

MONTGOMERY COUNTY GUIDE

CLASSES. PROGRAMS. ACTIVITIES. EVENTS.



WINTER 2021-2022



MONTGOMERY COUNTY
Recreation



Free
SUMMER
CAMPS FAIR

Save the Date:
Saturday, February 26 • 9 a.m. - Noon

Information on summer camps offered by Montgomery County Recreation
Interactive demos • Raffles & prizes • On-site Registration

Nancy H. Dacek N. Potomac Community Recreation Center
13850 Travilah Road • 240-777-6840
Hablamos Español • WWW.MOCOREC.COM



FREE!

**MONTGOMERY
COUNTY**



Thanks **GIVING** **PARADE**

**SATURDAY, NOVEMBER 20, 2021
10:00 AM**

**Georgia Avenue & Ellsworth Drive
Silver Spring**

Protect your neighbors: Wear a Mask & Maintain 6'



SilverSpringDowntown.com

240.777.0311

In This Guide

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MONTGOMERY COUNTY RECREATION

Welcome to the Winter Guide
 Inside you will find your guide to hundreds of activities and events to help you be healthier and happier.
 Look through the Guide to find out what you will do this winter.



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



**Winter 2021-22
 Registration begins**

Nov. 8, 2021



Programs by Location 62-66
 Facility Addresses 67
 ActiveMontgomery Registration Form.....Last Page

Don't delay! Your next adventure is just five steps away.

1

STEP 1 SET UP



Go to ActiveMontgomery.org and click "Create an Account"

2

STEP 2 ADD YOUR INFO



Add your contact info and all the people you plan to sign-up to your account

3

STEP 3 CREATE A PASSWORD



And click "Create Account"

4

STEP 4 ACTIVATE YOUR ACCOUNT



Check your email and confirm your account

5

STEP 5 SHOP



Add items to your cart and check out!



Aquatics

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

INDOOR POOLS

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

**Eunice Kennedy Shriver &
Sargent Shriver Aquatic
Center (KSAC)**
240-777-8070
5900 Executive Boulevard
N. Bethesda, MD 20852
Closed Feb. 5-6

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

**Germantown
Indoor Swim Center (GISC)**
240-777-6830
18000 Central Park Circle
Boyd, MD 20841
Closed Dec. 9-12
Closed Jan. 14-16
Closed Feb. 9-12
Closed Feb. 17-20

HIRING

**JOIN THE
AQUATICS TEAM**

APPLY NOW

STAY UP-TO-DATE

➔ MOCOREC.COM/POOLS

Get the most current
pool information here.



Aquatics

Water Fitness

Abs & Glutes & More

Ages 12 & Up	8 Sessions			\$56
Instructor: H2O Fitness				
137028	KSAC	1/4	Tu	9-9:50a.m.
137025	KSAC	1/6	Th	9-9:50a.m.
137026	MLK	1/3	M	10-10:50a.m.
137027	MLK	1/5	W	10-10:50a.m.

Aqua Cardio Challenge

Ages 12 & Up	8 Sessions			\$56
Instructor: H2O Fitness				
137031	KSAC	1/6	Th	11-11:50a.m.
137029	MLK	1/4	Tu	8:30-9:20p.m.
137032	MLK	1/7	F	9-9:50a.m.
137030	MLK	1/9	Su	4-4:50p.m.

Aqua Cardio Dance

Ages 12 & Up	8 Sessions			\$56
Instructor: H2O Fitness				
137034	MLK	1/4	Tu	10-10:50a.m.
137035	MLK	1/6	Th	10-10:50a.m.
Instructor: Wellness Network				
137033	OSC	1/9	Su	9:05-9:55a.m.

Aqua Lite

Ages 12 & Up	8 Sessions			\$56
Instructor: Wellness Network				
137039	KSAC	1/3	M	11-11:50a.m.
137040	KSAC	1/5	W	11-11:50a.m.
137036	OSC	1/3	M	10-10:50a.m.
137037	OSC	1/5	W	10-10:50a.m.
137038	OSC	1/7	F	10-10:50a.m.

Aqua Spin

Ages 12 & Up	8 Sessions			\$72
Instructor: H2O Fitness				
140831	GISC	1/4	Tu	8-8:50 a.m.
140832	GISC	1/5	W	7:30-8:20 a.m.
137052	KSAC	1/3	M	8:30-9:20 p.m.
137053	KSAC	1/4	Tu	12:30-1:20 p.m.
137048	KSAC	1/5	W	1-1:50 p.m.
137047	KSAC	1/5	W	8:30-9:20 p.m.
137049	KSAC	1/6	Th	12:30-1:20 p.m.
137051	KSAC	1/7	F	9-9:50 a.m.
137054	KSAC	1/7	F	Noon-12:50 p.m.
137050	KSAC	1/7	F	8-8:50 p.m.
137055	MLK	1/4	Tu	7:30-8:20 a.m.
137042	MLK	1/4	Tu	11-11:50a.m.
137045	MLK	1/5	W	9-9:50 a.m.
137041	MLK	1/6	Th	11-11:50a.m.
137056	MLK	1/6	Th	8:30-9:20 p.m.
137046	MLK	1/7	F	7:30-8:20 a.m.
137043	MLK	1/7	F	7:30-8:20p.m.
137044	MLK	1/8	Sa	7-7:50p.m.

Aqua YO-Lates

Ages 12 & Up	8 Sessions			\$56
Instructor: H2O Fitness				
142120	GISC	1/4	Tu	8-8:50 a.m.
142121	GISC	1/5	W	7:30-8:20 a.m.
142122	GISC	1/6	Th	8-8:50 a.m.
137058	MLK	1/7	F	10-10:50 a.m.



55+ THERAPEUTIC RECREATION SPORTS CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Deep Water Running

Ages 12 & Up 8 Sessions \$56

Instructor: H2O Fitness

137078	KSAC	1/4	Tu	10-10:50 a.m.
137079	KSAC	1/6	Th	10-10:50 a.m.
137080	KSAC	1/7	F	10-10:50 a.m.
137081	MLK	1/3	M	Noon-12:50 p.m.
137082	MLK	1/4	Tu	9-9:50 a.m.
137083	MLK	1/4	Tu	7:30-8:20 p.m.
137088	MLK	1/5	W	Noon-12:50 p.m.
137084	MLK	1/6	Th	7:30-8:20 a.m.
137085	MLK	1/6	Th	7:30-8:20 p.m.
137086	MLK	1/7	F	11-11:50 a.m.

Instructor: Wellness Network

137060	GISC	1/3	M	10-10:50 a.m.
137064	GISC	1/3	M	7:50-8:40 p.m.
137074	GISC	1/4	Tu	10-10:50 a.m.
137061	GISC	1/5	W	10:30-11:20 a.m.
137062	GISC	1/6	Th	10-10:50 a.m.
137075	KSAC	1/4	Tu	7:45-8:35 p.m.
137059	KSAC	1/6	Th	7:30-8:20 p.m.

139290	OSC	1/3	M	Noon-12:50 p.m.
137065	OSC	1/3	M	7:15-8:05 p.m.
137066	OSC	1/4	Tu	8:30-9:20 a.m.
137067	OSC	1/4	Tu	10:30-11:20 a.m.
137077	OSC	1/5	W	6:30-7:20 a.m.
137068	OSC	1/5	W	7:15-8:05 p.m.
137069	OSC	1/6	Th	9-9:50 a.m.
137070	OSC	1/6	Th	11-11:50 a.m.
137071	OSC	1/6	Th	8:15-9:05 p.m.
137072	OSC	1/7	F	6:20-7:10 p.m.
137089	OSC	1/7	F	6:30-7:20 a.m.

Hi/Lo Cardio Fusion

Ages 12 & Up 8 Sessions \$56

Instructor: H2O Fitness

137090	KSAC	1/7	F	11-11:50 a.m.
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Water Aerobics

Ages 12 & Up 6 Sessions \$42

Instructor: Wellness Network

137092	GISC	1/6	Th	7:50-8:40 p.m.
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8 Sessions \$56

137100	GISC	1/5	W	9:30-10:20 a.m.
137093	KSAC	1/3	M	10-10:50 a.m.
137098	KSAC	1/5	W	10-10:50 a.m.
137094	OSC	1/4	Tu	9:30-10:20 a.m.
137095	OSC	1/4	Tu	7:15-8:05 p.m.
137096	OSC	1/6	Th	10-10:50 a.m.
137097	OSC	1/6	Th	7:15-8:05 p.m.

Water Exercise

Ages 12 & Up 8 Sessions \$56

Instructor: H2O Fitness

137105	MLK	1/3	M	9-9:50 a.m.
137106	KSAC	1/4	Tu	11-11:50 a.m.

Instructor: Wellness Network

137103	OSC	1/5	W	9-9:50 a.m.
137104	OSC	1/7	F	9-9:50 a.m.
137102	OSC	1/3	M	9-9:50 a.m.



LIFEGUARD TRAINING

Montgomery County Recreation Aquatics offers American Red Cross courses for potential aquatic professionals. Participants must meet all prerequisites and attend and complete all sessions. Blended learning courses require completion of an online component and in-person sessions.

This course will train you to be certified in American Red Cross Lifeguarding, First Aid, and CPR/AED for Professional Rescuer. Certifications are valid for two years. Attendance is required at all sessions and online component must be completed in order to be certified.

Students must be 15 years old by the last day of the course. Proof of age is required at the first class.

This course includes a pre-course check. The first date listed is the pre-course. You must pass the pre-course to continue.

