	T,Th	5:00pm-5:30pm
42924	2/6	T,Th	6:20pm-6:50pm
42925	2/6	T,Th	6:20pm-6:50pm

## Kennedy Shriver Aquatic Center

43191	1/6	Sa	9:40am-10:10am
43192	1/6	Sa	10:20am-10:50am
43193	1/6	Sa	1:00pm-1:30pm
43194	1/7	S	9:00am-9:30am
43195	1/7	S	10:20am-10:50am
43196	1/7	S	12:20pm-12:50pm
43197	1/7	S	1:00pm-1:30pm
43198	1/8	M	10:00am-10:30am
43199	1/8	M	6:10pm-6:40pm
43200	1/9	T	4:50pm-5:20pm
43201	1/9	T	6:10pm-6:40pm
43202	1/11	Th	10:30am-11:00am
43203	1/11	Th	3:30pm-4:00pm
43204	1/11	Th	5:30pm-6:00pm

## Martin Luther King Jr. Swim Center

43286	1/7	S	10:00am-10:30am
43287	1/7	S	10:40am-11:10am
43288	1/7	S	11:20am-11:50am
43279	1/8	M	5:10pm-5:40pm
43280	1/9	T	5:30pm-6:00pm
43281	1/9	T	6:10pm-6:40pm
43282	1/10	W	5:50pm-6:20pm
43283	1/10	W	6:30pm-7:00pm
43284	1/11	Th	5:30pm-6:00pm
43285	1/11	Th	6:50pm-7:20pm

## Olney Swim Center

42943	1/6	Sa	9:10am-9:40am
42944	1/6	Sa	9:50am-10:20am
42945	1/6	Sa	10:30am-11:00am
42946	1/6	Sa	11:10am-11:40am
42947	1/6	Sa	11:50am-12:20pm
42948	1/6	Sa	12:30pm-1:00pm
42949	1/6	Sa	1:10pm-1:40pm
42950	1/6	Sa	1:10pm-1:40pm
42951	1/7	S	9:10am-9:40am
42952	1/7	S	9:50am-10:20am
42953	1/7	S	10:30am-11:00am
42954	1/7	S	11:10am-11:40am
42955	1/8	M	5:40pm-6:10pm
42956	1/8	M	7:00pm-7:30pm
42957	1/9	T	6:00pm-6:30pm
42958	1/9	T	5:20pm-5:50pm
42959	1/8	M	5:40pm-6:10pm
42960	1/10	W	6:20pm-6:50pm
42961	1/10	W	5:40pm-6:10pm
42962	1/10	W	5:40pm-6:10pm
42963	1/11	Th	6:00pm-6:30pm
42964	1/11	Th	6:40pm-7:10pm



# SWIM LESSONS

### Four Ways to Register

#### 1. ONLINE

Register 24 hours a day, seven days a week for all activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

#### 2. BY MAIL

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

#### 3. VIA FAX

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

#### 4. IN PERSON

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





SWIM LESSONS

Beginner 2

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

6 Sessions \$65

Germantown Indoor Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43047, 42928, 42929, 42930, 43036, 43037, 43038, 43039, 43046, 43040, 43041, 43042, 43043, 43044, 43045.

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43205, 43206, 43207, 43208, 43209, 43210, 43211, 43212, 43213, 43214, 43215.

Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43295, 43289, 43290, 43291, 43292, 43293, 43294.

Olney Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 42965, 42966, 42967, 42968, 42969, 42970, 42971.

Table with 4 columns: ID, Session, Day, Time. Rows include 42972, 42973, 42974, 42975, 42976, 42977, 42978, 42979, 42980, 42981.

Beginner 3

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Please read the course descriptions carefully. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

6 Sessions \$65

Germantown Indoor Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43048, 43049, 43050, 43055, 43051, 43052, 43053, 43054.

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43216, 43217, 43218, 43219, 43220, 43221, 43222, 43223, 43224, 43225, 43226.

Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 43298, 43296, 43297.

Olney Swim Center

Table with 4 columns: ID, Session, Day, Time. Rows include 42982, 42983, 42984, 42987, 42985, 42986, 42990, 42988, 42989.





## Youth Level 1

Ages 7-13: This class is for students who need to learn basic water adjustment skills. Course meet for six 30 minute sessions. Class size is limited to 8 students.

**6 Sessions** **\$60**

### Germantown Indoor Swim Center

43065	1/6	Sa	9:45am-10:15am
43066	1/6	Sa	1:05pm-1:35pm
43067	1/7	S	10:25am-10:55am
43068	1/7	S	12:25pm-12:55pm
43069	1/9	T,Th	5:40pm-6:10pm
43070	1/9	T,Th	5:40pm-6:10pm
43071	2/6	T,Th	5:40pm-6:10pm
43072	1/8	M	6:10pm-6:40pm

### Kennedy Shriver Aquatic Center

43236	1/6	Sa	10:20am-10:50am
43237	1/6	Sa	1:00pm-1:30pm
43238	1/7	S	9:40am-10:10am
43239	1/8	M	6:10pm-6:40pm

### Martin Luther King Jr. Swim Center

43308	1/7	S	10:00am-10:30am
43306	1/9	T	6:50pm-7:20pm
43307	1/11	Th	6:10pm-6:40pm

### Olney Swim Center

43004	1/6	Sa	10:30am-11:00am
43005	1/7	S	8:30am-9:00am
43006	1/8	M	6:20pm-6:50pm
43007	1/9	T	6:40pm-7:10pm
43008	1/10	W	6:20pm-6:50pm
43009	1/10	W	7:00pm-7:30pm
43010	1/11	Th	5:20pm-5:50pm
43011	1/11	Th	6:00pm-6:30pm

## Beginner 4

Ages 4-6: Parents DO NOT accompany children. This class is for students who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 6 students.

**6 Sessions** **\$65**

### Germantown Indoor Swim Center

43056	1/6	Sa	11:05am-11:35am
43057	1/7	S	11:05am-11:35am

### Kennedy Shriver Aquatic Center

43227	1/6	Sa	11:00am-11:30am
43228	1/6	Sa	12:20pm-12:50pm
43229	1/7	S	10:20am-10:50am
43230	1/7	S	11:00am-11:30am
43231	1/7	S	11:40am-12:10pm
43232	1/7	S	1:00pm-1:30pm
43233	1/8	M	5:30pm-6:00pm
43234	1/10	W	6:10pm-6:40pm
43235	1/11	Th	6:10pm-6:40pm

### Martin Luther King Jr. Swim Center

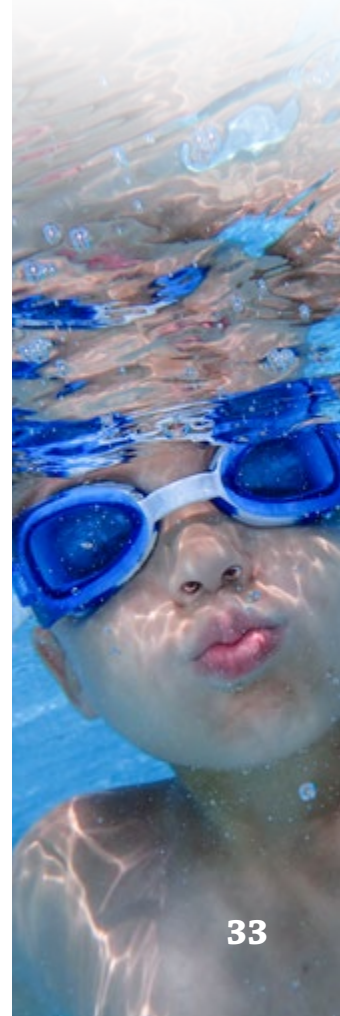
43300	1/7	S	10:00am-10:30am
43299	1/11	Th	6:50pm-7:20pm

### Olney Swim Center

42991	1/6	Sa	11:50am-12:20pm
42992	1/7	S	9:10am-9:40am
42993	1/10	W	7:40pm-8:10pm



**SWIM LESSONS**





SWIM LESSONS

### Youth Level 2

Ages 7-13: This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back. Course meet for six 30 minute sessions. Class size is limited to 8 students.

6 Sessions \$60

#### Germantown Indoor Swim Center

43076	1/3	W	5:30pm-6:00pm
43073	1/6	Sa	12:25pm-12:55pm
43074	1/6	Sa	1:05pm-1:35pm
43075	1/7	S	11:45am-12:15pm

#### Kennedy Shriver Aquatic Center

43240	1/6	Sa	12:20pm-12:50pm
43241	1/7	S	11:40am-12:10pm
43242	1/7	S	12:20pm-12:50pm
43243	1/9	T	5:30pm-6:00pm

#### Martin Luther King Jr. Swim Center

43311	1/7	S	11:20am-11:50am
43312	1/7	S	12:00pm-12:30pm
43309	1/9	T	6:10pm-6:40pm
43310	1/9	T	8:10pm-8:40pm
43313	1/11	Th	5:30pm-6:00pm
43314	1/11	Th	8:10pm-8:40pm

#### Olney Swim Center

43012	1/6	Sa	9:50am-10:20am
43013	1/6	Sa	10:30am-11:00am
43014	1/6	Sa	9:10am-9:40am
43015	1/7	S	9:10am-9:40am
43016	1/8	M	7:00pm-7:30pm
43017	1/10	W	7:40pm-8:10pm
43018	1/11	Th	5:20pm-5:50pm
43019	1/11	Th	6:40pm-7:10pm

### Youth Level 3

Ages 7-13: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Course meet for six 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$58

#### Germantown Indoor Swim Center

43079	1/3	W	6:10pm-6:40pm
43077	1/6	Sa	11:05am-11:35am
43078	1/7	S	11:45am-12:15pm

#### Kennedy Shriver Aquatic Center

43244	1/6	Sa	9:40am-10:10am
43245	1/6	Sa	11:00am-11:30am
43246	1/6	Sa	11:40am-12:10pm
43247	1/7	S	10:20am-10:50am
43248	1/7	S	11:00am-11:30am

#### Martin Luther King Jr. Swim Center

43318	1/7	S	10:40am-11:10am
43315	1/9	T	7:30pm-8:00pm
43316	1/11	Th	7:30pm-8:00pm
43317	1/11	Th	8:10pm-8:40pm

#### Olney Swim Center

43020	1/6	Sa	1:10pm-1:40pm
43021	1/6	Sa	11:10am-11:40am
43022	1/7	S	9:50am-10:20am
43023	1/8	M	7:40pm-8:10pm
43024	1/11	Th	7:20pm-7:50pm

## Now Hiring: Part Time Staff!



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



**SWIM LESSONS**

## Youth Level 4

Ages 7-13: This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

43080	1/6	Sa	12:25pm-12:55pm
43081	1/7	S	11:05am-11:35am
43082	1/7	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

43249	1/6	Sa	11:40am-12:10pm
43250	1/7	S	11:00am-11:30am
43251	1/7	S	12:20pm-12:50pm
43252	1/7	S	1:00pm-1:30pm

### Martin Luther King Jr. Swim Center

43320	1/7	S	10:40am-11:10am
43321	1/7	S	12:00pm-12:30pm
43319	1/9	T	8:10pm-8:40pm

### Olney Swim Center

43025	1/6	Sa	11:10am-11:40am
43026	1/6	Sa	11:50am-12:20pm
43027	1/7	S	10:30am-11:00am
43028	1/7	S	11:10am-11:40am
43029	1/8	M	7:40pm-8:10pm
43030	1/10	W	7:40pm-8:10pm

## Youth Level 5

Ages 7-13: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Course meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

43083	1/6	Sa	11:45am-12:15pm
43084	1/7	S	12:25pm-12:55pm

### Kennedy Shriver Aquatic Center

43253	1/6	Sa	1:00pm-1:30pm
43254	1/7	S	1:00pm-1:30pm

## Martin Luther King Jr. Swim Center

43323	1/7	S	10:00am-10:30am
43322	1/9	T	7:30pm-8:00pm

### Olney Swim Center

43031	1/6	Sa	1:10pm-1:40pm
43032	1/6	Sa	12:30pm-1:00pm
43033	1/7	S	11:10am-11:40am
43034	1/9	T	7:20pm-7:50pm

## Youth Level 6

Ages 7-13: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Course meet for six 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$58**

### Germantown Indoor Swim Center

43085	1/6	Sa	1:05pm-1:35pm
43086	1/7	S	9:45am-10:15am

### Kennedy Shriver Aquatic Center

43255	1/6	Sa	12:20pm-12:50pm
43256	1/7	S	12:20pm-12:50pm

### Martin Luther King Jr. Swim Center

43035	1/6	Sa	12:30pm-1:00pm
43325	1/7	S	11:20am-11:50am
43324	1/11	Th	7:30pm-8:00pm

### More Convenient

### *Customer Service Hours*

Our new hours are:  
9:30 a.m. - 4 p.m.  
Monday-Friday

For our Administrative Headquarters located at:

4010 Randolph Road  
Silver Spring, MD 20902  
240-777-6840





SWIM LESSONS

### Adult Level 1

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

6 Sessions \$67

#### Germantown Indoor Swim Center

42887	1/6	Sa	11:05am-11:35am
42893	1/7	S	10:25am-10:55am
42890	1/8	M	5:30pm-6:00pm

#### Martin Luther King Jr. Swim Center

43271	1/7	S	12:00pm-12:30pm
43270	1/11	Th	8:50pm-9:20pm

#### Kennedy Shriver Aquatic Center

43257	1/6	Sa	11:00am-11:30am
43258	1/7	S	10:20am-10:50am
43259	1/11	Th	8:30pm-9:00pm

#### Olney Swim Center

42931	1/8	M	7:40pm-8:10pm
42932	1/11	Th	7:20pm-7:50pm

### Adult Level 2

Ages 14 & Up: Designed for teenagers and adults who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

42894	1/6	Sa	10:25am-10:55am
42897	1/7	S	9:45am-10:15am
42898	1/8	M	6:10pm-6:40pm

#### Kennedy Shriver Aquatic Center

43260	1/6	Sa	10:20am-10:50am
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#### Martin Luther King Jr. Swim Center

43273	1/7	S	10:40am-11:10am
43272	1/9	T	8:50pm-9:20pm

#### Olney Swim Center

42933	1/9	T	8:00pm-8:30pm
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### Adult Level 3

Ages 14 & Up: Designed for teenagers and adults who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

42899	1/6	Sa	9:45am-10:15am
42900	1/7	S	11:45am-12:15pm

#### Kennedy Shriver Aquatic Center

43261	1/6	Sa	9:40am-10:10am
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#### Martin Luther King Jr. Swim Center

43274	1/9	T	8:50pm-9:20pm
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#### Olney Swim Center

42934	1/9	T	7:20pm-7:50pm
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### Adult Level 4

Ages 14 & Up: Designed for teenagers and adults who can already swim a coordinated front and back crawls for 15 yards (width of the pool) and are comfortable in deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

6 Sessions \$65

#### Germantown Indoor Swim Center

42901	1/6	Sa	11:45am-12:15pm
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#### Kennedy Shriver Aquatic Center

43262	1/7	S	11:40am-12:10pm
43263	1/9	T	8:30pm-9:00pm

#### Martin Luther King Jr. Swim Center

43275	1/11	Th	8:50pm-9:20pm
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#### Olney Swim Center

42935	1/11	Th	8:00pm-8:30pm
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*"Great fun and excellent instructor!"*

-Alexis K

## Adaptive Aquatics

### Adapted Aquatics Lesson - Level 1

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

**6 Sessions** **\$65**  
43267 KSAC 1/8 M 10:45am-11:15am

### Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-17: This is a learn-to-swim program for children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer at all times. All participants must fill out and sign the information and release form at the first class. Students are allowed to register for **ONLY** one (1) class per session. Class size is limited to 8 students.

**6 Sessions** **\$65**  
43268 KSAC 1/6 Sa 9:45am-10:15am  
43269 KSAC 1/6 Sa 10:35am-11:05am



**SWIM LESSONS**

## Adult Level 5

Ages 14 & Up: Designed for teenagers and adults who can already swim 1 length front and back crawls, 15 yards elementary backstroke with good form, tread water, and dive into deep water. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Kennedy Shriver Aquatic Center

43264 1/10 W 8:30pm-9:00pm

## Adult Swim for Conditioning 1

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Kennedy Shriver Aquatic Center

43265 1/8 M 8:30pm-9:00pm

## Adult Swim for Conditioning 2

Ages 14 & Up: Designed for teenagers and adults who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Courses meet for six (6) 30 minute sessions. Class size is limited to 10 students.

**6 Sessions** **\$65**

### Kennedy Shriver Aquatic Center

43266 1/8 M 8:30pm-9:00pm



# Classes

# CLASSES



**Classes Will Not Meet On  
Nov. 23-26, Dec. 23-Jan. 1,  
Jan. 15, & Feb. 19\***

**\*This does not apply to aquatic activities  
or Break Camps**



# YOUTH ARTS & CRAFTS

## Adventures in Art

Ages 5-10: Create exciting works of art using different types of media and techniques. Focus on drawing, painting, and composition. \$7 material fee due on first day. Additional supply list provided on first day.

**7 Sessions** **\$70**  
 Instructor: Tatiana Martin  
 42372 Longwood CRC 1/20 Sa 10:15am-11:15am

## Art Studio

Ages 9-15: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$7 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

**7 Sessions** **\$70**  
 Instructor: Tatiana Martin  
 42373 Longwood CRC 1/20 Sa 11:30am-12:30pm

## Draw and Clay

Ages 4-9: This session we will visit Antarctica! We will draw and sculpt penguins, sea lions and whales. \$12 material fee due to instructor.

**6 Sessions** **\$60**  
 Instructor: Yolanda Prinsloo  
 42717 Germantown CRC 1/23 T 5:15pm-6:15pm  
 42718 Bauer Drive CRC 1/24 W 5:40pm-6:40pm  
 42719 Upper County CRC 1/27 Sa 10:00am-11:00am

## Learning Art from the Masters - Romare Bearden

Ages 6-13: In this session students will learn about the life and time of Artist Romare Bearden. We will work in paint and clay. \$12 material fee due to instructor.

**6 Sessions** **\$80**  
 Instructor: Yolanda Prinsloo  
 42724 Germantown CRC 1/23 T 6:30pm-7:30pm



## Young Rembrandts: Cartoon Drawing

Ages 6-13: Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn animation techniques in our anime-themed expression lesson. Your child will also learn personification as they transform ordinary cameras into fully realized cartoon characters. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous drive-thru sequence and a colorful piñata sequence. Enroll today!

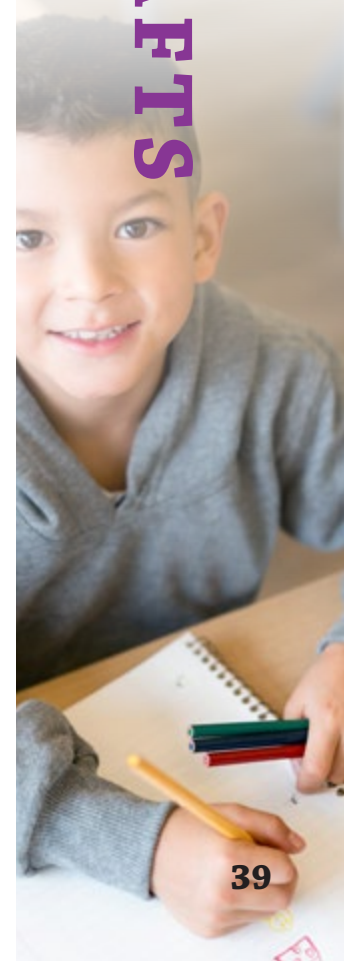
**6 Sessions** **\$84**  
 Instructor: Young Rembrandts  
 42686 Glenallan ES 1/8 M 6:30pm-7:30pm  
 42687 N. Potomac CRC 1/9 T 6:00pm-7:00pm  
 42688 Germantown CRC 1/10 W 6:00pm-7:00pm  
 42689 Bauer Drive CRC 1/11 Th 6:00pm-7:00pm

## Kids Sew and Tell

Ages 9-16: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Supply list will be in your receipt. A \$10 material fee is due the first day to the instructor.

**6 Sessions** **\$125**  
 Instructor: Nora Elias  
 42397 Bauer Drive CRC 1/13 Sa 11:15am-1:15pm

ARTS & CRAFTS





# ARTS & CRAFTS

## Arts

### Acrylic Painting Techniques

Ages 14 & Up: All Ability levels are welcome. Discover a step by step approach that makes acrylics resemble the lush look of oils. You will love the results! Please bring several pictures of what you would like to paint. Material fee of \$8 due to the instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

**8 Sessions \$144**  
Instructor: Margaret Deskin  
42394 Bauer Dr CRC 1/13 Sa 10:30am-12:30pm

### Advanced Right Brained Drawing

Ages 12 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or who have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and or watercolor.

**6 Sessions \$105**  
Instructor: Yolanda Prinsloo  
42723 Potomac CRC 1/22 M 7:15pm-9:00pm

### Calligraphy Art

Ages 10 & Up: Students will be shown the way to write the uncial and half uncial alphabets with a command of hand and rhythmic consistency. Instruction is given in the traditional calligraphy methods for making proportional strokes, ruling lines, determining letter size by pen nib width, plus the proper letter spacing, word spacing, line spacing and formal planning of calligraphy compositions. For more information contact Joanne at jcw@wassermandesign.com.

**8 Sessions \$180**  
Instructor: Joanne Wasserman  
43483 N Potomac CRC 1/20 Sa 12:00pm-1:30pm

### Interior Design Magic

Ages 16 & Up: If you enjoy HGTV, this is the course for you! By learning some of the ways designers see, you can begin to make your home uniquely yours. This course is taught by professional designer Sara Sichel.

**8 Sessions \$175**  
Instructor: Sara Sichel  
43585 N Potomac CRC 1/16 T 10:00am-11:30am

### Right Brained Drawing

Ages 12 & Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$20 for material fee.

**6 Sessions \$105**  
Instructor: Yolanda Prinsloo  
42722 Potomac CRC 1/22 M 5:15pm-7:00pm

### Stage & Sell

Ages 16 & Up: This class will show you the numerous low cost ways to make your home attractive to potential buyers. Discover the methods used by professional interior designers to make your home attractive to either live in or sell.

**8 Sessions \$175**  
Instructor: Sara Sichel  
43584 N. Potomac CRC 1/18 Th 7:00pm-8:30pm

### The Art of Penmanship

Ages 10 & Up: Its so natural and easy, anyone can achieve elegant, legible handwriting. Learn the art of penmanship in this 8 week class. Questions, call Joanne Wasserman at 301-589-3444.

**8 Sessions \$180**  
Instructor: Joanne Wasserman  
43484 N Potomac CRC 1/20 Sa 10:00am-11:30am

## Crafts

### Card & Paper Crafting with Mixed Media

Ages 13 & Up: In this 2 week session, students learn to make custom-crafted greeting cards using a wide variety of mixed media techniques to include die cuts, stencils, inks, stamps, acrylic paint, coloring techniques, embossing, and much more. By the end of the class and as time allows you will have created 4 - 6 beautiful greeting cards. BONUS! How-to's on creating art journals, adult coloring and scrapbooks will also be briefly discussed and instructional hand-outs given at the end of the 2nd session. All supplies are provided. Please contact instructor, Nancy Loomis for more info: nancy12345678@gmail.com or 813-205-3003. \$3 supply fee due to instructor.

**2 Sessions \$50**  
Instructor: Nancy Loomis  
43581 Holiday Park SC 1/31 W 6:30pm-8:30pm

ARTS & CRAFTS



## Card & Paper Crafting with Mixed Media

Ages 13 & Up: Learn to make custom-crafted greeting cards, scrapbooks and/or art journals using a wide variety of mixed media techniques to include die cuts, stencils, inks, stamps, acrylic paint, aging/distressing/coloring techniques, embossing, gel mono printing, clay embellishment and much, much more. By the end of the class and as time allows based on individual choice, you will have created 4 - 6 fabulous custom greeting cards and/or a small scrapbook or an art journal. All supplies are provided except photos, small scrapbooks and blank journals. Please contact instructor, Nancy Loomis for more info and for instructions on what you may want to bring to class. nancy12345678@gmail.com or 813-205-3003. \$8 supply fee due to instructor.

**6 Sessions \$125**

Instructor: Nancy Loomis  
43580 Holiday Park SC 1/27 Sa 1:00pm-3:00pm

## It's a Stitch

Ages 18 & Up: Do you have little to no sewing experience? If so, this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt. A \$10 material fee is due the first day to the instructor.

**6 Sessions \$125**

Instructor: Nora Elias  
42398 Bauer Drive CRC 1/13 Sa 1:30pm-3:30pm  
42399 Holiday Park SC 1/12 F 10:30am-12:30pm  
42400 Lawton CRC 1/11 Th 10:30am-12:30pm

## Fine Arts

### Drawing Seascapes With Kritt

Ages 18 & Up: All levels. It's easy to draw waves and the rocks they crash on. Maybe add some palm trees, beach grass and sand dunes. We'll work from photos. Grab your pencil and let's get started! For supplies, call Penny at 301-989-1799

**7 Sessions \$120**

Instructor: Penny Kritt  
42888 Kritt Studio 1/8 M 10:00am-12:00pm  
42889 Kritt Studio 1/8 M 7:00pm-9:00pm

## Introduction to Persian Calligraphy

Ages 18 & Up: In this introductory class students will learn the alphabet and elements of Persian calligraphy. Students will learn how to write them with a traditional qalam pen using black ink on paper. A \$25 material fee is due to instructor the first class. Questions - contact Abe - afarsh@gmail.com

**8 Sessions \$145**

Instructor: Abolghasem Farshneshani  
43431 Bauer Drive CRC 1/16 T 6:00pm-8:00pm

## Oil or Acrylic Painting - Your Choice!

Ages 18 & Up: Beginners/Intermediate. Learn how to prepare the palette, start a painting and mix and blend colors. Subjects include still life, landscape, figure or abstract. Demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

**7 Sessions \$126**

Instructor: Doris Haskell  
42370 Lawton CRC 1/22 M 2:00pm-4:00pm

**8 Sessions \$144**

Instructor: Doris Haskell  
42371 Lawton CRC 1/16 T 2:00pm-4:00pm

## Painting Flowers With Kritt

Ages 18 & Up: All levels. Watercolors or acrylics. It's easy to paint fabulous flowers. Do a floral portrait or paint a whole garden. Gentle help for the beginner and advanced critiques for the experienced artist. For supplies, call Penny at 301-989-1799

**5 Sessions \$90**

Instructor: Penny Kritt  
42895 Kritt Studio 2/13 T 10:00am-12:00pm  
42896 Kritt Studio 2/13 T 7:00pm-9:00pm

## Painting Landscapes With Kritt

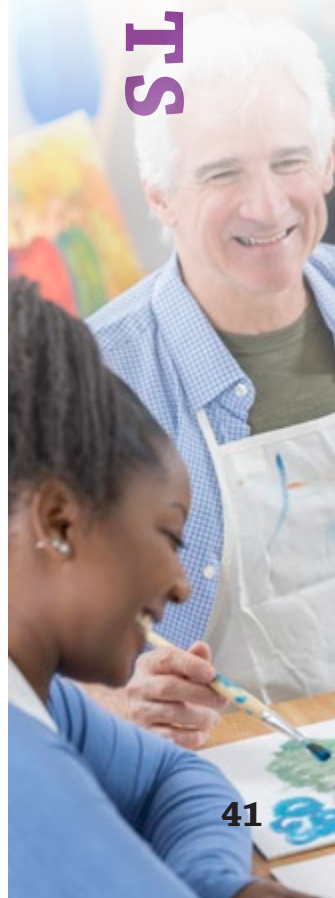
Ages 18 & Up: Simple steps make mountains and skies that are blue or stormy. Add a forest and a waterfall. Want a quiet pond or raging river? You've just created a great landscape! You can do it all. For supplies, call Penny at 301-989-1799

**4 Sessions \$75**

Instructor: Penny Kritt  
42891 Kritt Studio 1/9 T 10:00am-12:00pm  
42892 Kritt Studio 1/9 T 7:00pm-9:00pm



ARTS & CRAFTS





## Jewelry

### Fiber Art Jewelry

Ages 15 & Up: Learn the techniques to create beautiful Vintage and Victorian inspired jewelry. Students will develop the skills to apply antique finishes to create earring and bracelet designs. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor at class.

**1 Session \$36**  
Instructor: Renee Prioleau  
42383 Wisconsin PI CRC 3/10 Sa 12:00pm-2:00pm

### Metal Jewelry Design

Ages 15 & Up: Learn to make jewelry using metals and wire techniques. Students will design and create a trendy modern pair of earrings and a pendant necklace. Bring a basic tool kit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor at class.

**1 Session \$36**  
Instructor: Renee Prioleau  
42384 Wisconsin PI CRC 3/10 Sa 2:00pm-4:00pm

## Pottery

### Handcrafted Pottery

Ages 17 & Up: Introduction and development of techniques used in hand building pieces of functional and decorative potters; use of the potter's wheel, including centering, etc. Basic info on clay, drying, firing and glazing. Bring clay tools and an old towel. Material fee of \$35 due to the instructor at first class. This covers clay, glazes and firing.

**8 Sessions \$205**  
Instructor: Valerie Haber  
42725 N Potomac CRC 1/17 W 6:00pm-9:00pm  
42726 N Potomac CRC 1/19 F 10:00am-1:00pm

### Handcrafted Pottery Open Studio

Ages 17 & Up: Intermediate / Advanced - Hand building, wheel throwing, decorating and glazing techniques for experienced students. Instructor available for demonstration and assistance. Material fee of \$35 due to the instructor at first class. This covers clay, glazes and firing.

**8 Sessions \$200**  
Instructor: Valerie Haber  
42727 N Potomac CRC 1/22 M 6:00pm-9:00pm

## Inter-Generational Pottery

Ages 6-8 with Parent/Guardian: Enjoy a few hours of company with a child in your life while learning clay basics such as modeling clay, coiling clay and rolling out clay like a pastry with a rolling pin. Suggested projects can include imaginary creatures, houses, bowls, cups, vases and a plethora of others. Students are taught to their level. Cost is per couple / family (2 people). Material fee of \$25 due to the instructor at first class. This covers clay, biscuit firing and paints. Necessary tools will be available.

**7 Sessions \$250**  
Instructor: Valerie Haber  
42728 N Potomac CRC 1/18 Th 5:00pm-6:00pm



# YOUTH DANCE

## Ballet

### Ballet

Ages 5-10: Beginner level - This class introduces young dancers to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

#### 7 Sessions \$70

Instructor: Grace Oleson  
42655 Coffield CRC 1/22 M 4:30pm-5:15pm

#### 8 Sessions \$80

Instructor: Grace Oleson  
42656 N Potomac CRC 1/16 T 4:30pm-5:15pm  
42657 Germantown CRC 1/17 W 5:15pm-6:00pm  
42658 Arcola ES 1/18 Th 5:15pm-6:00pm

### Ballet and Dance Series I

Ages 5-7: Beginner Level - Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

#### 8 Sessions \$80

Instructor: Kim Williams Bell  
42673 Lawton CRC 1/20 Sa 10:00am-10:45am

### Ballet and Dance Series II

Ages 8-12: Advanced Beginner - Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turnout are highly emphasized. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

#### 8 Sessions \$80

Instructor: Kim Williams Bell  
42674 Lawton CRC 1/20 Sa 11:00am-11:45am

### Little Royals Ballet

Ages 4-8: Beginner level - Dancers will cover the basics and fundamentals of classic ballet vocabulary and technique. An informal setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Ballerina princesses will practice memorization games and the basics of performance will be introduced. The last class will conclude with a short dance presentation. For questions contact Robyn at [info@rldancecompany.com](mailto:info@rldancecompany.com)

#### 7 Sessions \$70

Instructor: Robyn Lindsey  
42731 Germantown CRC 1/20 Sa 11:00am-11:45am

### Youth Ballet

Ages 5-7: One hour classes focuses on proper ballet fundamentals and techniques while developing student's creativity, concentration and class etiquette. Instructors will introduce steps and combinations at the barre and across the floor in a fun and motivating environment. Any questions please email the instructor (Jennifer) at [jsferrigno86@gmail.com](mailto:jsferrigno86@gmail.com) or call her at 484-431-0849.

#### 8 Sessions \$120

Instructor: Jennifer Ferrigno  
43430 N Potomac CRC 1/13 Sa 12:00pm-1:00pm

## General Dance

### Breakdancing 4 Kids

Ages 6-11: Beginner level - Breakdancing, breaking, b-boying or b-girling is a popular style of hip hop dance that incorporates intricate body movements, strong acrobatic moves, coordination, style and fashion. Dancers will learn the latest and coolest moves in a fun and safe environment. Our talented, energetic and friendly instructors will have you breakdancing in no time at all. For questions contact Robyn at - [info@rldancecompany.com](mailto:info@rldancecompany.com)

#### 7 Sessions \$70

Instructor: Robyn Lindsey  
42729 Potomac CRC 1/18 Th 6:30pm-7:15pm  
42744 White Oak CRC 1/17 W 7:00pm-7:45pm



DANCE





DANCE



### Hip Hop for Kids

Ages 9-14: A high energy fun filled dance program, packed with the latest hip-hop choreography. Students dance to current hip-hop music while learning new moves, freestyle skills and much more. This fun class will unlock creativity all while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For questions contact Robyn at info@rldancecompany.com

**7 Sessions \$70**  
Instructor: Robyn Lindsey  
42730 Germantown CRC 1/20 Sa 1:00pm-1:45pm  
42743 White Oak CRC 1/17 W 6:00pm-6:45pm

### Hip Hop For Youth

Ages 8-12: Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic Break dancing, Popping, Locking, Funk and other unique Hip Hop combinations. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

**11 Sessions \$132**  
Instructor: Avant Garde Ballroom Dance Center  
42628 Avant Garde 1/6 Sa 2:30pm-3:15pm

### Jazzmatazz Pre Ballet

Ages 5-7: Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

**10 Sessions \$100**  
Instructor: Betsy Saunders  
42374 Long Branch CRC 1/6 Sa 11:15am-12:15pm

### Juniors I Ballroom Dance

Ages 8-12: Social etiquette, manners, and ballroom technique will be taught in a structured, yet fun environment. Acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, these dance lessons are meant to be fun! Learn your basic steps as you work your way into the competitive world. This class will cover the basics of 5 popular social, ballroom dances. Questions? Call Avant Garde Ballroom at 301-881-1436

**11 Sessions \$132**  
Instructor: Avant Garde Ballroom Dance Center  
42627 Avant Garde 1/3 W 4:30pm-5:15pm

## Performing Arts

### Bollywood Kids

Ages 6-13: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

**7 Sessions \$95**  
Instructor: Kumud Mathur  
42396 Potomac CRC 1/16 T 6:15pm-7:00pm

## ADULT DANCE

### Ballet

#### Ballet for Adults

Ages 16 & Up: Beginner level - It's never too late to learn to dance and our adult ballet classes are a great way to keep fit and improve posture and flexibility in a social atmosphere. No experience necessary. This class will focus on developing a basic understanding of the foundations of ballet with exercises at the barre, in the center and moving across the floor. The core emphasis of this level will be on understanding and improving proper alignment, posture, rotation and flexibility. Clothing should be loose and comfortable so that you can move easily. No denim. We recommend that students have bare feet or flat ballet shoes. For questions, contact Robyn at info@rldancecompany.com

**7 Sessions \$70**  
Instructor: Robyn Lindsey  
42732 Potomac CRC 1/18 Th 7:30pm-8:30pm

#### Ballet for Adults

Ages 18 & Up: One level - floor exercises based in classical ballet technique, stretch and alignment. Uniform - ladies - any solid colored leotard with comfortable bottoms. Men - White t-shirt and sweat pants.

**8 Sessions \$75**  
Instructor: Kim Williams Bell  
42675 N Potomac CRC 1/16 T 6:15pm-7:15pm

## General Dance

### Bachata I

Ages 17 & Up: Learn today's hottest Latin movements and burn up the dance floor. Bachata classes are essential to becoming a well-rounded Latin dancer. All Latin students are encouraged to attend at least this Beginner Bachata course to add to your Latin dance repertoire. Fast, easy and fun to learn. No previous experience needed and no partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

**8 Sessions** **\$96**

Instructor: Avant Garde Ballroom Dance Center  
42626 Avant Garde 1/3 W 7:45pm-8:30pm

### Ballroom I (Couples)

Ages 16 & Up: Beginner Level - Gain the basics for students with no prior level of instruction. Learn proper dance position, how to lead and follow and at least three patterns for waltz, foxtrot, rumba, cha cha and swing. Registration is per student; must have a partner registered in the class to attend.

**7 Sessions** **\$70**

Instructor: Rebecca McKinney  
42651 Bethesda ES 1/8 M 7:00pm-8:00pm

**8 Sessions** **\$80**

Instructor: Thomas P. Woll/Ann Basso  
42659 Holiday Park SC 1/25 Th 7:00pm-8:00pm

### Ballroom II (Couples)

Ages 16 & Up: Intermediate Level - Prerequisite: Ballroom I. After a brief review of Ballroom I dances, reinforce and build your confidence by learning additional variations of tango and merengue. Emphasis on proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend.

**7 Sessions** **\$70**

Instructor: Rebecca McKinney  
42652 Bethesda ES 1/8 M 8:00pm-9:00pm

**8 Sessions** **\$80**

Instructor: Thomas P. Woll/Ann Basso  
42660 Holiday Park SC 1/25 Th 8:00pm-9:00pm

### Ballroom III (Couples)

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

**8 Sessions** **\$80**

Instructor: Thomas P. Woll/Ann Basso

42662 Coffield CRC 1/23 T 7:45pm-8:45pm

### Ballroom IV (Couples)

Ages 16 & Up: Intermediate / Advanced levels - Prerequisite: Ballroom III or equivalent. Students further develop by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student - must have a partner registered in the class to attend.

**8 Sessions** **\$80**

Instructor: Thomas P. Woll/Ann Basso  
42661 Holiday Park SC 1/25 Th 9:00pm-10:00pm

### Beginner Social Dance

Ages 17 & Up: Learning to dance can be very difficult, especially when you can't get your feet to move or your arms to relax. Our solution? Beginner Ballroom Dancing. These classes will cover the 3 popular social, ballroom dances. Be ready for your next family celebration, wedding or special event. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

**8 Sessions** **\$96**

Instructor: Avant Garde Ballroom Dance Center  
42623 Avant Garde 1/8 M 7:15pm-8:00pm

### Latin Dances (Couples)

Ages 16 & Up: Beginner Level - terrific fun learning rumba and chacha variations with great choreography and styling. Registration is per student; must have a partner registered in the class to attend.

**9 Sessions** **\$90**

Instructor: Rebecca McKinney  
42653 Lawton CRC 1/11 Th 7:00pm-8:00pm



DANCE





DANCE

Salsa Club Dancing

Ages 17 & Up: Learn today's hottest Latin movements taking over the dance scene. This dance sizzles with rhythm and movement making Salsa a fun and popular dance for beginners. This class includes partner dance, solo free style and the basic techniques of lead and follow. Make your next night out special. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$96
Instructor: Avant Garde Ballroom Dance Center
42624 Avant Garde 1/2 T 7:00pm-7:45pm

Swing (couples)

Ages 16 & Up: Beginner level - learn underarm turns and swivels using swing variations. This class is an east coast swing starting with single swing, then progressing to triple swing. Registration is per student - must have a partner registered in the class to attend.

9 Sessions \$90
Instructor: Rebecca McKinney
42654 Lawton CRC 1/11 Th 8:00pm-9:00pm

Urban Line Dance

Ages 17 & Up: For beginner - This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Get basic beginner level step patterns and gradually progress to intermediate with slightly more complex patterns. Exercise, socialize and have fun with plenty of zeal and zest in one setting. For more information, call Petrienne at 301-379-5937.

8 Sessions \$65
Instructor: Peytrienne McCormick
42382 Holiday Park SC 1/16 T 6:00pm-7:00pm

Wedding Ready

Ages 17 & Up: The beautiful bride, the handsome groom, the flowers, the romantic music, the tears of joy. Everything comes together for that one memorable day. Make your "first dance" part of this everlasting memory. Wedding ready is an 8 week course offered not only to the bride and groom, but also mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your "first dance." Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$96
Instructor: Avant Garde Ballroom Dance Center
42625 Avant Garde 1/2 T 7:15pm-8:00pm

Performing Arts

Bollywood Dance Fitness

Ages 14 & Up: Beginners/Intermediate: Learn the latest Bollywood dance craze while getting a great cardio workout! Techniques include hand, feet and body movements set to romantic popular music with a fast beat. Stay in shape while learning a fun art!

7 Sessions \$95
Instructor: Kumud Mathur
42395 Potomac CRC 1/16 T 7:15pm-8:00pm

One website... thousands of possibilities!



ActiveMONTGOMERY.org

INTERNATIONAL

Folk Dancing

Montgomery County Recreation partners with the Diamond Dance Circle to offer an International Folk Dance program at the Lawton CRC.

The first half hour is devoted to assisting beginners experience the culture, music, and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more.

The intermediate/advanced level dancers add dances from Macedonia Turkey, Slovakia, Croatia, Serbia, and others.

Cost is \$7 per week.

Contact Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Table with 3 columns: Location, Day, Time. Row 1: Lawton CRC, Monday, 7:30pm-9:45pm Social Hall

Program is ongoing.

The Center Director also has the option to cancel a date not listed if it conflicts with a community event or maintenance issues.





# YOUTH MUSIC

## Learn Now Music: The Violinist Within

Ages 5-12: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or [CustomerService@LearnNowMusic.com](mailto:CustomerService@LearnNowMusic.com)

**8 Sessions** **\$200**

Instructor: Learn Now Music  
42886 Longwood CRC 1/20 Sa 11:00am-12:00pm

## Learn Now Music: HeroeZ of Guitar

Ages 5-12: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into play songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or [CustomerService@LearnNowMusic.com](mailto:CustomerService@LearnNowMusic.com)

**8 Sessions** **\$200**

Instructor: Learn Now Music  
42883 Bauer Dr CRC 1/17 W 7:00pm-8:00pm

## Exploring Music and Piano Level

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to piano for practice outside of class. A \$15 material fee is due to instructor.

**7 Sessions** **\$175**

Instructor: Geiza Dourado Carvalho

### Level IA

42642 Norwood LP 1/22 M 5:00pm-6:00pm

### Level IB: Must have completed Level IA.

42643 Norwood LP 1/22 M 5:30pm-6:30pm

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SIGN UP NOW for this free service at [montgomerycountymd.gov](http://montgomerycountymd.gov)!

## Learn Now Music: KeyZ to Piano

Ages 5-12: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or [CustomerService@LearnNowMusic.com](mailto:CustomerService@LearnNowMusic.com).

**7 Sessions** **\$175**

Instructor: Learn Now Music  
42885 Mid County CRC 1/22 M 6:30pm-7:30pm

**8 Sessions** **\$200**

Instructor: Learn Now Music  
42884 Bauer Drive CRC 1/17 W 7:00pm-8:00pm

## Solfege - Music Theory

Ages 5 & Up: The Solfege class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales.

Instructor: Geiza Dourado Carvalho

### Level 2

**7 Sessions** **\$49**  
42631 Norwood LP 1/22 M 7:00pm-7:45pm

### Level 3

**9 Sessions** **\$63**  
42635 Norwood LP 1/16 T 5:30pm-6:15pm

### Level 4

**9 Sessions** **\$63**  
42636 Norwood LP 1/16 T 6:15pm-7:15pm

### Level 5

**9 Sessions** **\$63**  
42641 Norwood LP 1/16 T 7:15pm-8:15pm



MUSIC





MUSIC

# ADULT MUSIC

## Piano

### Adult Group Piano I

Ages 17 & Up: Beginner level - Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. \$25 book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed.

**7 Sessions \$110**  
Instructor: Judith Duerk-Habeck  
42676 Holiday Park SC 1/8 M 3:15pm-4:05pm

**8 Sessions \$160**  
Instructor: Joyce Oliver  
42375 Holiday Park SC 1/16 T 9:00am-9:50am  
42376 Holiday Park SC 1/16 T 6:00pm-6:50pm

### Adult Group Piano II

Ages 17 & Up: Advanced Beginner level - Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

**8 Sessions \$160**  
Instructor: Joyce Oliver  
42377 Holiday Park SC 1/16 T 10:00am-10:50am  
42378 Holiday Park SC 1/16 T 7:00pm-7:50pm



### Adult Group Piano III

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

**7 Sessions \$110**  
Instructor: Judith Duerk-Habeck  
42677 Holiday Park SC 1/8 M 1:15pm-2:05pm

**8 Sessions \$160**  
Instructor: Joyce Oliver  
42379 Holiday Park SC 1/16 T 11:00am-11:50am  
42380 Holiday Park SC 1/16 T 8:00pm-8:50pm

### Adult Group Piano IV

Ages 17 & Up: Advanced level - Continued development of performance techniques in advanced literature through the study of stylistic differences of master composers from various periods. Emphasis on duet and two piano literature as well as solo performance.

**7 Sessions \$110**  
Instructor: Judith Duerk-Habeck  
42678 Holiday Park SC 1/8 M 2:15pm-3:05pm

**8 Sessions \$160**  
Instructor: Joyce Oliver  
42381 Holiday Park SC 1/16 T 12:00pm-12:50pm

## We Want You!

**Part-time Staff** are needed to lead a wide variety of activities.

Become part of our team!

Call 240-777-6840 for information.

**Contractual Instructors** are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation  
Contracts  
4010 Randolph Road  
Silver Spring, MD 20902

## YOUTH COOKING

### Kid's Kitchen: Food, Fitness, Fun!

Ages 8-14: Participants learn kid-friendly messages about nutrition, physical activity, and good health that are simple, interactive and fun. Participants engage in hands-on cooking/ food and fitness activities and prepare delicious recipes from all food groups (grains, fruits, vegetables, dairy, and meat) to develop a healthy lifestyle of eating and exercise.

**1 Session** **\$55**

Instructor: Kids Kitchen  
43578 White Oak CRC 2/17 Sa 10:00am-12:30pm  
43579 Wisconsin PI CRC 2/17 Sa 10:00am-12:30pm

## ADULT COOKING

### Chocolate Treats for Valentines Day

Ages 18 & Up: Here is a class for chocolate lovers and for people who love chocolate lovers. You will go home with recipes and your own box of Valentine's chocolates. Most of our selections come from "The International Chocolate Cookbook," by Nancy Baggett. Achieving a creamy fudge is all a matter of measuring carefully and following a method that avoids the formation of large sugar crystals. Classic bittersweet chocolate-cognac truffles have chocolate-cream (ganache) centers encased in crisp chocolate and rolled in cocoa powder. A *mendiant* is a traditional French confection composed of a chocolate disk studded with nuts and dried fruits representing the four mendicant or monastic orders. Each of the ingredients used refer to the color of monastic robes. Chocolate-covered pecan clusters, also called turtles, take some time, but they are not difficult to make. Recipes go home.

Menu: Mocha Hazelnut Fudge, Classic Bittersweet Chocolate-Cognac Truffles, Chocolates Studded with Dried Fruit and Nut (French Mendiant), Chocolate-Caramel Pecan Clusters

**1 Session** **\$87**

Instructor: Sheila Crye  
43757 Ross Boddy CRC 2/10 Sa 1:30pm-4:30pm

### Favorite Pasta Sauces

Ages 18 & Up: Expand your pasta sauce repertoire. Quick, delicious sauces suitable for weeknight family meals and weekend entertaining. We will discuss the Italian approach and thinking about pasta. How to pair different sauces with various pasta types. And what to serve with pasta to balance out your menu.

Menu: Penne alla Carbonara (Pancetta, eggs, and cream); Amatriciana (Guanciale, tomato, and pecorino cheese); Spaghetti alle Vongole (clam); Orecchiette con Broccoli

**1 Session** **\$58**

Instructor: Drew Faulkner  
43600 Ross Boddy 2/28 W 6:30pm-8:30pm

### Gourmet Night Out: Winter Comfort

Ages 21 & Up: Who but the Italians would serve salad dressing as a "warm bath" for bite-sized raw vegetables, supported beneath by a piece of bread to catch the drips? We follow a two-step process for braising the chicken legs: first, tasty browning; second, tender cooking. Slightly sweet, just tender baby carrots balance and contrast with the salty bite of sautéed kale with Kalamata olives. Yellow cornmeal polenta with cheese rounds out taste and texture on the dinner plate. For dessert, we play with puff pastry to make buttery cinnamon sticks.

Menu: Bagna Cauda with Crudités and Fresh Bread; Braised Chicken Legs; Glazed Baby Carrots; Sautéed Kale with Olives; Polenta with Cheese; Puff Pastry Cinnamon Sticks

**1 Session** **\$87**

Instructor: Sheila Crye  
43599 N Potomac CRC 2/3 Sa 6:30pm-9:30pm

### Knife Skills: Fruits, Vegetables, and Herbs

Ages 18 & Up: Learn how to use and care for your knives properly and efficiently. Students will learn how to slice, julienne, chop, mince, and chiffonade various fruits, vegetables, and herbs. When to use the various cuts and why. Learn the difference between honing and sharpening your knives.

Make Vegetable Soup with Fresh Herbs, Pico de Gallo, and a refreshing Citrus Salad featuring your beautifully cut fruits and vegetables. You will go home with a new confidence in your culinary technique with knives

**1 Session** **\$58**

Instructor: Drew Faulkner  
43601 N Potomac CRC 1/24 W 6:30pm-8:30pm



COOKING





COOKING



### Oyster Shucking Workshop with Chef Connor Ireland

Ages 18 & Up: Love fresh oysters but tired of dealing with the frustrations that come with opening them? Often, shuckers approach their oysters from the back, using a special tool to crank open that thick, tough joint. Your arm gets sore, it takes forever, and annoying bits of shell get stuck in that beautiful bivalve meat. Chef Connor Ireland shows you a better way! Join us for this hands-on workshop, and soon you'll be serving the best oysters on the half shell for miles around. Recipes go home.

Menu: We enjoy eating our work (the oysters), with the usual accompaniments of lemons, cocktail sauce, oyster crackers and a variety of quality-brand beers. We will also prepare three unusual accompaniments: champagne vinegar mignonette sauce, bruschetta with olive tapenade and crisp cornbread sticks.

**1 Session** **\$58**  
Instructor: Sheila Crye  
43604 N Potomac CRC 3/7 W 6:30pm-8:30pm

### Roasting Italian Style

Ages 21 & Up: Learn the simple, yet glorious art of roasting by means of an Italian winter menu. Roasting is a technique suitable for family dinners or elegant entertaining. This menu will be paired with Italian wines.

Menu: Roasted Onion Crostini; Porchetta Italiana (roast pork shoulder with rosemary and red wine); Roasted Fennel with Parmesan Cheese; Roasted Winter Fruits with Zabaglione

**2 Sessions** **\$87**  
Instructor:  
43598 Ross Boddy CRC 2/23 F 6:30pm-9:30pm

All prices, dates, times and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.

### Short-Cut Entertaining

Ages 18 & Up: We live busy lives, and entertaining short cuts really help! In this class, we prepare a menu created from Chef Jacques Pépin's cookbook, "The Short-Cut Cook." To begin, red pepper dip uses a jar of roasted pimento peppers as the main ingredient for an unusual piquant and easy dip, served with crisp pita cheese toasts. Veal scaloppini are very expensive, but you can substitute thin turkey slices, and the cooking method is exactly the same. Frozen French-cut green beans are a time-saver in our recipe, seasoned with shallots. A delicious puree of carrots and potatoes can be made with fresh vegetables, but when pressed for time, frozen hash-brown potatoes and frozen baby carrots save the time you would spend on peeling and cutting up the vegetables. To finish, we prepare warm sautéed banana slices topped with vanilla ice cream.

Menu: Red Bell Pepper Dip with Pita Cheese Toasts; Scaloppini of Turkey with Scallions; Green Beans and Shallots; Carrot and Potato Puree; Bananas Foster and Vanilla Ice Cream

**1 Sessions** **\$58**  
Instructor: Sheila Crye  
43603 Ross Boddy CRC 3/15 Th 6:30pm-8:30pm

### Super Bowl Entertaining

Ages 18 & Up: Whether you are hosting a party or contributing to a potluck, these are classic dishes to have in your repertoire, all from "Perfect Party Food," by the Diva of Do-Ahead, Diane Phillips. Beef chili is served with shredded cheddar cheese, sliced scallions and sour cream. Marinated and roasted spicy chipotle wings taste smoky, with a sweet tang. Beautifully green, creamy cilantro dip is made with reduced-fat Greek yogurt and is terrific with tortilla chips and vegetables. Tasting like the Southwest, black bean, corn and salsa dip is simple to put together and goes well with a grilled entrée as well as with chips. Lime coconut bar cookies are a tropical variation of lemon squares; macadamia nuts and coconut give the crust an unexpectedly pleasant taste and texture.

Menu: Beef Chili; Chipotle Wings; Creamy Cilantro Dip with Crudités; Black Bean, Corn and Salsa Dip with Chips; Lime Coconut Bar Cookies

**1 Session** **\$87**  
Instructor: Sheila Crye  
43608 Ross Boddy CRC 1/27 Sa 12:30pm-3:30pm

## Thai Spices and Curry

Ages 18 & Up: Thai cuisine uses many ingredients that are common to all Southeast Asian cuisines, dried shrimp, limes, and peanuts, for example. But their curries are distinctive, combining both wet and dry herbs and spices. Tonight, we will prepare green curry. Students will prepare a fresh curry paste and compare it to pre-prepared curry paste. We will discuss how one can have some control over the spiciness of a dish, but please note, green curry is spicy. We will sample wines and discuss other beverages that pair well with these dishes.

