

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



SPRING 2020



MONTGOMERY COUNTY
Recreation

MONTGOMERY COUNTY RECREATION

SUMMER CAMPS



AGES 3-12.
FULL DAY &
HALF DAY
OPTIONS.

Registration

NOW UNDERWAY

Register at ActiveMONTGOMERY.org



MONTGOMERY COUNTY
Recreation

— WHEATON SENIOR CENTER —



NOW OPEN

FOR MORE INFORMATION VISIT
WWW.MOCOREC.COM/55



Wheaton Senior Center
11701 Georgia Avenue, Wheaton
240-773-4830 | Hablamos Español





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REMINDER

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.



Welcome to the spring issue of the Montgomery County Guide. Montgomery County is especially beautiful in the springtime, and many of us are excited about getting outdoors more now that the weather is warming up. This is also the time to register for one or more of the exciting Recreation classes and programs offered around the County this spring. From arts to sports to trips and tours, you are sure to find something of interest in this issue. We are excited about the new Wheaton senior center, and hope you get a chance to stop by. If you are looking for a job this summer, Montgomery County Recreation is hiring. Apply today! Registration for summer camps is also underway. Don't delay because some of our affordable camps fill up quickly. Finally, don't miss the third annual Sergeant Hector I. Ayala Water Safety Day in June at the Wheaton/Glenmont Pool. I look forward to seeing you out and about in Montgomery County this spring. Stay active and engaged!

Marc Elrich
 Montgomery County Executive



Registration For Spring Classes & Swim Lessons Begins
February 10 

MAKE A DIFFERENCE

BECOME A TEENWORKS VOLUNTEER

ARE YOU?

- AT LEAST 14 YEARS OLD + CURRENTLY ENROLLED IN A MONTGOMERY COUNTY HIGH SCHOOL?
- INTERESTED IN VOLUNTEERING FOR A DIVERSE SET OF YOUTH DEVELOPMENT PROGRAMS?
- WANT TO EARN STUDENT SERVICE LEARNING (SSL) HOURS?

THEN WE ARE LOOKING FOR YOU!

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



FREE

LIVE MUSIC!

BLOOM @ GOOD HOPE EVENT SERIES

A partnership of Bloom by Strathmore and Montgomery County Recreation

Join us for free, fun, family-friendly events every month at Good Hope Neighborhood Recreation Center! Admission is free and everyone is welcome.
Saturdays March-August!



March 14 at 2pm

Lucas Ashby

Percussionist & Composer. Lucas Ashby's genre-bending compositions are rooted in his musical worldliness. He's played with masters of Afrofunk, Brazilian jazz, Ghanaian highlife, and more, bringing a plethora of sounds and textures to all his work.

April 11 at 2pm

Cecily

Vocalist & Songwriter. Cecily Bumbray's sweet soprano voice and honest lyrics are rooted in a deep appreciation for mid-century soul and jazz, 90's R&B, and re-imagined folk music.

May 9 at 2pm

Josanne Francis

Steelman Fusion. Born and raised in the twin-island Republic of Trinidad & Tobago, Francis is an internationally known steelman performer. Her music blends traditional Calypso music, Jazz, Indian, Funk, Rock, and Classical.

June 13 at 6pm

Nataly Merezuk

Jazz Violinist. Though Nataly Merezuk's musicianship is rooted in classical training, she embraced the role of the violin in jazz after being drawn to its improvisational nature.

July 11 at 6pm

Bumper Jacksons

Roots Jazz + Country Swing. Bumper Jacksons are hot and sweet, painting America's story from the streets of New Orleans to Appalachian hollers. Unafraid to scrap together new sounds, Bumper Jacksons balance traditions while fashioning their own unique style.

August 8 at 6pm

Dante Pope

Soul Vocalist. Dante' Pope uses various aspects of gospel and swing to create his signature multi-genre, soulful sound. He attended the Merit school of Music and studied under distinguished musicians such as Yo Yo Ma, Evelyn Glennie and Robin Eubanks.



MONTGOMERY COUNTY
Recreation

BLOOM

BY STRATHMORE

Learn more and RSVP at strathmore.org/bloom



Aquatics

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

INDOOR POOLS

All facilities closed on Sunday, April 12, 2020.

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

Closed:
Feb. 22-23, 2020

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

Closed:
May 1-3, 2020

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

Closed:
Mar. 7-8, 2020

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

Closed:
Feb. 7-8, 2020
Feb. 13-16, 2020
Mar. 20-22, 2020

Family Recreational Swims

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

Swimming Instruction

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

Rentals and Parties

Groups can rent space at GISC, KSAC, OSC and MLK for events. Party rooms are available as well.

Website Information

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



WATER FITNESS CLASSES

No Classes April 6-12, 2020

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 student must be comfortable in deep water.
- Entrance to locker rooms is permitted 15 minutes prior to class.
- Physician release form is required for pregnant participants.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes for inclement weather. Make-up passes are available from instructors. Withdrawal policies are listed on page 164.



WATER FITNESS

Water Fitness

Abs & Glutes & More

Ages 12 & Up: Shallow water aerobics class with high energy and packed with power that will sculpt your abs, glutes, and more.

10 Sessions \$65

Instructor: H2O Fitness
77424 MLK 3/23 M 10-10:50 a.m.

11 Sessions \$72

Instructor: H2O Fitness
77427 KSAC 3/24 Tu 9-9:50 a.m.
77425 MLK 3/25 W 10-10:50 a.m.
77426 MLK 3/26 Th 8:30-9:20 p.m.
77428 KSAC 3/26 Th 9-9:50 a.m.

Aqua Cardio Challenge

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

10 Sessions \$65

Instructor: H2O Fitness
77430 MLK 3/22 Su 5-5:50 p.m.

11 Sessions \$72

Instructor: H2O Fitness
77429 MLK 3/24 Tu 8:30-9:20 p.m.

Aqua Cardio Dance

Ages 12 & Up: This workout integrates dance and exercise. Aqua dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts.

8 Sessions \$52

Instructor: Wellness Network
77434 OSC 3/22 Su 9-9:50 a.m.

11 Sessions \$72

Instructor: H2O Fitness
77432 MLK 3/24 Tu 9:30-10:20 a.m.
77433 MLK 3/26 Th 9:30-10:20 a.m.
77431 KSAC 3/27 F 10-10:50 a.m.

Aqua Lite

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

10 Sessions \$65

Instructor: Wellness Network
77435 OSC 3/23 M 10-10:50 a.m.
77438 KSAC 3/23 M 11-11:50 a.m.

11 Sessions \$72

Instructor: Wellness Network
77436 OSC 3/25 W 10-10:50 a.m.
77439 KSAC 3/25 W 11-11:50 a.m.
77437 OSC 3/27 F 10-10:50 a.m.





WATER FITNESS



Learn water safety skills • Swim with a police officer • Scuba demo

Free Event!

Hector I. Ayala

WATER SAFETY DAY

Saturday, May 30 5 - 7 p.m.

4 - 5 p.m. Special session for swimmers with disabilities.

Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool
12621 Dalewood Drive, Wheaton | 240-777-6860 | Hablamos Español

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.

10 Sessions \$90

Instructor: H2O Fitness
77443 MLK 3/21 Sa 7-7:50 p.m.

11 Sessions \$99

Instructor: H2O Fitness
77441 MLK 3/24 Tu 10:30-11:20 a.m.
77444 MLK 3/25 W 7:30-8:20 a.m.
77448 KSAC 3/25 W 8:30-9:20 p.m.
77449 KSAC 3/25 W 12:30-1:20 p.m.
77440 MLK 3/26 Th 10:30-11:20 a.m.
77450 KSAC 3/26 Th 1-1:50 p.m.
77447 MLK 3/27 F 6:30-7:20 a.m.
77445 MLK 3/27 F 9:00-9:50 a.m.
77442 MLK 3/27 F 7:30-8:20 p.m.
77452 KSAC 3/27 F 8-8:50 p.m.

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.

11 Sessions \$72

Instructor: H2O Fitness
77453 MLK 3/27 F 10-10:50 a.m.



Deep Water Running

Ages 12 & Up: Running in deep water is an ideal cardiovascular exercise with no weight-bearing stress. This exercise is beneficial for cross training and rehabilitating. A deep water belt is required and may be available for purchase at the indoor pool.

9 Sessions \$59

Instructor: Wellness Network

77481 GISC 3/28 Sa 9:30-10:20 a.m.

10 Sessions \$65

Instructor: H2O Fitness

77483 MLK 3/21 Sa 9-9:50 a.m.

77457 MLK 3/23 M 1-1:50 p.m.

Instructor: Wellness Network

77467 GISC 3/23 M 10:30-11:20 a.m.

77470 GISC 3/23 M 7:50-8:40 p.m.

77471 OSC 3/23 M 7:50-8:40 p.m.

77482 OSC 3/28 Sa 9-9:50 a.m.

11 Sessions \$72

Instructor: H2O Fitness

77458 MLK 3/24 Tu 7:30-8:20 a.m.

77454 KSAC 3/24 Tu 10-10:50 a.m.

77459 MLK 3/24 Tu 7:30-8:20 p.m.

77463 MLK 3/25 W 1-1:50 p.m.

77460 MLK 3/26 Th 7:30-8:20 a.m.

77455 KSAC 3/26 Th 10-10:50 a.m.

77461 MLK 3/26 Th 7:30-8:20 p.m.

77456 KSAC 3/27 F 9-9:50 a.m.

77462 MLK 3/27 F 11-11:50 a.m.

Instructor: Wellness Network

77464 KSAC 3/24 Tu 7:45-8:35 p.m.

77466 GISC 3/24 Tu 10-10:50 a.m.

77472 OSC 3/24 Tu 8:30-9:20 a.m.

77473 OSC 3/24 Tu 10:30-11:20 a.m.

77474 OSC 3/24 Tu 8:15-9:05 p.m.

77480 OSC 3/25 W 6:30-7:20 a.m.

77468 GISC 3/25 W 10:30-11:20 a.m.

77475 OSC 3/25 W 7:15-8:05 p.m.

77476 OSC 3/26 Th 9-9:50 a.m.

77469 GISC 3/26 Th 9:30-10:20 a.m.

77477 OSC 3/26 Th 11-11:50 a.m.

77465 KSAC 3/26 Th 7:30-8:20 p.m.

77478 OSC 3/26 Th 8:15-9:05 p.m.

77484 OSC 3/27 F 6:30-7:20 a.m.

77479 OSC 3/27 F 6:15-7:05 p.m.

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.

11 Sessions \$72

Instructor: H2O Fitness

77491 KSAC 3/27 F 11:30 a.m.-12:20 p.m.

Water Aerobics

Ages 12 & Up: This fast-paced, shallow-water aerobics class uses water to cushion feet, knees and back, with an emphasis on cardiovascular conditioning.

10 Sessions \$65

Instructor: Wellness Network

77541 KSAC 3/23 M 10-10:50 a.m.

11 Sessions \$72

Instructor: Wellness Network

77544 OSC 3/24 Tu 7:15-8:05 p.m.

77543 OSC 3/24 Tu 9:30-10:20 a.m.

77539 OSC 3/25 W 8:15-9:05 p.m.

77542 KSAC 3/25 W 10-10:50 a.m.

77545 OSC 3/26 Th 10-10:50 a.m.

77546 OSC 3/26 Th 7:15-8:05 p.m.

77540 GISC 3/26 Th 7:50-8:40 p.m.

Water Exercise

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

10 Sessions \$65

Instructor: H2O Fitness

77547 MLK 3/23 M 9-9:50 a.m.

77549 KSAC 3/23 M 8:30-9:20 p.m.

Instructor: Wellness Network

77553 OSC 3/23 M 9-9:50 a.m.

11 Sessions \$72

Instructor: H2O Fitness

77550 KSAC 3/24 Tu 11:30am-12:20pm.

77548 MLK 3/25 W 9-9:50 a.m.

77551 KSAC 3/26 Th 11:30am-12:20pm.

Instructor: Wellness Network

77552 GISC 3/25 W 9:30-10:20 a.m.

77554 OSC 3/25 W 9-9:50 a.m.

77555 OSC 3/27 F 9-9:50 a.m.



WATER FITNESS





DIVING



Diving

AAU National Team

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 at www.montgomerycountydiverclub.org.

\$675

Instructor: Built By Beavers

77423 KSAC 3/9 Su-Tu, F-Sa 7-2 p.m.

Diving National Team

Ages 6-17: 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, a quarterly club fee and sign up for the email newsletter at www.montgomerydiverclub.org.

3 Days Per Week \$425

Instructor: Built By Beavers

77486 GISC 3/9 Su-F 3:30-8:30 p.m.

77485 KSAC 3/9 Su-F 3:30-8:30 p.m.

4 Days Per Week \$525

Instructor: Built By Beavers

77487 GISC 3/9 Su-F 3:30-8:30 p.m.

77488 KSAC 3/9 Su-F 3:30-8:30 p.m.

5 Days Per Week \$625

Instructor: Built By Beavers

77490 GISC 3/9 Su-F 3:30-8:30 p.m.

77489 KSAC 3/9 Su-F 3:30-8:30 p.m.

High School Diving

Ages 13-17: 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 Metros, regional, and state championship meets. Primary focus is a one-meter springboard, but other equipment is used to build skills. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiverclub.org.

\$275

Instructor: Built By Beavers

77495 GISC 3/9 M 8:30-10 p.m.

77494 GISC 3/11 W 8:30-10 p.m.

77493 KSAC 3/12 Th 8-9:30 p.m.

77492 KSAC 3/9 M 8-9:30 p.m.

Level 1: Human Springs

Ages 5-11: This 45-minute class is designed for absolute beginners or participants 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 at www.montgomerydiverclub.org.

\$145

Instructor: Built By Beavers

77504 GISC 3/9 M 4:30-5:15 p.m.

77505 GISC 3/11 W 4:30-5:15 p.m.

77501 GISC 3/12 Th 4:30-5:15 p.m.

77499 KSAC 3/9 M 4:15-5 p.m.

77497 KSAC 3/9 M 5-5:45 p.m.

77496 KSAC 3/10 Tu 4:15-5 p.m.

77503 KSAC 3/11 W 4:15-5 p.m.

77498 KSAC 3/11 W 5-5:45 p.m.

77500 KSAC 3/13 F 4:15-5 p.m.

77502 OSC 3/11 W 5-5:45 p.m.

Level 2: Human Springs

Ages 8-18: These 90-minute classes are great for participants with some experience in summer diving, trampoline, gymnastics or dance. This class is appropriate for participants who cannot yet perform an inward dive or a 1 1/2. All participants must pay a \$15 team fee per quarter and sign up for the email newsletter at www.montgomerycountydiverclub.org

\$275

Instructor: Built By Beavers.

77510 GISC 3/12 Th 5:15-6:45 p.m.

77509 GISC 3/10 Tu 5-6:30 p.m.

77508 KSAC 3/12 Th 4:30-6 p.m.

77511 KSAC 3/10 Tu 5-6:30 p.m.

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Level 2/3: Human Springs

Ages 8-17: This is a combined level 2 and 3 class. These 90-minute classes are for participants with some experience in summer diving, trampoline, gymnastics or dance. Divers will be offered the opportunity to learn skills on the one-meter and three-meter springboards as well as poolside. Divers must be comfortable jumping off the one-meter springboard and swimming in deep water. Participants must pay a \$15 team fee each quarter and sign up for the email newsletter at www.montgomerydiveclub.org

\$275

Instructor: Built By Beavers

77512	GISC	3/9	M	5:15-6:45 p.m.
77514	GISC	3/11	W	5:15-6:45 p.m.
77515	GISC	3/13	F	5:15-6:45 p.m.
77506	KSAC	3/15	S	8:30-10 a.m.
77513	KSAC	3/13	F	5-6:30 p.m.
77507	OSC	3/11	W	5:45-7:15 p.m.

Level 3: Human Springs

Ages 8-17: These 90-minute classes are for participants with past diving experience from summer diving or Level 2. This class is appropriate for participants who can already perform an inward dive and a front one and a half. Participants must pay a \$15 fee per quarter and sign up for the email newsletter at www.montgomerydiveclub.org

\$275

Instructor: Built By Beavers

77516	KSAC	3/9	M	6:30-8 p.m.
77517	KSAC	3/11	W	6:30-8 p.m.
77519	KSAC	3/10	Tu	6:30-8 p.m.
77518	KSAC	3/12	Th	6-7:30 p.m.
77520	KSAC	3/13	F	6:30-8 p.m.

Masters Diving

Ages 19 & up: This program is for adults who want to try diving or former competitive divers who aren't quite ready to hang up the speedo. All participants must pay a \$15 team fee and sign up for the email newsletter at www.montgomerydiveclub.org

\$275

Instructor: Built By Beavers

77522	KSAC	3/12	Th	8-9:30 p.m.
77521	KSAC	3/9	M	8-9:30 p.m.

Springs Diving Team - Homeschool Edition

Ages 7-18: This class is designed for absolute beginners through advanced divers. Participants will learn fundamental springboard diving skills under the instruction of professional diving coaches. Participants will spend half of their practice time on trampolines, tumbling mats and dry diving boards in our specialized trampoline room right next to KSAC. The other half of each practice will take place in the world-class diving pool at KSAC on both one meter and three-meter springboards. Participants must be comfortable swimming in deep water. Additional diving experience is not needed. The fee for the classes is in two parts. In addition to the registration fee, participants will pay an additional \$180 fee to Montgomery Dive Club for a total of \$360.

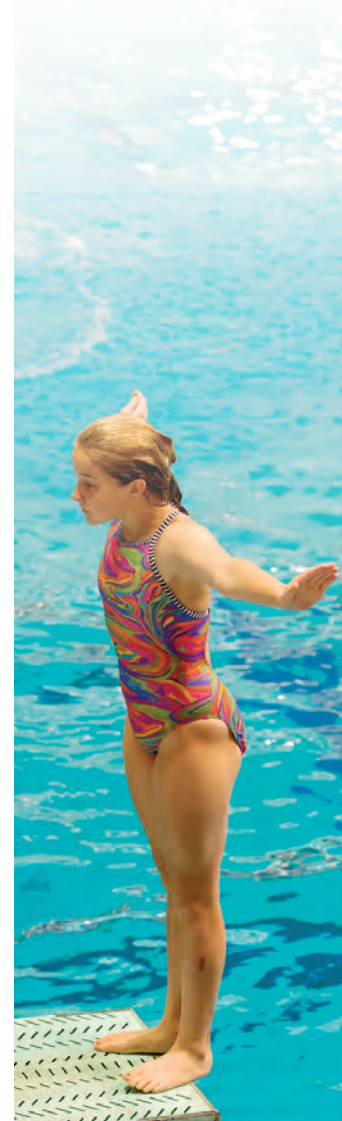
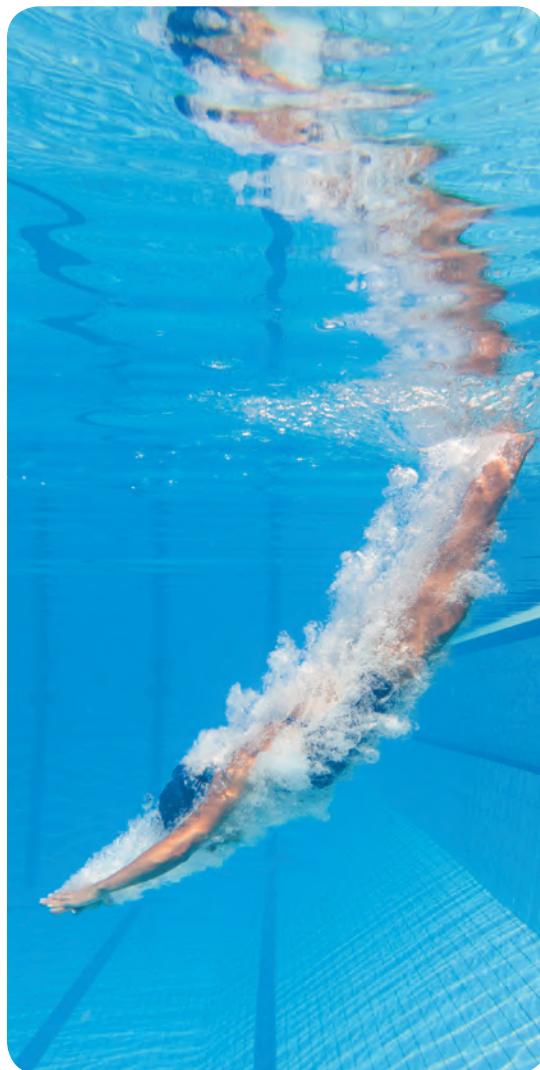
\$180

Instructor: Built By Beavers

77536	KSAC	3/9	M	Noon-2 p.m.
77537	KSAC	3/11	W	10 a.m.-Noon
77538	KSAC	3/13	F	Noon-2 p.m.



DIVING





DEVELOPMENTAL

Masters

Masters Swimming

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

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

Fall/Winter/Spring Master's Swimming Schedule	
GISC M: 6:30-7:30 a.m. Tu: 8:30-10 p.m. W: 6:30-7:30 a.m. Th: 8:30-10 p.m. F: 6:30-7:30 a.m.	KSAC Su: 8-10 a.m. Tu: 8:30-10 p.m. Th: 8:30-10 p.m. F: 7:45-9 p.m.
MLK M: 8:30-10 p.m. W: 8:30-10 p.m.	OSC Tu: 8:30-10 p.m. Th: 8:30-10 p.m. Sa: 7:30-9 a.m.

Developmental

Stroke and Turn Clinic

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

24 Sessions		\$425	
67653	KSAC	10/6-5/17	Su 5:30 p.m.-6:20 p.m.
67654	KSAC	10/6-5/17	Su 6:20 p.m.-7:10 p.m.
67655	KSAC	10/6-5/17	Su 7:10 p.m.-8 p.m.
67996	GISC	10/6-5/17	Su 5:30 p.m.-6:20 p.m.
67656	GISC	10/6-5/17	Su 6:20 p.m.-7:10 p.m.
67657	GISC	10/6-5/17	Su 7:10 p.m.-8 p.m.
67658	OSC	10/6-5/17	Su 5:30 p.m.-6:20 p.m.
67659	OSC	10/6-5/17	Su 6:20 p.m.-7:10 p.m.
67660	OSC	10/6-5/17	Su 7:10 p.m.-8 p.m.
67997	MLK	10/6-5/17	Su 5:30 p.m.-6:20 p.m.
67661	MLK	10/6-5/17	Su 6:20 p.m.-7:10 p.m.
67662	MLK	10/6-5/17	Su 7:10 p.m.-8 p.m.

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS
TEAM UNITY

NATIONALLY RECOGNIZED
5 PRACTICE SITES

Rockville, Silver Spring, Bethesda, Olney, and Germantown



SwiMontgomery

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

18 Sessions \$295

Instructor: Montgomery Stroke And Turn Clinic
 78156 MLK 3/2 M,W 7:30-8:15 p.m.
 78157 OSC 3/2 M,W 7:15-8 p.m.
 78158 GISC 3/17 Tu,Th 7:45-8:30 p.m.
 78159 KSAC 3/17 Tu,Th 7:45-8:30 p.m.

Kayak Rolling

Ages 8 & Up: Practice kayak rolling and other skills in the pool. Must be able to wet exit a kayak and provide own kayak and equipment.

1 Session \$15

78337 OSC 2/2 Su 5:15-7:15 p.m.
 77700 GISC 3/1 Su 9:30-11:30 a.m.

Kayak Rolling with Instruction

Ages 8 & Up: For novice kayakers who wish to develop a roll. Participants must supply own equipment and safety gear including kayak, paddle, spray skirt, pfd and helmet. Nose plug advised. Participants will work on wet exits, hip snaps, bow rescues and paddle placement.

1 Session \$50

78338 OSC 2/2 Su 5:30-6:30 p.m.
 78337 GISC 3/1 Su 10-11 a.m.

Spring Tuneup

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

5 Sessions \$100

Instructor: Montgomery Stroke And Turn Clinic
 77535 OSC 4/11 Sa 4-5 p.m.
 79889 MLK 4/18 Sa 4-5 p.m.

Scuba

Scuba

Ages 14 & Up: Scuba training includes lectures and swimming pool sessions covering safe snorkeling and scuba diving techniques. Use of all scuba equipment is included in the course fee, such as scuba tanks, air, regulators and buoyancy compensators. A mandatory swim evaluation will be conducted at the first class, and participants must demonstrate comfort in the water. Successful completion of the course, written evaluation, and required open water certification dives will earn the student an internationally recognized scuba diver certification card. Bring a swimsuit and towel to the first session and all remaining pool sessions. Participants must bring their personal equipment (mask, snorkel, fins, fin boots and weight belt) beginning with the second class, all required equipment will be described at the first night's lecture.

6 Sessions \$232

Instructor: Joseph M. Lodmell
 79110 MLK 5/4 M,W 7-10 p.m.

8 Sessions \$265

Instructor: Scott Hagedorn
 77533 GISC 4/14 Tu 7-10 p.m.
 77534 OSC 4/13 M 7:15-10:15 p.m.

We Want You

Part-time Staff are needed to lead a wide variety of activities. Become part of our team.

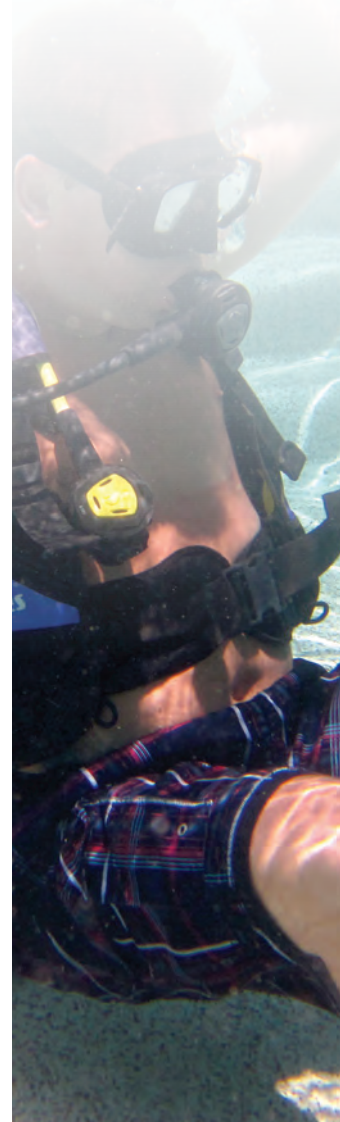
Call 240-777-6840 for information.

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



SCUBA





LIFEGUARD TRAINING

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

This course will train students to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions to earn certification. Students must be at least 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check, which takes place on the first date listed for each Lifeguard Training course. Participants must pass the pre-course to continue. The pre-course consists of three parts:

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

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

Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 2: Course 68929 February/March 2020			
Pre-Course	Friday, Feb. 14	7:30 a.m.	10 p.m.
Session 1	Friday, Feb. 21	6 p.m.	9 p.m.
Session 2	Saturday, Feb. 22	9:30 a.m.	4 p.m.
Session 3	Sunday, Feb. 23	9:30 a.m.	4 p.m.
Session 4	Saturday, Feb. 29	9:30 a.m.	4 p.m.
Session 5	Sunday, Mar. 1	9:30 a.m.	4 p.m.
LGT 3: Course 68930 March 2020			
Pre-Course	Friday, Feb. 28	6 p.m.	9 p.m.
Session 1	Friday, Mar. 6	6 p.m.	9 p.m.
Session 2	Saturday, Mar. 7	9:30 a.m.	4 p.m.
Session 3	Sunday, Mar. 8	9:30 a.m.	4 p.m.
Session 4	Saturday, Mar. 14	9:30 a.m.	4 p.m.
Session 5	Sunday, Mar. 15	9:30 a.m.	4 p.m.
LGT 4: Course 68231 April 2020			
<i>MCPS Spring Break</i>			
Pre-Course	Friday, Mar. 27	7:30 p.m.	10 p.m.
Session 1	Friday, Apr. 3	6 p.m.	9 p.m.
Session 2	Saturday, Apr. 4	9:30 a.m.	4 p.m.
Session 3	Sunday, Apr. 5	9:30 a.m.	4 p.m.
Session 4	Wednesday, Apr. 8	9 a.m.	4 p.m.
Session 5	Thursday, Apr. 9	9 a.m.	4 p.m.
LGT5: Course 68932 June 2020			
Pre-Course	Friday, Jun. 5	7:15 p.m.	9 p.m.
Session 1	Friday, Jun. 12	6 p.m.	9 p.m.
Session 2	Saturday, Jun. 13	9:30 a.m.	4 p.m.
Session 3	Sunday, Jun. 14	9:30 a.m.	4 p.m.
Session 4	Monday, Jun. 15	2 p.m.	8:30 p.m.
Session 5	Tuesday, Jun. 16	2 p.m.	8:30 p.m.

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 3: Course 69408 February/March 2020			
Pre-Course	Wednesday, Feb. 26	6:30 p.m.	9:30 p.m.
Session 1	Saturday, Feb. 29	9 a.m.	4 p.m.
Session 2	Wednesday, Mar. 4	6:30 p.m.	9:30 p.m.
Session 3	Saturday, Mar. 7	9 a.m.	4 p.m.
Session 4	Wednesday, Mar. 11	6:30 p.m.	9:30 p.m.
Session 5	Saturday, Mar. 14	9 a.m.	4 p.m.
Session 6	Wednesday, Mar. 18	6:30 p.m.	9:30 p.m.
LGT 4: Course 69410 March/April 2020			
Pre-Course	Friday, Mar. 25	6:30 p.m.	9:30 p.m.
Session 1	Saturday, Mar. 28	9 a.m.	4 p.m.
Session 2	Wednesday, Apr. 1	6:30 p.m.	9:30 p.m.
Session 3	Saturday, Apr. 4	9 a.m.	4 p.m.
Session 4	Monday, Apr. 6	9 a.m.	4 p.m.
Session 5	Tuesday, Apr. 7	9 a.m.	4 p.m.
Session 6	Thursday, Apr. 9	9 a.m.	1 p.m.
LGT 5: Course 69424 April 2020			
Pre-Course	Wednesday, Apr. 8	6:30 p.m.	9:30 p.m.
Session 1	Saturday, Apr. 11	9 a.m.	4 p.m.
Session 2	Wednesday, Apr. 15	6:30 p.m.	9:30 p.m.
Session 3	Saturday, Apr. 18	9 a.m.	4 p.m.
Session 4	Wednesday, Apr. 22	6:30 p.m.	9:30 p.m.
Session 5	Saturday, Apr. 25	9 a.m.	4 p.m.
Session 6	Wednesday, Apr. 29	6:30 p.m.	9:30 p.m.