The pre-course consists of:

1. 300 meter swim (front crawl or breaststroke).
 2. Tread water for 2 minutes using only legs.
 3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 minute, 40 seconds.
- Enrollment in this course does not guarantee certification. Students must pass written and physical exams. Cost for the course is \$135.

BE A HERO

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



LIFEGUARD TRAINING
INFORMATION

Visit mocrecrec.com
for more information about
Lifeguard Training opportunities.

[MORE INFO](#)





Swim Lessons



**Swim Lesson
registration
will begin on**

Nov. 8 at 6:30 a.m.

for residents.

Please note the following:

Parents: in order to assist us in offering a quality program for your child, you may not remain at the class unless it is 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 lessons and no other use of the facility. Participants may enter the locker rooms ten minutes before the start of class.

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

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

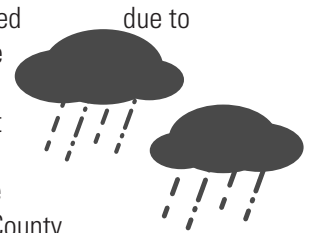
Read course descriptions carefully and select the level at which the student has mastered all prerequisite skills. Review the guidelines for placement in Swim Classes on the following page.

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

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

Aquatics Lesson Weather Policy








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



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



Guidelines for Placement in Swim Classes

<p>Parent-Assisted Lessons</p> <p>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 water-proof pants under their suit if not potty-trained.</p>	<p>Waterbabies (Ages 6-18 months)</p>	<p>Aquatots (Ages 18 months-3)</p> <p>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.</p>	<p>Pre-School (Ages 3-5)</p>	
<p>Level 1</p> <p>Class Requirements: On the first day of class, students must be able to function well in a group setting without parents.</p>	<p>Beginner (Ages 4-6)</p>	<p>Youth (Ages 7-13)</p> <p>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.</p>	<p>Adult (Ages 14+)</p>	
<p>Level 2</p> <p>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.</p>	<p>Beginner (Ages 4-6)</p>	<p>Youth (Ages 7-13)</p> <p>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.</p>	<p>Adult (Ages 14+)</p>	
<p>Level 3</p> <p>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.</p>	<p>Beginner (Ages 4-6)</p>	<p>Youth (Ages 7-13)</p> <p>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.</p>	<p>Adult (Ages 14+)</p>	
<p>Level 4</p> <p>Class Requirements: On the first day of class, students must be able to swim a coordinated front crawl for 15 yards and swim back crawl for 5 yards. Students should be comfortable in deep water.</p>	<p>Beginner (Ages 4-6)</p>	<p>Youth (Ages 7-13)</p> <p>Class Objectives: Students can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting their front crawl, back crawl and treading water.</p>	<p>Adult (Ages 14+)</p>	
<p>Level 5</p> <p>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.</p>		<p>Advanced Youth (Ages 7-13)</p> <p>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.</p>	<p>Adult (Ages 14+)</p>	
<p>Level 6</p> <p>Class Requirements: On the first day of class, students must be proficient in all previous strokes (front crawl, back crawl and breaststroke).</p>		<p>Advanced Youth (Ages 7-13)</p> <p>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.</p>	<p>Adult (Ages 14+)</p>	



55+

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Aquatots

Ages 1 1/2-3 6 Sessions \$58

Germantown Indoor Swim Center

138997	1/8	Sa	11:45am-12:15p.m.
139001	1/8	Sa	12:25-12:55 p.m.
139020	1/9	Su	10:35-11:05 a.m.
139048	1/12	W	6:10-6:40 p.m.

Kennedy Shriver Aquatic Center

138442	1/8	Sa	9-9:30 a.m.
138466	1/8	Sa	12:20-12:50 p.m.
138474	1/9	Su	9-9:30 a.m.
138486	1/9	Su	11-11:30 a.m.
138511	1/11	Tu	9:30-10 a.m.
138528	1/12	W	6:10-6:40 p.m.
138537	1/13	Th	5:30-6 p.m.

Martin Luther King Jr. Swim Center

138827	1/2	Su	11:20-11:50 a.m.
138825	1/3	M	5:50-6:20 p.m.
138826	1/5	W	5:10-5:40 p.m.

Olney Swim Center

138888	1/9	Su	8:30-9 a.m.
138966	1/8	Sa	9:50-10:20 a.m.
138267	1/9	Su	9:50-10:20 a.m.
138268	1/11	Tu	6-6:30 p.m.



Parent-Assisted Lessons

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

Pre-School

Ages 3-4 6 Sessions \$58

Germantown Indoor Swim Center

138994	1/8	Sa	11:05-11:35 a.m.
139007	1/8	Sa	1:05-1:35 p.m.
139017	1/9	Su	9:55-10:25 a.m.
139028	1/9	Su	11:15-11:45 a.m.
139046	1/12	W	5:30-6 p.m.

Martin Luther King Jr. Swim Center

138855	1/2	Su	Noon-12:30 p.m.
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Ages 3-5

Kennedy Shriver Aquatic Center

138472	1/8	Sa	1-1:30 p.m.
138502	1/9	Su	1-1:30 p.m.
138513	1/11	Tu	10:30-11 a.m.
138514	1/11	Tu	3:30-4 p.m.
138520	1/11	Tu	6:10-6:40 p.m.
138531	1/13	Th	9:30-10 a.m.

Martin Luther King Jr. Swim Center

138853	1/3	M	6:30-7 p.m.
138854	1/5	W	6:30-7 p.m.

Olney Swim Center

138970	1/8	Sa	9:10-9:40 a.m.
138270	1/11	Tu	6:40-7:10 p.m.
138271	1/13	Th	6-6:30 p.m.



Waterbabies

Ages 6 mos-1^{1/2} 6 Sessions \$58

Germantown Indoor Swim Center

138990	1/8	Sa	10:25-10:55 a.m.
139014	1/9	Su	9:15-9:45 a.m.

Kennedy Shriver Aquatic Center

138452	1/8	Sa	10:20-10:50 a.m.
138494	1/9	Su	11:40am-12:10p.m.
138512	1/11	Tu	10-10:30 a.m.

Martin Luther King Jr. Swim Center

138856	1/2	Su	10-10:30 a.m.
138857	1/2	Su	10:40-11:10 a.m.

Olney Swim Center

138971	1/8	Sa	12:30-1 p.m.
138264	1/9	Su	10:30-11 a.m.
138265	1/11	Tu	5:20-5:50 p.m.



55+

THERAPEUTIC
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COACHES NEEDED

The Rockville-Montgomery Swim Club is looking to hire swim coaches for all four of its Montgomery County, Maryland sites.

Compensation begins at \$17/hr. depending on experience and up to 15 hours a week available, depending on the site.



CLICK THIS AD TO APPLY.





55 +

THERAPEUTIC RECREATION

SPORTS

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Beginner Swim Lessons

Beginner 1

Ages 4-6 6 Sessions \$67

Germantown Indoor Swim Center

138987	1/8	Sa	10:25-10:55 a.m.
138992	1/8	Sa	11:05-11:35 a.m.
138998	1/8	Sa	11:45 a.m.-12:15 p.m.
139012	1/9	Su	9:15-9:45 a.m.
139016	1/9	Su	9:55-10:25 a.m.
139021	1/9	Su	10:35-11:05 a.m.
139026	1/9	Su	11:15-11:45 a.m.
139031	1/10	M	5:30-6 p.m.
139036	1/11	Tu,Th	5-5:30 p.m.
139039	1/11	Tu,Th	5:40-6:10 p.m.
139042	1/11	Tu,Th	6:20-6:50 p.m.
139045	1/12	W	5:30-6 p.m.
139051	2/8	Tu,Th	5-5:30 p.m.
139054	2/8	Tu,Th	5:40-6:10 p.m.
139057	2/8	Tu,Th	6:20-6:50 p.m.

Kennedy Shriver Aquatic Center

138446	1/8	Sa	9:40-10:10 a.m.
138470	1/8	Sa	1-1:30 p.m.
138475	1/9	Su	9-9:30 a.m.
138482	1/9	Su	10:20-10:50 a.m.
138500	1/9	Su	1-1:30 p.m.
138508	1/10	M	6:10-6:40 p.m.
138516	1/11	Tu	4:50-5:20 p.m.
138519	1/11	Tu	6:10-6:40 p.m.
138533	1/13	Th	10:30-11 a.m.
138534	1/13	Th	3:30-4 p.m.
138538	1/13	Th	5:30-6 p.m.



Martin Luther King Jr. Swim Center

138835	1/2	Su	10-10:30 a.m.
138836	1/2	Su	10:40-11:10 a.m.
138837	1/2	Su	11:20-11:50 a.m.
138828	1/3	M	5:10-5:40 p.m.
138956	1/3	M	5:50-6:20 p.m.
138829	1/4	Tu	5:30-6 p.m.
138830	1/4	Tu	6:10-6:40 p.m.
138831	1/5	W	5:50-6:20 p.m.
138832	1/5	W	6:30-7 p.m.
138833	1/6	Th	5:30-6 p.m.
138834	1/6	Th	6:50-7:20 p.m.
138838	1/6	Th	7:30-8 p.m.