Menu: Miang Khum (One Bite Leaf Packets); Fresh Thai Green Curry Paste; Green Curry Chicken; Cucumber and Pineapple Salad; Steamed Jasmine Rice

**1 Session** **\$87**

Instructor: Drew Faulkner  
43602 Ross Boddy CRC 2/17 Sa 11:30am-2:30pm

## Wine Tasting and Asian Night Market Snacks with Janet Cam

Ages 21 & Up: Asian night markets have been local gathering places for centuries, where people shop, dance and eat spectacular street snacks under the light of the moon. Janet Cam creates a menu of night market treats and pairs them with five delicious yet affordable wines that play with the dance of flavors between the two. Legendary wine connoisseur Janet Cam co-founded Washington's Le Pavillon, America's first four-star nouvelle cuisine restaurant where her distinguished wine cellar won the Wine Spectator Grand Award. Janet has also gained acclaim at Lutèce in New York and as a consultant for the Cosmos Club and Vino Volo. She will reveal sommelier secrets about the evening's five distinctive wines and pair them with some classic Asian night market snacks. Discover wines that you'll love. Bring old friends, make new ones and let your palate dance to the food and wine!

Menu: Scallion Pancakes with Smoked Salmon and Crème Fraiche; Vietnamese Garden Rolls with Shrimp and Pork with Peanut Dipping Sauce; Curried Deviled Eggs; Taiwanese Salty Crispy Chicken; Harissa Crabmeat Salad on Cucumber Rounds

**1 Session** **\$75**

Instructor: Sheila Crye  
43605 N Potomac CRC 2/9 F 6:30pm-9:30pm

# When Is the Guide Available?



**Winter  
2017/2018**  
Early November 2017  
Registration begins  
November 13, 2017



**Summer Camps  
2018**  
Early January, 2018  
Registration begins  
Mid January, 2018



**Spring  
2018**  
Late January, 2018  
Registration begins  
Mid February, 2018



**Summer  
2018**  
Early May, 2018  
Registration begins  
Mid May, 2018



**Fall  
2018**  
Early August, 2018  
Registration begins  
Mid August, 2018

**Where Can  
I Get The  
Guide?**

**Online:**  
[www.MontgomeryCountyMD.gov/rec](http://www.MontgomeryCountyMD.gov/rec)

**Subscribe:**  
We'll mail all five Guides to you for just \$5.

**Pick One Up:**  
Print copies of the Guide are available while supplies last at:  
Montgomery County Recreation facilities  
Montgomery Parks facilities  
Most Montgomery County government buildings  
Most Montgomery County libraries



# EXERCISE, FITNESS & WELLNESS



## EXERCISE, FITNESS & WELLNESS

### Aerobic Dance

#### Dance & Fitness

Ages 13 & Up: For men and women, a complete aerobic workout for all those who love music and movement. Includes flexibility and leg routines, weights, abdominal work and cool-down stretch. Wear supportive athletic shoes, bring a mat/blanket for floor work and hand weights (optional). Questions? Email: dancenfitness05@gmail.com.

<b>18 Sessions</b>	<b>\$133</b>
Instructor: Elaine Walstreicher	
42481 Mid County CRC	1/8 M,W 7:30pm-8:30pm
Instructor: Jinjer Azuree	
42482 Lawton CRC	1/8 M,W 6:00pm-7:00pm
<b>20 Sessions</b>	<b>\$147</b>
Instructor: Lois Antos	
42483 Veirs Mill LP	1/9 T,Th 9:30am-10:30am
Instructor: Alice Donnelly	
42484 Potomac CRC	1/9 T,Th 6:00pm-7:00pm
Instructor: Kathy Weimers	
42485 Rock View ES	1/9 T,Th 7:00pm-8:00pm

#### Dance & Fitness Add a Class

Ages 16 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday or Saturday during our regular classes and keep dancing at a different location. Questions? Email: dancenfitness05@gmail.com.

<b>9 Sessions</b>	<b>\$67</b>
Instructor: Kathy Weimers	
42486 Holiday Park SC	1/13 Sa 9:00am-10:00am

*Doing these exercise classes  
have lowered my blood  
pressure and given me more  
flexibility and energy.*

*-customer survey*

### Dance Fit Zumba

Ages 16 & Up: (13-15 if accompanied by parent or guardian): For beginner/intermediate levels, combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating calorie-burning, body-energizing program. For more information: Melissa Moreira at 301-318-9379 or myzumba.n.u@gmail.com.

<b>7 Sessions</b>	<b>\$51</b>
Instructor: Dance Fit	
42709 Praisner CRC	1/22 M 6:00pm-7:00pm
42711 N Potomac CRC	1/22 M 7:00pm-8:00pm
<b>9 Sessions</b>	<b>\$66</b>
Instructor: Dance Fit	
42706 Praisner CRC	1/17 W 6:00pm-7:00pm
42707 Germantown CRC	1/16 T 7:15pm-8:15pm
42708 Germantown CRC	1/18 Th 7:15pm-8:15pm
42710 N Potomac CRC	1/20 Sa 10:00am-11:00am

### Definition Zumba

Ages 16 & Up: Get your whole body moving and burn calories through a mixture of Latin and international rhythms, music and cardiovascular aerobic exercise. A great workout and interesting choreography from experienced CPR-certified instructors. Questions? Contact Juliet at 301-229-7555 or juliet@wellnesscorporatesolutions.com.

<b>18 Sessions</b>	<b>\$155</b>
Instructor: Juliet Rodman	
43542 Clara Barton NRC	1/8 M,F 9:00am-10:00am

### Doonya The Bollywood Workout

Ages 13 & Up: In our signature workout, we spend 50 minutes sweating to the powerful drum beats of South Asia. Starting with a movement breakdown, you are equipped with the exotic, energetic steps to take you through 8-11 songs. Each heart pounding routine targets a major muscle group through innovative choreography and body-weight and weighted movements. Class ends with stretches and a reflection on the strength and power you channeled in. For more information: Pallavi Belur at: 202-302-3290 or email at: pbelur11@gmail.com.

<b>10 Sessions</b>	<b>\$100</b>
Instructor: Pallavi Belur	
42704 N Potomac CRC	1/11 Th 7:30pm-8:30pm



## Hip Hop Dance Fitness

Ages 17 & Up: This is a high energy dance fitness class centered on the latest hip hop styles and beats! It is a full body workout geared towards empowering people to move to their own rhythm. Music selections include both current and classic tunes that are sure to get you sweatin' and jammin'! No dance experience is required to join this party. For more information, contact Brandi at 301-613-2039 or brandi.rosser@yahoo.com.

**8 Sessions \$64**  
 Instructor: Brandi Rosser  
 43553 East County CRC 1/16 T 7:00pm-8:00pm

## Jacki Sorensen's Aerobic Dance

Ages 16 & Up: A complete, safe effective and fun choreographed fitness program created by Jacki Sorensen in the early 1970's. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low/no impact levels. Heart Rate monitoring throughout keeps students aware of their own progress. Bring a mat and hand weights (1-6 lbs.) and ankle weights (1-2.5 lbs.) Weights are recommended but optional. Call Karin Baker with questions (240) 207-3091. Karin1047@aol.com.

**10 Sessions \$80**  
 Instructor: Karin Baker  
 42695 Potomac CRC 1/9 T 9:00am-10:00am  
 42696 Potomac CRC 1/11 Th 9:00am-10:00am  
 42697 Damascus CRC 1/10 W 7:00pm-8:00pm

## Jazzmatazz Aerobics W/Pilates Mat

Ages 16 & Up: A terrific combination of Pilates Mat Work/plus a low impact/high intensity aerobic workout using light hand weights. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to registered for both Tuesday & Thursday to achieve the best results.

**10 Sessions \$76**  
 Instructor: Betsy Saunders  
 39117 Holiday Park SC 1/11 Th 7:15pm-8:15pm  
 39118 Holiday Park SC 1/9 T 7:15pm-8:15pm

## Jazzmatazz Low-Impact Aerobics

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music. This class emphasizes both cardiovascular strength & endurance (low impact aerobic dancing) along with muscular strength (using light hand weights) & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

**10 Sessions \$76**  
 Instructor: Betsy Saunders  
 39119 Bauer Drive CRC 1/9 T 9:30am-10:30am  
 39120 Bauer Drive CRC 1/11 Th 9:30am-10:30am

## Power Jam Cardio Dance Fitness

Ages 10 & Up: This class combines cutting edge music with choreography to suit all levels of dancers and exercise enthusiasts alike. No dance experience necessary; just a love for both movement and upbeat music. This class is high energy and lots of fun!

**12 Sessions \$78**  
 Instructor: H2O Fitness  
 43157 MLK 1/7 S 7:05pm-7:55pm

## Step-n-Sweat Zumba

Ages 13 & Up: (13-15 if accompanied by parent or guardian): Join the Zumba party with this Latin-based cardio workout that will have you burning up to 1,000 calories an hour. If you like to dance and shake, then this is the class for you. The instructor brings 33 years of energetic experience to every class. For more information, contact Cheryl Hicks at dmvonfire@gmail.com or 301-775-8933.

**5 Sessions \$31**  
 Instructor: Cheryl Hicks  
 43545 White Oak CRC 1/9 T 6:30pm-7:30pm  
 43546 White Oak CRC 2/13 T 6:30pm-7:30pm

## Zumba Fitness

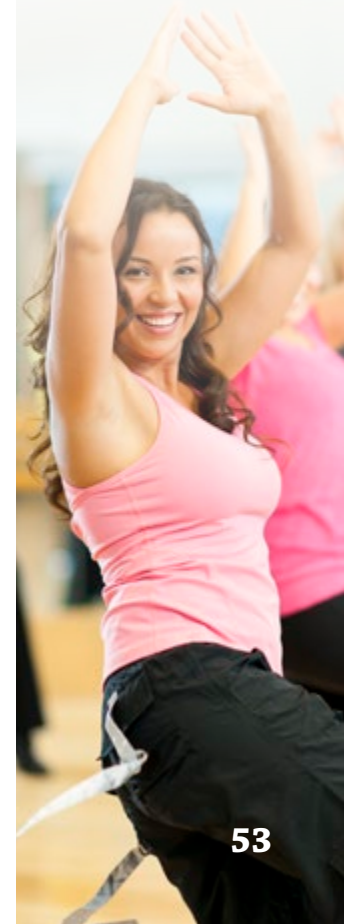
Ages 16 & Up: Are you Ready?? For what? Glad you asked? "Zumba Fitness" Are you ready to ditch the work out and join the Latin dance fitness phenomenon that has been sweeping the nation? "Zumba" is an explosively fun and addictive fitness dance party all by itself combined with the Carribean, Hip-hop and Latin beats that move your hips. Before you know it the hour zips away. I will bring the salsa and you won't even miss the chips!! I can't wait to party with you.

**8 Sessions \$58**  
 Instructor: Michelle Johnson-Lancaster  
 39124 Mid County CRC 1/8 M 6:15pm-7:15pm

**10 Sessions \$73**  
 Instructor: Michelle Johnson-Lancaster  
 39126 Mid County CRC 1/10 W 6:15pm-7:15pm  
 39125 Bauer Drive CRC 1/13 Sa 9:00am-10:00am



EXERCISE, FITNESS & WELLNESS





## Aerobic Exercise

### HoopIt Fit!

Ages 13 & Up: Put a new spin on your workout with a specially designed hula hoop! This class combines hoop skills with low-impact cardio, body sculpt and stretching for a workout that's a whirl'd of fun. Hoops provided or bring your own. Bring a yoga mat. For more info, contact at: [jeanne@jfitclub.com](mailto:jeanne@jfitclub.com) or visit: [www.jfitclub.com](http://www.jfitclub.com).

**6 Sessions** **\$60**  
Instructor: Jeanne Lieder  
42511 Bauer Drive CRC 1/22 M 7:30pm-8:30pm

### Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091.

**10 Sessions** **\$80**  
Instructor: Karin Baker  
42698 Potomac CRC 1/12 F 9:00am-10:00am

# ACT THE WORKOUT

**AEROBIC CONDITIONING AND TONING**

## 3 Month Pass

To register click on the membership tab on [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) and search for "ACT."

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

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

Passes available for 12, 18, and 24 classes-your choice!

Pass is valid for 3 months from the first class attended.

Take your access card and receipt to any class location and check-in with front desk staff. Give a copy of the registration to the ACT instructor.

Location	Days	Times:	
Holiday Park SC	M, Tu, W, Th & Sa	6:00pm-7:00pm	ACT • 24 Passes-\$162
		9:00am-10:00am	
Bauer Drive CRC	M, W	5:00pm-6:00pm	ACT • 18 Passes-\$126
Praisner CRC	M, W	7:00pm-8:00pm	ACT • 12 Passes-\$87
Potomac CRC	Tu, Th	7:00pm-8:00pm	





## Kelley's Complete Fitness Workout

Ages 18 & Up: A safe, effective co-ed program that strengthen and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is place on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in PE and over 20 yrs of experience. Questions contact Pam at: 301-774-6342.

**7 Sessions \$53**  
 Instructor: Pamela Kelley  
 42491 Glenmont LP 1/8 M 9:15am-10:30am  
 42492 Longwood CRC 1/8 M 7:15pm-8:30pm

**9 Sessions \$68**  
 Instructor: Pamela Kelley  
 42493 Bauer Drive CRC 1/10 W 9:10am-10:25am  
 42494 Longwood CRC 1/10 W 7:15pm-8:30pm  
 42495 Glenmont LP 1/11 Th 9:15am-10:30am

## Movin' with Millie' Aerobics

Ages 16 & Up: Set to positive, upbeat music. A unique exercise experience beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercise for toning hips, thighs, abdominals, and glutes. Program provides flexibility, endurance and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions call Millie at 301-588-3577 or email at millietrimble3@gmail.com.

**9 Sessions \$72**  
 Instructor: Mildred Trimble  
 42503 Pilgrim Hills LP 1/10 W 9:30am-10:45am  
 42504 Pilgrim Hills LP 1/12 F 9:30am-10:45am

## **NEW** PiYo

Ages 18 & Up: Ready to find flex appeal? Experience a high energy but low-impact workout that burns crazy calories and sculpts and defines your whole body. If you like the benefits, but like to move then you will love PiYo. PiYo speeds up everything including your results. Contact jeanne@jfitclub.com with questions or visit www.jfitclub.com.

**6 Sessions \$60**  
 Instructor: Jeanne Lieder  
 42512 Bauer Drive CRC 1/24 W 6:00pm-7:00pm  
 42513 N Potomac CRC 1/23 T 10:00am-11:00am

## Body Sculpting

### Body Sculpting

Ages 10 & Up: This class uses forms of resistance, including bands, in a combination of standing and sitting exercises that will tone and strengthen all muscle groups while improving balance and posture. There is an added emphasis on working the core through basic Pilates-based movements as well as a longer stretch section to provide relaxation. Participants will need to bring their own mat.

**13 Sessions \$85**  
 Instructor: H2O Fitness  
 43153 KSAC 1/7 S 5:05pm-5:55pm

## CPR/FRP/AED

### Community Basic First Aid and CPR/AED

Ages 13 & Up: This class offers hands on, high energy; First Aid and CPR-AED training and certification to the community. This certification can be used to save a life and to obtain employment. Our mission is to provide the community with the skills and knowledge needed to potentially save a life. Anyone can be put in an emergency situation. Everyone should know what to do. Every second counts and every life is worth saving. 2 minutes could be the difference between life or death. 75% of emergencies happens in the home. Would you know what to do? The more people we can educate the more lives we can potentially save. Certifications and material will be from EMS Safety Service unless a specific request made prior to training. \$20 material fee due at class. For more information or questions contact: Tiquia.bennett@gmail.com.

**1 Session \$60**  
 Instructor: Tiquia Bennett  
 42690 Bauer Drive CRC 1/9 T 6:00pm-9:00pm  
 42691 Potomac CRC 3/3 Sa 10:00am-1:00pm  
 42692 Germantown CRC 1/13 Sa 10:00am-1:00pm  
 42693 Germantown CRC 2/10 Sa 10:00am-1:00pm  
 42694 Bauer Drive CRC 2/13 T 6:00pm-9:00pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS

### General Fitness

#### Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine. This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

**7 Sessions** **\$59**  
Instructor: Kumud Mathur  
42505 Potomac CRC 1/18 Th 11:15am-12:00pm

### Meditation

#### Introduction to Mindfulness Meditation

Ages 18 & Up: Cultivate greater awareness of the unity of mind and body. The practice works by helping students to achieve a better understanding of what is happening right now- whether positive, negative or neutral-not what they want to happen or what they think should be happening. Mindfulness meditation helps practitioners stop worrying about forces not under their control. Indeed, we learn that the idea of control is an illusion. We will use mindfulness techniques including full body scan, seated meditation, walking meditation and even eating meditation to give students an introduction to the possibilities inherent in these techniques. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net.

**1 Session** **\$46**  
Instructor: Jerry Hartman  
43537 Potomac CRC 1/20 Sa 10:00am-2:00pm  
43538 Bauer Drive CRC 1/27 Sa 10:00am-2:00pm



### Mindfulness of the Body

Ages 18 & Up: Of the four foundations of mindfulness, the first and most important is mindfulness of the body. As infants, we learn unconsciously to interpret everything that happens in our lives as pleasant or unpleasant based on how we experience it through the five senses in our body. And yet, as we grow, most of us forget this and live our lives from the neck up. Join us for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net.

**1 Session** **\$46**  
Instructor: Jerry Hartman  
43540 Germantown CRC 2/24 Sa 10:00am-2:00pm

#### **NEW** Using Mindfulness to Strength Relationships

Ages 18 & Up: You know that you can't control how others react to you. The only thing you can control is yourself. However, by treating other people the way you want to be treated, you can increase the chances of improving the way you relate to everyone you meet. This class will include short talks, guided meditations and small group discussions designed to increase your understanding of loving kindness, compassion and equanimity. These are powerful tools to reduce greed, anger and pride by opening your heart to greater amounts of love for all beings, most importantly, to yourself. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

**1 Session** **\$46**  
Instructor: Jerry Hartman  
43539 Potomac CRC 2/17 Sa 10:00am-2:00pm

### Pilates

#### Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: Former dancer, ACE certified owner of Fitness Care LLC and 40+ years experience. Questions call 301-942-5168.

**8 Sessions** **\$72**  
Instructor: Esther Brunner  
42496 Luxmanor ES 1/9 T 7:15pm-8:15pm  
42497 Wisconsin PI CRC 1/11 Th 10:15am-11:15am



## Pilates for Fitness by Fit 2 Believe

Ages 16 & Up: If you want a workout that will increase strength, flexibility and you energy levels pilates for fitness is for you. Our programs is designed to help lengthen, realign and redefine your body while improving posture, balance and coordination, easing chronic pain, and focusing on mental stability as well. Each participant will receive a t-shirt. For more information contact Sean at: [fit2believe@gmail.com](mailto:fit2believe@gmail.com).

<b>8 Sessions</b>	<b>\$65</b>	
Instructor: Fit 2 Believe		
43092 Lawton CRC	1/13 Sa	10:00am-11:00am
43094 White Oak CRC	1/16 T	7:00pm-8:00pm
43093 Bauer Drive CRC	1/18 Th	7:00pm-8:00pm

## Piloxing

Ages 10 & Up: This class uniquely blends two of the industry's most powerful and timeless disciplines of Pilates and Boxing. PILOXING adds a third element of dance into this high-energy interval workout. This dynamic program moves through heart-pumping, powerful boxing combinations to sculpt and lengthen Pilates-influenced movement to "let yourself GO" dance releases, and back around again. Never have you enjoyed sweating so much!

<b>12 Sessions</b>	<b>\$78</b>	
Instructor: H2O Fitness		
43156 MLK	1/7 S	6:05pm-6:55pm

## Yoga-Pilates Fusion

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

<b>13 Sessions</b>	<b>\$85</b>	
Instructor: H2O Fitness		
43154 KSAC	1/7 S	6:05pm-6:55pm

*One website...  
thousands  
of possibilities!*

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## Strength Training

### Boot Camp for Better Bodies by Fit 2 Believe

Ages 16 & Up: Boot camp fitness is great way to get positive results in a fun filled healthy atmosphere. These training's allow participants to work in a circuit style training for maximum results. Participants will enjoy exercises such as sit-ups, curls, squats, and other weight lifting exercises within this class to make sure that positive results are made week in and week out. So if you are ready to accept the challenge and try something new this class is for you. Each participant will receive a t-shirt. For more information contact Sean at: [fit2believe@gmail.com](mailto:fit2believe@gmail.com).

<b>8 Sessions</b>	<b>\$65</b>	
Instructor: Fit 2 Believe		
44017 Bauer Dr CRC	1/16 T	7:00pm-8:00pm

### Bone Builders - Plus

Ages 18 & Up: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing/slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Due to instructor's asthma, please do not wear perfume or cologne to class.) Questions contact: [jpalazzo1@comcast.net](mailto:jpalazzo1@comcast.net).

<b>7 Sessions</b>	<b>\$56</b>	
Instructor: Jerry Palazzo		
42507 Lawton CRC	1/8 M	10:00am-11:00am

<b>9 Sessions</b>	<b>\$72</b>	
Instructor: Jerry Palazzo		
42509 Potomac CRC	1/9 T	3:00pm-4:00pm
42508 Lawton CRC	1/10 W	10:00am-11:00am
42510 Potomac CRC	1/11 Th	3:00pm-4:00pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



**Category 4 Fitness Boot Camp**

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in an ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. For more information visit: Facebook @ Category 4 Fitness Bootcamp, email tomwitz77@gmail.com or call 301-300-4196.

**7 Sessions \$53**

Instructor: Thomas Witz  
39136 Germantown CRC 1/8 M 7:30pm-8:30pm

**9 Sessions \$68**

Instructor: Thomas Witz  
39137 Germantown CRC 1/10 W 7:30pm-8:30pm

**Definition Body Sculpting**

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-7555 or e-mail at Juliet@wellnesscorporatesolutions.com.

**20 Sessions \$165**

Instructor: Juliet Rodman  
43541 Clara Barton NRC 1/9 T,Th 9:00am-10:00am

**Dynaerobics**

Ages 16 & Up: A vigorous and challenging conditioning program that combines cardio, core and resistance exercises for a total workout. Energizing warm-up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights are optional Questions contact Gina at: Gina.bodysculpt@gmail.com.

**18 Sessions \$136**

Instructor: Gina Dols  
44042 Bauer Dr CRC 1/9 T,Th 6:00pm-7:00pm

**Dynaerobics AND Body Sculpting**

Ages 16 & Up: A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

**9 Sessions \$68**

Instructor: Regina Gaithers  
43543 Bauer Drive CRC 1/13 Sa 10:15am-11:30am

**Dynaerobics Body Sculpting**

Ages 16 & Up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

**18 Sessions \$136**

Instructor: Gina Dols  
43544 Bauer Drive CRC 1/8 M,W 6:15pm-7:15pm

**The Ultimate Boxing Boot Camp for Youth and Adults**

Ages 10 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-l1@outlook.com.

**8 Sessions \$85**

Instructor: Larry D. Johnson  
42866 B-CC HS 1/22 M 6:00pm-7:15pm  
42867 White Oak CRC 1/23 T 5:45pm-7:00pm  
42868 Praisner CRC 1/20 Sa 11:15am-12:30pm



## Tai Chi

### Qi Gong & Meditation

Ages 19 & Up: Beginners & Continuing Students: These exercises are low-impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture points and meridians; therefore; Qi Gong is also known as "acupuncture" without the needles. For more information contact Instructor Liu at: 240-618-8879 or louiseliu.taichi@gmail.com.

**9 Sessions \$135**

Instructor: Louise Liu

39112 Kensington 1/10 W 7:30pm-8:30pm  
Parkwood ES

39113 Wisconsin PI CRC 1/12 F 11:00am-12:00pm

### Tai Chi, Beginning

Ages 16 & Up: An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth at 240-676-8428.

**7 Sessions \$72**

Instructor: Andy Schettino

42498 Bauer Drive CRC 1/8 M 7:00pm-8:00pm

**9 Sessions \$93**

Instructor: Lon Holland

42499 Norbeck- 1/10 W 6:30pm-7:30pm  
Muncaster Mill NP

### Tai Chi, Continuing

Ages 16 & Up: Continuing Students Level II.

**7 Sessions \$72**

Instructor: Andy Schettino

42500 Bauer Drive CRC 1/8 M 8:00pm-9:00pm

**9 Sessions \$93**

Instructor: Lon Holland

42501 Norbeck- 1/10 W 7:30pm-8:30pm  
Muncaster Mill NP

### Tai Chi, Part I

Ages 18 & Up: Adults: (Beginners) These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise at 240-618-8879 or louiseliu.taichi@gmail.com.

**9 Sessions \$135**

Instructor: Louise Liu

39114 Kensington 1/10 W 6:30pm-7:30pm  
Parkwood ES

39115 Wisconsin PI CRC 1/12 F 10:00am-11:00am

### Tai Chi, Part II

Ages 18 & Up: Adult-Continuing students at Beginner level: Continuation of Tai Chi Part I, final section of the Solo form. The second part in a series of lessons focuses on movements 13 through 24 and deepens student knowledge of qigong training. For more information contact louiseliu.taichi@gmail.com or 240-618-8879.

**9 Sessions \$135**

Instructor: Louise Liu

39116 Wisconsin PI CRC 1/12 F 12:00pm-1:00pm

## Yoga

### **NEW** Basic Yoga for Men

Ages 14 & Up: (14-15 years if accompanied by parent or guardian.) If you've been thinking about taking a yoga class but do not want to be the only male in the class, this is the class for you. Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirt. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Class is taught by a female. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

**7 Sessions \$73**

Instructor: Irene Bopp

42502 Mid County CRC 1/8 M 7:30pm-8:30pm



EXERCISE, FITNESS & WELLNESS





EXERCISE, FITNESS & WELLNESS



**Easy Yoga**

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina and muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065.

**8 Sessions** **\$86**  
Instructor: Moira Martin  
42514 Lawton CRC 1/18 Th 9:30am-10:45am

**Essential Yoga For Beginners**

Ages 16 & Up: Explore the core elements of yoga. This class focuses on the fundamentals of yoga, including posture, body alignment, breath and foundation yogic concepts. This series of yoga classes is perfect for first time and experienced students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara in advance of the first class with any questions at 301-891-1247 or tljhealth@earthlink.net.

**9 Sessions** **\$93**  
Instructor: Tamara Lewis Johnson  
42487 Coffield CRC 1/11 Th 6:00pm-7:00pm

**Evening Yoga**

Ages 18 & Up: (for beginning and continuing students). Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

**9 Sessions** **\$94**  
Instructor: Robin Morris  
42506 Wisconsin Pl CRC 1/10 W 6:15pm-7:15pm



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**Gentle Yoga**

Ages 17 & Up: For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. You will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive, comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of the first class with any questions or to purchase materials: email Irene at Irene54@aol.com.

**9 Sessions** **\$94**  
Instructor: Irene Bopp  
42093 Bauer Drive CRC 1/9 T 6:15pm-7:15pm

**Hatha Yoga and Stress Management Beg/Con**

Ages 18 & Up: Learn to deal with stresses of daily life with breathing exercises that help connect body and mind. Become better acquainted with your body through yoga poses (asanas) that will increase your flexibility and strength. Learning to keep the body in good alignment will stimulate your health and promote well-being. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com.

**9 Sessions** **\$135**  
Instructor: Suzana Cooper  
42488 Lawton CRC 1/17 W 9:45am-11:00am  
42489 Lawton CRC 1/19 F 9:45am-11:00am

**Massage Ball Workshop**

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. The techniques, learned once, are to be used at massage ball. A material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. For more information please call Maggie Wong 301-365-2424, email Maggie@yogaplus.com or visit her website at www.yogaplus.com

**1 Session** **\$41**  
Instructor: Maggie Wong  
39132 Yoga Plus 1/21 S 3:00pm-5:00pm - Potomac





**EXERCISE, FITNESS  
& WELLNESS**

**Vini Yoga Intermediate**

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Neva at: 240-381-1409 or email at: nevafusion@gmail.com.

**6 Sessions \$81**

Instructor: Neva Ingalls  
41329 Potomac CRC 1/22 M 6:30pm-7:45pm

**Vinyasa Yoga**

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Neva at: 240-381-1409 or email at: nevafusion@gmail.com.

**6 Sessions \$81**

Instructor: Neva Ingalls  
41330 Potomac CRC 1/18 Th 10:15am-11:30am

**Yoga at 50**

Ages 50 & Up: Tailored to active 50 plus yrs. Learn yoga exercise that stretches muscles, improve circulation, and realign the body. Yoga postures (asanas) and flows (vinyasas) will help keep and increase strength of muscle and bone. You will enjoy breathing exercises that diminish stress and reconnect body and spirit. Count on finding humor and friendly people in every class. Wear comfortable clothing. Please bring a mat or towel, a belt and a block to class. Contact Suzana at 301-326-4276 or suzanacooper@yahoo.com.

**9 Sessions \$135**

Instructor: Suzana Cooper  
42490 Wisconsin PI CRC 1/20 Sa 9:45am-11:00am

**Yoga Basics**

Ages 17 & Up: Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of the first class with any questions or to purchase materials: email Irene at Irene54@aol.com.

**9 Sessions \$94**

Instructor: Irene Bopp  
42095 Bauer Drive CRC 1/9 T 7:30pm-8:30pm  
42096 Praisner CRC 1/11 Th 10:30am-11:30am  
42097 East County CRC 1/11 Th 7:00pm-8:00pm  
42099 Praisner CRC 1/10 W 10:30am-11:30am  
42094 Mid County CRC 1/10 W 7:30pm-8:30pm

**Yoga Flow**

Ages 10 & Up: Breathing into poses and holding them builds both strength and calm. Deep stretches help free the body and mind from stress. Then comes Savasana, a few moments of bliss when everything falls away but the breath. Participants will need to bring their own sticky Yoga mat.

**13 Sessions \$85**

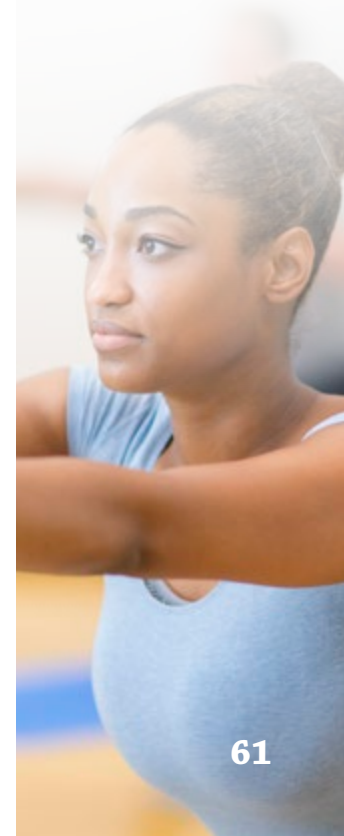
Instructor: H2O Fitness  
43155 KSAC 1/7 S 7:05pm-7:55pm

**Yoga for Everybody**

Ages 16 & Up: For beginning and continuing students. Whether you practice consistently or this is your first encounter, yoga is for everybody. Yoga is more than just physical exercise- it's a transformation practice that integrates body, mind and spirit. Each class consists of breath awareness, warm-ups, yoga postures and guided relaxation techniques to create a sense of calm and well-being. Students are encouraged to listen to their bodies and progress at their own pace. Bring a yoga mat, water and a blanket and wear comfortable clothing. Contact Robin in advance for first class with any questions at: firstencounteryoga@yahoo.com.

**8 Sessions \$105**

Instructor: Robin Bruckner  
39109 Ross Boddy CRC 1/10 W 10:15am-11:30am  
39108 Ross Boddy CRC 1/13 Sa 10:15am-11:30am





EXERCISE, FITNESS & WELLNESS



**NEW** Yoga for Life

Ages 18 & Up: Through body awareness, simple and non-threatening yoga postures, and mindfulness strategies, this class will provide skills to use at home and at work to feel stronger, more grounded, and more in tune with your physical body. No yoga experience is necessary. Come and enjoy a lighthearted and soulful approach to yoga! No yoga experience is necessary. Please bring mat. Instructor will supply blankets, blocks and straps during class. For more information contact Amy at: amyelizabethbranson@gmail.com

**10 Sessions** **\$100**  
Instructor: Amy Branson  
42546 Longwood CRC 1/9 T 6:30pm-7:30pm

**Yoga for Mobility & Strength**

Ages 18 & Up: This class is to help you to improve flexibility and mobility to enable you to walk, run, sit and move the way your body was intended, and to do so without tension or pain. It is a good complement for other exercise classes and especially valuable for desk-bound office workers. The class sequence begins with gentle warm-up stretches and movements, then progresses to core strengthening exercises and the use of light weights for upper body toning. This is followed by simple yoga movements to improve whole body functionality: strength, flexibility and balance. The class concludes with gentle stretching to calm the mind and prepare for the day. No prior yoga or other exercise experience is necessary - all are most welcome. Class location: Carderock Springs Clubhouse. 8200 Hamilton Spring Ct. Bethesda. Questions call Maggie: 301-365-2424 or email at: Maggie@yogaplus.com

**8 Sessions** **\$186**  
Instructor: Maggie Wong  
39133 Yoga Plus 1/9 T 9:00am-10:30am  
- Bethesda  
39134 Yoga Plus 1/11 Th 9:00am-10:30am  
- Bethesda  
39135 Yoga Plus 1/11 Th 7:30pm-9:00pm  
- Potomac



**Yoga Fundamentals**

Ages 16 & Up: (For beginning and continuing students.) Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breathing awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: yogawithnancy@gmail.com

**10 Sessions** **\$150**  
Instructor: Nancy Neves  
42699 Bauer Drive CRC 1/9 T 10:45am-12:00pm

**Yoga/Stretching for Your Relaxation**

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: yogawithnancy@gmail.com

**10 Sessions** **\$120**  
Instructor: Nancy Neves  
42700 Glenmont LP 1/10 W 11:00am-12:00pm

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# MARTIAL ARTS

## Aikido

Ages 10 & Up: "The Gentle Martial Art" A defensive yet powerful martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim, and become empowered by learning to coordinate mind and body. Deal effectively with stress in one's daily life. This class will also introduce, healing with "Ki" energy and meditative breathing.

**7 Sessions** **\$59**

Instructor: Christopher Rowe  
43328 Ross Boddy CRC 1/22 M 7:00pm-8:30pm

## Classic Vovinam Martial Arts - Advanced

Ages 8 & Up: (For advanced students with instructor permission only) Continue learning defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

**16 Sessions** **\$128**

Instructor: Yanni Nguyen  
43567 Eastern MS 1/16 T,Sa 7:30pm-9:00pm

All prices, dates, times and locations are current as of the time the Guide goes to press. They are subject to change due to unforeseen circumstances.



# MARTIAL ARTS

## Classic Vovinam Martial Arts - All Ages

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

**14 Sessions** **\$112**

Instructor: Yanni Nguyen  
43568 Plum Gar NRC 1/17 M,W 7:00pm-8:30pm

## Classic Vovinam Martial Arts - Beginners

Ages 8 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & levering, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

**16 Sessions** **\$128**

Instructor: Yanni Nguyen  
43569 Eastern MS 1/16 T,Sa 6:00pm-7:30pm





MARTIAL ARTS

Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Further inquire: bskofmc@gmail.com

8 Sessions \$79

Instructor: Salvador Cortes
43557 Kensington Parkwood ES 1/18 Th
8:00pm-9:00pm

Judo

Ages 5-15: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$40 is due on the first day of class.

8 Sessions \$260

Instructor: Frederic Hocde

Ages 5-10

43570 Tilden MS 1/16 T 5:30pm-6:30pm

Ages 7-15

43571 Tilden MS 1/16 T 6:30pm-7:30pm

Karate/Iado

Ages 10 & Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

8 Sessions \$79

Instructor: Salvador Cortes
43558 Kensington 1/16 T 8:00pm-9:00pm
Parkwood ES

Karate Do/Iaido Beginners

Ages 6-13: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI.

8 Sessions \$79

Instructor: Salvador Cortes
43559 Kensington 1/16 T 7:00pm-8:00pm
Parkwood ES
43560 Kensington 1/18 Th 7:00pm-8:00pm
Parkwood ES

Karate/Jujitsu

Ages 6-13: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC &, Beginners may attend the later time at all other sites.

9 Sessions \$65

Instructor: TKA Inc.
43096 Upper County CRC 1/8 M 6:00pm-7:00pm
43097 Longwood CRC 1/8 M 7:00pm-8:00pm
43098 Upper County CRC 1/8 M 7:00pm-8:00pm
43099 Glenallan ES 1/8 M 7:00pm-8:00pm

11 Sessions \$80

Instructor: TKA Inc.
43100 Germantown CRC 1/9 T 6:00pm-7:00pm
43101 Germantown CRC 1/9 T 7:00pm-8:00pm
43102 Mid County CRC 1/9 T 6:30pm-7:30pm
43103 Damascus CRC 1/10 W 6:00pm-7:00pm
43104 Damascus CRC 1/10 W 7:00pm-8:00pm
43105 Clara Barton NRC 1/10 W 7:00pm-8:00pm
43106 Bauer Drive CRC 1/10 W 6:00pm-7:00pm
43107 Bauer Drive CRC 1/10 W 7:00pm-8:00pm
43108 Potomac CRC 1/10 W 6:00pm-7:00pm
43109 Resnik, Judith A. ES1/10 W 6:00pm-7:00pm
43110 Resnik, Judith A. ES1/10 W 7:00pm-8:00pm
43111 Potomac CRC 1/10 W 7:00pm-8:00pm
43112 Stedwick ES 1/10 W 7:00pm-8:00pm
43113 Praisner CRC 1/11 Th 6:00pm-7:00pm
43114 Praisner CRC 1/11 Th 7:00pm-8:00pm
43115 DuFief ES 1/11 Th 7:00pm-8:00pm
43116 Bethesda ES 1/11 Th 7:00pm-8:00pm
43117 Rolling Terrace ES 1/11 Th 7:00pm-8:00pm



*"Great fun and excellent instructor!"*

-Alexis K

### Karate/Jujitsu Adult

Ages 13 & Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

**9 Sessions \$77**

Instructor: TKA Inc.

- 43118 Upper County CRC 1/8 M 8:00pm-9:30pm
- 43119 Glenallan ES 1/8 M 8:00pm-9:30pm

**11 Sessions \$94**

Instructor: TKA Inc.

- 43128 Germantown CRC 1/9 T 8:00pm-9:30pm
- 43129 Mid County CRC 1/9 T 7:30pm-9:00pm
- 43120 Damascus CRC 1/10 W 8:00pm-9:30pm
- 43121 Bauer Drive CRC 1/10 W 8:00pm-9:30pm
- 43122 Potomac CRC 1/10 W 8:00pm-9:30pm
- 43123 Stedwick ES 1/10 W 8:00pm-9:30pm
- 43124 Bethesda ES 1/11 Th 8:00pm-9:30pm
- 43125 Praisner CRC 1/11 Th 8:00pm-9:30pm
- 43126 DuFief ES 1/11 Th 8:00pm-9:30pm
- 43127 Rolling Terrace ES 1/11 Th 8:00pm-9:30pm

### Karate/Jujitsu Club

Ages 13 & Up: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

**11 Sessions \$39**

Instructor: TKA Inc.

- 43130 Holiday Park SC 1/12 F 7:30pm-8:30pm

### Karate/Jujitsu Club 2

Ages 13 & Up: Other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

**11 Sessions \$53**

Instructor: TKA Inc.

- 43131 Holiday Park SC 1/12 F 8:30pm-9:30pm

### Zen Budo Karate: Kids Karate

Ages 7-10: Zen Budo Karate is one of the few programs that teaches real self defense techniques to children. Based on Karate, "Goshin Jutsu" Karate is a holistic martial arts program that teaches the basics of self defense including throws, joint locks, pressure points and sparring practice. Emphasis in the class is on realistic and practical partner work participation.

**6 Sessions \$66**

Instructor: Christopher Bowers

- 43588 White Oak CRC 1/22 M 6:30pm-7:30pm

**8 Sessions \$80**

Instructor: Christopher Bowers

- 43590 Poolesville ES 1/18 Th 6:30pm-7:30pm

### Zen Budo Karate: Self-Defense

Ages 11 & Up: ZBK Self Defense combines the most practical and simple methods of self defense found primarily in Karate but also in other styles. If you really want to be able to defend yourself in a stressful realistic situation, "Goshin Jutsu Karate" is for you. The style incorporates, joint locks, throws, submissions, and pressure points. It teaches you to defend yourself against single and multiple opponents, weapons (primarily knife and stick) and how to escape holds and grabs.

**6 Sessions \$71**

Instructor: Christopher Bowers

- 43589 White Oak CRC 1/22 M 7:30pm-9:00pm

**8 Sessions \$85**

Instructor: Christopher Bowers

- 43591 Poolesville ES 1/18 Th 7:30pm-9:00pm



MARTIAL ARTS

**More Convenient**  
*Customer Service Hours*

Our new hours are:  
9:30 a.m. - 4 p.m.  
Monday-Friday

For our Administrative Headquarters located at:  
4010 Randolph Road  
Silver Spring, MD 20902  
240-777-6840





# TINY TOTS

## Arts

### Abrakadoodle: Twoosy Doodlers

Ages 20m-3: Our youngest artists get the chance to explore paints modeling compounds, oil pastels, watercolors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$24 material fee is due to the instructor on the first day of class.

<b>8 Sessions</b>	<b>\$125</b>
Instructor: Nancy Delasos	
42577 N Potomac CRC	1/9 T 4:45pm-5:30pm
42575 Coffield CRC	1/11 Th 9:45am-10:30am
42576 Potomac CRC	1/12 F 9:30am-10:15am

### Young Rembrandts: PreSchool Drawing

Ages 3.5-5: The long winter months can easily lead to boredom or restlessness. Alleviate any creative dormancy with a fun-filled Young Rembrandts class! We begin the season with a lesson that teaches our students about shape recognition as they create a colorful pattern using basic geometric shapes. Winter-themed lessons like our snow dome and ice skate drawings will excite the imagination. Illustrations featuring a cuddly kitten and monstrous tyrannosaurus rex will provide a great introduction to drawing animals. All this and more awaits your budding artist. Enroll your child today!

<b>6 Sessions</b>	<b>\$69</b>
Instructor: Young Rembrandts	
40668 Upper County CRC	1/8 M 10:15am-11:00am
40667 N Potomac CRC	1/9 T 10:15am-11:00am
40666 Germantown CRC	1/10 W 10:15am-11:00am

## Ballet

### **NEW** Fairy Tale Ballet

Ages 3-5: Fairy Tale Ballet is a unique and creative program catered to the imaginations of children ages 3-5 years old. The class incorporates the fundamentals of proper ballet technique while promoting a fun environment complete with rotating storybooks, costuming and props. Instructors bring each of the storybooks to life through movement, costuming and creative imagination. Any questions please email the instructor (Jennifer) at jsferrigno86@gmail.com or call her at 484-431-0849.

<b>8 Sessions</b>	<b>\$120</b>
Instructor: Jennifer Ferrigno	
<b>Ages 3-4</b>	
42559 N Potomac CRC	1/13 Sa 9:10am-9:55am
<b>Ages 3.5-4.5</b>	
43679 N Potomac CRC	1/13 Sa 11:00am-11:45pm
<b>Ages 4-5</b>	
42560 N Potomac CRC	1/13 Sa 10:00am-10:45pm

### Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. Ballet slippers are required.

<b>8 Sessions</b>	<b>\$102</b>
Instructor: Grace Oleson	
40687 N Potomac CRC	1/16 T 3:30pm-4:15pm
40685 Germantown CRC	1/17 W 3:30pm-4:15pm
40686 Arcola ES	1/18 Th 4:15pm-5:00pm
40684 Coffield CRC	1/22 M 3:30pm-4:15pm

## General Dance

### Hippo Hoppo

Ages 3-5: (HIP HOP FOR TOTS) This class is perfect for introducing your little one to hip hop. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is great way to get kids moving! A great class for those energetic little ones who just love to move! We only use age appropriate music and hip hop dance moves to create a love for dance! No prior dance experience necessary.

<b>3 Sessions</b>	<b>\$31</b>
Instructor: Robyn Lindsey	
40597 White Oak CRC	1/20 Sa 10:15am-11:00am
40593 Germantown CRC	1/20 Sa 12:00pm-12:45pm
40594 Potomac CRC	1/21 S 10:00am-10:45am
40598 White Oak CRC	2/17 Sa 10:15am-11:00am
40595 Germantown CRC	2/17 Sa 12:00pm-12:45pm
40596 Potomac CRC	2/18 S 10:00am-10:45am



TINY TOTS



## Jazzmatazz Preschool Dance

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Dress code for class are any color leotards, tights, and well fitted all leather ballet slippers. No lace tutus and only short dance skirts please.

**10 Sessions** **\$100**

Instructor: Betsy Saunders  
40682 Long Branch CRC 1/6 Sa 10:15am-11:00am

## Learn through Music and Movement

Ages 2.5-5.5: We will play and explore instruments together, sing and move to the music and will hear and act out simple stories and rhymes. Activities like these delight and engage the children while, at the same time, build self-confidence, self-control, and communication skills. Every second class student gets acquainted with a new instrument. Full sets of instruments for each student are provided for in each class. Through music, a child takes an inner experience and moves it into a shared creative experience. Group music-making releases energy which can then be channeled in creative, productive directions. Children learn about themselves and others by playing music together and by listening to each other.

**9 Sessions** **\$126**

Instructor: Ganna Petrova  
40549 Damascus CRC 1/9 T 10:00am-10:45am  
40551 N Potomac CRC 1/10 W 10:00am-10:45am

## Libra Dance Class

Ages 3.5-5.5: We will focus on coordination, rhythm, building flexibility and developing complex patterns. Students will be exposed to various styles of dance movements, floor exercising and stretching. Performance will take a place at the last class in the session. Class requires stretchable comfy clothes, dance/ballet shoes or soft slippers. A material fee if \$12 is due on the first class.

**9 Sessions** **\$126**

Instructor: Ganna Petrova  
40550 Damascus CRC 1/9 T 11:00am-11:45am  
40552 N Potomac CRC 1/10 W 11:00am-11:45am

## Bollywood Dance for Toddlers

Ages 2-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning sound track "Jai Ho" from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

**7 Sessions** **\$109**

Instructor: Kumud Mathur  
40607 Potomac CRC 1/16 T 5:15pm-6:00pm

## Mommy and Me Music

Ages 6m-2.5: Children, even babies, are inspired and stimulated through interaction with peers of different ages. Younger children watch and imitate older children. Everyone is happy to be in the class together. Your baby will engage at their own level, vocalizing, moving, listening, observing, act out simple stories and rhymes and explore musical instruments. Every second class students get acquainted with a new instrument. A full sets of instruments are provided in each class.

**7 Sessions** **\$98**

Instructor: Ganna Petrova  
40547 Damascus CRC 1/8 M 10:15am-11:00am  
40548 Germantown CRC 1/8 M 11:45am-12:30pm

## General Music

### Discovering Music for Toddlers

Ages 1-3: A fun, creative and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

**9 Sessions** **\$134**

Instructor: Geiza Dourado Carvalho  
40606 Veirs Mill LP 1/8 M 10:00am-10:45am  
40605 Potomac CRC 1/12 F 10:15am-11:00am  
40604 Wisconsin PI CRC 1/16 T 10:15am-11:00am



TINY TOTS





TINY TOTS



### Learn Now Music: Little Fingers Piano

Ages 2-5: Our youngest musicians will participate in musical instruction and age-appropriate theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for in-class and at-home exploration, as well. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

**6 Sessions \$108**  
Instructor: Learn Now Music  
43550 N Potomac CRC 1/22 M 10:00am-10:30am

**8 Sessions \$144**  
Instructor: Learn Now Music  
43549 Bauer Drive CRC 1/17 W 10:00am-10:30am

### Learn Now Music: My First Music Class

Ages 2-5: Enjoy Music with your child while they experience their FIRST Music class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and some other surprises! Students and parents will participate in language repetition & speech development, greetings and goodbyes, verbal and physical counting, memory & reaction exercises, gross & fine motor skills, instrument manipulation & handling, rhythm exercises, and listening & melody development. Small manipulatives such as scarves, bean bags & small percussive instruments will be supplied and utilized in class. For specific questions please contact LNM at 1-800-399-6414 or CustomerService@learnnowmusic.com

**6 Sessions \$108**  
Instructor: Learn Now Music  
43552 N Potomac CRC 1/22 M 10:30am-11:00am

**8 Sessions \$144**  
Instructor: Learn Now Music  
43551 Bauer Drive CRC 1/17 W 10:30am-11:00am

### Music Together

Ages 5 & Under: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Each family is required to pay a \$42 material fee that will be assessed at the time of registration, and will receive an award-winning Music Together CDs and Songbook are required for each family. For more information, go to [www.musictogethermontgomery.com](http://www.musictogethermontgomery.com) or call the instructor at 301-879-6988.

**10 Sessions \$198**  
Instructor: Nancy Nuttle  
42573 Mid County CRC 1/6 Sa 10:00am-10:45am  
42574 Mid County CRC 1/6 Sa 11:00am-11:45am



### General Sports

#### Coach Doug Pre Wee Wanna Be

Ages 1.5-2: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required. \$10 Material Fee is due to Instructor. Call 301-983-2690 for more information.

**8 Sessions \$110**  
Instructor: Coach Doug Academy  
40564 Germantown CRC 1/9 T 9:30am-10:15am  
40569 Bauer Drive CRC 1/10 W 9:30am-10:15am  
40575 Potomac CRC 1/11 Th 9:30am-10:15am



### Coach Doug Seasonal Sports

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include agility training, soccer, Tee ball, lacrosse and more. No Parent Participation required. A \$10 materials fee is due to instructor. Call 301-983-2690 for more information.

**8 Sessions \$110**

Instructor: Coach Doug Academy  
 40567 Germantown CRC 1/9 T 4:00pm-4:45pm  
 40578 Potomac CRC 1/11 Th 4:15pm-5:00pm  
 40573 Oakland Terrace ES1/13 Sa 11:00am-11:45am

### Coach Doug Soccer

Ages 3-6: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way learning fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. A \$10 material fee is due to instructor. Call 301-983-2690 for more information.

**8 Sessions \$110**

Instructor: Coach Doug Academy  
 40568 Germantown CRC 1/9 T 5:00pm-5:45pm  
 40579 Potomac CRC 1/11 Th 5:00pm-5:45pm  
 40574 Oakland Terrace ES 1/13 Sa 11:45am-12:30pm

### Coach Doug Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? Kids and their parents/guardians will be introduced to agility training, soccer, Tee ball, lacrosse and other seasonal sports through supervised non-competitive play sessions with their moms, dads, or guardians. Each child can participate at his or her own pace. A \$10 material fee is due to instructor. Call 301-983-2690 for additional information.

**8 Sessions \$110**

Instructor: Coach Doug Academy  
 40565 Germantown CRC 1/9 T 10:30am-11:15am  
 40566 Germantown CRC 1/9 T 1:30pm-2:15pm  
 40570 Bauer Drive CRC 1/10 W 10:30am-11:15am  
 40576 Potomac CRC 1/11 Th 10:30am-11:15am  
 40577 Potomac CRC 1/11 Th 1:30pm-2:15pm  
 40571 Oakland Terrace ES 1/13 Sa 9:30am-10:15am  
 40572 Oakland Terrace ES 1/13 Sa 10:15am-11:00am

### Gymnastics - Pre School

Ages 3.5 - 4.5: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

**6 Sessions \$130**

Instructor: Dobre Gymnastics Academy  
 40588 Dobre Gymnastics 1/9 T 5:30pm-6:15pm  
 40589 Dobre Gymnastics 1/10 W 10:30am-11:15am  
 40590 Dobre Gymnastics 1/13 Sa 2:15pm-3:00pm

### Gymnastics - Preschool and One Parent

Ages 2-3.5: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

**6 Sessions \$120**

Instructor: Dobre Gymnastics Academy  
 40591 Dobre Gymnastics 1/10 W 9:45am-10:30am



TINY TOTS





TINY TOTS

**NEW Little Hoop Stars - Pre-K**

Ages 4-5: Join Jump Start Sports for an instructional basketball program for children in pre-school. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding in a fun-oriented program. Following the instructional portion, the kids will apply what they have learned in low competition games. Each child receives a team t-shirt and an award. Sessions are one-hour within the timeframe below.

<b>6 Sessions</b>	<b>\$95</b>
Instructor: Jump Start Sports	
38408 Jones Lane ES	1/6 Sa 3:30pm-5:30pm
38400 Luxmanor ES	1/7 S 1:00pm-3:00pm
38407 Flower Valley ES	1/6 Sa 12:00pm-2:00pm

**Petite Soccer**

Ages 3-5: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

<b>8 Sessions</b>	<b>\$120</b>
Instructor: UK Elite Soccer	
40663 Bauer Drive CRC	1/14 S 10:00am-11:00am

**Petite Soccer Parent and Child**

Ages 2-3: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

<b>8 Sessions</b>	<b>\$115</b>
Instructor: UK Elite Soccer	
40664 Bauer Drive CRC	1/14 S 9:00am-9:45am

*"Perfect activity for a toddler and parent or caregiver."*

*-Sarah E.*

**Martial Arts**

**NEW Zen Budo Karate: Little Dragons**

Ages 4-6: This program specializes in fun, fun, fun! An exciting martial arts program where students learn the basics of hand-eye coordination, rolling, falling, throwing a partner, Kata and Yoga. Students learn to stretch, hit pads, kick, punch, complete obstacle courses and earn a new belt after completion of the requirements. Uniforms, future exam and belt fees and equipment fees are included in the \$25 materials fee. Students must pay the materials fee each session.