LIFEGUARD TRAINING



LGT 6: Course 69425 June 2020

Session	Date	Begins	Ends
Pre-Course	Wednesday, Jun. 10	6:30 p.m.	9:30 p.m.
Session 1	Saturday, Jun. 13	9 a.m.	5 p.m.
Session 2	Sunday, Jun. 14	9 a.m.	5 p.m.
Session 3	Monday, Jun. 15	9 a.m.	1 p.m.
Session 4	Tuesday, Jun. 16	9 a.m.	5 p.m.
Session 5	Wednesday, Jun. 17	6:30 p.m.	9:30 p.m.
Session 6	Thursday, Jun. 18	9 a.m.	Noon

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 2: Course 70224 March 2020

Pre-course	Sunday, Mar. 8	1 p.m.	3 p.m.
Session 1	Friday, Mar. 13	6:30 p.m.	10 p.m.
Session 2	Saturday, Mar. 14	9 a.m.	5:30 p.m.
Session 3	Sunday, Mar. 15	9 a.m.	5 p.m.
Session 4	Friday, Mar. 20	6:30 p.m.	10 p.m.
Session 5	Saturday, Mar. 21	9 a.m.	5:30 p.m.
Session 6	Sunday, Mar. 22	9 a.m.	5 p.m.

LGT 3: Course 70225 April 2020

Pre-course	Sunday, Mar. 29	11:30am	1:30pm
Session 1	Saturday, Apr. 4	10 a.m.	6 p.m.
Session 2	Sunday, Apr. 5	10 a.m.	6 p.m.
Session 3	Monday, Apr. 6	10 a.m.	6 p.m.
Session 4	Tuesday, Apr. 7	10 a.m.	6 p.m.
Session 5	Wednesday, Apr. 8	10 a.m.	6 p.m.

LGT 4: Course 70227 May 2020

Pre-course	Wednesday, Apr. 29	7 p.m.	9 p.m.
Session 1	Friday, May 1	6:30 p.m.	10 p.m.
Session 2	Saturday, May 2	10 a.m.	6 p.m.
Session 3	Sunday, May 3	10 a.m.	6 p.m.
Session 4	Friday, May 8	6:30 p.m.	10 p.m.
Session 5	Saturday, May 9	10 a.m.	6 p.m.
Session 6	Sunday, May 10	10 a.m.	6 p.m.

LGT 5: Course 70228 June 2020

Pre-course	Sunday, Jun. 7	10 a.m.	Noon
Session 1	Saturday, Jun. 13	10 a.m.	6 p.m.
Session 2	Tuesday, Jun. 16	10 a.m.	6 p.m.
Session 3	Wednesday, Jun. 17	10 a.m.	6 p.m.
Session 4	Thursday, Jun. 18	10 a.m.	6 p.m.
Session 5	Friday, Jun. 19	10 a.m.	6 p.m.

LGT 6: Course 70349 July 2020

Pre-course	Wednesday, Jul. 1	11 a.m.	1 p.m.
Session 1	Wednesday, Jul. 8	11 a.m.	2:30 p.m.
Session 2	Friday, Jul. 10	11 a.m.	2:30 p.m.
Session 3	Saturday, Jul. 11	11 a.m.	6 p.m.
Session 4	Monday, Jul. 13	11 a.m.	2:30 p.m.
Session 5	Tuesday, Jul. 14	11 a.m.	2:30 p.m.
Session 6	Wednesday, Jul. 15	11 a.m.	2:30 p.m.
Session 7	Friday, Jul. 17	11 a.m.	2:30 p.m.
Session 8	Saturday, Jul. 18	11 a.m.	6 p.m.

Olney Swim Center

Session	Date	Begins	Ends
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LGT 2: Course 70680 February 2020

Pre-course	Wednesday, Feb. 12	6:30 p.m.	10 p.m.
Session 1	Sunday, Feb. 16	9 a.m.	4:30 p.m.
Session 2	Wednesday, Feb. 19	9:30 a.m.	4:30 p.m.
Session 3	Sunday, Feb. 23	9:30 a.m.	4:30 p.m.
Session 4	Wednesday, Feb. 26	6:30 p.m.	10 p.m.
Session 5	Sunday, Mar. 1	9 a.m.	4:30 p.m.
Session 6	Wednesday, Mar. 4	6:30 p.m.	10 p.m.

LGT 3: Course 70681 April 2020

Pre-course	Wednesday, Apr. 1	6:30 p.m.	10 p.m.
Session 1	Saturday, Apr. 4	9 a.m.	4:30 p.m.
Session 2	Sunday, Apr. 5	9 a.m.	4:30 p.m.
Session 3	Monday, Apr. 6	9 a.m.	4:30 p.m.
Session 4	Tuesday, Apr. 7	9 a.m.	4:30 p.m.
Session 5	Wednesday, Apr. 8	9 a.m.	12:30 p.m.

LGT 4: Course 70682 May - June 2020

Pre-course	Wednesday, May 27	6:30pm	12:30 p.m.
Session 1	Saturday, May 30	9 a.m.	4:30 p.m.
Session 3	Sunday, May 31	9 a.m.	4:30 p.m.
Session 4	Wednesday, Jun. 3	6:30 p.m.	10 p.m.
Session 5	Saturday, Jun. 6	9 a.m.	4:30 p.m.
Session 6	Sunday, Jun. 7	9 a.m.	5 p.m.

LGT 5: Course 70683 June - July 2020

Pre-course	Saturday, Jun. 27	9:30 a.m.	12:30 p.m.
Session 1	Monday, Jun. 29	9 a.m.	4:30 p.m.
Session 2	Tuesday, Jun. 30	9 a.m.	4:30 p.m.
Session 3	Wednesday, Jul. 1	9 a.m.	4:30 p.m.
Session 4	Thursday, Jul. 2	9 a.m.	4:30 p.m.
Session 5	Friday, Jul. 3	9 a.m.	1 p.m.

Lifeguard Training—Accelerated

\$230

Instructor: Aquatic Training and Consulting Services

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70738 May 2020

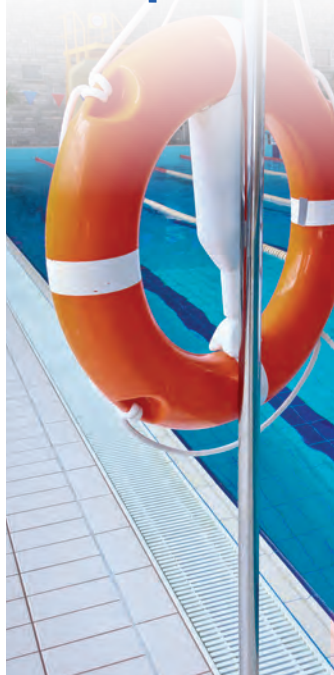
Session 1	Tuesday, May 12	9 a.m.	7 p.m.
Session 2	Wednesday, May 13	9 a.m.	7 p.m.
Session 3	Thursday, May 14	9 a.m.	7 p.m.

LGT 2: Course 69720 May 2020

Session 1	Tuesday, May 19	9 a.m.	7 p.m.
Session 2	Wednesday, May 20	9 a.m.	7 p.m.
Session 3	Thursday, May 21	9 a.m.	7 p.m.



LIFEGUARD TRAINING





LIFEGUARD TRAINING

LGT 3: Course 69717

Session 1	Tuesday, May 26	9 a.m.	7 p.m.
Session 2	Wednesday, May 27	9 a.m.	7 p.m.
Session 3	Thursday, May 28	9 a.m.	7 p.m.

May 2020

LGT 4: Course 69718

Session 1	Tuesday, Jun. 2	9 a.m.	7 p.m.
Session 2	Wednesday, Jun. 3	9 a.m.	7 p.m.
Session 3	Thursday, Jun. 4	9 a.m.	7 p.m.

June 2020

Upper County Outdoor Pool

Session	Date	Begins	Ends
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LGT 1: Course 69721

June 2020

Session 1	Tuesday, Jun. 16	9 a.m.	7 p.m.
Session 2	Wednesday, Jun. 17	9 a.m.	7 p.m.
Session 3	Thursday, Jun. 18	9 a.m.	7 p.m.

Lifeguard Training Review

Students looking to renew their lifeguard certification are eligible to do a review provided their certification is still current or recently expired.

\$160

Instructor: Aquatic Training and Consulting Services

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
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LGT 2: Course 69724

April 2020

Session 1	Saturday, Apr. 11	9 a.m.	10 p.m.
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LGT 3: Course 69725

May 2020

Session 1	Friday, May 22	9 a.m.	10 p.m.
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LGT 4: Course 69726

May 2020

Session 1	Saturday, May 23	9 a.m.	10 p.m.
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Olney Swim Center

Session	Date	Begins	Ends
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LGT 1: Course 70776

May 2020

Session 1	Saturday, May 9	9 a.m.	10 p.m.
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Pool Operator Course

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

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

REMINDER

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.



Swim Lessons



Indoor Swim Lesson
Registration will begin

February 10
at 6:30 a.m.
for residents

February 11 at 6:30 a.m.
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.

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

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

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

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 is not possible at the MLK pool.

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

Participants may enter the locker rooms ten minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

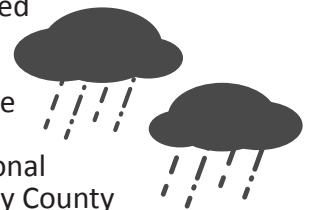
For a detailed list of skills taught in each class, please inquire at the pool where you will be taking lessons.



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.

Aquatics Lesson Inclement Weather Policy

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





Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

Waterbabies (Ages 6-18 months)

Aquatots (Ages 18 months-3)

Pre-School (Ages 3-5)

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:

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.

Class Objectives:

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

Level 2

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 do arm strokes. Parents do not accompany children.

Class Objectives:

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

Level 3

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 including front and back glides, kicking, arm strokes on front and back and rhythmic breathing. Parents do not accompany children.

Class Objectives:

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

Level 4

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 five yards. Students should be comfortable in deep water.

Class Objectives:

Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for five yards and are comfortable in deep water. 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

Adult (Ages 14+)

Class Requirements:

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

Class Objectives:

Students can swim one pool length of front and back crawl, tread water and dive into and swim in deep water. Students will begin learning sidestroke and fine-tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).

Class Objectives:

Students can swim two pool lengths of front and back crawl and 15 yards of breaststroke in good form. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on endurance, sidestroke and refining all other strokes.



Waterbabies

Ages 6m-18m: Participants work on basic water adjustment skills. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

77710	GISC	3/7	Sa	9:45-10:15 a.m.
77711	GISC	3/7	Sa	10:25-10:55 a.m.
77712	GISC	3/8	Su	9:15-9:45 a.m.
77713	GISC	5/2	Sa	9:45-10:15 a.m.
77714	GISC	5/2	Sa	10:25-10:55 a.m.
77715	GISC	5/3	Su	9:15-9:45 a.m.

Kennedy Shriver Aquatic Center

77375	KSAC	2/22	Sa	10:20-10:50 a.m.
77376	KSAC	2/22	Sa	11:40am-12:10p.m.
77377	KSAC	2/23	Su	9:40-10:10 a.m.
77378	KSAC	2/23	Su	11:40am-12:10p.m.
77373	KSAC	2/24	M	9:30-10 a.m.
77374	KSAC	2/25	Tu	10-10:30 a.m.
77381	KSAC	4/4	Sa	10:20-10:50 a.m.
77382	KSAC	4/4	Sa	11:40am-12:10p.m.
77383	KSAC	4/5	Su	9:40-10:10 a.m.
77384	KSAC	4/5	Su	11:40am-12:10p.m.
77379	KSAC	4/13	M	9:30-10 a.m.
77380	KSAC	4/14	Tu	10-10:30 a.m.

MLK Swim Center

77948	MLK	2/29	Sa	10:20-10:50 a.m.
77949	MLK	4/18	Sa	10:20-10:50 a.m.
77950	MLK	4/20	M	5:30-6 p.m.

Olney Swim Center

78169	OSC	2/22	Sa	10:30-11 a.m.
78203	OSC	2/23	Su	10:30-11 a.m.
78258	OSC	4/14	Tu	5:10-5:40 p.m.
78295	OSC	4/18	Sa	10:30-11 a.m.
78328	OSC	4/19	Su	10:30-11 a.m.

Reminder



In parent assisted classes, only one adult may be in the pool with a child. Observation

is not allowed on deck for an additional adult.

Aquatots

Ages 18m-3 years: Participants work on basic water adjustment skills and simple water skills. Infants and children who are not toilet trained must wear a swim diaper and separate rubber or vinyl pants. An adult must accompany each student in the water. Courses meet for six 30-minute sessions. Class size is limited to 10 students.

6 Sessions \$58

Germantown Indoor Swim Center

77611	GISC	3/4	W	6:10-6:40 p.m.
77607	GISC	3/7	Sa	11:45 a.m.-12:15 p.m.
77608	GISC	3/7	Sa	12:25-12:55 p.m.
77609	GISC	3/8	Su	10:35-11:05 a.m.
77616	GISC	4/15	W	6:10-6:40 p.m.
77612	GISC	5/2	Sa	11:45 a.m.-12:15 p.m.
77613	GISC	5/2	Sa	12:25-12:55 p.m.
77614	GISC	5/3	Su	10:35-11:05 a.m.

Kennedy Shriver Aquatic Center

77243	KSAC	2/25	Tu	9:30-10 a.m.
77244	KSAC	2/26	W	6:10-6:40 p.m.
77245	KSAC	2/27	Th	10-10:30 a.m.
77246	KSAC	2/27	Th	5:30-6 p.m.
77247	KSAC	2/22	Sa	9-9:30 a.m.
77248	KSAC	2/22	Sa	12:20-12:50 p.m.
77249	KSAC	2/23	Su	9-9:30 a.m.
77250	KSAC	2/23	Su	11-11:30 a.m.
77255	KSAC	4/4	Sa	9-9:30 a.m.
77256	KSAC	4/4	Sa	12:20-12:50 p.m.
77257	KSAC	4/5	Su	9-9:30 a.m.
77258	KSAC	4/5	Su	11-11:30 a.m.
77251	KSAC	4/14	Tu	9:30-10 a.m.
77252	KSAC	4/15	W	6:10-6:40 p.m.
77253	KSAC	4/16	Th	10-10:30 a.m.
77254	KSAC	4/16	Th	5:30-6 p.m.

MLK Swim Center

77855	MLK	2/29	Sa	1-1:30 p.m.
77856	MLK	3/1	Su	10-10:30 a.m.
77857	MLK	3/1	Su	11:20-11:50 a.m.
77858	MLK	3/4	W	5:30-6 p.m.
77859	MLK	4/18	Sa	1-1:30 p.m.
77860	MLK	4/19	Su	10-10:30 a.m.
77861	MLK	4/19	Su	11:20-11:50 a.m.
77862	MLK	4/19	Su	Noon-12:30 p.m.
77863	MLK	4/20	M	6:50-7:20 p.m.
77864	MLK	4/22	W	6:10-6:40 p.m.



SWIM LESSONS





SWIM LESSONS



Olney Swim Center

78164	OSC	2/22	Sa	9:50-10:20 a.m.
78184	OSC	2/22	Sa	1:10-1:40 p.m.
78195	OSC	2/23	Su	9:50-10:20 a.m.
78205	OSC	2/23	Su	11:10-11:40 a.m.
78221	OSC	2/25	Tu	5:50-6:20 p.m.
78232	OSC	2/26	W	6:20-6:50 p.m.
78259	OSC	4/14	Tu	5:50-6:20 p.m.
78270	OSC	4/15	W	6:20-6:50 p.m.
78314	OSC	4/19	Su	8:30-9 a.m.
78331	OSC	4/19	Su	11:10-11:40 a.m.

Pre-School

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

6 Sessions \$58

Germantown Indoor Swim Center

77705	GISC	3/4	W	5:30-6 p.m.
77701	GISC	3/7	Sa	11:05-11:35 a.m.
77702	GISC	3/7	Sa	1:05-1:35 p.m.
77703	GISC	3/8	Su	9:55-10:25 a.m.
77704	GISC	3/8	Su	11:15-11:45 a.m.
77709	GISC	4/15	W	5:30-6 p.m.
77706	GISC	5/2	Sa	11:05-11:35 a.m.
77707	GISC	5/3	Su	11:15-11:45 a.m.
77708	GISC	5/3	Su	9:55-10:25 a.m.

Kennedy Shriver Aquatic Center

77361	KSAC	2/22	Sa	11-11:30 a.m.
77362	KSAC	2/22	Sa	1-1:30 p.m.
77363	KSAC	2/23	Su	10:20-10:50 a.m.
77364	KSAC	2/23	Su	1-1:30 p.m.
77357	KSAC	2/25	Tu	10:30-11 a.m.
77358	KSAC	2/25	Tu	3:30-4 p.m.
77359	KSAC	2/25	Tu	6:10-6:40 p.m.
77360	KSAC	2/27	Th	9:30-10 a.m.
77369	KSAC	4/4	Sa	11-11:30 a.m.
77370	KSAC	4/4	Sa	1-1:30 p.m.
77371	KSAC	4/5	Su	10:20-10:50 a.m.
77372	KSAC	4/5	Su	1-1:30 p.m.
77365	KSAC	4/14	Tu	10:30-11 a.m.
77366	KSAC	4/14	Tu	3:30-4 p.m.
77367	KSAC	4/14	Tu	6:10-6:40 p.m.
77368	KSAC	4/16	Th	9:30-10 a.m.

Martin Luther King Jr. Swim Center

77938	MLK	2/29	Sa	11:40am-12:10p.m.
77939	MLK	3/1	Su	Noon-12:30 p.m.
77940	MLK	3/2	M	6:10-6:40 p.m.
77941	MLK	3/2	M	6:50-7:20 p.m.
77942	MLK	3/4	W	6:50-7:20 p.m.
77947	MLK	4/18	Sa	11-11:30 a.m.
77943	MLK	4/18	Sa	11:40am-12:10p.m.
77944	MLK	4/19	Su	10:40-11:10 a.m.
77945	MLK	4/20	M	6:10-6:40 p.m.
77946	MLK	4/22	W	5:30-6 p.m.

Olney Swim Center

78162	OSC	2/22	Sa	9:10-9:40 a.m.
78173	OSC	2/22	Sa	11:10-11:40 a.m.
78181	OSC	2/22	Sa	12:30-1 p.m.
78188	OSC	2/23	Su	8:30-9 a.m.
78193	OSC	2/23	Su	9:10-9:40 a.m.
78214	OSC	2/24	M	6:20-6:50 p.m.
78217	OSC	2/24	M	7-7:30 p.m.
78223	OSC	2/25	Tu	6:30-7 p.m.
78231	OSC	2/26	W	5:40-6:10 p.m.
78241	OSC	2/27	Th	5:50-6:20 p.m.
78253	OSC	4/13	M	6:20-6:50 p.m.
78261	OSC	4/14	Tu	6:30-7 p.m.
78268	OSC	4/15	W	5:40-6:10 p.m.
78278	OSC	4/16	Th	5:50-6:20 p.m.
78287	OSC	4/18	Sa	9:10-9:40 a.m.
78299	OSC	4/18	Sa	11:10-11:40 a.m.
78311	OSC	4/18	Sa	1:10-1:40 p.m.
78319	OSC	4/19	Su	9:10-9:40 a.m.



Beginner 1

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

6 Sessions \$67

Germantown Indoor Swim Center

77631	GISC	3/2	M	5:30-6 p.m.
77625	GISC	3/3	Tu,Th	5-5:30 p.m.
77626	GISC	3/3	Tu,Th	5:40-6:10 p.m.
77627	GISC	3/3	Tu,Th	6:20-6:50 p.m.
77632	GISC	3/4	W	5:30-6 p.m.
77617	GISC	3/7	Sa	9:45-10:15 a.m.
77618	GISC	3/7	Sa	10:25-10:55 a.m.
77619	GISC	3/7	Sa	11:05-11:35 a.m.
77624	GISC	3/7	Sa	11:45am-12:15p.m.
78116	GISC	3/7	Sa	12:25-12:55 p.m.
77620	GISC	3/7	Sa	1:05-1:35 p.m.
77621	GISC	3/8	Su	9:15-9:45 a.m.
77622	GISC	3/8	Su	9:55-10:25 a.m.
77623	GISC	3/8	Su	10:35-11:05 a.m.
77628	GISC	3/31	Tu,Th	5:40-6:10 p.m.
77629	GISC	3/31	Tu,Th	5-5:30 p.m.
77630	GISC	3/31	Tu,Th	6:20-6:50 p.m.
77645	GISC	4/13	M	5:30-6 p.m.
77644	GISC	4/15	W	5:30-6 p.m.
77641	GISC	4/28	Tu,Th	5-5:30 p.m.
77642	GISC	4/28	Tu,Th	5:40-6:10 p.m.
77643	GISC	4/28	Tu,Th	6:20-6:50 p.m.
77633	GISC	5/2	Sa	9:45-10:15 a.m.
77634	GISC	5/2	Sa	10:25-10:55 a.m.
77635	GISC	5/2	Sa	11:05-11:35 a.m.
77636	GISC	5/2	Sa	11:45am-12:15p.m.
77637	GISC	5/3	Su	9:55-10:25 a.m.
77638	GISC	5/3	Su	10:35-11:05 a.m.
77639	GISC	5/3	Su	11:15-11:45 a.m.
77640	GISC	5/3	Su	9:15-9:45 p.m.

Kennedy Shriver Aquatic Center

77259	KSAC	2/24	M	10-10:30 a.m.
77260	KSAC	2/24	M	6:10-6:40 p.m.
77261	KSAC	2/25	Tu	4:50-5:20 p.m.
77262	KSAC	2/25	Tu	6:10-6:40 p.m.
77263	KSAC	2/27	Th	10:30-11 a.m.
77264	KSAC	2/27	Th	3:30-4 p.m.
77265	KSAC	2/27	Th	5:30-6 p.m.
77266	KSAC	2/22	Sa	9:40-10:10 a.m.
77267	KSAC	2/22	Sa	10:20-10:50 a.m.
77268	KSAC	2/22	Sa	1-1:30 p.m.
77269	KSAC	2/23	Su	9-9:30 a.m.
77270	KSAC	2/23	Su	10:20-10:50 a.m.
77271	KSAC	2/23	Su	12:20-12:50 p.m.
77272	KSAC	2/23	Su	1-1:30 p.m.
77280	KSAC	4/4	Sa	9:40-10:10 a.m.
77281	KSAC	4/4	Sa	10:20-10:50 a.m.
77282	KSAC	4/4	Sa	1-1:30 p.m.
77283	KSAC	4/5	Su	9-9:30 a.m.
77284	KSAC	4/5	Su	10:20-10:50 a.m.
77285	KSAC	4/5	Su	12:20-12:50 p.m.
77286	KSAC	4/5	Su	1-1:30 p.m.
77273	KSAC	4/13	M	10-10:30 a.m.
77274	KSAC	4/13	M	6:10-6:40 p.m.
77275	KSAC	4/14	Tu	4:50-5:20 p.m.
77276	KSAC	4/14	Tu	6:10-6:40 p.m.
77277	KSAC	4/16	Th	10:30-11 a.m.
77278	KSAC	4/16	Th	3:30-4 p.m.
77279	KSAC	4/16	Th	5:30-6 p.m.

Martin Luther King Jr. Swim Center

77865	MLK	2/29	Sa	10:20-10:50 a.m.
77866	MLK	2/29	Sa	11-11:30 a.m.
77867	MLK	2/29	Sa	12:20-12:50 p.m.
77868	MLK	3/1	Su	10-10:30 a.m.
77869	MLK	3/1	Su	10:40-11:10 a.m.
77870	MLK	3/1	Su	Noon-12:30 p.m.
77871	MLK	3/2	M	5:30-6 p.m.
77872	MLK	3/2	M	6:50-7:20 p.m.
77873	MLK	3/3	Tu	6:10-6:40 p.m.
77874	MLK	3/4	W	6:10-6:40 p.m.
77890	MLK	3/5	Th	5:30-6 p.m.
77891	MLK	3/5	Th	6:10-6:40 p.m.
77875	MLK	4/18	Sa	9:40-10:10 a.m.
77876	MLK	4/18	Sa	10:20-10:50 a.m.
77877	MLK	4/18	Sa	11:40am-12:30p.m.
77878	MLK	4/18	Sa	12:20-12:50 p.m.
77879	MLK	4/18	Sa	1-1:30 p.m.
77880	MLK	4/19	Su	10-10:30 a.m.
77881	MLK	4/19	Su	10:40-11:10 a.m.
77882	MLK	4/19	Su	11:20-11:50 a.m.
77883	MLK	4/19	Su	Noon-12:30 p.m.
77884	MLK	4/20	M	6:10-6:40 p.m.
77889	MLK	4/21	Tu	5:30-6 p.m.
77885	MLK	4/21	Tu	6:50-7:20 p.m.
77886	MLK	4/22	W	5:30-6 p.m.
77887	MLK	4/22	W	6:10-6:40 p.m.
77888	MLK	4/22	W	6:50-7:20 p.m.
77892	MLK	4/23	Th	5:30-6 p.m.



SWIM LESSONS



REMINDER

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.



SWIM LESSONS



Olney Swim Center

78165	OSC	2/22	Sa	9:50-10:20 a.m.
78172	OSC	2/22	Sa	11:10-11:40 a.m.
78176	OSC	2/22	Sa	11:50am-12:20p.m.
78185	OSC	2/22	Sa	1:10-1:40 p.m.
78190	OSC	2/23	Su	9:10-9:40 a.m.
78196	OSC	2/23	Su	9:50-10:20 a.m.
78200	OSC	2/23	Su	10:30-11 a.m.
78206	OSC	2/23	Su	11:10-11:40 a.m.
78210	OSC	2/24	M	5:40-6:10 p.m.
78216	OSC	2/24	M	7-7:30 p.m.
78219	OSC	2/25	Tu	5:10-5:40 p.m.
78229	OSC	2/26	W	5:40-6:10 p.m.
78233	OSC	2/26	W	6:20-6:50 p.m.
78240	OSC	2/27	Th	5:50-6:20 p.m.
78242	OSC	2/27	Th	6:30-7 p.m.
78248	OSC	4/13	M	5:40-6:10 p.m.
78251	OSC	4/13	M	6:20-6:50 p.m.
78254	OSC	4/13	M	7-7:30 p.m.
78260	OSC	4/14	Tu	5:50-6:20 p.m.
78267	OSC	4/15	W	5:40-6:10 p.m.
78271	OSC	4/15	W	6:20-6:50 p.m.
78280	OSC	4/16	Th	6:30-7 p.m.
78290	OSC	4/18	Sa	9:50-10:20 a.m.
78294	OSC	4/18	Sa	10:30-11 a.m.
78302	OSC	4/18	Sa	11:50am-12:20p.m.
78306	OSC	4/18	Sa	12:30-1 p.m.
78310	OSC	4/18	Sa	1:10-1:40 p.m.
78316	OSC	4/19	Su	9:10-9:40 a.m.
78321	OSC	4/19	Su	9:50-10:20 a.m.
78326	OSC	4/19	Su	10:30-11 a.m.
78332	OSC	4/19	Su	11:10-11:40 a.m.

Beginner 2

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

6 Sessions \$65

Germantown Indoor Swim Center

77661	GISC	3/2	M	6:10-6:40 p.m.
77655	GISC	3/3	Tu,Th	5:40-6:10 p.m.
77656	GISC	3/3	Tu,Th	5-5:30 p.m.
77657	GISC	3/3	Tu,Th	6:20-6:50 p.m.
77662	GISC	3/4	W	6:10-6:40 p.m.
77646	GISC	3/7	Sa	9:45-10:15 a.m.
77647	GISC	3/7	Sa	10:25-10:55 a.m.
77648	GISC	3/7	Sa	11:05-11:35 a.m.
77649	GISC	3/7	Sa	11:45am-12:15p.m.
77650	GISC	3/7	Sa	1:05-1:35 p.m.
77651	GISC	3/8	Su	9:15-9:45 a.m.
77652	GISC	3/8	Su	9:55-10:25 a.m.
77653	GISC	3/8	Su	11:15-11:45 a.m.
77658	GISC	3/31	Tu,Th	5-5:30 p.m.
77659	GISC	3/31	Tu,Th	6:20-6:50 p.m.

77660	GISC	3/31	Tu,Th	5:40-6:10 p.m.
77674	GISC	4/13	M	6:10-6:40 p.m.
77675	GISC	4/15	W	6:10-6:40 p.m.
77671	GISC	4/28	Tu,Th	5-5:30 p.m.
77672	GISC	4/28	Tu,Th	5:40-6:10 p.m.
77673	GISC	4/28	Tu,Th	6:20-6:50 p.m.
77663	GISC	5/2	Sa	9:45-10:15 a.m.
77664	GISC	5/2	Sa	10:25-10:55 a.m.
77665	GISC	5/2	Sa	11:05-11:35 a.m.
77666	GISC	5/2	Sa	11:45am-12:15p.m.
77667	GISC	5/3	Su	9:15-9:45 a.m.
77668	GISC	5/3	Su	9:55-10:25 a.m.
77669	GISC	5/3	Su	10:35-11:05 a.m.