Olney Swim Center

138976	1/8	Sa	11:10-11:40 a.m.
138967	1/8	Sa	11:50 a.m.-12:20 p.m.
138277	1/9	Su	9:10-9:40 a.m.
138278	1/9	Su	10:30-11 a.m.
138279	1/9	Su	11:10-11:40 a.m.
138280	1/10	M	5:40-6:10 p.m.
138281	1/10	M	6:20-6:50 p.m.
138282	1/11	Tu	5:20-5:50 p.m.
138283	1/12	W	5:40-6:10 p.m.
138284	1/12	W	6:20-6:50 p.m.
138285	1/13	Th	6-6:30 p.m.
138286	1/13	Th	6:40-7:10 p.m.

Beginner 2

Ages 4-6 6 Sessions \$65

Germantown Indoor Swim Center

138983	1/8	Sa	9:45-10:15 a.m.
138988	1/8	Sa	10:25-10:55 a.m.
138999	1/8	Sa	11:45 a.m.-12:15 p.m.
139003	1/8	Sa	12:25-12:55 p.m.
139013	1/9	Su	9:15-9:45 a.m.
139027	1/9	Su	11:15-11:45 a.m.
139034	1/10	M	6:10-6:40 p.m.
139037	1/11	Tu,Th	5-5:30 p.m.
139040	1/11	Tu,Th	5:40-6:10 p.m.
139043	1/11	Tu,Th	6:20-6:50 p.m.
139049	1/12	W	6:10-6:40 p.m.
139052	2/8	Tu,Th	5-5:30 p.m.
139055	2/8	Tu,Th	5:40-6:10 p.m.
139058	2/8	Tu,Th	6:20-6:50 p.m.



Kennedy Shriver Aquatic Center

138443	1/8	Sa	9-9:30 a.m.
138461	1/8	Sa	11:40am-12:10pm.
138477	1/9	Su	9:40-10:10 a.m.
138497	1/9	Su	12:20-12:50 p.m.
138506	1/10	M	5:30-6 p.m.
138517	1/11	Tu	5:30-6 p.m.
138526	1/12	W	5:30-6 p.m.
138535	1/13	Th	4:10-4:40 p.m.

Martin Luther King Jr. Swim Center

138845	1/2	Su	Noon-12:30 p.m.
138839	1/3	M	5:10-5:40 p.m.
138841	1/3	M	6:30-7 p.m.
138842	1/4	Tu	5:30-6 p.m.
138843	1/5	W	5:50-6:20 p.m.
138844	1/6	Th	6:10-6:40 p.m.
138847	1/6	Th	7:30-8 p.m.

Olney Swim Center

138968	1/8	Sa	11:50am-12:20pm.
138969	1/8	Sa	12:30-1 p.m.
138292	1/9	Su	9:10-9:40 a.m.
138293	1/9	Su	9:50-10:20 a.m.
138294	1/9	Su	10:30-11 a.m.
138295	1/9	Su	11:10-11:40 a.m.
138296	1/10	M	6:20-6:50 p.m.
138297	1/11	Tu	6-6:30 p.m.
138298	1/11	Tu	6:40-7:10 p.m.
138299	1/12	W	5:40-6:10 p.m.
138300	1/12	W	7-7:30 p.m.
138301	1/13	Th	5:20-5:50 p.m.

Beginner 3

Ages 4-6 6 Sessions \$65

Germantown Indoor Swim Center

138984	1/8	Sa	9:45-10:15 a.m.
138989	1/8	Sa	10:25-10:55 a.m.
139022	1/9	Su	10:35-11:05 a.m.
139032	1/10	M	5:30-6 p.m.
139038	1/11	Tu,Th	5-5:30 p.m.
139041	1/11	Tu,Th	5:40-6:10 p.m.
139053	2/8	Tu,Th	5-5:30 p.m.
139056	2/8	Tu,Th	5:40-6:10 p.m.

Kennedy Shriver Aquatic Center

138444	1/8	Sa	9-9:30 a.m.
138456	1/8	Sa	11-11:30 a.m.
138462	1/8	Sa	11:40am-12:10pm.
138471	1/8	Sa	1-1:30 p.m.
138476	1/9	Su	9-9:30 a.m.
138478	1/9	Su	9:40-10:10 a.m.
138515	1/11	Tu	4:10-4:40 p.m.
138527	1/12	W	5:30-6 p.m.
138536	1/13	Th	4:50-5:20 p.m.
138539	1/13	Th	6:10-6:40 p.m.

Martin Luther King Jr. Swim Center

138850	1/2	Su	11:20-11:50 a.m.
138848	1/4	Tu	6:50-7:20 p.m.
138849	1/5	W	5:10-5:40 p.m.

Olney Swim Center

138977	1/8	Sa	9:50-10:20 a.m.
138303	1/10	M	7-7:30 p.m.
139119	1/12	W	7-7:30 p.m.

Beginner 4

Ages 4-6 6 Sessions \$65

Germantown Indoor Swim Center

138993	1/8	Sa	11:05-11:35 a.m.
139023	1/9	Su	10:35-11:05 a.m.

Kennedy Shriver Aquatic Center

138468	1/8	Sa	12:20-12:50 p.m.
138483	1/9	Su	10:20-10:50 a.m.
138501	1/9	Su	1-1:30 p.m.
138507	1/10	M	5:30-6 p.m.
138540	1/13	Th	6:10-6:40 p.m.

Martin Luther King Jr. Swim Center

138852	1/2	Su	10-10:30 a.m.
138851	1/6	Th	6:50-7:20 p.m.



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Youth Swim Lessons

Youth Level 1

Ages 7-13 6 Sessions \$60

Germantown Indoor Swim Center

138985	1/8	Sa	9:45-10:15 a.m.
139008	1/8	Sa	1:05-1:35 p.m.
139018	1/9	Su	9:55-10:25 a.m.
139035	1/10	M	6:10-6:40 p.m.
139044	1/11	Tu,Th	6:20-6:50 p.m.
139059	2/8	Tu,Th	6:20-6:50 p.m.

Kennedy Shriver Aquatic Center

138453	1/8	Sa	10:20-10:50 a.m.
138480	1/9	Su	9:40-10:10 a.m.
138509	1/10	M	6:10-6:40 p.m.
138882	1/13	Th	10-10:30 a.m.

Martin Luther King Jr. Swim Center

138860	1/2	Su	10-10:30 a.m.
138862	1/2	Su	11:20-11:50 a.m.
138858	1/4	Tu	6:50-7:20 p.m.
138861	1/4	Tu	7:30-8 p.m.
138859	1/6	Th	6:10-6:40 p.m.

Olney Swim Center

138920	1/9	Su	8:30-9 a.m.
138306	1/10	M	5:40-6:10 p.m.
138307	1/12	W	6:20-6:50 p.m.
138308	1/13	Th	5:20-5:50 p.m.

Youth Level 2

Ages 7-13 6 Sessions \$60

Germantown Indoor Swim Center

139004	1/8	Sa	12:25-12:55 p.m.
139009	1/8	Sa	1:05-1:35 p.m.
139029	1/9	Su	11:15-11:45 a.m.
139047	1/12	W	5:30-6 p.m.

Kennedy Shriver Aquatic Center

138469	1/8	Sa	12:20-12:50 p.m.
138495	1/9	Su	11:40am-12:10pm.
138498	1/9	Su	12:20-12:50 p.m.
138518	1/11	Tu	5:30-6 p.m.

Martin Luther King Jr. Swim Center

138864	1/2	Su	11:20-11:50 a.m.
138865	1/2	Su	Noon-12:30 p.m.
138863	1/4	Tu	6:10-6:40 p.m.
138866	1/6	Th	5:30-6 p.m.
138867	1/6	Th	8:20-8:50 p.m.

6 Sessions \$60

Olney Swim Center

138972	1/8	Sa	9:10-9:40 a.m.
138973	1/8	Sa	10:30-11 a.m.
138311	1/9	Su	9:10-9:40 a.m.
138312	1/10	M	7-7:30 p.m.
138313	1/13	Th	6:40-7:10 p.m.



THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Level 3

Ages 7-13 6 Sessions \$58

Germantown Indoor Swim Center

138995	1/8	Sa	11:05-11:35 a.m.
139010	1/8	Sa	1:05-1:35 p.m.
139024	1/9	Su	10:35-11:05 a.m.
139050	1/12	W	6:10-6:40 p.m.

Kennedy Shriver Aquatic Center

138448	1/8	Sa	9:40-10:10 a.m.
138459	1/8	Sa	11-11:30 a.m.
138485	1/9	Su	10:20-10:50 a.m.
138489	1/9	Su	11-11:30 a.m.

Martin Luther King Jr. Swim Center

138870	1/2	Su	10-10:30 a.m.
138869	1/2	Su	10:40-11:10 a.m.
138868	1/6	Th	8:20-8:50 p.m.

6 Sessions \$58

Olney Swim Center

138314	1/9	Su	9:50-10:20 a.m.
138315	1/13	Th	7:20-7:50 p.m.

Youth Level 4

Ages 7-13 6 Sessions \$58

Germantown Indoor Swim Center

139000	1/8	Sa	11:45am-12:15pm.
139005	1/8	Sa	12:25-12:55 p.m.
139019	1/9	Su	9:55-10:25 a.m.

Kennedy Shriver Aquatic Center

138465	1/8	Sa	11:40 a.m.-12:10 p.m.
138499	1/9	Su	12:20-12:50 p.m.

Martin Luther King Jr. Swim Center

138871	1/2	Su	10:40-11:10 a.m.
138872	1/2	Su	Noon-12:30 p.m.

6 Sessions \$58

Olney Swim Center

138974	1/8	Sa	10:30-11 a.m.
138317	1/9	Su	11:10-11:40 a.m.