<b>6 Sessions</b>	<b>\$70</b>
Instructor: Christopher Bowers	
43587 White Oak CRC	1/22 M 5:45pm-6:30pm
43655 N Potomac CRC	1/23 T 12:45pm-1:30pm
43656 Wisconsin PI CRC	1/25 Th 12:45pm-1:30pm

**Playtime & Movement for Tots**

**Funfit Tots**

Ages 11m-2: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5 material fee is due to instructor on the first day of class.

<b>7 Sessions</b>	<b>\$88</b>
Instructor: Celia Kibler	
42538 Germantown CRC	1/22 M 9:45am-10:30am

<b>8 Sessions</b>	<b>\$100</b>
Instructor: Celia Kibler	
42536 Tilden MS	1/20 Sa 9:30am-10:15am
42540 Bauer Drive CRC	1/16 T 9:30am-10:15am
42542 Potomac CRC	1/17 W 10:00am-10:45am
42544 Wisconsin PI CRC	1/18 Th 10:00am-10:45am





## Funfit Tots Family Class

Ages 18m-4: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5 material fee is due to instructor on the first day of class.

**7 Sessions** **\$88**

Instructor: Celia Kibler

### Ages 18m-4

42539 Germantown CRC 1/22 M 10:30am-11:15am

### Ages 1.5-4

42537 Tilden MS 1/20 Sa 10:15am-11:00am

42541 Bauer Drive CRC 1/16 T 10:15am-11:00am

42543 Potomac CRC 1/17 W 10:45am-11:30am

42545 Wisconsin PI CRC 1/18 Th 10:45am-11:30am

## Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information email mamagoose@verizon.net

**5 Sessions** **\$60**

Instructor: Laura Lunking

40611 Bauer Drive CRC 1/20 Sa 10:00am-10:45am

**8 Sessions** **\$92**

Instructor: Laura Lunking

40609 Mid County CRC 1/17 W 10:00am-10:45am

40610 Bauer Drive CRC 1/18 Th 10:00am-10:45am

## Parent and Tot Seasonal Sports

Ages 2-4: Have fun developing your child's sports skills through various practice stations for rolling, kicking, batting, throwing and catching. Each class concludes with a simple and fun game. Parent participation required.

**6 Sessions** **\$90**

Instructor: Jump Start Sports

### Ages 2-3

43554 N Potomac CRC 1/16 T 10:00am-10:30am

### Ages 2-4

43555 Damascus CRC 1/17 W 10:00am-10:30am

43556 Lawton CRC 1/19 F 10:00am-10:30am

## Specialty Programs

### Kinderstunde

Ages 11m-5: Spaß + Spiel + Bastelei, Lieder + Tänze: Wer ist mit dabei? Ein neues Programm für Eltern mit Kindern (12 Monate & up), um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. Lernt andere deutschsprachige Freunde kennen. This course is based on learning German through a variety of games, stories and much more. Different themes will be implemented on a weekly basis. Meet German speaking friends through this class. I work with children at all levels from beginners to even native speakers. A \$5 material fee is due to the instructor at the first class.

**4 Sessions** **\$75**

Instructor: Ines Kuperberg

40602 Germantown CRC 3/1 Th 5:15pm-6:00pm

40601 Germantown CRC 1/18 Th 5:15pm-6:00pm

### Preschool Spanish

Ages 3.5-6: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

**6 Sessions** **\$85**

Instructor: Maria Rhoe

40583 Wisconsin PI CRC 1/13 Sa 11:00am-11:45am

40584 Bauer Drive CRC 1/11 Th 5:30pm-6:20pm

### Spanish Toddlers

Ages 1.5-3: This class has it all! Children will be fully immersed in the target language. Classes are composed of a variety of high energy games, sports, obstacle courses, experiments, and more! All activities are grouped by thematic units, with very clear goals and objectives for their immersion in the Spanish language. A \$10 material fee will be due to the instructor the at the first class. For additional questions please contact Miss Cristina at 240-550-2797.

**6 Sessions** **\$85**

Instructor: Maria Rhoe

40585 Wisconsin PI CRC 1/13 Sa 10:00am-10:45am

40586 Potomac CRC 1/12 F 10:00am-10:45am

40587 Bauer Drive CRC 1/11 Th 10:00am-10:45am



TINY TOTS





SCHOOL BREAK

# SCHOOL BREAK PROGRAMS

## Holiday Break

### Coach Doug Club Holiday

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 materials fee is due to Instructor. Call 301-983-2690 for more information.

**4 Sessions** **\$214**  
Instructor: Coach Doug Academy  
38354 Potomac CRC 12/26 T-F 8:00am-3:30pm

### Coach Doug Club Holiday Half Day

Ages 3-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 materials fee is due to instructor. Call 301-983-2690 for more information.

**4 Sessions** **\$99**  
Instructor: Coach Doug Academy  
38355 Potomac CRC 12/26 T-F 8:00am-12:30pm

### Coach Doug Club Holiday PM

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Call 301-983-2690 for more information.

**4 Sessions** **\$49**  
Instructor: Coach Doug Academy  
38356 Potomac CRC 12/26 T-F 3:30pm-6:00pm

## Spring Break

### Coach Doug Club Holiday

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

**5 Sessions** **\$249**  
Instructor: Coach Doug Academy  
40580 Potomac CRC 3/26 M-F 8:00am-3:30pm

### Coach Doug Club Holiday Half Day

Ages 3-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

**5 Sessions** **\$109**  
Instructor: Coach Doug Academy  
40581 Potomac CRC 3/26 M-F 8:00am-12:30pm

### Coach Doug Club Holiday PM

Ages 5-12: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Call 301-983-2690 for more information.

**5 Sessions** **\$49**  
Instructor: Coach Doug Academy  
40582 Potomac CRC 3/26 M-F 3:30pm-6:00pm



## Jump Start Sports Spring Break Camp

Ages 5-12: At the Montgomery County Spring Break Camp, kids in grades K-5 will have a blast with the highly qualified staff from Jump Start Sports. During the structured camp hours from 9 a.m. to 3 p.m., kids will play various sports such as baseball, basketball, lacrosse, flag football, soccer and ultimate Frisbee in the morning. Every afternoon the campers will select from a variety of electives, which are traditional "camp games" such as capture the flag, dodge ball and kickball! Jump Start Sports camps provide children with an opportunity to play and learn about sports in a fun, well-supervised environment. Need additional care? Sign up for Jump Start's extended care from 3-6pm by using course number 43887.

**5 Sessions** **\$250**

Instructor: Jump Start Sports  
43886 N Potomac CRC 3/26 M-F 9:00am-3:00pm

## Jump Start Sports Spring Break Camp Extended Care

Ages 5-12: Extended care from 3pm - 6pm for Jump Start Sports Spring Break Camp.

**5 Sessions** **\$30**

Instructor: Jump Start Sports  
43887 N Potomac CRC 3/26 M-F 3:00pm-6:00pm

### Four Ways to Register

#### 1. ONLINE

Register 24 hours a day, seven days a week for **all** activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

#### 2. BY MAIL

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

#### 3. VIA FAX

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

#### 4. IN PERSON

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

## XCITING XTRAS

### Performing Arts

#### "Dramatic Kids" School Break Camp

Ages 6-12: Come explore this theater and arts program that is loaded with tons of fun as we learn about theater in combination with the fine arts of drawing, painting and coloring! These young artists combine their theatrical and artistic know how in activities such as storytelling, character development, set design and costume design while learning about age appropriate social issues and character education topics.

**1 Session** **\$148**

Instructor: CARE Actor  
43618 N Potomac CRC 1/26 F 9:00am-5:00pm

#### Family Improv

Ages 4 & Up: CARE Actor's Family Improv Workshops bring families together by encouraging creativity, tapping into emotions in a positive way, and teaching problem solving and team building through theater games. Please wear comfortable clothes and come ready to play and laugh with us! \$15 fee includes one parent and one child.

**1 Sessions** **\$15**

Instructor: CARE Actor  
43619 Lawton CRC 2/4 Sa 2:30pm-3:30pm  
43620 N Potomac CRC 3/3 Sa 11:00am-12:00pm

### Special Interest

#### "American Girl" Fashion Design

Ages 5-9: This class offers the basics to fashion illustration and design for your "American Girl" doll! Students learn about creative sketching, textiles, colorization, and even how to design their own mini-collections! Hands-on training is done during the duration this course, in a fun and lively environment.

**2 Sessions** **\$65**

Instructor: Madiana Margao  
43574 Potomac CRC 12/16 Sa 12:00pm-1:00pm



XCITING XTRAS





EXCITING EXTRAS

### Bricks4Kidz: Mission 2 Space

Ages 5-12: Get inspired to go on an adventure and join Bricks 4 Kidz® on a Mission 2 Space! Discover some incredible structures at Kennedy Space Center's Launch Complex 39, travel the surface of the moon on a lunar rover, and explore Mars onboard the "Curiosity." We'll provide the LEGO® Bricks; all you need to bring for this adventure is your imagination!

**6 Sessions \$102**  
Instructor: Sarah Gemmill  
43565 Bells Mill ES 1/24 W 3:55pm-4:55pm  
43566 Poolesville ES 1/25 Th 3:30pm-4:30pm

### Create-Your-Own Looks Fashion Design

Ages 8-13: This class offers the basics to fashion illustration and design! Students learn about creative sketching, textiles, colorization, and even how to design their own collection! Hands-on training is done during the duration this course, in a fun and lively environment.

**2 Sessions \$65**  
Instructor: Madiana Margao  
43575 Potomac CRC 12/16 Sa 1:00pm-2:00pm

### Glam Diva Hair

Ages 8-13: Glam Diva Hair is the next step to achieving fabulous hair! Learn all about hair care, styling, and the latest hair artistry trends, using amazing tools and products.

**2 Sessions \$65**  
Instructor: Madiana Margao  
43576 White Oak CRC 1/20 Sa 1:00pm-2:00pm

### Glam Diva Makeup

Ages 8-13: Glam Diva Makeup is the first step to a gorgeous future! Adopt your own beauty regimen, while creating your very own products. Spark your interest age-appropriate makeup, by learning all of the latest beauty trends in a fun environment!

**2 Sessions \$65**  
Instructor: Madiana Margao  
43577 White Oak CRC 1/20 Sa 12:00pm-1:00pm

One website  
thousands  
of possibilities!

ActiveMONTGOMERY.org

## Specialty Programs

### Komodo Abacus Mental Math

Ages 5-12: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

**4 Sessions \$145**  
Instructor: KOMODO USA  
43592 Komodo USA 1/27 Sa 10:00am-12:00pm  
- Gaithersburg  
43593 Komodo USA 1/26 F 5:30pm-7:30pm  
- Germantown

### Komodo Advanced Grade Level Math

Ages 5-12: Build confidence and develop skills and habits to succeed in math. We provide customized training program for each student to enjoy and succeed in math at school beyond their grade level. Stop classroom boredom and challenge your young scholar to reach greater heights. This is an acceleration program for students who are ready to move on to the next grade level. Curriculum is aligned to common core standards and students will have 24/7 access to online practice tests, receive progress reports and additional help with school homework.

**4 Sessions \$121**  
Instructor: KOMODO USA  
43594 Komodo USA 1/22 M 5:30pm-7:00pm  
- Germantown  
43596 Komodo USA 1/24 W 5:30pm-7:00pm  
- Gaithersburg

### Komodo Language Arts and Creative Writing

Ages 5-12: The goal of the Komodo Reading/Writing program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

**4 Sessions \$121**  
Instructor: KOMODO USA  
43595 Komodo USA 1/27 Sa 9:00am-10:30am  
- Germantown  
43597 Komodo USA 1/25 Th 5:30pm-7:00pm  
- Gaithersburg



# The **SPORTS** Pages

## SPORTS

### Youth Basketball

#### **NEW** Triple Threat 3 on 3 Sunday Youth Bball

3 on 3 Youth Basketball is here! 3 players and 4 player maximum to make a team. 6 weeks plus playoffs; All games held on Sunday afternoons at the East County Community Center - 3310 Gateshead Manor Way-Silver Spring, MD 20904.

<b>6 Sessions</b>	<b>\$40</b>			
<b>Grade 5</b>				
40612	East County CRC	1/14	S	1:00pm-5:00pm
<b>Grade 6</b>				
40632	East County CRC	1/14	S	1:00pm-5:00pm
<b>Grade 7</b>				
40633	East County CRC	1/14	S	1:00pm-5:00pm
<b>Grade 8</b>				
40634	East County CRC	1/14	S	1:00pm-5:00pm

### Adult Leagues

#### **NEW** Men's 3 on 3 Sunday Basketball

Ages 18 & Up: Men's 3 on 3 Competitive Adult Basketball League. Games start at 6:00 p.m., and are scheduled every half hour, last game starting at 8:00 p.m., depending on the number of teams that register. Six weeks of regular season games (12 games per season) plus a two-game guarantee playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

<b>10 Sessions</b>	<b>\$325</b>			
43624	Germantown CRC	1/14	S	6:00pm-9:30pm
42916	East County CRC	1/14	S	6:00pm-10:30pm

#### Men's Sunday Basketball League

Ages 18 & Up: Competitive Adult Basketball League. Games start at 6:00 p.m., and are schedule on the hour, last game starting at 9:00 p.m. Six weeks of regular season games plus a two-game guarantee playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

<b>10 Sessions</b>	<b>\$775</b>			
42881	Coffield CRC	1/14	S	6:15pm-10:45pm
42882	Bauer Dr. CRC	1/14	S	5:15pm-8:45pm
42879	Tilden MS	1/14	S	5:00pm-10:30pm
42880	WJ HS	1/14	S	5:00pm-10:30pm

#### Men's Wednesday Basketball

Ages 18 & Up: Competitive Adult Basketball League at Coffield Community Center and Tilden MS. Games start at 6:15 p.m., and are schedule on the hour, last game starting at 9:15 p.m. Six weeks of regular season games plus a two-game guarantee playoffs. Please call Pat Sullivan at 240-777-6893 or email patrick.sullivan@montgomerycountymd.gov for more information. Payment plans are available.

<b>11 Sessions</b>	<b>\$755</b>			
42912	Coffield CRC	1/17	W	6:15pm-10:45pm
42909	Tilden MS	1/17	W	6:00pm-10:30pm

#### Women's 18+ Drop-In Basketball

Ages 18 & Up: A non-competitive, drop-in basketball program, just for women. A great way to meet new people and have fun! All skill levels encouraged. Location is at Gwendolyn Coffield Community Center, which is located at 2450 Lyttonsville Rd., Silver Spring 20910.

<b>11 Sessions</b>	<b>\$70</b>			
43137	Coffield CRC	1/14	S	9:30am-11:30am
43136	Coffield CRC	1/14	S	9:30am-11:30am
43138	Coffield CRC	1/14	S	9:30am-11:30am



**SPORTS**





SPORTS

## General Sports

### Badminton Advanced

Ages 12 & Up: Prerequisite intermediate/advance level. Small class instruction. Continued emphasis on learning advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign student to another level. Student must provide their own racquet. \$25 material fee due to instructor. No class on Sat. Nov. 26.

**8 Sessions \$104**  
Instructor: Yen-Ping Chao  
43561 Bauer Drive CRC 1/20 Sa 12:45pm-1:45pm

### Badminton Beginner/Advanced Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to the instructor. No class on Saturday, November 26.

**8 Sessions \$69**  
Instructor: Yen-Ping Chao  
43562 Bauer Drive CRC 1/20 Sa 9:30am-10:30am

### Badminton Intermediate

Ages 11 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to the instructor. Remember, no class on Sat. Nov. 26.

**8 Sessions \$104**  
Instructor: Yen-Ping Chao  
43563 Bauer Dr CRC 1/20 Sa 10:30am-12:30pm

### Fencing Beginner I

Ages 8 & Up: For beginners, learn basic foil techniques. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**7 Sessions \$81**  
Instructor: Gitty Mohebban  
43609 Frost MS 1/8 M 5:45pm-6:45pm

**8 Sessions \$93**  
Instructor: Gitty Mohebban  
43610 Clemente MS 1/17 W 5:45pm-6:45pm  
43611 Parkland MS 1/19 F 6:30pm-7:30pm

### Fencing Beginner II

Ages 8 & Up: Students must have taken beginner I with Instructor Mohebban or have the approval from Instructor to enroll in this class. For Advanced beginners, Basic foil techniques but curriculum will be student skill dependent. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban and husband Mike. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**7 Sessions \$81**  
Instructor: Gitty Mohebban  
43612 Frost MS 1/8 M 6:45pm-7:45pm

**8 Sessions \$93**  
Instructor: Gitty Mohebban  
43613 Clemente MS 1/17 W 6:45pm-7:45pm  
43614 Parkland MS 1/19 F 7:30pm-8:30pm

### Fencing Intermediate

Ages 8 & Up: For more advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. Foil, mask, and jacket provided. Instructor is former Olympian Gitty Mohebban. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

**7 Sessions \$81**  
Instructor: Gitty Mohebban  
43615 Frost MS 1/8 M 7:45pm-8:45pm

**8 Sessions \$93**  
Instructor: Gitty Mohebban  
43616 Clemente MS 1/17 W 7:45pm-8:45pm  
43617 Parkland MS 1/19 F 8:30pm-9:30pm



## Gymnastics For Girls and Boys

Ages 7-14: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: cartwheel, roundoff and walkovers.

**6 Sessions**

**\$145**

Instructor: Dobre Gymnastics Academy  
 39121 Dobre Gymnastics 1/8 M 7:00pm-8:00pm  
 39122 Dobre Gymnastics 1/12 F 7:00pm-8:00pm  
 39123 Dobre Gymnastics 1/13 Sa 2:15pm-3:15pm



## Ping Pong/Table Tennis

Ages 7-13: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game, including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional, one-third games. A material fee of \$10 is due the instructor at the first class.

**8 Sessions**

**\$144**

Instructor: Maryland Table Tennis Center  
 43572 MD Table 1/18 Th 6:30pm-7:30pm  
 Tennis Center

## Introductory Volleyball

Ages 8-12: Join Jump Start Sports for a fun and instructional volleyball program for girls and boys. All fundamentals will be taught, including serves, sets, spikes, blocks, returns, positioning, and team strategy. Whether your child is an experienced player or a complete novice, he or she will have a blast and learn a lot about the sport in this fun and innovative program. Each child receives a t-shirt.

**6 Sessions**

**\$85**

Instructor: Jump Start Sports  
 38413 Longwood CRC 1/6 Sa 10:00am-11:00am



**SPORTS**

Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, out of school time programs/activities, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

**SIGN UP NOW** for this free service at [montgomerycountymd.gov](http://montgomerycountymd.gov)!

# HOOP IT UP THIS WINTER!

- Instructional Basketball • Grades Pre K-2
- Youth-Kids Leagues • Grades 3-8
- High School Leagues • Grades 9-12
- Adult & Senior Leagues • Team Registration Only
- Rising Star Leagues • Team Registration Only

Programs located throughout Montgomery County

For more information visit us at [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)  
or contact the Adult Sports Programs Office at (240) 777-6870  
or the Youth Sports Programs Office at (240) 777-6810



## SPRING SPORTS

LOOK FOR MORE DETAILS  
IN THE 2018 SPRING GUIDE



### ADULT

- Basketball
- Softball
- Soccer



### YOUTH

- T-ball
- Soccer
- **NEW!** High School Slow Pitch Softball
- Competitive Basketball Leagues





# 55+ Active Adult Programs

## Winter 2017

Montgomery County Recreation has many ways for independent adults, 55 and over, to stay active. Whether you are still working, semi-retired, or fully retired, we have many opportunities for you to THRIVE in our programs. Take a look at what we have to offer.

- Travel programs-we travel both close and far throughout the mid-Atlantic region
- Health and Wellness programs and services
- Recreation programs-from Aerobics to Zumba and everything in between!
- Information and Referral Assistance-Need help? If we can't help you, we'll direct you to someone who can
- Volunteer opportunities abound-talk to us about how we can put your talents to use
- Exercise and fitness facilities, and educational programs to keep you feeling both physically and mentally fit and active

Check us out. If you don't find anything here in the 55+ section, check out the aquatics, classes, and/or SOAR/Day Trippers sections. There are programs in each section geared to those 55 and over. Oh, and did we mention fun? Be prepared to have a good time when you're visiting with us. For more information, contact the senior center or Active Adult Program location nearest you.



55+ PROGRAMS

### OUR MISSION

Montgomery County Recreations' Senior Programs Team mission is to provide inclusive, exceptional programs and services to active, independent living residents of Montgomery County, which reflect our uncompromising standards of excellence and dedication to connect, learn and thrive.

### SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of programs and activities that are open five to six days a week. They provide a weekday lunch program, educational seminars, entertainment, fitness classes and more. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4925 for more information.

#### Damascus Senior Center

M-F: 9:00am-4:00pm  
9701 Main Street, Damascus  
240-777-6995

#### Holiday Park Senior Center

M-F: 8:45am-4:00pm  
3950 Ferrara Drive, Wheaton  
240-777-4999

#### Long Branch Senior Center

M-F: 9:30am-2:30pm  
8700 Piney Branch Road, Silver Spring  
240-777-6975

#### Margaret Schweinhaut Senior Center

M-F: 8:15am-4:00pm  
Sat: 9:00am-3:00pm  
1000 Forest Glen Road, Silver Spring  
240-777-8085

#### North Potomac Senior Center\*

M-F: 9:00am-3:00pm  
13850 Travilah Road, Rockville  
240-773-4805

#### White Oak Senior Center

M-F: 9:00am-3:00pm  
1700 April Lane, Silver Spring  
240-777-6944

\* Meals served M, W, & F



**Notice**

Holiday Park will be closed on Wednesday evenings starting November 22, 2017 through March 28, 2018. We will be reopening for evening programs in April 2018!

### SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to five of our Senior Centers and three Active Adult Programs.

If you are interested, please call your local Senior Center or the Senior Programs Team at 240-777-4925 for more information.



## Damascus Senior Center

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services. Health and Wellness programs and social activities are stressed. A nutrition program is offered daily and limited bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Highlights include:

### Annual Holiday Sale

**Saturday, November 4, 2017 through  
Friday, December 15, 2017 • 9:00am-4:00pm**  
Our famous sale! Item prices range from \$0.25 to \$25 dollars.

### Holiday Cheer and Memories

**Wednesday November 8, 2017 • 1:00pm**  
Christiana Drapkin and her Trio will perform some wonderful tunes to get ready for the upcoming holidays. Cost: Free

### DOCCS Thanksgiving Dinner

**Thursday, November 16, 2017  
4:30pm-6:00pm**  
The Development of Characters and Careers (DOCCS) in partnership with our center will host its Annual Thanksgiving Dinner in the Damascus High School Cafeteria. Christiana Drapkin will be accompanied by a jazz pianist and a bass player for your entertainment. Cost: \$10

### Holiday Luncheon with Chef Meegan

**Thursday, December 7, 2017 • Noon**  
The menu will be available at the reception desk one month prior to the event! Call us for reservations. Price for the meal is \$7 for ages 55-59, for ages 60+ a donation is requested.

### Entertainment by Organ Grinder Lola

**Thursday, December 7, 2017 • 1:00pm**  
The Organ Grinder Lola and Master Bob return to sing holiday cheer into your lives. Cost: Free

### Holiday Party

**Thursday, December 14, 2017 • 1:00pm**  
Come and join the Damascus staff as we celebrate the holiday season and the New Year. We will have light refreshments and a toast to the New Year. Cost: Free

### 5th Annual Fundraiser for Wounded Veterans Zumbathon

**Monday, January 15, 2018 • 10:00 am - Noon**  
The Damascus Senior Center Sponsors, Inc., (DSCSI) in partnership with the Damascus Senior Center, will pay honor to our Wounded Veterans with a Zumbathon to raise money for these veterans through the Fisher House Foundation of MD. There will be a number of dynamic instructors who will donate their time. A \$20 donation is requested, but any amount you can afford to give will be appreciated. Donations may be made by cash or check. All proceeds will be donated to the Fisher House of Rockville, MD. For more information, please contact us.

### Valentine's Day Luncheon with Chef Meegan

**Wednesday, February 14, 2018 • Noon**  
The menu will be available at the reception desk prior to the event! Call us for reservations. Price for the meal is \$7 for ages 55-59, for ages 60+ a donation is requested.

### Entertainment by Mike Surratt

**Wednesday, February 14, 2018 • 1:00pm**  
Mike Surratt returns to the Damascus Senior Center to sing love songs on Valentine's Day. Cost: Free

*One website  
thousands  
of possibilities*

**Active  
MONTGOMERY**

**ActiveMONTGOMERY.org**



**55+ PROGRAMS**





# Holiday Park Senior Center

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from yoga, Zumba, ballroom dance, Tai Chi, Digital Photography and Spanish. Learn more about our programs at [www.holidaypark.us](http://www.holidaypark.us) or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule in our monthly newsletter, and meet some new friends along the way!

Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. The \$20 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.



55+ PROGRAMS

## Daytime Highlights

Sample our Musical Performances and Entertainment:

- **Live Music with Ellis Woodward**  
Wednesday, November 29 • 1:00pm  
Join Ellis a favorite at Holiday Park as he shares his guitar and vocal talents.
- **Broadway Performance by Steffi Phelan**  
Thursday, December 7 • 1:00pm  
Join Steffi as she entertains with her Broadway variety of songs and act.
- **Live Concert with the Holiday Park Singers**  
**Monday, December 11 • 1:00pm**  
Come and enjoy the International Holiday Concert presented by our own Sing Your Best Class students.
- **Music Appreciation with Irv Chamberlain**  
Monday, December 18 • 1:00pm  
Irv Chamberlain will share the combination of comedy and music together as he appreciates the tunes and laughter.
- **Dance Club Friday**  
Fridays • 1:00pm- 3:00pm  
Every Friday! Live performances. Great music and variety. Meet new friends, create new memories, and then Foxtrot, rumba, or swing into your weekend. Check our newsletter for specific dates and entertainment scheduled

## Engage in Informative Lectures and Presentations

### Travelogue of India with Jim Auerbach

**Monday, November 13 • 1:00pm-2:00pm**

Join award winning photographer and member of Holiday Park's Photo Club Jim Auerbach for a pictorial description of his recent trip to India. He will share his stories about tips and techniques he used to take pictures.

### What to Expect During Your Hospital Stay with Suburban

**Tuesday, November 28 • 1:00 p.m.**

Whether you are having major surgery or an outpatient procedure or need to be admitted for medical care, the prospect of going to the hospital can be stressful. Alexis Edwards, MSC, RC, NE-BC, director of presenting at Suburban Hospital, will answer your questions and review the admissions checklist to help you better prepare for a hospital visit.

### Creating Art Ornaments with LED light bulbs

**Thursday, November 30 • 1:00pm**

Join Larissa Johnson from the Department of Environmental Protection for an afternoon of craftsmanship as she guides you on how to create ornaments with LED light bulbs.

### Instagram

**Thursday, December 21 • 1:00pm**

You've heard about Instagram; now come learn about this visually-oriented sharing platform, one of the most exciting of the social media sites. This lecture offers an overview of some of Instagram's more popular features and will give you a taste for what all the fuss is about. The lecture will be followed by a workshop.

## ¡Bienvenidos a la Esquina Latina!

- Martes** Clases de tejido en telares con la Sra. Peggy de 10:30 a 11:30 am, Conversación en Inglés 11:00-12:00
- Martes y Jueves** Artes Manualidades con Carmen Sánchez de 10:30-12:00 pm
- Jueves** Clases de ESOL con Roxana Ready a las 10:30am

Preguntas o sugerencias- comuníquese con Maria Mercedes 240-777-4965



**Notice**

Holiday Park will be closed on Wednesday evenings starting November 22, 2017 through March 28, 2018. We will be reopening for evening programs in April 2018!

# Long Branch Senior Center

240-777-6975

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us! Look for program information in our monthly newsletter.

## Celebrate!

### Thanksgiving Luncheon

**Tuesday, November 21 • 12:30pm**

Add your favorite side dish to our Nutritious Lunch and share the day with us. *Regular lunch donation.*

### Jingle Bell Breakfast

**Wednesday, December 20 • 10:30am-Noon**

Enjoy holiday music and a delicious continental breakfast of eggs, sausage, bagels and muffins, spreads, juice coffee and tea. Cost: Free

### Holiday Yard Sale and Gift Wrap

**Week of December 11 - 15 • 10:00am -1:00pm**

Pick up a holiday gift at our affordable Yard Sale and Gift Wrap. Donations of items for sale and wrapping paper appreciated.

## Create!

### Art Painting to Therapy

**Wednesdays • 10:30am-Noon**

Creative expression encourages self-expression, exercises the brain, and reduces stress. No art experience needed to explore your creative voice. Bring your imagination and leave self judgement at the door. Local/regional artist Carol Clatterbuck helps you explore the world of painting through various ideas using acrylics, paper, ink, etc... in both traditional and creative ways! Each 8 week session will cover a different topic and technique. Check with the center for starting date. Cost: \$24 per session. Register at second floor Welcome Desk.

### Raw Clay

**Mondays • 10:30am-Noon**

Have fun creating vessels and artwork using low fire clay with artist Carol Clatterbuck, award winning ceramics teacher, starting with pinch and coil pots, graffito, and slabwork. Strong hands, fingers, and creativity are the only requirements! Check with the center for starting dates. Cost: \$24 for an 8 week class. Register at second floor Welcome Desk.

### Crochet Circle

**Wednesdays • 11:00am-Noon**

Bring current projects or start from scratch and work under the guidance of volunteer Kathy Mitchell. She shares her skills with interested students of all levels. We can supply yarn and a crochet hook. Cost: Free

## Exercise

### January is Physical Exercise Month at Long Branch

Start the New Year by reaching your fitness potential! Every M - F at noon, we will offer a free exercise class adaptable to all levels. Join us for seated volleyball, Zumba, Tai Chi, Senior Fit and more. In addition, an instructor will be in the exercise room to guide you on your use of the equipment, every Tuesday from 11am - noon. *Free.*

### Share, Compartir

#### Latino Lunch

**Served the 2nd & 4th Wednesday of the month • Noon**

Enjoy a variety of Central American favorites from the La Fogata Restaurant in Plaza del Mercado, Silver Spring, as part of the regular Senior Lunch Program. Donations requested.

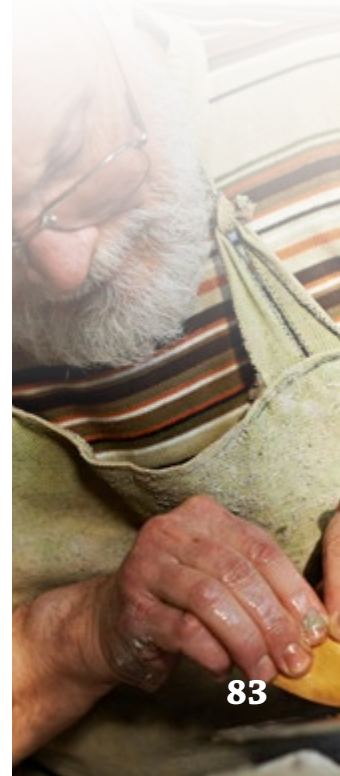
Almuerzo Latino: Disponible el 2do y 4o Miércoles del mes. Disfrute de una gran variedad de platos populares centroamericanos del restaurante La Fogata localizado en la Plaza del Mercado, Silver Spring, como parte del programa de almuerzos regulares. Se acepta donaciones.

### Sante Group

Grupo de Apoyo para la Vida: Se reúne el tercer Jueves de cada mes, de 11am a 12pm. Grupo dirigido por Nicki Brush del Grupo Sante.



55+ PROGRAMS





# Margaret Schweinhaut Senior Center

240-777-8085

If you have the preconception that senior centers are not for you, pay a visit to the Margaret Schweinhaut Senior Center and judge for yourself! Not only are we a home away from home for many 55+ Montgomery County residents, we offer over 100 programs a month ranging from ceramics to Zumba Gold. Chances are, whatever's on the agenda on any day, the center will be bustling. What's more, should you need information about senior benefits or services for those 55 and over in Montgomery County, the center's friendly staff can guide you in the right direction. And if you want to relax with friends over a game of Rummikub or simply enjoy a cup of coffee, well, pull up a chair! The people who work and play at Schweinhaut make it one of the best places to be in Montgomery County!

To find out more details, please visit our website at <http://montgomerycountymd.gov/rec/where/seniors/margaret.html> or sign-up for our e-subscription service at <http://www.montgomerycountymd.gov/mcg/esubscribe.html>. Enter your email address and select the Schweinhaut Senior Center Newsletter under the Recreation Department.



55+ PROGRAMS

## A Little Country, A Little Rock and Roll Performed by The Seasoned Players

Tuesday, November 14 • 1:00pm-2:30pm

Join us for an afternoon of theatrical entertainment including a variety of song and dance performances. The Seasoned Players are a group of seniors that are committed to performing for the senior community. They perform at local hospitals, senior facilities, and churches.

## A Healthy Back with Adventist HealthCare Rehabilitation

Friday, November 17 • 1:00pm-2:00pm

Learn about how to maintain good body mechanics, prevent injury to your back, and basic stretching/strengthening exercises that you can incorporate into your daily routine. We will also discuss how posture changes over time, as well as fall prevention techniques. Course will be taught by a licensed physical therapist. Free.

## Yes, we are open on Saturdays!

### Adult Coloring Day

Saturday, November 18 • 1:00pm-3:00pm

The Adult Coloring rage has finally come to Schweinhaut! Join us to de-stress and unwind by revisiting this childhood interest. Pre-registration required. Fee is \$2 per person, includes a coloring book to take home!

### The Nutcracker Presented by Akhmedova Ballet Academy

Saturday, December 2 • 1:30pm

A shortened version of a holiday classic, The Nutcracker, will be performed by the Professional Training Program students of the award-winning Akhmedova Ballet Academy. Free.

### Self Care by American Bone Health

Saturday, December 9 • 10:00am-11:00am

Join us for a presentation on "Self Care" and learn the connection between Yoga for osteoporosis and the feet.

### Explore Tech: Instagram and Pinterest

Saturday, December 9 • 1:00pm-2:30pm

Join Allison Adams from Senior Planet Montgomery for a discussion about Instagram and Pinterest. Free.

### Meet Author Howard Feinstein

Saturday, December 16 • 1:00pm-2:00pm

Retired Justice Department Prosecutor, Howard Feinstein takes you inside the courtrooms during the Civil Rights era in the 60's. An emotionally candid, self-effacing and plain spoken account.

### Healthy Bones for Life by American Bone Health

Saturdays, January 6, 13, 20 • 10:00am-Noon

A three part series teaches people what osteoporosis is, how it's diagnosed and treated, and what steps they can take to stay strong and independent for life.



## Thanksgiving Lunch with Jessie Palidofsky and Seth Kibel

**Tuesday, November 21 • Noon-2:00pm**

Celebrate Thanksgiving with your friends at the center. Our Nutrition Program will be serving turkey with fixings! Entertainment by the dynamic duo, Jessie Palidofsky and Seth Kibel. Pre-registration is required. Price for lunch is \$5.72 for 55-60, donations for 60+.

## Winter Social with Li Ly Chang

**Wednesday, November 29 • 1:00pm-3:00pm**

A program for participants, volunteers, and staff to come together. We will be serving hot apple cider and dessert. Pianist Li Ly Chang will be providing entertainment. Pre-registration required. Free

## Coffee with a Cop: Holiday Safety Tips

**Wednesday, December 6 • 1:00pm-2:00pm**

Join Montgomery County Police Officer Melissa Coligan for coffee and discussion on holiday shopping safety. The discussion will include tips to help you shop safely while getting those great holiday bargains. Free

## Vision Enrichment Workshop

**Tuesday, December 12 • 1:00pm-2:00pm**

Struggling with changing vision? Overwhelmed after a diagnosis? Interested in ways to see better? Join Low Vision Center to discover tools, aids, devices, and resources that can help your vision and change your life. Free.

## Encore Chorale Holiday Concert

**Monday, December 18 • 1:00pm-3:00pm**

Join the Encore Chorale of Schweinhaut Senior Center lead by Jeanne Kelly, Founder and Director, as they perform holiday music to capture the season. Free

## Holiday Party with DJ Tyzer

**Friday, December 22 • Noon-2:00pm**

The holiday season is here, so come join us at the center for our Annual Holiday Party. Our Nutrition Program will provide lunch followed by moving and shaking on our dance floor to music provide by DJ Tyzer! Pre-registration is required. Price for lunch is \$5.72 for 55- 60, donations requested for 60 +.

## Explore Tech: Twitter

**Thursday, January 4 • 1:00pm-2:30pm**

Join Allison Adams from Senior Planet Montgomery for a discussion about Twitter's important features as well as the social importance the service has gained over the last ten years.

## New Year Party with Chyp and Andi

**Tuesday, January 9 • Noon-2:00pm**

Let's celebrate 2018 in style! A catered lunch followed by a performance by Chyp and Andi. Chyp Davis is an accomplished songwriter, producer, musician, composer, and performer. Andrea Romero (Andi) has been singing and dancing all her life. Make way for this skillful duo. Per-registration is required. Price for lunch is \$7 for 55-60, donations requested for 60+.



**55+ PROGRAMS**

## 55+ Bone Builders

Bone Builders is a free volunteer-led exercise program brought to you by the Montgomery County Departments of Health and Human Services, Recreation, and the RSVP Volunteer Program. One-hour classes held twice per week are designed to increase bone density.

Participants lift ankle weights and hand weights, participate in warm-ups, cool-down, and balance exercises.

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925.

Course #	Location	Start	Days	Times
43732	Bauer	3-Jan	M,W	1:00pm-2:00pm
43733	Bauer	2-Jan	T,Th	1:00pm-2:00pm
43734	Clara Barton	3-Jan	M,W	2:00pm-3:00pm
43735	Gwendolyn Coffield	2-Jan	T,Th	9:15am - 10:15am
43736	Damascus CRC	3-Jan	M,W	4:00pm-5:00pm
43737	Germantown	4-Jan	M,Th	1:00pm - 2:00pm
43738	Jane E. Lawton	2-Jan	T,Th	9:15am - 10:15am
43739	Longwood	3-Jan	M,W	11:00am - 12:00pm
43740	Longwood	3-Jan	M,W	11:00am - 12:00pm
43741	Longwood	3-Jan	M,W	2:00pm-3:00pm
43752	Marilyn J. Praisner	3-Jan	M,W	11:00am-12:00pm
43742	Mid-County	2-Jan	T,Th	1:00pm - 2:00pm
43743	Mid-County	2-Jan	T,Th	2:15pm - 3:15pm
43744	North Potomac	2-Jan	T,Th	10:45am-11:45am
43745	North Potomac	2-Jan	T,Th	12:00pm-1:00pm
43746	North Potomac	3-Jan	M,W	11:45am-12:45pm
43747	Plum Gar	2-Jan	T,Th	11:30am; 1:00pm
43748	Potomac	2-Jan	T,Th	9:00am - 10:00am
43749	Potomac	2-Jan	T,Th	10:00am - 11:00am
43750	Potomac	3-Jan	M,W	11:15am - 12:15pm
43751	Potomac	3-Jan	M,W	3:00pm - 4:00pm
43753	Scotland	5-Jan	W,F	2:45pm - 3:30pm
43754	White Oak	2-Jan	T,Th	11:00am-12:00pm
43755	Wisconsin Place	4-Jan	M,Th	10:00am - 11:00am
43756	Wisconsin Place	2-Jan	T,Th	11:15am - 12:15pm



# North Potomac Senior Center

240-773-4805

This fantastic facility provides a wide array of classes, programs, services and special events. Stop by the center for a tour and to see exciting new things that are starting to happen. Please visit our website or call 240-773-4805 for more information.



55+ PROGRAMS

## Thanks to Our Vets Reception

**Friday, November 10 • 9:00am-11:00am**

In recognition of Veteran's Day we will be providing our men and women who have and continue to serve our country with free coffee and donuts. We want our Veterans to start their day with a smile!

## Sadie Hawkins Day Dance

**Monday, November 13 • 1:00pm-3:00pm**

You are invited to dance your socks off Sadie Hawkins style! Ladies, the tables are turned for the day. You will be encouraged to ask the fellas to shake a leg with you. Wear your favorite Country & Western attire and enjoy some old fashioned square dancing! Y'all Come! Refreshments and live entertainment!

## De-Stressing During the Holidays

**Tuesday, November 14 • 10:30am-Noon**

Come and learn healthy tips to keep your holidays STRESS FREE! Ways to avoid long retail lines, shops that provide a senior friendly shopping experience, dealing with fickle family and ways to truly connect during this time of year will be discussed. Sharing your own insights will be encouraged as well.

## Volunteer Appreciation Luncheon

**Thursday, November 16 • Noon-1:30pm**

Celebrating the seniors who make it happen every day at the center! This event is by invitation only.

## Fun & Games

**Friday, November 17 • 1:00pm-3:00pm**

You're never too old to have fun!! This afternoon we will take you back to the good ole days. Musical Trivia, Bingo, Scrabble, Uno and many more games to play while meeting new friends. We will even have a Spelling Bee! Prizes and Refreshments! Be prepared to PLAY!

## Medical Minute

**Tuesday, November 21 • 11:00am**

Receive information on various health topics that specifically effect those who are 55 plus. This program will be led by a health care professional trained in the field of Gerontology.

## Culinary Delight

**Tuesday, November 28 • 1:00pm-2:30pm**

In recognition of Diabetes Awareness Month, you are invited to attend a cooking demonstration led by a chef who specializes in creating diabetic friendly dishes. The holidays are a tough time to stay on track. You will learn how to make a few holiday favorites that taste good and are good for you

## Breakfast with Santa

**Sunday, December 3 • 9:00am-11:00am**

Bring your grandchildren to a fun-filled morning of merriment! This event will include pictures with Santa, continental breakfast, gifts, games and MORE! Contact the center for additional information.

## Multicultural Holiday Extravaganza

**Thursday, December 14 • 1:00pm-3:00pm**

Come and share holiday traditions, stories, dances and dishes from your native land. We are a melting pot at NPSC and we should reflect it in showcasing what makes us culturally unique during this festive time of year.

## Jingle Bells That Rock

**Tuesday, December 19 • 1:30pm-3:00pm**

Join your neighbors in singing your favorite holiday tunes! Lead by our very own N.P.A.S.S. (North Potomac Amazing Senior Singers). Guaranteed good time by all!





# White Oak Senior Center

240-777-6944

White Oak Senior Center's mission is to provide quality, engaging and inspiring programming for 55+ adults in the local community. Our programs are specifically designed for our members to continue to achieve and maintain total wellness to enrich their lives. Not only do we serve our older adults, but we create an environment where they will serve our younger community as well. We strive to utilize the skills and life experiences of the wise to create new opportunities for our youth through our intergenerational programs.

## Glaucoma Screening

**Thursday, November 2 • 10:00am-2:00pm**

Prevention of Blindness Society of Metropolitan Washington will again offer FREE glaucoma. Sign up at front desk for an appointment.

## Donut Day at White Oak!

**Friday, November 3 • 1:00pm-2:00pm**

Have a variety of donuts and coffee. You can bring your own store bought donuts to share!

## Friend's Corner Asian Educational Series

**Tuesday, November 14 and December 12 • 11:00am-12:30pm**

Topics include: Health and Wellness, Transportation and Diabetes Education. Certain eligibility requirements may apply to some of these services, such as income, insurance status and county of residency. Presentations will be given in Mandarin, Korean and English.

## Take Out Tuesday from Boston Market

**Tuesday, December 5 • Noon**

We will have local lunch take-out! We will provide the menu and pick your order up for you.

## AARP Safe Driving Course

**Tuesday, December 12th • 10am - 3pm**

Please arrive by 9:45 for administrative matters. The classroom course is \$15 for AARP members (bring membership card) and \$20 for nonmembers. Checks are payable to AARP the day of the class. Feel free to bring bottled water and a light snack. You may pay at the center in person or call 240-777-6944 to register. Maximum class size is 25.

## Holiday Caroling and Concert

**Thursday, December 21 • 1:00pm-2:00pm**

Enjoy eggnog and hot cider while singing holiday tunes. Special guest performance.

## Thanksgiving Dinner

**Tuesday, November 21 • 12:30pm-2:00pm**

Enjoy a festive meal with us for the holiday. We will have entertainment, food and laughter. \$2 per person.

## Soul Line Dance Party

**Every 2nd Friday of the month (December 8, January 12) • 6:00pm-9:00pm**

Come socialize, dance, and learn the newest dances. \$5.00 per person. Pay at the door.

## White Oak Senior Center Transportation Service . . . Just For You!

Limited service will be provided within approximately a 5 mile radius of the center. Pickup locations will be determined by addresses of participants. If interested, give your information at the Front Desk or call us.

## Quick Trips

White Oak Senior Center plans a variety of "quick trips" each season. These are short duration (4-6 hour) trips using 20-passenger JCA mini-buses. There are separate fees for the bus and for the other trip related expenses (tours, admissions, meals, etc.). Please contact or visit the center for additional information on each trip and for the first day of registration. Since seats are limited, we recommend registering early. The buses are wheelchair equipped; please notify us in advance, so we can reserve a wheelchair space for you.

## Horseshoe Baltimore Maryland Casino

**Wednesday, November 8 • 10:00am-2:00pm**

\$8 for bus. A legendary gaming, dining, and entertainment experience awaits you at Horseshoe Baltimore

## Mid-Day Gala at Chesapeake Resort and Spa

**Thursday, November 16 and Thursday, December 21 • 10:00am-2:00pm**

\$45 + \$8 for bus. Enjoy live entertainment, Buffet-Style lunch, Line & Hand dancing at the Resort. You will also receive a \$45 Slot Machine Voucher.

## Medieval Times Dinner and Theater

**Thursday, December 7 • 10am-2pm**

\$37 + \$5 for bus. Medieval Times is based upon authentic Medieval history and is the true story of a noble family with documentation dating back to the 11th Century. This is show is live and full of energy!



# 55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at thirteen community center locations throughout the county. Here is a sampling of the many programs we will be offering this Fall. Please call the center nearest you for more information.

## Bauer Drive CRC

**Monday/Wednesday • 10:00am-3:00pm**  
14625 Bauer Drive  
Rockville, MD 20853  
**240-777-6922**

Bauer Drive Community Center offers a variety of ongoing activities for the 55+ community. We offer bone building strengthening classes, invigorating dance fitness, strategic board games, mindful movement and indoor/outdoor courtside sports fitness. Also, we have a fitness room with various cardio and strength training equipment for members. Here's what's coming up for the mid-winter season!

### Zumba Gold (New Day)

**Fridays, October 27 to December 15 • 1:30pm-2:15pm**

One of our member favorites is back on a new day with a lively Latin-inspired, dance fitness class reworked for the 55+ community. No class November 24. Cost: \$21

### Soul Line Dancing (New Time)

**Mondays • Noon-1:00pm**

It's a fan favorite of the community. Join in on the fun and learn old-school and the latest line dancing trend in a fun, no pressure environment.

### Mah Jongg

**Mondays • 1:15pm-3:15pm**

Mah Jongg is a brain stimulating board game that's engaging and FUN!

### Tai Chi

**Mondays • 10:00am-10:45am**

Ongoing walk-in classes for members. It's all about meditation in motion that's great for stress reduction, balance and focus.

### Microflyers

**Wednesdays • 12:30pm -2:30pm**

A community model plane flying group that loves to fly model planes.

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

## Clara Barton NRC

**Mondays & Wednesdays • 10:00am-2:00pm**  
7425 MacArthur Blvd.  
Cabin John, MD 20818  
**240-777-4910**

Welcome to The Senior Sensations! At Clara Barton we provide exercise classes all of kinds. Come participate in ping pong, Pickleball, bingo & quizzes with prizes, arts & crafts, and all kinds of fun games and activities. We also have monthly breakfasts, FREE award-winning movies with popcorn, and trips to local destinations. What else do we offer you? We offer guest speakers presenting information on topics of interest to those 55 and over, dance lessons, music performances and a whole lot more. Stop by and check us out!

## Clarksburg Park Activity Building

**Wednesdays • 11:00am-3:00pm**  
22501 Wims Road  
Clarksburg, MD 20871  
**240-777-4925**

Clarksburg Super Seniors have been meeting for over 40 years, and always make room for new faces.

## Gwendolyn E. Coffield CRC

**Tuesdays & Thursdays • 10:00am-1:00pm**  
2450 Lyttonville Road  
Silver Spring, MD 20910  
**240-777-4900**

Coffield 55+ Community Center Program offers individual instruction on how to use exercise equipment in the Weight Room (you must have a Senior Sneakers Membership), topic-specific workshops on food, social issues, health discussions, photo club, flu shot clinic, mini-bus trips to local museums, shows and local venues, and open gym (basketball, walking and table tennis). Contact the center for information on activities, registration requirements, fees, etc.

55+ PROGRAMS



## East County CRC \* +

**Tuesdays & Fridays • 10:00am-2:00pm**

3310 Gateshead Manor Way  
Silver Spring, MD 20904  
240-777-8093

Weekly programs, social activities, exercise classes, and special events are scheduled for this winter. Contact the center for details. The center also offers a lunch program.

## Germantown CRC+

**Mondays & Thursdays • 10:00am-2:00pm**

18905 Kingsview Road  
Germantown, MD 20874  
240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts and crafts, health and wellness classes and lectures. Come check us out!

## JCA Thome Kensington Club

**Mondays & Thursdays • 10:00am-2:00pm**

A new program offered in partnership with the Jewish Council for the Aging (JCA) designed to meet the needs of seniors who are in the early stages of diagnosed memory loss. Member dues are \$60 per day and include snack, lunch, enriched activities and trips. Activities to maximize cognitive functioning include exercise, dance and movement, art and music therapy, discussions, guest speakers, performances and trips. Certified staff have specialized training in dementia. Call the JCA at 301-255-4204 for information on enrollment.

## Lawton/ Bethesda Area

**Tuesdays, Thursdays & Fridays • 10:00am-2:30pm**

Jane E. Lawton CRC  
4301 Willow Lane  
Chevy Chase, MD 20815  
240-777-6855

The Jane E. Lawton Community Center offers a variety of ongoing health and fitness classes for our 55+ community. We offer a beginners and an advanced class for bone building and strengthening, hatha yoga and stress management instruction, Alzheimer and Widower's support groups, senior fit exercise classes/weight training and inside court-side pickleball. We also have a fitness room with various cardio and weight training exercise equipment for members.

## Bone Builders Plus

**Mondays & Wednesdays • 10:00am-11:00am**

The Bone Builder Plus class is very popular and fills up quickly. For specific information please see the strength training section of the guide.

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

## Hatha Yoga and Stress Management

**Wednesdays & Thursdays • 9:45am-11:00am**

The instructor teaches participants to use yoga poses to help increase their flexibility and strength. Contact Suzana at 301-326-4276 for additional information.

## Easy Yoga

**Thursdays • 9:45am-11:00am**

A slower paced class for mixed levels that modifies basic yoga poses to enhance the individual's experience.

## Open Gym Seniors Pickleball

**Thursdays • Noon-2:30pm**

A vigorous, popular indoor court net game providing a fun, challenging workout.

## Member Exercise Room

### Daily Access

Ongoing access to use a variety of exercise equipment to maintain your health and fitness.

## Senior Shape Weight Training

**Tuesdays and Fridays • 12:15pm-1:00pm**

## Support Groups

**Widower's Support Group • Thursdays • 2:00pm-3:00pm**

**Alzheimer's Support Group • Tuesdays • 1x a month • 2:00pm-3:00pm**

## Longwood CRC

**Mondays & Wednesdays • 10:00am-2:00pm**

19300 Georgia Avenue  
Brookeville, MD 20833  
240-777-6920

Our participants enjoy Zumba Gold, a weekly discussion group, chair exercise, lectures, presentations, entertainment and socials.

## Zumba Gold

**Mondays & Wednesdays • 9:00am**

Registration is required. Designed to encourage cardio activity and exercise with Latin and International music and dance. (Instructor led)

## Just My Two Cents!

**Wednesdays • 10:00am**

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer led)

## Chair Exercise

**Mondays • 10:30am**

Stretch muscles, improve circulation and decrease stress. (Video led)



55+ PROGRAMS

**Marilyn J. Praisner CRC+**

**Tuesdays & Thursdays • 10:00am-2:00pm**  
14906 Old Columbia Pike  
Burtonsville, MD 20866  
**240-777-4970**

Programs include something for every senior, such as health and wellness learning, onsite movies, arts and crafts, guest speakers, entertainers and fitness activities for every level. Select from fitness classes, many free of charge, with modified exercises to accommodate beginners or advanced participants, including Tai Chi, Senior Fit and Bone Builders. Periodic mini-trips to local points of interest add to the array of carefully planned activities and events for active adults who love to be on-the-go!

**Chair Yoga**

**2<sup>nd</sup> Thursday of the Month • 10:00am-11:00am**  
A gentle form of yoga designed for all levels. Stretch muscles, improve circulation and decrease stress.

**Bridge**

**Mondays & Wednesdays • 1:00pm-4:00pm**  
Beginners, intermediate, advanced. Want to play or learn to play? We have a table for you.