Kennedy Shriver Aquatic Center

77291	KSAC	2/22	Sa	9-9:30 a.m.
77292	KSAC	2/22	Sa	9:40-10:10 a.m.
77293	KSAC	2/22	Sa	11:40am-12:10p.m.
77294	KSAC	2/22	Sa	12:20-12:50 p.m.
77295	KSAC	2/23	Su	9:40-10:10 a.m.
77296	KSAC	2/23	Su	11:40am-12:10p.m.
77297	KSAC	2/23	Su	12:20-12:50 p.m.
77287	KSAC	2/24	M	5:30-6 p.m.
77288	KSAC	2/25	Tu	5:30-6 p.m.
77289	KSAC	2/26	W	5:30-6 p.m.
77290	KSAC	2/27	Th	4:10-4:40 p.m.
77302	KSAC	4/4	Sa	9-9:30 a.m.
77303	KSAC	4/4	Sa	9:40-10:10 a.m.
77304	KSAC	4/4	Sa	11:40am-12:10p.m.
77305	KSAC	4/4	Sa	12:20-12:50 p.m.
77306	KSAC	4/5	Su	9:40-10:10 a.m.
77307	KSAC	4/5	Su	11:40am-12:10p.m.
77308	KSAC	4/5	Su	12:20-12:50 p.m.
77298	KSAC	4/13	M	5:30-6 p.m.
77299	KSAC	4/14	Tu	5:30-6 p.m.
77300	KSAC	4/15	W	5:30-6 p.m.
77301	KSAC	4/16	Th	4:10-4:40 p.m.



Martin Luther King Jr. Swim Center

77893 MLK	2/29 Sa	11-11:30 a.m.
77894 MLK	2/29 Sa	11:40am-12:10p.m.
77895 MLK	2/29 Sa	12:20-12:50 p.m.
77896 MLK	2/29 Sa	1-1:30 p.m.
77897 MLK	3/1 Su	10-10:30 a.m.
77898 MLK	3/1 Su	10:40-11:10 a.m.
77899 MLK	3/1 Su	11:20-11:50 a.m.
77900 MLK	3/2 M	5:30-6 p.m.
77901 MLK	3/2 M	6:10-6:40 p.m.
77902 MLK	3/3 Tu	5:30-6 p.m.
77903 MLK	3/3 Tu	6:10-6:40 p.m.
77904 MLK	3/4 W	6:50-7:20 p.m.
77905 MLK	3/5 Th	6:10-6:40 p.m.
77915 MLK	3/5 Th	6:50-7:20 p.m.
77918 MLK	4/18 Sa	9:40-10:10 a.m.
77906 MLK	4/18 Sa	11-11:30 a.m.
77907 MLK	4/18 Sa	11:40am-12:10p.m.
77908 MLK	4/18 Sa	12:20-12:50 p.m.
77909 MLK	4/19 Su	10-10:30 a.m.
77910 MLK	4/19 Su	Noon-12:30 p.m.
77911 MLK	4/20 M	5:30-6 p.m.
77912 MLK	4/20 M	6:50-7:20 p.m.
77913 MLK	4/21 Tu	6:10-6:40 p.m.
77916 MLK	4/21 Tu	6:50-7:20 p.m.
77914 MLK	4/22 W	6:50-7:20 p.m.
77917 MLK	4/23 Th	6:50-7:20 p.m.

Olney Swim Center

78160 OSC	2/22 Sa	9:10-9:40 a.m.
78177 OSC	2/22 Sa	11:50am-12:20p.m.
78180 OSC	2/22 Sa	12:30-1 p.m.
78191 OSC	2/23 Su	9:10-9:40 a.m.
78197 OSC	2/23 Su	9:50-10:20 a.m.
78201 OSC	2/23 Su	10:30-11 a.m.
78207 OSC	2/23 Su	11:10-11:40 a.m.
78211 OSC	2/24 M	5:40-6:10 p.m.
78213 OSC	2/24 M	6:20-6:50 p.m.
78220 OSC	2/25 Tu	5:10-5:40 p.m.
78222 OSC	2/25 Tu	5:50-6:20 p.m.
78230 OSC	2/26 W	5:40-6:10 p.m.
78235 OSC	2/26 W	7-7:30 p.m.
78238 OSC	2/27 Th	5:10-5:40 p.m.
78249 OSC	4/13 M	5:40-6:10 p.m.
78252 OSC	4/13 M	6:20-6:50 p.m.
78257 OSC	4/14 Tu	5:10-5:40 p.m.
78273 OSC	4/15 W	7-7:30 p.m.
78276 OSC	4/16 Th	5:10-5:40 p.m.
78281 OSC	4/16 Th	6:30-7 p.m.
78291 OSC	4/18 Sa	9:50-10:20 a.m.
78298 OSC	4/18 Sa	11:10-11:40 a.m.
78303 OSC	4/18 Sa	11:50am-12:20p.m.
78307 OSC	4/18 Sa	12:30-1 p.m.
78317 OSC	4/19 Su	9:10-9:40 a.m.
78322 OSC	4/19 Su	9:50-10:20 a.m.
78333 OSC	4/19 Su	11:10-11:40 a.m.

Beginner 3

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

6 Sessions \$65

Germantown Indoor Swim Center

77686 GISC	3/2 M	5:30-6 p.m.
77682 GISC	3/3 Tu,Th	5:40-6:10 p.m.
77683 GISC	3/3 Tu,Th	6:20-6:50 p.m.
77677 GISC	3/7 Sa	10:25-10:55 a.m.
77678 GISC	3/7 Sa	12:25-12:55 p.m.
77679 GISC	3/7 Sa	1:05-1:35 p.m.
77680 GISC	3/8 Su	9:55-10:25 a.m.
77681 GISC	3/8 Su	11:15-11:45 a.m.
77685 GISC	3/31 Tu,Th	5:40-6:10 p.m.
77684 GISC	3/31 Tu,Th	6:20-6:50 p.m.
77695 GISC	4/13 M	5:30-6 p.m.
77694 GISC	4/28 Tu,Th	5:40-6:10 p.m.
77693 GISC	4/28 Tu,Th	6:20-6:50 p.m.
78341 GISC	5/2 Sa	9:45-10:15 a.m.
77688 GISC	5/2 Sa	10:25-10:55 a.m.
77689 GISC	5/2 Sa	11:45am-12:15p.m.
78342 GISC	5/2 Sa	12:25-12:55 p.m.
77691 GISC	5/3 Su	10:35-11:05 a.m.
77692 GISC	5/3 Su	11:15-11:45 a.m.



SWIM LESSONS

FOUR WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail 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 facility.





SWIM LESSONS



Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Kennedy Shriver Aquatic Center.

Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Martin Luther King Jr. Swim Center.

Olney Swim Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Olney Swim Center.

Beginner 4

Ages 4-6: This class is for students who can already swim a coordinated front crawl for 15 yards...

6 Sessions \$65

Germantown Indoor Swim Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Germantown Indoor Swim Center.

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Kennedy Shriver Aquatic Center.

Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Martin Luther King Jr. Swim Center.

Olney Swim Center

Table with 4 columns: ID, Center, Day, Time. Lists sessions for Olney Swim Center.



Youth Level 1

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

6 Sessions \$60

Germantown Indoor Swim Center

77721	GISC	3/2	M	6:10-6:40 p.m.
77719	GISC	3/3	Tu,Th	5-5:30 p.m.
77716	GISC	3/7	Sa	10:25-10:55 a.m.
78344	GISC	3/7	Sa	11:05-11:35 a.m.
77717	GISC	3/7	Sa	12:25-12:55 p.m.
77718	GISC	3/8	Su	10:35-11:05 a.m.
77720	GISC	3/31	Tu,Th	5-5:30 p.m.
77726	GISC	4/13	M	6:10-6:40 p.m.
77723	GISC	4/28	Tu,Th	5-5:30 p.m.
77722	GISC	5/2	Sa	10:25-10:55 a.m.
77724	GISC	5/3	Su	9:55-10:25 a.m.
77725	GISC	5/3	Su	9:15-9:45 a.m.
78343	GISC	5/2	Sa	11:45am-12:15p.m.

Kennedy Shriver Aquatic Center

77386	KSAC	2/22	Sa	10:20-10:50 a.m.
77387	KSAC	2/22	Sa	1-1:30 p.m.
77388	KSAC	2/23	Su	9:40-10:10 a.m.
77385	KSAC	2/24	M	6:10-6:40 p.m.
77390	KSAC	4/4	Sa	10:20-10:50 a.m.
77391	KSAC	4/4	Sa	1-1:30 p.m.
77392	KSAC	4/5	Su	9:40-10:10 a.m.
77389	KSAC	4/13	M	6:10-6:40 p.m.

Martin Luther King Jr. Swim Center

77951	MLK	2/29	Sa	12:20-12:50 p.m.
77960	MLK	2/29	Sa	11:40am-12:10p.m.
77952	MLK	3/1	Su	10:40-11:10 a.m.
77953	MLK	3/3	Tu	6:50-7:20 p.m.
77954	MLK	3/4	W	6:10-6:40 p.m.
77961	MLK	3/5	Th	5:30-6 p.m.
77955	MLK	4/18	Sa	11-11:30 a.m.
77956	MLK	4/19	Su	10:40-11:10 a.m.
77957	MLK	4/21	Tu	5:30-6 p.m.
77958	MLK	4/23	Th	5:30-6 p.m.
77959	MLK	4/23	Th	6:10-6:40 p.m.

Olney Swim Center

78170	OSC	2/22	Sa	10:30-11 a.m.
78189	OSC	2/23	Su	8:30-9 a.m.
78212	OSC	2/24	M	5:40-6:10 p.m.
78215	OSC	2/24	M	6:20-6:50 p.m.
78224	OSC	2/25	Tu	6:30-7 p.m.
78234	OSC	2/26	W	6:20-6:50 p.m.
78237	OSC	2/26	W	7-7:30 p.m.
78239	OSC	2/27	Th	5:10-5:40 p.m.
78262	OSC	4/14	Tu	6:30-7 p.m.
78272	OSC	4/15	W	6:20-6:50 p.m.
78275	OSC	4/15	W	7-7:30 p.m.
78279	OSC	4/16	Th	5:50-6:20 p.m.
78288	OSC	4/18	Sa	9:10-9:40 a.m.
78296	OSC	4/18	Sa	10:30-11 a.m.
78315	OSC	4/19	Su	8:30-9 a.m.

Youth Level 2

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

6 Sessions \$60

Germantown Indoor Swim Center

77731	GISC	3/4	W	5:30-6 p.m.
77727	GISC	3/7	Sa	9:45-10:15 a.m.
77728	GISC	3/7	Sa	11:05-11:35 a.m.
77736	GISC	3/7	Sa	1:05-1:35 p.m.
77729	GISC	3/8	Su	9:15-9:45 a.m.
77730	GISC	3/8	Su	11:15-11:45 a.m.
77735	GISC	4/15	W	5:30-6 p.m.
77732	GISC	5/2	Sa	12:25-12:55 p.m.
77733	GISC	5/3	Su	9:15-9:45 a.m.
77734	GISC	5/3	Su	11:15-11:45 a.m.

Kennedy Shriver Aquatic Center

77394	KSAC	2/22	Sa	12:20-12:50 p.m.
77395	KSAC	2/23	Su	11:40am-12:10p.m.
77396	KSAC	2/23	Su	12:20-12:50 p.m.
77393	KSAC	2/25	Tu	5:30-6 p.m.
77398	KSAC	4/4	Sa	12:20-12:50 p.m.
77399	KSAC	4/5	Su	11:40am-12:10p.m.
77400	KSAC	4/5	Su	12:20-12:50 p.m.
77397	KSAC	4/14	Tu	5:30-6 p.m.



SWIM LESSONS





SWIM LESSONS



Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Location, Date, Time. Rows include 77962 MLK 2/29 Sa 11-11:30 a.m. to 77969 MLK 4/23 Th 6:50-7:20 p.m.

Olney Swim Center

Table with 4 columns: ID, Location, Date, Time. Rows include 78163 OSC 2/22 Sa 9:10-9:40 a.m. to 78324 OSC 4/19 Su 9:50-10:20 a.m.

Youth Level 3

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

6 Sessions \$58

Germantown Indoor Swim Center

Table with 4 columns: ID, Location, Date, Time. Rows include 77747 GISC 3/4 W 6:10-6:40 p.m. to 77745 GISC 4/15 W 6:10-6:40 p.m.

Kennedy Shriver Aquatic Center

Table with 4 columns: ID, Location, Date, Time. Rows include 77401 KSAC 2/22 Sa 9:40-10:10 a.m. to 77410 KSAC 4/5 Su 11-11:30 a.m.

Martin Luther King Jr. Swim Center

Table with 4 columns: ID, Location, Date, Time. Rows include 77972 MLK 2/29 Sa 10:20-10:50 a.m. to 77982 MLK 4/23 Th 8:20-8:50 p.m.

Olney Swim Center

Table with 4 columns: ID, Location, Date, Time. Rows include 78174 OSC 2/22 Sa 11:10-11:40 a.m. to 78329 OSC 4/19 Su 10:30-11 a.m.

REMINDER

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Youth Level 4

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

6 Sessions \$58

Germantown Indoor Swim Center

77748	GISC	3/7	Sa	11:45am-12:15p.m.
77749	GISC	3/7	Sa	12:25-12:55 p.m.
77750	GISC	3/8	Su	11:15-11:45 a.m.
77751	GISC	3/8	Su	10:35-11:05 a.m.
78406	GISC	5/2	Sa	10:25-10:55 p.m.
77752	GISC	5/2	Sa	12:25-12:55 p.m.
77753	GISC	5/3	Su	11:15-11:45 a.m.

Kennedy Shriver Aquatic Center

77411	KSAC	2/22	Sa	11:40am-12:10p.m.
77412	KSAC	2/23	Su	11-11:30 a.m.
77413	KSAC	2/23	Su	12:20-12:50 p.m.
77414	KSAC	2/23	Su	1-1:30 p.m.
77415	KSAC	4/4	Sa	11:40am-12:10p.m.
77416	KSAC	4/5	Su	11-11:30 a.m.
77417	KSAC	4/5	Su	12:20-12:50 p.m.
77418	KSAC	4/5	Su	1-1:30 p.m.

Martin Luther King Jr. Swim Center

77983	MLK	2/29	Sa	12:20-12:50 p.m.
77984	MLK	3/1	Su	10-10:30 a.m.
77985	MLK	3/1	Su	Noon-12:30 p.m.
77987	MLK	4/18	Sa	10:20-10:50 a.m.
77988	MLK	4/18	Sa	12:20-12:50 p.m.
77989	MLK	4/19	Su	10-10:30 a.m.

Olney Swim Center

78175	OSC	2/22	Sa	11:10-11:40 a.m.
78179	OSC	2/22	Sa	11:50am-12:20p.m.
78204	OSC	2/23	Su	10:30-11 a.m.
78330	OSC	4/1	Su	10:30-11 a.m.
78301	OSC	4/18	Sa	11:10-11:40 a.m.
78305	OSC	4/18	Sa	11:50am-12:20p.m.

Youth Advanced

Ages 7-13: This class is for students who can swim one length of front and back crawl, tread water and swim in deep water. Course is designed to refine front and back crawl as well as introduce breast stroke and butterfly. Swimmers will be divided into subgroups by skill level at the first class. Courses meet for six 40-minute sessions. Group size is limited to 10 students per instructor.

6 Sessions \$77

Germantown Indoor Swim Center

80009	GISC	3/7	Sa	10:25-11:05 a.m.
80010	GISC	3/7	Sa	11:05-11:45 a.m.
80017	GISC	5/2	Sa	9:45-10:25 a.m.
80018	GISC	5/2	Sa	10:25-11:05 a.m.
80019	GISC	5/2	Sa	11:05-11:45 a.m.

Kennedy Shriver Aquatic Center

80013	KSAC	2/4	Sa	10:20-11 a.m.
80006	KSAC	2/4	Sa	11-11:40 a.m.
80005	KSAC	2/22	Sa	10:20-11 a.m.
80007	KSAC	2/22	Sa	11:40am-12:20p.m.

Martin Luther King Jr. Swim Center

80014	MLK	4/19	Su	11:30am-12:10p.m.
80015	MLK	4/19	Su	12:10-12:50 p.m.
80016	MLK	4/23	Th	7:30-8:10 p.m.

Olney Swim Center

79999	OSC	2/23	Su	11:30am-12:10p.m.
80000	OSC	2/23	Su	12:10-12:50 p.m.
80001	OSC	2/25	Tu	7:20-8 p.m.
80013	OSC	4/14	Tu	7:20-8 p.m.
80011	OSC	4/19	Su	11:30am-12:10p.m.
80012	OSC	4/19	Su	12:10-12:50 p.m.



SWIM LESSONS





SWIM LESSONS



Adult Level 1

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

6 Sessions \$67

Germantown Indoor Swim Center

77589	GISC	3/2	M	5:30-6 p.m.
77587	GISC	3/7	Sa	11:05-11:35 a.m.
77588	GISC	3/8	Su	9:55-10:25 a.m.
77592	GISC	4/13	M	5:30-6 p.m.
77590	GISC	5/2	Sa	11:05-11:35 a.m.
77591	GISC	5/3	Su	9:55-10:25 a.m.

Kennedy Shriver Aquatic Center

77226	KSAC	2/22	Sa	11-11:30 a.m.
77227	KSAC	2/23	Su	10:20-10:50 a.m.
77225	KSAC	2/27	Th	8:30-9 p.m.
77229	KSAC	4/4	Sa	11-11:30 a.m.
77230	KSAC	4/5	Su	10:20-10:50 a.m.
77228	KSAC	4/16	Th	8:30-9 p.m.

Martin Luther King Jr. Swim Center

77840	MLK	2/29	Sa	10:20-10:50 a.m.
77843	MLK	3/1	Su	1:20-11:50 a.m.
78005	MLK	3/5	Th	8:20-8:50 p.m.

Olney Swim Center

78284	OSC	4/16	Th	7:50-8:20 p.m.
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Adult Level 2

Ages 14 & Up: Designed for participants who are already water adjusted. Students must be able to submerge for three 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

77596	GISC	3/2	M	6:10-6:40 p.m.
77593	GISC	3/7	Sa	10:25-10:55 a.m.
77594	GISC	3/8	Su	10:35-11:05 a.m.
77598	GISC	4/13	M	6:10-6:40 p.m.
77595	GISC	5/2	Sa	12:25-12:55 p.m.
77597	GISC	5/3	Su	9:15-9:45 a.m.

Kennedy Shriver Aquatic Center

77231	KSAC	2/22	Sa	10:20-10:50 a.m.
77232	KSAC	4/4	Sa	10:20-10:50 a.m.

Martin Luther King Jr. Swim Center

77844	MLK	3/1	Su	10-10:30 a.m.
77845	MLK	3/5	Th	9-9:30 p.m.
77846	MLK	4/18	Sa	1-1:30 p.m.
77847	MLK	4/19	Su	10-10:30 a.m.
77848	MLK	4/23	Th	9-9:30 p.m.

Olney Swim Center

78246	OSC	2/27	Th	7:50-8:20 p.m.
78285	OSC	4/16	Th	7:50-8:20 p.m.

Adult Level 3

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

6 Sessions \$65

Germantown Indoor Swim Center

77599	GISC	3/7	Sa	9:45-10:15 a.m.
77600	GISC	3/8	Su	9:15-9:45 a.m.
77601	GISC	5/2	Sa	9:45-10:15 a.m.
77602	GISC	5/3	Su	11:15-11:45 a.m.

Kennedy Shriver Aquatic Center

77233	KSAC	2/22	Sa	9:40-10:10 a.m.
77234	KSAC	4/4	Sa	9:40-10:10 a.m.

Martin Luther King Jr. Swim Center

77849	MLK	2/29	Sa	11-11:30 a.m.
77851	MLK	4/18	Sa	11-11:30 a.m.



Adult Level 4

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

6 Sessions \$65

Germantown Indoor Swim Center

77603	GISC	3/7	Sa	11:45a.m.-12:15p.m.
77604	GISC	3/8	Su	11:15-11:45 a.m.
77606	GISC	5/2	Sa	11:45a.m.-12:15p.m.

Kennedy Shriver Aquatic Center

77236	KSAC	2/23	Su	11:40a.m.-12:10p.m.
77235	KSAC	2/25	Tu	8:30-9 p.m.
77238	KSAC	4/5	Su	11:40a.m.-12:10p.m.
77237	KSAC	4/14	Tu	8:30-9 p.m.

Martin Luther King Jr. Swim Center

77853	MLK	3/5	Th	9-9:30 p.m.
77854	MLK	4/23	Th	9-9:30 p.m.

Olney Swim Center

78247	OSC	2/27	Th	7:50-8:20 p.m.
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Adult Level 5

Ages 14 & Up: Designed for participants who can already swim one length front and back crawl, 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

77239	KSAC	2/26	W	8:30-9 p.m.
77240	KSAC	4/15	W	8:30-9 p.m.

Adult Swim for Conditioning

Ages 14 & Up: Designed for participants 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

77241	KSAC	2/24	M	8:30-9 p.m.
77242	KSAC	4/13	M	8:30-9 p.m.

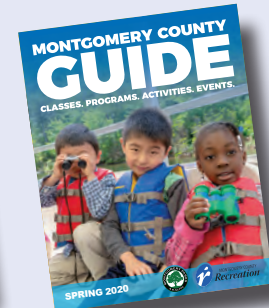
Aquatics 240.777.6860

When Is the Guide Available?



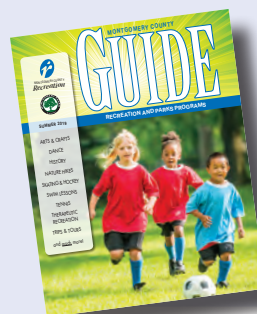
Summer Camps 2020

Early January 2020
Registration begins
Mid-January 2020



Spring 2020

Late January 2020
Registration begins
Mid-February 2020



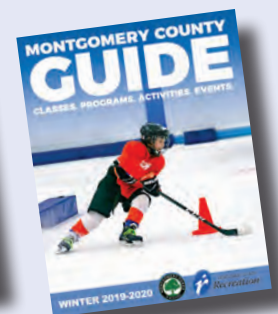
Summer 2020

Early May 2020
Registration begins
Mid-May 2020



Fall 2020

Early August 2020
Registration begins
Mid-August 2020



Winter 2020/2021

Early November 2020
Registration begins
Mid-November 2020

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SWIM LESSONS



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

Kennedy Shriver Aquatic Center

77219	KSAC	2/24	M	10:45-11:15 a.m.
77220	KSAC	4/13	M	10:45-11:15 a.m.

Adapted Aquatics Lesson - Volunteer Assisted

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

6 Sessions \$65

Kennedy Shriver Aquatic Center

77221	KSAC	2/22	Sa	9:45-10:15 a.m.
77222	KSAC	2/22	Sa	10:35-11:05 a.m.
77223	KSAC	4/4	Sa	9:45-10:15 a.m.
77224	KSAC	4/4	Sa	10:35-11:05 a.m.

Water Exercise- Adaptive

Ages 14 & Up: This course is designed for individuals with physical and developmental disabilities. The workout includes using balls and noodles to encourage movement and improve cardiovascular conditioning. Participants must be accompanied by a caregiver in the water and within arms reach at all times.

10 Sessions \$115
Instructor: H2O Fitness

Martin Luther King Jr. Swim Center

77556	MLK	3/22	Su	4-4:50 p.m.
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REMINDER

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Classes

CLASSES

**Classes Will Not Meet On
April 6-13, April 28
& May 23-25***

***This does not apply to aquatic activities**



ARTS & CRAFTS

ARTS & CRAFTS

Arts

Twoosy Doodlers

Ages 1½-3: Zoom into developing fine motor and visual perception skills by rolling and shaking paint, scribbling, wiggling, cutting and bending. Have a fabulous time and develop fine motor skills with these fantastic projects.

8 Sessions \$129
 Instructor: Stephanie Burke
 78361 Coffield CRC 4/14 Tu 10:15-11 a.m.
 78363 Mid-County CRC 4/15 W 11:15 a.m.-Noon
 78362 White Oak CRC 4/16 Th 11-11:45 a.m.
 78364 Wheaton CRC 4/18 Sa 11:30a.m.-12:15p.m.

Instructor: Nancy Delasos
 78372 N. Potomac CRC 4/14 Tu 4:30-5:15 p.m.
 78371 Potomac CRC 4/24 F 9:30-10:15 a.m.

Mini Doodlers

Ages 3-5: Participants will use Model Magic to create their own storyteller dolls that reflect the tradition of passing down stories from generation to generation. Your artwork will take on a three-dimensional effect with shapes that pop off the page and use architectural design. Also featured are Lisa Kowalski and her colors, dabs and doodles, beautiful indigo cloth designs using styluses and more.

8 Sessions \$129
 Instructor: Stephanie Burke
 78360 Wheaton CRC 4/18 Sa 12:30-1:15 p.m.

Instructor: Nancy Delasos
 78370 Lawton CRC 4/14 Tu 9:30-10:15 a.m.
 78369 Clara Barton NRC 4/20 M 11-11:45 a.m.

Acrylic Painting Techniques

Ages 14 & Up: Discover a step-by-step approach that makes acrylics resemble the lush look of oils. Bring several pictures of what you would like to paint. All ability levels welcome.

7 Sessions \$134
 Instructor: Margaret Deskin
 78603 Bauer Drive CRC 4/18 Sa 10:30am-12:30pm.

Right Brained Drawing-Beginner

Ages 13 & Up: Unhinge preconceptions and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create.

6 Sessions \$95
 Instructor: Yolanda Prinsloo
 78059 Potomac CRC 4/27 M 5:15-7 p.m.

Right Brained Drawing-Advanced

Ages 13 & Up: Build on your knowledge and skills in drawing, and explore new techniques in pencil, colored pencil, pastel or watercolor. For students with drawing experience.

6 Sessions \$105
 Instructor: Yolanda Prinsloo
 78060 Potomac CRC 4/27 M 7:15-9 p.m.

Adventures in Art

Ages 5-10: Create exciting works of art using several different techniques and media with emphasis on drawing, painting and composition.

7 Sessions \$84
 Instructor: Tatiana Martin
 77755 Longwood CRC 4/18 Sa 10:15-11:15 a.m.

Art Studio

Ages 10-16: In this dynamic class students will gain and reinforce creative skills and produce high-quality art work with special attention to composition, perspective and color application.

7 Sessions \$84
 Instructor: Tatiana Martin
 77756 Longwood CRC 4/18 Sa 11:30am-12:30p.m.

Cartooning with Young Rembrandts

Ages 5-12: Participants will learn how to personify inanimate objects, as they breathe life into everyday clocks. Popular pets will also see the cartoon treatment as they're transformed into colorful characters. Then we will imagine ourselves traveling to faraway worlds as we illustrate amazing alien beings. We will also demonstrate to our participants that drawing toys can be just as much fun as playing with them.

6 Sessions \$90
 Instructor: Young Rembrandts
 78382 Damascus CRC 4/14 Tu 6-7 p.m.
 78383 Germantown CRC 4/15 W 6-7 p.m.
 78385 Bauer Drive CRC 4/16 Th 6-7 p.m.
 78380 Glenallan ES 4/20 M 6-7 p.m.



Draw and Clay - Animals

Ages 4-9: Join us for a fun filled session where we will study all animals that emerge and migrate during spring and summer. We will look at their habitats and migration patterns as well as draw, paint and sculpt in clay.

7 Sessions \$113

Instructor: Yolanda Prinsloo
78077 Germantown CRC 4/14 Tu 5:15-6:15 p.m.
78078 Bauer Drive CRC 4/15 W 5:40-6:40 p.m.

Learning Art from the Masters - Picasso and Friends

Ages 7-15: In this session we will look at the various artists who were friends of Pablo Picasso and emulate their different artistic styles in drawings, paintings and clay sculpture.

7 Sessions \$113

Instructor: Yolanda Prinsloo
78080 Germantown CRC 4/14 Tu 6:30-7:30 p.m.

Crafts

It's a Stitch

Ages 18 & Up: Craft projects and garments as you learn sewing terms, pattern layout, cutting out fabric, hemming, making a slit and measuring. Supply list will be on your receipt. All ability levels welcome.

6 Sessions \$145

Instructor: Nora Elias
78393 Lawton CRC 4/23 Th 10:30a.m.-12:30p.m.
78394 Holiday Park SC 4/24 F 10:30a.m.-12:30p.m.
78396 Bauer Drive CRC 4/25 Sa 1:30-3:30 p.m.

Kids Sew and Tell

Ages 9 - 16: Learn how to make your own projects and garments. This class will teach you sewing terms and skills like pattern layout, cutting out fabric, hem, making a slit and measuring, just to name a few. A supply list will be on your receipt. All ability levels welcome.

6 Sessions \$145

Instructor: Nora Elias
78397 Bauer Drive CRC 4/25 Sa 10:15am-1:15p.m.

Fine Arts

Beginning Drawing with Kritt

Ages 18 & Up: Learn a few simple skills that will help you draw anything, from people and pets to buildings and landscapes. All ability levels welcome.

6 Sessions \$108

Instructor: Penny Kritt
78497 Kritt Studio 4/20 M 10 a.m.-Noon
78498 Kritt Studio 4/20 M 7-9 p.m.

Beginning Painting with Kritt

Ages 18 & Up: Learn the foundations of watercolor and acrylic painting. Start with a few simple skills and get your brush to make the magic happen. All ability levels welcome.

7 Sessions \$126

Instructor: Penny Kritt
78501 Kritt Studio 4/14 Tu 7-9 p.m.
78502 Kritt Studio 4/14 Tu 10 a.m.-Noon

Oil or Acrylic Painting Open Studio

Ages 18 & Up: Students can paint with oil or acrylics. Instructor available for demonstrations and assistance. Intermediate level and above.

7 Sessions \$84

Instructor: Karen Helfert
77761 Lawton CRC 4/20 M 1-4 p.m.

8 Sessions \$96

Instructor: Karen Helfert
77762 Lawton CRC 4/14 Tu 1-4 p.m.

Jewelry

Fiber Art

Ages 15 & Up: Learn the techniques to create jewelry using beads with fibers. Participants will make a unique beaded bracelet embellished with buttons, charms, ribbons and yarn. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters.

1 Session \$56

Instructor: Renee Prioleau
78736 Wisconsin Place CRC 6/6 Sa Noon-2 p.m.