Youth Advanced Lessons

Ages 7-13 9 Sessions \$77

Instructor: Montgomery Stroke And Turn Clinic

Martin Luther King Jr. Swim Center

138652	1/2	Su	11:30am-12:10pm.
138653	1/2	Su	12:10-12:50 p.m.
138654	1/6	Th	7:30-8:10 p.m.

Olney Swim Center

138649	1/9	Su	11:30am-12:10pm.
138650	1/9	Su	12:10-12:50 p.m.
138651	1/11	Tu	7:20-8 p.m.



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THERAPEUTIC
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Adult Swim Lessons

Adult Level 1

Ages 14 & Up 6 Sessions \$67

Germantown Indoor Swim Center

138991	1/8	Sa	11:05-11:35 a.m.
139015	1/9	Su	9:55-10:25 a.m.
139030	1/10	M	5:30-6 p.m.

Kennedy Shriver Aquatic Center

138455	1/8	Sa	11-11:30 a.m.
138481	1/9	Su	10:20-10:50 a.m.
138541	1/13	Th	8:30-9 p.m.

Martin Luther King Jr. Swim Center

138822	1/2	Su	Noon-12:30 p.m.
138821	1/6	Th	9-9:30 p.m.

Olney Swim Center

138928	1/11	Tu	7:20-7:50 p.m.
138319	1/13	Th	7:20-7:50 p.m.

Adult Level 2

Ages 14 & Up 6 Sessions \$65

Germantown Indoor Swim Center

138986	1/8	Sa	10:25-10:55 a.m.
139011	1/9	Su	9:15-9:45 a.m.
139033	1/10	M	6:10-6:40 p.m.

Kennedy Shriver Aquatic Center

138450	1/8	Sa	10:20-10:50 a.m.
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Martin Luther King Jr. Swim Center

138823	1/2	Su	10:40-11:10 a.m.
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Olney Swim Center

138975	1/8	Sa	11:10-11:40 a.m.
138320	1/11	Tu	8-8:30 p.m.

Adult Level 3

Ages 14 & Up 6 Sessions \$65

Germantown Indoor Swim Center

138981	1/8	Sa	9:45-10:15 a.m.
139025	1/9	Su	11:15-11:45 a.m.

Kennedy Shriver Aquatic Center

138445	1/8	Sa	9:40-10:10 a.m.
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Martin Luther King Jr. Swim Center

138955	1/4	Tu	7:30-8 p.m.
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Adult Level 4

Ages 14 & Up 6 Sessions \$65

Kennedy Shriver Aquatic Center

138491	1/9	Su	11:40am-12:10p.m.
138521	1/11	Tu	8:30-9 p.m.

Martin Luther King Jr. Swim Center

138824	1/6	Th	9-9:30 p.m.
138996	1/8	Sa	11:45am-12:15pm

Adult Level 5

Ages 14 & Up 6 Sessions \$65

Kennedy Shriver Aquatic Center

138530	1/12	W	8:30-9 p.m.
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Adult Swim for Conditioning

Ages 14 & Up 6 Sessions \$65

Kennedy Shriver Aquatic Center

138510	1/10	M	8:30-9 p.m.
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CLASSES

AQUATICS



Scuba Classes

Scuba

Ages 14 & Up 8 Sessions \$265

Instructor: Joseph M. Lodmell

138648 MLK 2/2 W 7-10 p.m.

Instructor: Scott Hagedorn

138647 OSC 2/21 M 7-10 p.m.

138646 GISC 2/22 Tu 7-10 p.m.

Therapeutic Leisure Skills

Adapted Aquatics Lesson: Volunteer Assisted

Ages 4-17 6 Sessions \$65

138449 KSAC 1/8 Sa 9:45-10:15 a.m.

138454 KSAC 1/8 Sa 10:35-11:05 a.m.

Therapeutic Recreation Programs

Adapted Aquatics Swim Clinic

Ages 14 & Up 8 Sessions \$90

138460 KSAC 1/8 Sa 11:15am-12:15pm.

138547 KSAC 1/8 Sa 12:30-1:30 p.m.

Water Fitness

TR Adult Social Swim

Ages 18 & Up 8 Sessions \$40

138225 MLK 1/11 Tu 7:45-8:45 p.m.

138226 GISC 1/12 W 8:30-9:30 p.m.

138227 OSC 1/14 F 7:15-8 p.m.

138228 OSC 1/14 F 8:15-9 p.m.

**BUT WAIT...
THERE'S MORE!**

For
Therapeutic Recreation
programs available

View more on

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MASTER'S SWIMMING

WINTER SCHEDULE



2021-22

Germantown Indoor Swim Center

M: 6:30-7:30 a.m.

W: 6:30-7:30 a.m.

F: 6:30-7:30 a.m.

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

Kennedy Swim Aquatic Center

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

Fri: 7:45-9 p.m.

Su: 8-10 a.m.

MLK Indoor Swim Center

M: 8:30-10 p.m.

W: 8:30-10 p.m.

Olney Swim Center

Tu: 8:30-10 p.m.

Th: 8:30-10 p.m.

Sa: 7:30-9 a.m.

Register on
ActiveMontgomery.org



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Therapeutic
Recreation

Sports

Classes

Aquatics



ARTS & CRAFTS

Drawing

Abrakadoodle Anime

Ages 6-12 10 Sessions \$130
Instructor: Stephanie Burke
138237 Virtual Class 1/15 Sa 10-10:45 a.m.

Abrakadoodle Artist Like Me!

Ages 3-5 10 Sessions \$160
Instructor: Abrakadoodle
139061 Wheaton CRC 1/15 Sa 11:30am-12:15pm.

Abrakadoodle Cartoon Creations

Ages 6-16 8 Sessions \$104
Instructor: Nancy Delasos
138432 Virtual Class 1/10 M 4:30-5:30 p.m.

Abrakadoodle Pets & Puppies

Ages 2-5 10 Sessions \$160
Instructor: Abrakadoodle
139060 Mid-County CRC 1/12 W 11:15 a.m.-Noon

Abrakadoodle We Art Up Up and Away

Ages 6-12 8 Sessions \$134
Instructor: Stephanie Burke
138236 Wheaton CRC 1/15 Sa 1-1:45 p.m.

Adventures in Art

Ages 5-10 8 Sessions \$88
Instructor: Tatiana Martin
138242 Bauer Drive CRC 1/15 Sa 10:30-11:30 a.m.

Art Studio

Ages 10-16 8 Sessions \$88
Instructor: Tatiana Martin
138243 Bauer Drive CRC 1/15 Sa Noon-1 p.m.

Beginner Right-Brained Drawing

Ages 14 & Up 8 Sessions \$132
Instructor: Yolanda Prinsloo
138774 Potomac CRC 1/10 M 5:45-7:15 p.m.

Draw and Clay

Ages 4-9 6 Sessions \$115
Instructor: Yolanda Prinsloo
138775 Gemantown CRC 1/18 Tu 5:30-6:30 p.m.
138777 Bauer Drive CRC 1/19 W 5:45-6:45 p.m.

Elementary Drawing with Young Rembrandts

Ages 5-12 8 Sessions \$120
Instructor: Art Box
138626 Gemantown CRC 1/19 W 6-7 p.m.
138624 Glenallan ES 1/24 M 6-7 p.m.

Learning Art from the Masters

Ages 9-15 6 Sessions \$115
Instructor: Yolanda Prinsloo
138776 Gemantown CRC 1/18 Tu 6:45-7:45 p.m.

Fine Arts

Oil or Acrylic Painting: Open Studio

Ages 18 & Up 8 Sessions \$96
Instructor: Karen Helfert
138321 Lawton CRC 1/10 M 1-4 p.m.

Pottery/Ceramics

Ceramics Introductory Wheel

Ages 16 & Up 8 Sessions \$275
Instructor: Robin Ziek
138676 Ross Boddy CRC 1/15 Sa 10 a.m.-1 p.m.

Ages 18 & Up 8 Sessions \$230

Instructor: Joan Vander Walde
138717 Wheaton CRC 1/10 M 9:30am-12:30p.m.

8 Sessions \$240
Instructor: Valerie Haber
138682 N. Potomac CRC 1/12 W 2-5 p.m.



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AQUATICS



Handcrafted Pottery

Ages 17 & Up 8 Sessions \$230

Instructor: Kiyoung Nam
138671 White Oak CRC 1/12 W 6-9 p.m.

8 Sessions \$275

Instructor: Susan Mapp
138257 Ross Boddy CRC 1/12 W 10:30am-1:30p.m.
138258 Ross Boddy CRC 1/13 Th 6-9 p.m.

Ages 18 & Up 8 Sessions \$227

Instructor: Margaret Dickerson
138635 Wheaton CRC 1/10 M 6-9 p.m.

10 Sessions \$277

Instructor: Margaret Dickerson
138633 Wheaton CRC 1/11 Tu 6-9 p.m.

Handcrafted Pottery Open Studio

Ages 18 & Up 8 Sessions \$230

Instructor: Kiyoung Nam
138672 White Oak CRC 1/11 Tu 10 a.m.-1 p.m.

8 Sessions \$240

Instructor: Valerie Haber
139332 N. Potomac CRC 1/13 Th 6-9 p.m.

9 Sessions \$265

138681 N. Potomac CRC 1/11 Tu 6-9 p.m.

10 Sessions \$277

Instructor: Joan Vander Walde
138726 Wheaton CRC 1/11 Tu 9:30am-12:30pm.