**Discussion Group**

**Tuesdays • 10:30am-Noon**  
Enjoy stimulating discussions on current events. Each session is conducted by a moderator so that everyone gets equal opportunity to speak and weekly topics are planned by participants

**Line Dance**

**Wednesdays • Noon-1:00pm**  
Old school and new school line dancing are a part of this fun filled class that teaches beginning and intermediate levels.

**Tai Chi**

**Thursdays • 2:00pm-3:00pm**  
Qi Gong Tai Chi. Relaxing, moving and meditating is the focus of this class.

**Mid-County CRC\***

**Tuesdays & Thursdays • 10:00am-2:00pm**  
2004 Queensguard Road  
Silver Spring, MD 20906  
**240-777-6820**

Mid-County Community Center offers a variety of fun activities for individuals 55+, including: Zumba Gold, Soul Line Dancing, Tai Chi strength and balance, general senior programs, the Bone Builders Exercise Class, senior volleyball, Pickleball (during open gym), a nutrition lunch program, bridge and Mah Jongg. We also

offer blood pressure checks from Med Star Montgomery Medical Center the third Thursday of every month along with special events, theme parties, Mini-Trips and celebrations on a regular basis. Come check us out!

**Ross Boddy/Sandy Spring +**

**Tuesdays & Thursdays • 10:00am-2:00pm**  
Ross Boddy NRC  
18529 Brooke Road  
Sandy Spring, MD 20860  
**240-777-8050**

Programs include games, line dancing, art, Senior Fit, and much more! Call us for all of the details.

**Bingo**

**Tuesdays & Thursdays • 11:00am-Noon**

**Dominos**

**Tuesdays & Thursdays • 1:00pm-2:00pm**

**Plum Gar CRC**

**Tuesdays & Fridays • 10:00am-2:00pm**  
19561 Scenery Drive  
Germantown, MD 20876  
**240-777-4919**

Participate in tai chi, ballroom dancing and karaoke! Call the center for details on winter programs.

**CASSA (Chinese American Senior Services Association)**

**Thursdays • 10:00am-2:00pm**

**Potomac CRC**

**Tuesdays & Fridays • 10:00am-1:30pm**  
11315 Falls Road  
Potomac, MD 20854  
**240-777-6960**

**55+ Club**

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, crafts, movies, guest speakers and entertainers. Periodic field trips are also scheduled with transportation provided. Light refreshments are served. FREE. In addition, we offer a wide variety of exercise classes, several are free while others have a nominal fee. Come join us!

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



## Senior Sports Activities

Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, pickleball, table tennis, billiards and other individual and team sports. Drop-In Gym programs only require individuals to get a \$30 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA). Call the Sports Team at 240-777-6810 for more information on league play. Aquatics also offers many programs and classes. Call the Aquatics Team at 240-777-6860 for additional information.



### Open Gym Badminton

**North Potomac CRC**  
Th • 9:00am-Noon  
Th • 6:15pm-8:45pm\*\*

### Open Gym Basketball

**Bauer Drive CRC**  
Tu, Th • 9:00am-Noon

**North Potomac CRC**  
M • 6:15pm-8:45pm\*\*  
W • 9:00am-Noon

### Open Gym Pickleball

**Bauer Drive CRC**  
M • 12:30pm-2:30pm  
F • 10:15am-11:45am  
(instruction)

**Clara Barton CRC**  
M • Noon-1:30pm

**Damascus CRC\***  
Tu, Th, Sa • 10:00am-Noon

**East County CRC**  
F • 12:30pm-2:30pm

**Germantown CRC**  
Su • Noon-2:00pm

**Jane E. Lawton CRC**  
Th • Noon-2:30pm

**Longwood CRC**  
Tu • 10:00am-Noon  
Th • 12:30pm-2:30pm

**North Potomac CRC**  
M • 9:00am-Noon  
M • 6:15pm-8:45pm\*\*

**Mid County CRC**  
M, W • 12:00pm-2:00pm  
Th • 6:00pm-8:45pm\*\*

**Plum Gar CRC**  
W • 7:00pm-8:45pm

**Potomac CRC**  
Tu • 11:00am-1:00pm

**Ross Boddy CRC**  
M, W • 12:30pm-2:30pm  
T • 6:00pm-8:30pm

**White Oak CRC**  
T • 6:00pm-8:45pm  
Th • 10:30am-12:30pm  
F • 6:00pm-8:45pm (1st and 3rd Friday)

### Open Gym Sports

**Longwood CRC**  
M, W • Noon-3:00pm

### Open Gym Table Tennis

**North Potomac CRC**  
T • 6:15pm-8:45pm\*\*  
W • 9:30am-Noon

### Open Gym Volleyball

**Bauer Drive CRC**  
M, W • 10:30am-12:30pm

**Mid-County CRC**  
F • Noon-2:00pm

**North Potomac CRC**  
Tu • 9:00am-Noon  
Tu • 6:15pm-8:45pm\*\*

**White Oak CRC**  
M • 10:30am-1:30pm

\* Open to all ages

\*\*Open to 18+

55+ PROGRAMS

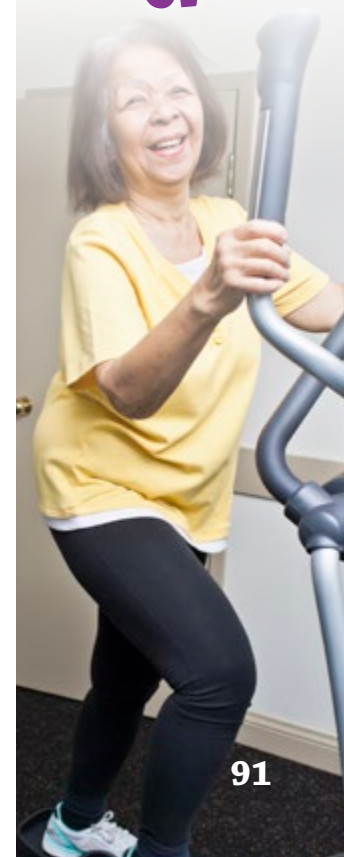
## Senior Sneakers Exercise Program

Montgomery County Recreation's popular Senior Sneakers Program helps adults age 55 and older have access to quality exercise/weight rooms across the County for a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms at all of the centers below during their normal operating hours.

BAUER DRIVE CRC  
CLARA BARTON NRC  
COFFIELD CRC  
DAMASCUS CRC  
EAST COUNTY CRC  
GERMANTOWN CRC  
LAWTON CRC

LONG BRANCH CRC  
LONGWOOD CRC  
NORTH POTOMAC CRC  
MARILYN J. PRAISNER CRC  
MID-COUNTY CRC  
PLUM GAR CRC  
POTOMAC CRC

ROSS BODDY CRC  
SCOTLAND NRC  
UPPER COUNTY CRC  
WHITE OAK CRC  
WISCONSIN PLACE CRC





# EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community and Neighborhood Recreation Centers offer 55+ exercise classes. To learn about availability and to sign up, call the Community Center you are interested in attending.

## Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

### Bauer CRC

M, W • 9:00am-9:45am and 10:00am-10:45am  
F • 9:15am-10:00am

### Coffield CRC

Tu, Th • 10:30am-11:15am

### East County CRC

M, W, F • 10:45am-11:30am

### Germantown CRC

Tu • 1:45pm-2:30pm; Th • 11:30am-12:15pm

### Mid-County CRC

M,W,F • 11:00am-11:45am

### Long Branch Senior Center

M, W • 12:00pm-12:45pm

### Plum Gar CRC

M, W • 10:30am-11:15am

### North Potomac Senior Center

M, W • 1:00pm-1:45pm

### Praisner CRC

M-F • 9:00am-9:45am  
M, W, F • 10:00am-10:45am

### Ross Boddy NRC

Tu, Th • 9:00am-9:45am

### Schweinhaut Senior Center

M, W, F • 8:30am-9:15am  
and 9:30am-10:15am

Tu • 9:00am-9:45am

Sa • 9:30am-10:15am

### White Oak Senior Center

Tu, Th • 9:00am-9:45am

## Better Bones

### Long Branch Senior Center

W, F • 1:00pm-2:00pm

### Schweinhaut Senior Center

M, Th • 2:00pm-3:00pm

## Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at: [events.suburbanhospital.org](http://events.suburbanhospital.org) or call 301-896-3939. The fee is \$40 per class for a 3-month session.

## Weight Training

### Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

### Holiday Park Senior Center

Fridays • 11:00am-11:45am

### Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

## Aerobics/Strength Training/ Stretching

### Clara Barton Community Recreation Center

Tuesdays & Thursdays • 11:30am-12:15am

### North Potomac Senior Center

Fridays • 9:30am-10:15am

## Advanced Aerobics/Strength Training/Stretching:

### Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

### Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Wednesdays • 9:15am-10:00am

## Stability Ball

### Holiday Park Senior Center

Mondays • 9:00am-9:45am

### Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

55+ PROGRAMS



# EXERCISE CLASS HIGHLIGHTS

## MedStar Montgomery Medical Center

Please register at [MedStarMontgomery.org/classes](http://MedStarMontgomery.org/classes) or call 301-774-8881.

### Senior Strength & Balance

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health. Sign up today! Classes are ongoing and a physician's consent form is required to participate.

#### Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

#### Mid-County CRC

Wednesdays • 1:00pm

### Tai Chi

This free meditative exercise program is designed for seniors age 55 and older. Improving balance, and coordination, flexibility, and range of motion and the program will increase strength by making your movements more efficient. Wear comfortable, loose fitting clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

#### Longwood CRC

Mondays • 10:00am

#### Mid-County CRC

Tuesdays • 11:00am

#### Ross Boddy CRC

Tuesdays • 11:00am

### Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body.

#### Longwood CRC

#### Call for dates/times

\$40 for 8 sessions

What to bring: yoga mat, water and comfortable shoes

# MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. 2018 planning is now underway. Call us at 240-777-4930 for more information and plan to participate with us in 2018! Additional information is available at [www.mdseniorolympics.org](http://www.mdseniorolympics.org).





# Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services. Therapeutic Recreation programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

**Reasonable accommodation enables successful participation.**



## Aquatics

### TR Adult Social Swim

Ages 18 & Up: Adapted aquatics and swim instruction in a group setting. Have fun, meet new friends and get some exercise. 1 staff to 7 participants. No personal care assistance provided.

<b>8 Sessions</b>	<b>\$40</b>		
42597 MLK	1/16 T	8:00pm-9:00pm	
42598 GISC	1/17 W	8:30pm-9:30pm	
42599 KSAC	1/18 Th	8:30pm-9:30pm	
42600 OSC	1/19 F	7:30pm-8:15pm	
42601 OSC	1/19 F	8:15pm-9:00pm	

### TR Youth & Teens Social Swim

Ages 7-16: Come out and have fun, get exercise and meet new friends. No personal care assistance provided. If you are bringing a personal care assistant/one-on-one please let us know. 1 staff to 4 participants.

<b>8 Sessions</b>	<b>\$40</b>		
<b>Ages 7-12</b>			
42606 MLK	3/3 Sa	9:00am-9:50am	
<b>Ages 13-17</b>			
42607 MLK	3/3 Sa	10:00am-10:50am	



## Arts

### Handbuilt Pottery

Ages 18 & Up: Individuals with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. 1 staff 8 participants. No personal care provided.

**8 Sessions** **\$75**

Instructor: Valerie Haber

42585 N Potomac CRC 1/16 T 3:00pm-4:00pm

42586 N Potomac CRC 1/16 T 4:15pm-5:15pm

### Kids Kitchen

Ages 6-10 with learning disabilities or ADD/HD. If your child loves to cook or you would like them to learn, then this is the class. Each week young chefs will prepare a nutritious snack. Kitchen safety and nutrition will be part of each class. Each chef will make a recipe book to have at home to make their favorites for the family. Instructor is Odessa from Camp Pines! 1 staff to 4 participants.

**8 Sessions** **\$60**

42587 Holiday Park SC 1/13 Sa 9:30am-11:30am

### Kids Kaleidoscope Art

Ages 6-13 with disabilities: We provide the materials so kids can use their imagination to create fun and interesting art. Seasonal themes makes each class a new experience. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

**8 Sessions** **\$40**

42591 Plum Gar NRC 1/20 Sa 1:00pm-2:00pm

### Kaleidoscope Art

Ages 14 & Up with disabilities: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

**8 Sessions** **\$50**

42588 Plum Gar NRC 1/20 Sa 11:00am-12:30pm

## General Fitness

### Cardio 'n Core

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.

**8 Sessions** **\$40**

42582 Damascus CRC 1/18 Th 7:00pm-8:00pm

### Cheer Aerobics

Ages 13 & Up: "Cheer" your way to fun and fitness! Shake pom poms and dance to music to get your heart and body moving. Pom poms provided for class. 1 staff to 10 participants.

**9 Sessions** **\$40**

42583 East County CRC 1/17 W 7:00pm-8:00pm

### Counter Punching Parkinson's

Ages 18 & Up: Individuals with Parkinson's. Introduction to a boxer's workout adapted to lessen the symptoms of Parkinson's disease. Routines includes skill stations to improve flexibility, balance, coordination and build strength. No physical contact. Instructor is a former kick boxing champion with 28 years experience. All equipment provided. No personal care provided.

**8 Sessions** **\$85**

Instructor: Larry D. Johnson

42584 White Oak CRC 1/8 M 4:00pm-5:15pm

### Moving with Mike

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

**8 Sessions** **\$50**

42592 Germantown CRC 1/21 S 1:00pm-2:00pm

### Power Drumming - Rock Out

Ages 15 & Up: Teens and adults with disabilities. Get energized by using drum sticks to the beat of great music! By using boxes, balls, bottles or cans, you can have fun playing along for a full body workout. Drum sticks provided or bring your own. No experience necessary, just play! 1 staff to 7 participants.

**8 Sessions** **\$40**

42593 Bauer Dr CRC 1/18 Th 7:00pm-8:00pm



# THE THERAPEUTIC RECREATION





THE THERAPEUTIC RECREATION

Stretch 'N Tone

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises.

8 Sessions \$40
42596 Glenmont LP 1/22 M 7:00pm-8:00pm

TR Basketball

Ages 18 & Up: This is a Basketball program for individuals with disabilities. Each Team needs a minimum of 8 participant with a max of 15. A registration must be submitted for each team member. Each agency must provide a team manager/coach. Participants who are not with an agency should contact Matt Rowe 240-777-6895 to be placed on a team.

8 Sessions \$52
42721 Mid County CRC 1/28 S 12:00pm-2:30pm

TR Yoga Basics

Ages 13 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders; movements can be adapted by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$82
Instructor: Irene Bopp
42603 Bauer Dr CRC 1/16 T 4:30pm-5:30pm
42605 Mid County CRC 1/17 W 6:15pm-7:15pm
42604 White Oak CRC 1/18 Th 1:30pm-2:30pm

TR Zumba

Ages 13 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40
42608 Upper County CRC 1/18 Th 7:00pm-7:50pm
42609 Holiday Park SC 1/20 Sa 10:00am-10:50am

Easy, Fast, Secure! Active MONTGOMERY
ActiveMONTGOMERY.org

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. 1 staff to 10 participants.

8 Sessions \$40
42610 Holiday Park SC 1/20 Sa 11:00am-12:00pm

General Martial Arts

Karate for Individuals with Disabilities

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

10 Sessions \$75
Instructor: TKA Inc.
42589 Holiday Park SC 1/20 Sa 9:00am-9:45am
42590 Holiday Park SC 1/20 Sa 10:00am-10:45am

Specialty Programs

Brain Benders

Ages 7 & Up: Enjoy fun games that test visual perception, pattern recognition, spatial relations, problem solving, matching and memory skills, and brain teasers. This program has varying degrees of challenging games. 1 staff to 4 participants.

8 Sessions \$40
Ages 7-12
42581 Holiday Park SC 1/20 Sa 10:00am-11:00am
Ages 13 & Up
42580 Holiday Park SC 1/20 Sa 11:00am-12:00pm

TR BIG Game Nights

Ages 13 & Up: Have fun playing over-sized games with your friends, and come make new friends too! Gym games, group games, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Theme nights make each night a new adventure:
1/12 "Snow White" Night - wear WHITE!
1/26 "Walking on Sunshine" Night - wear YELLOW!
2/9 Sweetheart Night - wear RED!
2/23 "Winter Blues" Night - wear BLUE!
3/9 St. Patty's Celebration - wear GREEN!

20 Sessions \$40
42602 Bauer Dr CRC 1/12 F 7:00pm-9:30pm



## Saturday Night Socials

Ages 15 & Up with disabilities: Our Special Event theme dances have gotten even BIGGER and BETTER! 6:00pm - 10:00pm, the last Saturday of the month (schedule may vary for Holidays).

6:00pm - 8:00pm DJ, dancing and games. Pizza and refreshments served.

8:00pm - 10:00pm DJ and cosmic dancing with colorful lights.


All dancers pay \$10; pre-registration is encouraged.



**New Year's Celebration**

Ages 15 & Up: Celebrate with party hats, streamers and plenty of dancing! Ring in the New Year a night early! All dancers pay \$10 at the door.

**December 30, 2017**  
**6:00pm-10:00pm**  
**Holiday Park Senior Center**  
**Activity #40295**



**PAJAMA PARTY DANCE**

Ages 15 & Up: Wear your favorite flannel pajamas, robe and slippers for a fun night of dancing and games. All dancers pay \$10 at the door.

**January 27, 2018**  
**6:00pm-10:00pm**  
**Holiday Park Senior Center**  
**Activity # 42594**



**WINTER FIESTA DANCE**

Ages 15 & Up: Wear your favorite bright colors and let's heat up the winter night with a little salsa dancing and of course chips and salsa for eating! All dancers pay \$10 at the door.

**February 24, 2018**  
**6:00pm-10:00pm**  
**Holiday Park Senior Center**  
**Activity #42595**

## Weekend Adult Social Clubs

You spoke and we listened! Thanks for your input! Our Therapeutic Recreation Adult Social Clubs are new and improved! Looking for meeting new people – we've got it! Looking for taking some fun group trips – we've got it! Looking for a place to hang out with your friends – we've got it! You are welcome to register for more than one club to give you more weekend social opportunities.

Weekend Adult Social Club membership fees are \$40 each for the year - October 2017 thru July 2018. Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$50 (dinner theatre). Club trips depart from the Recreation Administrative Office.

### Insiders Club

Ages 18 and up with disabilities: Get out of the house and get "in" some fun with your friends! Game nights, holiday parties, potlucks and more to give you an opportunity to socialize and hang out together. Activities based at Holiday Park Senior Center so you can easily plan your transportation and be familiar with your environment. Staff supervision provided.

### Weekenders Club

Ages 18 & Up with disabilities: Be actively involved with your friends on trips - amusement parks, hayride and bonfire, hiking, and more. A great opportunity for those that like to be on the move! Staff supervision provided.

### Socializers

Ages 21 & Up with disabilities: Adults who live independently and are looking to meet other people in planned social activities and day trips - ballgames, cooking workshops, dinner theaters. Staff supervision provided but members have an opportunity to independently explore on some trips; members must be able to meet at designated area/time (i.e. annual holiday shopping trip to outlet mall).



# YOUTH DEVELOPMENT

Montgomery County Recreation

Youth Development Office: 240-777-8080

RecZone  
County  
Cup



The Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models.

### Excel Beyond the Bell - Elementary



A high-quality after-school program that provides opportunities for academic and recreational enrichment. Participants power up with a healthy,

hot meal. Students are part of a great afterschool experience, fostering a sense of community and belonging. Check our website for participating schools.

### Rec Extra - Middle Schools



Discover new opportunities! Meet students you might not otherwise meet! Get to you know your teachers outside of the academic setting.

RecXtra offers exciting after-school activities that make school a more exciting place to be. Check our website for participating schools.

### Soccer4Change



Montgomery County Soccer 4 Change is a referral based outreach soccer program that runs seasonally. The program is designed to connect high school youth to critical developmental assets through team play. Throughout this league, coaches work with our youth to instill four core team values:

Accountability, Respect, Trust and Teamwork. Contact our office to find out how to make a referral.

### Excel Beyond the Bell



Students at Excel Beyond the Bell schools get expanded access to after school! Members can power up with an after school meal before

heading off to an activity of their choice. Need a ride home? Membership includes access to a 5:45 p.m. activity bus. You might come for the extracurricular activities, but you probably stay for the people you meet! Check our website for participating schools.

### RecZone - High Schools



RecZone brings the excitement you crave to your time after school. Get away from school pressures, be active, hang out with friends and even meet some cool adults. RecZone provides a wide variety of opportunities:

Employment Help, Creative Arts, Mentoring, Dance, Leadership, College Tours, Homework Help, Lunch time programs and more! Check our website for participating schools.

### TeenWorks



TeenWorks is a year-round employment program for young people ages 16-24 who

are looking for their first job. Participants gain valuable employment experience while earning a paycheck. Check out our webpage to find out how to get involved or apply to be a TeenWorks apprentice.

# SIGNATURE EVENTS

Moco's  
Got  
Talent



East  
County  
Strings



Thanksgiving  
Day Parade



## MoCo's Got Talent

A visual, dance and music competition for middle and high school youth to showcase their talents. Young people will audition for a final spot to perform at The Fillmore in downtown Silver Spring. Look for auditions at the end of February. Follow us on Twitter @mocreco to be the first to know when auditions are scheduled.

## Montgomery County Youth Summit

Coming this Spring! The Montgomery County Youth Summit is your chance to be heard. Let our local officials hear your opinions on how to keep young people connected. Transportation may be provided to Silver Spring from your area. Check out our website for more information.

## Thanksgiving Day Parade

Want to be on TV and get Student Service Learning Hours? Volunteer to work with us at the Annual Thanksgiving Parade in Downtown Silver Spring. Volunteers ride on floats, handle large balloons and dress in character. Contact our office to sign up.

## East County Strings

Do you have a passion for music and attend middle school in Eastern Montgomery County? Want to learn from professional musicians and be part of an orchestra? Then East County Strings may be just right for you. Check out our website for more information.

## Audacity of Hoops

Coming this May to downtown Silver Spring! This 3 on 3 Hoop It Up style tournament is open to all middle and high school students in Montgomery County. This high endurance competition will draw hundreds of hoop hopefuls to the Plaza. Check out our website for more information.

## Fashion Boot Camp

Calling all fashionistas! Join us this January for a fashion-music-infusion with the right mixture of creative arts and challenge. Young people ages 12-18 learn proper modeling techniques, healthy eating, the importance of being on time, and more. Show us what you've learned when you walk down the runway in our spring fashion showcase. Check out our website for more information.

## RecZone County Cup

A winter indoor futsal tournament offered in Silver Spring and Germantown for youth ages 15-19. Students play a series of games on Friday nights. Grab 5 or 6 of your friends and sign up now! Bring home the RecZone County Cup! Check out our website for more information.

Audacity of  
Hoops



Fashion  
Boot Camp



Follow Us:



Facebook:  
montgomerycountyrecreation



Twitter:  
@mocreco



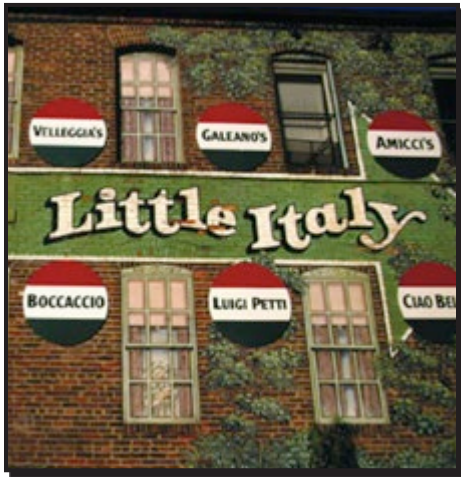
Instagram:  
mocrecreation



# MONTGOMERY COUNTY RECREATION

# SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



SOAR offers day trips designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. All trips will depart from and return to the Olney Manor Recreational Park.

## COMING THIS SPRING

- Cherry Blossom Cruise · Old Town Alexandria · Taste of Little Italy · Spies of Washington, D.C. Tour · St. Mary's City · Ed Bearss: Pickett's Charge - Battle of Gettysburg · The Wyeth Story · Harriet Tubman Tour · Sailing on the Chesapeake Bay



## MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

## COMING THIS SPRING

- Philadelphia Flower Show
- Dublin Irish Dance "Stepping Out"
- "Jesus" at the Sight & Sound Theatre
- Maymont Gardens & Mansion Tour and Lewis Ginter Botanical Gardens, Richmond, VA
- Gypsy's Tea Room, Westminster, PA
- Market at Grelen, Somerset, VA
- and many more exciting trips!



# I SCREAM...YOU SCREAM WE ALL SCREAM FOR ICE CREAM!

AND CAKE! AND BALLOONS!  
AND PARTY FAVORS!  
AND ALL THE FUN STUFF FOR YOUR  
NEXT BIRTHDAY PARTY!

.....

And what could be better than holding it in one of Montgomery County Recreation's Community Centers or Aquatic Centers?! Our Centers are nearby, convenient, and best of all, surprisingly affordable. If you live in Montgomery County, there is a Community Recreation Center or Aquatic Center near you. Get started by visiting [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) or call 240-777-4980 for Community Recreation Centers or 240-777-6860 for Aquatic Centers.

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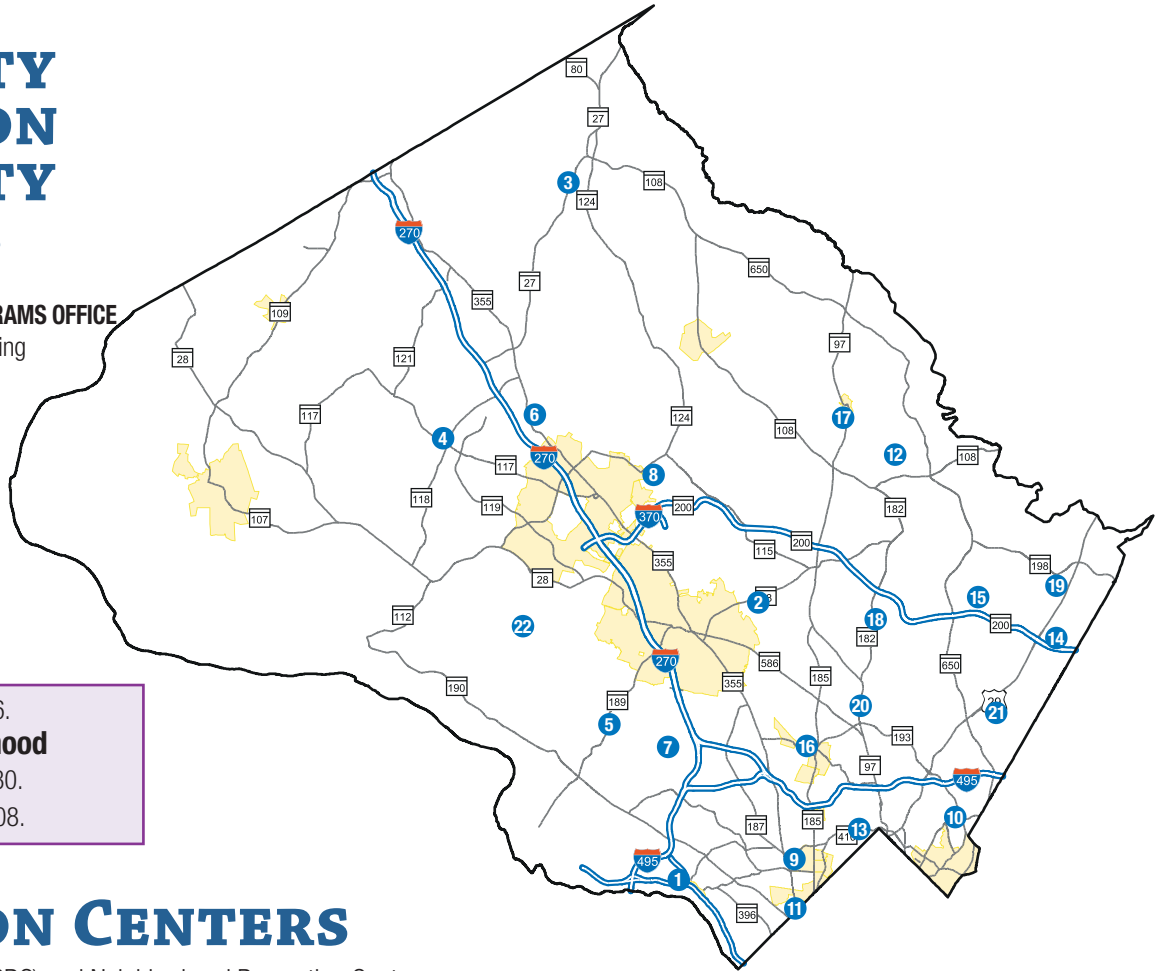




# COMMUNITY RECREATION COMMUNITY FACILITIES

**COMMUNITY FACILITIES AND PROGRAMS OFFICE**  
2004 Queensguard Road, Silver Spring  
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Community Recreation and Neighborhood Recreation Centers



**Aquatic Centers:** See page 16.  
**Senior & Senior Neighborhood Centers:** Starting on page 80.  
**Facility Address:** See page 108.

## RECREATION CENTERS

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

- 1 Clara Barton NRC** 240-777-4910  
7425 MacArthur Boulevard, Cabin John
- 2 Bauer Drive CRC** 240-777-6922  
14625 Bauer Drive, Rockville
- 3 Damascus CRC** 240-777-6930  
25520 Oak Drive, Damascus
- 4 Germantown CRC** 240-777-8095  
18905 Kingsview Road, Germantown
- 5 Potomac CRC** 240-777-6960  
11315 Falls Road, Potomac
- 6 Plum Gar CRC** 240-777-4919  
19561 Scenery Drive, Germantown
- 7 Scotland NRC** 240-777-8075  
7700 Scotland Drive, Potomac
- 8 Upper County CRC** 240-777-8077  
8201 Emory Grove Road, Gaithersburg
- 9 Jane E. Lawton CRC** 240-777-6855  
4301 Willow Lane, Chevy Chase
- 10 Long Branch CRC** 240-777-6965  
8700 Piney Branch Road, Silver Spring

- 11 Wisconsin Place CRC** 240-777-8088  
5311 Friendship Boulevard, Chevy Chase
- 12 Ross J. Boddy CRC** 240-777-8050  
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900  
2450 Lyttonville Road, Silver Spring
- 14 East County CRC** 240-777-8090  
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** **Closed for Renovations**
- 16 Ken Gar Center** 240-777-8099  
4111 Plyers Mill Road, Kensington
- 17 Longwood CRC** 240-777-6920  
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820  
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970  
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** **Closed for Renovations**
- 21 White Oak CRC** 240-777-6940  
1700 April Lane, Silver Spring
- 22 Nancy H. Dacek North Potomac CRC** 240-773-4800  
13850 Travilah Road, Rockville



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# FACILITY ADDRESSES

## Elementary Schools

Arcola ES.....1820 Franwall AVE, Silver Spring, 20902  
 Bells Mill ES .....8225 Bells Mill RD, Potomac 20854  
 Bethesda ES .....5011 Moorland LN, Bethesda, 20814  
 DuFief ES.....15001 DuFief DR, Gaithersburg, 20878  
 Flower Valley ES.....4615 Sunflower DR, Rockville, 20853  
 Glenallan ES.....12520 Heurich RD, Silver Spring, 20902  
 Jones Lane ES.....15110 Jones LN, Darnestown, 20878  
 Kensington-Parkwood ES.....710 Saul RD, Kensington, 20895  
 Luxmanor ES .....6201 Tilden LN, Rockville, 20852  
 Oakland Terrace ES.....2720 Plyers Mill RD, Silver Spring, 20902  
 Poolesville ES.....19565 Fisher AVE, Poolesville, 20837  
 Resnik, Judith A. ES.....7301 Hadley Farms DR, Gaithersburg, 20879  
 Rock View ES.....3901 Denfeld AVE, Kensington, 20895  
 Rolling Terrace ES.....705 Bayfield ST, Takoma Park, 20912  
 Stedwick ES.....10631 Stedwick RD, Montgomery Village, 20886

## Middle Schools

Clemente MS .....18808 Waring Station RD, Germantown, 20874  
 Eastern MS .....300 University BLVD, Silver Spring, 20901  
 Frost, Robert MS.....9201 Scott DR, Rockville, 20850  
 Parkland MS .....4610 W Frankfort DR, Rockville, 20853  
 Tilden MS .....11211 Old Georgetown RD, Rockville, 20852

## High Schools

Bethesda-Chevy Chase HS.....4301 Eastwest HWY, Bethesda, 20814  
 Johnson, Walter HS .....6400 Rock Spring DR, Bethesda, 20814

## Parks

Glenmont LP .....1615 E Randolph RD, Colesville, 20904  
 Norbeck-Muncaster Mill NP .....4101 Muncaster Mill RD, Norbeck, 20853  
 Norwood LP .....4700 Norwood DR, Chevy Chase, 20815  
 Pilgrim Hills LP .....1615 E Randolph RD, Colesville, 20904  
 Veirs Mill LP .....4425 Garrett Park RD, Wheaton, 20906

## Recreation Facilities

Bauer Drive CRC.....14625 Bauer DR, Rockville, 20853  
 Clara Barton NRC.....7425 MacArthur BLVD, Cabin John, 20818  
 Damascus CRC .....25520 Oak DR, Damascus, 20872  
 Damascus SC.....19300 Georgia AVE, Brookeville, 20833  
 Dobre Gymnastics .....9168 Gaither RD, Gaithersburg, 20877  
 East County CRC .....3310 Gateshead Manor WAY, Silver Spring, 20904  
 Germantown CRC.....18905 Kingsview DR, Germantown, 20874  
 Germantown ISC .....18000 Central Park CIR, Boyds, 20841  
 Gwendolyn Coffield CRC.....2450 Lyttonville RD, Silver Spring, 20910  
 Holiday Park Senior Center .....3950 Ferrara DR, Wheaton, 20906  
 Jane E. Lawton CRC .....4301 Willow LN, Chevy Chase, 20815  
 Kennedy Shriver AC.....5900 Executive BLVD, N. Bethesda, 20814  
 Long Branch CRC .....8700 Piney Branch RD, Silver Spring, 20901  
 Longwood CRC.....19300 Georgia AVE, Brookeville, 20833  
 Marilyn J. Praisner CRC.....14906 Old Columbia PKY, Burtonsville, 20866  
 MLK Swim Center .....1201 Jackson RD, Silver Spring, 20904  
 Mid County CRC.....2004 Queensguard RD, Silver Spring, 20906  
 North Potomac CRC .....13850 Travilah RD, Rockville, 20850  
 Olney Swim Center.....16601 Georgia AVE, Olney, 20832  
 Plum Gar CRC.....19561 Scenery DR, Germantown, 20874  
 Potomac CRC .....11315 Falls RD, Potomac, 20854  
 Ross Boddy CRC .....8529 Brooke RD, Sandy Spring, 20860  
 Scotland CRC.....7700 Scotland DR, Potomac, 20854  
 Upper County CRC.....8201 Emory Grove RD, Gaithersburg, 20877  
 White Oak CRC.....1700 April LN, Silver Spring, 20904  
 Wisconsin Place CRC .....5311 Friendship BLVD, Chevy Chase, 20815

## Other Facilities

Avant Garde .....15268 M Nicholson LN, N. Bethesda, 20895  
 KOMODO USA Gaithersburg .....402 Main ST # 200B, Gaithersburg, 20878  
 KOMODO USA Germantown...19727 Executive Park CIR, Germantown, 20874  
 Kritt Studio .....14817 Brownstone DR, Burtonsville, 20866  
 Maryland Table Tennis Center...18761 Q Frederick RD, Gaithersburg, 20879  
 Yoga Plus Bethesda.....8200 Hamilton Springs CT, Bethesda, 20817  
 Yoga Plus Potomac.....9908 S Glen RD, Potomac, 20854



## MONTGOMERY PARKS • WINTER 2017-2018



### Nature & Horticultural Programs

- 116 Brookside Gardens Programs & Events
- 121 Black Hill Programs & Events
- 129 Brookside Nature Center Programs & Events
- 136 Locust Grove Nature Center Programs & Events
- 141 Meadowside Nature Center Programs & Events

### Sports Programs

- 147 Ice Skating and Hockey @ Cabin John and Wheaton Ice
- 167 Tennis @ Pauline Betz Addie and Wheaton Indoor Tennis

### More to Do in the Parks

- 111 Montgomery Parks Summer Camps
- 119 Volunteer Opportunities
- 120 Black History Month Celebrations
- 128 Waterfowl Festival
- 134 Maple Sugaring Days
- 140 Winter Solstice Celebrations
- 160 National Skating Month & Hockey Weekend in America
- 161 School's Out Skate Days
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- 177 Wheaton Sports Pavilion After School Programs

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**ActiveMONTGOMERY** Registration Form for Parks & Recreation

### REGISTRATION OPENS

...Monday, **NOVEMBER 13** for  
**BROOKSIDE GARDENS**  
**ALL NATURE CENTERS**

...Monday, **DECEMBER 18** for  
**ICE SKATING & HOCKEY AND**  
**INDOOR TENNIS**  
**WINTER 1 Session**

...Thursday, **FEBRUARY 15** for  
**ICE SKATING & HOCKEY AND**  
**INDOOR TENNIS**  
**WINTER 2 Session**

*Registration for all sessions is open to Montgomery County residents on first date shown; next day, registration is open to all.*



# From the Chair



MONTGOMERY COUNTY PLANNING BOARD  
THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION  
OFFICE OF THE CHAIR

Winter 2017

Dear Fellow Park Fans:

Wintertime may mean hibernation in the animal kingdom, but for park users it's still a great time to get outside, enjoy nature, and stay active! It's also a time of celebration and reflection. Mark your calendar to attend one (or more) of the Parks' winter events and festivals and make sure to visit Brookside Gardens' Garden of Lights Show, which opens November 24.

Here's what's happening in the parks:

- Spanish language programming at Meadowside Nature Center (pg. 142);
- After-school programs at Wheaton Sports Pavilion (pg. 177), and
- ACEing Autism programming at Wheaton Indoor Tennis (pg. 175)

Ready to kick start some New Year's resolutions? Take up a new hobby and sign up for ice skating or tennis lessons, or enroll in an art class at Brookside Gardens School of Botanical Art. Looking to give back to your community...explore volunteer opportunities in Parks, details at [www.parksvolunteers.org](http://www.parksvolunteers.org). Learn something new by joining one of our many winter speaker series sessions. Each features a passionate speaker on topics pertaining to parks and planning. Find the schedule on our website at [www.MontgomeryParks.org](http://www.MontgomeryParks.org).

This past fall we opened our newest park, Western Grove Urban Park made possible through a special partnership with the Village of Chevy Chase. While it's small in size—less than an acre—this tucked away gem features many beautiful details including a plaza, fountain, cedar bridge and a human sundial to teach little ones how to tell the time. We also recently completed two new trail projects—the Western Piedmont Trail Bridge at Little Bennett Regional Park, and the addition of three miles of new trails at Cabin John Regional Park. Visit [MontgomeryParks.org](http://MontgomeryParks.org) for more details on these projects.

Get out and enjoy our parks, and have a happy and healthy winter season!

Casey Anderson  
Chair, Montgomery County Planning Board and  
Vice Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320  
[www.MontgomeryPlanningBoard.org](http://www.MontgomeryPlanningBoard.org) E-Mail: [mcp-chair@mncppc.org](mailto:mcp-chair@mncppc.org)



MONTGOMERY PARKS

# Summer Camps

**REGISTRATION BEGINS JAN 18, 2018!**

Tennis • Ice Skating • Gardening • Golf • Nature • Kayaking • Lacrosse • Outdoor Adventure  
Fishing • Hiking • Hockey • Archaeology Week in the Park • More!

Our Camps Run from June – August  
With Convenient Locations All Over Montgomery County



Register at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)  
More Info at [MontgomeryParks.org/Camps](http://MontgomeryParks.org/Camps)



# MONTGOMERY PARKS Directory

## ARCHERY

Classes offered in **South Germantown Recreational Park**  
See contact information under "Driving Range/Golf" with questions.

## BOATING & FISHING

**Black Hill Boats** • Black Hill Regional Park  
20920 Lake Ridge Drive, Boyds, MD 20841  
301-528-3466 Boat House  
www.BlackHillBoats.com

**Lake Needwood Boats** • Rock Creek Regional Park  
15700 Needwood Lake Circle, Rockville, MD 20855  
301-563-7540 recorded info • 301-563-7544 in season  
www.LakeNeedwoodBoats.com

## CAMPING

**Little Bennett Campground** • Little Bennett Regional Park  
23701 Frederick Road, Clarksburg, MD 20871  
301-528-3430 • www.LittleBennettCampground.com

## CAROUSEL

**Ovid Hazen Wells Carousel** • Wheaton Regional Park; see "Trains"

## CULTURAL & HISTORIC ATTRACTIONS

Visit [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org) for more information and sites.

**Agricultural History Farm Park**  
18400 Muncaster Road, Derwood, MD 20855  
301-840-5120 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

**Oakley Cabin African American Museum**  
3610 Brookeville Road, Olney, MD 20832  
301-650-4373 • [www.OakleyCabin.org](http://www.OakleyCabin.org)

**Underground Railroad Experience Trail**  
16501 Norwood Rd., Sandy Spring, MD 20860  
301-929-5989 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

**Woodlawn Manor Cultural Park**  
16501 Norwood Road, Sandy Spring, MD 20860  
301-929-5989 • [www.HistoryInTheParks.org](http://www.HistoryInTheParks.org)

## DOG PARKS

**Black Hill Regional Park Dog Park**  
20930 Lake Ridge Drive, Boyds, MD 20841  
*On Picnic Lane, SE of boat rentals on Lake Ridge Dr.*

**Cabin John Regional Park Dog Park**  
10900 Westlake Drive, Bethesda, MD 20876

**Ellsworth Urban Park Dog Park**  
621 Ellsworth Drive, Silver Spring, MD 20910  
*South of the playground, entrance off Colesville Rd.*

**Olney Manor Recreational Park Dog Park**  
16601 Georgia Avenue, Olney, MD 20832  
*Near Ballfield #4, across from the concession stand*

**Ridge Road Recreational Park Dog Park**  
21155 Frederick Road, Germantown, MD 20876  
*North of the soccer field, west of the in-line hockey rink*

**Wheaton Regional Park Dog Park**  
11717 Orebaugh Avenue, Silver Spring, MD 20902  
*East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance*

*\*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.*

## DRIVING RANGE/GOLF

**South Germantown Driving Range**   
18045 Central Park Circle, Boyds, MD 20841  
301-670-4670 • [www.SGDrivingRange.com](http://www.SGDrivingRange.com)

## EVENT CENTERS


*Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat!*

**Brookside Gardens** • Wheaton Regional Park  
1800 Glenallan Avenue, Wheaton, MD 20902  
301-962-1404 • [Event.Manager@MontgomeryParks.org](mailto:Event.Manager@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.BrooksideGardens.org](http://www.BrooksideGardens.org)

**Lodge at Little Seneca Creek**  
14500-A Clopper Road, Boyds, MD 20841  
301-528-6010 • [SenecaLodge@MontgomeryParks.org](mailto:SenecaLodge@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.LodgeatSeneca.org](http://www.LodgeatSeneca.org)

**Rockwood Manor**  
11001 MacArthur Boulevard, Potomac, MD 20854  
301-563-7510 • [RockwoodManor@MontgomeryParks.org](mailto:RockwoodManor@MontgomeryParks.org)  
[www.ParkEventCenters.org](http://www.ParkEventCenters.org) or [www.RockwoodManor.org](http://www.RockwoodManor.org)

## GARDENS

**Brookside Gardens** • Wheaton Regional Park   
1800 Glenallan Ave., Wheaton, MD 20902  
301-962-1400 general information • 301-962-1404 event rentals  
[www.BrooksideGardens.org](http://www.BrooksideGardens.org)

**McCrillis Gardens**  
6910 Greentree Road, Bethesda, MD 20817  
301-962-1455 • [www.McCrillisGardens.org](http://www.McCrillisGardens.org)

## GOLF\*

*\*Golf courses are operated by the Montgomery County Revenue Authority. Visit [www.MCGolf.com](http://www.MCGolf.com) for information.*

**Little Bennett Golf Course** • 301-253-1515

**Needwood Golf Course** • 301-948-1075

**Northwest Park Golf Course** • 301-598-6100

**Sligo Creek Golf Course** • 301-585-6006

## HORSEBACK RIDING & STABLES\*

**Callithea Farm Park**  
15000 River Rd., Potomac, MD 20854 • 301-977-8010

**Meadowbrook Riding Stables**  
8200 Meadowbrook Lane, Chevy Chase, MD 20815  
301-589-9026 • [www.MeadowbrookStables.org](http://www.MeadowbrookStables.org)

**Potomac Horse Center**  
14211 Quince Orchard Rd., N. Potomac, MD 20878  
301-208-0200 • [www.PotomacHorse.com](http://www.PotomacHorse.com)

**Rickman Farm Horse Park**  
17320 Moore Rd., Boyds, MD 20841  
1-301-349-0075 • [www.GreatandSmallRide.org](http://www.GreatandSmallRide.org)

**Wheaton Regional Park Stables**  
1101 Glenallen Ave., Wheaton, MD 20902  
301-622-2424 • [www.WheatonParkStables.com](http://www.WheatonParkStables.com)

**Woodstock Equestrian Park**  
20100 Darnestown Rd., Beallsville, MD 20839  
240-498-2412 • [www.EquestrianPark.org](http://www.EquestrianPark.org)

**ICE SKATING**

**Cabin John Ice Rink** 

Cabin John Regional Park  
10610 Westlake Drive, Rockville, MD 20852  
301-765-8620 • [www.CabinJohnIce.com](http://www.CabinJohnIce.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.*

**Wheaton Ice Arena** 

Wheaton Regional Park  
11717 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3000 • [www.WheatonIceArena.com](http://www.WheatonIceArena.com)

*Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.*

**LACROSSE**

**Wheaton Sports Pavilion**

*in Wheaton Regional Park; see "Soccer"*

**MINIATURE GOLF**

**South Germantown Miniature Golf**

South Germantown Recreational Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

**NATURE CENTERS**

**Black Hill Visitor Center** 

Black Hill Regional Park  
20926 Lake Ridge Dr., Boyds, MD 20841  
301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)

**Brookside Nature Center** 

Wheaton Regional Park  
1400 Glenallan Avenue, Wheaton, MD 20902  
301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)

**Locust Grove Nature Center** 

Cabin John Regional Park  
7777 Democracy Boulevard, Bethesda, MD 20817  
301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

**Meadowside Nature Center** 

Rock Creek Regional Park  
5100 Meadowside Lane, Rockville, MD 20855  
301-258-4030 • [www.MeadowsideNature.org](http://www.MeadowsideNature.org)

**SOCCER**

**Wheaton Sports Pavilion** 

Wheaton Regional Park  
11751 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3070 • [www.WheatonSportsPavilion.com](http://www.WheatonSportsPavilion.com)  
200' x 85' covered synthetic turf playing field;  
rent for soccer, lacrosse, futsal, parties and more.

**SPLASH PLAYGROUND**

**South Germantown Splash Playground**

South Germantown Regional Park  
18056 Central Park Circle, Boyds, MD 20841  
301-670-4680 • [www.SplashandGolf.com](http://www.SplashandGolf.com)

**SKATEBOARDING, INLINE SKATING & BMX**

**Olney Manor Skate Park**

Olney Manor Regional Park  
16601 Georgia Avenue, Olney, MD 20832  
301-905-3095 • [www.OlneyManorSkate.com](http://www.OlneyManorSkate.com)

*OMSP is an unsupervised facility; admission is free. See web for details.*

**TENNIS (INDOOR)**

**Montgomery TennisPlex\***

in South Germantown Recreational Park  
18010 Central Park Cir., Boyds, MD 20841  
240-477-4430 • [www.MontgomeryTennisPlex.com](http://www.MontgomeryTennisPlex.com)

*\*This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

**Pauline Betz Addie Tennis Center** 

Cabin John Regional Park  
7801 Democracy Blvd., Bethesda, MD 20817  
301-765-8650 • [www.CabinJohnTennis.com](http://www.CabinJohnTennis.com)

**Wheaton Indoor Tennis** 

Wheaton Regional Park  
11715 Orebaugh Avenue, Wheaton, MD 20902  
301-905-3030 • [www.WheatonTennis.com](http://www.WheatonTennis.com)

**TENNIS (OUTDOOR)**

*Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.*

Outdoor tennis lesson info: [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)  
Complete court list: [www.MontgomeryParks.org](http://www.MontgomeryParks.org)  
Reserve a court: [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org)

**TRAILS**

Visit [www.MontgomeryTrails.org](http://www.MontgomeryTrails.org) for maps and detailed information about the 200 miles of trails in Montgomery Parks.


**TRAINS (MINIATURE)**

**Cabin John Miniature Train**

Cabin John Regional Park  
7410 Tuckerman Lane, Rockville, MD 20852  
301-765-8670 • 301-650-2880 party rentals  
[www.CabinJohnTrain.com](http://www.CabinJohnTrain.com)

**Wheaton Miniature Train**

Wheaton Regional Park  
2000 Shorefield Road, Wheaton, MD 20902  
301-563-7545 • 301-650-2880 party rentals  
[www.WheatonTrainandCarousel.com](http://www.WheatonTrainandCarousel.com)

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

**CONTACT INFORMATION**

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **301-495-2525** [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- To volunteer in the Parks: **www.ParksVolunteers.org**
- General Information: **301-495-2595** [MontgomeryParks.org](http://MontgomeryParks.org)
- Accessibility Information: **301-495-2477 | 301-439-0579** TTY ProgramAccess @MontgomeryParks.org [MontgomeryParks.org/access](http://MontgomeryParks.org/access)
- **ActiveMONTGOMERY** Info@ActiveMONTGOMERY.org Call 301-495-2580 (10am-4:30pm) for Parks, or 240-777-6840 (8:30am-4:30pm) for Rec
- For info about a specific park: **MontgomeryParks.org** Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit [MontgomeryParks Foundation.org](http://MontgomeryParksFoundation.org)



**CUPF Schedules All Athletic Fields**

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit [www.MontgomeryCountyMD.gov/CUPF](http://www.MontgomeryCountyMD.gov/CUPF) or call 240-777-0311.

# Deer Population Management

## Montgomery Parks Deer Management Operations 2017-18

For the public's safety, Montgomery Parks closes select park locations to the public for the duration of firearms-based deer population management operations. These park closures are enforced by the Department's Park Police Division.

### PARKS ARE CLOSED

Parks are closed completely on the dates below.

- **Bennett Creek Conservation Park** | Damascus  
*October 26; November 2, 16; December 14, 28; January 11*
- **Black Hill Regional Park: 10 Mile Creek Segment** | Boyds  
*October 20; December 8, 16; January 19*
- **Blockhouse Point Conservation Park** | Darnestown  
*November 7, 14; December 12, 19*
- **Bucklodge Forest Conservation Park** | Boyds  
*October 20; December 8, 16; January 19*
- **Great Seneca SVP Unit 2** | Gaithersburg  
*October 25; November 1, 15; December 13*
- **Hoyles Mill Conservation Park** | Boyds  
*October 13, 28; November 4, 11; December 2, 9, 30; January 5, 13, 27*
- **North Germantown Greenway** | Clarksburg  
*October 25; November 1, 15; December 13*
- **Little Bennett Regional Park** | Clarksburg  
*December 4 - 7*
- **Rachel Carson Conservation Park** | Olney  
*October 30; November 6, 20; December 18*
- **Woodstock Equestrian Park** | Beallsville  
*October 21; November 18; December 1; January 6*

### CLOSED YEAR-ROUND

- **Goshen Recreational Park** | Goshen

### PARKS ARE CLOSED

6:00PM – 6:00AM | Monday-Friday  
January 8 – 12 and 22 – 26, January 29 – February 2  
and 12 – 16, and February 26 – March 2

- **Agricultural History Farm Park** | Derwood  
*Including attached segments of Rock Creek Stream Valley Units 15 & 16*
- **Black Hill Regional Park Day Use Area** | Boyds
- **Cabin John Regional Park** | Bethesda
- **Martin Luther King Jr. Recreational Park** | Silver Spring
- **Muddy Branch Stream Valley Park Unit 1** | Travilah
- **Needwood Golf Course** | Rockville
- **North Branch Stream Valley Park Units 2 & 3** | Norbeck
- **North Branch Stream Valley Park Unit 4** | Olney
- **Northwest Branch Recreational Park** | Aspen Hill  
*Including Layhill Local Park in Wheaton*
- **Northwest Branch Stream Valley Park Unit 7** | Norwood
- **Northwest Golf Course** | Wheaton
- **Paint Branch Stream Valley, Units 5&6** | Silver Spring  
*Including Paint Branch Neighborhood Park, Pilgrim Hills Local Park, Tamarack Neighborhood Park and Valley Mill Special Park*
- **Red Door Store Historical Cultural Park** | Olney
- **Rock Creek Regional Park** | Rockville
- **Rock Creek Stream Valley Park Unit 2** | Chevy Chase
- **Rock Creek Stream Valley Park Unit 7** | Aspen Hill
- **Sligo Creek Golf Course** | Silver Spring
- **Wheaton Regional Park** | Wheaton
- **Woodlawn Special Park** | Sandy Spring



[ParksDeerManagement.org](http://ParksDeerManagement.org)

# WE ♥ OUR VOLUNTEERS



Volunteering in Montgomery Parks is such a natural thing to do! We love the folks in our communities who get involved—and we think you'll love working with us, too. Check out some of our winter volunteer opportunities below, and visit [ParksVolunteers.org](http://ParksVolunteers.org) for even more. Apply today!