ARTS & CRAFTS





ARTS & CRAFTS



Vintage Jewelry

Ages 15 & Up: Learn the techniques to create beautiful vintage and victorian inspired jewelry. Participants will develop the skills to apply antique finishes to create earrings and bracelet designs. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters.

1 Session \$56
Instructor: Renee Prioleau
78729 Wisconsin Place CRC 6/6 Sa 10 a.m.-Noon

Performing Arts

Playwriting: Write Together Play Together

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

7 Sessions \$140
Instructor: Olney Theatre
78400 Potomac CRC 4/25 Sa 10-11:20 a.m.

Photography

NEW Creative Photography

Ages 10 & Up: Learn how to use your camera, subject selection, aperture, shutter speed, and ISO to improve exposure to capture images. Participants are encouraged to shoot and bring pictures to present during class discussions. iPhone cameras ok. For all ability levels.

Instructor: Lew Berry
Ages 10-17
8 Sessions \$100
78453 Wisconsin Place CRC 4/18 Sa 9:30-10:30 a.m.

Ages 18 & Up
8 Sessions \$150
78460 Wisconsin Place CRC 4/18 Sa 10:30am-1:30pm.

Intro to Digital Photography

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

4 Sessions \$125
Instructor: Haneine Ramadan
78493 N. Potomac CRC 5/6 W 7-8:15 p.m.

Pottery/Ceramics

Ceramics Introductory Wheel

Ages 16 & Up: In this beginners ceramics class students will learn clay preparation, throwing techniques, firing and glazing.

8 Sessions \$250
Instructor: Robin Ziek
78087 Ross Boddy CRC 4/18 Sa 10:30a.m.-1:30p.m.

8 Sessions \$205
Instructor: Joan Vander Walde
80078 Wheaton CRC 4/20 M 9:30a.m.-12:30p.m.

Handcrafted Pottery

Ages 18 & Up: Develop techniques for hand building pieces of functional and decorative pottery. Practice techniques on the potter's wheel including centering and learning about clay, drying, firing and glazing. Bring clay tools and an old towel.

7 Sessions \$210
Instructor: Valerie Haber
78427 N. Potomac CRC 4/15 W 6-9 p.m.
78426 N. Potomac CRC 4/16 Th 10 a.m.-1 p.m.

8 Sessions \$220
Instructor: Margaret Dickerson
78365 Wheaton CRC 4/14 Tu 6-9 p.m.

8 Sessions \$250
Instructor: Susan Mapp
78099 Ross Boddy CRC 4/16 Th 6-9 p.m.

9 Sessions \$245
Instructor: Margaret Dickerson
78368 Wheaton CRC 4/16 Th 9:30a.m.-12:30p.m.



Handcrafted Pottery Open Studio

Ages 18 & Up: Experienced potters can practice hand building, wheel throwing, decorating and glazing techniques. Instructor available for demonstration and assistance. Intermediate and advanced levels.

7 Sessions \$215
Instructor: Valerie Haber
78425 N. Potomac CRC 4/14 Tu 6-9 p.m.

8 Sessions \$250
Instructor: Robin Ziek
78090 Ross Boddy CRC 4/14 Tu 6-9 p.m.
78089 Ross Boddy CRC 4/18 Sa 10:30 a.m.-1:30 p.m.

8 Sessions \$250
Instructor: Susan Mapp
78100 Ross Boddy CRC 4/15 W 10:30 a.m.-1:30 p.m.

9 Sessions \$245
Instructor: Margaret Dickerson
78366 Wheaton CRC 4/15 W 9:30 a.m.-12:30 p.m.

Pottery at Sligo

Ages 18 & Up: Explore hand building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. A fully equipped studio affords you the opportunity to work toward your own creative goals. All artists have access to a potter's wheel. Material fee included in cost. All ability levels welcome.

7 Sessions \$195
Instructor: Roger Kirk
78405 Sligo Creek ES 4/14 Tu 7-10 p.m.

8 Sessions \$220
Instructor: Margaret Dickerson
78373 Sligo Creek ES 4/20 M 7-10 p.m.

REMINDER

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.

COOKING

Preschool Sprouts Healthy Hands Cooking Classes

Ages 2-5: Plant the seeds of healthy cooking with interactive classes designed specifically for the youngest chefs. Each 45-minute class gives participants the opportunity to learn about where healthy food comes from as they dance, build, color, sing and create a simple and yummy recipe.

4 Sessions \$132
Instructor: Rachel Smith
78713 Germantown CRC 4/16 Sa 10:30-11:15 a.m.
80024 Germantown CRC 5/19 Sa 10:30-11:15 a.m.

Wine and Dine

California Style Spring Dinner

Ages 15 & Up: Celebrate spring by cooking delicious, easy to make recipes inspired by nature's seasonal bounty. Menu: warm asparagus with eggs mimosa, sugar snap pea and mint salad, roasted cornish hens with rhubarb chutney, rice pilaf, and crème brulee with fresh raspberry garnish.

1 Session \$75
Instructor: Sheila Crye
78868 Ross Boddy CRC 5/20 W 6-9 p.m.

Hungarian Spring Dinner

Ages 15 & Up: Enjoy a wonderfully spicy and aromatic meal full of variety due to Hungary's location as the trade crossroad between east and west. Menu: asparagus soup, chicken paprikas, nockerl, cucumber salad and pancakes with sweet fillings.

1 Session \$75
Instructor: Sheila Crye
78866 Ross Boddy NRC 4/15 W 6-9 p.m.



COOKING





DANCE

Spring Dinner from Jerusalem

Ages 21 & Up: Explore the culinary DNA of Jerusalem and experience the flavors and smells of a city with 4000 years of history. Menu: Israeli salad, burnt eggplant with garlic lemon and pomegranate seeds, pan fried sea bass with harissa and rose, couscous with tomato and onion, and poached pears in white wine and cardamom.

1 Session **\$75**
Instructor: Sheila Crye
78869 N. Potomac CRC 6/10 W 6-9 p.m.

Youth Cooking

Cooking Around the World

Ages 5-12: Tiny chefs will learn how to create the cuisines of multiple countries. We will be cooking up some of the fabulous flavors of Italian, Indian, Vietnamese, Mexican and French foods while also learning about some of the cooking techniques and ingredients that make them unique.

8 Sessions **\$245**
Instructor: Tiny Chefs
78705 Wheaton CRC 4/18 Sa 10-11:15 a.m.

FOUR WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail 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 facility.

DANCE

Playtime & Movement

Jazzmatazz Preschool Dance

Ages 3-4: This class provides an introduction to dance through creative movement, using a variety of musical styles that children love. Wear leotard, tights and well-fitted all-leather ballet slippers. No lace tutus. Only short dance skirts.

9 Sessions **\$90**
Instructor: Betsy Saunders
78095 Long Branch CRC 4/18 Sa 10:15-11 a.m.

Kidz Dance

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

8 Sessions **\$110**
Instructor: Grace Oleson
78414 N.Potomac CRC 4/14 Tu 3:30-4:15p.m.
78413 Wheaton CRC 4/16 Th 4:15-5 p.m.
78411 Coffield CRC 4/20 M 3:30-4:15p.m.
78412 Germantown CRC 4/29 W 3:30-4:15p.m.

Tiny Toes

Ages 2 ½-3 ½: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class is for children who are able to participate in class without assistance from a parent. Our teachers will keep the music and curriculum moving along in a way that is fun, positive and appropriate.

7 Sessions **\$126**
Instructor: Tippi Toes DC
78407 White Oak CRC 4/18 Sa 10:15-10:45 a.m.

8 Sessions **\$144**
Instructor: Tippi Toes DC
78408 Lawton CRC 4/16 Th 11-11:30 a.m.



Toddler and Me Dance

Ages 1 ½-3 ½: Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent or loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track.

7 Sessions \$126
 Instructor: Tippi Toes DC
 78410 White Oak CRC 4/18 Sa 9:15-10 a.m.

8 Sessions \$144
 Instructor: Tippi Toes DC
 78409 Lawton CRC 4/16 Th 10-10:45 a.m.

Ballet

Twinkle Tots Ballet

Ages 3-4: Twinkle Tots is filled with learning opportunities. Your young dancers will learn the dance positions, developmentally appropriate steps and stretches so that they will have a great foundation for dance and for participating in other group activities. Your young dancer will be excited to grow in confidence, balance, strength and poise.

7 Sessions \$119
 Instructor: Bonnie Slawson
 78890 Commotion Fitness Studio 4/15 W 5:15-6 p.m.

Youth Ballet

Ages 5-12: Participants get an introduction to basic ballet movements and terminology. This class is perfect for the dancer that needs fundamental introductory training. Beginner level.

8 Sessions \$88
 Instructor: Grace Oleson
 78445 Coffield CRC 4/20 M 4:30-5:15 p.m.
 78446 N. Potomac CRC 4/14 Tu 4:30-5:15 p.m.
 78447 Germantown CRC 4/29 W 4:30-5:15 p.m.
 78448 Wheaton CRC 4/16 Th 5:15-6 p.m.

Adult Ballet

Ages 18 & Up: Ballet is the study of movement created to emphasize balance, strength, coordination and a beautiful line. This class consists of ballet exercises, steps, barre, choreography and conditioning. Benefits include increased balance, coordination, better posture and improved focus. It's great for working out your mind and your muscle memory.

6 Sessions \$120
 Instructor: Bonnie Slawson
 78893 Commotion Fitness Studio 4/17 F 1:30-2:30 p.m.

Fairy Tale Ballet

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

Ages 3-4 7 Sessions \$140
 Instructor: Jennifer Ferrigno
 79116 Wheaton CRC 4/25 Sa 9-9:45 a.m.
 79118 Wheaton CRC 4/25 Sa 10:40-11:25 a.m.

8 Sessions \$190
 Instructor: Jennifer Ferrigno
 79111 N. Potomac CRC 4/18 Sa 9:10-9:55 a.m.
 79113 N. Potomac CRC 4/18 Sa 10:50-11:35 a.m.

Ages 4-5 7 Sessions \$140
 Instructor: Jennifer Ferrigno
 79117 Wheaton CRC 4/25 Sa 9:50-10:35 a.m.

8 Sessions \$190
 Instructor: Jennifer Ferrigno
 79112 N. Potomac CRC 4/18 Sa 10-10:45 a.m.
 79114 N. Potomac CRC 4/18 Sa 11:40am-12:25p.m.

Ages 5-6 8 Sessions \$190
 Instructor: Jennifer Ferrigno
 79115 N. Potomac CRC 4/18 Sa 12:30-1:15 p.m.

Jazzmatazz Pre Ballet

Ages 5-7: This introductory class includes creative movement, beginning technical exercises, floor exercise and a performance dance. Dancers should wear leotard, tights and well fitted all leather ballet slippers, in the color of your choice.

9 Sessions \$90
 Instructor: Betsy Saunders
 78098 Long Branch CRC 4/18 Sa 11:15 a.m.-Noon



DANCE





DANCE



Creative Combo Dance

Ages 6-12: Participants will combine a range of dance forms including modern, ballet and African dance while also learning to dance with flags. Personal flag and T-shirt for final class performance included.

8 Sessions \$138
Instructor: Venterprises Inc
78876 Wheaton CRC 4/15 W 4:30-5:30 p.m.

Ballroom

Ballroom I (Couples)

Ages 18 & Up: 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
78093 Bethesda ES 4/20 M 7-8 p.m.

8 Sessions \$88
Instructor: Ann Basso
77757 Wheaton CRC 4/16 Th 7-8 p.m.

Ballroom II (Couples)

Ages 18 & Up: After a brief review of Ballroom I dances, build your confidence by learning additional variations of tango and merengue. Instructors emphasize proper dance position and improved pattern execution to perfect each move. Registration is per student; must have a partner registered in the class to attend. Prerequisite: Ballroom I.

7 Sessions \$77
Instructor: Rebecca McKinney
78094 Bethesda ES 4/20 M 8-9 p.m.

8 Sessions \$88
Instructor: Rebecca McKinney
78096 Lawton CRC 4/16 Th 7-8 p.m.
Instructor: Ann Basso
77758 Wheaton CRC 4/16 Th 8-9 p.m.

Ballroom III (Couples)

Ages 18 & Up: Students further develop a foundation in the dances covered in Ballroom I and II. Classes may specialize in three or four dances per session. Registration is per student; must have a partner registered in the class to attend. Prerequisite: Ballroom II or equivalent.

8 Sessions \$88
Instructor: Ann Basso
77760 Coffield CRC 4/14 Tu 7:45-8:45 p.m.

Ballroom IV (Couples)

Ages 18 & Up: Students build on their ballroom dance abilities by learning additional patterns in each dance and improving dancing technique and execution. Classes may specialize in three or four dances per session. Registration is per student; must have a partner registered in the class to attend. Prerequisite: Ballroom III or equivalent.

8 Sessions \$88
Instructor: Ann Basso
77759 Wheaton CRC 4/16 Th 9-10 p.m.

Social Dance

Ages 18 & Up: These classes will cover the three popular social, ballroom dances. Be ready for your next family celebration, wedding or special event. Participants will change partners frequently. No partner required. Beginner level.

8 Sessions \$96
Instructor: Avant Garde Ballroom Dance Center
78030 Avant Garde 4/20 M 7:15-8 p.m.

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



Cheer and Poms

Poms

Ages 7-15: Participants will learn to audition as well as the technical skills needed to be prepared. Learn how to kick, leap and turn like the poms squads do.

Ages 7-12

6 Sessions \$132

Instructor: Bonnie Slawson
78591 Commotion Fitness Studio 4/18 Sa Noon-1 p.m.

Ages 10-15

8 Sessions \$176

Instructor: Bonnie Slawson
78592 Commotion Fitness Studio 4/16 Th 6:30-7:30 p.m.

Hip-Hop

Hip-Hop Bitty's

Ages 3-5: Participants will enjoy this high energy class as they are introduced to hip-hop. Participants will be able to move at their own pace while playing games to learn rhythm and beats. In this low intensity and kid-friendly environment. Participants will discover a love for dance while exploring their creative juices.

6 Sessions \$70

Instructor: Shannon Jones
78149 Germantown CRC 4/30 Th 10-10:30 a.m.

Hip-Hop I

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. No dance experience required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
78036 Avant Garde 4/4 Sa 2-2:45 p.m.

Hip-Hop Kids

Ages 5-12: Get ready to pop, lock and rock your body in this action-packed dance program. Learn the latest hip-hop dance moves using old-school tunes and the latest hits. Family and friends will get to see the students showcase their talents on the last day of class in a final performance. All ability levels welcome.

Ages 5-7

7 Sessions \$85

Instructor: Shannon Jones
78147 Germantown CRC 4/25 Sa 10-10:45 a.m.

Ages 8-12

7 Sessions \$85

Instructor: Shannon Jones
78148 Germantown CRC 4/25 Sa 11-11:45 a.m.

Step Dance for Kids

Ages 7-14: Students will learn how to use their body as an instrument to create complex rhythms and sounds using a combination of hand claps, foot stomps and spoken word while also including other genres of dance such as hip-hop, tap and modern dance.

8 Sessions \$120

Instructor: Craig Perry
78896 Wheaton CRC 4/20 M 6:30-7:30 p.m.

Twinkle Tots Hip-Hop/Jazz

Ages 4-6: Twinkle Tots class is filled with learning opportunities. Participants will learn dance positions, developmentally appropriate steps and stretches so that they will have a great foundation for all dance and for participating in other group activities. Participants will be excited to grow in confidence, balance, strength and musicality.

6 Sessions \$102

Instructor: Bonnie Slawson
78892 Commotion Fitness Studio 4/18 Sa 1-1:45 p.m.

Latin

Afro Latin Grooves Dance

Ages 15 & Up: Participants will blend afro style dancing with the fun found in Latin footwork. Learn body control, musicality and basic steps to your favorite Latin dances.

8 Sessions \$120

Instructor: Craig Perry
78897 Wheaton CRC 4/20 M 8-9 p.m.

Bachata I

Ages 18 & Up: Learning bachata is essential to becoming a well-rounded Latin dancer. All Latin dance students are encouraged to attend this beginner Bachata course and add this fun, easy dance to your repertoire. All ability levels welcome. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
78035 Avant Garde 4/14 Tu 7-7:45 p.m.

Salsa Club Dancing I

Ages 18 & Up: Salsa sizzles with rhythm and movement making it a popular dance for beginners. This class includes partner dance, solo freestyle and the basic techniques of lead and follow. Participants will change partners frequently. No partner required.

8 Sessions \$96

Instructor: Avant Garde Ballroom Dance Center
78031 Avant Garde 4/14 Tu 7-7:45 p.m.



DANCE





DANCE

Line Dancing

Urban Line Dance

Ages 17 & Up: This class introduces participants to the basic patterns and steps for line dancing by a certified line dancing instructor. Start with beginner-level step patterns and gradually progress to intermediate dances with slightly more complex patterns. Beginner level.

8 Sessions \$72
Instructor: Peytrienne McCormick
77812 Wheaton CRC 4/14 Tu 6:15-7:15 p.m.
77813 Good Hope NRC 4/15 W 6:30-7:30 p.m.

Performing Arts

Bollywood Dance for Toddlers

Ages 2-5: This high-energy, fun and upbeat dance class allows participants to move freely, at their own pace, using their own body movement styles.

7 Sessions \$109
Instructor: Kumud Mathur
78486 Potomac CRC 4/14 Tu 5:15-6 p.m.

Afrofusion Dance for Kids

Ages 6-12: A program that seeks to broaden the awareness of various forms of African dance, along with exposing its participants to the many genres of African traditional movements to West African drum sounds and rhythms. Participants will enjoy this mid-to up tempo, intense, but equally fun-filled class that incorporates the combination of Afro fusion steps, traditional African dance, hip-hop, contemporary, ballet and modern dance movements.

6 Sessions \$72
Instructor: Kulture Shock Movement
78900 Wheaton CRC 4/18 Sa Noon-1 p.m.

Bollywood Bhangra Dance Fitness

Ages 14 & Up: Participants will enjoy the fast and energizing movements of Bollywood and Bhangra dance. Increase your heart rate while getting exercise through innovative choreography and exotic steps to the rhythmic drums of South Asia.

7 Sessions \$95
Instructor: Kumud Mathur
77769 N. Potomac CRC 4/15 W 7-7:45 p.m.

Bollywood Dance Fitness

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

7 Sessions \$95
Instructor: Kumud Mathur
77772 Potomac CRC 4/14 Tu 7:15-8 p.m.

INTERNATIONAL

Folk Dancing

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

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

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

Cost is \$7 per week.

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

Location	Day	Time:
Lawton CRC	Monday	7:30-9:45 p.m.
Social Hall		

Program is ongoing.

The Center Director may cancel a date if it conflicts with a community event or maintenance issues.



Bollywood Kids

Ages 6-13: Experience Bollywood style dance with its catchy tunes and fast, vibrant beat. Students will also improve their motor coordination, focus and confidence.

7 Sessions \$95
 Instructor: Kumud Mathur
 77771 Potomac CRC 4/14 Tu 6:15-7 p.m.

Interpretive Dance

Ages 18 & Up: Students will learn to utilize movement to enhance the message of a song. Incorporates contemporary-modern, ballet and jazz dance styles.

8 Sessions \$120
 Instructor: Venterprises Inc
 78904 East County CRC 4/15 W 7-8:30 p.m.

Swing

Swing (Couples)

Ages 18 & Up: Get an introduction to east coast swing, starting with single swing and progressing to triple swing. Learn underarm turns and swivels using swing variations. Registration is per student and you must have a partner registered in the class to attend. Beginner level.

8 Sessions \$80
 Instructor: Rebecca McKinney
 78097 Lawton CRC 4/16 Th 8-9 p.m.

Wedding Dance

Wedding Ready

Ages 18 & Up: Wedding ready is an eight-week course offered not only for the bride and groom, but also for mom, dad and anyone in the bridal party. Designed to help you learn basic footwork, it is the best first step in perfecting your first dance.

8 Sessions \$96
 Instructor: Avant Garde Ballroom Dance Center
 78034 Avant Garde 4/14 Tu 7:15-8 p.m.



Playtime & Music

Discovering Music for Toddlers

Ages 1-3: Develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming and moving to different rhythms and playing simple percussion and melodic instruments. Adult participation required. Siblings of registered participants, eight months or older, must register and pay class fee.

7 Sessions \$135
 Instructor: Geiza Dourado Carvalho
 77562 Wheaton CRC 4/20 M 10-10:45 a.m.
 77564 Wheaton CRC 4/20 M 11-11:45 a.m.

8 Sessions \$150
 77563 Longwood CRC 4/15 W 10:10-10:55a.m.
 77561 Potomac CRC 4/24 F 10:15-11 a.m.

Learn Now Music: My First Music Class

Ages 2-5: Participants will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and other surprises. Participants and parents will participate in language repetition speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation handling, rhythm exercises, listening and melody development. Manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class.

8 Sessions \$159
 Instructor: Learn Now Music
 75748 Bauer Drive CRC 4/15 W 10-10:30 a.m.

7 Sessions \$140
 Instructor: Learn Now Music
 75749 N. Potomac CRC 4/20 M 10:30-11 a.m.



MUSIC





MUSIC

Mini Musicians, Movers & Shakers

Ages 2-5: Have fun while participating in activities that involve music and encourage socialization and cooperation. Play percussive instruments in a drum circle; sing; express yourself through movement; act out simple stories and rhymes; and dance, skip, and march around a colorful parachute.

8 Sessions \$129
Instructor: Music In Me Foundation International
77557 N. Potomac CRC 4/15 W 10:30-11:15 a.m.
77558 Mid-County CRC 4/16 Th 9:30-10:15 a.m.
77559 Wheaton CRC 4/19 Su Noon-12:45 p.m.

Music Together

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

10 Sessions \$250
Instructor: Nancy Nuttle
78356 Mid-County CRC 3/28 Sa 10-10:45 a.m.
78357 Mid-County CRC 3/28 Sa 11-11:45 a.m.
78358 Wheaton CRC 3/27 F 10-10:45 a.m.
78359 Wheaton CRC 3/27 F 11-11:45 a.m.

Drums

Steel Pan with Josanne

Ages 10 & Up: Move and groove to the beat as you learn to play the steelpan- the only chromatic acoustic instrument to be invented in the 20th century. Apart from learning the basics of steelpan playing technique, you will also learn about the history of the instrument. By the end of the course you will know about the function of each different type of steelpan, and you will be able to perform, as a steel band, different genres of music.

6 Sessions \$60
Instructor: Strathmore Hall Foundation
78877 Good Hope NRC 4/29 W 6-8 p.m.



Guitar

Learn Now Music: Heroes of Guitar

Ages 5-12: Be a hero on a guitar by learning to read musical symbols, play basic chords and even play some well-known songs. Instrument rental and materials included in price.

8 Sessions \$219
Instructor: Learn Now Music
78376 Bauer Drive CRC 4/15 W 7-8 p.m.

Beginner Ukulele with Maureen

Ages 7 & Up: Learn ukulele basics and get strumming. Learn to strum along with some of today's greatest pop hits with joy and flair. The class will cover beginning chords, basic strum patterns, and easy songs. We always laugh a lot in this class. The lighthearted spirit of the Uke rules. No experience with musical instruments required, just an open mind and a desire to try something new.

6 Sessions \$60
Instructor: Strathmore Hall Foundation
78864 Good Hope NRC 4/30 Th 6-7 p.m.

Performing Arts

Learn to DJ

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

4 Sessions \$160
Instructor: Craig Perry
78898 Wheaton CRC 4/29 W 6:30-7:30 p.m.



Piano

Adult Group Piano I

Ages 14 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. No previous musical background is needed. Beginner level.

8 Sessions **\$180**

Instructor: Joyce Oliver
78401 Holiday Park SRC 4/14 Tu 9-9:50 a.m.

Adult Group Piano II

Ages 14 & Up: Participants 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. Advanced beginner level.

8 Sessions **\$175**

Instructor: Joyce Oliver
78402 Holiday Park SRC 4/14 Tu 10-10:50 a.m.

Adult Group Piano III

Ages 14 & Up: 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. Intermediate level.

8 Sessions **\$175**

Instructor: Joyce Oliver
78403 Holiday Park SRC 4/14 Tu 11-11:50 a.m.

Adult Group Piano IV

Ages 14 & Up: 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. Advanced level.

8 Sessions **\$175**

Instructor: Joyce Oliver
78404 Holiday Park SRC 4/14 Tu Noon-12:50 p.m.

Exploring Music and Piano

Ages 6-12: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Digital pianos are provided in class. Adult participation is required, and children should have access to piano for practice outside of class.

Instructor: Geiza Dourado Carvalho

7 Sessions **\$195**

Level 1A
78715 Norwood LP 4/20 M 5-6 p.m.

Level 1B

Instructor: Geiza Dourado Carvalho
78720 Norwood LP 4/20 M 5:30-6:30 p.m.

Learn Now Music: Keys to Piano

Ages 5-12: Children learn basic piano layout, technique, note names, fingerings and more in this introductory piano class.

7 Sessions **\$194**

Instructor: Learn Now Music
78374 Mid-County CRC 4/20 M 6:30-7:30 p.m.

8 Sessions **\$219**

Instructor: Learn Now Music
78375 Bauer Drive CRC 4/15 W 7-8 p.m.
78378 Wheaton CRC 4/16 Th 6-7 p.m.

Violin

Learn Now Music: The Violinist Within

Ages 5-12: Participants learn musical symbols and violin basics, including exercises, holding the bow and finding the balance point. Instrument rental and materials included in price.

7 Sessions **\$194**

Instructor: Learn Now Music
78377 Longwood CRC 4/18 Sa 11 a.m.-Noon



MUSIC





FITNESS

Playtime & Movement

Funfit Tots

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

8 Sessions \$124
Instructor: Funfit Foundation
75743 Bauer Drive CRC 4/14 Tu 9:30-10:15 a.m.
75744 Tilden MS 4/18 Sa 9:30-10:15 a.m.

Funfit Tots Family

Ages 1 ½- 4: A fun-filled, high-energy activity class that includes games, songs, stories, music, parachute balls and more, providing a great workout for the whole family. Adult participation required. Child must be walking. Class price is per child.

8 Sessions \$124
Instructor: Funfit Foundation
75745 Bauer Drive CRC 4/14 Tu 10:15-11 a.m.
75746 Tilden MS 4/18 Sa 10:15-11 a.m.
75747 Tilden MS 4/18 Sa 11-11:45 a.m.

Tots Movement Kid Fit 101

At least 11m - 5: Crawl through tunnels, roll on balls and build big towers all while developing fine and gross motor skills; increasing hand-eye coordination; and engaging in socialization and self-expression. Parents/caregivers participation required.

5 Sessions \$95
Instructor: Future Resource Learning
78716 Mid-County CRC 5/2 Sa 10:15-11 a.m.
78717 Praisner CRC 4/29 W 5-5:45 p.m.

Aerobic Dance

Moms, Babies & Afrobeats

Ages 1m-5: A program that caters to all the mothers looking to get fit and bond with their little ones all while moving to the rhythmic tunes from Africa. This class includes an energizing warm up, along with mid- to up tempo movements to build on cardio and core resulting in a total body workout. Participants must provide their own yoga mats and baby carriers for comfort.

8 Sessions \$96
Instructor: Kulture Shock Movement
78899 Wheaton CRC 4/14 Tu 11 a.m.-Noon

Dance & Fitness

Ages 18 & Up: A complete aerobic workout for men and women who love music and movement. Dance in an energetic, fun-filled hour, choreographed to all styles of music. This class includes flexibility and leg routines, weights, abdominal work and cool down stretch. Wear supportive athletic shoes and bring a mat or blanket for floor work. Hand weights are optional.

16 Sessions \$120
Instructor: Lois Antos
77996 Veirs Mill LP 4/14 Tu,Th 9:30-10:30 a.m.
Instructor: Yecenia Bell
77997 Lawton CRC 4/15 M,W 6-7 p.m.
Instructor: Katy Wiemers
77998 Rock View ES 4/14 Tu,Th 7-8 p.m.
Instructor: Elaine Waldstreicher
77999 Mid-County CRC 4/15 M,W 7:30-8:30 p.m.

Dance & Fitness Add a Class

Ages 18 & Up: Add a third day to your workout routine and see your strength and endurance improve. Pick any day Monday through Thursday (listed above) and add more dancing at a different location.

8 Sessions \$60
Instructor: Katy Wiemers
78000 Wheaton CRC 4/18 Sa 9-10 a.m.

FITNESS



Jacki Sorensen's Aerobic Dance

Ages 40 & Up: Move your body with this complete, safe, effective and fun choreographed fitness program, created by Jacki Sorensen in the early 1970s. Each class includes strength work, flexibility and floor work routines followed by aerobic routines that can be done at low- or no-impact levels. Heart rate monitoring throughout the class measures student progress. Bring a mat. Hand weights (1-6 pounds) and ankle weights (1-2.5 pounds) are recommended, but optional.

7 Sessions \$60
 Instructor: Karin Baker
 78554 Potomac CRC 5/5 Tu 9-10 a.m.
 78555 Potomac CRC 4/30 Th 9-10 a.m.

Aerobic Exercise

Jacki Sorensen's Aerobic Workout

Ages 40 & Up: Jacki Sorensen created this program in the 1980s as a more vigorous program than her dance classes. Each class includes floor work, strength work with hand and ankle weights, stretching and aerobic routines. Heart rate monitoring throughout the class measures student progress. Bring a mat, hand weights (1-6 pounds) and ankle weights (1-2.5 pounds).

7 Sessions \$60
 Instructor: Karin Baker
 78556 Damascus CRC 4/29 W 7-8 p.m.

Jacki Sorensen's Strong Step

Ages 40 & Up: This high-energy, low-impact fitness class blends exercise and bench and resistance training to provide a full-body workout. Participants can adjust step level to vary intensity. Bring a step and exercise mat. Hand weights (one to six pounds) are optional. Limited steps available for class use.