Instructor: Margaret Dickerson
138636 Wheaton CRC 1/13 Th 9:30am-12:30pm.

Kids N Clay

Ages 12-15 8 Sessions \$180

Instructor: Margaret Dickerson
138637 Wheaton CRC 1/13 Th 5-6 p.m.



CPR & FIRST AID

CPR, First Aid and AED

Ages 13 & Up 1 Session \$89

Instructor: Life Rescue Training
138383 Bauer Drive CRC 1/29 Sa 10:30 a.m.-2:30 p.m.
138385 Bauer Drive CRC 2/19 Sa 10:30 a.m.-2:30 p.m.
138384 Potomac CRC 2/26 Sa 10:30 a.m.-2:30 p.m.



REMINDER

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

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THERAPEUTIC
RECREATION

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CLASSES

AQUATICS



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DANCE

Ballet 1

Ages 5-8 8 Sessions \$96
Instructor: Judy Schonberger
138545 N. Potomac CRC 1/12 W 4:45-5:30 p.m.

Creative Combo Dance I

Ages 8-12 8 Sessions \$80
Instructor: Valarie Davis
138557 Wheaton CRC 1/13 Th 4:30-5:30 p.m.

Fairy Tale Ballet

Ages 3-4 10 Sessions \$255
Instructor: Jennifer Ferrigno
138818 Wheaton CRC 1/8 Sa 11:45am-12:30pm.

Ages 3-5 10 Sessions \$255
Instructor: Jennifer Ferrigno
138816 Wheaton CRC 1/8 Sa 10-10:45 a.m.

Ages 4-5 10 Sessions \$255
Instructor: Jennifer Ferrigno
138817 Wheaton CRC 1/8 Sa 10:50-11:35 a.m.

Intro to Ballet

Ages 3-4 8 Sessions \$96
Instructor: Judy Schonberger
138549 N. Potomac CRC 1/12 W 4-4:45 p.m.

Jazzmatazz Pre Ballet

Ages 5-8 10 Sessions \$100
Instructor: Betsy Saunders
138900 Rolling Terrace ES 1/8 Sa 11:15 a.m.-Noon

Tippi Jam (Ballet, Tap, Jazz)

Ages 3-5 9 Sessions \$145
Instructor: Tippi Toes DC
138683 N. Potomac CRC 1/15 Sa 10:30-11:15 a.m.



Ballroom

Ballroom I (Couples)

Ages 16 & Up 8 Sessions \$88
Instructor: Rebecca McKinney
138550 Lawton CRC 1/10 M 7-8 p.m.

Instructor: Ann Basso
138238 Wheaton CRC 1/20 Th 7-8 p.m.

Ballroom II (Couples)

Ages 16 & Up 8 Sessions \$88
Instructor: Rebecca McKinney
138551 Lawton CRC 1/10 M 8-9 p.m.

9 Sessions \$99
138552 Lawton CRC 1/13 Th 7-8 p.m.

8 Sessions \$88
Instructor: Ann Basso
138239 Wheaton CRC 1/20 Th 8-9 p.m.



Hip Hop

Pop Stars

Ages 6-10 8 Sessions \$120
 Instructor: Tippi Toes DC
 138711 N. Potomac CRC 1/15 Sa 11:30am-12:15pm.

Hula

Intro to Hula Dance

Ages 14 & Up 8 Sessions \$80
 Instructor: Dawn Felsen
 138241 Wheaton CRC 1/19 W 8-9 p.m.

Line Dance

Urban Line Dance

Ages 17 & Up 8 Sessions \$72
 Instructor: Peytrienne McCormick
 138714 Wheaton CRC 1/18 Tu 6-7 p.m.
 138715 Good Hope NRC 1/19 W 6-7 p.m.

Bollywood

Bollywood Dance Fitness

Ages 14 & Up 7 Sessions \$95
 Instructor: Kumud Mathur
 138324 Potomac CRC 1/18 Tu 7:15-8 p.m.

Bollywood Dance for Toddlers

Ages 2-5 7 Sessions \$105
 Instructor: Kumud Mathur
 138643 Potomac CRC 1/18 Tu 5:15-6 p.m.

Bollywood Kids

Ages 8-13 7 Sessions \$95
 Instructor: Kumud Mathur
 138323 Potomac CRC 1/18 Tu 6:15-7 p.m.



Playtime & Movement

Jazzmatazz Preschool Dance

Ages 3-4 10 Sessions \$120
 Instructor: Betsy Saunders
 138819 Rolling Terrace ES 1/8 Sa 10:15-11 a.m.

Toddler and Me Dance

Ages 1^{1/2}-3 9 Sessions \$145
 Instructor: Tippi Toes DC
 138684 N. Potomac CRC 1/15 Sa 9:30-10:15 a.m.

Swing

Salsa (couples)

Ages 16 & Up 9 Sessions \$90
 Instructor: Rebecca McKinney
 138553 Lawton CRC 1/13 Th 8-9 p.m.



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FITNESS

Aerobic Exercise

Jazzmatazz Low-Impact Aerobics

Ages 40 & Up 10 Sessions \$80

Instructor: Betsy Saunders

138380 Bauer Drive CRC 1/11 Tu 9:30-10:30 a.m.

138381 Bauer Drive CRC 1/13 Th 9:30-10:30 a.m.

Pilates

Jazzmatazz Aerobics W/Pilates Mat

Ages 18 & Up 10 Sessions \$80

Instructor: Betsy Saunders

138379 Wheaton CRC 1/11 Tu 7:15-8:15 p.m.

138378 Wheaton CRC 1/13 Th 7:15-8:15 p.m.

Pilates for Fitness

Ages 18 & Up 8 Sessions \$80

Instructor: Fit 2 Believe

137207 Bauer Drive CRC 1/10 M 7-8 p.m.

10 Sessions \$100

*137208 Bauer Drive CRC 1/13 Th 7-8 p.m.

Virtual Class

*137206 Lawton CRC 1/15 Sa 10-11 a.m.

Virtual Class

Playtime & Movement

Funfit Tots

Ages 11 mos-2 8 Sessions \$130

Instructor: Funfit Foundation

138395 Tilden Woods LP 1/22 Sa 9:30-10:15 a.m.

Ages 3-4

138397 Tilden Woods LP 1/22 Sa 11-11:45 a.m.

Funfit Tots Family Class

Ages 1-4 8 Sessions \$130

Instructor: Funfit Foundation

138813 Germantown CRC 1/10 M 10-10:45 a.m.

Ages 1^{1/2}-4

138396 Tilden Woods LP 1/22 Sa 10:15-11 a.m.

Strength Training

Definition Body Sculpting

Ages 16 & Up 20 Sessions \$200

Instructor: Juliet Rodman

136912 Clara Barton NRC 1/11 Tu,Th 9-10 a.m.



Virtual Classes

Now Available

Prefer to stay home?
Register for a virtual class. Instructions and links will be provided after registration.

**Program is held in-person by instructor with the option to participate via Zoom.*



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THERAPEUTIC
RECREATION

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AQUATICS



Total Body Conditioning

ACT The Workout-Fitness

Ages 18 & Up 8 Sessions \$64

Instructor: Marie Castellucci

136887 Bauer Drive CRC 1/10 M 5-6 p.m.

136891 Praisner CRC 1/10 M 7-8 p.m.

10 Sessions \$80

136888 Potomac CRC 1/11 Tu 7-8 p.m.

136893 Wheaton CRC 1/11 Tu 6-7 p.m.

136889 Bauer Drive CRC 1/12 W 5-6 p.m.

136892 Praisner CRC 1/12 W 7-8 p.m.

136890 Potomac CRC 1/13 Th 7-8 p.m.

136894 Wheaton CRC 1/13 Th 6-7 p.m.

136886 Wheaton CRC 1/15 Sa 9-10 a.m.

Dance & Fitness

Ages 18 & Up 18 Sessions \$144

Instructor: Yecenia Bell

136924 Lawton CRC 1/10 M,W 6-7 p.m.

Instructor: Elaine Waldstreicher

136927 Mid-County CRC 1/10 M,W 7-8 p.m.

20 Sessions \$160

Instructor: Lois Antos

136923 Veirs Mill LP 1/11 Tu,Th 9:30-10:30am.

Instructor: Katy Wiemers

136925 Rock View ES 1/11 Tu,Th 7-8 p.m.

Dance & Fitness Add a Class

Ages 18 & Up 10 Sessions \$80

Instructor: Katy Wiemers

136926 Wheaton CRC 1/15 Sa 9-10 a.m.



Kelley's 50+ Complete Workout

Ages 50 & Up 8 Sessions \$74

Instructor: Pamela Kelley

136906 Wheaton CRC 1/10 M 9:15-10:30 a.m.

10 Sessions \$93

136907 Wheaton CRC 1/13 Th 9:15-10:30 a.m.

Kelley's Complete Fitness Workout

Ages 18 & Up 8 Sessions \$74

Instructor: Pamela Kelley

136908 Virtual Class 1/10 M 7:15-8:30 p.m.

10 Sessions \$93

136909 Bauer Drive CRC 1/12 W 9:10-10:25 a.m.

136910 Ross Boddy CRC 1/12 W 7:15-8:30 p.m.



Please Play Safely.

The health and safety of the community and our staff remain our top priorities.

Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.

55+

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Zumba

NEW! FIT Dance

Ages 16 & Up 10 Sessions \$83
Instructor: Carol Nelson
138382 N. Potomac CRC 1/12 W 6-7 p.m.