## YOU'LL ♥ OUR WINTER VOLUNTEER OPPORTUNITIES!

### WINTER WOODS WEEKEND

*December 9 & 10*

Brookside Nature Center hosts a lovely winter weekend event where you can help with crafts, storytelling, campfires, and MORE!

### WINTER SOLSTICE CELEBRATIONS

*December*

Come share the magic of the first day of winter at our Nature Centers! You can help us with crafts, campfires, refreshments and other fun solstice activities.

### OTUS' ROCKIN' NEW YEAR CELEBRATION

*Friday, December 29*

Meadowside Nature Center's mascot Otus the Owl loves to rock on New Year's Eve! You'll have lots of fun helping with crafts, dancing and merriment at this daytime party.

### MARTIN LUTHER KING, JR. DAY OF SERVICE

*All Weekend Long! January 13-15*

Join us for a stream and park cleanup, save the trees from invasive vines, or help out with an eco-friendly project at Locust Grove Nature Center! Fingers crossed—it hasn't snowed on this day since we started this annual volunteer event!

### MAPLE SUGAR DAYS

*Weekends in February*

Brookside Nature Center shows how maple sugar is made from beginning to end, and offer maple-themed crafts, food, games and music! Help us share this awesome annual ritual with the public by volunteering during a weekend in February. 16 years old or older.

### HISTORIC SITE TOUR GUIDE TRAINING

*Early Spring*

Do you enjoy meeting new people and sharing your love of history? Become a part of living history—volunteer as a tour guide at one of our wonderful historic sites! Training will begin in early spring, and tours will run April 2017–November 2017.

### ICE SKATING VOLUNTEERS AT CABIN JOHN AND WHEATON ICE

It's the coolest volunteer job ever! Volunteers help as Instructional Assistants. You'll need some skating experience.

### NATURE CENTER HOSTS

Hosts help greet and guide visitors to our four different Nature Centers. Weekday and weekend volunteers needed.

### WEED WARRIOR FOR A DAY

Be a forest hero! Help get rid of non-native, invasive plants that threaten the health of our Parks. You'll be saving the native plants that our birds and other wildlife depend on for food and shelter!

**CONNECT ONLINE!**



**MontgomeryParks**



For more information, please go to our website or call our office  
**[www.ParksVolunteers.org](http://www.ParksVolunteers.org) | 301-495-2504**



# Brookside GARDENS

1800 Glenallan Avenue • Wheaton, MD 20902  
301-962-1400 • [www.BrooksideGardens.org](http://www.BrooksideGardens.org)



## Children's Programs

### Tea, Treats, and Flowers

Parent and child, celebrate the season and awaken your senses! This afternoon while enjoying tea and tasting treats, make 3 beautiful dried pressed flower ornaments that can be adorned on a gift or hung as an ornament. Enjoy the afternoon relaxing, crafting, and tasting!  
Ages 7 & up. Fee: \$18. Registration Required.  
Course #38572 • Sunday, Dec. 10 • 2-4 pm  
Visitor Center Auditorium.

### Flower Buds

This program meets the second Monday of every month. We will feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent. Silblings are welcome but will not be able to make a craft.  
Ages 3-5 yrs. Fee: \$7 Registration Required.  
Course #38554 • Monday, Dec. 11 • 10:30 am-12 pm  
Course #38555 • Monday, Jan. 8 • 10:30 am-12 pm  
Course #38556 • Monday, Feb. 12 • 10:30 am-12 pm  
Visitor Center Auditorium.

### Valentines Tea and Chocolate!

Parent and child celebrate with love, tea, and chocolates. Enjoy a variety of tea, treats, learn about chocolate, taste chocolate treats plus make a valentine and a tea cup floral arrangement for yourself or a loved one!  
Ages 7 & up. Fee: \$18 per person. Registration Required.  
Course #38573 • Sunday, Feb. 11 • 2-4 pm  
Visitor Center Auditorium.

## Garden After Dark

Looking for a special night out with friends or a loved one? Let Brookside Gardens take care of the details! Each fee covers the cost of one person.  
Ages 21 and up.

### Garden After Dark: Holly Daze

The Garden of Lights is back, make a night of it! Step into a magical winter wonderland illuminated with more than one million dazzling colorful lights shaped into hand-crafted, original art forms of flowers, animals and other natural elements. Take a leisurely stroll through the beautiful garden lights, then come inside for paired wine and cheeses with dessert. We'll also create festive holiday ornaments to make your holiday season a little more unique - give it as a gift or use it to enhance your

holiday decor. Fee includes all refreshments, ornament to take home, and admission to Garden of Lights.  
Fee: \$35, FOBG: \$31. Registration Required.  
Course #38625 • Thursday, Dec. 14 • 6:30-8:30 pm

## Horticultural Classes

### Gardener's Focus: Holly & False Holly

Diane Lewis, Brookside Gardens staff. Attend this comprehensive program on Ilex and Osmanthus where you'll learn how these broadleaf evergreen genera can enhance the winter garden and provide a foundation for year-round beauty. Discussion includes foliage types, sizes, colors; beautiful berries, fragrant flowers; dwarf forms for smaller landscapes, and "hatracking" to reduce size. The class includes a walking tour (weather permitting).  
Ages 18 & up. Fee: \$22, FOBG: \$20 Registration Required  
Course #38630 • Saturday, Jan. 27 • 10 am-12 pm

### Everything you ever wanted to know about pruning

Jim Deramus, Brookside Gardens Staff. Learn all about the why's, how's and when's of pruning a variety of specimens in your garden. Gain invaluable advice and experience on how to make proper pruning cuts on trees and bushes of various sizes to achieve structural corrections and rejuvenate old overgrown shrubs. Discover how plants respond to pruning and how to get a shrub or tree to do what you want it to - in a way that is healthy for the plant (within reason of course!)  
Ages 18 & up. Fee: \$22, FOBG: \$20. Registration Required  
Course #38631 • Friday, Feb. 16 • 1-2:30 pm

### Green Matters: Restoring Our Urban Landscapes

How can we design our landscapes in ways that prevent harm to existing ecosystems AND regenerate the environment? We live in an age when the most effective progress on protecting the environment will likely occur at the local level. Join a broad spectrum of actors from home gardeners to professionals in the horticulture and landscape industries to learn how we can be proactive stewards of our own piece of the pie. This symposium helps shift the focus beyond sustainability strategies geared towards slowing environmental degradation by emphasizing solutions that heal our damaged urban landscapes. Learn from experts about regenerative

FOBG = Friends of Brookside Gardens

landscape design and gardening practices that help restore our ecosystems on both small and large scales. Presentations will also explore how we adapt strategies for climate resiliency aimed at preparing our landscapes to absorb stresses and maintain functionality in the face of future climate change impacts. About Green Matters Green Matters, an annual symposium sponsored by Brookside Gardens since 2004, concentrates attention on the intersection of horticulture and environmental issues. Environmental stewardship is a core value of the Maryland-National Capital Park and Planning Commission (M-NCPPC), Brookside Gardens' parent organization. As such, we strive to provide timely information and viable solutions to environmental challenges, because we feel strongly that green does matter. NOTE: Continental breakfast and box lunch included with registration  
Ages 18 & up. Early Bird: \$85 fee expires on Friday Jan. 12; \$99 starting Saturday Jan. 13. Registration Required  
Course #40522 • Friday, Feb. 23 • 8:30 am-4 pm  
Visitors Center Auditorium

## Hands-on Workshops

### Festive Fresh Greens: Wreath

Joan O'Rourke, Friends of Brookside Gardens Join us to make a long-lasting, beautiful wreath using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpieces, or come both days. Learn to make an evergreen wreath for your front door, complete with pinecone and bow accents. Fee includes all materials for one wreath.  
Ages 18 & up. Fee: \$50; FOBG \$46. Registration Required  
Course #39151 • Tuesday, Dec. 12 • 10-11:30 am

### Festive Fresh Greens: Centerpieces

Joan O'Rourke, Friends of Brookside Gardens. Join us to make a long-lasting, beautiful centerpiece using fresh greens! Come Tuesday to make wreaths, Wednesday to make centerpieces, or come both days. The centerpieces will include a candle and seasonal decorations. Fee includes all materials for two centerpieces.  
Ages 18 & up. Fee: \$50; FOBG \$46 Registration Required  
Course #39152 • Wednesday, Dec. 13 • 10-11:30 am

### Kokodama: The Art of Crafting Living Moss Balls

Instructor: Kathy Jentz, Washington Gardener Magazine  
Originating in Japan, kokedama are living plant and moss balls. Traditionally displayed sitting, they also look magical bound up with string and hanging. Similar to bonsai, they are a lovely way to bring a bit of greenery indoors and can live for years with proper care. In this hands-on workshop you'll have access to all the materials needed to make your own beautiful kokedama and will be taken step-by-step through the unique process. Everyone will make two kokedama to take home.  
Ages 18 & up. Fee: \$35, FOBG: \$31 Registration Required  
Course #39905 • Saturday, Jan. 20 • 10 am-12 pm  
Course #39905 • Saturday, Jan. 20 • 1-3 pm

## Brookside Gardens School of Botanical Art & Illustration



### Botanical Art Certification Program

Brookside Gardens' School of Botanical Art & Illustration is happy to announce that it will again offer the Certificate of Botanical Art & Illustration starting this fall term. Please contact Adult Education @ 301-962-1470 or 301-962-1407 for additional information.

### SBAI Curriculum: Value Study D3

Instructor: Carolyn DeHaas. Knowing how to make a pencil drawing pop out from the page by applying values observed with pencil shading, is essential for later understanding how to create an amazing sense of realism in a botanical painting. Start with three-dimensional geometric shapes that underpin stems, flowers and fruits. Develop ability to enhance this pop out effect using exercises in how to create atmospheric perspective in leafy sprigs.  
Ages 18 & up. Fee: \$245, FOBG: \$220. Registration Required  
Certificate Fee: \$80 (if registering for Certificate Program only)  
Course # 42049; Jan. 11, 18, 25 & Feb.1 • 10 am-1:30 pm

### Botanicals in Colored Pencil on Drafting Film

Guest Instructor: Karen Coleman  
Explore the unique surface of drafting film using waxy colored pencils to create botanical artwork with amazingly smooth realism and rich color. Drafting film, a translucent surface with a subtle tooth, makes it easy to transpose your drawings, gives a wonderful smooth texture for applying color, and is erasable. The film we will use in class is Dura-Lar which is matte on both sides and archival. Students will first practice with a small subject provided by the instructor and then use their own subjects to create a unique work. Experience the fun of using colored pencil on both sides of this surface to give depth and glowing, saturated color to your work.  
Level: Intermediate to expert  
Prerequisite: Colored Pencil I or experience in this medium  
Ages 18 & up. Fee: \$190, FOBG: \$170 Registration Required  
Certificate Fee: \$80 (if registering for Certificate Program only)  
Course # 42052; Saturday-Sunday, Feb. 10 & 11. • 10 am-3:30 pm



## Cooking Demonstrations

### Holiday Entertaining

Adrienne Cook, Garden and Cooking Writer Danielle Cook, Holistic Nutritionist and Cooking Instructor Join the Cook Sisters and Brookside Gardens staff for our annual Holiday Buffet Tables and cooking class. This year the audience will get to enjoy delicious samples and learn how to make your holiday table d'Écor classy and fabulous with creative design tips and techniques. Tables will be decorated with stunning flower arrangements, creative ice rings and the buffet will feature great new appetizers. Staff designed floral arrangements will be available for purchase after the program. Ages 18 & up. Fee: \$35, FOBG: \$31 Course #39901 • Friday, Dec. 8 • 12-1:30 pm

### Chocolate Decadence

Adrienne Cook, Garden and Cooking Writer. Danielle Cook, Holistic Nutritionist and Cooking Instructor. The Cook Sisters most popular number "the all-chocolate dinner" will be presented for this class. If you've never sampled this soup-to-nuts chocolate dinner, you can't miss this. If you have had it, come for the newest twists on an incredible meal. Ages 18 & up. Fee: \$35, FOBG \$31 Course #39896 • Monday, Feb. 12 • 12-1:30 pm

## Walks

### Brookside Gardens Winter Tour

Phil Normandy / Brookside Gardens Staff Winter's advent brings on a whole new dimension to the gardens usually overlooked by visitors. Enjoy this walking tour with Phil where you'll see what makes up the 'bones of the garden' without the distraction of leaves or flowers. You'll appreciate the architectural elements of evergreens and woody plants in addition to how hardscapes shape the gardens. \*Meet at the Visitor Center entrance Ages 18 & up. Fee: \$7, FOBG: \$6 Course #39889 • Tuesday, Jan. 16 • 1-2:30 pm

## Trips

### Winterthur - A Yuletide Experience

Start your holiday with a visit to Winterthur and discover one of the Delaware Brandywine Valley's most spectacular holiday showcases! Tour Henry Francis du Pont's dazzling former home decorated in holiday style. Enjoy visions of holidays past and discover exquisitely decorated Christmas trees, such as the majestic dried-flower tree. Enjoy the spectacular collection of American decorative arts such as art, glass, furniture and metalwork; Treasures on Trial: The Art and Science of Detecting Fakes, and a garden tram ride through the garden (weather permitting). Winterthur has two shops, a museum store and a book store for your shopping interests. Fee includes coach transportation, entry fees, and lunch. Ages 18 & up. Fee: \$90, FOBG: \$90 Course #39904 • Monday, Dec. 4 • 8:30 am-5:30 pm





# MAKE YOUR DAY OFF A DAY ON! VOLUNTEER IN MONTGOMERY PARKS

Join us at projects throughout the year!

SSL Approved Volunteer Opportunities at [www.MontgomeryParks.org/SSL](http://www.MontgomeryParks.org/SSL)

## STUDENT SERVICE LEARNING APPROVED!

SPECIAL EVENTS

CLEANUPS

OUTDOOR ACTIVITIES

MANY DATES & LOCATIONS

SEARCH & APPLY ONLINE

[www.MontgomeryParks.org/SSL](http://www.MontgomeryParks.org/SSL)  
301.495.2504



# Celebrate Black History Month 2018

Saturdays | February 3, 10, 17, 24

**FREE GUIDED TOURS**

**“A Walk in Father Henson’s  
Footsteps”**

Noon - 4:00 pm | Last tour begins 3:00 pm

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Learn about his extraordinary life, which inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*.

**TIME TEAM AMERICA  
DOCUMENTARY**

**“The Search for Josiah Henson”**

Noon, 1:00, 2:00 and 3:00 pm

This PBS documentary brings to life the archaeological discoveries made at Josiah Henson Park.

**Saturday, February 3**

**SPOKEN WORD POETRY EVENT**

**“Lyrical Rhythms:  
The Sounds of Freedom”**

3:00 - 5:00 pm | Free Admission

Close out our Black History Month celebration with our annual poetry event. Create and share your own "sounds of freedom" in the form of original poetry. Only self-guided tours are offered during the program. Reception immediately follows.

**HistoryInTheParks.org**

**301-650-4373**



Parking for Josiah Henson Park events is available ONLY at the Shriver Aquatic Center, 5900 Executive Blvd., North Bethesda, MD 20852

**josiah henson park**



**11420 Old Georgetown Road  
North Bethesda, MD 20852**



# BLACK HILL VISITOR CENTER

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • [www.BlackHillNature.org](http://www.BlackHillNature.org)  
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*

### Hike Club

The first rule of Hike Club - have fun! Improve your fitness, make new friends and experience trails and scenery we don't often make time to immerse ourselves in. We welcome all ages, though young children must be able to walk at least 3 miles or be carried. Most trails are not stroller accessible. Please register no later than 24 hours before the hike so we can contact you with the hike's location and other important information.

Ages 1 & up. FREE

Course #42163 • Saturday, Dec. 2 • 11 am-12:30 pm

Course #42165 • Saturday, Dec. 9 • 9-11 am

Course #42166 • Saturday, Jan. 13 • 10 am-12 pm

Course #42167 • Sunday, Jan. 28 • 11 am-1 pm

Course #42168 • Saturday, Feb. 10 • 11 am-12:30 pm

Course #42171 • Sunday, Feb. 25 • 10 am-12 pm

### Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and park naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world. Yoga may happen outdoors, weather permitting. Parents are welcome to do yoga too!

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #42208 • Wednesday, Dec. 13 • 10-11 am

Course #42210 • Wednesday, Jan. 10 • 10-11 am

Course #42211 • Sunday, Jan. 21 • 11 am-12 pm

Course #42212 • Wednesday, Feb. 7 • 10-11 am

## DECEMBER 2017

### 12/2 Decorate a Tree for Wildlife

Join us at the Visitor Center to help decorate an evergreen tree with edible ornaments for our feathered and furred friends. You'll also make a few ornaments to take home for a tree in your yard. Please note: we'll be using nuts and peanut butter.

Ages 3-12 yrs. Fee: \$7, FOBH \$6

Course #42173 • Saturday, Dec. 2 • 2-3 pm

### 12/2 Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket.

Ages 1 & up. Fee: \$6, FOBH \$5

Course #42174 • Saturday, Dec. 2 • 4:30-5:30 pm

### 12/3 Decorate the Nature Center Tree

We'll be putting up the Nature Center's tree for the holidays and could use some help! Give us a hand and listen to some beautiful harp music while we decorate. And we'll have an ornament for you to make and take home for yourself. This program is free, but please register so we'll have enough materials. Music begins at noon.

Ages 1 & up. FREE

Course #42178 • Sunday, Dec. 3 • 11 am-2 pm

### 12/3 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

All Ages. FREE

Course #42180 • Sunday, Dec. 3 • 12-2 pm



Nature Programs  
in Black Hill Regional Park

### 12/3 Night Hikes

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill Road.

Ages 8 & up. Fee: \$6, FOBH \$5  
Course #42183 • Sunday, Dec. 3 • 5-6 pm

### 12/4 Preschool in the Park

We believe children belong outside and that they learn best by playing and experiencing the world around them. This program is a 9-week, drop-off, preschool program designed to foster your child's creativity, sense of self and love of the outdoors. Children must be potty-trained by the start of the program and bring their own snack with them. A welcome letter with more information will be sent once you register.

Ages 3-6 yrs. Fee: \$225  
Course #42188 • Monday, Dec. 4 • 9 am-12 pm

### 12/5 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m-18m. Fee: \$6, FOBH \$5  
Course #42189 • Tuesday, Dec. 5 • 10-11 am

### 12/6 Time for Tots: "Bear Snores On"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Bear Snores On" by Karma Wilson and Jane Chapman.

Ages 2-5 yrs. Fee: \$6, FOBH \$5  
Course #42192 • Wednesday, Dec. 6 • 10-11 am

### 12/7 Eagle Watching at Conowingo Dam

Conowingo Dam in Harford County is a terrific area to observe bald eagles. Travel by van with a park naturalist to enjoy a day of bird watching along the Susquehanna River. Dress in layers for the weather, and bring a bagged lunch. Binoculars and viewing scopes provided, but feel free to bring your own.

Ages 18 & up. Fee: \$30, FOBH \$25  
Course #42199 • Thursday, Dec. 7 • 8:30 am-4 pm

### 12/9 Natural Ornaments

No matter where you hang them, these amazingly simple ornaments will bring a bit of natural beauty indoors on long winter days. We'll transform pine cones, seed pods, and other natural items into lovely ornaments to hang on your tree or anywhere else that needs a bit of nature's splendor. Please register only those making ornaments.

Ages 3 & up. Fee: \$7, FOBH \$6  
Course #42200 • Saturday, Dec. 9 • 1:30-2:30 pm

### 12/10 Ornaments for Wildlife

Join us to make some edible ornaments for the wildlife in your yard. Not only will the animals get a yummy snack, but you'll get some lovely ornaments to look at through your windows! We'll be using nuts and peanuts during this program.

Ages 2-12 yrs. Fee: \$7, FOBH \$6  
Course #42202 • Sunday, Dec. 10 • 10-11 am

### 12/10 Make It and Take It: New Year's Noisemakers

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2  
Course #42203 • Sunday, Dec. 10 • 1:30-3:30 pm

### 12/15 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages 1-3 yrs. FREE  
Course #42215 • Friday, Dec. 15 • 10-11 am

### 12/16 Nature Makerspace: "Wild Wings" Edition

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! This season we'll be inspired by our Staff Pick "Wild Wings." We'll have nature supplies and tools to help you design your own creations that will help bring the book to life. You can work as a family group or join together with others to construct something amazing. No registration required and no need to have read the book; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 3 & up. FREE  
Course #42219 • Saturday, Dec. 16 • 11 am-12 pm

### 12/16 Brownie Girl Scouts: Hiker Badge

Come learn how to become a Brownie Hiker and get ready for adventure. Join us to earn the requirements of the badge; learn about choosing a hike, learn a hiking skill, picking the right gear, packing a snack, and going on a hike.

Ages 6-9 yrs. Fee: \$15, FOBH \$14  
Course #42221 • Saturday, Dec. 16 • 2-4 pm

### 12/17 Awesome Acts of Science

Science is messy, awesome, and fun! We'll have awesome acts of science set up for you to try and to experiment with. You may even get to take something home. No registration required; drop in anytime during program hours! Exact change is appreciated. Check our Facebook page before the program to find out what's happening today.

All Ages. Fee: \$2  
Course #42223 • Sunday, Dec. 17 • 11 am-12 pm



Nature Programs  
in Black Hill Regional Park

## 12/17 Lakeside Chats: Reading "Wild Wings"

Join us for a cozy 'Lakeside Chat' about a topic of interest. Today, join us as we read portions of our season's Staff Pick "Wild Wings" by Gill Lewis. We'll cozy up with hot chocolate, blankets, and rocking chairs as we read together and chat about the book.

Ages 8 & up. FREE

Course #42226 • Sunday, Dec. 17 • 2-3 pm

## 12/19 Time for Tots: "Here Comes Jack Frost"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Here Comes Jack Frost" by Kazuno Kohara.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #42193 • Tuesday, Dec. 19 • 10-11 am

## 12/21 Rawlings Conservatory & Druid Hill Park Hike

We'll travel by van to Baltimore City to hike a portion of the Jones Falls Trail that winds 2.75 miles through historic Druid Hill Park. We'll hike the 1.5-mile Reservoir Loop to look for winter waterfowl and pass the Howard Peters Rawlings Conservatory and Botanic Gardens of Baltimore where we'll stop to warm up a bit. We'll continue around the Maryland Zoo and past the Three Sisters Ponds. Dress for the weather and wear good walking shoes. Bring some money for a lunch stop nearby.

Ages 18 & up. Fee: \$40, FOBH \$35

Course #42214 • Thursday, Dec. 21 • 8:30 am-3 pm

## JANUARY 2018

### 1/2 Night Hikes

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill Road.

Ages 8 & up. Fee: \$6, FOBH \$5

Course #42184 • Tuesday, Jan. 2 • 6-7 pm

### 1/4 Time for Tots: "Winter Awake!"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Winter Awake!" by Ruth Lieberherr.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #42194 • Thursday, Jan. 4 • 10-11 am

### 1/6 Awesome Acts of Science

Science is messy, awesome, and fun! We'll have awesome acts of science set up for you to try and to experiment with. You may even get to take something home. No registration required; drop in anytime during program hours! Exact change is appreciated. Check our Facebook page before the program to find out what's happening today.

All Ages. Fee: \$2

Course #42224 • Saturday, Jan. 6 • 10:30 am-12 pm

### 1/6 Make It and Take It: Snowflakes

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2

Course #42205 • Saturday, Jan. 6 • 1:30-3:30 pm

### 1/6 Campfires at Black Hill

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket.

Ages 1 & up. Fee: \$6, FOBH \$5

Course #42175 • Saturday, Jan. 6 • 4:30-5:30 pm

### 1/7 Birding 101

Do you have trouble identifying the birds at your feeders? Want to learn to identify more waterfowl than mallard ducks and Canada geese? Then join a naturalist to pick up a few tips and tricks and ask all the questions you want. We'll check out our feeders around the Visitor Center and visit our bird blind by the lake. Bring your own binoculars or borrow a pair from us.

Ages 8 & up. Fee: \$6, FOBH \$5

Course #42229 • Sunday, Jan. 7 • 9:30-10:30 am

### 1/7 Gettin' Twiggy with It

Tired of looking at the bare, twiggy trees? Well instead of longing for the green leaves of summer or the colors of fall, let's turn those twigs into something art-y and beautiful to look at. Please register only those making crafts.

Ages 3 & up. Fee: \$7, FOBH \$6

Course #42231 • Sunday, Jan. 7 • 1:30-2:30 pm

### 1/9 Nature Babies

Let's get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome too.

Ages 3m-18m. Fee: \$6, FOBH \$5

Course #42190 • Tuesday, Jan. 9 • 10-11 am

### 1/13 Winter Birding at Black Hill

Discover amazing winter birding just minutes from I-270! Do goldeneyes, tundra swans and coots sound intriguing? Come check them out with an expert guide. We'll start at the Visitor Center then travel by car to other observation areas around the park. Bring your own binoculars if you have them; spotting scopes will be provided. Dress for the weather.

Ages 16&up. Fee: \$12, FOBH \$11

Course #42230 • Saturday, Jan. 13 • 9:30 am-12 pm



### How Does Your Garden Grow?

Save the Date!

Sunday  
March 18  
Noon-4pm

Whether you're a novice or an expert, all are welcome for a day of garden talk and practice. Naturalists, and Master Gardeners will all be on-hand to share their advice and expertise. Bring your questions or tips to share with other plant lovers.

We'll have activities for the whole family! No registration required for this FREE EVENT for all ages.



### 1/13 Nature Makerspace: "Wild Wings" Edition

Are you creative? Do you want to build things with and inspired by nature? Then drop by the Visitor Center and have some creative fun! This season we'll be inspired by our Staff Pick "Wild Wings." We'll have nature supplies and tools to help you design your own creations that will help bring the book to life. You can work as a family group or join together with others to construct something amazing. No registration required and no need to have read the book; drop in anytime during program hours, but be sure to come by early enough to have time to get creative.

Ages 3 & up. FREE  
Course #42220 • Saturday, Jan. 13 • 2-3 pm

### 1/14 Junior Girl Scouts: Geocacher Badge

Geocaching is your chance to be a global explorer. Come learn about geocaching, how to use a GPS unit and go exploring for geocaches in Black Hill Regional Park while earning your Geocaching Badge.

Ages 8-11 yrs. Fee: \$15, FOBH \$14  
Course #42233 • Sunday, Jan. 14 • 10 am-12 pm

### 1/14 Get Lost!

Are you looking for a family adventure? Then join us for an introduction to getting lost! Okay, not "lost," really we mean geocaching and letterboxing. We'll teach you a little bit about each activity and let you practice some new skills to get ready for your own fun family adventure. Please register everyone attending; kids are free.

Ages 6 & up. Fee: \$12, FOBH \$11/Adult  
Course #42234 • Sunday, Jan. 14 • 2-4 pm

### 1/15 Family Day at Black Hill

School's out today, so bring the kids to the Visitor Center for an afternoon of nature fun! Friends of Black Hill Nature Programs will be on hand to help you explore nature topics like birds, bats and bears. Also, volunteer naturalists will lead short nature walks with hands-on activities and games. Drop in anytime from 1 - 4 pm for the fun! This program is free, but please register so we'll have enough materials and help for all.

Ages 1 & up. FREE  
Course #42177 • Monday, Jan. 15 • 1-4 pm

### 1/16 Time for Tots: "The Mitten"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "The Mitten" by Jan Brett.

Ages 2-5 yrs. Fee: \$6, FOBH \$5  
Course #42195 • Tuesday, Jan. 16 • 10-11 am

### 1/20 Sunset Wine Tasting

The only thing that could make the sunset over Little Seneca Lake more perfect would be a glass of wine! Join us and Rocklands Farm Winery, from Poolesville, MD, for a relaxing happy hour among friends. Fee includes one glass of wine, snacks and a priceless views. Additional items for sale.

Ages 21 & up. Fee: \$10  
Course #42236 • Saturday, Jan. 20 • 5-6:30 pm

### 1/21 "Wild Wings" Raptor Encounter

If you loved the book "Wild Wings" by Gill Lewis, then you will love this talk and demonstration by Suzanne Shoemaker of Owl Moon Raptor Center! Owl Moon is a state and federally licensed wildlife rehabilitation center specializing in birds of prey. Learn all about the important work Owl Moon does and meet some very special animal ambassadors. Check out our Facebook page for donation items you may want to bring to help Owl Moon. Please register all participants. Space is limited.

Ages 1 & up. FREE  
Course #42237 • Sunday, Jan. 21 • 1-2 pm

### 1/25 Winter Visit to the Smithsonian Gardens

Most people are familiar with the Smithsonian Museums and Galleries but there are many gardens surrounding those facilities too. To brighten our winter season, we'll travel by van to the National Mall and then go hiking in search of these often overlooked treasures: the Urban Bird Habitat and Common Ground: Our American Garden are just a couple we'll see. Dress in layers and wear comfortable hiking shoes, we'll be outside most of the trip. Please bring a bagged lunch or money to purchase lunch.

Ages 18 & up. Fee: \$40, FOBH \$35  
Course #42238 • Thursday, Jan. 25 • 8:30 am-4 pm

### 1/26 Babes in the Park

We'll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.

Ages 1-3 yrs. FREE  
Course #42216 • Friday, Jan. 26 • 10-11 am

### 1/27 Bird Blind Birding

Winter waterfowl spend a good deal of time on Little Seneca Lake this time of year and our bird blind is a great viewing spot. Come join a naturalist to see who's visiting today! We'll supply viewing scopes, binoculars, and guides. Meet at the Visitor Center.

Ages 8 & up. Fee: \$6, FOBH \$5  
Course #42239 • Saturday, Jan. 27 • 10-11 am

### 1/28 Wonderful Woodpeckers

Listen to a story about woodpeckers, then visit the forest and our log garden to look for them. Afterwards, we'll head back to the Visitor Center to make a yummy treat for the woodpeckers that live in your backyard. We'll be using nuts and peanut products.

Ages 3 & up. Fee: \$6, FOBH \$5  
Course #42240 • Sunday, Jan. 28 • 2-3 pm

### 1/31 Time for Tots: “Groundhog’s Runaway Shadow”

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today’s story is “Groundhog’s Runaway Shadow” by David Biedrzycki.  
Ages 2-5 yrs. Fee: \$6, FOBH \$5  
Course #42196 • Wednesday, Jan. 31 • 10-11 am

### 1/31 Blue Moon Night Hike

It’s a Blue Moon tonight, the second full moon of the month! So why not take a hike by the light of the full Blue Moon. We’ll look and listen for creatures that are most active at night. Hikes are approximately 1 mile. Dress warmly and please, no flashlights. Meet at the gravel parking lot across from the Boat Launch on Black Hill Road.  
Ages 8 & up. Fee: \$6, FOBH \$5  
Course #42187 • Wednesday, Jan. 31 • 6-7:00 pm

## FEBRUARY 2018

### 2/3 Campfires at Black Hill

There’s nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s’mores around the fire. Meet at the Visitor Center and bring a chair or blanket.  
Ages 1 & up. Fee: \$6, FOBH \$5  
Course #42176 • Saturday, Feb. 3 • 5-6 pm

### 2/6 Nature Babies

Let’s get your infant off to a nature loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby’s sense of the world around them. Siblings under 6 are welcome too.  
Ages 3m-18m. Fee: \$6, FOBH \$5  
Course #42191 • Tuesday, Feb. 6 • 10-11 am

### 2/11 Waterfowl Festival

Bring the whole family for a day filled with activities, crafts, demonstrations, and exhibits to celebrate the wondrous water birds that call Little Seneca Lake home during the winter. Try your hand at carving a decoy. Learn about wood duck nest box Citizen Science initiatives. Join guided birding excursions to catch a glimpse of marine ducks, swans, and maybe even the Black Hill bald eagles! No registration required for this free event.

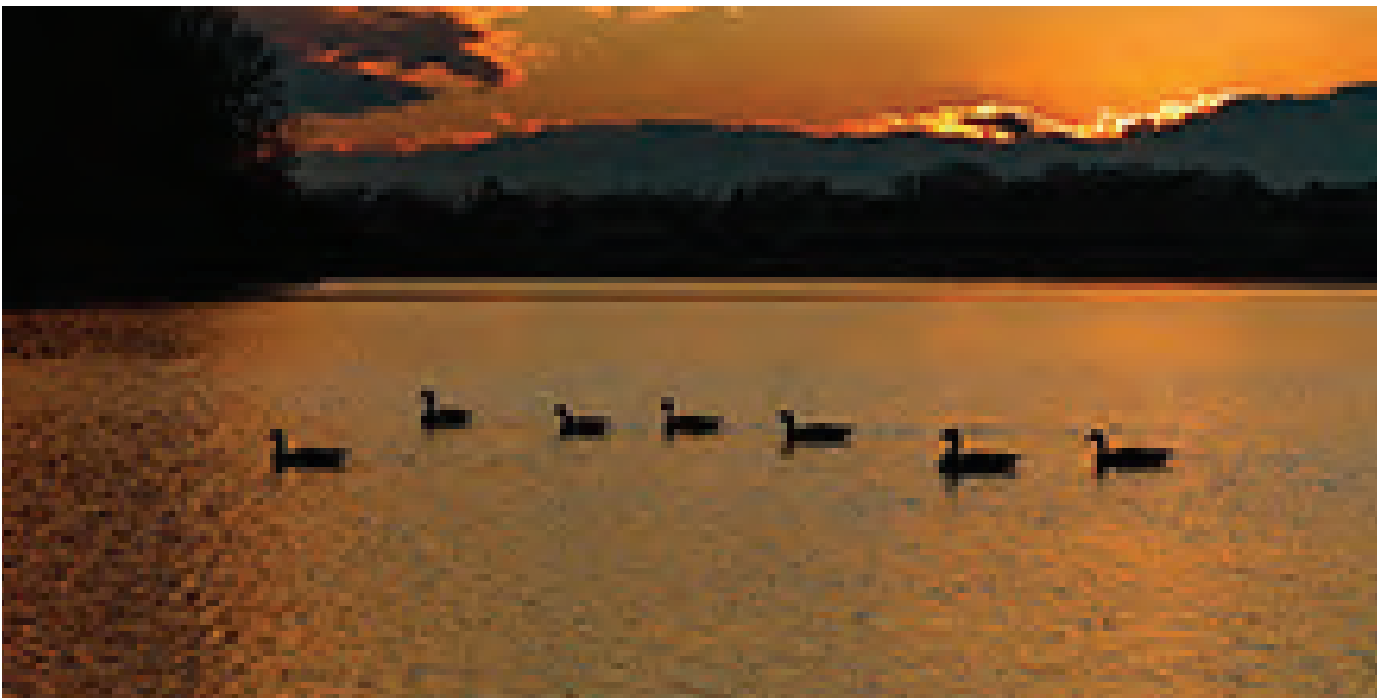
All Ages. FREE  
Course #42329 • Sunday, Feb. 11 • 12-4 pm

### 2/15 Time for Tots: “Over and Under the Snow”

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today’s story is “Over and Under the Snow” by Kate Messner.  
Ages 2-5 yrs. Fee: \$6, FOBH \$5  
Course #42197 • Thursday, Feb. 15 • 10-11 am

### 2/16 Babes in the Park

We’ll have nature play materials out to help you explore the exciting natural world around the Visitor Center with your toddler. Siblings are welcome, too.  
Ages 1-3 yrs. FREE  
Course #42217 • Friday, Feb. 16 • 10-11 am





# STAFF PICKS!

Join our Environmental Literacy Community! Each season will feature a new Staff Pick that will inspire a variety of activities. This season's Staff Pick is: **"Wild Wings"** by Gill Lewis, recommended by Park Naturalist Tina Stachura. Tina writes: "I used to work with birds of prey and could relate to the connection that the characters felt for Isis, the osprey." Follow our Black Hill Nature Staff Picks Facebook Group to get more information.

**Nature Makerspace: "Wild Wings" Edition Course - #42219**  
Saturday, December 16 | 11am - 12pm | Ages 3 - Adult

**"Wild Wings" Raptor Encounter Course - #42237**  
Sunday, January 21, 1pm - 2pm | Ages 1 - Adult

**Lakeside Chats: Reading "Wild Wings" Course - #42226**  
Sunday, December 17 | 2pm - 3pm | Ages 8 - Adult

**Make It And Take It: "Wild Wings" Edition Course - #42207**  
Sunday, February 18 | 1:30pm - 3:30pm | All Ages

**Nature Makerspace: "Wild Wings" Edition Course - #42220**  
Saturday, January 13 | 2pm - 3pm | Ages 3 - Adult

**Lakeside Chats: Reading "Wild Wings" Course - #42227**  
Saturday, February 24 | 2pm - 3 pm | Ages 8 - Adult

## BLACK HILL NATURE PROGRAMS

20926 Lake Ridge Drive | Boyds, Maryland 20841

[BLACKHILLNATURE.ORG](http://BLACKHILLNATURE.ORG)



Nature Programs  
in Black Hill Regional Park

# Federal Duck Stamp Art Display

February 5th - February 16th



In 1934, President Franklin D. Roosevelt signed the Duck Stamp Act to stop the destruction of wetlands vital to the survival of migratory waterfowl.

Decades later, the Federal Duck Stamp Art contest remains the only art competition of its kind sponsored by the U.S. government. Black Hill Visitor Center will be hosting the art of the national junior and adult winners of the contest February 5th-February 16th during regular open hours and by appointment.

[BlackHillNature.org](http://BlackHillNature.org)



2016 Federal Duck Stamp Contest winning art. Canada geese by James Hautman of Chaska, Minn.



Nature Programs  
in Black Hill Regional Park





Nature Programs  
in Black Hill Regional Park

## 2/17 Animal P.I.'s

Why is that twig broken? Who made those scratches on the tree trunk? Is that scat on that rock? Animals don't always leave tracks behind, but they often leave other traces. Become an Animal Private Investigator as we hike in search of some of the common signs left by creatures large and small. Be sure to dress for the weather.

Ages 5-12 yrs. Fee: \$6, FOBH \$5

Course #42330 • Saturday, Feb. 17 • 10-11 am

## 2/17 Junior Naturalist Day: Understanding the Night Sky

Calling all nature-loving 9 to 12-year-olds! Join the team and explore park lands with us. Each season brings a new theme and a different Junior Naturalist patch to collect. You can earn this season's patch in one day! We'll learn new things, play games, explore and do some action projects to help. For questions or more info please contact Tina Stachura at Christina.

Stachura@MontgomeryParks.org.

Ages 9-12 yrs. Fee: \$12, FOBH \$11

Course #42331 • Saturday, Feb. 17 • 2-4 pm

## 2/18 Build a Bluebird Box

Believe it or not, nesting season is just around the corner for these little blue beauties. Join us to build a nest box for your backyard habitat or to give as a gift to someone else. You'll also learn where to install your box and how to be a good bluebird landlord. Materials to make the box are included in the fee. Children will need an adult helper. Please register only those making a nest box.

Ages 6 & up. Fee: \$20, FOBH \$18

Course #42332 • Sunday, Feb. 18 • 10-11:30 am

## 2/18 Make It and Take It: "Wild Wings" Edition

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Today's craft will be themed around this season's Staff Pick "Wild Wings." No need to read the book before, but the craft may just inspire you to cozy up with a good read. Fee is per craft; exact change is appreciated.

All Ages. Fee: \$2

Course #42207 • Sunday, Feb. 18 • 1:30-3:30 pm

## 2/22 Winter Escape to the National Arboretum

If winter is getting a little long for you...come to the National Arboretum with us. We'll hike around the grounds looking for witch hazels, hollies in fruit, wintersweet, winter jasmine and, hopefully, spot birds visiting these winter gems. To warm up, we'll visit the Bonsai & Penjing Museum, on the grounds of the Arboretum. A docent-led tour is included. Dress in layers and wear comfortable walking shoes. Bring your lunch for a winter picnic.

Ages 18 & up. Fee: \$45, FOBH \$42

Course #42333 • Thursday, Feb. 22 • 8:30 am-4 pm

## 2/24 Geocacher Club

Like to geocache but want to join in the fun with others? Then join us for a geocaching adventure! Meet at the Visitor Center and then we'll head straight out to go caching. This is intended for folks that have a basic understanding of what geocaching is, but there's no need to be an expert. Only adults need to pay so bring the family.

Ages 6 & up. Fee: \$6, FOBH \$5/adult

Course #42235 • Saturday, Feb. 24 • 10 am-12 pm

## 2/24 Lakeside Chats: Reading "Wild Wings"

Join us for a cozy 'Lakeside Chat' about a topic of interest. Today, join us as we read portions of our season's Staff Pick "Wild Wings" by Gill Lewis. We'll cozy up with hot chocolate, blankets, and rocking chairs as we read together and chat about the book.

Ages 8 & up. FREE

Course #42227 • Saturday, Feb. 24 • 2-3 pm

## 2/25 Harpists at the Visitor Center

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.

All Ages. FREE

Course #42182 • Sunday, Feb. 25 • 12-2 pm

## 2/25 Lakeside Chats: Boyds, Past and Present

Join us for a cozy 'Lakeside Chat' about a topic of interest. Have you ever wondered what's under and around the lake? Join the Boyds Historical Society for speakers and a multimedia presentation about the history of Boyds and Little Seneca Lake. Hot chocolate and comfy seating provided.

Ages 8 & up. FREE

Course #42228 • Sunday, Feb. 25 • 2-3 pm

## 2/27 Time for Tots: "Snowballs"

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is "Snowballs" by Lois Ehlert.

Ages 2-5 yrs. Fee: \$6, FOBH \$5

Course #42198 • Tuesday, Feb. 27 • 10-11 am



5TH ANNUAL

# WATERFOWL

## FESTIVAL



Celebrate the wondrous water birds that call Little Seneca Lake home in winter!



SUNDAY, FEBRUARY 11 | NOON - 4 PM

Bring the whole family for a day filled with activities, crafts, demonstrations, and exhibits to celebrate the wondrous water birds that call Little Seneca Lake home during the winter. Try your hand at carving a decoy. Learn about wood duck nest box Citizen Science initiatives. Join guided birding excursions to catch a glimpse of marine ducks, swans, and maybe even the Black Hill Bald eagles!

No registration required for the **FREE** event.

**BLACK HILL VISITOR CENTER**  
20926 Lake Ridge Drive | Boyds, MD 20841

[BlackHillNature.org](http://BlackHillNature.org) | **FREE**



Nature Programs  
in Black Hill Regional Park





Nature Center  
in Wheaton Regional Park

# BROOKSIDE NATURE CENTER

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • [www.BrooksideNature.org](http://www.BrooksideNature.org)  
Open Tuesday–Saturday, 9 am–5 pm; Sunday, 1–5 pm. Trails open daily, dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*

### Trail Buddies

Discover nature and develop important skills together on the nature center trails! Preschoolers will have the opportunity to work on important skills with other preschoolers and their favorite adults. We'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation. This is an outdoor program on paved and natural surface trails. Please dress for the weather and wear shoes suitable for winter wonder trails!

Ages 3-5 yrs. Fee: \$6

Course #42313 • Tuesday, Dec. 5 • 10-11 am  
Course #42314 • Tuesday, Dec. 12 • 10-11 am  
Course #42315 • Tuesday, Dec. 19 • 10-11 am  
Course #42317 • Tuesday, Jan. 2 • 10-11 am  
Course #42318 • Tuesday, Jan. 9 • 10-11 am  
Course #42319 • Tuesday, Jan. 16 • 10-11 am  
Course #42320 • Tuesday, Jan. 23 • 10-11 am  
Course #42323 • Tuesday, Jan. 30 • 10-11 am  
Course #42322 • Tuesday, Feb. 6 • 10-11 am

### Flying Squirrels

Maryland flying squirrels are abundant, cute, and active year-round, but few see them in the wild because they are active at night - nocturnal. BNC has established a squirrel feeding station so some of our flying squirrels can be seen close up by our visitors. The program starts on the Nature Center deck 30 minutes after sunset to allow the sky to darken. Rain or snow cancels the program.

Ages 1 & up. FREE

Course #37296 • Friday, Dec. 1 • 5:30-6:30 pm  
Course #37297 • Friday, Dec. 8 • 5:30-6:30 pm  
Course #37298 • Friday, Dec. 15 • 5:30-6:30 pm  
Course #37299 • Friday, Dec. 22 • 5:30-6:30 pm  
Course #37300 • Friday, Dec. 29 • 5:30-6:30 pm

### Winter Break Camp Daze at BNC

Do you miss summer camp and all the fun? Join us for one day or all five during your winter break from school to enjoy and discover nature in winter! We'll do crafts and take hikes; explore the woods for elusive insects, birds, and mammals; and make lunch over an open fire. Sign up for one or all four days for great winter fun! Monday December 26th we will concentrate on staying warm with the theme "Fire Up!" Tuesday December 27th our theme of "Light & Dark" will send you home with home made candles and tops to keep your dark hours light. Wednesday December 28th it's "Beach Party Day!" where we will bundle up and hike to the grand beach along Northwest Branch to hunt for all those party animals living in the woods and along the stream. On Thursday December 29th it will be snowy - looking for crystals and making some to take home. And finally on Friday December 30th we'll get ready to "Celebrate Back in Time" by preparing a New Year's celebration as it might have happened over 100 years ago in the Harper Cabin.

Ages 6-10 yrs. Fee: \$65

Course #42357 • Monday, Dec. 25 • 9:30 am-4 pm  
Course #42361 • Tuesday, Dec. 26 • 9:30 am-4 pm  
Course #42358 • Wednesday, Dec. 27 • 9:30 am-4 pm  
Course #42359 • Thursday, Dec. 28 • 9:30 am-4 pm  
Course #42360 • Friday, Dec. 29 • 9:30 am-4 pm



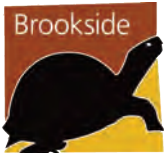
Give Back on  
**MLK**  
Weekend

Volunteer with your family to make a difference at Brookside Nature Center. Register for Saturday/Sunday/Monday 9:30am-noon

January:  
13, 14, & 15  
9:30am-noon



Nature Center  
in Wheaton Regional Park



Nature Center  
in Wheaton Regional Park

**DECEMBER 2017**

**12/2 Saturday Rambles -Lower  
Magruder Branch Stream Valley**

Saturday morning - time for a leisurely cup of coffee followed by a relaxing but brisk saunter through field and forest with this winter ramble. We'll explore one of the premier trails in our expansive park system, intermingling natural and cultural history as we stretch our legs and finish off the week. Expect to hike 2-3 miles on woodland paths, some of which may be hilly. Bring water, and binoculars if you prefer, and be prepared to stop, observe and absorb nature's wonders. Directions to the trailhead will be emailed to registered participants the week of the hike.  
Ages 18 & up. Fee: \$6  
Course #42351 • Saturday, Dec. 2 • 9:30-11:30 am

**12/3 December Storytimes:  
Will it snow?**

Winter is coming - but will it snow? Join us as we read a different book each week about snow in winter. Afterwards make an easy craft to take home. Registration not required but appreciated.  
December 3: Waiting for Snow by Marsha Diane Arnold  
December 10: A Warm Winter by Feridun Oral  
December 17: There Was an Old Lady Who Swallowed Some Snow by Lucille Colandro  
December 31: Winter Days in the Big Woods

by Laura Ingalls Wilder  
Ages 3-5 yrs. FREE  
Course #42340 • Sunday, Dec. 3 • 3:30-4:30 pm

**12/9 Winter Woods Weekend**

The Wheaton Woods are calling, "Wake up to winter!" Walk the trails with a naturalist, make a special family craft & warm up at the marshmallow campfire. There will be a woody mix of indoor and outdoor games and activities for kids, adults and families all weekend long to celebrate the coming of winter. No registration is required and activity tickets will be on sale each day on site only. Call the Nature Center or check our website for a detailed schedule of daily Winter Woods Weekend events.  
Ages 1 & up.  
Course #42353 • Saturday, Dec. 9 • 10 am-4 pm

**12/10 Nature Rx: Forest Therapy  
Walks (1 hour)**

Winter is an exhilarating time to experience the healing and wellness promoting effects of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest. Take a slow and mindful walk with a Forest Therapy guide on a trail near Brookside Nature Center to awaken your senses and reconnect with nature. Registrants will receive directions on where to meet in the week prior to the walk.  
Ages 18 & up. Fee: \$6  
Course #42345 • Sunday, Dec. 10 • 10:30-11:30 am



**BROOKSIDE NATURE CENTER**

**Saturday , Dec. 9 | 10am - 4pm & Sunday Dec. 10 | 1pm - 5pm**

The Wheaton Woods are calling! Walk the trails with a naturalist, make a special family craft & warm up at the marshmallow campfire. There will be a woody mix of indoor and outdoor games and activities for kids, adults and families all weekend long to get everyone ready for winter. No registration is required and activity tickets will be on sale each day on site only.

*Call the Nature Center, 301-962-1480, or check our website for a detailed schedule of the Winter Woods Weekend.*

**BrooksideNature.org**



### 12/10 Winter Woods Weekend

The Wheaton Woods are calling, "Wake up to winter!" Walk the trails with a naturalist, make a special family craft & warm up at the marshmallow campfire. There will be a woody mix of indoor and outdoor games and activities for kids, adults and families all weekend long to celebrate the coming of winter. No registration is required and activity tickets will be on sale each day on site only. Call the Nature Center or check our website for a detailed schedule of daily Winter Woods Weekend events.

Ages 1 & up.

Course #42321 • Sunday, Dec. 10 • 1-5 pm

### 12/17 Wintertime at the Cabin

It's 30 degrees out, cold enough to freeze water in the horse trough. The fire in the hearth warms only a fraction of your log cabin. How do you, a recently emancipated family in 1870's Montgomery County, stay warm during the winter? What clothes do you wear? What do you eat? What do you do all day? During this drop in program discover the answers to these questions as you cook over an open fire, learn about homespun textiles, and get ready for the holidays? Dress for the weather! This program while family friendly is designed for ages 6 and up. Please register and pay for all participants.

Ages 6 & up. Fee: \$8

Course #42352 • Sunday, Dec. 17 • 11 am-3 pm



Nature Center  
in Wheaton Regional Park

# Brookside Nature SUMMER CAMPS

Registration opens January 18, 2018

Summer is right around the corner and camps fill up fast! Don't be left out - Check our web page for a peek of what opportunities await campers and counselors.



**BROOKSIDE NATURE CENTER**  
301-962-1480 | [BrooksideNature.org](http://BrooksideNature.org)



Nature Center  
In Wheaton Regional Park



Nature Center  
in Wheaton Regional Park

### 12/21 It's Officially Winter!

Come celebrate the return of winter with a blazing campfire and bake your own glowing biscuit over an open fire to help bring back the warmth of the sun. Inside the nature center we will have paper lanterns you can make to light your way home as the sun sets early this day.  
Ages 3 & up. Fee: \$7  
Course #42335 • Thursday, Dec. 21 • 11:30 am-1:30 pm

## JANUARY 2018

### 1/7 January Storytimes: Enjoying the Cold!

Winter is really here and a good storybook about winter with a craft will help us enjoy the colder days and nights. Registration not required but appreciated.  
January 7: Snowflake Bentley by Jacqueline Briggs Martin  
January 14: The Mitten by Jan Brett  
January 21: Winter Bees & Other Poems of the Cold by Joyce Sidman  
January 28: Sugar Snow by Laura Ingalls Wilder  
Ages 3-5 yrs. FREE  
Course #42343 • Sunday, Jan. 7 • 3:30-4:30 pm

### 1/13 Winter Crystals

Learn about ice crystals and rock crystals and how they're similar and different. See some of the beautiful, rarely displayed, crystals from our collection in this Free Program. Visit anytime between 2 and 4 to enjoy

this sparkly program.  
Ages 2 & up. FREE  
Course #42347 • Saturday, Jan. 13 • 2-4 pm

### 1/19 Friday Foray: Winter Birding

We will bird along the C&O Canal and Potomac River at Riley's Lock in Poolesville and then drive to the nearby wildlife impoundments at Hugh's Hollow to look for winter waterfowl. Registered participants will receive directions and a map link by e-mail.  
Ages 18 & up. FREE  
Course #42349 • Friday, Jan. 19 • 9:30-11:30 am

### 1/20 Saturday Rambles - Seneca Creek Greenway Trail

The woods are lovely, dark and deep... and though you may have promises to keep, you should still get out hiking in them! The winter months offer some of the best opportunities for nature observation whether you're searching for animal tracks, tree species, resident birds, or ice crystals. Enjoy the quiet and serenity of our winter forests as we explore our parks system's prime examples each month. Walks are on natural surface trails and usually 3 miles in length. We stop frequently to listen, watch and learn. Directions to the trail head will be emailed to registered participants prior to the hiking date. We do not meet at Brookside Nature Center.) (Dress for whatever the weather brings us!  
Ages 18 & up. FREE  
Course #42350 • Saturday, Jan. 20 • 9:30-11 am



## Winter Break Camp Daze at BNC!

Don't get bored at home – come have fun at winter break camp! Join us for one day or all four during your winter break from school to enjoy and discover nature in winter! We'll do crafts and take hikes; explore the woods for elusive insects, birds, and mammals and make lunch over an open fire. Space is limited so sign up now for great winter fun!  
Ages 6-10yrs • \$65 Daily • \$240 Week • 9:30am-4pm

### Fire Up!

Tuesday, December 26 • #42361  
The first day of camp we'll concentrate on all the fun and different ways to stay warm!