7 Sessions \$60
 Instructor: Karin Baker
 78557 Potomac CRC 5/1 F 9-10 a.m.

Jazzmatazz Low-Impact Aerobics

Ages 40 & Up: Dance in an energetic, fun-filled workout, choreographed to music. This class emphasizes cardiovascular strength and endurance with low-impact aerobic dancing, muscular strength using light hand weights and flexibility with floor exercises. To achieve best results, students are strongly encouraged to register for both Tuesday and Thursday.

9 Sessions \$72
 Instructor: Betsy Saunders
 76816 Bauer Drive CRC 4/14 Tu 9:30-10:30 a.m.

10 Sessions \$80
 Instructor: Betsy Saunders
 76817 Bauer Drive CRC 4/16 Th 9:30-10:30 a.m.

Movin' with Millie' Aerobics

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

9 Sessions \$72
 Instructor: Mildred Trimble
 78566 Good Hope NRC 4/15 W 10-11:15 a.m.
 78565 Good Hope NRC 4/17 F 10-11:15 a.m.



FITNESS



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



Pilates

Ballet Workout + Pilates Mat

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

9 Sessions **\$90**
Instructor: Esther Brunner
77567 Wisconsin Place CRC 4/2 Th 10:15-11:15 a.m.

6 Sessions **\$60**
Instructor: Esther Brunner
77568 Tilden MS 4/14 Tu 7:15-8:15 p.m.

NEW Essentrics Classical Stretching

Ages 35 & Up: This dynamic full body workout activates all your 650 muscles, frees your 360 joints and increases mobility through full motion and fluid choreography. The Essentrics technique builds great posture and a lean body shape, as well as increased strength, balance and energy. Program built on principles of ballet elongation and physiotherapy healing. Workout has standing, floor and barre parts. Please bring yoga mat for floor exercises.

10 Sessions **\$120**
Instructor: Elena Detailer
78473 Potomac CRC 4/14 Tu 10:15-11:15 a.m.
78471 Wisconsin Place CRC 4/15 W 10-11 a.m.
78472 Bauer Drive CRC 4/17 F 10:30-11:30 a.m.

FOUR WAYS TO REGISTER

- 1. ONLINE**
Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.
- 2. BY MAIL**
Fill out and sign the registration form and mail 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 facility.

Jazzmatazz Aerobics with Pilates Mat

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

10 Sessions **\$53**
Instructor: Betsy Saunders
76815 Wheaton CRC 4/14 Tu 7:15-8:15 p.m.

8 Sessions **\$60**
Instructor: Betsy Saunders
76814 Wheaton CRC 4/30 Th 7:15-8:15 p.m.

Pilates for Fitness

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

6 Sessions **\$60**
Instructor: Fit 2 Believe
78459 N. Potomac CRC 4/29 W 7-8 p.m.

8 Sessions **\$80**
Instructor: Fit 2 Believe
78458 White Oak CRC 4/14 Tu 7-8 p.m.
78456 Lawton CRC 4/18 Sa 10-11 a.m.

9 Sessions **\$90**
Instructor: Fit 2 Believe
78457 Bauer Drive CRC 4/16 Th 7:15-8:15 p.m.

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FITNESS



Strength Training

Bone Builders - Plus

Ages 55 & Up: An advanced fitness class to strengthen all major muscle groups, gain better balance and improve posture and bone density while preventing or slowing further bone loss. Participants will complete a variety of exercises standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to the body's needs. Register for two classes per week to achieve optimal results. Due to instructor's asthma, do not wear perfume or cologne to class.

5 Sessions	\$45		
Instructor: Jerry Palazzo			
76820	Potomac CRC	5/5 Tu	3-4 p.m.
6 Sessions	\$54		
Instructor: Jerry Palazzo			
76822	Lawton CRC	4/20 M	11:30a.m.-12:30p.m.
76821	Potomac CRC	4/30 Th	3-4 p.m.
8 Sessions	\$72		
Instructor: Jerry Palazzo			
76819	Lawton CRC	4/15 W	10-11 a.m.
76823	Lawton CRC	4/15 W	11:30a.m.-12:30p.m.
76818	Lawton CRC	4/20 M	10-11 a.m.

Boot Camp and Strength Training

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

8 Sessions	\$80		
Instructor: Fit 2 Believe			
78455	Bauer Drive CRC	4/14 Tu	7-8 p.m.
78454	White Oak CRC	4/16 Th	7-8 p.m.

Category 4 Fitness Boot Camp

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

7 Sessions	\$56		
Instructor: Thomas Witz			
78003	Germantown CRC	4/20 M	7:30-8:30 p.m.
8 Sessions	\$64		
Instructor: Thomas Witz			
78004	Germantown CRC	4/22 W	7:30-8:30 p.m.

Definition Body Sculpting

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

15 Sessions	\$135		
Instructor: Juliet Rodman			
76421	Clara Barton NRC	4/14 Tu, Th	9-10 a.m.

Dynaerobics and Body Sculpting

Ages 18 & Up: This program is perfect for cross trainers. Class includes an energizing warmup, a choreographed aerobics workout and a relaxing cool down. The last 30 minutes of class gives special attention to the arms, abdominals, hips, thighs and gluteal muscles, including strength and toning exercises with resistance bands. Bring a mat. Hand weights are optional. Resistance bands are provided.

9 Sessions	\$81		
Instructor: Regina Garther			
78023	Bauer Drive CRC	4/18 Sa	10:15-11:30 a.m.

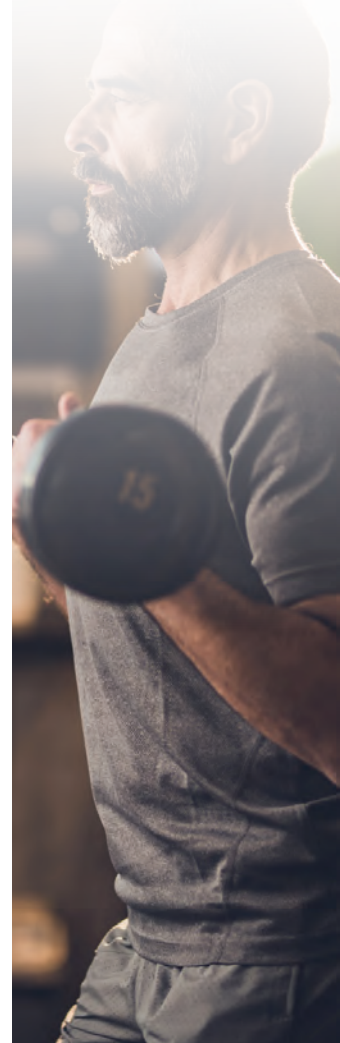
Fitness Kickboxing

Ages 13 & Up: This class combines high-energy music with the kicks, punches and strikes of kickboxing for the ultimate conditioning workout. You'll improve muscular definition, cardiovascular fitness, flexibility and the ability to protect yourself. Fee includes a pair of boxing gloves.

5 Sessions	\$79		
Instructor: Kicks Karate			
78573	Kicks Karate	4/18 Sa	8-8:50 a.m.
	Shady Grove		
10 Sessions	\$129		
Instructor: Kicks Karate			
78571	Kicks Karate	4/20 M, W	7:20-8:10 p.m.
	North Bethesda		
78572	Kicks Karate	4/21 Tu, Th	7-7:50 p.m.
	Potomac		



FITNESS





Tone It Up Boot Camp

Ages 18 & Up: Your tone it up coach will show you all the drills and exercises that will tone up your body in a matter of weeks. Achieve your toning up goals by joining a group of like-minded individuals and a coach who will help you get the results. Get ready to do resistance bands, Penalty Box Training, medicine ball strength drills, abdominal muscle strengthening and much more. With a positive attitude, you will have fun and get results.

5 Sessions \$50
Instructor: Elite Quality Sports
77578 Bauer Drive CRC 4/25 Sa 10-11 a.m.

Dynaerobics Body Sculpting

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

9 Sessions \$81
Instructor: Gina Dols
78021 Bauer Drive CRC 4/30 Th 6-7:15 p.m.
78022 Bauer Drive CRC 5/5 Tu 6-7:15 p.m.

Kelley's 50+ Complete Workout

Ages 50 & Up: This is a safe, effective program that strengthens and tones all major muscle groups. The class incorporates elements of yoga, Pilates, kickboxing and traditional exercises into a low-impact total body workout. Bring a mat to class. Light hand weights are encouraged, but not required.

7 Sessions \$56
Instructor: Pamela Kelley
78008 Wheaton CRC 4/20 M 9:15-10:30 a.m.

9 Sessions \$72
Instructor: Pamela Kelley
78009 Wheaton CRC 4/16 Th 9:15-10:30 a.m.

Kelley's Complete Fitness Workout

Ages 18 & Up: This safe, effective program to strengthen and tone all major muscle groups. The instructor incorporates elements of yoga, Pilates, kickboxing and traditional exercise into a total body workout which is choreographed to appropriate music. Emphasis is placed on proper body alignment, posture and execution. Each class concludes with a relaxation segment. Please bring a mat to class. Light hand weights are encouraged, but not required.

9 Sessions \$72
Instructor: Pamela Kelley
78011 Bauer Drive CRC 4/15 W 9:10-10:25 a.m.
78012 Longwood CRC 4/15 W 7:15-8:30 p.m.

7 Sessions \$56
Instructor: Pamela Kelley
78010 Longwood CRC 4/20 M 7:15-8:30 p.m.

Powerblast

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

8 Sessions \$80
Instructor: Julien Elie
78435 Wheaton CRC 4/15 W 7-8 p.m.
78575 Wheaton CRC 4/18 Sa 10-11 a.m.
80252 Bauer Drive CRC 4/20 M 7-8 p.m.

Workshops

Fitness 101

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

1 Sessions \$15
Instructor: Future Resource Learning
78440 N. Potomac CRC 4/14 Tu 7-8:30 p.m.
78442 Wheaton CRC 4/15 W 10-11:30 a.m.
78441 Mid-County CRC 5/2 Sa 11:15am-12:45p.m.
78443 Wheaton CRC 5/20 W 10-11:30 a.m.
78439 Praisner CRC 5/20 W 7-8:30 p.m.
78444 Wheaton CRC 6/10 W 10-11:30 a.m.



FITNESS



REMINDER

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Zumba

Dance Fit Zumba

Ages 18 & Up: Combine mesmerizing Latin rhythms with easy-to-follow moves in an invigorating, calorie-burning, body-energizing program. Beginner and intermediate levels.

Instructor: Dance Fit

9 Sessions	\$72			
80251	Bauer Drive CRC	4/15	W	7-8 p.m.
80264	Plum Gar CRC	4/15	W	7:30-8:30 p.m.
78578	Germantown CRC	4/16	Th	7:15-8:15 p.m.
7 Sessions	\$56			
78580	N. Potomac CRC	4/25	Sa	10-11 a.m.
78584	East County CRC	4/25	Sa	10:30-11:30 a.m.
6 Sessions	\$48			
80265	Plum Gar CRC	4/20	M	7:30-8:30 p.m.
78581	Potomac CRC	5/5	Tu	6-7 p.m.
78577	Germantown CRC	5/5	Tu	7:15-8:15 p.m.
5 Sessions	\$40			
78579	Praisner CRC	5/4	M	6-7 p.m.



FITNESS

ACT THE WORKOUT

Three Month Pass

To register click on the membership tab on ActiveMONTGOMERY.org and search for "ACT."

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

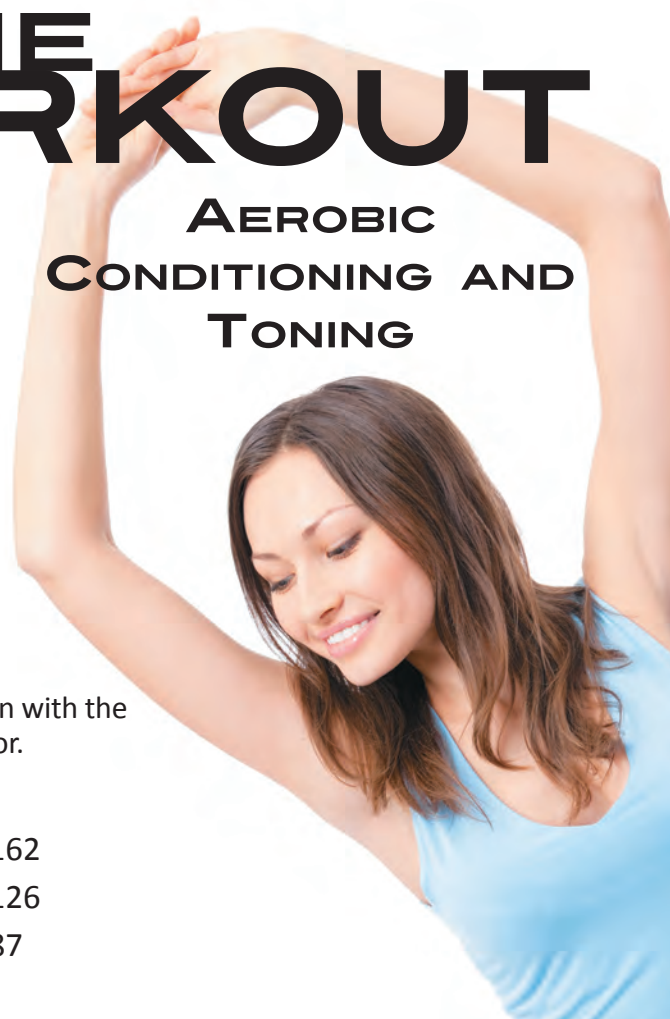
Plan your workout around your schedule and attend class at any of our convenient locations.

Passes are available for 12, 18, and 24 classes.

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

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

**AEROBIC
CONDITIONING AND
TONING**



Location	Days	Times:
Wheaton CRC	M-Th	6-7 p.m.
	Sa	9-10 a.m.
Bauer Drive CRC	M, W	5-6 p.m.
Praisner CRC	M, W	7-8 p.m.
Potomac CRC	Tu, Th	7-8 p.m.

ACT • 24 Passes-\$162

ACT • 18 Passes-\$126

ACT • 12 Passes-\$87



HEALTH/WELLNESS



Definition Zumba

Ages 18 & 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 instructors.

15 Sessions \$135
Instructor: Juliet Rodman
76422 Clara Barton NRC 4/17 M,F 9-10 a.m.

Glow Zumba

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

6 Sessions \$60
Instructor: Elite Quality Sports
77575 Good Hope NRC 4/28 Tu 6:30-7:30 p.m.

Zumba

Ages 18 & Up: We take the work out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Get a total workout that combines all elements of fitness, cardio, muscle conditioning, balance and flexibility.

9 Sessions \$80
Instructor: Ingrid Higgins
78585 Wheaton CRC 4/14 Tu 7:30-8:30 p.m.

Zumba Fitness

Ages 18 & Up: Ditch the typical work out and join the Latin dance fitness phenomenon sweeping the nation. Zumba is an explosively fun and addictive fitness dance party combining Caribbean, hip-hop and Latin beats that move your hips.

7 Sessions \$58
Instructor: Michelle Johnson-Lancaster
78590 Mid-County CoRC 4/29 W 6:15-7:15 p.m.

8 Sessions \$66
Instructor: Michelle Johnson-Lancaster
78589 Bauer Drive CRC 4/18 Sa 9-10 a.m.
78588 Mid-County CRC 4/27 M 6:15-7:15 p.m.

Zumba Toning

Ages 18 & Up: Take Zumba to the next level by adding resistance using Zumba® Toning Sticks. Lightweight maraca-like Toning Sticks enhance your sense of rhythm and coordination, while toning target zones including the arms, core and lower body.

7 Sessions \$60
Instructor: Ingrid Higgins
78432 Wheaton CRC 4/20 M 7:30-8:30 p.m.

**WELLNESS
Meditation**

Silent Meditation Retreat

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

1 Session \$49
Instructor: Jerry Hartman
77579 Potomac CRC 6/6 Sa 10 a.m.-2 p.m.

**Introduction to Mindfulness
Meditation**

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

1 Session \$49
Instructor: Jerry Hartman
77580 Potomac CRC 4/25 Sa 10 a.m.-2 p.m.

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. Enjoy for a half day of meditation, short talks, and group discussions which will increase your awareness of the body and its relationship to the mind. No prior meditation experience is needed to enroll in this class.

1 Session \$49

Instructor: Jerry Hartman
77581 Lawton CRC 5/16 Sa 10 a.m.-2 p.m.

Using Mindfulness to Increase Happiness

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

1 Session \$49

Instructor: Jerry Hartman
77582 Germantown CRC 5/2 Sa 10 a.m.-2 p.m.



Specialty Programs

Laughter Fitness

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

5 Sessions \$45

Instructor: Kumud Mathur
78491 Potomac CRC 4/30 Th 11:15 a.m.-Noon

Tai Chi

Tai Chi - Beginning

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

7 Sessions \$69

Instructor: Andy Schettino
76810 Bauer Drive CRC 4/20 M 7-8 p.m.

8 Sessions \$79

Instructor: Lon Holland
76811 Wheaton CRC 4/15 W 6:30-7:30 p.m.

Tai Chi - Continuing

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

7 Sessions \$69

Instructor: Andy Schettino
76812 Bauer Drive CRC 4/20 M 8-9 p.m.

8 Sessions \$79

Instructor: Lon Holland
76813 Wheaton CRC 4/15 W 7:30-8:30 p.m.



HEALTH/WELLNESS





HEALTH/WELLNESS



NEW TaijiFit

Ages 40 & Up: TaijiFit, a program developed by Tai Chi Master David-Dorian Ross, welcomes people of all ages and fitness levels to the Tai Chi experience. This serene workout of continuous flowing movement gently yet effectively works many systems of the body. In this class, there is no specific form to memorize or get right. All movements can be done standing or seated. Excellent for beginners and intermediate Tai Chi players.

8 Sessions \$80
Instructor: Move Well, Eat Better
78490 Poolesville ES 4/18 Sa 9-9:45 a.m.
78489 Germantown CRC 4/23 Th 10-10:45 a.m.

Workshops

NEW Embracing Your Appetite

Ages 18 & Up: Most of us think our appetite is our enemy, but that only makes eating healthy harder. Learn how embracing your appetite is essential to adopting a sustainable healthy lifestyle that doesn't restrict you. Your appetite can actually help you eat better and push you to take better care of yourself. This four-week class incorporates mindful eating, explores where cravings come from and teaches the formula for making healthy your lifestyle.

4 Sessions \$67
Instructor: Natalie Stephens
78875 Wheaton CRC 4/25 Sa 10-11 a.m.
78873 Bauer Drive CRC 5/5 Tu 7-8 p.m.

Yoga

Baby and Me Yoga

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

10 Sessions \$120
Instructor: Om Shanti DC
75750 Regional Services 4/14 Tu 11 a.m.-Noon
Center-B-CC

Preschool Yoga

Ages 2-5: Toddler yoga combines the perfect dose of yoga and play.

10 Sessions \$120
Instructor: Om Shanti DC
75751 Regional Services 4/18 Sa 11 a.m.-Noon
Center-B-CC

Easy Yoga

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

7 Sessions \$76
Instructor: Moira Martin
76426 Lawton CRC 4/16 Th 9:30-10:45 a.m.

Essential Yoga

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

8 Sessions \$85
Instructor: Tamara Lewis Johnson
76425 Coffield CRC 4/16 Th 6-7 p.m.

Evening Yoga

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

9 Sessions \$95
Instructor: Robin Morris
78518 Regional Services 4/14 Tu 6:15-7:15 p.m.
Center-B-CC
78517 Wisconsin Place CRC 4/15 W 6:15-7:15 p.m.

Gentle Yoga

Ages 18 & Up: This class combines warmups, gentle postures and yogic breathing to improve mobility and reduce stress. Participants will learn the basic principles of body alignment and breath awareness inspired by a meaningful intention and a joyful attitude. The instructor encourages participants to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Participants must practice with bare feet. No experience necessary.

9 Sessions **\$95**
 Instructor: Irene Bopp
 78015 Bauer Drive CRC 4/14 Tu 6:15-7:15 p.m.

Hatha Yoga and Stress Management

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

9 Sessions **\$135**
 Instructor: Suzana Cooper
 77565 Lawton CRC 4/17 F 9:45-11 a.m.

8 Sessions **\$120**
 Instructor: Suzana Cooper
 77566 Wisconsin Place CRC 4/18 Sa 9:45-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up: Balancing warmth and discipline, alongside opening and ease, you'll have the opportunity to reset, while also leaving refreshed and ready to move through your week. The sequences will be fluid, alignment-focused and easy to follow for all. Classes in this series are designed to challenge your inner and outer strength, connecting breath and movement for a nourishing yoga flow. The instructor encourages students to listen to their bodies and progress at their own pace. Bring a yoga mat and blanket and wear comfortable clothing. Participants must practice with bare feet. Beginner and continuing levels.

7 Sessions **\$75**
 Instructor: Hannah Davis
 78430 Wheaton CRC 4/20 M 7-8 p.m.
 78431 Wheaton CRC 4/21 Tu Noon-1 p.m.

NEW Silent Yoga

Ages 55 & Up: Your ears need a break from any sound. Silent yoga gives you an opportunity to learn by watching the yoga instructor show you the yoga pose first in a slow pace. Watching her hand gestures will be a unique experience for you. Develop your own self-awareness helps you to recognize your body is changing for the better. For beginners and continuing students. Bring sticky mat.

6 Sessions **\$63**
 Instructor: Barbara Eger-Klatt
 78438 Wheaton CRC 4/30 Th 10:30-11:30 a.m.

Yoga Basics

Ages 18 & Up: This class introduces participants to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. The instructor emphasizes 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. Bring a yoga mat and a yoga blanket and wear comfortable clothing. Participants must practice with bare feet. Beginner and continuing levels.

9 Sessions **\$95**
 Instructor: Irene Bopp
 78017 Bauer Drive CRC 4/14 Tu 7:30-8:30 p.m.
 78016 Mid-County CRC 4/15 W 7:30-8:30 p.m.

10 Sessions **\$105**
 Instructor: Irene Bopp
 78018 Praisner CRC 4/16 Th 10:30-11:30 a.m.
 78019 East County CRC 4/16 Th 7-8 p.m.



HEALTH/WELLNESS



REMINDER

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HEALTH/WELLNESS



NEW Yoga for Active Retirees (Or Those Who Wannabe)

Ages 40 & Up: Yoga postures, breathing techniques and meditation geared to aging bodies that may not be as flexible as they once were. Adults of all ages who find themselves sitting at their computers and need to get up and stretch and strengthen in a setting that also leaves time for rest and meditation. We will practice yoga postures in a way that increases strength and emphasizes stability as a platform for exploration of flexibility.

8 Sessions \$85
Instructor: Martha Hare
78424 Wheaton CRC 4/15 W 10:15-11:30 a.m.

Yoga

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

8 Sessions \$108
Instructor: Om Shanti DC
76434 Potomac CRC 4/27 M 5:30-6:45p.m.
76435 Potomac CRC 4/30 Th 10:15-11:30 a.m.

Yoga Fundamentals

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

7 Sessions \$105
Instructor: Nancy Neves
76423 Bauer Drive CRC 4/14 Tu 10:45 a.m.-Noon

Yoga/Stretching for Your Relaxation

Ages 18 & Up: Practice gentle stretching and learn basic yoga postures to increase energy, flexibility, strength and balance. Class includes a focus on breathing and relaxation techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat and blanket. Students must practice with bare feet.

8 Sessions \$120
Instructor: Nancy Neves
76424 Mid-County CRC 4/15 W 11 a.m.-Noon

NEW YogaAlign's for ASL Deaf Seniors

Ages 55 & Up: Focus on spinal alignment and practice breathing together. There are no separate parts on the body. It moves together like a weave and it is impossible to separate one muscle/bone/fascia from one another while you move from one position to another. You will learn about spinal alignment, breathing, muscles contraction and increase your body sensory awareness. This is a gentle class. The instructor will take two photos of you on the first day and on the last day of class for postural comparison.

8 Sessions \$84
Instructor: Barbara Eger-Klatt
78437 Wheaton CRC 4/20 M 10:30-11:30 a.m.

FOUR WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail 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 facility.



MARTIAL ARTS

Aikido

Aikido

Ages 12 & Up: Known as the gentle martial art, aikido is defensive yet powerful discipline that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practices of aikido, one can learn to manage conflict in one's personal life, be non-aggressive without being a victim, become empowered by learning to coordinate mind and body, and deal effectively with stress in one's daily life. This class will also introduce, healing with KI energy and meditative breathing.

7 Sessions \$62

Instructor: Christopher Rowe

77156 Ross Boddy NRC 4/20 M 7-8:30 p.m.

77157 Ross Boddy NRC 4/22 W 7-8:30 p.m.

Iaido

Iaido

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

8 Sessions \$80

Instructor: Salvador Cortes

77763 Ken Gar Center 4/16 Th 8:30-9:20 p.m.

Karate Do / Iaido - Beginners

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

8 Sessions \$80

Instructor: Salvador Cortes

77764 Ken Gar Center 4/16 Th 6:30pm-7:20pm

Karate Do / Iaido - Intermediate

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

8 Sessions \$80

Instructor: Salvador Cortes

77765 Ken Gar Center 4/16 Th 7:30pm-8:20pm

Judo

Judo

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

8 Sessions \$240

Instructor: Frederic Hocde

77149 Ken Gar Center 4/14 Tu 6:30-7:30 p.m.



We Want You

Part-time Staff are needed to lead a wide variety of activities. Become part of our team.

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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



MARTIAL ARTS ARTS





MARTIAL ARTS

Karate/Jujitsu

Karate/Jujitsu

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

Ages 6-12
8 Sessions **\$60**

- Instructor: TKA Inc.
- 77173 Upper County CRC 3/30 M 6-7 p.m.
- 77174 Longwood CRC 3/30 M 7-8 p.m.
- 77175 Upper County CRC 3/30 M 7-8 p.m.
- 77176 Wheaton CRC 3/30 M 6:30-7:30 p.m.

9 Sessions **\$68**

- Instructor: TKA Inc.
- 77177 Germantown CRC 3/31 Tu 6-7 p.m.
- 77178 Germantown CRC 3/31 Tu 7-8 p.m.
- 77179 Mid-County CRC 3/31 Tu 6:30-7:30 p.m.

10 Sessions **\$75**

- Instructor: TKA Inc.
- 77180 Damascus CRC 4/1 W 6-7 p.m.
- 77181 Damascus CRC 4/1 W 7-8 p.m.
- 77182 Clara Barton NRC 4/1 W 7-8 p.m.
- 77183 Bauer Drive CRC 4/1 W 6-7 p.m.
- 77184 Bauer Drive CRC 4/1 W 7-8 p.m.
- 77185 Potomac CRC 4/1 W 6-7 p.m.
- 77186 Resnik, Judith A. ES 4/1 W 7-8 p.m.
- 77187 Potomac CRC 4/1 W 7-8 p.m.
- 77188 Stedwick ES 4/1 W 7-8 p.m.
- 77189 Praisner CRC 4/2 Th 6-7 p.m.
- 77190 Praisner CRC 4/2 Th 7-8 p.m.
- 77191 N. Potomac CRC 4/2 Th 6:30-7:30 p.m.
- 77192 Bethesda ES 4/2 Th 7-8 p.m.
- 77193 Long Branch CRC 4/2 Th 7-8 p.m.

Ages 13 & Up
8 Sessions **\$68**

- Instructor: TKA Inc.
- 77194 Upper County CRC 3/30 M 8-9:30 p.m.
- 77195 Wheaton CRC 3/30 M 7:30-9 p.m.

9 Sessions **\$77**

- Instructor: TKA Inc.
- 77204 Germantown CRC 3/31 Tu 8-9:30 p.m.
- 77205 Mid-County CRC 3/31 Tu 7:30-9 p.m.

10 Sessions **\$85**

- Instructor: TKA Inc.
- 77196 Damascus CRC 4/1 W 8-9:30 p.m.
- 77197 Bauer Drive CRC 4/1 W 8-9:30 p.m.
- 77198 Potomac CRC 4/1 W 8-9:30 p.m.
- 77199 Stedwick ES 4/1 W 8-9:30 p.m.
- 77200 Bethesda ES 4/2 Th 8-9:30 p.m.
- 77201 Praisner CRC 4/2 Th 8-9:30 p.m.
- 77202 N. Potomac CRC 4/2 Th 7:30-9 p.m.
- 77203 Long Branch CRC 4/2 Th 8-9:30 p.m.

Karate/Jujitsu Club

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

10 Sessions **\$36**

- Instructor: TKA Inc.
- 77206 East County CRC 4/3 F 7:30-8:30 p.m.

Karate/Jujitsu Club 2

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

10 Sessions **\$48**

- Instructor: TKA Inc.
- 77207 East County CRC 4/3 F 8:30-9:30 p.m.



Little Ninjas

Ages 5-7: Through the concept of edutainment children will develop the skills of concentration and self-control. Help gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Our low student-to-teacher ratio and safe training mats will ensure that your child has a comfortable and exciting experience. Uniform and belt are included.

10 Sessions	\$129
Instructor: Kicks Karate	
78039 Kicks Karate Potomac	4/15 M,W 5-5:30 p.m.
78045 Kicks Karate Shady Grove	4/15 M,W 6-6:30 p.m.
78046 Kicks Karate Silver Spring	4/14 Tu,Th 6-6:30 p.m.
78049 Kicks Karate Kensington	4/14 Tu,Th 6:15-6:45 p.m.
78038 Kicks Karate North Bethesda	4/15 M,W 6:20-6:50 p.m.
78037 Kicks Karate Bethesda	4/14 Tu,Th 6:20-6:50 p.m.
78048 Kicks Karate Clarksburg	4/14 Tu,Th 6:20-6:50 p.m.

5 Sessions	\$79
Instructor: Kicks Karate	
78043 Kicks Karate Shady Grove	4/18 Sa 8:55-9:25 a.m.
78042 Kicks Karate Potomac	4/18 Sa 9:30-10 a.m.
78047 Kicks Karate Silver Spring	4/18 Sa 9:30-10 a.m.
78050 Kicks Karate Kensington	4/18 Sa 9:40-10:10 a.m.
78040 Kicks Karate Bethesda	4/18 Sa 10-10:30 a.m.
78041 Kicks Karate North Bethesda	4/18 Sa 10-10:30 a.m.
78044 Kicks Karate Clarksburg	4/18 Sa 10-10:30 a.m.