Zumba Fitness

Ages 16 & Up 8 Sessions \$66
Instructor: Michelle Johnson-Lancaster
136935 Mid-County CRC 1/10 M 6-7 p.m.

10 Sessions \$83

136939 Good Hope NRC 1/11 Tu 6-7 p.m.
136936 Mid-County CRC 1/12 W 6-7 p.m.

Zumba Fitness Indoor/Virtual*

Ages 16 & Up 10 Sessions \$83
Instructor: Michelle Johnson-Lancaster
136938 Bauer Drive CRC 1/15 Sa 9-10 a.m.
Virtual Class

Zumba Fitness Virtual

Ages 16 & Up 10 Sessions \$83
Instructor: Michelle Johnson-Lancaster
136937 Virtual Class 1/13 Th 5:30-6:30 p.m.

Zumba Indoor/Virtual*

Ages 16 & Up 10 Sessions \$83
Instructor: Ingrid Higgins
136920 Wheaton CRC 1/15 Sa 10:15-11:15am.
Virtual Class

Zumba Toning Indoors/Virtual*

Ages 16 & Up 10 Sessions \$83
Instructor: Ingrid Higgins
136921 Good Hope NRC 1/12 W 6:45-7:45 p.m.
Virtual Class



**Program is held in-person by instructor with the option to participate via Zoom.*

HEALTH/WELLNESS

Workshops or Speaker Series

Safe Sitter

Ages 10-13 1 Session \$98
Instructor: Life Rescue Training
138386 Bauer Drive CRC 1/15 Sa 10:30am-3pm.
138387 Mid-County CRC 2/12 Sa 10:30am-3pm.



Subscribe
to our newsletter
THE WEEKLY RUNDOWN
Every Monday, The Weekly Rundown brings Montgomery County Recreation news to you.
Sign up at www.mocorec.com/weeklyrundown

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Yoga

Yoga Mix-Gentle + Beginner Indoor/Virtual*

Ages 18 & Up 9 Sessions \$95
 Instructor: Irene Bopp
 136895 Bauer Drive CRC 1/11 Tu 6:45-7:45 p.m.
Virtual Class

Hatha Yoga and Stress Management Beg/Cont

Ages 18 & Up 10 Sessions \$105
 Instructor: Suzana Cooper
 136904 Virtual Class 1/14 F 10-11 a.m.

Restore and Recharge Yoga

Ages 18 & Up 8 Sessions \$84
 Instructor: Hannah Davis
 136931 Virtual Class 1/10 M 7-8 p.m.

Essential Yoga for Beginners

Ages 18 & Up 10 Sessions \$105
 Instructor: Tamara Lewis Johnson
 141092 Virtual Class 1/13 Th 6-7 p.m.

Yoga Basics Indoor/Virtual

Ages 18 & Up 9 Sessions \$95
 Instructor: Irene Bopp
 136898 Virtual Class 1/12 W 7:30-8:30 p.m.
 136903 Praisner CRC 1/13 Th 11 a.m.- Noon
 136897 Virtual Class 1/13 Th 7:30-8:30 p.m.

Yoga Fundamentals

Ages 18 & Up 10 Sessions \$150
 Instructor: Nancy Neves
 136884 Bauer Drive CRC 1/11 Tu 10:45 a.m.-Noon

Yoga/Stretching for Your Relaxation

Ages 18 & Up 10 Sessions \$150
 Instructor: Nancy Neves
 136885 Mid-County CRC 1/12 W 10:45 a.m.-Noon



Virtual Classes

Now Available

Prefer to stay home?
 Register for a virtual
 class. Instructions and
 links will be provided
 after registration.

**Program is held in-person by instructor with the option to participate via Zoom.*

55 +

THERAPEUTIC
 RECREATION

SPORTS

CLASSES

AQUATICS



55 +

MARTIAL ARTS

Aikido

Aikido

Ages 11 & Up 8 Sessions \$72
 Instructor: Christopher Rowe
 138240 Ross Boddy CRC 1/10 M 7-8:30 p.m.

Iaido

Karate Do/Iaido

Ages 7 & Up 10 Sessions \$90
 Instructor: Salvador Cortes
 138244 Potomac CRC 1/13 Th 6-7 p.m.

Karate/Jujitsu

TKA Adult Karate

Ages 13 & Up 10 Sessions \$100
 Instructor: TKA Inc.
 138889 Upper County CRC 1/3 M 8-9:30 p.m.
 138890 Wheaton CRC 1/3 M 7:30-9 p.m.

12 Sessions \$120
 138891 Germantown CRC 1/4 Tu 8-9:30 p.m.
 138892 Mid-County CRC 1/4 Tu 7:30-9 p.m.
 138894 Bauer Drive CRC 1/5 W 8-9:30 p.m.
 138893 Damascus CRC 1/5 W 8-9:30 p.m.
 138895 Potomac CRC 1/5 W 7:30-9 p.m.
 138896 Bethesda ES 1/6 Th 8-9:30 p.m.
 138897 Praisner CRC 1/6 Th 7:30-9 p.m.

TKA Black Belt Testing

Ages 6 & Up 1 Session FREE
 Instructor: TKA Inc.
 137388 Bauer Drive CRC 1/29 Sa 6-10 p.m.
 137389 Bauer Drive CRC 2/26 Sa 6-10 p.m.

TKA Karate/Jujitsu Club

Ages 13 & Up 12 Sessions \$43
 Instructor: TKA Inc.
 138898 White Oak CRC 1/7 F 7:30-8:30 p.m.

TKA Karate/Jujitsu Club 2

Ages 13 & Up 12 Sessions \$58
 Instructor: TKA Inc.
 138899 White Oak CRC 1/7 F 8:30-9:30 p.m.

TKA Youth Karate All Levels

Ages 6-12 10 Sessions \$90
 Instructor: TKA Inc.
 138874 Wheaton CRC 1/3 M 6:30-7:30 p.m.
 12 Sessions \$108
 138878 Mid-County CRC 1/4 Tu 6:30-7:30 p.m.
 138881 Clara Barton NRC 1/5 W 6:30-7:30 p.m.
 138885 Potomac CRC 1/5 W 6:30-7:30 p.m.
 138886 Praisner CRC 1/6 Th 6:30-7:30 p.m.
 138887 Bethesda ES 1/6 Th 7-8 p.m.

TKA Youth Karate Beginner through Orange

Ages 6-12 12 Sessions \$108
 Instructor: TKA Inc.
 138875 Germantown CRC 1/4 Tu 6-7 p.m.
 138879 Damascus CRC 1/5 W 6-7 p.m.

TKA Youth Karate Beginner through White

Ages 6-12 10 Sessions \$90
 Instructor: TKA Inc.
 138820 Upper County CRC 1/3 M 6-7 p.m.
 12 Sessions \$108
 138883 Bauer Drive CRC 1/5 W 6-7 p.m.

TKA Youth Karate Intermediate

Ages 6-12 10 Sessions \$90
 Instructor: TKA Inc.
 138873 Upper County CRC 1/3 M 7-8 p.m.
 12 Sessions \$108
 138876 Germantown CRC 1/4 Tu 7-8 p.m.
 138880 Damascus CRC 1/5 W 7-8 p.m.
 138884 Bauer Drive CRC 1/5 W 7-8 p.m.

Specialty Programs

Practical Self-Defense

Ages 14 & Up 18 Sessions \$90
 Instructor: Ivan Black
 138555 Wisconsin Place CRC 1/10 M,Th 7-8 p.m.

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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Holiday Craft Show

42nd year!

Saturday, December 4, 2021 | 10 a.m.-4 p.m.

Free Admission

Activity 139330

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

Free parking.

\$45 fee for vendors

Bauer Drive Community Recreation Center
14625 Bauer Drive, Rockville
240-777-6922 | Hablamos Español

TO REGISTER, VISIT WWW.ACTIVEMONTGOMERY.ORG



MONTGOMERYCOUNTYRECREATION



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MOCORECREATION

FOR MORE INFO, VISIT WWW.MOCOREC.COM
240-777-6922 • Hablamos Español



MONTGOMERY COUNTY
Recreation



MUSIC

Guitar

Beginner Guitar for Adults

Ages 16 & Up 6 Sessions \$89
Instructor: Kevin Mittleman
138261 School of Music 1/24 M 8-8:50 p.m.

Beginner Guitar for Kids

Ages 8-13 6 Sessions \$89
Instructor: Kevin Mittleman
138262 School of Music 1/28 F 5:30-6:20 p.m.

Learn Now Music: Groovy Guitar

Ages 5-12 8 Sessions \$195
Instructor: Learn Now Music
138627 Bauer Drive CRC 1/12 W 7-8 p.m.

Piano

Learn Now Music: Poppin Piano

Ages 5-12 8 Sessions \$195
Instructor: Learn Now Music
138628 Bauer Drive CRC 1/12 W 7-8 p.m.



Playtime & Music

Discovering Music for Toddlers

Ages 1-3 8 Sessions \$157
Instructor: Geiza Dourado Carvalho

138631 Wheaton CRC 1/10 M 10:15-11 a.m.

138630 Potomac CRC 1/14 F 10:15-11 a.m.

Little Fingers Piano

Ages 2-5 8 Sessions \$195
Instructor: Learn Now Music

138562 N. Potomac CRC 1/11 Tu 10:30-11 a.m.

Music Together

Ages 1 mo-5 10 Sessions \$250
Instructor: Nancy Nuttle

138675 Wheaton CRC 1/6 Th 10-10:30 a.m.

139331 Wheaton CRC 1/6 Th 10:45-11:15 a.m.

138673 Mid-County CRC 1/8 Sa 10-10:30 a.m.

138674 Mid-County CRC 1/8 Sa 10:45-11:15 a.m.

S.T.E.A.M.