### Light & Dark

Wednesday, December 27 • #42358  
Today our theme is "Light & Dark." We'll make homemade wax candles, and send you home with tops and other things to brighten the dark hours.

### Snow & Ice

Thursday, December 28 • #42359  
If it's winter, where's the snow? We'll make crystals and make snow globes and snow flakes to make this a "cool" day at camp.

### Wild in the Woods

Friday, December 29 • #42360  
On the last day of camp, we'll investigate what animals are in the woods and do things to help them survive the new year in good health.



### 1/26 What's Happened to Groundhog Day?

Brookside Nature Center Puppeteers present a Groundhog Mystery! Phil the groundhog has noticed some strange things in the past few winters. He awakes from hibernation a full week early to find out just what is going on!

Ages 3-11 yrs. Fee: \$6

Course #42344 • Friday, Jan. 26 • 3-4 pm

### 1/27 Tip-Tapping Maple Trees

Help us start our collecting sap that will become maple syrup by identifying suitable maple trees, drilling holes and setting up collecting buckets. This is a free, family friendly program, but you'll have to return later in February to learn the rest of this sweet story.

Ages 1 & up. FREE

Course #42367 • Saturday, Jan. 27 • 2-3 pm

### 1/31 Nature Rx: Forest Therapy Walks (1 hour)

Winter is an exhilarating time to experience the healing and wellness promoting effects of Shinrin-Yoku, the practice of bathing the senses in the atmosphere of the forest. Take a slow and mindful walk with a Forest Therapy guide on a trail near Brookside Nature Center to awaken your senses and reconnect with nature.

Registrants will receive directions on where to meet in the week prior to the walk.

Ages 18 & up. Fee: \$6

Course #42346 • Wednesday, Jan. 31 • 10:30-11:30 am



Nature Center  
in Wheaton Regional Park

## FEBRUARY 2018

### 2/1 Gear Up for Groundhog Day!

Spend the morning at the Nature Center as we learn the legend and facts about this cute animal. Enjoy signing about groundhogs, playing a groundhog hunt game and creating groundhog crafts!

Ages 3-11 yrs. Fee: \$7

Course #42348 • Thursday, Feb. 1 • 10 am-12 pm



BROOKSIDE NATURE CENTER

# Maple Sugaring Days

## February 2018



Experience an American tradition: maple sugaring! Watch the whole maple sugaring process from start to finish. See sap drip from trees and taste it. Watch us boil it down into sweet maple syrup, then sample a tasty treat. Join in the fun and activities and learn something new at this family-friendly program! For all ages, \$6 for those ages 3 and up. Space is limited, so pre-registration is encouraged.

### THURSDAYS

1pm

3pm

### SATURDAYS & SUNDAYS

10am

1pm

10:30am

1:30pm

11am

2pm

11:30am

2:30pm



Nature Center  
in Wheaton Regional Park





# Montgomery Parks Teacher Social Network

## Brookside Babble

Meeting every 2nd Tuesday, 5:00-6:30pm

Brookside Nature Center

42782 December

42784 January

Catching ideas to bring the outside in!

Swap ideas  
with other  
teachers and build  
your professional  
network.

Take home  
classroom  
activities that  
meet Maryland  
environmental  
education  
standards.

Catch a free  
park preview:  
see nature center  
field trips and  
resources in  
action!





Nature Center  
in Cabin John Regional Park

# LOCUST GROVE NATURE CENTER

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • [www.LocustGroveNature.org](http://www.LocustGroveNature.org)

Open Wednesday 9am-4pm; Saturday 9am-5pm; Sunday 1-5pm

Trails open daily, dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*

### Nature Explorers Together: Winter

In this 11-week session, parents and caregivers will have the chance to play, create and learn right alongside their little nature explorers. Each one-and-a-half hour class will include hands-on, nature-based activities that encourage imaginative play, curiosity, and cooperation. The majority of each class will be outdoors (barring extreme weather) so be sure to dress appropriately! Full Winter Session Registration Course #42430 Every Friday Dec 8-Feb 23 except Dec 29, Fee \$100

Ages 1 1/2-3 yrs. Fee: \$10

- Course #42431 • Friday, Dec. 8 • 10-11:30 am
- Course #42432 • Friday, Dec. 15 • 10-11:30 am
- Course #42433 • Friday, Dec. 22 • 10-11:30 am
- Course #42434 • Friday, Jan. 5 • 10-11:30 am
- Course #42435 • Friday, Jan. 12 • 10-11:30 am
- Course #42436 • Friday, Jan. 19 • 10-11:30 am
- Course #42437 • Friday, Jan. 26 • 10-11:30 am
- Course #42438 • Friday, Feb. 2 • 10-11:30 am
- Course #42439 • Friday, Feb. 9 • 10-11:30 am

- Course #42440 • Friday, Feb. 16 • 10-11:30 am
- Course #42441 • Friday, Feb. 23 • 10-11:30 am

### Pop-Up Naturalists

Learn the art of pop-up paper engineering while finding inspiration from local wildlife in motion. Each session presents a new paper mechanism. Join us for all five sessions and create your own pop-up nature book. Full Session registration is #42443 for \$45 OR each week listed separately for \$10

Ages 7 & up. Fee: \$45

- Course #42443 • Saturday, Jan. 13, 20, 27, February 3, 10 • 10:30 am-12 pm
- Fee: \$10
- Course #42412 • Saturday, Jan. 13 • 10:30am-12 pm
- Course #42413 • Saturday, Jan. 20 • 10:30 am-12 pm
- Course #42414 • Saturday, Jan. 27 • 10:30 am-12 pm
- Course #42415 • Saturday, Feb. 3 • 10:30 am-12 pm
- Course #42416 • Saturday, Feb. 10 • 10:30 am-12 pm

Homeschool Happenings- Full session or weekly registration- see next page.

## Coming Soon...

Maryland Master Naturalist Course co-hosted by Locust Grove Nature Center and Brookside Nature Center starting in March.

Registration and information at

Extension.UMD.Edu/  
MasterNaturalist

## DECEMBER 2017

### 12/1 First Fridays Folk Fire

A new campfire series featuring folk music and folk tales- December features Embracing Winter- songs and stories of the long dark. Marshmallow roasting included.

Ages 5 & up. Fee: \$7

Course #42391 • Friday, Dec. 1 • 6-7:30 pm

### 12/2 Hibernation Hike

Bring your senses out of hibernation! The quiet winter woods provides the perfect backdrop to touch, hear, smell, see and taste your way along the trail. Natural surface trails may not be stroller accessible. Severe weather cancels the program.

All Ages. Fee: \$6

Course #42409 • Saturday, Dec. 2 • 10:30-11:30 am

### 12/3 Woodsy Workshop: Holiday Gifts

Visit our festive little workshop in the woods to make small gifts, ornaments, and wrapping paper using natural and recycled materials. Choose from a variety of projects to suit any age or skill level, and take home beautiful handmade holiday treasures! Drop in at any time during the program. All crafters must register.

Ages 4 & up. Fee \$6

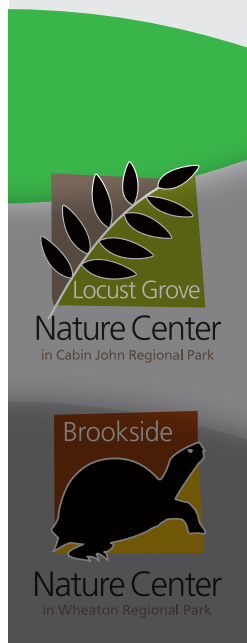
Course #42363- Sunday, Dec. 3 • 10 am-1 pm

### 12/4 Tykes in the Wild

Explore the natural world through stories and a hike the first Monday of the month. Outdoor activities are included in this program, so please dress for the weather. We'll read a story and look for mittens along the trail. Will we find them all?

Ages 2-4 yrs. Fee: \$6

Course #42405 • Monday, Dec. 4 • 10:30-11:30 am





Nature Center  
in Cabin John Regional Park

### 12/5 Nature Explorers Winter

Children will explore, discover, and create together - all while learning through outdoor play. Classes will include hands-on, nature-based activities that encourage social skills, problem-solving, and foster independence and self-esteem. A typical day includes exploration in the woods, imaginative play, and getting messy! Children will spend the majority of their time outdoors, barring extreme weather, so be sure to dress for the weather! \* This is a drop off classes and parents/caregivers do not attend. Children must be toilet-trained. Tuesdays and Thursdays Dec 5th-Feb 22nd, Not meeting Dec 26th & 28th  
Ages 3-5 yrs. Fee: \$650  
Course #42385 • Tuesday, Dec. 5 • 9:30 am-12 pm

### 12/8 TGIF Crafty Gals- Wreath

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center. In December we will create a wreath to decorate for the holidays.  
Ages 21 & up. Fee: \$25  
Course #42401 • Friday, Dec. 8 • 6-9 pm

### 12/10 Animal Tales: "The Mitten"

Join us for an animal story time of charismatic characters! Together we'll read "The Mitten" by Jan Brett, a favorite of children's literature, then we'll make real-world connections to the animals that live right here in Cabin John Park. Dress for the weather, as each meeting includes a teeny tiny hike and outdoor activities. Fee is for parent-child pair.  
Ages 3-6 yrs. Fee \$6  
Course #42354 • Sunday, Dec. 10 • 10-11 am

### 12/16 Hibernation Hike

Bring your senses out of hibernation! The quiet winter woods provides the perfect backdrop to touch, hear, smell, see and taste your way along the trail. Natural surface trails may not be stroller accessible. Severe weather cancels the program.  
All Ages. Fee: \$6  
Course #42410 • Saturday, Dec. 16 • 10:30-11:30 am

### 12/17 Winter Solstice Celebration

Light up the longest night with a celebration for the first day of winter. We'll mark the occasion in the tradition of ancient cultures with treats around the campfire, a meditative labyrinth walk, and making New Year's wishes. Please register and pay for everyone in your party ages 3 and up.  
Ages 3 & up. Fee: \$8  
Course #42389 • Sunday, Dec. 17 • 4-6 pm

### 12/30 Hibernation Hike

Bring your senses out of hibernation! The quiet winter woods provides the perfect backdrop to touch, hear, smell, see and taste your way along the trail. Natural surface trails may not be stroller accessible. Severe weather cancels the program.  
All Ages. Fee: \$6  
Course #42411 • Saturday, Dec. 30 • 10:30-11:30 am

### 12/31 New Year's Eve Campfire

Warm yourself by our cozy campfire as we wish fond farewell to the year! We'll make festive noisemakers and illustrate new resolutions. Then we'll count down until "midnight" at noon while roasting marshmallows over the fire. Open to all ages. Please register everyone in your group. \$5 suggested donation at the door.  
Ages 3 & up. FREE  
Course #42366 • Sunday, Jan. 31 • 10 am-12 pm

## JANUARY 2018

### 1/5 First Fridays Folk Fire

A campfire series featuring folk music and folk tales- in January we'll explore the New Year and New Beginnings in story and song. Marshmallow roasting included.  
Ages 5 & up. Fee: \$7  
Course #42392 • Friday, Jan. 5 • 6-7:30 pm

### 1/8 Tykes in the Wild

Explore the natural world through stories and a hike the first Monday of the month. Outdoor activities are included in this program, so please dress for the weather. Let's celebrate with our forest friends and find out what they are doing in the cold.  
Ages 2-4 yrs. Fee: \$6  
Course #42406 • Monday, Jan. 8 • 10:30-11:30 am

### 1/12 TGIF Crafty Gals- Fabric Stamping

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center. In January we will learn the art of Fabric stamping and create a custom tote- bring additional fabric you would like to stamp!  
Ages 21 & up. Fee: \$25  
Course #42402 • Friday, Jan. 12 • 6-9 pm

### 1/14 Animal Tales: "Over and Under the Snow"

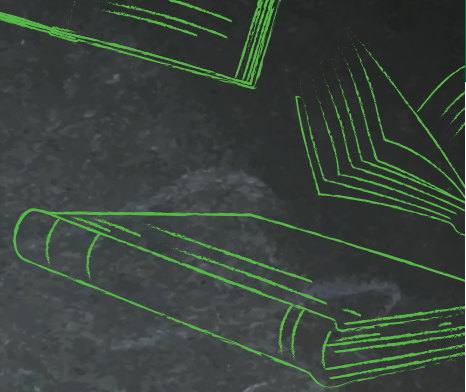
Join us for an animal story time of charismatic characters! Together we'll read "Over and Under the Snow" by Kate Messner, a favorite of children's literature, then we'll make real-world connections to the animals that live right here in Cabin John Park. Dress for the weather, as each meeting includes a teeny tiny hike and outdoor activities. Fee is for parent-child pair.  
Ages 3-6 yrs. Fee: \$6  
Course #42355 • Sunday, Jan. 14 • 10-11 am

### 1/15 Give Back on MLK Day!

Drop in and volunteer at the Locust Grove Nature Center community service day honoring Martin Luther King Jr. on January 15th. Volunteer together with your family and contribute to your community by making improvements to the grounds and assisting with eco-friendly projects. SSL hours available. Please bring a bag lunch. Work gloves and tools will be provided on site. FREE - but advance registration preferred. 10am - 2pm  
All Ages. FREE  
Course #42404 • Monday, Jan. 15 • 10 am-2 pm

# Homeschool

## HAPPENINGS



Want your child to Learn about nature and make new friends? Then join our Homeschool Happenings program! Your child will learn about the wonders of our woods and creek through hands-on science activities, crafts, and hikes at Locust Grove Nature Center. Come for all eleven sessions; or pick and choose (see below for what's covered during each week). Classes meet on Mondays from 10am -11am in the program room and include outdoor explorations so please dress for the weather.

**Ages: 5-9 yrs. | Fee: \$60 for all eleven sessions (Course #42389) or \$6/session**



Nature Center  
in Cabin John Regional Park

### DECEMBER

- #42419 • Dec. 4 • Animal Yoga and Locomotion
- #42420 • Dec. 11 • Hibernation Stations
- #42421 • Dec. 18 • The Science and Cultural Celebrations of the Solstice

### JANUARY

- #42422 • Jan. 1 • Hibernation Hikes
- #42423 • Jan. 8 • Frogsicles
- #42424 • Jan. 22 • Winter Woodland Tree ID Walk
- #42425 • Jan. 29 • Groundhogs: Fact or Fiction

### FEBRUARY

- #42426 • Feb. 5 • February Fossil Hunters
- #42427 • Feb. 12 • "Ice Age" Extinctions
- #42428 • Feb. 19 • Bababa... Bird Is The Word
- #42429 • Feb. 26 • "Snowmen in Summer"

[LocustGroveNature.org](http://LocustGroveNature.org)

## NATURE EXPLORERS WINTER SERIES

TUESDAYS & THURSDAYS

12/5/17-2/22/18  
9:30am - 12pm



Children will explore, discover, and create together - all while learning through outdoor play. Classes will include hands-on, nature-based activities that encourage social skills, problem-solving, and foster independence and self esteem. A typical day includes exploration in the woods, imaginative play, and getting messy! Children will spend the majority of their time outdoors, barring extreme weather, so be sure to dress for the weather!

\* This is an outdoor drop off program. Parents and/or caregivers do not attend. Children must be potty-trained.

**\$650  
PER SESSION**

Locust Grove Nature Center  
7777 Democracy Boulevard.  
Bethesda, Maryland 20817



Nature Center  
in Cabin John Regional Park



Nature Center  
in Cabin John Regional Park

### 1/21 Snowman Celebration!

Let's celebrate the wintry weather in this snow soiree! We'll make our own snow, make snow-inspired crafts, and go on a winter weather-watching hike. Includes a showing of the animated short film, "The Snowman," directed by Dianne Jackson. Please dress for the weather.

Age 3-8 yrs. Fee: \$6

Course #42365 • Sunday, Jan 21 • 10-11:30 am

### 1/28 Soapmaking, Naturally!

Join us to learn how to make soap and other relaxation treats! We will learn about essential oils and herbs that can aid your health and relaxation. This two part class includes making soap from scratch and milling the soap two weeks later to include additives.

Ages 16 & up. Fee: \$50

Course #42390 • Sunday, Jan. 28 and Feb. 11 • 1-4 pm

## FEBRUARY 2018

### 2/2 First Fridays Folk Fire

A campfire series featuring folk music and folk tales- in February we'll celebrate the largest misunderstood rodents of our region- Groundhogs! Marshmallow roasting included.

Ages 5 & up. Fee: \$7

Course #42393 • Friday, Feb. 2 • 6-7:30 pm

### 2/4 Woodsy Workshop: Valentines

Visit our festive little workshop in the woods to make cards for loved ones using natural and recycled materials. We'll also make our own paper and take a crack at poetry! Drop in at any time during the program. All crafters must register.

Ages 4 & up. Fee: \$6

Course #42364 • Sunday, Feb. 4 • 10 am-1 pm

### 2/5 Tykes in the Wild

Explore the natural world through stories and a hike the first Monday of the month. Outdoor activities are included in this program, so please dress for the weather. Animals are so much fun to watch as they scamper outside the nature center. Come and imitate our sassy friends, and look for signs of nighttime visitors.

Ages 2-4 yrs. Fee: \$6

Course #42407 • Monday, Feb. 5 • 10:30-11:30 am

### 2/9 TGIF Crafty Gals- Metal Jewelry

Have a girl's night out with the creative nature center staff! We'll create a great natural craft while enjoying wine, cheese, and chocolate at the nature center.

In February we will create a piece of custom metal jewelry using stamping and embossing.

Ages 21 & up. Fee: \$25

Course #42403 • Friday, Feb. 9 • 6-9 pm

### 2/11 Animal Tales: "Owl Moon"

Join us for an animal story time of charismatic characters! Together we'll read "Owl Moon" by Jane Yolen, a favorite of children's literature, then we'll make real-world connections to the animals that live right here in Cabin John Park. Dress for the weather, as each meeting includes a teeny tiny hike and outdoor activities. Fee is for parent-child pair.

Ages 3-6 yrs. Fee: \$6

Course #42362 • Sunday, Feb. 11 • 10-11 pm

### 2/19 Whooo's Awake?

Don't hibernate on your holiday! Learn about the animals sleeping through the winter right here in Cabin John Regional Park, and about the early-nesting birds already active in the canopy. Try your skills at drawing wildlife and making a cool winter craft.

Ages 5-10 yrs. Fee: \$9

Course #42408 • Monday, Feb. 19 • 10 am-12 pm

### 2/25 Fairy Tale Campfire

Warm yourself by our cozy campfire as we celebrate National Fairy Tale Day! We'll make magic wands using natural materials, then tell some classic fairy tales as we roast marshmallows over the fire. Costumes welcome. Open to all ages. Please register everyone in your group. \$5 suggested donation at the door.

Ages 3 & up. FREE

Course #42442 • Sunday, Feb. 25 • 10 am-12 pm






CELEBRATE THE  
**WINTER SOLSTICE**  
in Montgomery Parks

**Thursday, December 21, 6:30-7:30pm**

*Meadowside Nature Center*

### WINTER SOLSTICE CAMPFIRE




We'll tell tales of winter and make lanterns (one per child) to light our way as we take a short walk. We'll return to the campfire ring to roast marshmallows. Please register all participants; fee is for children only.  
Ages 3 & up • \$6 • #42186

**Thursday, December 21,  
11:30am-1:30pm**

*Brookside Nature Center*

### IT'S OFFICIALLY WINTER



Come celebrate the return of winter with a blazing campfire and bake your own glowing biscuit over an open fire to help bring back the warmth


of the sun. Inside the nature center we will have paper lanterns you can make to light your way home as the sun sets early this day.

Ages 3 & up • \$7/person • #42335

**Sunday, December 17, 4-6pm**

*Locust Grove Nature Center*

### WINTER SOLSTICE CELEBRATION



Light up the longest night with a celebration for the first day of winter. We'll mark the occasion in the tradition of ancient cultures with treats around the campfire, a meditative labyrinth walk, and making New Year's wishes. Please register and pay for everyone in your party ages 3 and up.  
Ages 3 & up • \$8/person • #42389

For more info about these and other great events, visit  
**MontgomeryParks.org/Festivals**





**Nature Center**  
in Rock Creek Regional Park

# MEADOWSIDE NATURE CENTER

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030  
MeadowsideNature.org • Meadowside@MontgomeryParks.org  
Open Tuesday–Saturday, 9 am–5 pm. Trails open daily dawn to dusk.

## Recurring Programs

*Some of our programs are so popular that we offer them a number of times throughout the season. Please check below for the dates that work best for you.*

### Historias con Otus

Ven a escuchar una historia de animales y disfruta la compañía de nuestra mascota, ¡el búho Otus! ¡Traiga su cámara para una foto con Otus!  
Ages 2 & up. FREE

Course #42055 • Wednesday, Dec. 6 • 11-11:20 am  
Course #42056 • Wednesday, Dec. 20 • 11-11:20 am  
Course #42057 • Wednesday, Jan. 3 • 11-11:20 am  
Course #42058 • Wednesday, Jan. 17 • 11-11:20 am  
Course #42059 • Wednesday, Feb. 7 • 11-11:20 am  
Course #42060 • Wednesday, Feb. 21 • 11-11:20 am

### 12/5 Introduction to iNaturalist

Bring your cell phone or tablet and learn to use the iNaturalist app and website to record the plants and animals you see and help us document the biodiversity of Meadowside and Rock Creek Regional Park (or anywhere you choose to hike). Join an online community of citizen scientists, photographers, and amateur & professional naturalists and share your photographs and observations.

Ages 13 & up. FREE  
Course #42232 • Tuesday, Dec. 5 • 10:30-11:30 am

### 12/9 Moths of Meadowside

More than 110 species of moth have been observed at Meadowside Nature Center in 2017. In this program we will learn what makes moths unique and see photographs of some of the coolest (mostly) nocturnal insects around.

Ages 2 & up. Fee: \$6  
Course #42334 • Saturday, Dec. 9 • 1:30-2:30 pm

### 12/12 Meadowside iNaturalist Observations

What plants and animals call Meadowside home? This hour-long program will look at some of the highlights of nearly 5 years worth of observations.

Ages 13 & up. FREE  
Course #42336 • Tuesday, Dec. 12 • 10:30-11:30 am

### 12/13 Tyke Hike: Wintertime Trees

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.

Ages 2-4 yrs. Fee: \$5  
Course #42132 • Wednesday, Dec. 13 • 10:30-11:15 am

### 12/21 Otus the Owl Storytime

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras!

Ages 2-10 yrs. FREE  
Course #42386 • Thursday, Dec. 21 • 10:30-10:50 am

### 12/21 Winter Solstice Campfire

In celebration of the sun's return, let's tell tales of winter and make lanterns (one per child) to light our way as we take a short walk. We'll return to the campfire ring for s'mores! Please register and pay for all participants.

Ages 3 & up. Fee: \$6  
Course #42186 • Thursday, Dec. 21 • 6:30-7:30 pm

### 12/22 iNaturalist Photo Hike

Use your camera, cell phone, or tablet to record the plants and animals we see as we walk one of the Meadowside trails. Share with the online community of citizen scientists, photographers, and amateur & professional naturalists through the iNaturalist app.

Ages 13 & up. FREE  
Course #42337 • Friday, Dec. 22 • 9:30-10:30 am

### 12/23 Exploring Habitats: Star Wars Edition

Join us for our Star Wars themed program to celebrate the release of a new Star Wars movie and explore the habitats of Meadowside Nature Center. Nearly all of the planets in Star Wars are based off a specific type of habitat found here on Earth, and during the program we will learn what makes these planets so unique and how they are similar to some of the habitats at Meadowside Nature Center. We will also take a short hike to explore the habitats at Meadowside, and you will have an opportunity to build your own mini-lightsaber to take home!

Ages 2 & up. Fee: \$6  
Course #42164 • Saturday, Dec. 23 • 10-11:30 am



Nature Center  
in Rock Creek Regional Park

### 12/27 Winter Fun Day

Spend a winter's day at Meadowside! We'll hike trails looking for signs of wildlife, cook over an open fire, conduct a few icy experiments, and create a nifty New Year's noisemaker. We'll provide the fixin's for a snack, but please bring lunch and a water bottle. Dress for the weather!

Ages 6-10 yrs. Fee: \$35

Course #42201 • Wednesday, Dec. 27 • 9:30 am-3 pm

### 12/28 Conoce las Culebras

¿Qué hace una culebra con su lengua? ¿Cómo es la piel de una culebra - húmeda o seca? Ven a aprender cómo son los especies de culebras del condado Montgomery. Vamos a explorar su hábitat en una caminata, participar en un juego y encontrar de cerca las culebras residentes de Meadowside.

Ages 2 & up. FREE

Course #42133 • Thursday, Dec. 28 • 10:30-11:45 am

### 12/28 Native Ways in Winter

Experience the winter ways of Eastern Woodland Indians! We'll discover what they ate, how they cooked, what they wore, and where they lived. We'll explore our woods as the native people did and then return to the nature center to make a drum you can use as a New Year's Eve noisemaker. This is a drop-off program.

Ages 6-12 yrs. Fee: \$9

Course #42222 • Thursday, Dec. 28 • 1:30-3 pm

### 12/29 Otus' Rockin' New Year

Celebrate the New Year by making party hats, noise makers, and other fun seasonal crafts. A few minutes before noon, we will begin our countdown and ring-in the New Year with music, dancing, and a visit from our mascot Otus the Owl. Please register all attending; fee is for children only.

Ages 2 & up. Fee: \$6

Course #42128 • Friday, Dec. 29 • 10:30 am-12 pm

### 12/30 Fire & Ice & Pancakes

Welcome the new year with a naturalist-led hike around Meadowside! Learn about wintertime birds and mammals, then enjoy a campfire breakfast including pancakes, bacon, and hot chocolate. Bundle up, feel free to bring your own coffee mug, and join us for a beautiful and delicious morning.

Ages 2 & up. Fee: \$8

Course #42134 • Saturday, Dec. 30 • 9:30-11 am

## JANUARY 2018

### 1/6 Observando Aves en el Invierno

Ven y acompáñanos a observar aves en Meadowside Nature Center durante el invierno. Aprenderemos sobre los retos que enfrentan estas aves durante el invierno y la caminata terminará con una taza de chocolate caliente. Principiantes son bienvenidos; trae tus binoculares o usa los nuestros.

Ages 8 & up. FREE

Course #42156 • Saturday, Jan. 6 • 9-10:30 am

# PROGRAMAS EN ESPAÑOL

Bienvenidos a Meadowside donde tenemos programas para toda la familia sobre diferentes temas de naturaleza. Disfrute de sesiones de cuentos para niños, observar aves en su ambiente con la ayuda de un naturalista, y de oportunidades para aprender sobre animales y verlos de cerca. Consulte nuestra guía para los programas y regístrese hoy en [ActiveMONTGOMERY.com](http://ActiveMONTGOMERY.com) o llame 301-258-4030.



**MEADOWSIDE NATURE CENTER**

5100 Meadowside Lane | Rockville, MD 20855

[MeadowsideNature.org](http://MeadowsideNature.org)





**1/6 Winter Birding**

Come join us at Meadowside Nature Center to look for the birds that stay over winter with us and learn about the challenges these species face during this time. This guided bird walk will end with a cup of hot chocolate. Beginners welcome; bring your binocular or borrow ours.

Ages 8 & up. FREE

Course #42146 • Saturday, Jan. 6 • 9-10:30 am

**1/9 Nature Explorers**

Budding Nature Explorers will experience the season while discovering the outdoors in winter. They'll learn how animals survive cold winter days, search for animal tracks, explore winter trees and much more! Participating in a variety of activities, games and crafts will enhance your child's preparation for school. This program series meets every Tuesday from Jan. 9 to Feb. 27; the fee covers all eight sessions. Adults must accompany children.

Ages 3-5 yrs. Fee: \$72

Course #42213 • Tuesday, Jan. 9 • 10-11:30 am

**1/11 Otus the Owl Storytime**

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras.

Ages 2-10 yrs. FREE

Course #42387 • Thursday, Jan. 11 • 10:30-10:50 am

**1/13 ¡A dónde se fueron!**

Te has preguntado ¿qué le pasó a todas las ranas y tortugas de mi patio durante el invierno? Ven y descubre cómo estos animales sobreviven las condiciones adversas del invierno, y participa en un encuentro con ellos donde los podrás observar y tocar.

Ages 2 & up. FREE

Course #42179 • Saturday, Jan. 13 • 10-11:30 am

**1/17 Tyke Hike: Little Owl in Winter**

Little owls are hiding in the woods. Can you help us find them? Then, make a finger-puppet just for you! Children must be accompanied by an adult; fee is for children only.

Ages 2-4 yrs. Fee: \$5

Course #42225 • Wednesday, Jan. 17 • 10:30-11:15 am

**1/18 Natural Yogis**

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and Park Naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world.

Ages 2-5 yrs. Fee: \$6

Course #42062 • Thursday, Jan. 18 • 10-11 am

**1/19 ¿Qué es el Invierno?**

Vamos a explorar una de las estaciones del año: el Invierno! Escucharemos una historia sobre el Invierno y después haremos una búsqueda de tesoros, haciendo una caminata para buscar objetos y artículos que sean señales del Invierno. Los padres deben acompañar a los niños.

Ages 3-5 yrs. FREE

Course #42061 • Friday, Jan. 19 • 10-11 am

**1/20 Introduction to eBird**

eBird is a great tool to help you organize all your bird observations, and learn about all the birds that are around you. Join an online community of citizen scientists and share your observations while helping to conserve birds! Bring your cell phone or tablet and learn to use the eBird app and website to record the birds you see during a short birding hike at Meadowside Nature Center.

Ages 13 & up. FREE

Course #42185 • Saturday, Jan. 20 • 9:30-11 am

**1/20 Meet a Meadowside Raptor**

We'll bring out one of our education ambassadors for an informal discussion of what makes raptors unique in the bird world. Get close-up and personal with one of these magnificent birds.

Ages 2 & up. FREE

Course #42341 • Saturday, Jan. 20 • 12:30-1 pm

**1/25 Meet Orion, our Bald Eagle!**

See Orion, our resident Bald Eagle, trained and fed, and have a chance to ask his trainer a question during a question and answer period.

Ages 2 & up. FREE

Course #42338 • Thursday, Jan. 25 • 2-2:15 pm

**1/26 Conoce los Aves Rapaces**

¡Uu-uu-uu-uuuu! ¿Cuál búho es? ¡Kek-kek-kek-kek-kek! Este gavilán vive en el bosque y también en tu vecindario. En este programa, vas a conocer los especies de rapaces del área. Vamos a salir a buscarlos en el parque, participar en un juego y encontrar de cerca los rapaces residentes de Meadowside.

Ages 2 & up. FREE

Course #42135 • Friday, Jan. 26 • 10:30 am-12 pm

**1/26 Meet Orion, our Bald Eagle!**

See Orion, our resident Bald Eagle, trained and fed, and have a chance to ask his trainer a question during a question and answer period.

Ages 2 & up. FREE

Course #42339 • Friday, Jan. 26 • 12-12:15 pm

**1/26 Movies at Meadowside**

Come enjoy a movie at Meadowside with the whole family on this day off from school! Today we'll watch the 1995 animated classic, *Pocahontas*. Bring your favorite blanket, pillow, and your own drink. We'll supply the popcorn! Registration required.

Ages 4 & up. Fee: \$2

Course #42131 • Friday, Jan. 26 • 1-2:30 pm

**1/26 Hiking by Lantern Light**

Take a step back in time! We will tinsmith our own lanterns and then take a short hike to see how they work. Children must be accompanied by an adult; fee is for children only.

Ages 5-12 yrs. Fee: \$9

Course #42209 • Friday, Jan. 26 • 6-7:30 pm

**WINTER CAMPFIRES AT MEADOWSIDE****Winter Solstice Campfire**

December 21  
6:30pm - 7:30pm

**Fire & Ice & Pancakes**

December 30  
9:30am - 11am

**Treats & Trails**

February 2  
6pm - 7:15pm



Nature Center  
in Rock Creek Regional Park

[MeadowsideNature.org](http://MeadowsideNature.org)



Nature Center  
in Rock Creek Regional Park

### 1/27 Observando Aves en el Invierno

Ven y acompáñanos a observar aves en Meadowside Nature Center durante el invierno. Aprenderemos sobre los retos que enfrentan estas aves durante el invierno y la caminata terminará con una taza de chocolate caliente. Principiantes son bienvenidos; trae tus binoculares o usa los nuestros.

Ages 8 & up. FREE  
Course #42157 • Saturday, Jan. 27 • 9-10:30 am

### 1/27 Winter Birding

Come join us at Meadowside Nature Center to look for the birds that stay over winter with us and learn about the challenges these species face during this time. This guided bird walk will end with a cup of hot chocolate. Beginners welcome; bring your binocular or borrow ours.

Ages 8 & up. FREE  
Course #42147 • Saturday, Jan. 27 • 9-10:30 am

## FEBRUARY 2018

### 2/2 Hello Groundhog!

It's groundhog's special day! We'll make a craft, learn about shadows, and look outside for our own shadows and try to find groundhog's secret burrow. Children must be accompanied by an adult; fee is for children only.

Ages 3-5 yrs. Fee: \$6  
Course #42218 • Friday, Feb. 2 • 10-11 am

### 2/2 Winter Campfire: Treats and Trails

Make your own baked apples and while we wait for them to bake in the campfire's embers, we'll take a short hike through the forest to listen to the sounds of a crisp winter's night. After the hike, our baked apples are ready to eat along with a cup of hot apple cider! Pre-registration required: Both parents and children must register.

Ages 2 & up. Fee: \$8  
Course #42127 • Friday, Feb. 2 • 6-7:15 pm

### 2/3 Observando Aves en el Invierno

Ven y acompáñanos a observar aves en Meadowside Nature Center durante el invierno. Aprenderemos sobre los retos que enfrentan estas aves durante el invierno y la caminata terminará con una taza de chocolate caliente. Principiantes son bienvenidos; trae tus binoculares o usa los nuestros.

Ages 8 & up. FREE  
Course #42158 • Saturday, Feb. 3 • 9-10:30 am

### 2/3 Winter Birding

Come join us at Meadowside Nature Center to look for the birds that stay over winter with us and learn about the challenges these species face during this time. This guided bird walk will end with a cup of hot chocolate. Beginners welcome; bring your binocular or borrow ours.

Ages 8 & up. FREE  
Course #42148 • Saturday, Feb. 3 • 9-10:30 am

### 2/8 Otus the Owl Storytime

Storytimes are even more fun when our mascot, Otus, joins us. Don't forget your cameras!

Ages 2-10 yrs. FREE

Course #42388 • Thursday, Feb. 8 • 10:30-10:50 am

### 2/10 Introduction to eBird

eBird is a great tool to help you organize all your bird observations, and learn about all the birds that are around you. Join an online community of citizen scientists and share your observations while helping to conserve birds! Bring your cell phone or tablet and learn to use the eBird app and website to record the birds you see during a short birding hike at Meadowside Nature Center.

Ages 13 & up. FREE  
Course #42368 • Saturday, Feb. 10 • 9:30-11 am

### 2/10 Owls and Hawks at Oaks Landfill

Oaks Landfill has been repurposed as a birding hotspot! Join us as we search for winter birds throughout this unique landscape. Hopefully, we will catch the shift change of the Northern Harriers seeking their night roosts just as Short-eared Owls gear up for hunting. We will meet at the entrance to the landfill; directions will be emailed to registrants. Dress warmly!

Ages 14 & up. Fee: \$12  
Course #42204 • Saturday, Feb. 10 • 4:15-6:30 pm

### 2/13 Wild at Heart

Feel the love at Meadowside Nature Center after dark! Couples and singles are both welcome to celebrate Valentine's Day by learning about the mating and reproductive habits of our resident reptiles, amphibians, insects and raptors. Wine and chocolate will be available to help make the evening a night to remember! Pre-Registration is required.

Ages 21 & up. Fee: \$8  
Course #42129 • Tuesday, Feb. 13 • 6:30-7:30 pm

### 2/14 Tyke Hike: Winter Birding

Come discover the bustling world around the nature center. Take a nature mini-hike and make a craft to take home. Learn which birds stay over winter with us.

Ages 2-4 yrs. Fee: \$5  
Course #42162 • Wednesday, Feb. 14 • 10:30-11:15 am

### 2/15 Natural Yogis

Nature and yoga provide essential therapeutic benefits to children of all ages. Join certified Child Light yoga instructor and Park Naturalist Jen Scully to explore varying themes in nature that will help children become more at ease in their world.

Ages 2-5 yrs. Fee: \$6  
Course #42063 • Thursday, Feb. 15 • 10-11 am

### 2/16 Movies at Meadowside

Come enjoy a Friday night movie at Meadowside with the whole family! Tonight we'll watch the 1992 animated classic, *Fern Gully: The Last Rainforest*. Bring your favorite blanket, pillow, and your own drink. We'll supply the popcorn! Registration required.

Ages 4 & up. Fee: \$2  
Course #42130 • Friday, Feb. 16 • 6:30-8 pm

### 2/17 De Paseo con la Familia

Ven y disfruta de un paseo a Meadowside Nature Center para aprender sobre los diferentes ofrecimientos del centro con tu familia. Familias podrán participar en caminatas, tener encuentros

cercanos con los animales del centro y disfrutar de actividades y manualidades enfocadas en naturaleza. Transportación ida y vuelta será ofrecida para participantes. El recogido será a las 9:30am en la estación de metro en Glenmont y serán transportados de vuelta a las 11:30am.\*NO se ofrecerán asientos infantiles, por favor llama al centro para cualquier pregunta sobre transportación de menores de 4 años. Espacios limitados, menores de edad deben de estar acompañados por un adulto, y ambos participantes deben registrarse vía internet o llamando al centro. Ages 2 & up. FREE  
Course #42161 • Saturday, Feb. 17 • 9:30-11:30 am

### 2/17 Meet a Meadowside Raptor

We'll bring out one of our education ambassadors for an informal discussion of what makes raptors unique in the bird world. Get close-up and personal with one of these magnificent birds.  
Ages 2 & up. FREE  
Course #42342 • Saturday, Feb. 17 • 2:30-3 pm

### 2/24 Woodpecker Wander

One of the good things about a dead tree is they attract woodpeckers! During this early morning walk we'll focus on the snags in our woods and see if we can find the six woodpecker species that frequent our

area. Maybe we will even spot the elusive Red-headed. Binoculars will be available or bring your own.  
Ages 14 & up. Fee: \$9  
Course #42206 • Saturday, Feb. 24 • 8-9:30 am

### 2/24 Conoce los Insectos

Pronto llega primavera y es posible comenzar a ver unos animalitos bajo los troncos. Ven a Meadowside a caminar en búsqueda de pequeñas criaturas. Aprende cómo identificar insectos, participa en un juego y encuentra de cerca los animalitos residentes del centro Meadowside.  
Ages 2 & up. FREE  
Course #42136 • Saturday, Feb. 24 • 2-3:15 pm



Nature Center  
in Rock Creek Regional Park



# FREE Programs at Meadowside!

## Saturdays:

### Raptors

Meet at the Raptor Walkway behind the nature center, rain or shine.

### Raptor Enrichment

11:30 – 11:45am  
Raptors are smart! Come see Meadowside's resident raptors as they search for food, explore new objects, and encounter new experiences.

### Raptor Feeding

Noon – 12:20pm  
Observe Meadowside's resident raptors during their feeding time and hear some stories about the raptors on exhibit.



Extra feeding dates!  
Dec. 26, 27 & 28

## Wednesdays:

### Raptor Training

2:00-2:15pm  
Observe a training session and see how raptors use positive reinforcement to learn new behaviors and concepts.

### Animal Encounters

2:30 – 3pm  
Come meet an animal in our lobby!



No registration required. All programs are free and open to all ages. Groups, please call in advance.



# Come Skating!

## Public Skating Sessions

Winter 2017-18



Public skating sessions available every day of the week at our two great rinks!

### Cabin John Ice Rink

#### MONDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$7 Public Skate

#### TUESDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Public Skate

#### WEDNESDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	\$7 Public Skate

#### THURSDAYS

8-10am	Cheapskate
10:15am-12:15pm	Adult Skate
12:30-2:30pm	Public Skate
4:30-6:15pm	Public Skate
8:15-10:15pm	Adult Skate

#### FRIDAYS

8-10am	Cheapskate
10:15-11:15am	Parent & Tot Skate
12:30-2:30pm	Public Skate
4:45-6:15pm	Public Skate
8-10pm	Public Skate

#### SATURDAYS

Noon-2pm	Public Skate
4-6pm	Public Skate
8:30-10:30pm	Public Skate

#### SUNDAYS

8:30-10am	Public Skate
12:30-2:30pm	Family Skate
For parents and their children, age 12 and under	
4:30-6:30pm	Public Skate

### Wheaton Ice Arena

#### TUESDAYS

12:30-2:30pm	Cheapskate
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#### WEDNESDAYS

11:15am-12:15pm	Parent & Tot Skate
12:30-2:30pm	Cheapskate

#### THURSDAYS

12:30-2:30pm	Cheapskate
4:45-6:15pm	Public Skate

#### FRIDAYS

11:15am-12:15pm	Parent & Tot Skate
12:30-2:30pm	Cheapskate
4:45-6:15pm	Public Skate
8:15-10:15pm	Public Skate

#### SATURDAYS

12:30-2:30pm	Public Skate
4-6pm	Public Skate

#### SUNDAYS

11am-1pm	Public Skate
3-5pm	Public Skate



For a more information and rink schedules, visit [www.WheatonIceArena.org](http://www.WheatonIceArena.org) and [www.CabinJohnIce.org](http://www.CabinJohnIce.org)



Schedule is subject to change.

#### RINK CLOSURES:

- Dec. 24 - Closed by 3pm
- Dec. 25 - Closed
- Dec. 31 - Closed by 3pm
- Jan. 1 - Open at noon



# Ice Skating & Hockey Group Lessons • Winter 2017-2018



[www.CabinJohnIce.org](http://www.CabinJohnIce.org)  
10610 Westlake Drive  
Rockville, MD 20852  
301-765-8620



[www.WheatonIceArena.org](http://www.WheatonIceArena.org)  
11717 Orebaugh Avenue  
Wheaton, MD 20902  
301-905-3000

Like and follow @CabinJohnIce, @WheatonIce, and @MontgomeryParks on   

## CLASS DATES

Winter 1 Classes..... January 4-February 14  
Winter 2 Classes..... February 23-April 16  
No classes March 23- April 2

## ONLINE REGISTRATION DATES

Winter 1 registration..... December 18-January 2  
Winter 2 registration..... February 15-February 21

If you register for Winter 1 after January 2 or Winter 2 after February 21, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are added after the second week of class.

## On your first day of class...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15 - 20 minutes early for subsequent lessons to have time to get skates on properly
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size smaller than your sneaker size. You'll have better balance and protection against injuries.

## WINTER 2017-18 EVENTS AND IMPORTANT DATES:

Open for public skating all through the Winter except for these dates:

### Rinks Closed:

December 25  
April 1  
December 24 & 31 - Closed at 3 pm  
January 1 - Open at noon

### Winter Ice Shows:

Cabin John - December 16, 2017, 6:30 pm  
Wheaton - January 5, 6:30 pm

### Super Skating Saturday

January 13

### Sweetheart Skate

Cabin John - February 10  
Wheaton - February 9

### Hockey Weekend

February 16 - 18

### Shamrock Skate

March 16, 4:45-6:15 pm

### Spring Break Camp

March 26-30

### School's Out Skate Day's

See Page 161

## COURSE FEES COVER

- Six group lessons
- Rental Skates
- A practice card good for public session admissions and skate rental, if needed.
- Practice cards are valid until the start date of the next lesson series. Practice cards are non-transferrable, non-refundable, and cannot be replaced if lost.

## PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match the skater's ability and experience. At the end of each class series, the skater will receive an evaluation form recommending the class that should be taken in the future.
- If you see a class you like, register! Classes may be cancelled or combined if a minimum enrollment is not met.

Skaters will receive a ribbon award at the end of the 6-week course.



# LEARN TO SKATE

# GROUP LESSON GUIDE

WHERE SHOULD I START? WHERE WILL I GO?

## AGES 3-5

Parent & Tot Skating

Snowplow Sam 1 Ice Skating

Snowplow Sam 2 Ice Skating

Snowplow Sam 3 Ice Skating

Snowplow Sam 4 Ice Skating

## AGES 6-12

Basic 1 Ice Skating

Basic 2 Ice Skating

Basic 3 Ice Skating

Basic 4 Ice Skating

Basic 5 Ice Skating

Basic 6 Ice Skating

## AGES 12 & UP

Teen & Adult 1 Ice Skating

Teen & Adult 2 Ice Skating

Teen & Adult 3 Ice Skating

Teen & Adult 4 Ice Skating

Teen & Adult Advanced Ice Skating

## ICE HOCKEY

### ICE HOCKEY CLASSES

Hockey 1  
(Passed Basic 1 or Snowplow Sam 4)

Hockey 2

Hockey 3

Hockey 4

Power Skating Hockey

### AGES 14 & UP

Teen & Adult Introductory Hockey

Teen & Adult Advanced Hockey

### ADVANCED CLASSES

Scrimmage

Stickhandling

Offensive Skills

Game Strategies

Goalie Class

## FIGURE SKATING

### FIGURE SKATING CLASSES

Pre Free Skate  
(Passed Basic 6 or Teen/Adult Advanced)

Free Skate 1

Free Skate 2

Free Skate 3

Free Skate 4

Free Skate 5

Free Skate 6

### ADVANCED CLASSES

(PASSED FREE SKATE 1)

Moves & Edges

Spins 1, 2, & 3

Jumps 1 & 2

Ice Dance 1,2, & 3

Theater on Ice

Artistry in Motion

## Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers registration for child and parent, skate rental for child and parent, and a practice card good for admission to 6 public skate sessions to practice skills learned in class. Register only the child for the course. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

37918	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	10:30-11 am
37948	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	2:30-3 pm
37789	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
37862	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	1-1:30 pm
38082	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	10:30-11 am
38083	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	2:30-3 pm
38080	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
38081	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	1-1:30 pm

### Wheaton Ice Arena

40864	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	5:45-6:15 pm
40865	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:30-1 pm
40866	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
41006	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	5:45-6:15 pm
41007	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:30-1 pm
41008	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm

38094	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38095	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:45-1:15 pm
38096	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	3-3:30 pm
38084	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
38085	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	2:30-3 pm
38086	3-5 yrs	6 Classes	\$102	Monday, Feb. 26	4:15-4:45 pm
38087	3-5 yrs	6 Classes	\$102	Tuesday, Feb. 27	3:45-4:15 pm
38088	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	1:30-2 pm
38089	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:15-4:45 pm
38090	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	1:30-2 pm
38091	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm

### Wheaton Ice Arena

40867	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	5:15-5:45 pm
40868	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
40869	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:45-5:15 pm
40870	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40871	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:30-1 pm
40872	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11-11:30 am
40873	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40874	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
41010	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
41011	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:45-5:15 pm
41012	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41013	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:30-1 pm
41014	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11-11:30 am
41015	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41016	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
41009	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	5:15-5:45 pm

## Snowplow Sam

Snowplow Sam classes are designed to help preschool-age children develop the preliminary coordination and strength to maneuver on the ice.

## Snowplow Sam 1 Ice Skating

This class is designed for children ages 3-5 who are beginning skaters. Skaters will learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment required: Helmet and gloves.

### Cabin John Ice Rink

37890	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	1:30-2 pm
37891	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
37919	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	11-11:30 am
37920	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37949	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37950	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:45-1:15 pm
37951	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	3-3:30 pm
37790	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
37791	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	2:30-3 pm
37815	3-5 yrs	6 Classes	\$102	Monday, Jan. 8	4:15-4:45 pm
37837	3-5 yrs	6 Classes	\$102	Tuesday, Jan. 9	3:45-4:15 pm
37863	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	1:30-2 pm
37864	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:15-4:45 pm
38092	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	11-11:30 am
38093	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm

## Snowplow Sam 2 Ice Skating

*Prerequisite: Passed Snowplow Sam 1.*

This skating class is for children between the ages of 3-5. Skaters learn how to march followed by a long glide, dip while moving, backward wiggles, forward two-foot swizzles, beginning snowplow stop, and a two-foot hop in place. Fee includes rental skates and a practice card good for six public skate sessions for the skater to practice skills. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

37892	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	1:30-2 pm
37893	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	3:45-4:15 pm
37921	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	11-11:30 am
37922	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37952	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37954	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:45-1:15 pm
37953	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	3-3:30 pm
37792	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
37793	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	2:30-3 pm
37816	3-5 yrs	6 Classes	\$102	Monday, Jan. 8	4:15-4:45 pm
37838	3-5 yrs	6 Classes	\$102	Tuesday, Jan. 9	3:45-4:15 pm
37865	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	1:30-2 pm
37866	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:15-4:45 pm
38105	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	11-11:30 am
38106	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38109	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:45-1:15 pm
38108	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	3-3:30 pm
38107	3-5 yrs	7 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38097	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
38098	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	2:30-3 pm
38099	3-5 yrs	6 Classes	\$102	Monday, Feb. 26	4:15-4:45 pm
38100	3-5 yrs	6 Classes	\$102	Tuesday, Feb. 27	3:45-4:15 pm
38101	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	1:30-2 pm



# Ice Skating

38102	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:15-4:45 pm
38103	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	1:30-2 pm
38104	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	3:45-4:15 pm

### Wheaton Ice Arena

40875	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	5:45-6:15 pm
40876	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
40877	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:45-5:15 pm
40878	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40879	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:30-1 pm
40881	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40880	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11-11:30 am
40882	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
41018	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
41019	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:45-5:15 pm
41020	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41021	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:30-1 pm
41022	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11-11:30 am
41023	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41024	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
41017	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	5:45-6:15 pm

40888	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40889	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
41026	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
41027	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	5:15-5:45 pm
41028	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41029	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11-11:30 am
41030	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41031	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
41025	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	5:45-6:15 pm

## Snowplow Sam 3 Ice Skating

*Prerequisite: Passed Snowplow Sam 2.*

This class is for skaters ages 3-5. Skater will learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

37894	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	1:30-2 pm
37923	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	11-11:30 am
37924	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37955	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37956	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	12:45-1:15 pm
37957	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	3-3:30 pm
37794	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
37795	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	2:30-3 pm
37817	3-5 yrs	6 Classes	\$102	Monday, Jan. 8	4:15-4:45 pm
37839	3-5 yrs	6 Classes	\$102	Tuesday, Jan. 9	3:45-4:15 pm
37868	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	1:30-2 pm
37867	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:15-4:45 pm
38117	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	11-11:30 am
38118	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38119	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38120	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	12:45-1:15 pm
38121	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	3-3:30 pm
38110	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
38111	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	2:30-3 pm
38112	3-5 yrs	6 Classes	\$102	Monday, Feb. 26	4:15-4:45 pm
38113	3-5 yrs	6 Classes	\$102	Tuesday, Feb. 27	3:45-4:15 pm
38115	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	1:30-2 pm
38114	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:15-4:45 pm
38116	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	1:30-2 pm

### Wheaton Ice Arena

40883	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	5:45-6:15 pm
40884	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
40885	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	5:15-5:45 pm
40886	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40887	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	11-11:30 am

## Snowplow Sam 4 Ice Skating

*Prerequisite: Passed Snowplow Sam 3.*

This class is for skaters ages 3-5. Skater will learn forward skating, backward two foot glides, backward swizzles, rocking horse, two foot turns from forward to backward in place, and two foot hop. Fee includes skate rental and a practice card good for six public skate sessions to practice skills learned in class. Equipment Required: Helmet & Gloves.

### Cabin John Ice Rink

37895	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	1:30-2 pm
37925	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	10:30-11 am
37926	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37958	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37959	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	1:15-1:45 pm
37960	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	3:30-4 pm
37796	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	12-12:30 pm
37797	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
37818	3-5 yrs	6 Classes	\$102	Monday, Jan. 8	5:15-5:45 pm
37840	3-5 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:15-4:45 pm
37869	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	1-1:30 pm
37870	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	3:45-4:15 pm
37871	3-5 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:45-5:15 pm
38130	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	10:30-11 am
38131	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38132	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38133	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	1:15-1:45 pm
38134	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	3:30-4 pm
38122	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	12-12:30 pm
38123	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
38124	3-5 yrs	6 Classes	\$102	Monday, Feb. 26	5:15-5:45 pm
38125	3-5 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:15-4:45 pm
38126	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	1-1:30 pm
38127	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	3:45-4:15 pm
38128	3-5 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:45-5:15 pm
38129	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	1:30-2 pm

### Wheaton Ice Arena

40890	3-5 yrs	6 Classes	\$102	Thursday, Jan. 4	5:45-6:15 pm
40895	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
40891	3-5 yrs	6 Classes	\$102	Friday, Jan. 5	5:15-5:45 pm
40892	3-5 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40893	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40894	3-5 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
41037	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
41033	3-5 yrs	6 Classes	\$102	Friday, Feb. 23	5:15-5:45 pm
41034	3-5 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41035	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41036	3-5 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
41032	3-5 yrs	6 Classes	\$102	Thursday, Mar. 1	5:45-6:15 pm



## Scout Skate Day

Schedule your troop for a Saturday program that will include coaching about ice safety, a skating lesson, and admission to a public session.

Programs will be held on **select Saturdays** from **10:30 am – 2:00 pm**. Fee is \$20/scout (minimum of 5 troop members required).

Contact the Skating Director at **Cabin John Ice Rink**, at 301-765-8627, to register your troop!