Super Samurais

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

5 Sessions	\$79
Instructor: Kicks Karate	
78052 Kicks Karate Potomac	4/18 Sa 9-9:50 a.m.
78055 Kicks Karate Silver Spring	4/18 Sa 10:10-11 a.m.
78057 Kicks Karate Gaithersburg	4/18 Sa 10-10:50 a.m.
78058 Kicks Karate Kensington	4/18 Sa 10:15-11:05 a.m.
78056 Kicks Karate Shady Grove	4/18 Sa 11:20 am-12:10 pm.
78053 Kicks Karate Bethesda	4/18 Sa Noon-12:50 p.m.
78054 Kicks Karate Clarksburg	4/18 Sa Noon-12:50 p.m.
78051 Kicks Karate North Bethesda	4/18 Sa 12:20-1:10 p.m.



MARTIAL ARTS

REMINDER

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MARTIAL ARTS

Tiny Tigers

Ages 3-4: This action-packed class will enhance hand-eye coordination, agility and balance as students learn basic karate techniques. We also focus on important life-skills such as improving eye contact, concentration and first-time listening skills. Our full-time instructors work with kids in a safe, clean environment that features top quality equipment and padded floors for extra safety. Uniform and white belt are included.

Table with 4 columns: Session ID, Location, Day, Time. Includes 10 sessions for \$129 and 5 sessions for \$79.

Tiny Tigers / Little Ninjas

Ages 3 - 7: This high-energy class is the perfect setting for your child to develop concentration and listening skills while having a blast. Help your child gain confidence through learning the basic skills of karate in a safe, clean, and professional environment. Uniform and white belt are included.

Table with 4 columns: Session ID, Location, Day, Time. Includes 5 sessions for \$79 and 10 sessions for \$129.

Specialty Programs

Bagua

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

Table with 4 columns: Sessions, Instructor, Location, Time. 8 sessions for \$50.

NEW Kung Fu / Wushu

Ages 5 & Up: This class will introduce participants to the basics, fundamentals and nuances of Wushu/Kung Fu or Chinese Martial Arts. This includes basic exercises, stretches, stances, punches and kicks that will develop the participant's coordination, strength and agility in a fun, engaging and rigorous environment.

Table with 4 columns: Sessions, Instructor, Location, Time. 8 sessions for \$120.

Table with 4 columns: Sessions, Instructor, Location, Time. 8 sessions for \$120.

Naginata

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

Table with 4 columns: Sessions, Instructor, Location, Time. 8 sessions for \$50.



Vovinam

Classic Vovinam Martial Arts

Ages 6 & Up: Vovinam is a martial art developed by the Vietnamese. Learn defense using your hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions. Vovinam techniques are simple, effective and artistic. Each session includes extensive warmups, fall breaks, rolling, strikes, kicks, blocks, forms, and sparring. This course prepares you for real life situations and you will train with partners of different sizes.

16 Sessions **\$144**
 Instructor: Yanni Nguyen
 77826 Long Branch CRC 4/14 Tu 6-7:30 p.m.
 Sa 11:30 a.m.-1 p.m.

Classic Vovinam Martial Arts - Advanced

Ages 6 & Up: Continue learning defense using your hands, elbows, kicks, throws, escape and levering, joint locks, choke holds and submissions in the Vovinam martial art style. Instructor permission is required for taking the advanced class.

16 Sessions **\$144**
 Instructor: Yanni Nguyen
 77827 Long Branch CRC 4/14 Tu 7:30-9 p.m.
 Sa 10-11:30 a.m.

SCHOOL BREAK PROGRAMS

SPRING BREAK

Coach Doug Club Holiday

Ages 3-12: Club Holiday features sports, games, arts and crafts, plus time to visit with friends. Participants choose the activities they want to participate in based on their own needs.

Full Day **Ages 5-12**
5 Sessions **\$249**
 Instructor: Coach Doug Academy
 72204 Potomac CRC 4/6 M-F 8 a.m.-3:30 p.m.

Half Day **Ages 3-12**
5 Sessions **\$140**
 Instructor: Coach Doug Academy
 72206 Potomac CRC 4/6 M-F 8 a.m.-12:30 p.m.

Afternoon Extended Care **Ages 5-12**
5 Sessions **\$39**
 Instructor: Coach Doug Academy
 72208 Potomac CRC 4/6 M-F 3:30 p.m.-6 p.m.



SCHOOL BREAK

FOUR WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

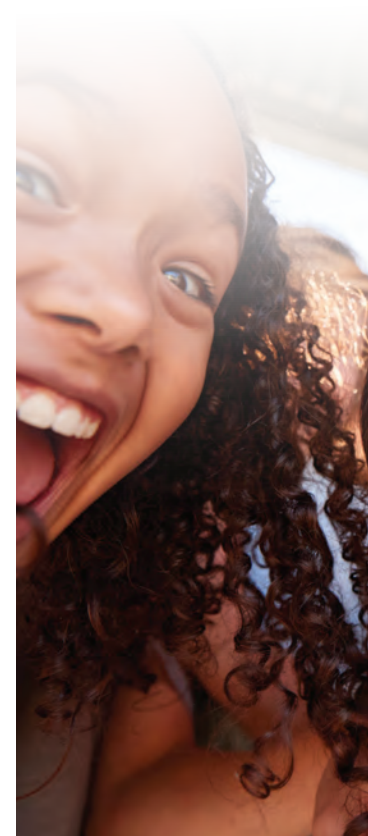
Fill out and sign the registration form and mail to: ActiveMONTGOMERY, 4010 Randolph Rd., Silver Spring, MD 20902

3. VIA FAX

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4. IN PERSON

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STEAM

STEAM

Playtime & Language

Baby and Tot Sign Language

Ages 1m-5: Baby sign language is borrowed from American Sign Language (ASL) which is the native language for deaf people living in United States. Participants will learn basic signs to communicate with their parents, siblings and other family members. It is a wonderful way for deaf babies to learn early language exposure to ASL and the same way for baby who can hear. Both have equal access to ASL for the communication and early language acquisition. Parent participation required.

5 Sessions \$70
78496 Wheaton CRC 4/30 Th 9-10 a.m.

Spanish-Toddlers

Ages 1 ½ -3: Children will be fully immersed in the target language through songs, chanting, storytelling and movement exercises in a circle time approach. All classes are taught using tangible material that is attractive and age appropriate. Adult participation is required.

8 Sessions \$130
Instructor: Maria Rhoe
78420 Wheaton CRC 4/14 Tu 4-4:45p.m.
78418 Bauer Drive CRC 4/16 Th 4-4:45p.m.
78419 Lawton CRC 4/18 Sa 10-10:45 a.m.

Spanish-Preschool

Ages 4-7: Classes are taught in a full immersion program using Comprehensible Input and Total Physical Response methodologies. All sessions are carefully planned with clear goals and objectives to ensure participants learn key vocabulary and improve oral communication in a natural and fun way. Children will be participating in interactive, high energy games and activities that are attractive and age appropriate.

8 Sessions \$130
Instructor: Maria Rhoe
78417 Wheaton CRC 4/14 Tu 5-5:45 p.m.
78415 Bauer Drive CRC 4/16 Th 5-5:45 p.m.
78416 Lawton CRC 4/18 Sa 11-11:45 a.m.



The Art of Handwriting

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

6 Sessions \$270
Instructor: Art of Handwriting
78659 N. Potomac CRC 5/5 Tu 5:30-6:30 p.m.
78660 Ashburton ES 5/7 Th 5:30-6:30 p.m.



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Silver Spring, MD 20902

Junior Business

Entrepreneurs Club

Ages 10-13: Participants select a business idea, learn to develop a business plan and make a pitch presentation on the last day. Participants also role play as CEO's for leading companies and work in groups to make strategic recommendations to address real business issues. Participants will enhance their problem solving skills, develop business savvy and cultivate a strategic mindset as future leaders.

8 Sessions **\$189**
 Instructor: Spark Business Academy
 78428 Potomac CRC 4/15 W 6-7 p.m.

Finance Club

Ages 10-13: Learn fundamental personal finance concepts in money management, credit and investing. Through simulations and hands on activities, participants explore financial decisions they will have to make in the future. A solid step towards future financial independence.

8 Sessions **\$189**
 Instructor: Spark Business Academy
 78434 Potomac CRC 4/14 Tu 6-7 p.m.

My First Lemonade Stand

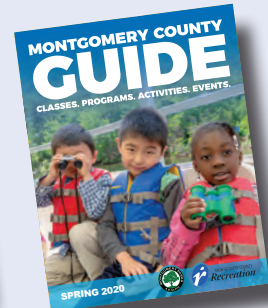
Ages 6-9: Learn where you learn how to make yummy lemonade and how to earn money selling it. Fun sessions empower students with an entrepreneurial mindset for their lemonade stand. Participants learn about marketing, finance and strategy in a supporting environment fostering teamwork. From designing marketing flyers to estimating profits to experimenting with recipes, participants have fun while developing business savvy. As a showcase event, participants launch their lemonade stand in the spring and donate profits to a charity they select.

8 Sessions **\$189**
 Instructor: Spark Business Academy
 78429 Potomac CRC 4/14 Tu 5-6 p.m.

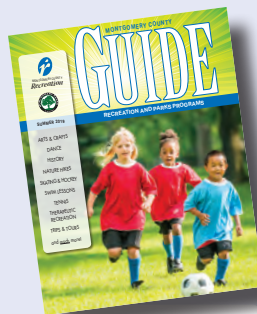
When Is the Guide Available?



Summer Camps 2020
 Early January 2020
 Registration begins
 Mid-January 2020



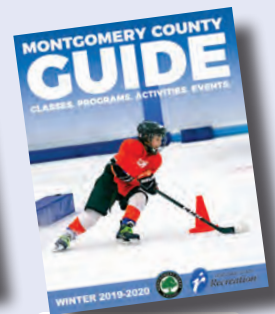
Spring 2020
 Late January 2020
 Registration begins
 Mid-February 2020



Summer 2020
 Early May 2020
 Registration begins
 Mid-May 2020



Fall 2020
 Early August 2020
 Registration begins
 Mid-August 2020



Winter 2020/2021
 Early November 2020
 Registration begins
 Mid-November 2020

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 Montgomery Parks facilities



STEAM

Board Games

Dungeons and Dragons

Ages 9-17: They creep through the twilight, quiet as shadows muttering a language long forgotten, a language only spoken by ghosts. Use your imagination and storytelling ability in this classic fantasy role playing game. Roll dice to cast spells, solve mysteries and battle monsters. Creativity and cooperation help the group survive.

4 Sessions: \$65
78872 Wheaton CRC 4/15 W 5-7 p.m.
78874 Wheaton CRC 5/13 W 5-7 p.m.

Engineering

Robotics & Coding with EV3

Ages 10-14: Software: This class combines the exciting world of Lego® with programming to manipulate and program your own personal robot. Learn how to use the simple, but powerful software to create commands with drag and-drop visual programming. Configure different sensors that track motion, light and touch to create the ultimate robot. Participants will work together as a small team of young engineers to build and program their designs. This class is great for children who are hands on and like working together in small teams.

6 Sessions \$139
Instructor: C3 Cyber Club
78752 N. Potomac CRC 4/18 Sa 10-11 a.m.

Robotics & Coding with Lego® Wedo

Ages 5-9: This class combines the exciting world of Lego® with programming to manipulate and program your own personal robots. This class is tailored to younger children who want to learn the basics of visual programming. Participants create commands for their robots to follow by using an application with a drag-and-drop interface that is visually simple to use, but capable of complex instructions. Participants learn the importance of teamwork by working together with a partner in order to accomplish the build assignment for the day.

6 Sessions \$139
Instructor: C3 Cyber Club
78750 N. Potomac CRC 4/18 Sa 9-10 a.m.

Natural Sciences

Gemology I

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

8 Sessions \$72
Instructor: Timothy Morgan
77814 Potomac CRC 4/30 Th 10 a.m.-12:15p.m.

Gemology II

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

8 Sessions \$72
Instructor: Timothy Morgan
77816 Potomac CRC 4/29 W 10 a.m.-12:15p.m.

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The **SPORTS** Pages

Badminton

Badminton - Beginner

Ages 9 & Up: Participants learn various elements of badminton, including individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Instructors share competitive techniques of both singles and doubles play. Participants are required to bring a badminton racquet.

8 Sessions **\$90**
 Instructor: Yen-Ping Chao
 77215 Bauer Drive CRC 4/25 Sa 9:30-10:30 a.m.

Badminton - Intermediate

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

8 Sessions **\$118**
 Instructor: Yen-Ping Chao
 77216 Bauer Drive CRC 4/25 Sa 10:30a.m.-12:30p.m.

Badminton - Advanced

Ages 12 & Up: This small class emphasizes advanced individual skills, body movement, concepts, tactics, strategies, athletic psychology and competitive techniques of both singles and doubles play. The first class will be an assessment of the participant's level. The instructor may reassign participants to another level if necessary. Participants are required to bring a badminton racquet. Prerequisite: Badminton-Intermediate.

8 Sessions **\$118**
 Instructor: Yen-Ping Chao
 77214 Bauer Drive CRC 4/25 Sa 12:45-1:45p.m.

Baseball/Softball

Rookie League Baseball

Ages 5-8: Participants will receive instruction in all basics of coach-pitch baseball, and will apply what they have learned in non-competitive games. Participants who are not able to hit a pitched ball will be able to use a tee while learning. Participants receive a Major League Baseball hat, team T-shirt and baseball medal. Sessions are one-hour and 15 minutes within the listed timeframe.

6 Sessions **\$95**
 Instructor: Jump Start Sports
 77802 Ayrlawn LP 4/18 Sa 12:15-2:45 p.m.
 77803 Quince Orchard Valley NP 4/18 Sa 12:15-2:45 p.m.
 77804 Layhill Village LP 4/19 Su 2:15-4:45p.m.

T-Birds T-Ball

Ages 3-4: Players learn the basics of throwing, catching, fielding, batting and base running, and apply what they have learned in non-competitive games. Schedules will be emailed to all participants one week prior to the start of the season. Participants receive a Major League Baseball hat, team T-shirt and baseball medal. Sessions are one-hour within the listed timeframe.

6 Sessions **\$95**
 Instructor: Jump Start Sports
 77809 Quince Orchard Valley NP 4/18 Sa 10 a.m.-Noon
 77808 Ayrlawn LP 4/18 Sa 10 a.m.-Noon
 77810 Layhill Village LP 4/19 Su Noon-2 p.m.



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Basketball

Youth Basketball League

Ages 9-16: This is a six-week youth basketball league. Games are played throughout Montgomery County between 6 and 10 p.m. Games will not be played Memorial Day weekend or during MCPS Spring Break. Team registration only.

Boys			
6 Sessions \$520			
Ages 9-10			
78878	3/27	F	6-10 p.m.
Ages 11-12			
78880	3/27	F	6-10 p.m.
Ages 13-14			
78882	3/27	F	6-10 p.m.
Ages 15-16			
78884	3/27	F	6-10 p.m.
Girls			
6 Sessions \$520			
Ages 9-10			
78879	3/27	F	6-10 p.m.
Ages 11-12			
78881	3/27	F	6-10 p.m.
Ages 13-14			
78883	3/27	F	6-10 p.m.
Ages 15-16			
78885	3/27	F	6-10 p.m.

NEW Basketball Relay

Ages 7-11: Players will develop, practice and reinforce the fundamental basketball skills of dribbling, shooting, guarding and passing. Initial games focus on individual skill development and promoting a positive atmosphere. The program advances by combining two skill-sets within one game and adding obstacles for the players to maneuver around.

4 Sessions \$98			
Instructor: Team Askew Basketball Academy			
77212	Wayside ES	4/19	Su 9-10 a.m.

Lil' Hoopers

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

8 Sessions \$100			
Instructor: William Doyle			
77146	Wyngate ES	4/18	Sa 9-10 a.m.

Men's Basketball League

Ages 18 & Up: Competitive men's basketball league. Games scheduled on the hour. Four weeks of regular season games plus two game guarantee playoffs, competing in a seeding tournament. Team registration only. Payment plans available.

7 Sessions \$570			
77831	Wheaton CRC	4/1	W 6-10:30 p.m.
77829	Bauer Drive CRC	4/19	Su 3-9 p.m.

Overtime Hoops Academy

Ages 6-12: Learn dribbling, passing, shooting, rebounding and defense using gameplay and skills stations. Be ready to take that last second shot, make that extra pass, and block that go-ahead basket while learning the fundamentals of basketball and the concepts of teamwork.

8 Sessions \$100			
Instructor: William Doyle			
Ages 6-8			
77147	Wyngate ES	4/18	Sa 10:15-11:15 a.m.
Ages 9-12			
77148	Wyngate ES	4/18	Sa 11:30a.m.-12:30p.m.

NEW Team Askew Hot Shots

Ages 12-14: Participants will learn team basketball fundamentals with an emphasis on individual skills and the introduction of defensive and offensive team formations. The second portion of the class will be three vs. three competitions and full court games.

4 Sessions \$110			
Instructor: Team Askew Basketball Academy			
77213	Wayside ES	4/19	Su 10:30 a.m.-Noon

Train Like a Pro Basketball

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

6 Sessions \$125			
Instructor: Fit 2 Believe			
77823	White Oak MS	4/16	Th 7-8:30 p.m.
77821	N. Potomac CRC	4/18	Sa 1:30-3 p.m.
77820	Longwood CRC	4/21	Tu 6-7:30 p.m.
79966	Lawton CRC	4/29	W 7-8:30 p.m.



Women's 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.

4 Sessions	\$25			
77839	Bauer Drive CRC	4/19	Su	10 a.m.-Noon
8 Sessions	\$50			
77838	Bauer Drive CRC	4/19	Su	10 a.m.-Noon

Cheer and Poms

NEW Tumbling-Beginner

Ages 6-15: This class will focus on beginner tumbling skills including forward and backward rolls, handstands, bridges, cartwheels, roundoffs and backbends. It will build a foundation for proper alignment, power, strength and timing needed to be a successful tumbler.

8 Sessions	\$180			
78006	Cheer Prodigy All-Star	4/14	Tu	6-6:45p.m.
78007	Cheer Prodigy All-Star	4/15	W	6:15-7 p.m.

NEW Tumbling-Intermediate

Ages 6-15: This class pays close attention to body awareness and understanding how the body performs through tumbling skills. Along with the tumbling skills from the beginner level, this class will work on back/front walkers, connecting cartwheels/roundoffs, back extension rolls, handstand forward rolls and back handsprings.

8 Sessions	\$180			
78013	Cheer Prodigy All-Star	4/15	W	7:15-8 p.m.

NEW Introductory Cheer

Ages 5-8: This class will expose participants to all the components of cheer: tumbling, jumps, motions, and stunting. Participants will create a routine that will allow them to combine basic cheer components with a dance. T-shirt and bow is included.

8 Sessions	\$185			
78002	Cheer Prodigy All-Star	4/14	Tu	6-6:45p.m.
7 Sessions	\$165			
77995	Cheer Prodigy All-Star	4/20	M	6:15-7 p.m.
78001	Cheer Prodigy All-Star	4/20	M	7:15-8 p.m.

NEW Introductory Poms

Ages 6-15: Work with poms and your teammates to learn basic techniques and skills to help advance your passion for dance. Perfect for athletes interested in joining their local high school poms team. T-shirt and bow are included.

8 Sessions	\$185			
78014	Cheer Prodigy All-Star	4/15	W	7:15-8 p.m.

NEW Wiggles and Giggles

Ages 2-4: Your tot will flip for this class. Participants will build self confidence, motor skills, proper body positions and coordination. Learn basic techniques using mats, hoops, and other fun props and games

7 Sessions	\$120			
78103	Cheer Prodigy All-Star	4/14	Tu	5-5:45 p.m.
78104	Cheer Prodigy All-Star	4/20	M	5-5:45 p.m.

NEW Wiggles and Giggles-with Parent

Ages 1 ½-3: This class features age-appropriate games and stations that will teach coordination, balance and other gymnastics skills along with fun guided activities developed with young athletes in mind. Parent participation required.

7 Sessions	\$105			
78101	Cheer Prodigy All-Star	4/20	M	10-10:45 a.m.

Fencing

Fencing - Beginner I

Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided.

9 Sessions	\$150			
Instructor: Gitty Mohebban				
77570	Bauer Drive CRC	4/3	F	6:30-7:30 p.m.
77569	Germantown CRC	4/15	W	5:30-6:30 p.m.

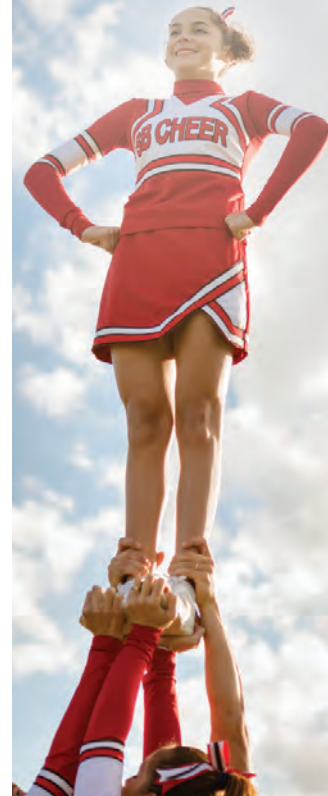
Fencing - Beginner I / II

Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided.

8 Sessions	\$126			
Instructor: Gitty Mohebban				
77571	N. Potomac CRC	3/30	M	5:45-6:45 p.m.



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Fencing - Beginner II

Ages 8 & Up: Learn basic fencing and foil techniques. Foil, mask, and jacket provided. Prerequisite: Fencing-Beginner I.

9 Sessions \$150
Instructor: Gitty Mohebban
77573 Bauer Drive CRC 4/3 F 7:30-8:30 p.m.
77572 Germantown CRC 4/15 W 6:30-7:30 p.m.

Fencing - Intermediate

Ages 8 & Up: Participants learn more advanced fencing and foil techniques including riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise and envelopment. Foil, mask, and jacket provided.

9 Sessions \$150
Instructor: Gitty Mohebban
77574 Bauer Drive CRC 4/3 F 8:30-9:30 p.m.

Field Hockey

Field Hockey-Love The Game

Ages 8 & Up: Our program will give participants an opportunity to learn the popular sport of field hockey. They will learn the basics of the game with an emphasis on skills and drills. We will end each session with a scrimmage. Whether the participant is new to the game or have had a little exposure to field hockey this program will be for them. Participants are sure to love the game after you take this exciting new program. Participants will need to bring shinguards, mouthguards and hockey stick.

4 Sessions \$72
78775 Plum Gar CRC 4/18 Sa 10-11 a.m.
78790 Plum Gar CRC 5/16 Sa 10-11 a.m.

Flag Football

Flag Football Clinic

Ages 4-6: Have a blast learning the basics of football in a safe environment. Participants will learn the fundamentals of offense and defense and will be introduced to speed and agility training. Small-sided scrimmages will ensure equal playing time, a rotation of players in various positions, and will help teach within the context of the game. Participants are grouped by age, coached at their level of understanding, and play fun, low competition games. Participants receive a T-shirt.

6 Sessions \$95
Instructor: Jump Start Sports
77781 Germantown CRC 4/19 Su 11 a.m.-Noon

National Flag Football Youth League

Ages 4-14: The emphasis of this non-contact, recreational league is participation, teamwork, sportsmanship and fun. Participants will be divided into teams of seven to 10 children. Teams are formed by participant's school, grade and buddy/coach requests. A one hour practice followed by a one hour game will be scheduled for each team. The first Sunday will be a meet and greet with the coach and the first practice. All player registrations will include a NFL Flag jersey representing one of the NFL's 32 teams, matching team shorts, mouthguard and flag belt.

7 Sessions \$165
Instructor: National Flag Football Association
77171 Timberlawn LP 4/26 Su Noon-6 p.m.
77172 Nike Missile LP 4/26 Su Noon-6 p.m.



REMINDER

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.

Golf

Golf Swing Fundamentals

Ages 18 & Up: If you want to give golf a try, now is your chance to learn the fundamentals. The golf swing motion is taught using everyday language and easy steps for long lasting results. Fundamentals include: grip, posture, stance and swing rhythm. Fee includes use of equipment. Class size is small (no more that 10 students) so you will have personal attention. Please wear athletic shoes.

4 Sessions	\$149			
Ages 18 & Up				
Instructor: Mark Diley				
77775	Wheaton CRC	4/14	Tu	6:30-7:30 p.m.
Ages 50 & Up				
Instructor: Mark Diley				
77776	Wheaton CRC	4/16	Th	10-11 a.m.

Gymnastics

Gymnastics

Ages 5-7: This class will introduce participants to tumbling, balance beam, bar and trampoline skills. Participants will develop strength, coordination, flexibility, mental processing and self-confidence.

6 Sessions	\$169			
Instructor: Dobre Gymnastics Academy				
77161	Dobre Gymnastics	4/27	M	5:15-6:15 p.m.
77163	Dobre Gymnastics	4/30	Th	5:15-6:15 p.m.
77767	Dobre Gymnastics	5/2	Sa	9:15-10:15 a.m.
77162	Dobre Gymnastics	5/5	Tu	5:15-6:15 p.m.

Gymnastics

Ages 7-12: This introduction to gymnastics utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Skills include cartwheel, roundoff and walkovers.

6 Sessions	\$169			
Instructor: Dobre Gymnastics Academy				
77164	Dobre Gymnastics	4/27	M	7-8 p.m.
77166	Dobre Gymnastics	4/30	Th	7-8 p.m.
77167	Dobre Gymnastics	5/2	Sa	9:15-10:15 a.m.
77165	Dobre Gymnastics	5/5	Tu	7-8 p.m.

Lacrosse

Introductory Lacrosse

Ages 7-12: Learn fundamentals of lacrosse including passing, catching, spacing, positioning and defense. Checking and poking will not be permitted. All equipment will be provided for use during instructional program. Helmets and shoulder pads will not be used. Players receive a T-shirt.

6 Sessions	\$95			
Instructor: Jump Start Sports				
Ages 7-9				
77792	Mid-County CRC Field	4/18	Sa	10-11 a.m.
Ages 10-12				
77793	Mid-County CRC Field	4/18	Sa	11 a.m.-Noon

Multi-Sports

Coach Doug Pre Wee Wanna Be

Ages 1 ½-3: Participants get a great start in sports while working with their moms, dads or guardians. They will be introduced to agility training with soccer and other age appropriate sports through supervised play sessions. Adult participation required.

8 Sessions	\$109			
Instructor: Coach Doug Academy				
75754	Germantown CRC	4/14	Tu	9:30-10:15 a.m.
75755	Bauer Drive CRC	4/15	W	9:30-10:15 a.m.
75756	Potomac CRC	4/23	Th	9:30-10:15 a.m.

Coach Doug Wee Wanna Be

Ages 2-5: Participants will be introduced to agility training, soccer, T-ball, lacrosse and other seasonal sports through supervised, non-competitive play sessions. Each child can participate at his or her own pace. Adult participation required.

8 Sessions	\$109			
Instructor: Coach Doug Academy				
75767	Germantown CRC	4/14	Tu	10:30-11:15 a.m.
75764	Bauer Drive CRC	4/15	W	10:30-11:15 a.m.
75765	Oakland Terrace ES	4/18	Sa	9:30-10:15 a.m.
75766	Oakland Terrace ES	4/18	Sa	10:15-11 a.m.

7 Sessions	\$85			
Instructor: Coach Doug Academy				
75763	Potomac CRC	4/30	Th	10:30-11:15 a.m.



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Coach Doug Seasonal Sports

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

7 Sessions \$85
Instructor: Coach Doug Academy
75758 Potomac CRC 4/30 Th 4-4:45p.m.

8 Sessions \$109
Instructor: Coach Doug Academy
75757 Germantown CRC 4/14 Tu 4-4:45p.m.
75759 Oakland Terrace ES 4/18 Sa 11-11:45 a.m.

NEW KIDspired Multi-Sports

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

7 Sessions \$115
Instructor: KIDspired LLC
78421 Little Bennett ES 4/14 Tu 3:40-4:40 p.m.

8 Sessions \$130
Instructor: KIDspired LLC
78423 Clarksburg ES 4/15 W 4-5 p.m.
78422 Gibbs Jr., William B. ES 4/16 Th 4-5 p.m.

FOUR WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

Fill out and sign the registration form and mail 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 facility.

Pickleball

Pickleball Class Beginners

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

3 Sessions \$30:
78109 Damascus CRC 3/11 W 10:30 a.m.-Noon
78488 Damascus CRC 4/8 W 10:30 a.m.-Noon
78379 Damascus CRC 5/6 W 10:30 a.m.-Noon
78465 Praisner CRC 5/26 Tu 10:30 a.m.-Noon
78464 White Oak CRC 5/27 W 1:30-3 p.m.

Pickleball Dinking & Drop Shot Clinic

Ages 18 & Up: Improve your dinking and drop shots. This class is for participants of more intermediate to advance level play that have a good knowledge of the game. Drill for 60 minutes while you concentrate on third shot drops, transition area drops and dinking. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Smaller class size. Participants will be mentored in a more personalize experience from the instructor.

1 Session \$25
78461 White Oak CRC 4/1 W 1:30-3 p.m.
79971 Wheaton CRC 4/1 W 6-7 p.m.
79972 Wheaton CRC 4/8 W 6-7 p.m.
78124 Ross Boddy NRC 4/30 Th 10-11:30 a.m.
78123 Potomac CRC 4/30 Th 1-2:30 p.m.
78387 N. Potomac CRC 6/1 M 1-2:30 p.m.
78389 Ross Boddy NRC 6/4 Th 10-11:30 a.m.
78388 Potomac CRC 6/4 Th 1-2:30 p.m.



Pickleball Punch Volley & Transition Area Clinic

Ages 18 & Up: Improve your no-man-land navigation and volleying from the NVZ line. This class is for participants of more intermediate to advance level play that have a good knowledge of the game. Drill for 60 minutes while you concentrate on these skill sets. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Participants will be mentored in a more personalized experience from the instructor.