Gemology I Introductory

Ages 18 & Up 8 Sessions \$72
Instructor: Timothy Morgan

138260 Potomac CRC 1/13 Th 10a.m.-12:15p.m.

Gemology II Advanced

Ages 18 & Up 8 Sessions \$72
Instructor: Timothy Morgan

138259 Potomac CRC 1/12 W 10a.m.-12:15p.m.



Play Safely.

The health and safety of the community and our staff remain our top priorities.

Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.



WE SUPPORT ACCESSIBILITY

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

For more info email

rec.inclusion@montgomerycountymd.gov.

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





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ALL SKILL LEVELS

Check out the current line-up of sports programs to Learn-Train-Play. Space is limited. **RecAssist** is available for those who qualify.

[#findyourgame](#) [#playmontgomery](#)

TO REGISTER, VISIT ACTIVEMONTGOMERY.ORG

WWW.MOCOREC.COM • 240-777-6840

Hablamos Español



MONTGOMERY COUNTY
Recreation





55 +

SPORTS

Adult Volleyball Skills Development Clinic

Ages 18 & Up 6 Sessions \$149

Instructor: Ofer Levy
139764 Ross Boddy CRC 1/13 Th 6-8 p.m.

Basketball

Hoop Stars

Ages 6-8 5 Sessions \$85

Instructor: Jump Start Sports
138780 Travilah ES 1/15 Sa 11 a.m.-Noon
138782 Flower Valley ES 1/15 Sa 3-4 p.m.
138784 Kensington Parkwood ES 1/16 Su 1-2 p.m.

Hoops Clinic

Ages 9-12 5 Sessions \$85

Instructor: Jump Start Sports
138785 Kensington Parkwood ES 1/16 Su 2-3 p.m.

Little Hoop Stars

Ages 4-6 5 Sessions \$85

Instructor: Jump Start Sports
138778 Travilah ES 1/15 Sa 9-10 a.m.
138779 Travilah ES 1/15 Sa 10-11 a.m.
138781 Flower Valley ES 1/15 Sa 2-3 p.m.
138783 Kensington Parkwood ES 1/16 Su Noon-1 p.m.

House of Champions Basketball Skills Clinic

Instructor: House of Champions Sports & Entertainment

Ages 6-13 6 Sessions \$95

140638 Clarksburg ES 1/14 F 5-6:30 p.m.



Men's Winter Basketball League

Ages 18 & Up 8 Sessions \$725

138644 Walter Johnson HS 1/9 Su 5-10:30 p.m.
138642 Bauer Drive CRC 1/9 Su 6-10 p.m.
138645 Lawton CRC 1/9 Su 6-10:30 p.m.
138661 Lawton CRC 1/12 W 6:15-10:15 p.m.

Train Like a Pro Basketball Skills and Drills

Ages 9-16 10 Sessions \$250

Instructor: Fit 2 Believe
137209 Potomac CRC 1/9 Su 1-2:30 p.m.
137211 Cabin John MS 1/13 Th 6:30-8 p.m.
137215 White Oak CRC 1/14 F 6:30-8 p.m.
137210 N. Potomac CRC 1/15 Sa 1:30-3 p.m.
137214 Chevy Chase ES 1/15 Sa 10-11:30 a.m.

Women's Drop-in Basketball

Ages 18 & Up 10 Sessions \$65

138663 Bauer Drive CRC 1/9 Su 10 a.m.-Noon

5 Sessions \$33

138665 Bauer Drive CRC 1/9 Su 10 a.m.-Noon

138666 Bauer Drive CRC 2/13 Su 10 a.m.-Noon



THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Multi-Sports

Coach Doug Seasonal Sports

Ages 4-7 10 Sessions \$145

Instructor: Coach Doug Academy

137939 Germantown CRC	1/11	Tu	4-4:45 p.m.
137940 Potomac CRC	1/13	Th	4-4:45 p.m.
137941 Oakland Terrace ES	1/15	Sa	11-11:45 a.m.

Coach Doug Wee Wanna Be

Ages 1-5 10 Sessions \$145

Instructor: Coach Doug Academy

137951 Potomac CRC	1/16	Su	10-10:45 a.m.
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Ages 2-5

137946 Germantown CRC	1/11	Tu	10:30-11:15 a.m.
137947 Bauer Drive CRC	1/12	W	10:30-11:15 a.m.
137945 Potomac CRC	1/13	Th	10:30-11:15 a.m.
137948 Oakland Terrace ES	1/15	Sa	9:30-10:15 a.m.
137949 Oakland Terrace ES	1/15	Sa	10:15-11 a.m.



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Pickleball

Pickleball Ladder League Beginners 2.0 to 2.5 @ Bauer

Ages 18 & Up 6 Sessions \$64

136880 Bauer Drive CRC	1/10	M	6-10 p.m.
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137236 Bauer Drive CRC	3/14	M	6-10 p.m.
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Pickleball Ladder League Expert 3.0-3.5+ @ Bauer

Ages 18 & Up 6 Sessions \$64

137235 Bauer Drive CRC	1/10	M	6-9:30 p.m.
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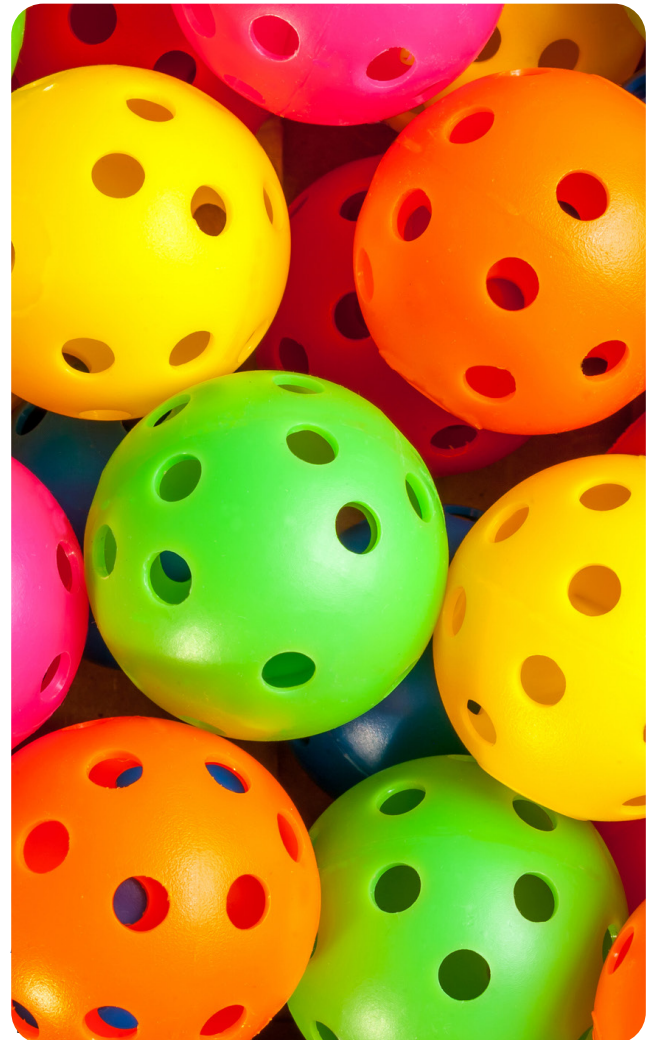
137238 Bauer Drive CRC	3/14	M	6-9:30 p.m.
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Pickleball Ladder League Intermediate 2.5-3.0+ @ Bauer

Ages 18 & Up 6 Sessions \$64

137234 Bauer Drive CRC	1/10	M	6-10 p.m.
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137237 Bauer Drive CRC	3/14	M	6-10 p.m.
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55+

Therapeutic Recreation

Sports

Classes

Aquatics



Coach Doug Soccer

Ages 3-6 10 Sessions \$145
 Instructor: Coach Doug Academy
 137942 Germantown CRC 1/11 Tu 5-5:45 p.m.
 137943 Potomac CRC 1/13 Th 5-5:45 p.m.

Train Like a Pro Indoor Soccer

Ages 9-17 10 Sessions \$250
 Instructor: Fit 2 Believe
 138376 White Oak CRC 1/11 Tu 6:30-8 p.m.
 138375 N. Potomac CRC 1/12 W 6:30-8 p.m.
 138377 Wheaton CRC 1/12 W 6:30-8 p.m.

Ultimate Frisbee

Adult Ultimate Frisbee Indoor League

Ages 18 & Up 11 Sessions \$50
 Instructor: Washington Area Frisbee Club
 139395 Wisconsin Place CRC 1/10 M 7-10 p.m.
 139396 Wisconsin Place CRC 1/10 M 7-10 p.m.

Ultimate Frisbee Indoor ES League

Ages 6-10 7 Sessions \$69
 Instructor: American Ultimate Academy
 138750 Mid-County CRC 1/14 F 5-6 p.m.

Ultimate Frisbee Indoor High School League

Ages 15-18 8 Sessions \$69
 Instructor: American Ultimate Academy
 138749 Mid-County CRC 1/14 F 7:30-9 p.m.

Ultimate Frisbee Indoor MS League

Ages 10-13 8 Sessions \$69
 Instructor: American Ultimate Academy
 138748 Mid-County CRC 1/14 F 6-7 p.m.