## Basic Skills 1-6

Basic Skills classes teach the fundamentals of skating. The six levels of the program introduce these fundamental moves: forward skating, Backwards skating, stops, edges, crossovers, and turns. Upon completion of Basic Skills 1-6, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

## Basic 1 Ice Skating

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

37896	6-12 yrs	6 Classes	\$102	Thursday, Jan. 4	3:45-4:15 pm
37897	6-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
37927	6-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37928	6-12 yrs	6 Classes	\$102	Friday, Jan. 5	6:15-6:45 pm
37961	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37962	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	1:15-1:45 pm
37963	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	2:30-3 pm
37964	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	3:30-4 pm
37965	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	4-4:30 pm
37798	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12-12:30 pm
37799	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
37800	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
37819	6-12 yrs	6 Classes	\$102	Monday, Jan. 8	3:45-4:15 pm
37820	6-12 yrs	6 Classes	\$102	Monday, Jan. 8	5:15-5:45 pm
37841	6-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:15-4:45 pm
37872	6-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	3:45-4:15 pm
37873	6-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:45-5:15 pm
38145	6-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38146	6-12 yrs	6 Classes	\$102	Friday, Feb. 23	6:15-6:45 pm
38148	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	1:15-1:45 pm
38149	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	2:30-3 pm
38147	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38150	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	3:30-4 pm
38151	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	4-4:30 pm
38135	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12-12:30 pm
38137	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
38136	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
38138	6-12 yrs	6 Classes	\$102	Monday, Feb. 26	3:45-4:15 pm
38140	6-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:15-4:45 pm
38139	6-12 yrs	6 Classes	\$102	Monday, Feb. 26	5:15-5:45 pm
38141	6-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	3:45-4:15 pm
38142	6-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:45-5:15 pm
38143	6-12 yrs	6 Classes	\$102	Thursday, Mar. 1	3:45-4:15 pm
38144	6-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm

### Wheaton Ice Arena

40896	6-12 yrs	6 Classes	\$102	Thursday, Jan. 4	5:15-5:45 pm
40897	6-12 yrs	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
40898	6-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40899	6-12 yrs	6 Classes	\$102	Friday, Jan. 5	5:45-6:15 pm
40900	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40901	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40903	6-12 yrs	6 Classes	\$102	Saturday, Jan. 6	1-1:30 pm

40902	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
40904	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40905	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
40906	6-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
41040	6-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41041	6-12 yrs	6 Classes	\$102	Friday, Feb. 23	5:45-6:15 pm
41042	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41043	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41045	6-12 yrs	6 Classes	\$102	Saturday, Feb. 24	1-1:30 pm
41046	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41044	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
41047	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41048	6-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
41038	6-12 yrs	6 Classes	\$102	Thursday, Mar. 1	5:15-5:45 pm
41039	6-12 yrs	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Basic 2 Ice Skating

*Prerequisite: Passed Basic 1 or Snowplow Sam 4.*

This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

37898	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	3:45-4:15 pm
37899	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
37929	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37930	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	6:15-6:45 pm
37966	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37967	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	1:15-1:45 pm
37970	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	2:30-3 pm
37968	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	3:30-4 pm
37969	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	4-4:30 pm
37801	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12-12:30 pm
37802	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3-3:30 pm
37803	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
37821	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	3:45-4:15 pm
37822	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	5:15-5:45 pm
37842	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:15-4:45 pm





# Ice Skating

37874	4-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	3:45-4:15 pm
37875	4-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	4:45-5:15 pm
38162	4-12 yrs	7 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38163	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	6:15-6:45 pm
38164	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38165	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	1:15-1:45 pm
38168	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	2:30-3 pm
38166	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	3:30-4 pm
38167	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	4-4:30 pm
38152	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12-12:30 pm
38153	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3-3:30 pm
38154	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
38155	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	3:45-4:15 pm
38156	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	5:15-5:45 pm
38157	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:15-4:45 pm
38158	4-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	3:45-4:15 pm
38159	4-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	4:45-5:15 pm
38160	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	3:45-4:15 pm
38161	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm

### Wheaton Ice Arena

40907	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	5:15-5:45 pm
40908	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
40909	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40910	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	5:45-6:15 pm
40911	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40912	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40913	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	1-1:30 pm
40914	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
40915	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40916	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
40917	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
41051	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41052	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	5:45-6:15 pm
41053	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41054	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41055	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	1-1:30 pm
41057	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41056	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
41058	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41059	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
41049	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	5:15-5:45 pm
41050	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm



## Basic 3 Ice Skating

*Prerequisite: Passed Basic 2.*

Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37900	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:15-4:45 pm
37931	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37932	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	6:15-6:45 pm
37971	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37972	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	12:15-12:45 pm
37973	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	2-2:30 pm
37974	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	4-4:30 pm
37804	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
37805	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	2-2:30 pm
37824	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	3:45-4:15 pm
37823	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	4:45-5:15 pm
37843	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:45-5:15 pm
37876	4-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	5:15-5:45 pm
38176	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38177	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	6:15-6:45 pm
38178	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38179	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	12:15-12:45 pm
38180	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	2-2:30 pm
38181	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	4-4:30 pm
38169	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm
38170	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	2-2:30 pm
38171	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	3:45-4:15 pm
38172	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	4:45-5:15 pm
38173	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:45-5:15 pm
38174	4-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	5:15-5:45 pm
38175	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:15-4:45 pm

### Wheaton Ice Arena

40918	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
40919	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
40920	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40921	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	5:15-5:45 pm
40922	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40927	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40924	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	1-1:30 pm
40923	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	11:30 am-12 pm
40925	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
40926	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	3:30-4 pm
41062	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41063	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	5:15-5:45 pm
41064	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41069	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41066	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	1-1:30 pm
41065	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	11:30 am-12 pm
41067	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41068	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	3:30-4 pm
41060	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm
41061	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Basic 4 Ice Skating

*Prerequisite: Passed Basic 3.*

Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one foot glides, beginning two foot spin, and forward lunges. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37901	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:15-4:45 pm
37933	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37975	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37976	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	12:15-12:45 pm
37977	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	2-2:30 pm
37806	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
37807	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	2-2:30 pm
37825	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	4:45-5:15 pm
37844	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:45-5:15 pm
37877	4-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	5:15-5:45 pm
38188	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38189	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38190	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	12:15-12:45 pm
38191	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	2-2:30 pm
38182	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm
38183	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	2-2:30 pm
38184	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	4:45-5:15 pm
38185	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:45-5:15 pm
38186	4-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	5:15-5:45 pm
38187	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:15-4:45 pm

### Wheaton Ice Arena

40934	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
40928	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
40929	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40930	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	5:15-5:45 pm
40931	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40933	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
40932	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
41071	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41072	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	5:15-5:45 pm
41073	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41074	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm
41075	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41076	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm
41070	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Basic 5 Ice Skating

*Prerequisite: Passed Basic 4.*

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three turns, advanced two foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37902	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:15-4:45 pm
37934	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
37978	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37979	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	12:15-12:45 pm
37980	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	2-2:30 pm
37808	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
37809	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	2-2:30 pm

37826	4-12 yrs	6 Classes	\$102	Monday, Jan. 8	4:45-5:15 pm
37845	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	4:45-5:15 pm
37878	4-12 yrs	6 Classes	\$102	Wednesday, Jan. 10	5:15-5:45 pm
38198	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
38199	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38200	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	12:15-12:45 pm
38201	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	2-2:30 pm
38192	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm
38193	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	2-2:30 pm
38194	4-12 yrs	6 Classes	\$102	Monday, Feb. 26	4:45-5:15 pm
38195	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	4:45-5:15 pm
38196	4-12 yrs	6 Classes	\$102	Wednesday, Feb. 28	5:15-5:45 pm
38197	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:15-4:45 pm

### Wheaton Ice Arena

40940	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	4:45-5:15 pm
40935	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
40936	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40937	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40938	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	12:30-1 pm
40939	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41078	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41079	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41080	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	12:30-1 pm
41081	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41082	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	4:45-5:15 pm
41077	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Basic 6 Ice Skating

*Prerequisite: Passed Basic 5.*

Skaters will learn forward inside three-turns, moving backward to forward two-foot turns on a circle, backward stroking, T-stop, bunny hops, forward spiral on a straight line, beginning one foot spin, and shoot the duck. Fee includes skate rental plus a practice card good for public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37903	4-12 yrs	6 Classes	\$153	Thursday, Jan. 4	5:15-6 pm
37935	4-12 yrs	6 Classes	\$153	Friday, Jan. 5	5:30-6:15 pm
37981	4-12 yrs	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
37810	4-12 yrs	6 Classes	\$153	Sunday, Jan. 7	1-1:45 pm
37827	4-12 yrs	6 Classes	\$153	Monday, Jan. 8	6-6:45 pm
38205	4-12 yrs	6 Classes	\$153	Friday, Feb. 23	5:30-6:15 pm
38206	4-12 yrs	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38202	4-12 yrs	6 Classes	\$153	Sunday, Feb. 25	1-1:45 pm
38203	4-12 yrs	6 Classes	\$153	Monday, Feb. 26	6-6:45 pm
38204	4-12 yrs	6 Classes	\$153	Thursday, Mar. 1	5:15-6 pm

### Wheaton Ice Arena

40941	4-12 yrs	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40942	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40943	4-12 yrs	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40944	4-12 yrs	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41084	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41085	4-12 yrs	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41086	4-12 yrs	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41083	4-12 yrs	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm



## Sweetheart Skate

Bring your sweetheart to the rink and skate together for just **\$7** (admission and skates for two).

**WHEATON ICE FRIDAY, FEBRUARY 9**  
8:15-10:15PM

**CABIN JOHN ICE SATURDAY, FEBRUARY 10**  
8:30-10:30PM



## Homeschool Basic 1 Ice Skating

This class is for beginner skaters ages 6-12. Skaters will learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, beginning snowplow stops, and a two-foot hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

37943	6-12 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
37857	6-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	2-2:30 pm
38305	6-12 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
38304	6-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	2-2:30 pm

## Homeschool Basic 2 Ice Skating

*Prerequisite: Passed Basic 1 or Snowplow Sam 4.*

This class is for skaters ages 4-12. Skaters will learn forward one-foot glides, backward two-foot glide, rocking horse, scooter pushes, backward swizzles, a two-foot turn from forward to backward in place, and a moving snowplow stop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class. Helmet & gloves are strongly recommended.

### Cabin John Ice Rink

37944	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
37858	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	2-2:30 pm
38307	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
38306	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	2-2:30 pm

## Homeschool Basic 3 Ice Skating

*Prerequisite: Passed Basic 2.*

Skaters will learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, backward snowplow stop, forward slaloms, and forward pivot. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37945	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	2-2:30 pm
37859	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	2-2:30 pm
38309	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	2-2:30 pm
38308	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	2-2:30 pm

## Homeschool Basic 4 Ice Skating

*Prerequisite: Passed Basic 3.*

Skaters will learn forward outside and inside edges on a circle (R and L), forward crossovers, backward half-swizzle pumps on a circle, backward one foot glides, beginning two foot spin, and forward lunges. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37946	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	2:30-3 pm
37860	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	2:30-3 pm
38311	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	2:30-3 pm
38310	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	2:30-3 pm



## Homeschool Basic 5 Ice Skating

*Prerequisite: Passed Basic 4.*

Skaters will learn backward outside and inside edges on a circle (R and L), backward crossovers, forward outside three turns, advanced two foot spin, hockey stop, and side toe hop. Fee includes skate rental plus a practice card good for six public skate sessions to practice skills learned in class.

### Cabin John Ice Rink

37947	4-12 yrs	6 Classes	\$102	Friday, Jan. 5	2:30-3 pm
37861	4-12 yrs	6 Classes	\$102	Tuesday, Jan. 9	2:30-3 pm
38313	4-12 yrs	6 Classes	\$102	Friday, Feb. 23	2:30-3 pm
38312	4-12 yrs	6 Classes	\$102	Tuesday, Feb. 27	2:30-3 pm

## Therapeutic Ice Skating 1

Ages 18 and under. This beginning ice skating class is for people with cognitive and/or developmental disabilities who want to learn how to ice skate. Skaters will learn proper technique to fall on the ice and recover, skate forward, and stop safely. Helmets are strongly recommended.

### Cabin John Ice Rink

37982	5-17 yrs	6 Classes	\$102	Saturday, Jan. 6	8-8:30 am
38207	5-17 yrs	6 Classes	\$102	Saturday, Feb. 24	8-8:30 am

## Therapeutic Ice Skating 2

Ages 18 and under. This skating class is for people with cognitive and/or developmental disabilities who have previous skating experience. Skaters will learn basic skills including skating forward, gliding on one foot, & skating backwards. Helmets are strongly recommended.

### Cabin John Ice Rink

37983	5-17 yrs	6 Classes	\$102	Saturday, Jan. 6	8-8:30 am
38208	5-17 yrs	6 Classes	\$102	Saturday, Feb. 24	8-8:30 am

### Winter Ice Show

**Cabin John Ice Rink**  
Dec. 16th, 2017  
6:30 pm

**Wheaton Ice Arena**  
January 5th, 6:30 pm



See our local skaters perform in this annual exhibition. Skaters of all ages will entertain you with group and solo performances.

**FREE ADMISSION**

## Teen and Adult Classes

Teen and adult classes are designed for skaters ages 12 & up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom made for you.

### Teen & Adult 1 Ice Skating

This class is for beginning skaters age 12 and up. Skaters will learn falling and recovery, forward skating, two foot glide, forward swizzles, rocking horse, dip, snowplow stop, forward one foot glides, slalom, backward skating, backward swizzles, and two foot turns in place. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class. Helmets are strongly recommended.

#### Cabin John Ice Rink

37905	12 & up	6 Classes	\$153	Thursday, Jan. 4	7:45-8:30 am
37904	12 & up	6 Classes	\$153	Thursday, Jan. 4	12:45-1:30 pm
37984	12 & up	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
37811	12 & up	6 Classes	\$153	Sunday, Jan. 7	1-1:45 pm
38212	12 & up	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38209	12 & up	6 Classes	\$153	Sunday, Feb. 25	1-1:45 pm
38211	12 & up	6 Classes	\$153	Thursday, Mar. 1	7:45-8:30 am
38210	12 & up	6 Classes	\$153	Thursday, Mar. 1	12:45-1:30 pm

#### Wheaton Ice Arena

40945	12 & up	6 Classes	\$102	Thursday, Jan. 4	7:30-8 pm
40946	12 & up	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40947	12 & up	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
41088	12 & up	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41089	12 & up	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41087	12 & up	6 Classes	\$102	Thursday, Mar. 1	7:30-8 pm

### Teen & Adult 2 Ice Skating

*Prerequisite: Passed Teen & Adult 1.*

Skaters will learn forward stroking, forward half swizzle pumps on a circle, moving two foot turns on a curve, backward skating to a long two foot glide, forward pivot, forward chasses on a circle, and backward snowplow stops. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

#### Cabin John Ice Rink

37907	12 & up	6 Classes	\$153	Thursday, Jan. 4	7:45-8:30 am
37906	12 & up	6 Classes	\$153	Thursday, Jan. 4	12:45-1:30 pm
37985	12 & up	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
38215	12 & up	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38214	12 & up	6 Classes	\$153	Thursday, Mar. 1	7:45-8:30 am
38213	12 & up	6 Classes	\$153	Thursday, Mar. 1	12:45-1:30 pm

#### Wheaton Ice Arena

40948	12 & up	6 Classes	\$102	Thursday, Jan. 4	7:30-8 pm
40949	12 & up	6 Classes	\$102	Saturday, Jan. 6	10:45-11:15 am
40950	12 & up	6 Classes	\$102	Sunday, Jan. 7	1:15-1:45 pm
41091	12 & up	6 Classes	\$102	Saturday, Feb. 24	10:45-11:15 am
41092	12 & up	6 Classes	\$102	Sunday, Feb. 25	1:15-1:45 pm
41090	12 & up	6 Classes	\$102	Thursday, Mar. 1	7:30-8 pm

### Teen & Adult 3 Ice Skating

*Prerequisite: Passed Teen & Adult 2.*

Skaters will learn forward edges on a circle, forward crossovers, backward one foot glides, backward half swizzle pumps on a circle, and hockey stops. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

#### Cabin John Ice Rink

37909	12 & up	6 Classes	\$153	Thursday, Jan. 4	8:30-9:15 pm
37908	12 & up	6 Classes	\$153	Thursday, Jan. 4	12-12:45 pm
37986	12 & up	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
38218	12 & up	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38216	12 & up	6 Classes	\$153	Thursday, Mar. 1	12-12:45 pm
38217	12 & up	6 Classes	\$153	Thursday, Mar. 1	8:30-9:15 pm

#### Wheaton Ice Arena

40951	12 & up	6 Classes	\$102	Thursday, Jan. 4	7:30-8 pm
40952	12 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40953	12 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41094	12 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41095	12 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41093	12 & up	6 Classes	\$102	Thursday, Mar. 1	7:30-8 pm

### Teen & Adult 4 Ice Skating

*Prerequisite: Passed Teen & Adult 3.*

Skaters will learn forward outside three-turns, backward outside & inside edges, backward crossovers, forward swing rolls, and beginning two foot spin. Fee includes skate rental plus a practice card good for public sessions to practice skills learned in class.

#### Cabin John Ice Rink

37910	12 & up	6 Classes	\$153	Thursday, Jan. 4	12-12:45 pm
37911	12 & up	6 Classes	\$153	Thursday, Jan. 4	8:30-9:15 pm
37987	12 & up	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
38221	12 & up	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38219	12 & up	6 Classes	\$153	Thursday, Mar. 1	12-12:45 pm
38220	12 & up	6 Classes	\$153	Thursday, Mar. 1	8:30-9:15 pm

#### Wheaton Ice Arena

40954	12 & up	6 Classes	\$102	Thursday, Jan. 4	7:30-8 pm
40955	12 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40956	12 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41097	12 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41098	12 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41096	12 & up	6 Classes	\$102	Thursday, Mar. 1	7:30-8 pm

### Teen & Adult Advanced Ice Skating

*Prerequisite: Passed Teen & Adult 4.*

This class will learn more progressive skating skills and will also include advanced forward and backward crossovers, forward inside three turns, forward outside to inside change of edge, T-stop, lunge, and two foot to one foot spins. Fee includes skate rental plus a practice card good for public sessions to practice the skills learned in class.

#### Cabin John Ice Rink

37988	12 & up	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
38222	12 & up	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am

#### Wheaton Ice Arena

40957	12 & up	6 Classes	\$102	Thursday, Jan. 4	7:30-8 pm
40958	12 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
41100	12 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41099	12 & up	6 Classes	\$102	Thursday, Mar. 1	7:30-8 pm



## Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or a competitive track in figure skating.

### Pre Free Skate

*Prerequisite: Passed Basic 6.*  
Skaters will learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, combination step sequences, one foot upright spin, mazurka, and waltz jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

#### Cabin John Ice Rink

37912	4-12 yrs	6 Classes	\$153	Thursday, Jan. 4	5:15-6 pm
37936	4-12 yrs	6 Classes	\$153	Friday, Jan. 5	5:30-6:15 pm
37989	4-12 yrs	6 Classes	\$153	Saturday, Jan. 6	8:30-9:15 am
37812	4-12 yrs	6 Classes	\$153	Sunday, Jan. 7	1-1:45 pm
37828	4-12 yrs	6 Classes	\$153	Monday, Jan. 8	6-6:45 pm
38226	4-12 yrs	6 Classes	\$153	Friday, Feb. 23	5:30-6:15 pm
38227	4-12 yrs	6 Classes	\$153	Saturday, Feb. 24	8:30-9:15 am
38223	4-12 yrs	6 Classes	\$153	Sunday, Feb. 25	1-1:45 pm
38224	4-12 yrs	6 Classes	\$153	Monday, Feb. 26	6-6:45 pm
38225	4-12 yrs	6 Classes	\$153	Thursday, Mar. 1	5:15-6 pm

#### Wheaton Ice Arena

40959	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40960	5 & up	6 Classes	\$102	Friday, Jan. 5	4:45-5:15 pm
40961	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40962	5 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41102	5 & up	6 Classes	\$102	Friday, Feb. 23	4:45-5:15 pm
41103	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41104	5 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41101	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

### Free Skate 1

*Prerequisite: Passed Pre Free Skate.* Learn forward power stroking, forward outside & inside consecutive edges, backward outside three turns, upright one foot spin from back crossovers, half flip, toe loop, and waltz jump combinations. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

#### Cabin John Ice Rink

37913	5 & up	6 Classes	\$153	Thursday, Jan. 4	5:15-6 pm
37937	5 & up	6 Classes	\$153	Friday, Jan. 5	5:30-6:15 pm
37990	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am
37829	5 & up	6 Classes	\$153	Monday, Jan. 8	6-6:45 pm
38230	5 & up	6 Classes	\$153	Friday, Feb. 23	5:30-6:15 pm
38231	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38228	5 & up	6 Classes	\$153	Monday, Feb. 26	6-6:45 pm
38229	5 & up	6 Classes	\$153	Thursday, Mar. 1	5:15-6 pm

#### Wheaton Ice Arena

40963	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40964	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40965	5 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm

41106	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41107	5 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41105	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

### Free Skate 2

*Prerequisite: Passed Free Skate 1.*  
Skaters will learn basic back outside and back inside consecutive edges, forward outside and inside spirals on an axis, backward inside three turns, beginning back spin, half lutz, and Salchow. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

#### Cabin John Ice Rink

37914	5 & up	6 Classes	\$153	Thursday, Jan. 4	6:15-7 pm
37991	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am
37830	5 & up	6 Classes	\$153	Monday, Jan. 8	6:45-7:30 pm
38234	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38232	5 & up	6 Classes	\$153	Monday, Feb. 26	6:45-7:30 pm
38233	5 & up	6 Classes	\$153	Thursday, Mar. 1	6:15-7 pm

#### Wheaton Ice Arena

40966	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40967	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40968	5 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41109	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41110	5 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm
41108	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

### Free Skate 3

*Prerequisite: Passed Free Skate 2.*  
Skaters will learn alternating back crossovers to backward outside edges, alternating Mohawk/crossover sequence, waltz three turns, advanced back spin, loop jump, waltz jump/toe loop combination and Salchow/toe loop combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions.

#### Cabin John Ice Rink

37915	5 & up	6 Classes	\$153	Thursday, Jan. 4	6:15-7 pm
37992	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am
37831	5 & up	6 Classes	\$153	Monday, Jan. 8	6:45-7:30 pm
38237	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38235	5 & up	6 Classes	\$153	Monday, Feb. 26	6:45-7:30 pm
38236	5 & up	6 Classes	\$153	Thursday, Mar. 1	6:15-7 pm

#### Wheaton Ice Arena

40969	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40970	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40971	5 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41112	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41113	5 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41111	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

### Free Skate 4

*Prerequisite: Passed Free Skate 3.*  
Skaters will learn forward power three turns, waltz eight, forward upright to backward upright spin, sit spin, half loop, flip, and split jump. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

**Cabin John Ice Rink**

37916	5 & up	6 Classes	\$153	Thursday, Jan. 4	7-7:45 pm
37993	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am
37832	5 & up	6 Classes	\$153	Monday, Jan. 8	7:30-8:15 pm
38240	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38238	5 & up	6 Classes	\$153	Monday, Feb. 26	7:30-8:15 pm
38239	5 & up	6 Classes	\$153	Thursday, Mar. 1	7-7:45 pm

**Wheaton Ice Arena**

40972	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40973	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40974	5 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41115	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41116	5 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41114	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

**Free Skate 5**

*Prerequisite: Passed Free Skate 4.*

Skaters will learn backward power three turns, five step Mohawk sequence, camel spin, waltz jump/loop jump combination, lutz, and loop/loop jump combination. Fee includes skate rental (if needed) plus a practice card good for admission to public skate sessions to practice skills learned in class.

**Cabin John Ice Rink**

37917	5 & up	6 Classes	\$153	Thursday, Jan. 4	7-7:45 pm
37994	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am

37833	5 & up	6 Classes	\$153	Monday, Jan. 8	7:30-8:15 pm
38243	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38241	5 & up	6 Classes	\$153	Monday, Feb. 26	7:30-8:15 pm
38242	5 & up	6 Classes	\$153	Thursday, Mar. 1	7-7:45 pm

**Wheaton Ice Arena**

40975	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40976	5 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41118	5 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41117	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

**Free Skate 6**

*Prerequisite: Passed Free Skate 5.*

Skaters will learn forward power pulls, creative step sequence, camel/sit spin combination, layback or cross foot spin, waltz jump/half loop/Salchow combination, axel exercises, and backward outside pivot. Fee includes skate rental (if needed) plus a practice card good for admission to public skate session to practice skills learned in class.

**Cabin John Ice Rink**

37995	5 & up	6 Classes	\$153	Saturday, Jan. 6	10:30-11:15 am
37834	5 & up	6 Classes	\$153	Monday, Jan. 8	7:30-8:15 pm
38245	5 & up	6 Classes	\$153	Saturday, Feb. 24	10:30-11:15 am
38244	5 & up	6 Classes	\$153	Monday, Feb. 26	7:30-8:15 pm

**Wheaton Ice Arena**

40977	5 & up	6 Classes	\$102	Thursday, Jan. 4	7-7:30 pm
40978	5 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41120	5 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm
41119	5 & up	6 Classes	\$102	Thursday, Mar. 1	7-7:30 pm

# WINTER TRAINS AT WHEATON REGIONAL PARK & CABIN JOHN REGIONAL PARK



**The Train Station Party Rooms** are available for party rentals during the off season (Saturdays and Sundays only from December through March). Neither the train nor the carousel are running, so rental rates are more affordable than ever! Fee includes use of tables, chairs and refrigerator.

**Off-Season Party Room Rates (December 2017 - March 2018)**

**Train Station Party Room**

2 hours: 10am-Noon or 1-3pm; \$125

5 hours: 10am-3pm; \$250

[MontgomeryParks.org/Trains](http://MontgomeryParks.org/Trains)





# Advanced Figure Skating Classes

## Ice Dance 1

*Prerequisite: Passed Free Skate 1.*

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. Skills to be learned include swing rolls, chasses, Kilian hold, and the steps and timing of the Dutch Waltz.

### Cabin John Ice Rink

38018	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
38299	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am

## Ice Dance 2

*Prerequisite: Passed Ice Dance Fundamentals 1.*

Ice Dance 2 will cover forward slide chasses, cross rolls, cross strokes, progressive-chasse sequences, reverse Kilian position, and the steps & timing for the Canasta Tango.

### Cabin John Ice Rink

38019	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
38300	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am

## Ice Dance 3

*Prerequisite: Passed Ice Dance Fundamentals 2.*

Ice Dance 3 will learn forward inside swing rolls, cross behind steps, promenade progressives, lilt action, and the steps & timing for the Rhythm Blues.

### Cabin John Ice Rink

38020	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
38301	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am

## Jumping 1

*Prerequisite: Passed Free Skate 1.*

Work on waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jumps. Build basic combo jumps using toe-loop and half-loop jumps.

### Cabin John Ice Rink

38012	5 & up	6 Classes	\$102	Saturday, Jan. 6	10-10:30 am
38291	5 & up	6 Classes	\$102	Saturday, Feb. 24	10-10:30 am

### Wheaton Ice Arena

40997	5 & up	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
41139	5 & up	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Jumping 2

*Prerequisite: Passed Jumping 1 or Free Skate 4.*

In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump.

### Cabin John Ice Rink

38013	5 & up	6 Classes	\$102	Saturday, Jan. 6	10-10:30 am
38292	5 & up	6 Classes	\$102	Saturday, Feb. 24	10-10:30 am

### Wheaton Ice Arena

40998	5 & up	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
41140	5 & up	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm





## Jumping 3

*Prerequisite: Passed Jumping 2 or Free Skate 5.*

In this advanced class, work on two and three jump combinations, axel, walleys, and connecting footwork into jumps. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38014	5 & up	6 Classes	\$102	Saturday, Jan. 6	10-10:30 am
38293	5 & up	6 Classes	\$102	Saturday, Feb. 24	10-10:30 am

## Spins 1

*Prerequisite: Passed Free Skate 1.*

This figure skating class will help skaters learn to develop spins. Work on one-foot spin, scratch spin, back spin and sit spin. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38015	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
38294	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am

### Wheaton Ice Arena

40999	5 & up	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
41141	5 & up	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Spins 2

*Prerequisite: Passed Spins 1 or Free Skate 4.*

In this advanced spins class, skaters will work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38016	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
37835	5 & up	6 Classes	\$102	Monday, Jan. 8	8:15-8:45 pm
38296	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
38295	5 & up	6 Classes	\$102	Monday, Feb. 26	8:15-8:45 pm

### Wheaton Ice Arena

41000	5 & up	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
41142	5 & up	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Spins 3

*Prerequisite: Passed Spins 2 or Free Skate 5.*

In this advanced spins class, skaters will work on change foot sit and camel spins, layback spins, flying camel spins, flying sit spins, and advanced sit and camel spin feature positions. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38017	5 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
37836	5 & up	6 Classes	\$102	Monday, Jan. 8	8:15-8:45 pm
38298	5 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
38297	5 & up	6 Classes	\$102	Monday, Feb. 26	8:15-8:45 pm

### Wheaton Ice Arena

41001	5 & up	6 Classes	\$102	Thursday, Jan. 4	6:30-7 pm
41143	5 & up	6 Classes	\$102	Thursday, Mar. 1	6:30-7 pm

## Power Skating

*Prerequisite: Passed Basic 5 or Hockey 3.*

The half ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

### Wheaton Ice Arena

41002	5&up	6 Classes	\$102	Thursday, Jan. 4	7:30 pm-8 pm
41144	5&up	6 Classes	\$102	Thursday, Mar. 1	7:30 pm-8 pm

## Adult Moves & Edges

*Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.*

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

### Cabin John Ice Rink

38022	12&up	6 Classes	\$102	Saturday, Jan. 6	10 am-10:30 am
38302	12&up	6 Classes	\$102	Saturday, Feb. 24	10 am-10:30 am

### Wheaton Ice Arena

41004	12&up	6 Classes	\$102	Thursday, Jan. 4	7 pm-7:30 pm
41003	12&up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
41145	12&up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41146	12&up	6 Classes	\$102	Thursday, Mar. 1	7 pm-7:30 pm

## Moves & Edges

*Prerequisite: Passed Basic 6.*

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and USFS 'Moves in the Field' patterns.

### Cabin John Ice Rink

38023	5&up	6 Classes	\$102	Saturday, Jan. 6	10 am-10:30 am
38303	5&up	6 Classes	\$102	Saturday, Feb. 24	10 am-10:30 am

### Wheaton Ice Arena

41005	5&up	6 Classes	\$102	Thursday, Jan. 4	6:30 pm-7 pm
41147	5&up	6 Classes	\$102	Thursday, Mar. 1	6:30 pm-7 pm

## Artistry in Motion

*Prerequisite: Must have passed Basic 6.*

This class will help skaters learn the basic principals of choreography, presentation & performance. This class provides a foundation for body alignment, movement, and line. Skaters will learn movements to different styles of music while incorporating skating elements contributing to the training of a complete figure skater. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38021	5&up	6 Classes	\$102	Saturday, Jan. 6	10 am-10:30 am
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## Theatre on Ice

*Prerequisite: Passed Basic 5.*

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at the Spring Show. Fee includes a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38332	5&up	6 Classes	\$102	Saturday, Feb. 24	10 am-10:30 am
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Celebrate  
**National  
Skating Month!**

January 2018



January is National Skating Month—the perfect time to visit Cabin John or Wheaton Ice Arena. Enjoy special events, discounts and promotions all month long!

- **Special 2-for-1 Skates**
- **Snack Bar Specials**
- **Pro Shop Specials & Discounts**
- **January 13, Special Skate Sessions at Cabin John and Wheaton Ice!**

**HOCKEY  
WEEKEND  
ACROSS AMERICA**  
February 17 & 18, 2018



- **HOCKEY FUN & GAMES**
- **GIVEAWAYS • SPECIAL OFFERS**



PLUS! **Friday, February 16** is  
**“Wear Your Favorite Jersey” Day!**

Skate **2-for-1** when you wear your favorite hockey jersey to the **4:45-6:15pm** public session at either arena!

**Countdown  
to the  
Winter  
Olympics**

Get ready to celebrate the Winter Olympics at the ice rinks. Special sessions and celebrations will be held at the end of January and early February to get ready for the Winter Olympics.

Check our website or the rink for more details on these events as January and February approach.



Cabin John Ice Rink  
CabinJohnIce.com  
301-765-8620



Wheaton Ice Arena  
WheatonIceArena.com  
301-905-3000

## SCHOOL'S OUT SKATE DAY

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), School's Out Events are on. Bring your kids (ages 6-12) for fun activities, including ice skating lessons, arts & crafts, and fun team games and sports.

Ages	Registration #	Date	Location	Time	Fee
6-12	37021	Dec. 26	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37035	Dec. 26	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37022	Dec. 27	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37036	Dec. 27	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37023	Dec. 28	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37037	Dec. 28	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37024	Dec. 29	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37038	Dec. 29	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37025	Jan. 15	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37039	Jan. 15	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37026	Jan. 26	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37040	Jan. 26	Wheaton Ice Arena	9:00am - 5:00pm	\$45
6-12	37027	Feb. 19	Cabin John Ice Rink	9:00am - 5:00pm	\$45
6-12	37041	Feb. 19	Wheaton Ice Arena	9:00am - 5:00pm	\$45



## FAIRY TALE FRIDAY SKATE

Come dressed as your favorite princess, super hero, or other characters for a fun skating afternoon. Skaters will have a group lesson, some practice time, and then make princess crowns, super hero masks, or another craft in the party room. No skating experience necessary. Skaters should wear gloves and helmets are recommended.

Ages	Registration #	Date	Location	Time	Fee
3-9	37032	Mar. 2	Cabin John Ice Rink	12:30pm - 2:30pm	\$20



## SPRING BREAK CAMP

Join us for a whole week of springtime fun at the ice rink! Your kids will enjoy a 30-minute ice skating lesson each day with a professional skating coach, open skating time to practice new skills, arts & crafts, outdoor activities, and much more. Skaters are grouped according to age and ability. Rental skates are included, or campers may bring their own skates. Please bring a non-perishable lunch, snack and water bottle each day.

Ages	Registration #	Date	Location	Time	Fee
6-12	37787	Mar. 26-30	Cabin John Ice Rink	9:00am - 5:00pm	\$295
6-12	42000	Mar. 26-30	Wheaton Ice Arena	9:00am - 5:00pm	\$265



**Wheaton Ice Arena**  
11717 Orebaugh Ave  
Wheaton, Maryland 20902  
WheatonIce.org | 301-905-3000



**Cabin John Ice Rink**  
10610 Westlake Drive  
Rockville, Maryland 20852  
CabinJohnIce.org | 301-765-8620





# Ice Hockey



## Ice Hockey Classes • Winter 2017

### WHAT DOES "FULL GEAR" INCLUDE?

For all hockey classes, full gear is required including caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, hockey skates, and a flat stick cut to the skater's height. A protective cup and mouth guard are also recommended.

Skaters ages 5-9 in Hockey 1 are eligible for the Washington Capitals Learn to Play program that includes free gear. You may register for this with your class if you are eligible. Supplies are limited.

All skaters under the age of 10 may use rental gear at either rink. Registration for this is tied to the class registration.

### Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 4.

Skater will learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip, forward swizzles, T-push to a two foot glide, front to back turns, and snowplow stop. Fee includes skate rental, and a practice card good for six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates.

#### Cabin John Ice Rink

37938	4-8 yrs	6 Classes	\$108	Friday, Jan. 5	4:15-4:45 pm
37996	4-8 yrs	6 Classes	\$108	Saturday, Jan. 6	11:30 am-12 pm
37997	9-14 yrs	6 Classes	\$108	Saturday, Jan. 6	11:30 am-12 pm
37813	4-8 yrs	6 Classes	\$108	Sunday, Jan. 7	4-4:30 pm
37846	4-8 yrs	6 Classes	\$108	Tuesday, Jan. 9	5:15-5:45 pm
37847	9-14 yrs	6 Classes	\$108	Tuesday, Jan. 9	5:15-5:45 pm
37879	4-8 yrs	6 Classes	\$108	Wednesday, Jan. 10	6-6:30 pm
38250	4-8 yrs	6 Classes	\$108	Friday, Feb. 23	4:15-4:45 pm
38251	4-8 yrs	6 Classes	\$108	Saturday, Feb. 24	11:30 am-12 pm
38252	9-14 yrs	6 Classes	\$108	Saturday, Feb. 24	11:30 am-12 pm
38246	4-8 yrs	6 Classes	\$108	Sunday, Feb. 25	4-4:30 pm
38247	4-8 yrs	6 Classes	\$108	Tuesday, Feb. 27	5:15-5:45 pm
38248	9-14 yrs	6 Classes	\$108	Tuesday, Feb. 27	5:15-5:45 pm
38249	4-8 yrs	6 Classes	\$108	Wednesday, Feb. 28	6-6:30 pm

#### Wheaton Ice Arena

40985	4 & up	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40986	4 & up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40987	4 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41127	4 & up	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41128	4 & up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41129	4 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm

### Hockey 2

Prerequisite: Passed Hockey 1.

Skaters will learn strides using 45 degree v push, forward one foot push and glides, forward alternating C-cuts, backward hustles to glides on two feet, backward swizzles, backward alternating C-cuts, moving skateboard push, and moving snowplow stop. Fee includes skate rental, and a practice card good for six public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder pads, elbow pads, shin guards, hockey gloves, flat stick cut to skater's height, and hockey skates (rental hockey skates are available); protective cup recommended.

#### Cabin John Ice Rink

37939	4-8 yrs	6 Classes	\$108	Friday, Jan. 5	4:15-4:45 pm
37998	4-8 yrs	6 Classes	\$108	Saturday, Jan. 6	10:30-11 am
37999	9-14 yrs	6 Classes	\$108	Saturday, Jan. 6	10:30-11 am
37814	4-8 yrs	6 Classes	\$108	Sunday, Jan. 7	4-4:30 pm
37848	4-8 yrs	6 Classes	\$108	Tuesday, Jan. 9	5:15-5:45 pm
37880	4-8 yrs	6 Classes	\$108	Wednesday, Jan. 10	6-6:30 pm
37881	9-14 yrs	6 Classes	\$108	Wednesday, Jan. 10	6-6:30 pm
38257	4-8 yrs	6 Classes	\$108	Friday, Feb. 23	4:15-4:45 pm
38258	4-8 yrs	6 Classes	\$108	Saturday, Feb. 24	10:30-11 am
38259	9-14 yrs	6 Classes	\$108	Saturday, Feb. 24	10:30-11 am
38253	4-8 yrs	6 Classes	\$108	Sunday, Feb. 25	4-4:30 pm
38254	4-8 yrs	6 Classes	\$108	Tuesday, Feb. 27	5:15-5:45 pm
38255	4-8 yrs	6 Classes	\$108	Wednesday, Feb. 28	6-6:30 pm
38256	9-14 yrs	6 Classes	\$108	Wednesday, Feb. 28	6-6:30 pm

#### Wheaton Ice Arena

40988	4 & up	6 Classes	\$102	Friday, Jan. 5	4:15-4:45 pm
40989	4 & up	6 Classes	\$102	Saturday, Jan. 6	11:45 am-12:15 pm
40990	4 & up	6 Classes	\$102	Sunday, Jan. 7	2:15-2:45 pm
41130	4 & up	6 Classes	\$102	Friday, Feb. 23	4:15-4:45 pm
41131	4 & up	6 Classes	\$102	Saturday, Feb. 24	11:45 am-12:15 pm
41132	4 & up	6 Classes	\$102	Sunday, Feb. 25	2:15-2:45 pm



### GET A CABIN JOHN HOCKEY JERSEY

Get a free Cabin John practice jersey for each paid registration at Cabin John Ice rink for:

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4

Power Hockey Skating

## Hockey 3

*Prerequisite: Passed Hockey 2.*

Skaters will learn lateral crossover march, forward C-cuts on a circle, forward outside and inside edges on half circles, backward C-cuts, backward snowplow stops, forward stop-starts, and one foot forward snowplow stops. Fee includes skate rental and a practice card good for admission to public sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

### Cabin John Ice Rink

37940	4-8 yrs	6 Classes	\$159	Friday, Jan. 5	4:45-5:30 pm
38000	4-8 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
38001	9-13 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
37849	4-8 yrs	6 Classes	\$159	Tuesday, Jan. 9	6-6:45 pm
37850	9-13 yrs	6 Classes	\$159	Tuesday, Jan. 9	7:15-8 pm
37882	4-8 yrs	6 Classes	\$159	Wednesday, Jan. 10	6:30-7:15 pm
37883	9-13 yrs	6 Classes	\$159	Wednesday, Jan. 10	7:45-8:30 am
38264	4-8 yrs	6 Classes	\$159	Friday, Feb. 23	4:45-5:30 pm
38265	4-8 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38266	9-13 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38260	4-8 yrs	6 Classes	\$159	Tuesday, Feb. 27	6-6:45 pm
38261	9-13 yrs	6 Classes	\$159	Tuesday, Feb. 27	7:15-8 pm
38262	4-8 yrs	6 Classes	\$159	Wednesday, Feb. 28	6:30-7:15 pm
38263	9-13 yrs	6 Classes	\$159	Wednesday, Feb. 28	7:45-8:30 am

### Wheaton Ice Arena

40991	4 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40992	4 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41133	4 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41134	4 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm

## Hockey 4

*Prerequisite: Passed Hockey 3.*

Skaters will learn quick starts using V-starts, backward one foot glides, forward and backward crossovers, forward to backward Mohawk pivots, and hockey stops. Fee includes skate rental and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, curved stick cut to skater's height, and hockey skates (rental hockey skates are available).

### Cabin John Ice Rink

37941	4-8 yrs	6 Classes	\$159	Friday, Jan. 5	4:45-5:30 pm
38002	4-8 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
38003	9-14 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
37851	4-8 yrs	6 Classes	\$159	Tuesday, Jan. 9	6-6:45 pm
37852	9-14 yrs	6 Classes	\$159	Tuesday, Jan. 9	7:15-8 pm
37884	4-8 yrs	6 Classes	\$159	Wednesday, Jan. 10	6:30-7:15 pm
37885	9-14 yrs	6 Classes	\$159	Wednesday, Jan. 10	7:45-8:30 am
38271	4-8 yrs	6 Classes	\$159	Friday, Feb. 23	4:45-5:30 pm
38272	4-8 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38273	9-14 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38267	4-8 yrs	6 Classes	\$159	Tuesday, Feb. 27	6-6:45 pm
38268	9-14 yrs	6 Classes	\$159	Tuesday, Feb. 27	7:15-8 pm
38269	4-8 yrs	6 Classes	\$159	Wednesday, Feb. 28	6:30-7:15 pm
38270	9-14 yrs	6 Classes	\$159	Wednesday, Feb. 28	7:45-8:30 am

### Wheaton Ice Arena

40993	4 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40994	4 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41135	4 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41136	4 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm

## Power Skating Hockey

*Prerequisite: Passed Hockey 4.*

Skaters will learn powerful backward C-cuts, alternating forward and backward crossovers, forward power hockey turns, lateral pivots, fast stops and starts, and fast backward skating with quick backward V-stops. Fee includes skate rental, and a practice card good for admission to public skate sessions to practice skills learned in class. Equipment required: Caged hockey helmet, shoulder and elbow pads, hockey pants, shin guards, hockey gloves, protective cup, stick cut to skater's height, and hockey skates (rental hockey skates are available).

### Cabin John Ice Rink

37942	4-8 yrs	6 Classes	\$159	Friday, Jan. 5	4:45-5:30 pm
38005	4-8 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
38004	9-14 yrs	6 Classes	\$159	Saturday, Jan. 6	7:45-8:30 am
37854	4-8 yrs	6 Classes	\$159	Tuesday, Jan. 9	6-6:45 pm
37853	9-14 yrs	6 Classes	\$159	Tuesday, Jan. 9	7:15-8 pm
37887	4-8 yrs	6 Classes	\$159	Wednesday, Jan. 10	6:30-7:15 pm
37886	9-14 yrs	6 Classes	\$159	Wednesday, Jan. 10	7:45-8:30 am
38278	4-8 yrs	6 Classes	\$159	Friday, Feb. 23	4:45-5:30 pm
38280	4-8 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38279	9-14 yrs	6 Classes	\$159	Saturday, Feb. 24	7:45-8:30 am
38275	4-8 yrs	6 Classes	\$159	Tuesday, Feb. 27	6-6:45 pm
38274	9-14 yrs	6 Classes	\$159	Tuesday, Feb. 27	7:15-8 pm
38277	4-8 yrs	6 Classes	\$159	Wednesday, Feb. 28	6:30-7:15 pm
38276	9-14 yrs	6 Classes	\$159	Wednesday, Feb. 28	7:45-8:30 am

### Wheaton Ice Arena

40995	4 & up	6 Classes	\$102	Saturday, Jan. 6	11:15-11:45 am
40996	4 & up	6 Classes	\$102	Sunday, Jan. 7	1:45-2:15 pm
41137	4 & up	6 Classes	\$102	Saturday, Feb. 24	11:15-11:45 am
41138	4 & up	6 Classes	\$102	Sunday, Feb. 25	1:45-2:15 pm





## Teen & Adult Introductory Hockey

*Prerequisite: Passed Teen & Adult 1 in hockey skates.*  
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates (rental hockey skates are available). Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

### Cabin John Ice Rink

38006	14 & up	6 Classes	\$153	Saturday, Jan. 6	7:45-8:30 am
37855	14 & up	6 Classes	\$153	Tuesday, Jan. 9	8-8:45 pm
38282	14 & up	6 Classes	\$153	Saturday, Feb. 24	7:45-8:30 am
38281	14 & up	6 Classes	\$153	Tuesday, Feb. 27	8-8:45 pm

## Teen & Adult Advanced Hockey

*Prerequisite: Passed Teen & Adult Intro hockey.*  
This class will emphasize advanced hockey techniques, rules, and game play. Skaters will practice skills and elements of the game including scrimmages. Equipment required: Caged helmet, curved stick cut to skater's height, shin guards, elbow and shoulder pads, hockey gloves, hockey pants, cup, hockey skates (rental hockey skates are available). Fee includes skate rental plus a practice card good for admission to 9 public sessions to practice skills learned in class.

### Cabin John Ice Rink

38007	14 & up	6 Classes	\$153	Saturday, Jan. 6	7:45-8:30 am
37888	14 & up	6 Classes	\$153	Wednesday, Jan. 10	8:45-9:30 pm
38284	14 & up	6 Classes	\$153	Saturday, Feb. 24	7:45-8:30 am
38283	14 & up	6 Classes	\$153	Wednesday, Feb. 28	8:45-9:30 pm

## Hockey Stickhandling & Passing

*Prerequisite: Passed Hockey 1.*  
You've learned the basics of passing and shooting -- now it's time to learn the finer points of stickhandling. We'll also show you how to protect the puck from



opponents, and review some fundamental passing skills. Full gear and caged hockey helmets required; no game experience needed.

### Cabin John Ice Rink

38008	4 & up	6 Classes	\$102	Saturday, Jan. 6	11-11:30 am
38285	4 & up	6 Classes	\$102	Saturday, Feb. 24	11-11:30 am

## Hockey Offensive Skills

*Prerequisite: Passed Scrimmage 1 or Hockey 3.*  
Hockey offensive skills gives serious players more real-time, hands-on instruction. Learn the of stick handling, winning puck battles, goal scoring, and offensive plays with other players who want to excel. Full gear required.

### Cabin John Ice Rink

38010	6 & up	6 Classes	\$102	Saturday, Jan. 6	8:45-9:15 am
38288	6 & up	6 Classes	\$102	Wednesday, Feb. 28	7:15-7:45 pm

## Hockey Game Strategy

*Prerequisite: Passed Hockey 3.*  
This advanced hockey class will focus on specific game strategies. Topics covered will include breaking out of the defensive zone, attacking the offensive zone, face offs, and power plays. Full gear and caged hockey helmets required; no game experience needed.

### Cabin John Ice Rink

37856	4 & up	6 Classes	\$102	Tuesday, Jan. 9	6:45-7:15 pm
38289	4 & up	6 Classes	\$102	Saturday, Feb. 24	8:45-9:15 am

## Hockey Goalie Class

*Prerequisite: Passed Hockey 4.*  
This course will work on developing skills specifically for the hockey goalie position. Required gear: Helmet, Skates, goalie pads, glove, and stick. Fee includes skate rental plus a practice card good for admission to 6 public skate sessions.

### Cabin John Ice Rink

38011	7-14 yrs	6 Classes	\$102	Saturday, Jan. 6	9:45-10:15 am
38290	7-14 yrs	6 Classes	\$102	Saturday, Feb. 24	9:45-10:15 am

## Hockey Scrimmage

*Prerequisite: Passed Hockey 2.*  
This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. Full gear required.

### Cabin John Ice Rink

38009	6 & up	6 Classes	\$102	Saturday, Jan. 6	9:15-9:45 am
37889	6 & up	6 Classes	\$102	Wednesday, Jan. 10	7:15-7:45 pm
38287	6 & up	6 Classes	\$102	Saturday, Feb. 24	9:15-9:45 am
38286	6 & up	6 Classes	\$102	Tuesday, Feb. 27	6:45-7:15 pm



# “Searching for Josiah Henson” Archaeology Field Trip Program



## JOSIAH HENSON PARK

11420 Old Georgetown Rd.  
North Bethesda, MD 20852



Students learn about the extraordinary life of Reverend Josiah Henson by exploring the work of archaeologists, both in the field and the lab through hands-on activities.

Grades 4 – 8 | \$5 students, \$7 adults

FREE admission & transportation for  
Montgomery County and District of  
Columbia Title 1 schools  
for the 2017-18 school year!

Book group tours online  
at [HistoryInTheParks.org](http://HistoryInTheParks.org) or email  
[HistoryTours@Montgomeryparks.org](mailto:HistoryTours@Montgomeryparks.org)



[HistoryInTheParks.org](http://HistoryInTheParks.org) | 301-650-4373



WOODLAWN MANOR CULTURAL PARK

# WOODLAWN MUSEUM

16501 NORWOOD ROAD, SANDY SPRING, MD 20860

## A Long Way From Home

**Saturday, February 10 | 12 noon – 3:00 pm | \$3**

Experience African culture through hands-on activities and storytelling with master storyteller and griot, the Honorable Baba-C during this family program. Space is limited.

## Black History Month Winter Walking Tour

**Saturday, February 24 at 10:00 am | \$8**

Learn about daily life of the enslaved at Woodlawn and the quest for freedom of those travelling on the Underground Railroad.

## Woodlawn Manor House Tours

**NEW! March through December | Fee required**

Tour the Federal style manor house and learn about Dr. William Palmer, his family and the other 19th-century residents of Woodlawn.

## Guided Hikes & Museum Tours

**April - November | Fee required**

Enjoy guided hikes along the Underground Railroad Experience Trail and tours of the Woodlawn Museum.



**HistoryInTheParks.org**

For more information, contact [MCP-WoodlawnPrograms@MontgomeryParks.org](mailto:MCP-WoodlawnPrograms@MontgomeryParks.org) or call 301-929-5989. Register online at [ActiveMontgomery.org](http://ActiveMontgomery.org).



**in search of  
Historic Sites  
volunteers**

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages. Become a trained volunteer tour guide!  
FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements.



# Tennis Group Lessons • Winter 2017-2018



Pauline Betz Addie Tennis Center  
7801 Democracy Blvd.  
Bethesda, MD 20817  
[CabinJohnTennis.org](http://CabinJohnTennis.org)  
301-765-8650



Wheaton Indoor Tennis  
11715 Orebaugh Ave.  
Wheaton, MD 20902  
[WheatonTennis.org](http://WheatonTennis.org)  
301-905-3030

## CLASS DATES

Winter 1 Classes	January 4-February 14
Winter 2 Classes	February 23-April 16
No Classes (spring break)	March 23-April 2

## ONLINE REGISTRATION DATES

Winter 1 registration	December 18-January 2
Winter 2 registration	February 15-February 21

If you register for Winter 1 after January 2 or Winter 2 after February 21, you must register in person at the facility and you will be charged a \$10 non-refundable service fee. No new enrollments are accepted after the second session of class.

## On your First Day of Class...

- Bring a racquet and water bottle.
- Loaner racquets are available.
- Wear proper footwear and athletic clothes.

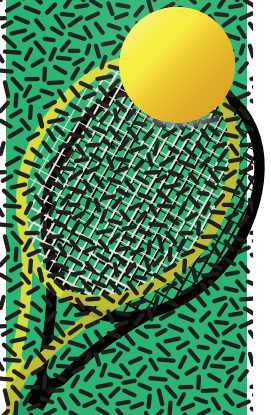
## COURSE FEES COVER

- Six group lessons
- Classes meet once a week for one hour (some Match Play classes meet for two hours)
- Loaner racquets for beginners if needed

## PLEASE NOTE

- No make-ups or refunds for missed lessons.
- Please read course descriptions carefully and select courses that match player ability and experience.
- At the end of each class series, the player will receive an evaluation recommending your next class.
- If you see a class you like, register! Classes may be canceled if a minimum enrollment is not met.

## INDOOR TENNIS CONTRACTS



**Guaranteed  
weekly court  
time at a  
discount!**

[WheatonTennis.org](http://WheatonTennis.org)  
&  
[CabinJohnTennis.org](http://CabinJohnTennis.org)






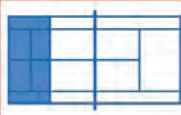
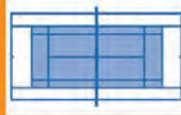
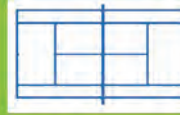
# About Our Youth Tennis Classes

We make tennis kid-friendly!