1 Session		\$25	
78463	White Oak CRC	4/29 W	1:30-3 p.m.
78395	N. Potomac CRC	6/15 M	1-2:30 p.m.
78398	Potomac CRC	6/18 Th	12:30-2 p.m.
78399	Ross Boddy NRC	6/18 Th	12:30-2 p.m.

Pickleball Serving & Ground Stroke Clinic

Ages 18 & Up: Improve your serving and ground stroke. Drill for 60 minutes while you concentrate on serving, returns and ground strokes. Follow it by 30 minutes of play incorporating your new skills while being watched and critiqued point-by-point to include tips for court strategy and partner work. Participants will be mentored in a more personalized experience from the instructor.

1 Sessions		\$25	
79973	Wheaton CRC	4/1 W	7:45-8:45 p.m.
78462	White Oak CRC	4/8 W	1:30-3 p.m.
79974	Wheaton CRC	4/8 W	7:45-8:45 p.m.
78126	Ross Boddy NRC	4/9 Th	10-11:30 a.m.
78120	Potomac CRC	4/9 Th	1-2:30 p.m.
78390	N. Potomac CRC	6/8 M	1-2:30 p.m.
78392	Ross Boddy NRC	6/11 Th	10-11:30 a.m.
78391	Potomac CRC	6/11 Th	12:30-2 p.m.
78386	Damascus CRC	6/17 W	12:15-1:45 p.m.

Pickleball Skills & Drills Class

Ages 18 & Up: This class is for advanced beginners that know how to volley, keep score and have good knowledge of the game. Participants will learn various serves, drills and techniques on returns, different shots, volley and dinks. Topics like game strategy and how to improve with your partner will be discussed. At the conclusion of your three-day session, participants will have greater understanding of the game and will be ready to participate at a better level in drop-in programs or leagues.

3 Sessions		\$30	
78367	Damascus CRC	5/6 W	12:15-1:45 p.m.
78487	Damascus CRC	3/11 W	12:15-1:45 p.m.
78105	East County CRC	4/8 W	10:30 a.m.-Noon
78108	Damascus CRC	4/8 W	12:15-1:45 p.m.
78106	N. Potomac CRC	4/13 M	1-2:30 p.m.
78107	Praisner CRC	4/14 Tu	10:30 a.m.-Noon
78381	N. Potomac CRC	5/4 M	1-2:30 p.m.
78111	White Oak CRC	5/6 W	1:30-3 p.m.
78384	Ross Boddy NRC	5/7 Th	10-11:30 a.m.
78117	Potomac CRC	5/7 Th	12:30-2 p.m.
78467	East County CRC	5/27 W	10:30 a.m.-Noon



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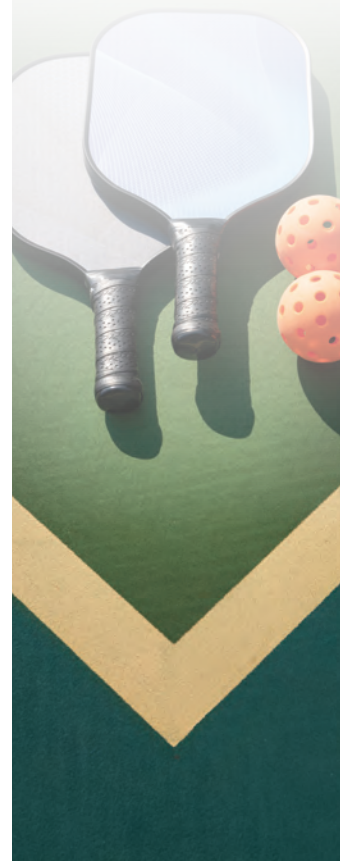
We Want You

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





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Pickleball Leagues

Ages 18 & Up: These leagues have various competition levels that are appealing to all skill levels. All league formats are doubles teams and can consist of any type of doubles mixtures (men/men, women/women or mix). Teams will play four to five games each night, 15 points, or 14 minutes. Ladder leagues play for weekly seedings. Doubles leagues do not record standings. No playoffs for these leagues.

Doubles League-Individual Registration \$30
79982 Longwood CRC 4/1 W 6-9:30 p.m.
78815 Bauer Drive CRC 5/7 Th 6-8 p.m.
77993 Bauer Drive CRC 6/22 M 6-10 p.m.

Doubles League-Team Registration \$60
79981 Longwood CRC 4/1 W 6-9:30 p.m.
78813 Bauer Drive CRC 5/7 Th 6-8 p.m.
77994 Bauer Drive CRC 6/22 M 6-10 p.m.

Ladder League- Advanced 3.5 \$50
77992 Bauer Drive CRC 5/4 M 6-9:30 p.m.

Ladder League- Intermediate 2.5-3.0 \$50
77991 Bauer Drive CRC 5/4 M 6-9:30 p.m.

Ladder League- Beginners 2.0-2.5 \$50
77990 Bauer Drive CRC 5/4 M 6-9:30 p.m.

Rugby

NEW Introductory Rugby

Ages 6-13: Participants will develop physical, cognitive and social skills required in rugby and improve their skills and knowledge of the sport. Course includes drills, skills development, team work and good sportsmanship. For all ability levels.

6 Sessions \$85
Instructor: Bethesda Roosters Rugby Club
Ages 6-7
77777 Bauer Drive CRC 4/20 M 6-7 p.m.
Ages 8-9
77778 Bauer Drive CRC 4/20 M 7-8 p.m.
Ages 10-11
77779 Bauer Drive CRC 4/22 W 6-7 p.m.
Ages 12-13
77780 Bauer Drive CRC 4/22 W 7-8 p.m.

Soccer

Coach Doug Soccer

Ages 3-7: Learn fundamental soccer skills, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team environment. Adult participation not required.

8 Sessions \$109
Instructor: Coach Doug Academy
75760 Germantown CRC 4/14 Tu 5-5:45 p.m.
75762 Oakland 4/18 Sa 11:45am-12:30p.m. Terrace ES

7 Sessions \$85
Instructor: Coach Doug Academy
75761 Potomac CRC 4/30 Th 5-5:45 p.m.

NEW Coach Reggie's Ultra Soccer Academy

Ages 4-16: Have fun learning soccer basics: dribbling, passing, trapping, shooting and defense. Each session will consist of instructional drills that will teach the fundamental skills of soccer as well as game time.

7 Sessions \$100
Instructor: Ultra Soccer Academy
Ages 4-8
77774 Plumgar LP 4/18 Sa 9-10 a.m.
Ages 11-13
77770 Damascus CRC 4/20 M 5-6 p.m.
Ages 14-16
77773 Damascus CRC 4/23 Th 5-6 p.m.

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Co-Rec Soccer

Ages 18 & Up: Competitive adult soccer league. Eight week of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

Open South - Division 2	\$899			
68263 Various	4/12 Su	9 a.m.-5 p.m.		
Open World- Division 3	\$899			
68264 Various	4/12 Su	9 a.m.-5 p.m.		
Open Metro - Division 4	\$899			
68265 Various	4/12 Su	9 a.m.-5 p.m.		
Free Agent				
44066 Various	4/12 Su	9 a.m.-5 p.m.		

Hummingbirds Soccer

Ages 3-6: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. Includes team T-shirt and award.

Instructor: Jump Start Sports

5 Sessions	\$75			
Ages 3-4				
77788 Good Hope NRC	4/19 Su	1-2 p.m.		
6 Sessions	\$90			
Ages 3-4				
77783 Bauer Drive CRC	4/18 Sa	10-11 a.m.		
77784 Fernwood LP	4/18 Sa	2-3 p.m.		
77790 Poolesville ES	4/18 Sa	10-11 a.m.		
78114 Damascus CRC	4/19 Su	Noon-1 p.m.		
77782 Germantown CRC	4/19 Su	1-2 p.m.		
5 Sessions	\$75			
Ages 5-6				
77789 Good Hope NRC	4/19 S	2-3 p.m.		
6 Sessions	\$90			
Ages 5-6				
77786 Bauer Drive CRC	4/18 Sa	11 a.m.-Noon		
77791 Poolesville ES	4/18 Sa	11 a.m.-Noon		
77787 Fernwood LP	4/18 Sa	3-4 p.m.		
77815 Damascus CRC	4/19 Su	1-2 p.m.		
77785 Germantown CRC	4/19 Su	2-3 p.m.		

Men's Soccer League

Ages: 18 & Up: Competitive adult soccer league. Eight week of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

Ages 18 & Up:				
Division 1	\$1299			
68254	4/5 Su	9 a.m.-5 p.m.		
Division 2	\$1299			
68255	4/5 Su	9 a.m.-5 p.m.		
Division 3	\$1099			
68256	4/5 Su	9 a.m.-5 p.m.		
Free Agent				
44063	4/12 Su	9 a.m.-5 p.m.		
Ages 45 & Up:				
Red Division 1	\$1299			
68257	4/12 Su	9 a.m.-7:30 p.m.		
Blue Division 1	\$1099			
68258	4/12 Su	9 a.m.-7:30 p.m.		
Green Division 3	\$1099			
68259	4/12 Su	9 a.m.-7:30 p.m.		
Free Agent				
44064	4/12 Su	9 a.m.-7:30 p.m.		
Ages 55 & Up:				
Division 1	\$1099			
68260	4/11 Sa	9 a.m.-5 p.m.		
Division 2	\$1099			
68261	4/11 Sa	9 a.m.-5 p.m.		
Free Agent				
44065	4/11 Sa	9 a.m.-5 p.m.		
Ages 65 & Up:				
Open Division	\$899			
68262	4/12 Su	10 a.m.-2 p.m.		
Free Agent				
44067	4/12 Su	10 a.m.-2 p.m.		



SPORTS





SPORTS

Recreational Soccer

Ages 7-8: Boys and girls learn the fundamentals of soccer as well as more complex aspects of the sport in a course for experienced players and novices alike. Each session includes skill instruction and gameplay that includes an equal measure of healthy competition and learning opportunities. Shin guards are highly recommended and cleats are preferred, but players may also wear regular athletic shoes. All participants receive a T-shirt.

6 Sessions \$90
Instructor: Jump Start Sports
77799 Fernwood LP 4/18 Sa 4-5 p.m.
77800 Bauer Drive CRC 4/18 Sa Noon-1 p.m.
77801 Poolesville ES 4/18 Sa Noon-1 p.m.
77817 Damascus CRC 4/19 Su 2-3 p.m.
77798 Germantown CRC 4/19 Su 3-4 p.m.

Route 29 Soccer

Ages 3-8: Participants learn the basics of soccer: dribbling, passing, trapping, shooting, defense and positioning. Each session consists of instruction in all aspects of the game, with fun drills and non-competitive games. Includes team T-shirt and award.

5 Sessions \$75
Instructor: Jump Start Sports
Ages 3-4
77805 Jackson Road ES 4/18 Sa 10-11 a.m.
Ages 5-6
77806 Jackson Road ES 4/18 Sa 11 a.m.-Noon
Ages 7-8
77807 Jackson Road ES 4/18 Sa Noon-1 p.m.

Soccer Petite

Ages 3-6: Soccer Petite is the perfect introduction to the world's most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions \$120
Instructor: Steel Soccer
78657 Bauer Drive CRC 4/26 Su 10-10:45 a.m.

Soccer Petite Parent and Child

Ages 2-4: Soccer Petite is the perfect introduction to the world's most popular sport. Our unique games based approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability.

6 Sessions \$110
Instructor: Steel Soccer
78658 Bauer Drive CRC 4/26 Su 9-9:45 a.m.

Train Like a Pro Soccer

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

6 Sessions \$125
Instructor: Fit 2 Believe
77822 Bauer Drive CRC 4/14 Tu 6:30-8 p.m.

Women's Soccer

Ages 24 & Up: Competitive soccer league. Eight week of regular season games followed by playoffs. Games are played throughout Montgomery County. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. The team manager will indicate individual fees based on the number of players a team has on their roster. Payment plans available.

Ages 24 & Up:
9 Sessions \$925
68266 4/11 Sa 9 a.m.-5 p.m.
Free Agent
25411 4/11 Sa 9 a.m.-5 p.m.
Ages 40 & Up:
8 Sessions \$1299
68267 4/8 W 6-10:30 p.m.
Free Agent
25411 4/8 W 6-10:30 p.m.

REMINDER

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Softball

Co-Rec Softball Leagues

Ages 18 & Up: Recreational leagues. Game times vary each night. Registration for the league is a team fee. Payment plans available.

16 Games – Double Headers \$950
 78528 Olney Manor LP 4/21 Tu 6-10:30 p.m.
 78583 Ridge Road RP 4/22 W 6-10:30 p.m.

20 Games– Double Headers \$1190
 78576 Cabin John RP 4/20 M 6-10:30 p.m.
 78582 Cabin John RP 4/22 W 6-10:30 p.m.

16 Games – Double Headers \$760
 78605 Down County LP 4/22 W 6-10:30 p.m.
 78606 Down County LP 4/22 W 6-10:30 p.m.

10 Games-Social League \$525
 78607 Local Parks 4/30 Th 6-8:30 p.m.

Men's Softball Leagues

Recreational league. Game times vary each night. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. Payment plans available.

Ages 18 & Up:
Level D \$1190
 78562 Olney Manor RP 4/23 Th 6-10:30 p.m.
 78569 Cabin John RP 4/23 Th 6-10:30 p.m.
 78574 Cabin John RP 4/24 F 6-10:30 p.m.

Level C/D \$1190
 78529 Olney Manor RP 4/22 W 6-10:30 p.m.
 78530 Ridge Road RP 4/22 W 6-10:30 p.m.
 78567 Olney Manor RP 4/23 Th 6-10:30 p.m.
 78570 Cabin John RP 4/23 Th 6-10:30 p.m.

Ages 50 & Up: \$1190
 78610 Olney Manor LP/ 4/21 Tu 6-10:30 p.m.
 Cabin John RP

Ages 55 & Up: \$1190
 78612 Olney Manor LP/ 4/23 Th 6-10:30 p.m.
 Cabin John RP

Ages 60 & Up: \$1190
 78614 Wheaton RP 4/29 W 6-8:30 p.m.

Free Agents
 78622 Countywide 4/20 M-F 6-10:30 p.m.

Women Softball Leagues

Ages 40 & Up: Recreational league with designated hitter. Game times vary each night. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee. Payment plans available.

\$1190
 78617 Wheaton RP 4/20 M 6-8:30 p.m.

Free Agents
 78624 4/20 M 6-10:30 p.m.

Table Tennis

Table Tennis / Ping Pong

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

9 Sessions \$169
 Instructor: Maryland Table Tennis Center
 77158 Maryland 4/16 Th 6:30-7:30 p.m.
 Table Tennis Center

Track and Field

Girls on the Run

Ages 8-12: Girls on the Run is a physical, activity-based positive youth development program. Meeting twice per week for 10 weeks, trained coaches lead small teams of 3rd-5th grade girls through the program's intentional curriculum which includes dynamic discussions, activities and running games. Girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with the girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K Family Fun event.

20 Sessions \$120
 Instructor: Girls On The Run Of Montgomery County
 78599 Wheaton CRC 3/17 Tu, Th 5:30-7 p.m.
 80237 Damascus CRC 3/17 Tu, Th 5:30-7 p.m.



SPORTS





Ultimate Frisbee

Ultimate Frisbee Elementary School League

Ages 6-10: Participants will learn the basic skills and game play of Ultimate Frisbee, one of the fastest growing team sports in the world. Participants will be divided each week into teams and create new friends. All players will receive equal playing time and instruction from top college players in the area. No previous experience required.

6 Sessions **\$50**
Instructor: American Ultimate Academy
77170 Sligo Creek 4/19 Su 11 a.m.-Noon
SVU LP

Ultimate Frisbee Middle School League

Ages 10-15: Over the course of seven weeks, participants will play weekly games of Ultimate Frisbee. Players will be divided into teams. All players will receive professional coaching, ample playing time, reversible jerseys and a disc. The league wraps up with a special playoff format on the last week.

7 Sessions **\$65**
Instructor: American Ultimate Academy
77169 Rosemary Hills 4/20 M 6-7:30 p.m.
Lyttonsville LP

Ultimate Frisbee High School League

Ages 14-18: This league plays seven versus seven with rosters up to 25 players. The schedule includes seven weeks of games and one week of playoff games. Individuals interested in playing that do not already have a team, please register as a free agent.

8 Sessions **\$69**
Instructor: American Ultimate Academy
77168 Sligo Creek 4/19 Su Noon-6 p.m.
SVU LP

Volleyball

Introductory Volleyball

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

Instructor: Jump Start Sports

6 Sessions **\$95**
Ages 7-9
77794 Longwood CRC 4/18 Sa 10-11 a.m.
77796 Damascus CRC 5/5 Tu 6:30-7:30 p.m.

Ages 8-12
77795 White Oak CRC 4/15 W 6:30-7:30 p.m.

Ages 10-12
77797 Longwood CRC 4/18 Sa 11 a.m.-Noon
77811 Damascus CRC 5/5 Tu 7:30-8:30 p.m.

NEW Co-Ed Volleyball Leagues

Ages 18 & Up: These leagues play six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.

Instructor: Ofer Levy

Division A **\$380**
78110 East County CRC 4/17 F 6-11 p.m.

Division BB **\$380**
78088 East County CRC 4/17 F 6-11 p.m.

Free Agent
78092 East County CRC 4/17 F 6-11 p.m.

NEW Men's Volleyball League

Ages 18 & Up: This competitive league plays six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.

Instructor: Ofer Levy

Division AA **\$380**
78150 Ross Boddy CRC 4/16 Th 6-9 p.m.

Free Agent
78112 Ross Boddy CRC 4/16 Th 6-9 p.m.

SPORTS



NEW Volleyball Skills Development

Ages 8-17: This clinic is intended for new to intermediate players who want to develop and improve their skills in a supportive team atmosphere. Lessons emphasize sportsmanship, skill technique, hard work and fun. Skills development clinics will focus on teaching and improving fundamental skills such as passing, setting, spiking and serving.

Instructor: Ofer Levy

Ages 8-12

6 Sessions \$99
 77832 N. Potomac CRC 4/18 Sa 3:30-4:30 p.m.
 77835 Wheaton CRC 4/30 Th 6-7 p.m.

Ages 12-13

6 Sessions \$99
 77833 N. Potomac CRC 4/18 Sa 4:30-5:30 p.m.
 77836 Wheaton CRC 4/30 Th 7-8 p.m.

2 Sessions \$35

78354 East County CRC 5/5 Tu 6-7 p.m.

Ages 14-17

6 Sessions \$99
 77834 N. Potomac CRC 4/18 Sa 5:30-6:30 p.m.
 77837 Wheaton CRC 4/30 Th 8-9 p.m.

2 Sessions \$35

78355 East County CRC 5/5 Tu 7-8 p.m.

NEW Women's Volleyball League

Ages 18 & Up: These leagues play six vs. six with rosters of up to 15 players. The schedule includes eight weeks of games and awards for the highest ranked team. Individuals interested in playing that do not already have a team, please register as a free agent. Registration for the league is a team fee.

Instructor: Ofer Levy

Division A \$380
 78152 Mid-County CRC 4/20 M 6-9 p.m.

Division BB \$380
 78151 Mid-County CRC 4/20 M 6-9 p.m.

Free Agent

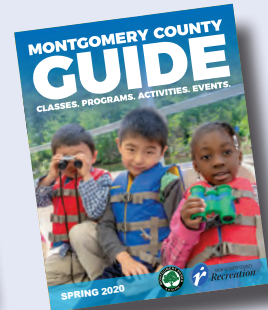
78113 Mid-County CRC 4/20 M 6-9 p.m.

When Is the Guide Available?



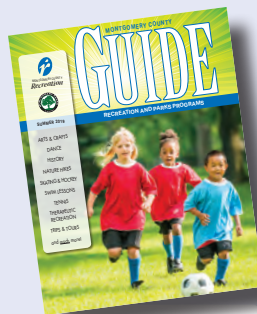
Summer Camps 2020

Early January 2020
 Registration begins
 Mid-January 2020



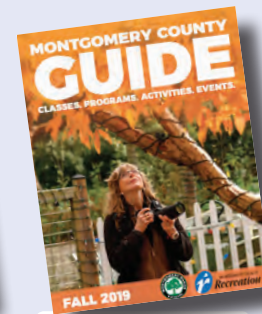
Spring 2020

Late January 2020
 Registration begins
 Mid-February 2020



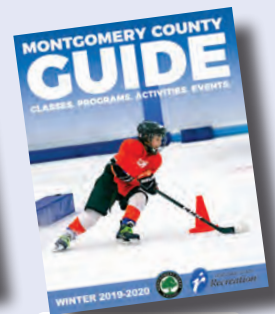
Summer 2020

Early May 2020
 Registration begins
 Mid-May 2020



Fall 2020

Early August 2020
 Registration begins
 Mid-August 2020



Winter 2020/2021

Early November 2020
 Registration begins
 Mid-November 2020

Where Can I Get The Guide?

Online:

WWW.MOCOREC.COM/GUIDE

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



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.



Aquatics

TR Adult Social Swim

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

8 Sessions	\$40		
78686 MLK	3/17 Tu	7:45-8:45 p.m.	
78687 GISC	3/18 W	8:30-9:30 p.m.	
78688 OSC	3/20 F	7:15-8 p.m.	
78689 OSC	3/20 F	8:15-9 p.m.	

Arts

Imaginative Art

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

8 Sessions	\$48		
78668 N. Potomac CRC	3/30 M	7-8:30 p.m.	

Kaleidoscope Art Workshops

Ages 13 & Up: Use various materials to create one-of-a-kind art. Come out to create, socialize and show off your work with others. Participants should be able to follow simple instructions, understand basic rules and express needs. Class meets on March 14, March 28, April 18 and May 2, 2020. One staff to five participants. No personal care provided.

4 Sessions	\$24		
78669 Plum Gar CRC	3/14 Sa	11 a.m.-12:30 p.m.	

Baseball/Softball

Let's Play Ball at the Miracle League Field

Ages 15 & Up: Let's Play Ball gives players with disabilities the chance to play baseball. The field has the look and feel of a professional stadium with bleachers that are covered for sun protection. During each game, everyone is given an opportunity to hit and score a run. Team members' coaches assist players in hitting, running and catching the ball. Restricted balls are used to keep everyone safe.

6 Sessions **\$38**
78697 South 4/18 Sa Noon-1:30 p.m.
Germantown RP

Cooking

Creative Cooking

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

1 Session **\$10**
Ages 6-12
78664 Holiday Park SC 5/9 Sa 1-2:30 p.m.
Ages 13-22
78662 Holiday Park SC 4/4 Sa 1-2:30 p.m.
Ages 18 & Up
78663 Holiday Park SC 4/25 Sa 1-2:30 p.m.

Karate/Jujitsu

Karate for Individuals with Disabilities

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

10 Sessions **\$75**
Instructor:TKA Inc.
78670 Holiday Park SC 3/14 Sa 9-9:45 a.m.
78671 Holiday Park SC 3/14 Sa 10-10:45 a.m.

General Fitness

Cardio 'n Core

13 & Up: For teens and adults with disabilities. Get fit through movement, stretching and aerobics to improve your cardio and strengthen your core.

6 Sessions **\$30**
78661 Damascus CRC 4/30 Th 7-8 p.m.

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**
78672 Germantown CRC 3/15 Su 1-2 p.m.

Stretch 'n Tone

13 & Up: For teens and adults with disabilities. Tone your muscles and encourage flexibility through stretching exercises. Ideal for beginners.

6 Sessions **\$30**
78679 Wheaton CRC 4/20 M 7-8 p.m.
78677 Potomac CRC 4/28 Tu 7-8 p.m.
78678 Damascus CRC 4/30 Th 6-7 p.m.

Turn the Beat Around

Ages 13 & Up: For teens and adults with disabilities. Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions.

8 Sessions **\$40**
78695 Holiday Park SC 4/4 Sa 11-11:50 a.m.
78696 East County CRC 4/15 W 7-7:50 p.m.

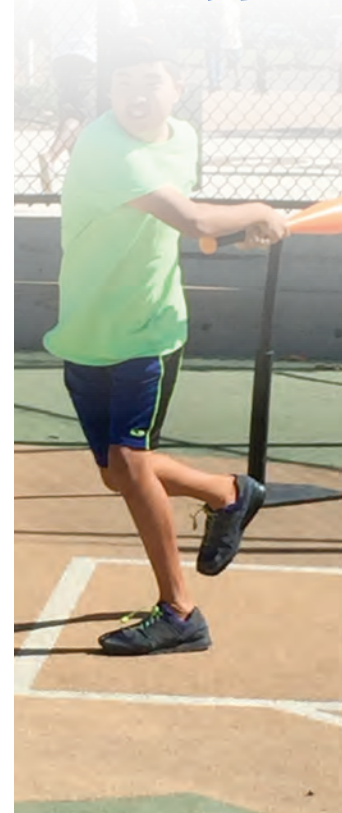
Walk This Way

All Ages: Each month (three dates total) enjoy a different walking trail. Trails vary from one to three miles and are very scenic. Dress in comfortable clothing and sneakers. Bring water in a reusable bottle. Counselor(s), guardian(s) or parent(s) required to participate.

1 Session **Free**
78698 4/4 Sa 10:30 a.m.-Noon
78699 5/9 Sa 10:30 a.m.-Noon
78700 5/30 Sa 10:30 a.m.-Noon



THE THERAPEUTIC RECREATION





THE THERAPEUTIC RECREATION

TR Zumba

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

- Ages 13 & up
8 Sessions \$40
78693 Holiday Park SC 4/11 Sa 10-10:50 a.m.
6 Sessions \$30
78692 Upper County CRC 4/9 Th 7-7:50 p.m.

Special Events

TR Skills Clinic: Basketball

Ages 6-9: For individuals with disabilities and their family and friends. This one-day clinic will provide basic basketball skills while having fun.

- 1 Session Free
78706 Potomac CRC 5/17 Su 11:30a.m.-12:20p.m.
78708 Potomac CRC 5/17 Su 12:20-1:10 p.m.

TR Skills Clinic: Soccer

Ages 6-9: For individuals with disabilities and their family and friends. This one-day clinic will provide basic soccer skills while having fun.

- 1 Session Free
78728 Potomac CRC 5/31 Su 1-2 p.m.
78733 Potomac CRC 5/31 Su 2:15-3:15 p.m.

REMINDER
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Therapeutic Recreation Programs

Drumming - Rock Out

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

- 8 Sessions \$40
78665 Bauer Drive CRC 4/2 Th 7-8 p.m.

TGIF-Totally Great Inclusive Fun - First Fridays

15 & Up: TGIF- Totally Great Inclusive Fun. Start the night with ZamDance, followed by snacks and a group activity. This is a collaboration program with Upcounty Community Resources. First Friday of the month is an opportunity to exercise and make new friends. One staff to 12 participants. Personal care not provided ,but caregivers are welcome.

- 1 Session \$10
78683 Bauer Drive CRC 4/3 F 6:30-8:30 p.m.
78684 Bauer Drive CRC 5/8 F 6:30-8:30 p.m.
78685 Bauer Drive CRC 6/5 F 6:30-8:30 p.m.

TR BIG Game Night Luau

13 & Up: For one night only this season. Play oversized board games, gym games, group games, bingo and more. Wear a Hawaiian shirt or bright colors.

- 3 Sessions \$10
78690 Bauer Drive CRC 6/12 F 7-9:30 p.m.

TGIF FAMILY NIGHTS

Ages 5 & Up: Totally Great Inclusive Fun. For families and friends of individuals with disabilities. Enjoy ZamDance, games and the opportunity to network with other families. No personal care provided. Parent/caregiver admitted free with a registered participant; all others must register separately.

- 1 Session \$5
78680 Bauer Drive CRC 4/17 F 6:30-8:30 p.m.
78681 Bauer Drive CRC 5/15 F 6:30-8:30 p.m.
78682 Bauer Drive CRC 6/19 F 6:30-8:30 p.m.



Saturday Night Socials



Weekend Adult Social Clubs

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

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

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

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

SPRING CARNIVAL

Saturday, April 25, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

Ages 15 and up with disabilities. Dance under our Big Top tent and enjoy cotton candy and other carnival-style treats and games. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 78674 COST: \$10

LET IT GLOW

Saturday, May 30, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

Ages 15 and up with disabilities. We'll light up the dance floor with glow necklaces for everyone. It will be a night of bright colorful fun. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 78675 COST: \$10

Under the Sea

Saturday, June 27, 2020
6:30-9:30 p.m.
 Holiday Park Senior Center

Ages 15 and up with disabilities. Look for Ariel and her friends at our magical night of fun - Under the Sea. Enjoy a DJ, dancing, games, pizza and other refreshments. Pre-registration encouraged.

Activity 78676 COST: \$10



55+ Active Adult Programs

Spring 2020

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

Damascus Senior Center

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

Holiday Park Senior Center

M-F: 8:45 a.m.-4 p.m.
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center

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

Margaret Schweinhaut Senior Center

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

North Potomac Senior Center

M-F: 9 a.m.-3 p.m.
13850 Travilah Road, Rockville
240-773-4805

Wheaton Senior Center*

M-F: 9 a.m.-3 p.m.
11701 Georgia Avenue, Wheaton
240-773-4830

White Oak Senior Center

M-F: 9 a.m.-3 p.m.
1700 April Lane, Silver Spring
240-777-6944

* Includes a nutrition lunch program Wednesday and Friday.



SPECIAL EVENTS

Here is a sample of the many special events our Senior Center does each season. Newsletters are available at www.mocorec.com/55 and at each center.

Damascus Senior Center St. Patrick's Day Luncheon

Tuesday, March 17, 2020, Noon

Chef Shannon will make this day memorable to all. The menu will be available one month prior to the event. Call the Damascus Senior Center for reservations. Price for the meal for ages 55 – 59 is \$7, ages 60+ donation requested.

Holiday Park Senior Center Japan-in-a-Suitcase

Wednesday, April 29, 2020, 1 p.m.

Join us and learn all about Japan and its culture. A team from The Japan-American Society of Washington, D.C. will come to Holiday Park with a suitcase filled with a traditional Japanese backpack with its contents, Kimono and yukata, newspapers, maps and more. Free.

Long Branch Senior Center Classy Sassy Fashion Show

Wednesday, April 22, 2020, 11 a.m.-1 p.m.

Whether as a model or an audience member you won't want to miss it. Both men and women may model. Clothing categories include casual, sporty, thrift store, dressy or ethnic. Up to two outfits per person. Reserve your space at the reception desk or call 240-777-6975. Free.

Margaret Schweinhaut Senior Center

Mother's Day Tea

Friday, May 8, 2020, 1-2 p.m.

Please join us to celebrate moms with a special afternoon tea. Light refreshments will be served while listening to music written and performed by Li-Ly Chang. Pre-registration required as space is limited. \$5.

North Potomac Senior Center

Celebrating Older Americans Month

Friday, May 8, 2020, 2 p.m.

A day honoring those who have paved the way. Free.

White Oak Senior Center

National Senior Health and Fitness Day Wellness Fair

Wednesday, May 27, 2020, 10 a.m. - 2 p.m.

May is Older American's Month. Activities include vendors to help you succeed on your way to wellness, screenings, demonstrations and much more.

Wheaton Senior Center

St. Patrick's Day Celebration

Tuesday, March 17, 2020, 1 p.m.

Join us for music and refreshments as we enjoy this international holiday. Free.



55+ PROGRAMS

MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics with many of the events happening right here in Montgomery County. Events run from May to October. Visit www.mdseniorolympics.com or call 240-777-4930 for 2020 event details and registration information.



55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

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

Bauer Drive CRC

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

Clara Barton NRC

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

Clarksburg Park Activity Building

Wednesday, 11 a.m.-3 p.m.
22501 Wims Road, Clarksburg
240-777-4925

Gwendolyn E. Coffield CRC

Tuesday and Thursday, 10 a.m.-1 p.m.
2450 Lyttonville Road, Silver Spring
240-777-4900

East County CRC * +

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

Germantown CRC*+

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

Jane E. Lawton CRC

Tuesday, Thursday and Friday, 10 a.m.-2:30 p.m.
4301 Willow Lane, Chevy Chase
240-777-6855

Longwood CRC

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

Marilyn J. Praisner CRC+

Tuesday and Thursday, 10 a.m.-2 p.m.
14906 Old Columbia Pike, Burtonsville
240-777-4970

Mid-County CRC*

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

Plum Gar CRC

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

Potomac CRC

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

Ross Boddy NRC

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

Senior Sneaker Exercise Program



Montgomery County Recreation's popular Senior Sneaker program gives adults 55+ access to quality

exercise and weight rooms across the county for a membership fee of just \$50 annually. Members can use the exercise and weight rooms at any of our centers anytime during normal operating hours.

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

55+ PROGRAMS



Senior Sports Activities

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

Open Gym Badminton

Damascus CRC

Th, 6-8 p.m.

Potomac CRC

Sa, 2-5 p.m.

North Potomac CRC

Th, 9 a.m.-noon

Th, 6:15-8:45 p.m.**

Open Gym Basketball

Coffield CRC

Tu, W, Th 9:30 a.m.-noon

Damascus CRC

M, 7:30-8:50 p.m.*

Potomac CRC

M, 8-8:50 p.m.

Su, noon-4:50 p.m.

North Potomac CRC

M, 6:15-8:45 p.m.**

W, 9 a.m.-noon

Wheaton CRC

Tu, 11:30 a.m.-2:30 p.m.

Open Gym Pickleball

Bauer Drive CRC

M, 12:30-2:30 p.m.

F, 10:15 a.m.-12:30 p.m.

(Instructional)

F, 12:30-2:30 p.m. (Advanced)

Beginner/Intermediate)

Clara Barton CRC

M, Noon-1:30 p.m.

Tu, 4:30-6 p.m.**

F, 12:30-2:30 p.m.

Damascus CRC*

Tu, Th, Sa, 10:00 a.m.-Noon

East County CRC*

F, 12:30-2:30 p.m.

Germantown CRC

Su, Noon-2 p.m.

Good Hope NRC

W, 6-9 p.m.

Jane E. Lawton CRC

M, 10 a.m.-Noon

(Beginners/Introduction)

Tu, Noon-12:30 p.m.

W, 6-8:45 p.m. (Subject to Change)

Th, 12:30-2:30 p.m.

F, 10 a.m.-2 p.m.

Long Branch CRC

F, 10 a.m.-1 p.m.

Longwood CRC

Tu, 10 a.m.-Noon **

Th, 12:30-2:30 p.m. **

Mid-County CRC

M, W, Noon-2:30 p.m.

Th 6-8:45 p.m.**

North Potomac CRC

M, 9 a.m.-Noon, 6:15-8:45 p.m.**

Plum Gar CRC

W, 7:15-8:45 p.m.

Potomac CRC

M, 6 -7:50 p.m.

Tu, 10:30 a.m.-2 p.m.**

F, 11:30 a.m.-2 p.m.

Praisner CRC

M, 6:30-8:45 p.m.**

Tu, 11:30 a.m.-Noon*

Ross Boddy NRC

M,W, 12:30-2:30 p.m.

Tu, 6-8:30 p.m.

Schweinhaut SC

M, Noon-1:45 p.m. (Intermediate)

F, 10:30 a.m.-12:30 p.m.

(Beginner)

Wheaton CRC

M, 9-11 a.m.

W,F, 11:30 a.m.-2:30 p.m

White Oak SC

Tu, Friday 6-9 p.m.

Th, 10 a.m.-2:00 p.m.

Open Gym Sports

Damascus SC

During Center Hours

Holiday Park SC

During Center Hours

Longwood CRC

M, Noon-3 p.m.

Tu, 12:30-3 p.m.

Plum Gar CRC

F, 1-2:30 p.m.*

Schweinhaut SC

During Center Hours

Open Gym

Table Tennis

Holiday Park SC

During Center Hours

North Potomac CRC

Tu, 6:15-8:45p.m.**

W, 9:30 a.m.-Noon

Plum Gar CRC

F, 10 a.m.-Noon

Praisner CRC

During Center Hours

Schweinhaut SC

M, Noon -1:45 p.m.

F, 10:30 a.m.-12:30 p.m.

White Oak SC

M- F 9 a.m.- 3 p.m.

Open Gym Volleyball

Bauer Drive CRC

M, W, 10:30 a.m.-12:30 p.m.

Damascus CRC

M, 6:15-7:15 p.m.*

Mid-County CRC

F, noon-2 p.m.

North Potomac CRC

Tu, 9 a.m.-Noon

Tu, 6:15-8:45 p.m.**

Potomac CRC

Su 9:30-11:30 a.m.

Wheaton CRC

Th, 10:30 a.m.-12:30 p.m.

White Oak CRC

M, 10:30 a.m.-1:30 p.m.

Billiards

Damascus SC

During Center Hours

Holiday Park SC

During Center Hours

Praisner CRC

During Center Hours

Schweinhaut SC

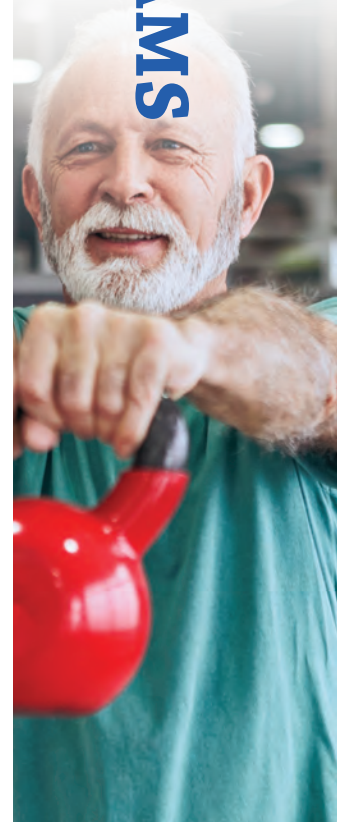
During Center Hours

White Oak SC

9 a.m.- 3 p.m.



55+ PROGRAMS



* Open to all ages **Open to ages 18 & Up



Indoor Walking

Many community and senior centers provide space for indoor walking during inclement weather. Call the center nearest you for additional information.

EXERCISE CLASS HIGHLIGHTS

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

Senior Fit by Holy Cross Health

These free classes help participants improve strength, endurance and flexibility. Participants must have a doctor's permission to participate. Call 301-754-8800 for registration information.

Bauer CRC

M, W, 9:15-10 a.m., 10:15-11 a.m.
F, 9:15-10 a.m.

Coffield CRC

Tu, Th, 10:30-11:15 a.m.

East County CRC

M, W, F, 10:45-11:30 a.m.

Germantown CRC

Tu, 1:45-2:30 p.m.
Th, 11:30 a.m.-12:15 p.m.

Mid-County CRC

M, W, F, 11-11:45 a.m.

Long Branch Senior Center

M, W, Noon-12:45 p.m.

Plum Gar CRC

M, W, 10:30-11:15 a.m.

North Potomac Senior Center

M, W, 1-1:45 p.m.

Praisner CRC

M-F, 9-9:45 a.m.
M, W, F, 10-10:45 a.m.

Ross Boddy NRC

Tu, Th, 9-9:45 a.m.

Schweinhaut Senior Center

M, W, F, 8:30-9:15 a.m., 9:30-10:15 a.m.
Tu, 9-9:45 a.m.
Sa, 9:30-10:15 a.m.

Wheaton Senior Center

Tu, Th, 1-1:45 p.m.

White Oak Senior Center

Tu, Th, 1-1:45 p.m.

Better Bones

Long Branch Senior Center

W, F, 1-2 p.m.

Schweinhaut Senior Center

M, Th, 2-3 p.m.

Suburban Hospital Senior Shape Exercise Programs

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

Weight Training

Margaret Schweinhaut Senior Center

Tu, 10-10:45 a.m.

Holiday Park Senior Center

F, 11-11:45 a.m.

Clara Barton Neighborhood Recreation Center

F, 1-1:45 p.m.

Aerobics/Strength Training/ Stretching

Clara Barton Neighborhood Recreation Center

Tu, Th, 11:30 a.m.-12:15 p.m.

North Potomac Senior Center

F, 9:30-10:15 a.m.

Advanced Aerobics/Strength Training/Stretching

Wisconsin Place CRC

Tu, 10-10:45 a.m.

Potomac CRC

M, 11-11:45 a.m.
W, 9:15-10 a.m.

Stability Ball

Holiday Park Senior Center

M, 9-9:45 a.m.

Margaret Schweinhaut Senior Center

Tu, 11-11:45 a.m.

55+ PROGRAMS



EXERCISE CLASS HIGHLIGHTS

MedStar Montgomery Medical Center

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

Senior Strength & Balance

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

Longwood CRC

Tu, 9 a.m.

W, 10 a.m.

Mid-County CRC

W, 1 p.m.

Tai Chi

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

Longwood CRC

M, 10 a.m.

Mid-County CRC

Tu, 11 a.m.

Ross Boddy NRC

Th, 10 a.m.

Gentle Flow Yoga for Seniors

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

Longwood CRC

Call for dates/times, \$40 for eight sessions

Zumba Gold

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

Longwood CRC

M, W, 9-10 a.m.



55+ Bone Builders

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

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

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

Registration begins February 10 at 8:30 a.m.

Activity	Location	Start	Days	Times
79400	Bauer Drive	3/30	M	11:30 a.m.
79401	Bauer Drive	3/31	Tu	1 p.m.
79402	Clara Barton	3/30	M	2 p.m.
79403	Coffield	3/31	Tu	9:15 a.m.
79404	Damascus CRC	3/30	M	10:30 a.m.
79405	Germantown	3/30	M	1 p.m.
79406	Lawton	3/31	Tu	9:15 a.m.
79407	Longwood	3/30	M	11 a.m.
79408	Longwood	3/30	M	2 p.m.
79409	Mid-County	3/31	Tu	1 p.m.
79410	North Potomac	3/31	Tu	10:45 a.m.
79411	North Potomac	3/31	Tu	Noon
79412	North Potomac	3/30	M	11:45 a.m.
79413	Plum Gar	3/31	Tu	11:30 a.m.
79414	Potomac	3/31	Tu	9 a.m.
79415	Potomac	3/31	Tu	10 a.m.
79416	Potomac	3/30	M	11:15 a.m.
79417	Potomac	3/30	M	3 p.m.
79418	Praisner	3/30	M	11 a.m.
79419	Scotland	4/1	W	2:30 p.m.
79420	Wheaton	3/31	Tu	2 p.m.
79421	White Oak	3/31	Tu	11 a.m.
79422	Wisconsin Place	3/30	M	10 a.m.
79423	Wisconsin Place	3/31	Tu	11:15 a.m.



MONTGOMERY COUNTY RECREATION

SOAR

SENIOR OUTDOOR ADVENTURES IN RECREATION



Day trips are 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 depart from and return to the Olney Manor Recreational Park, 16605 Georgia Ave., Olney. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn onto Emory Lane, take the second left and follow signs for Skate Park and Ballfield #1.

SPRING REGISTRATION BEGINS TUESDAY, FEBRUARY 11, 2020 AT 8:30 A.M.

<u>Activity</u>	<u>Name</u>	<u>Day</u>	<u>Date</u>	<u>Start Time</u>	<u>Cost</u>
75933	Shadowing Md. Senator Kagan-State Capitol, Annapolis, Md.	W	3/18	8 a.m.	\$40
75934	Cherry Blossom Cruise & Lunch, Spirit Cruise Line, DC	Th	4/2	10 a.m.	\$90
75935	Tour of Famous Hillwood Museum & Gardens, DC	W	4/15	8:45 a.m.	\$70
75936	Spies of Washington Tour, with Gary Powers Jr.	W	4/22	8:15 a.m.	\$55
75937	Wyeth Story: Andrew Wyeth, N.C. Wyeth & Brandwine Museum, Pa.	W	4/29	7:15 a.m.	\$93
75938	Wyeth Story: Andrew Wyeth, N.C. Wyeth & Brandwine Museum, Pa.	Th	4/30	7:15 a.m.	\$93
75939	Walking Tour of Historic St. Mary's City, Md.	Th	5/7	7:15 a.m.	\$70
75940	Go Wild And Take A Safari, Halifax, Pa.	W	5/13	7:15 a.m.	\$59
75941	Harriet Tubman Riding Tour, Maryland Eastern Shore	W	5/20	7:15 a.m.	\$77
75942	Harriet Tubman Riding Tour, Maryland Eastern Shore	Th	5/21	7:15 a.m.	\$77
75943	Walking Tour of Pres. Lincoln's Assination, DC	W	5/27	8:15 a.m.	\$40
75944	Annual Sailing Trip, Chesapeake Bay	W	6/3	8:15 a.m.	\$85
75945	Annual Sailing Trip, Chesapeake Bay	W	6/3	12:30 p.m.	\$85
75946	Walking Tour of the Pentagon & Caisson Platoon, Va.	Th	7/30	7:30 a.m.	\$60

FIRST DAY, IN PERSON REGISTRATION ON FEBRUARY 11 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.





Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

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

SPRING REGISTRATION BEGINS TUESDAY, FEBRUARY 11, 2020 AT 8:30 A.M.

Activity	Name	Day	Date	Start Time	Cost
75917	2020 Phildelphia Flower Show-Riviera Holiday, Pa.	Th	3/5	7:30 a.m.	\$89
,75919	Law Enforcement Museum Tour, DC	F	3/13	8:30 a.m.	\$82
75920	Kinky Boots -Toby's Columbia, Md.	S	3/22	9:45 a.m.	\$99
75921	Sweet Rembrances Tea Room and Rosemary House, Pa.	F	3/27	9:30 a.m.	\$82
75922	Sweet Rembrances Tea Room and Rosemary House, Pa.	F	4/3	9:30 a.m.	\$82
75923	"Queen Esther"-New Show at Sight & Sound, Pa.	Sa	4/18	9:30 a.m.	\$149
75924	Kitchen Shoppe Gourmet Lunch, Demo and Shopping, Pa.	F	4/24	9 a.m.	\$84
75925	National Cathedral Flower Mart Festival, DC	Sa	5/2	9 a.m.	\$46
75926	Garden House Tea-Elkridge Furnace Inn	F	5/8	9:30 a.m.	\$89
75927	Tour Maymont & Lewis Ginter Gardens, Va.	F	5/15	7:30 a.m.	\$94
75928	"Livin' In the USA," Dale & Kip Young, Green Grove Gardens, Pa.	Th	5/28	9 a.m.	\$74
75929	"Shear Madness," Kennedy Center, DC	S	6/7	1 p.m.	\$72
75930	Maryland Lavender Festival, Springfield Manor, Md.	Sa	6/13	9:30 a.m.	\$72
75931	Medieval Times, Dinner & Tournament Baltimore, Md.	Sa	6/20	2:45 p.m.	\$79

FIRST DAY, IN PERSON REGISTRATION ON FEBRUARY 11 WILL BE HELD AT THE HOLIDAY PARK SENIOR CENTER FROM 8:30 - 10:30 A.M.



Montgomery County, Maryland Early Voting Centers for 2020

Presidential Primary Election Early Voting
Thursday, April 16, 2020 - Thursday, April 23, 2020
10 a.m. - 8 p.m.

Presidential General Election Early Voting
Thursday, October 22, 2020 - Thursday, October 29, 2020
8 a.m. - 8 p.m.

Activity Center at Bohrer Park
506 South Frederick Ave
Gaithersburg, MD 20877

Damascus
Community Recreation Center
25520 Oak Dr
Damascus, MD 20872

Executive Office Building
101 Monroe St
Rockville, MD 20850

Germantown
Community Recreation Center
18905 Kingsview Rd
Germantown, MD 20874

Jane E. Lawton
Community Recreation Center
4301 Willow Ln
Chevy Chase, MD 20815

Marilyn J. Praisner
Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866

Mid-County
Community Recreation Center
2004 Queensguard Rd
Silver Spring, MD 20906

Potomac
Community Recreation Center
11315 Falls Rd
Potomac, MD 20854

Sandy Spring Volunteer Fire Dept
The Ballroom
17921 Brooke Rd
Sandy Spring, MD 20860

Silver Spring Civic Building
1 Veterans Pl
Silver Spring, MD 20910

Wheaton Library &
Community Recreation Center
11701 Georgia Ave
Wheaton, MD 20902

El Condado de Montgomery, Maryland *Centros para la Votación Anticipada del 2020*

Votación Anticipada para la Elección Presidencial Primaria
jueves, 16 de abril del 2020 al jueves, 23 de abril del 2020
10 a.m. – 8 p.m.

Votación Anticipada para la Elección Presidencial General
jueves, 22 de octubre del 2020 al jueves, 29 de octubre del 2020
8 a.m. – 8 p.m.

List of Early Voting Centers are subject to change.
Please visit 777vote.org for additional information.

RespectFEST

**WHEATON COMMUNITY RECREATION CENTER
MARCH 29, 2020 • 1 - 4 P.M.**

- ★ Learn about healthy and unhealthy relationships
- ★ Learn about resources in the community
- ★ For Middle and High School Students and Parents



 Choose Respect Montgomery

 choose_Respect

 @chooserespectmontgomery

**Activities!
Raffle Prizes!
Earn SSL Hours!**

**ENTER
OUR
VIDEO
CONTEST!**

ENTER BY FEBRUARY 28, 2020

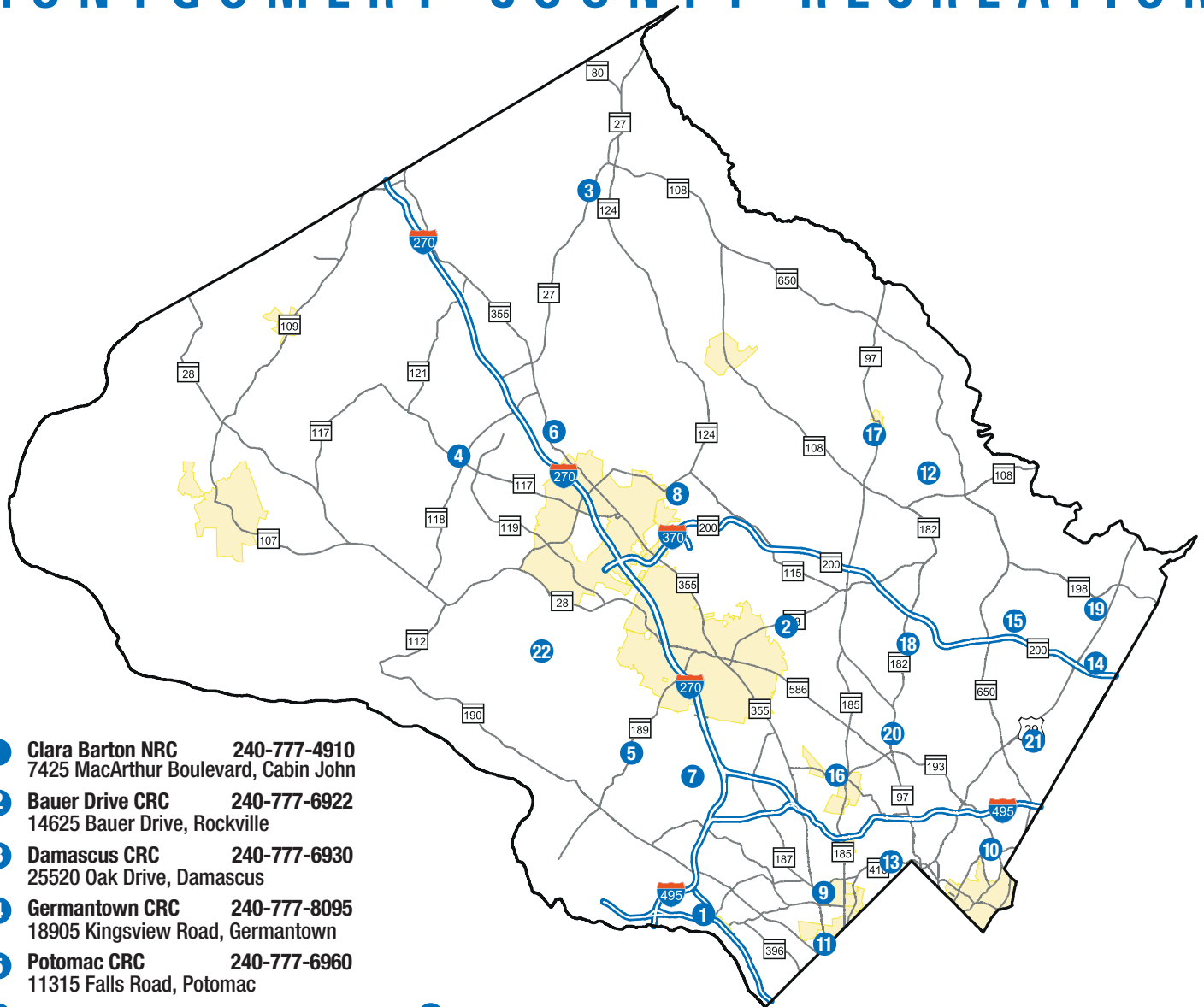
- ▶ Create a 60-second video about dating violence prevention and getting help.
- ▶ English or Spanish entries accepted
- ▶ Winners will be announced at RespectFest

**1st
Place
Wins
\$1000!**





MONTGOMERY COUNTY RECREATION



- 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 NRC** 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** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center** 240-777-8099
4111 Payers 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 CRC** 240-773-4825
11701 Georgia Ave., Wheaton
- 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

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.

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REMINDER

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REMINDER

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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

PROGRAM LOCATIONS

Wheaton Community Recreation Center

55+ FREE Bone Builders	85
ACT The Workout-Fitness	49
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Golf Swing Fundamentals	67
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Handcrafted Pottery Open Studio	35
Jazzmatazz Aerobics W/Pilates Mat	46
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Karate/Jujitsu Adult	56
Kelley's 50+ Complete Workout	48
Kidz Dance	36
Kung Fu / Wushu	58
Learn Now Music: Keys to Piano	43
Men's Wednesday Basketball League	64
Mini Doodlers	32
Mini Musicians, Movers & Shakers	42
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Pickleball Class Serving & Ground Stroke Clinic	69
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FACILITY ADDRESSES

Elementary Schools

Arcola ES..... 1820 Franwall Ave., Silver Spring, 20902
 Bethesda ES 7600 Arlington Road, Bethesda, 20814
 Chevy Chase ES..... 4015 Rosemary St., Chevy Chase, 20815
 DuFief ES..... 15001 DuFief Drive, Gaithersburg, 20878
 Flower Valley ES.....4615 Sunflower Drive, Rockville, 20853
 Glenallan ES.....12520 Heurich Road, Silver Spring, 20902
 Kensington Parkwood ES 34710 Saul Road, Kensington, 20895
 Oakland Terrace ES..... 2720 Plyers Mill Road, Silver Spring, 20902
 Resnik, Judith A. ES..... 7301 Hadley Farms Drive, Gaithersburg, 20879
 Rock View ES..... 3901 Denfeld Ave., Kensington, 20895
 Rolling Terrace ES.....705 Bayfield St., Takoma Park, 20912
 Stedwick ES10631 Stedwick Road, Montgomery Village, 20886
 Travilah ES.....13801 Dufief Mill Road, North Potomac, 20878
 Wayside ES10011 Glen Road, Potomac, 20854

Middle Schools

Clemente, Roberto MS18808 Waring Station Road, Germantown, 20874
 Eastern MS 300 University Blvd., Silver Spring, 20901
 Frost, Robert MS.....9210 Scott Drive, Rockville, 20850
 North Bethesda MS.....8935 Bradmoor Drive, Bethesda, 20817
 Parkland MS.....4610 W Frankfort Drive, Rockville, 20853
 Tilden MS 11211 Old Georgetown Road, Rockville, 20852
 Wood, Earle B. MS.....14615 Bauer Drive, Rockville, 20853

High Schools

Walter Johnson HS 6400 Rock Spring Drive, Bethesda, 20814

Parks

Glenmont LP 3201 Randolph Rd., Wheaton-Glenmont, 20906
 Norbeck-Muncaster Mill NP 4101 Muncaster Mill Road, Rockville, 20853
 Norwood LP 4700 Norwood Drive, Chevy Chase, 20815
 Pilgrim Hills LP 1615 E Randolph Road, Silver Spring, 20904
 Viers Mill LP 4425 Garrett Park Road at Beach Drive, Veirs Mill, 20906

Other Facilities

Avant Garde Ballroom Dance Center 268 Nicholson Lane, Bethesda, 20852
 Dansez! Dansez! Dance Studio 5050-D Nicholson Lane, Bethesda, 20852
 Dobre Gymnastics 9168 Gaither Road, Gaithersburg, 20877
 Kicks Karate - Bethesda..... Glen Echo, 2508, 4701 Sangamore Road, Bethesda, 20816
 Kicks Karate - Clarksburg 12101 Chestnut Branch Way, Clarksburg, 20871
 Kicks Karate - Germantown13020 Middlebrook Road, Germantown, 20874
 Kicks Karate - North Bethesda10400, Old Georgetown Road, Bethesda, 20814
 Kicks Karate - Potomac.....9812 Falls Road, Potomac, 20854
 Kicks Karate - Shady Grove 9737 Traville Gateway Drive, Rockville, 20854
 Kicks Karate Silver Spring 2257 Bel Pre Road, Silver Spring, 20906
 Komodo USA Gaithersburg402 Main St., Gaithersburg, 20878
 Komodo USA Germantown...19727 Executive Park Circle, Germantown, 20874
 Kritt Studio14817 Brownstone Drive, Burtonsville, 20866
 Maryland Table Tennis Center... 18761 N. Frederick Ave., Gaithersburg, 20879
 Regional Services Center-B-CC4805 Edgemoor Lane, Bethesda, 20814
 Restore Motion.....5410 Edson Lane, Rockville, 20852

Recreation Facilities

Bauer Drive CRC.....14625 Bauer Drive, Rockville, 20853
 Clara Barton NRC 7425 MacArthur Blvd., Cabin John, 20818
 Damascus CRC25520 Oak Drive, Damascus, 20872
 East County CRC3310 Gateshead Manor Way, Silver Spring, 20904
 Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874
 Germantown ISC 18000 Central Park Circle, Boyds, 20841
 Good Hope NRC 14715 Good Hope Road, Silver Spring, 20905
 Gwendolyn Coffield CRC..... 2450 Lyttonsville Road, Silver Spring, 20910
 Holiday Park SC3950 Ferrara Drive, Wheaton, 20906
 Jane E. Lawton CRC 4301 Willow Lane, Chevy Chase, 20815
 Kennedy Shriver AC.....5900 Executive Blvd., N.Bethesda, 20814
 Leonard D. Jackson Ken Gar4111 Plyers Mill Road, Kensington, 20895
 Long Branch CRC 8700 Piney Branch Road, Silver Spring, 20901
 Longwood CRC..... 19300 Georgia Ave., Brookeville, 20833
 Marilyn J. Praisner CRC..... 14906 Old Columbia Parkway, Burtonsville, 20866
 Martin Luther King SC 1201 Jackson Road, Silver Spring, 20904
 Mid-County CRC 2004 Queensguard Road, Silver Spring, 20906
 Nancy H. Dacek North Potomac CRC.....13850 Travilah Road, Rockville, 20850
 Olney Swim Center..... 16601 Georgia Ave., Olney, 20832
 Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
 Potomac CRC11315 Falls Road, Potomac, 20854
 Recreation Administrative Office 4010 Randolph Road, Silver Spring 20902
 Ross Boddy NRC.....18529 Brooke Road, Sandy Spring, 20860
 Scotland NRC 7000 Scotland Drive, Potomac, 20854
 Upper County CRC..... 8201 Emory Grove Road, Gaithersburg, 20877
 Wheaton CRC..... 11701 Georgia Ave., Wheaton, 20902
 White Oak CRC..... 1700 April Lane, Silver Spring, 20904
 Wisconsin Place CRC5311 Friendship Blvd., Chevy Chase, 20815