Classes for kids 10 and under incorporate the official Red/Orange/Green Youth Tennis Progression with instruction beginning on shorter courts and using a series of slower-moving, lower-bouncing balls.

When kids learn tennis using equipment and methods made just for them, they have more fun, develop skills at a comfortable pace, and want to keep playing and improving!



STAGE	RED	ORANGE	GREEN
BALL	 Red (felt or foam)	 Orange	 Green
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
RACQUET	Up to 23"	23"– 25"	25"– 27"

## Parent & Child Tennis

Our youngest beginners, with the help of a parent, will practice basic tennis skills through fun exercises and games that can be continued outside of class. Fee covers one adult and one child; register the child only. (Red Court/Red Balls, 19"-21" Racquet; loaner racquets available)

### Pauline Betz Addie Tennis

41420	4-6 yrs	6 Classes	\$147	Friday, Jan. 5	5-6 pm
41421	4-6 yrs	6 Classes	\$147	Saturday, Jan. 6	2-3 pm
41422	4-6 yrs	6 Classes	\$147	Sunday, Jan. 7	3-4 pm
41417	4-6 yrs	6 Classes	\$147	Monday, Jan. 8	4-5 pm
41419	4-6 yrs	6 Classes	\$147	Tuesday, Jan. 9	5-6 pm
41418	4-6 yrs	6 Classes	\$147	Wednesday, Jan. 10	4-5 pm
41777	4-6 yrs	6 Classes	\$147	Friday, Feb. 23	5-6 pm
41778	4-6 yrs	6 Classes	\$147	Saturday, Feb. 24	2-3 pm
41779	4-6 yrs	6 Classes	\$147	Sunday, Feb. 25	3-4 pm
41774	4-6 yrs	6 Classes	\$147	Monday, Feb. 26	4-5 pm
41776	4-6 yrs	6 Classes	\$147	Tuesday, Feb. 27	5-6 pm
41775	4-6 yrs	6 Classes	\$147	Wednesday, Feb. 28	4-5 pm

### Wheaton Indoor Tennis

41194	4-6 yrs	6 Classes	\$123	Friday, Jan. 5	6-7 pm
41195	4-6 yrs	6 Classes	\$123	Saturday, Jan. 6	11 am-12 pm
41196	4-6 yrs	6 Classes	\$123	Sunday, Jan. 7	1-2 pm
41197	4-6 yrs	6 Classes	\$123	Monday, Jan. 8	4-5 pm
41198	4-6 yrs	6 Classes	\$123	Wednesday, Jan. 10	6-7 pm
41903	4-6 yrs	6 Classes	\$123	Friday, Feb. 23	6-7 pm
41904	4-6 yrs	6 Classes	\$123	Saturday, Feb. 24	11 am-12 pm
41905	4-6 yrs	6 Classes	\$123	Sunday, Feb. 25	1-2 pm
41906	4-6 yrs	6 Classes	\$123	Monday, Feb. 26	4-5 pm
41907	4-6 yrs	6 Classes	\$123	Wednesday, Feb. 28	6-7 pm

## Youth Tennis, Beginner

Group lesson class for the young beginner who has limited or no prior tennis experience. Class teaches basic strokes and promotes cooperative play through games and skill-building activities. Instruction for ages 5-7 focuses on hand-eye coordination, movement, and basic tennis strokes. Instruction for ages 7-10 focuses on racquet control drills, sending and receiving, rallying skills, and ABCs (agility, balance, and coordination). (Combination of Red Court/Red Balls, Orange Court/Orange Balls, 19"-25" Racquet; loaner racquets available.)

### Pauline Betz Addie Tennis

41433	5-7 yrs	6 Classes	\$135	Thursday, Jan. 4	5-6 pm
41431	5-7 yrs	6 Classes	\$135	Friday, Jan. 5	4-5 pm
41434	5-7 yrs	6 Classes	\$135	Saturday, Jan. 6	9-10 am
41435	5-7 yrs	6 Classes	\$135	Sunday, Jan. 7	9-10 am
41442	5-7 yrs	6 Classes	\$135	Sunday, Jan. 7	9-10 am
41429	5-7 yrs	6 Classes	\$135	Monday, Jan. 8	4-5 pm
41437	5-7 yrs	6 Classes	\$135	Monday, Jan. 8	4-5 pm
41432	5-7 yrs	6 Classes	\$135	Tuesday, Jan. 9	5-6 pm
41438	5-7 yrs	6 Classes	\$135	Tuesday, Jan. 9	5-6 pm
41430	5-7 yrs	6 Classes	\$135	Wednesday, Jan. 10	4-5 pm
41439	5-7 yrs	6 Classes	\$135	Wednesday, Jan. 10	4-5 pm
41782	5-7 yrs	6 Classes	\$135	Friday, Feb. 23	4-5 pm
41785	5-7 yrs	6 Classes	\$135	Saturday, Feb. 24	9-10 am
41786	5-7 yrs	6 Classes	\$135	Sunday, Feb. 25	9-10 am
41780	5-7 yrs	6 Classes	\$135	Monday, Feb. 26	4-5 pm
41787	5-7 yrs	6 Classes	\$135	Monday, Feb. 26	4-5 pm
41783	5-7 yrs	6 Classes	\$135	Tuesday, Feb. 27	5-6 pm
41781	5-7 yrs	6 Classes	\$135	Wednesday, Feb. 28	4-5 pm
41784	5-7 yrs	6 Classes	\$135	Thursday, Mar. 1	5-6 pm

41763	7-10 yrs	6 Classes	\$135	Thursday, Jan. 4	5-6 pm
41764	7-10 yrs	6 Classes	\$135	Friday, Jan. 5	4-5 pm
41767	7-10 yrs	6 Classes	\$135	Saturday, Jan. 6	9-10 am
41769	7-10 yrs	6 Classes	\$135	Sunday, Jan. 7	9-10 am
41771	7-10 yrs	6 Classes	\$135	Monday, Jan. 8	4-5 pm
41772	7-10 yrs	6 Classes	\$135	Tuesday, Jan. 9	5-6 pm
41773	7-10 yrs	6 Classes	\$135	Wednesday, Jan. 10	4-5 pm
41792	7-10 yrs	6 Classes	\$135	Friday, Feb. 23	4-5 pm
41793	7-10 yrs	6 Classes	\$135	Saturday, Feb. 24	9-10 am
41794	7-10 yrs	6 Classes	\$135	Sunday, Feb. 25	9-10 am
41795	7-10 yrs	6 Classes	\$135	Monday, Feb. 26	4-5 pm
41796	7-10 yrs	6 Classes	\$135	Tuesday, Feb. 27	5-6 pm
41797	7-10 yrs	6 Classes	\$135	Wednesday, Feb. 28	4-5 pm
41791	7-10 yrs	6 Classes	\$135	Thursday, Mar. 1	5-6 pm

**Wheaton Indoor Tennis**

41199	5-7 yrs	6 Classes	\$111	Thursday, Jan. 4	5-6 pm
41200	5-7 yrs	6 Classes	\$111	Saturday, Jan. 6	9-10 am
41201	5-7 yrs	6 Classes	\$111	Monday, Jan. 8	5-6 pm
41202	5-7 yrs	6 Classes	\$111	Tuesday, Jan. 9	5-6 pm
41203	5-7 yrs	6 Classes	\$111	Wednesday, Jan. 10	4-5 pm
41909	5-7 yrs	6 Classes	\$111	Saturday, Feb. 24	9-10 am
41910	5-7 yrs	6 Classes	\$111	Monday, Feb. 26	5-6 pm
41911	5-7 yrs	6 Classes	\$111	Tuesday, Feb. 27	5-6 pm
41912	5-7 yrs	6 Classes	\$111	Wednesday, Feb. 28	4-5 pm
41908	5-7 yrs	6 Classes	\$111	Thursday, Mar. 1	5-6 pm
41204	7-10 yrs	6 Classes	\$111	Thursday, Jan. 4	5-6 pm
41205	7-10 yrs	6 Classes	\$111	Saturday, Jan. 6	10-11 am
41206	7-10 yrs	6 Classes	\$111	Sunday, Jan. 7	9-10 am
41207	7-10 yrs	6 Classes	\$111	Monday, Jan. 8	5-6 pm
41208	7-10 yrs	6 Classes	\$111	Tuesday, Jan. 9	6-7 pm
41209	7-10 yrs	6 Classes	\$111	Wednesday, Jan. 10	5-6 pm
41914	7-10 yrs	6 Classes	\$111	Saturday, Feb. 24	10-11 am
41915	7-10 yrs	6 Classes	\$111	Sunday, Feb. 25	9-10 am
41916	7-10 yrs	6 Classes	\$111	Monday, Feb. 26	5-6 pm
41917	7-10 yrs	6 Classes	\$111	Tuesday, Feb. 27	6-7 pm
41918	7-10 yrs	6 Classes	\$111	Wednesday, Feb. 28	5-6 pm
41913	7-10 yrs	6 Classes	\$111	Thursday, Mar. 1	5-6 pm

**Youth Tennis, Intermediate**

*Prerequisite: Passed Beginner level.*

For the novice to intermediate level player who can rally but needs additional work on stroke production, tennis specific footwork, and situational play. Skill building continues with increased emphasis on cooperative drills. (Combination of Red Court/Red Balls, Orange Court/Orange Balls, 21"-25" Racquet; loaner racquets available)

**Pauline Betz Addie Tennis**

41457	5-7 yrs	6 Classes	\$135	Thursday, Jan. 4	4-5 pm
41461	5-7 yrs	6 Classes	\$135	Friday, Jan. 5	5-6 pm
41462	5-7 yrs	6 Classes	\$135	Saturday, Jan. 6	10-11 am
41463	5-7 yrs	6 Classes	\$135	Sunday, Jan. 7	10-11 am
41459	5-7 yrs	6 Classes	\$135	Monday, Jan. 8	5-6 pm
41458	5-7 yrs	6 Classes	\$135	Tuesday, Jan. 9	4-5 pm
41460	5-7 yrs	6 Classes	\$135	Wednesday, Jan. 10	5-6 pm
41802	5-7 yrs	6 Classes	\$135	Friday, Feb. 23	5-6 pm
41803	5-7 yrs	6 Classes	\$135	Saturday, Feb. 24	10-11 am
41804	5-7 yrs	6 Classes	\$135	Sunday, Feb. 25	10-11 am
41800	5-7 yrs	6 Classes	\$135	Monday, Feb. 26	5-6 pm
41799	5-7 yrs	6 Classes	\$135	Tuesday, Feb. 27	4-5 pm
41801	5-7 yrs	6 Classes	\$135	Wednesday, Feb. 28	5-6 pm

41798	5-7 yrs	6 Classes	\$135	Thursday, Mar. 1	4-5 pm
41475	7-10 yrs	6 Classes	\$135	Thursday, Jan. 4	4-5 pm
41473	7-10 yrs	6 Classes	\$135	Friday, Jan. 5	5-6 pm
41476	7-10 yrs	6 Classes	\$135	Saturday, Jan. 6	10-11 am
41477	7-10 yrs	6 Classes	\$135	Sunday, Jan. 7	10-11 am
41471	7-10 yrs	6 Classes	\$135	Monday, Jan. 8	5-6 pm
41474	7-10 yrs	6 Classes	\$135	Tuesday, Jan. 9	4-5 pm
41472	7-10 yrs	6 Classes	\$135	Wednesday, Jan. 10	5-6 pm
41807	7-10 yrs	6 Classes	\$135	Friday, Feb. 23	5-6 pm
41810	7-10 yrs	6 Classes	\$135	Saturday, Feb. 24	10-11 am
41811	7-10 yrs	6 Classes	\$135	Sunday, Feb. 25	10-11 am
41805	7-10 yrs	6 Classes	\$135	Monday, Feb. 26	5-6 pm
41808	7-10 yrs	6 Classes	\$135	Tuesday, Feb. 27	4-5 pm
41806	7-10 yrs	6 Classes	\$135	Wednesday, Feb. 28	5-6 pm
41809	7-10 yrs	6 Classes	\$135	Thursday, Mar. 1	4-5 pm

**Wheaton Indoor Tennis**

41210	5-7 yrs	6 Classes	\$111	Thursday, Jan. 4	5-6 pm
41211	5-7 yrs	6 Classes	\$111	Friday, Jan. 5	5-6 pm
41212	5-7 yrs	6 Classes	\$111	Saturday, Jan. 6	9-10 am
41213	5-7 yrs	6 Classes	\$111	Monday, Jan. 8	6-7 pm
41214	5-7 yrs	6 Classes	\$111	Tuesday, Jan. 9	5-6 pm
41215	5-7 yrs	6 Classes	\$111	Wednesday, Jan. 10	4-5 pm
41921	5-7 yrs	6 Classes	\$111	Friday, Feb. 23	5-6 pm
41922	5-7 yrs	6 Classes	\$111	Saturday, Feb. 24	9-10 am
41923	5-7 yrs	6 Classes	\$111	Monday, Feb. 26	6-7 pm
41924	5-7 yrs	6 Classes	\$111	Tuesday, Feb. 27	5-6 pm
41925	5-7 yrs	6 Classes	\$111	Wednesday, Feb. 28	4-5 pm
41920	5-7 yrs	6 Classes	\$111	Thursday, Mar. 1	5-6 pm
41216	7-10 yrs	6 Classes	\$111	Friday, Jan. 5	6-7 pm
41217	7-10 yrs	6 Classes	\$111	Saturday, Jan. 6	10-11 am
41218	7-10 yrs	6 Classes	\$111	Sunday, Jan. 7	10-11 am
41219	7-10 yrs	6 Classes	\$111	Monday, Jan. 8	6-7 pm
41221	7-10 yrs	6 Classes	\$111	Tuesday, Jan. 9	4-5 pm
41220	7-10 yrs	6 Classes	\$111	Wednesday, Jan. 10	5-6 pm
41926	7-10 yrs	6 Classes	\$111	Friday, Feb. 23	6-7 pm
41927	7-10 yrs	6 Classes	\$111	Saturday, Feb. 24	10-11 am
41928	7-10 yrs	6 Classes	\$111	Sunday, Feb. 25	10-11 am
41929	7-10 yrs	6 Classes	\$111	Monday, Feb. 26	6-7 pm
41931	7-10 yrs	6 Classes	\$111	Tuesday, Feb. 27	4-5 pm
41930	7-10 yrs	6 Classes	\$111	Wednesday, Feb. 28	5-6 pm

**Youth Tennis, Intro to Match Play**

*Prerequisite: Passed Youth Tennis, Intermediate.*

It's time to put your skills into play. Learn the basics of match play using the USTA's Junior Team Tennis (JTT) format, where everyone earns points for the team. The focus will be on positioning, serve-and-return, and movement in both singles and doubles using a combination of Red and Orange Ball formats based on age and ability level.

**Pauline Betz Addie Tennis**

41485	7-10 yrs	6 Classes	\$147	Saturday, Jan. 6	3-4 pm
41812	7-10 yrs	6 Classes	\$147	Saturday, Feb. 24	3-4 pm

**Wheaton Indoor Tennis**

41222	7-10 yrs	6 Classes	\$111	Saturday, Jan. 6	1-2 pm
41932	7-10 yrs	6 Classes	\$111	Saturday, Feb. 24	1-2 pm



CELEBRATE WITH A

**TENNIS PARTY!**

NEW multi-purpose room available for tennis birthday parties, socials, and meetings. Rental and party package information can be found at [WheatonTennis.org](http://WheatonTennis.org)





# Pre-Teen/ Teen Tennis

## Youth Tennis, More Match Play

*Prerequisite: Passed Intro to Match Play or Instructor approval.*

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

### Wheaton Indoor Tennis

41223	7-10 yrs	6 Classes	\$111	Thursday, Jan. 4	6-7 pm
41933	7-10 yrs	6 Classes	\$111	Thursday, Mar. 1	6-7 pm

## Youth Tennis, Advanced

*Prerequisite: Passed Intermediate level.*

For player who can rally already and comfortably engage in point play against a variety of players. Focus will be on improving movement and positioning, concentration and focus, shot placement, and closing points. (Combination of Red Court/Red Balls, Orange Court/Orange Balls, 21"-25" Racquet; may incorporate use of Green Dot Ball for players ready to transition from the Orange Court to full court play; loaner racquets available).

### Pauline Betz Addie Tennis

41491	7-10 yrs	6 Classes	\$147	Thursday, Jan. 4	5-6 pm
41489	7-10 yrs	6 Classes	\$147	Saturday, Jan. 6	11 am-12 pm
41490	7-10 yrs	6 Classes	\$147	Sunday, Jan. 7	11 am-12 pm
41487	7-10 yrs	6 Classes	\$147	Monday, Jan. 8	6-7 pm
41488	7-10 yrs	6 Classes	\$147	Wednesday, Jan. 10	6-7 pm
41815	7-10 yrs	6 Classes	\$147	Saturday, Feb. 24	11 am-12 pm
41816	7-10 yrs	6 Classes	\$147	Sunday, Feb. 25	11 am-12 pm
41813	7-10 yrs	6 Classes	\$147	Monday, Feb. 26	6-7 pm
41814	7-10 yrs	6 Classes	\$147	Wednesday, Feb. 28	6-7 pm
41817	7-10 yrs	6 Classes	\$147	Thursday, Mar. 1	5-6 pm

### Wheaton Indoor Tennis

41224	7-10 yrs	6 Classes	\$123	Saturday, Jan. 6	11 am-12 pm
41225	7-10 yrs	6 Classes	\$123	Sunday, Jan. 7	11 am-12 pm
41226	7-10 yrs	6 Classes	\$123	Monday, Jan. 8	5-6 pm
41227	7-10 yrs	6 Classes	\$123	Wednesday, Jan. 10	5-6 pm
41934	7-10 yrs	6 Classes	\$123	Saturday, Feb. 24	11 am-12 pm
41935	7-10 yrs	6 Classes	\$123	Sunday, Feb. 25	11 am-12 pm
41936	7-10 yrs	6 Classes	\$123	Monday, Feb. 26	5-6 pm
41937	7-10 yrs	6 Classes	\$123	Wednesday, Feb. 28	5-6 pm

## Beginner 1 Tennis, Pre-Teen/Teen

*Prerequisite: For beginners who have never played before or have not played recently.*

The goal of this class is to teach fundamentals of the game, including etiquette and vocabulary, rules, positioning, and scorekeeping. Players will learn basic mechanics for hitting groundstrokes, volleys, overheads, and serves. May incorporate use of Orange and Green Dot Balls to reinforce development consistency, and control.

### Pauline Betz Addie Tennis

41499	11-15 yrs	6 Classes	\$135	Thursday, Jan. 4	4-5 pm
41500	11-15 yrs	6 Classes	\$135	Friday, Jan. 5	4-5 pm
41501	11-15 yrs	6 Classes	\$135	Saturday, Jan. 6	11 am-12 pm
41502	11-15 yrs	6 Classes	\$135	Sunday, Jan. 7	11 am-12 pm
41497	11-15 yrs	6 Classes	\$135	Monday, Jan. 8	5-6 pm

41498	11-15 yrs	6 Classes	\$135	Wednesday, Jan. 10	5-6 pm
41822	11-15 yrs	6 Classes	\$135	Saturday, Feb. 24	11 am-12 pm
41823	11-15 yrs	6 Classes	\$135	Sunday, Feb. 25	11 am-12 pm
41821	11-15 yrs	6 Classes	\$135	Friday, Feb. 23	4-5 pm
41818	11-15 yrs	6 Classes	\$135	Monday, Feb. 26	5-6 pm
41819	11-15 yrs	6 Classes	\$135	Wednesday, Feb. 28	5-6 pm
41820	11-15 yrs	6 Classes	\$135	Thursday, Mar. 1	4-5 pm
41509	15-18 yrs	6 Classes	\$135	Friday, Jan. 5	6-7 pm
41824	15-18 yrs	6 Classes	\$135	Friday, Feb. 23	6-7 pm

### Wheaton Indoor Tennis

41228	11-15 yrs	6 Classes	\$111	Sunday, Jan. 7	11 am-12 pm
41229	11-15 yrs	6 Classes	\$111	Friday, Jan. 5	4-5 pm
41939	11-15 yrs	6 Classes	\$111	Sunday, Feb. 25	11 am-12 pm
41940	11-15 yrs	6 Classes	\$111	Friday, Feb. 23	4-5 pm
41230	15-18 yrs	6 Classes	\$111	Saturday, Jan. 6	11 am-12 pm
41941	15-18 yrs	6 Classes	\$111	Saturday, Feb. 24	11 am-12 pm

## Beginner 2 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Beginner 1 Tennis or player with recent playing experience seeking a refresher on fundamentals.*

Class includes a review of tennis etiquette and vocabulary, safety rules, and scoring. Continued focus on footwork, positioning and directional control. Additional time will be spent on drills and situational play. Groundstrokes, volleys, overheads, and serves will be critiqued.

### Pauline Betz Addie Tennis

41512	11-15 yrs	6 Classes	\$135	Thursday, Jan. 4	6-7 pm
41513	11-15 yrs	6 Classes	\$135	Friday, Jan. 5	6-7 pm
41511	11-15 yrs	6 Classes	\$135	Tuesday, Jan. 9	4-5 pm
41827	11-15 yrs	6 Classes	\$135	Friday, Feb. 23	6-7 pm
41825	11-15 yrs	6 Classes	\$135	Tuesday, Feb. 27	4-5 pm
41826	11-15 yrs	6 Classes	\$135	Thursday, Mar. 1	6-7 pm
41518	15-18 yrs	6 Classes	\$135	Friday, Jan. 5	6-7 pm
41517	15-18 yrs	6 Classes	\$135	Tuesday, Jan. 9	6-7 pm
41829	15-18 yrs	6 Classes	\$135	Friday, Feb. 23	6-7 pm
41828	15-18 yrs	6 Classes	\$135	Tuesday, Feb. 27	6-7 pm

### Wheaton Indoor Tennis

41232	11-15 yrs	6 Classes	\$111	Friday, Jan. 5	5-6 pm
41231	11-15 yrs	6 Classes	\$111	Sunday, Jan. 7	12-1 pm
41943	11-15 yrs	6 Classes	\$111	Friday, Feb. 23	5-6 pm
41942	11-15 yrs	6 Classes	\$111	Sunday, Feb. 25	12-1 pm
41233	15-18 yrs	6 Classes	\$111	Saturday, Jan. 6	12-1 pm
41944	15-18 yrs	6 Classes	\$111	Saturday, Feb. 24	12-1 pm

## Intermediate 1 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Beginner 2.*

Players have experience in the fundamentals of tennis and are ready to work on consistency, accuracy and technical mastery of strokes and footwork. The focus will be on drills and play situations to improve rallying skills and overall level of play.

### Pauline Betz Addie Tennis

41522	11-15 yrs	6 Classes	\$135	Thursday, Jan. 4	6-7 pm
41523	11-15 yrs	6 Classes	\$135	Saturday, Jan. 6	12-1 pm
41524	11-15 yrs	6 Classes	\$135	Sunday, Jan. 7	12-1 pm
41521	11-15 yrs	6 Classes	\$135	Tuesday, Jan. 9	6-7 pm
41832	11-15 yrs	6 Classes	\$135	Saturday, Feb. 24	12-1 pm
41833	11-15 yrs	6 Classes	\$135	Sunday, Feb. 25	12-1 pm
41830	11-15 yrs	6 Classes	\$135	Tuesday, Feb. 27	6-7 pm
41831	11-15 yrs	6 Classes	\$135	Thursday, Mar. 1	6-7 pm

# Pre-Teen/ Teen Tennis

41530	15-18 yrs	6 Classes	\$135	Thursday, Jan. 4	6-7 pm
41532	15-18 yrs	6 Classes	\$135	Saturday, Jan. 6	12-1 pm
41531	15-18 yrs	6 Classes	\$135	Sunday, Jan. 7	12-1 pm
41529	15-18 yrs	6 Classes	\$135	Tuesday, Jan. 9	6-7 pm
41837	15-18 yrs	6 Classes	\$135	Saturday, Feb. 24	12-1 pm
41836	15-18 yrs	6 Classes	\$135	Sunday, Feb. 25	12-1 pm
41834	15-18 yrs	6 Classes	\$135	Tuesday, Feb. 27	6-7 pm
41835	15-18 yrs	6 Classes	\$135	Thursday, Mar. 1	6-7 pm

### Wheaton Indoor Tennis

41234	11-15 yrs	6 Classes	\$111	Thursday, Jan. 4	4-5 pm
41235	11-15 yrs	6 Classes	\$111	Tuesday, Jan. 9	4-5 pm
41946	11-15 yrs	6 Classes	\$111	Tuesday, Feb. 27	4-5 pm
41945	11-15 yrs	6 Classes	\$111	Thursday, Mar. 1	4-5 pm
41236	15-18 yrs	6 Classes	\$111	Friday, Jan. 5	4-5 pm
41237	15-18 yrs	6 Classes	\$111	Saturday, Jan. 6	12-1 pm
41947	15-18 yrs	6 Classes	\$111	Friday, Feb. 23	4-5 pm
41948	15-18 yrs	6 Classes	\$111	Saturday, Feb. 24	12-1 pm

### Intermediate 2 Tennis, Pre-Teen/Teen

*Prerequisite: Passed Intermediate 1.*

Players in this class have a solid foundation in tennis and are ready to improve consistency, accuracy and technical mastery of their strokes and footwork. The focus will be on learning additional shots including slices, topspin, cross-court and down-the-line groundstrokes plus a variety of serves.

#### Pauline Betz Addie Tennis

41539	11-15 yrs	6 Classes	\$135	Saturday, Jan. 6	1-2 pm
41540	11-15 yrs	6 Classes	\$135	Sunday, Jan. 7	1-2 pm
41537	11-15 yrs	6 Classes	\$135	Monday, Jan. 8	6-7 pm
41538	11-15 yrs	6 Classes	\$135	Wednesday, Jan. 10	6-7 pm
41840	11-15 yrs	6 Classes	\$135	Saturday, Feb. 24	1-2 pm
41841	11-15 yrs	6 Classes	\$135	Sunday, Feb. 25	1-2 pm
41838	11-15 yrs	6 Classes	\$135	Monday, Feb. 26	6-7 pm
41839	11-15 yrs	6 Classes	\$135	Wednesday, Feb. 28	6-7 pm
41551	15-18 yrs	6 Classes	\$135	Saturday, Jan. 6	1-2 pm
41552	15-18 yrs	6 Classes	\$135	Sunday, Jan. 7	1-2 pm
41549	15-18 yrs	6 Classes	\$135	Monday, Jan. 8	6-7 pm
41550	15-18 yrs	6 Classes	\$135	Wednesday, Jan. 10	6-7 pm
41846	15-18 yrs	6 Classes	\$135	Saturday, Feb. 24	1-2 pm
41847	15-18 yrs	6 Classes	\$135	Sunday, Feb. 25	1-2 pm
41844	15-18 yrs	6 Classes	\$135	Monday, Feb. 26	6-7 pm
41845	15-18 yrs	6 Classes	\$135	Wednesday, Feb. 28	6-7 pm

#### Wheaton Indoor Tennis

41240	11-15 yrs	6 Classes	\$111	Thursday, Jan. 4	6-7 pm
41238	11-15 yrs	6 Classes	\$111	Sunday, Jan. 7	12-1 pm
41239	11-15 yrs	6 Classes	\$111	Tuesday, Jan. 9	6-7 pm
41949	11-15 yrs	6 Classes	\$111	Sunday, Feb. 25	12-1 pm
41950	11-15 yrs	6 Classes	\$111	Tuesday, Feb. 27	6-7 pm
41951	11-15 yrs	6 Classes	\$111	Thursday, Mar. 1	6-7 pm
41243	15-18 yrs	6 Classes	\$111	Friday, Jan. 5	4-5 pm
41244	15-18 yrs	6 Classes	\$111	Saturday, Jan. 6	1-2 pm
41954	15-18 yrs	6 Classes	\$111	Friday, Feb. 23	4-5 pm
41955	15-18 yrs	6 Classes	\$111	Saturday, Feb. 24	1-2 pm

### Intro to Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intermediate Tennis or Instructor approval.*

Time to put your skills into play. Learn the basics of match play using USTA's Junior Team Tennis (JTT) format. The focus will be on positioning and strategy for full court play in both singles and doubles. By the end of this class, you should be ready for the fun of playing official Junior Team Tennis on a team with new friends.

#### Pauline Betz Addie Tennis

41545	11-18 yrs	6 Classes	\$222	Saturday, Jan. 6	4-5:30 pm
41842	11-18 yrs	6 Classes	\$222	Saturday, Feb. 24	4-5:30 pm

#### Wheaton Indoor Tennis

41241	11-18 yrs	6 Classes	\$222	Saturday, Jan. 6	2-4 pm
41952	11-18 yrs	6 Classes	\$222	Saturday, Feb. 24	2-4 pm

### More Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intro to Match Play or Instructor approval.*

Continue building your on-court confidence while playing matches for fun with friends in your class. In addition to improving upon positioning, strategy, movement, and shot selection, instruction will include how to construct and close out points. By the end of this class, you will be ready to take your game to a more competitive level.

#### Pauline Betz Addie Tennis

41547	11-18 yrs	6 Classes	\$222	Saturday, Jan. 6	5:30-7 pm
41843	11-18 yrs	6 Classes	\$222	Saturday, Feb. 24	5:30-7 pm

#### Wheaton Indoor Tennis

41242	11-18 yrs	6 Classes	\$222	Sunday, Jan. 7	12-2 pm
41953	11-18 yrs	6 Classes	\$222	Sunday, Feb. 25	12-2 pm

### Advanced Match Play, Pre-Teen/Teen

*Prerequisite: Passed Intermediate 2, Match Play or Instructor Approval.*

For competitive players training for tournaments and/or high school team tennis. Focus on enhancing footwork and agility, stroke production, and use of offensive and defensive shots. Additional emphasis on physical conditioning, mental preparedness, and sportsmanship.

#### Pauline Betz Addie Tennis

41557	11-15 yrs	6 Classes	\$147	Saturday, Jan. 6	2-3 pm
41558	11-15 yrs	6 Classes	\$147	Sunday, Jan. 7	2-3 pm
41848	11-15 yrs	6 Classes	\$147	Saturday, Feb. 24	2-3 pm
41849	11-15 yrs	6 Classes	\$147	Sunday, Feb. 25	2-3 pm
41768	15-18 yrs	6 Classes	\$147	Saturday, Jan. 6	2-3 pm
41770	15-18 yrs	6 Classes	\$147	Sunday, Jan. 7	2-3 pm
41850	15-18 yrs	6 Classes	\$147	Saturday, Feb. 24	2-3 pm
41851	15-18 yrs	6 Classes	\$147	Sunday, Feb. 25	2-3 pm

#### Wheaton Indoor Tennis

41246	11-15 yrs	6 Classes	\$246	Friday, Jan. 5	5-7 pm
41245	11-15 yrs	6 Classes	\$246	Tuesday, Jan. 9	5-7 pm
41957	11-15 yrs	6 Classes	\$246	Friday, Feb. 23	5-7 pm
41956	11-15 yrs	6 Classes	\$246	Tuesday, Feb. 27	5-7 pm
41247	15-18 yrs	6 Classes	\$123	Saturday, Jan. 6	1-2 pm
41958	15-18 yrs	6 Classes	\$123	Saturday, Feb. 24	1-2 pm



**Reserve  
your spot  
time.**

It's easy and  
quick!

**WheatonTennis.org**  
— & —  
**CabinJohnTennis.org**



Adult Tennis

Rent the Pavilion this Winter!



Send reservation requests to

WheatonSportsPavilion@MontgomeryParks.org



WheatonSportsPavilion.org

Beginner 1 Tennis, Adult (NTRP 2.0)

Designed to turn adult beginners into tennis players. You'll enjoy one hour lessons with our certified tennis coaches. Participants will learn the basics of tennis including the serve, forehand, backhand and net play for singles and doubles featuring a Rally and Play approach.

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Mar 1.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 7 to Feb 28.

Beginner 2 Tennis, Adult (NTRP 2.5)

This player has played some tennis, but needs additional instruction on basic skills and techniques. Rally and Play approach reinforces introduction to positioning, movement, and rules of play.

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Mar 1.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Mar 1.

Intermediate 1 Tennis, Adult (NTRP 3.0)

Prerequisite: Passed Beginner 2, Adult.

This player can keep the ball in play, but needs to improve consistency of strokes and overall understanding of court positioning, strategy, and use of shots in various situations.

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Mar 1.

Wheaton Indoor Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Mar 1.

Intermediate 2 Tennis, Adult (NTRP 3.5)

Prerequisite: Passed Intermediate 1, Adult or a 3.5 NTRP level player.

Player has dependable strokes, but needs work on depth, variety, and consistency for power. Can play singles and doubles, but needs to improve net play, shot selection, and serve.

Pauline Betz Addie Tennis

Table with 6 columns: ID, Age, Level, Cost, Date, Time. Rows include dates from Jan 4 to Feb 28.

41875	18 & up	6 Classes	\$135	Thursday, Mar. 1	11 am-12 pm
41874	18 & up	6 Classes	\$135	Thursday, Mar. 1	8-9 pm

**Wheaton Indoor Tennis**

41264	18 & up	6 Classes	\$111	Thursday, Jan. 4	11 am-12 pm
41263	18 & up	6 Classes	\$111	Thursday, Jan. 4	7-8 pm
41261	18 & up	6 Classes	\$111	Tuesday, Jan. 9	11 am-12 pm
41262	18 & up	6 Classes	\$111	Wednesday, Jan. 10	8-9 pm
41972	18 & up	6 Classes	\$111	Tuesday, Feb. 27	11 am-12 pm
41973	18 & up	6 Classes	\$111	Wednesday, Feb. 28	8-9 pm
41975	18 & up	6 Classes	\$111	Thursday, Mar. 1	11 am-12 pm
41974	18 & up	6 Classes	\$111	Thursday, Mar. 1	7-8 pm

**Advanced Tennis, Adult (NTRP 4.0 & Up)**

*Prerequisite: Passed Intermediate 2 or instructor approval.*

A competitive clinic involving intense drilling, competitive situational games, and match play. Focus on finessing use of lobs, overheads, approach shots and volleys and hitting with power, spin, depth, and control.

**Pauline Betz Addie Tennis**

41631	18 & up	6 Classes	\$147	Thursday, Jan. 4	10-11 am
41632	18 & up	6 Classes	\$147	Friday, Jan. 5	12-1 pm
41633	18 & up	6 Classes	\$147	Sunday, Jan. 7	2-3 pm
41634	18 & up	6 Classes	\$147	Monday, Jan. 8	8-9 pm
41635	18 & up	6 Classes	\$147	Wednesday, Jan. 10	8-9 pm
41885	18 & up	6 Classes	\$147	Friday, Feb. 23	12-1 pm
41886	18 & up	6 Classes	\$147	Sunday, Feb. 25	2-3 pm
41887	18 & up	6 Classes	\$147	Monday, Feb. 26	8-9 pm
41888	18 & up	6 Classes	\$147	Wednesday, Feb. 28	8-9 pm
41884	18 & up	6 Classes	\$147	Thursday, Mar. 1	10-11 am

**Match Play 3.0 Tennis**

The 3.0 player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth, pace or altering distance of shots. First half of class focuses on needed drills and skills and finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

**Pauline Betz Addie Tennis**

41641	18 & up	6 Classes	\$147	Thursday, Jan. 4	7-8 pm
41644	18 & up	6 Classes	\$294	Monday, Jan. 8	7-9 pm
41642	18 & up	6 Classes	\$147	Tuesday, Jan. 9	8-9 pm
41643	18 & up	6 Classes	\$147	Wednesday, Jan. 10	8-9 pm
41892	18 & up	6 Classes	\$294	Monday, Feb. 26	7-9 pm
41890	18 & up	6 Classes	\$147	Tuesday, Feb. 27	8-9 pm
41891	18 & up	6 Classes	\$147	Wednesday, Feb. 28	8-9 pm
41889	18 & up	6 Classes	\$147	Thursday, Mar. 1	7-8 pm

**Wheaton Indoor Tennis**

41265	18 & up	6 Classes	\$246	Monday, Jan. 8	7-9 pm
41266	18 & up	6 Classes	\$246	Wednesday, Jan. 10	7-9 pm
41976	18 & up	6 Classes	\$246	Monday, Feb. 26	7-9 pm
41977	18 & up	6 Classes	\$246	Wednesday, Feb. 28	7-9 pm

**Match Play 3.5 Tennis**

The 3.5 player has dependable strokes, but still lacks depth, variety and the ability to alter distance of shots. Effective use of lobs, overheads, approach shots, and volleys is limited due to a lack of confidence. More comfortable at net, has improved court awareness, and is developing teamwork in doubles. First half of class focuses on needed drills and skills finishes with a session of supervised match play. Instructor reserves the right to transfer you up or down a level if you are not closely matched in skill level.

**Pauline Betz Addie Tennis**

41649	18 & up	6 Classes	\$147	Thursday, Jan. 4	8-9 pm
41650	18 & up	6 Classes	\$147	Monday, Jan. 8	8-9 pm
41651	18 & up	6 Classes	\$147	Tuesday, Jan. 9	7-8 pm
41652	18 & up	6 Classes	\$294	Wednesday, Jan. 10	7-9 pm
41894	18 & up	6 Classes	\$147	Monday, Feb. 26	8-9 pm
41895	18 & up	6 Classes	\$147	Tuesday, Feb. 27	7-8 pm
41896	18 & up	6 Classes	\$294	Wednesday, Feb. 28	7-9 pm
41893	18 & up	6 Classes	\$147	Thursday, Mar. 1	8-9 pm

**Wheaton Indoor Tennis**

41267	18 & up	6 Classes	\$246	Thursday, Jan. 4	7-9 pm
41268	18 & up	6 Classes	\$246	Tuesday, Jan. 9	7-9 pm
41979	18 & up	6 Classes	\$246	Tuesday, Feb. 27	7-9 pm
41978	18 & up	6 Classes	\$246	Thursday, Mar. 1	7-9 pm



Want to practice but don't have a partner?

Rent the **SMASH!**



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions.

Rent the SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Centers! Sign up at the front desk or call to reserve at either facility.



# Specialty Tennis

## Adult Cardio Tennis

This is a high energy class that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

### Pauline Betz Addie Tennis

41657	18 & up	6 Classes	\$147	Thursday, Jan. 4	12-1 pm
41658	18 & up	6 Classes	\$147	Friday, Jan. 5	10-11 am
41659	18 & up	6 Classes	\$147	Saturday, Jan. 6	9-10 am
41660	18 & up	6 Classes	\$147	Sunday, Jan. 7	9-10 am
41661	18 & up	6 Classes	\$147	Monday, Jan. 8	10-11 am
41662	18 & up	6 Classes	\$147	Tuesday, Jan. 9	10-11 am
41898	18 & up	6 Classes	\$147	Friday, Feb. 23	10-11 am
41899	18 & up	6 Classes	\$147	Saturday, Feb. 24	9-10 am
41900	18 & up	6 Classes	\$147	Sunday, Feb. 25	9-10 am
41901	18 & up	6 Classes	\$147	Monday, Feb. 26	10-11 am
41902	18 & up	6 Classes	\$147	Tuesday, Feb. 27	10-11 am
41897	18 & up	6 Classes	\$147	Thursday, Mar. 1	12-1 pm

### Wheaton Indoor Tennis

41269	18 & up	6 Classes	\$123	Friday, Jan. 5	9-10 am
41270	18 & up	6 Classes	\$123	Monday, Jan. 8	7-8 pm
41980	18 & up	6 Classes	\$123	Friday, Feb. 23	9-10 am
41981	18 & up	6 Classes	\$123	Monday, Feb. 26	7-8 pm

## Stroke of the Week

NEW CLASS! Designed for players of all levels, each one-hour clinic provides intensive instruction on a specific tennis stroke. Fun drills and exercises help you sharpen fundamentals to improve your form, consistency, and overall game.

### Wheaton Indoor Tennis

41271	18 & up	6 Classes	\$111	Friday, Jan. 5	11 am-12 pm
41273	18 & up	6 Classes	\$111	Sunday, Jan. 7	10-11 am
41272	18 & up	6 Classes	\$111	Tuesday, Jan. 9	7-8 pm
41982	18 & up	6 Classes	\$111	Friday, Feb. 23	11 am-12 pm
41984	18 & up	6 Classes	\$111	Sunday, Feb. 25	10-11 am
41983	18 & up	6 Classes	\$111	Tuesday, Feb. 27	7-8 pm

## Round Robin Tennis (NTRP 3.0-3.5)

Wake up your weekend with some social tennis! Test your skills, meet new people and have fun. You will play multiple short sets in a two-hour period, rotating every 20 to 30 minutes. Winners move up a court and losers move down a court with each rotation.

### Wheaton Indoor Tennis

41334	18 & up	2 Hours	\$20	Sunday, Jan. 7	7-9 am
41335	18 & up	2 Hours	\$20	Sunday, Jan. 14	7-9 am
41336	18 & up	2 Hours	\$20	Sunday, Jan. 21	7-9 am
41340	18 & up	2 Hours	\$20	Sunday, Jan. 28	7-9 am
41341	18 & up	2 Hours	\$20	Sunday, Feb. 4	7-9 am
41342	18 & up	2 Hours	\$20	Sunday, Feb. 11	7-9 am
41986	18 & up	2 Hours	\$20	Sunday, Feb. 25	7-9 am
41987	18 & up	2 Hours	\$20	Sunday, Mar. 4	7-9 am
41988	18 & up	2 Hours	\$20	Sunday, Mar. 11	7-9 am
41989	18 & up	2 Hours	\$20	Sunday, Mar. 18	7-9 am

## 8.0 Round Robin Tennis (NTRP 3.5 & Up)

### Wheaton Indoor Tennis

41337	18 & up	1 Class	\$20	Saturday, Jan. 6	7-9 am
41338	18 & up	1 Class	\$20	Saturday, Jan. 13	7-9 am
41339	18 & up	1 Class	\$20	Saturday, Jan. 20	7-9 am
41343	18 & up	1 Class	\$20	Saturday, Jan. 27	7-9 am
41344	18 & up	1 Class	\$20	Saturday, Feb. 3	7-9 am
41345	18 & up	1 Class	\$20	Saturday, Feb. 10	7-9 am
41992	18 & up	1 Class	\$20	Saturday, Feb. 24	7-9 am
41993	18 & up	1 Class	\$20	Saturday, Mar. 3	7-9 am
41994	18 & up	1 Class	\$20	Saturday, Mar. 10	7-9 am
41995	18 & up	1 Class	\$20	Saturday, Mar. 17	7-9 am

## NEW! ACEing Autism at Wheaton Indoor

*Prerequisite: Families are required to complete a participant support questionnaire for the ACEing Autism organization. This information will help our coaches and volunteers be better prepared to help your child succeed.*

Wheaton Indoor Tennis is proud to partner with ACEing Autism to serve up an amazing experience for your child. This unique curriculum aims to develop coordination, confidence, and social skills through on-court activities that emphasize taking turns, working in teams, and following instruction. Class is led by our trained instructors and every participant is paired with an adult volunteer. A clear and consistent weekly routine helps participants gain comfort and familiarity with tennis fundamentals.

All tennis equipment is provided. Participants should wear athletic clothing and sneakers and bring water. While parents/caregivers are not expected to participate with their child, we do ask them to be responsible for assisting with any self-care if necessary during the program hour.

### Wheaton Indoor Tennis

41332	7-10 yrs	6 classes	\$111	Saturday, Jan. 6	9-10 am
41333	11-17 yrs	6 classes	\$111	Saturday, Jan. 6	10-11 am
41919	7-10 yrs	6 classes	\$111	Saturday, Feb. 24	9-10 am
41938	11-17 yrs	6 classes	\$111	Saturday, Feb. 24	10-11 am





# NEW! ACEing Autism at Wheaton Indoor Tennis!

Weekly Clinics Serve Up Benefits for Kids with Autism

Wheaton Indoor Tennis is proud to partner with ACEing Autism to provide this amazing program.

## The ACEing Autism curriculum benefits children on the spectrum in various ways:

- provides social skills training through taking turns, working in teams, and following instructions;
- improves fitness, hand-eye coordination, and motor skills; and,
- gives parents a well-needed recreational hour for their children!

## Clinics are held by age:

**Ages 6 to 10:** Saturdays, 9 am – 10 am

**Ages 11 to 17:** Saturdays, 10 am – 11 am

Class meets once a week for six weeks and includes use of all tennis equipment. Every player is paired with an adult volunteer to work on different fundamentals of the game taught by our trained instructors.

Space is limited. **See p. 174** for course description, dates, and ActiveMONTGOMERY registration details. For questions, email [WheatonIndoorTennis@montgomeryparks.org](mailto:WheatonIndoorTennis@montgomeryparks.org).

Interested in Being an ACEing Autism Volunteer?

Contact [lynn.gertzog@montgomeryparks.org](mailto:lynn.gertzog@montgomeryparks.org)



# Have a Ball!

## IN MONTGOMERY PARKS



## TENNIS IS FUN!

### YEAR-ROUND GROUP INSTRUCTION

#### KIDS

We offer developmentally appropriate classes using shorter courts and lower-bouncing, slower moving balls. Kids have fun playing right from the start, and as they mature and grow, tennis grows with them.

#### TEENS

Whether you are trying tennis for the first time, ready to take your skills up a notch, or getting in shape for high school team tennis or tournaments, we have a match for all levels, both pre-teen and teen.

#### ADULTS

Group lessons for all skill levels to suit busy schedules, plus Match Play, Cardio Tennis, Round Robins, and more!

### COURT TIME OUTSIDE OF CLASS

**Put your lessons to good use and have fun playing on your own time!**

- **Reserve an Indoor Court** - Book Spot Time by the hour (up to 8 days in advance) at competitive rates, or purchase a seasonal contract to guarantee weekly court time at a discount.
- **Get Outside!** Play for **FREE** on one of Montgomery Parks' many outdoor courts. Larger banks of courts with lights are located in both Wheaton and Cabin John Regional Parks, while several nearby neighborhood parks offer two courts apiece.



Pauline Betz Addie  
Tennis Center  
7801 Democracy Blvd.  
Bethesda, MD 20817  
CabinJohnTennis.org | 301-765-865



Wheaton Indoor  
Tennis Center  
115 Orebaugh Ave.  
Wheaton, MD 20902  
CabinJohnTennis.org | 301-905-3030





# WHEATON SPORTS PAVILION AFTER SCHOOL PROGRAMS

- ▶ Open School Days Only, Monday - Friday, Jan - June | Dismissal - 6:30 pm
- ▶ Open to Arcoloa Elementary and Kemp Mill Elementary School Students
- ▶ Ages 5-12 years old
- ▶ Affordable prices!
- ▶ Free and safe transportation from the school to the Wheaton Sports Pavilion
- ▶ Spacious party room can accommodate up to 30 kids
- ▶ Outdoor, covered synthetic turf field for active after school play
- ▶ Skilled staff trained to assist with homework
- ▶ Family events and programs on select Friday nights

## WHEATON SPORTS PAVILION

In Wheaton Regional Park  
11751 Orebaugh Avenue | Wheaton, MD 20902

[WheatonSportsPavilion.org](http://WheatonSportsPavilion.org)





# WHEATON REGIONAL PARK Party Packages

Whether you're hosting a kid's birthday party, celebrating the season with your team, or having a business meeting... we have options for all at prices you can afford in **Wheaton Regional Park!**

## WHEATON INDOOR TENNIS

- ▶ Kid's Tennis Party Package for ages 6-12
- ▶ Customized Event Rental Packages for adult players and groups
- ▶ Party/Meeting Room can accommodate up to 50 people

[WheatonIndoorTennis.org](http://WheatonIndoorTennis.org) | 301-905-3030

## WHEATON SPORTS PAVILION

- ▶ Party Packages available for ages 6 and up
- ▶ Party/Meeting Room can accommodate up to 30 people
- ▶ Traditional Sport Packages
- ▶ Bubble Bump Packages

[WheatonSportsPavilion.org](http://WheatonSportsPavilion.org) | 301-905-3071

## WHEATON ICE ARENA

- ▶ Year-round ice skating parties available, including discount party skate rate!
- ▶ Party/meeting rooms can accommodate 25 or 50 people
- ▶ Food packages are available from our Snack Bar

[WheatonIceArena.org](http://WheatonIceArena.org) | 301-905-3000

## WHEATON TRAIN AND CAROUSEL

- ▶ Train Station Party Room can accommodate up to 60 people
- ▶ Affordable Off-Season Rates
- ▶ Ideal room for kids of all ages

[WheatonTrainandCarousel.org](http://WheatonTrainandCarousel.org) | 301-563-7545



[MONTGOMERYPARKS.ORG](http://MONTGOMERYPARKS.ORG)



# Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855



## Homeschool Youth Interpreter Program

An intensive, curriculum-based program for homeschooled youth with an interest in becoming more involved in living history, historic research, and historic interpretation.

### Bring history to life as a trained volunteer interpreter!

Engage in new curriculum-based activities focused on history, museum studies and farming. Eight (8) volunteer hours per month required. Homeschool Youth Interpreters will:

- Learn valuable research and public speaking skills through expert-led activities
- Gain service and work experience through volunteering as a docent/living historian on the historic farmstead at the Agricultural History Farm Park
- Complete an individual capstone project tailored to their specific historic interests, to be presented at the Agricultural History Farm Park



### PROGRAM DATES

March - June 2018 | Ages 12 - 17 | \$325

### TRAINING

Thursdays, March 15 - June 28 | 10:00 am-12 noon

For more information about the program and application process, contact the Manager of Interpretation and Visitor Services at [Lisa.Berray@MontgomeryParks.org](mailto:Lisa.Berray@MontgomeryParks.org).



# REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

## 4 WAYS TO REGISTER

### 1. ONLINE

Register 24 hours a day, seven days a week for all activities at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org).

### 2. BY MAIL

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

### 3. VIA FAX

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

### 4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 9:30am-4pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.



Use [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

## ACTIVITY WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins	<p><b>Parks:</b> Withdraw in person at the hosting facility.</p> <p><b>Recreation:</b> Email <a href="mailto:Rec.FinanceOffice@MontgomeryCountyMD.gov">Rec.FinanceOffice@MontgomeryCountyMD.gov</a> or withdraw in person at Rec HDQ.</p> <p><i>No withdrawals may be made ONLINE less than five days before activity begins.</i></p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



## PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
  - Make checks and money orders payable to ActiveMONTGOMERY.
  - Checks and money orders must include name, address, and phone 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 2 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 Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.



Use this form to register for **BOTH Montgomery Parks AND Montgomery County Recreation activities.\***  
 Use este formulario para activides de **LOS DOS Montgomery Parks Y Montgomery County Recreation.\***

**\* Required Info | Info Requerida**      **REGISTRATION FORM | FORMULARIO DE INSCRIPCIÓN**

Check here if this is a new address, phone number or email address. Please print. This form may be copied.       Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

PARENT/GUARDIAN   PADRE/GUARDIÁN			
Last Name   Apellido *	First Name   Nombre *	Birthday   Fecha de nacimiento (mm/dd/yy) *	Email
Address   Dirección *		City   Ciudad *	State   Estado *    ZIP   Código Postal *
Home Phone   Teléfono de Casa *	Work Phone   Teléfono de Trabajo	Cell Phone   Celular	

EMERGENCY CONTACT   EMERGENCIA CONTACTO		
For participants under 16   Participantes de 16		
Name   Nombre	Relationship   Relación	Phone   Telf.

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) *Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques)					<b>Total Amount Due: Cantidad Total:</b>

\* Required Info | Información requerida

PAYMENT   PAGO			
Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City   Ciudad	State   Estado	ZIP   Código Postal

- Visa
- MasterCard
- Check or Money Order
- AmEx
- Discover

MAIL Your Completed, Signed Form to: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**  
 If paying by credit card, you may fax your registration form to **240-777-6818**.  
 If you need help completing this form, please call **240-777-6840**.

Make payable to:  
 Hacerlo a nombre de:  
**ActiveMONTGOMERY**

Envíe su formulario completo y firmado a: **ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**  
 Si paga con tarjeta de crédito, puede enviar su formulario a **240-777-6818**.  
 Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Cardholder Signature | Firma del Dueño de la Tarjeta \_\_\_\_\_

<b>*SIGNATURE IS REQUIRED*   *SE REQUIERE LA FIRMA*</b>	
Participant or Parent/Guardian Signature   Participante o Padre/Guardián Firma _____	Date   Fecha _____
<p>The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.</p> <p>El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico, se alienta a que cada participante consulte con su doctor sobre su capacidad física de participar en el programa. El participante consiente el tratamiento de emergencia. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC utilice las imágenes del participante y la posibilidad de mostrar fotografías videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, imágenes electrónicas serán propiedad única del Condado.</p>	



Montgomery County  
Department of Recreation  
4010 Randolph Road  
Silver Spring, MD 20902

PRSR STD  
US Postage Paid  
Rockville, MD  
Permit No.138

or current resident

# IF YOU SEND A KID TO CAMP...



....she will hike, draw, play, swim and learn. She'll zonk out at bedtime and wake up ready to do it all again. She'll meet new friends and create lifelong memories.

Our camps are located throughout the county with an emphasis on safety, convenience and FUN!

Summer camp registration begins January 16, 2018. Look for our brochure in early January for a detailed listing of all the camps offered.



Register online at  
[ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)