Volleyball

Volleyball Skills Development Clinic

Ages 8-11 6 Sessions \$99
 Instructor: Ofer Levy
 136933 Damascus CRC 1/13 Th 5-6 p.m.
 136955 Bauer Drive CRC 1/14 F 5-6 p.m.

Ages 12-13

136943 Damascus CRC 1/13 Th 6-7 p.m.
 136956 Bauer Drive CRC 1/14 F 6-7 p.m.

Ages 14-17

136948 Damascus CRC 1/13 Th 7-8 p.m.
 136957 Bauer Drive CRC 1/14 F 7-8 p.m.



Please Play Safely.

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MONTGOMERY COUNTY RECREATION

REC REFEREES & SCOREKEEPERS WANTED 2022

The Recreation Department is seeking officials for the **2021-22** season.

For more information, contact

Rec.Sports@montgomerycountymd.gov.



INSTRUCTORS NEEDED

Montgomery County Recreation is looking for enthusiastic, thoughtful and engaged instructors (i.e. independent contractors) for its large and diverse set of recreation classes. Contractors must be at least 18 years old and must meet qualifications for education and experience.

INTERESTED?

Find out more at mcorec.com or call 240-777-6840





Winter Basketball 2021-22

Instructional Winter Basketball | Grades K-2

This is an instructional noncompetitive basketball league for kids grades K-2, emphasizing skill development, fundamental strategy, sportsmanship, and fun!

League consists of four Saturday practices (one hour) and four Saturday games.

Begins Jan. 8, 2022 | Saturdays | 9-6 p.m. | \$65

Activity	League	Region
128811	Kindergarten Boys	WEST
128812	Kindergarten CoEd	MID/EAST
128813	Kindergarten CoEd	NORTH
128814	Kindergarten Girls	WEST
128801	1st Grade Boys	WEST
128802	1st Grade CoEd	MID/EAST
128803	1st Grade CoEd	NORTH
128804	1st Grade Girls	WEST
128805	2nd Grade Boys	MID/EAST
128806	2nd Grade Boys	NORTH
128807	2nd Grade Boys	WEST
128808	2nd Grade Girls	MID/EAST
128809	2nd Grade Girls	NORTH
128810	2nd Grade Girls	WEST



Boys



CoEd



Girls

Regions

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Winter Basketball | Grades 3-8 | West

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

Various Times & Days | \$85

Activity	League	Start Date	Day	Time
128817	3rd Grade Girls	1/8	Sa	9-6 p.m.
128816	3rd Grade Boys	1/8	Sa	9 a.m-6 p.m
128819	4th Grade Girls	1/8	Sa	9-6 p.m.
128818	4th Grade Boys	1/8	Sa	9-6 p.m.
128820	5th Grade Boys	1/8	Sa	9-6 p.m.
128821	5th Grade Girls	1/8	Sa	9-6 p.m.
128822	6th Grade Boys	1/8	Sa	9-6 p.m.
128823	6th Grade Girls	1/8	Sa	9-6 p.m.
128824	8th Grade Boys	1/8	Sa	9-6 p.m.
128825	8th Grade Girls	1/8	Sa	9-6 p.m.
128827	3rd Grade Boys	1/9	Su	Noon-6 p.m.
128828	3rd Grade Girls	1/9	Su	Noon-6 p.m.
128829	4th Grade Boys	1/9	Su	Noon-6 p.m.
128830	4th Grade Girls	1/9	Su	Noon-6 p.m.
128832	5th Grade Girls	1/9	Su	Noon-6 p.m.
128831	5th Grade Boys	1/9	Su	Noon-6 p.m.
128834	6th Grade Girls	1/9	Su	Noon-6 p.m.
128833	6th Grade Boys	1/9	Su	Noon-6 p.m.
128835	7th Grade Boys	1/9	Su	Noon-6 p.m.
128836	7th Grade Girls	1/9	Su	Noon-6 p.m.
128837	8th Grade Boys	1/9	Su	Noon-6 p.m.
128838	8th Grade Girls	1/9	Su	Noon-6 p.m.

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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



Youth Winter Basketball | Grades 3-8 | Mid/East

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

9-6 p.m. | Various Times & Days | \$85

Activity	League	Start Date	Day	Time
129724	3rd Grade Boys	1/8	Sa	9-6 p.m.
129731	3rd Grade Girls	1/8	Sa	9-6 p.m.
129725	4th Grade Boys	1/8	Sa	9-6 p.m.
129732	4th Grade Girls	1/8	Sa	9-6 p.m.
129726	5th Grade Boys	1/8	Sa	9-6 p.m.
129730	5th Grade Girls	1/8	Sa	9-6 p.m.
129727	6th Grade Boys	1/8	Sa	9-6 p.m.
129733	6th Grade Girls	1/8	Sa	9-6 p.m.
129728	7th Grade Boys	1/8	Sa	9-6 p.m.
129734	7th Grade Girls	1/8	Sa	9-6 p.m.
129729	8th Grade Boys	1/8	Sa	9-6 p.m.
129735	8th Grade Girls	1/8	Sa	9-6 p.m.
133587	3rd/4th Grade Boys	1/9	Su	Noon-6 p.m.
133588	5th/6th Grade Boys	1/9	Su	Noon-6 p.m.
133589	3rd/4th Grade Girls	1/9	Su	Noon-6 p.m.
133590	5th/6th Grade Girls	1/9	Su	Noon-6 p.m.
133599	7th/8th Grade Boys	1/9	Su	Noon-6 p.m.
133600	7th/8th Grade Girls	1/9	Su	Noon-6 p.m.

Regions

Boys

Girls

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Winter Basketball | Grades 3-8 | North

This is a recreation basketball league for grades three to eight, emphasizing skill development, fundamental strategy, sportsmanship and fun.

9-6 p.m. | Saturdays | \$85

Activity	League	Start Date	Day	Time
129701	3rd Grade Boys	1/8	Sa	9-6 p.m.
129703	3rd Grade Girls	1/8	Sa	9-6 p.m.
129705	4th Grade Boys	1/8	Sa	9-6 p.m.
129707	4th Grade Girls	1/8	Sa	9-6 p.m.
129708	5th Grade Boys	1/8	Sa	9-6 p.m.
129711	5th Grade Girls	1/8	Sa	9-6 p.m.
129713	6th Grade Boys	1/8	Sa	9-6 p.m.
129715	6th Grade Girls	1/8	Sa	9-6 p.m.
129716	7th Grade Boys	1/8	Sa	9-6 p.m.
129719	7th Grade Girls	1/8	Sa	9-6 p.m.
129721	8th Grade Boys	1/8	Sa	9-6 p.m.
129723	8th Grade Girls	1/8	Sa	9-6 p.m.



- Boys
- Girls

Regions

Mid/East | Silver Spring, Takoma Park, Wheaton, Olney, Burtonsville, etc.

North | Germantown, Clarksburg, Poolesville, Damascus, etc.

West | Bethesda, Chevy Chase, Kensington, Potomac, Rockville, etc.

55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



Youth Winter Basketball | High School

This is a recreation basketball league for grades nine to twelve, emphasizing skill development, fundamental strategy, sportsmanship and fun. Intermediate to Advanced level.

Various Times & Days | \$85

Activity	League	Start Date	Day	Time	Level
128852	9th Grade Boys	1/8	Sa	9-6 p.m.	Advanced
128853	9th Grade Boys	1/8	Sa	9-6 p.m.	Intermediate
128854	9th Grade Girls	1/8	Sa	9-6 p.m.	Advanced
128855	9th Grade Girls	1/8	Sa	9-6 p.m.	Intermediate
128840	10th Grade Boys	1/8	Sa	9-6 p.m.	Advanced
128841	10th Grade Boys	1/8	Sa	9-6 p.m.	Intermediate
128842	10th Grade Girls	1/8	Sa	9-6 p.m.	Advanced
128843	10th Grade Girls	1/8	Sa	9-6 p.m.	Intermediate
128844	11th Grade Boys	1/9	Su	Noon-6 p.m.	Advanced
128845	11th Grade Boys	1/9	Su	Noon-6 p.m.	Intermediate
128846	11th Grade Girls	1/9	Su	Noon-6 p.m.	Advanced
128847	11th Grade Girls	1/9	Su	Noon-6 p.m.	Intermediate
128848	12th Grade Boys	1/9	Su	Noon-6 p.m.	Advanced
128849	12th Grade Boys	1/9	Su	Noon-6 p.m.	Intermediate
128850	12th Grade Girls	1/9	Su	Noon-6 p.m.	Advanced
128851	12th Grade Girls	1/9	Su	Noon-6 p.m.	Intermediate

- Boys
- Girls



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Youth Winter Basketball | Grades 5-8 | Rising Star

This is a highly competitive middle school basketball league for rising fifth to eighth graders. Team registration only. You must have a preformed team.

10 a.m.-8:30 p.m. | Saturdays & Sundays | \$1200 per team | Practice Sessions- \$165

Activity	League	Start Date	Day	Start Time
130096	5th Grade Boys	1/8	Sa	10 a.m.
130100	5th Grade Girls	1/8	Sa	10 a.m.
130097	6th Grade Boys	1/8	Sa	10 a.m.
130101	6th Grade Girls	1/8	Sa	10 a.m.
130098	7th Grade Boys	1/8	Sa	10 a.m.
130102	7th Grade Girls	1/8	Sa	10 a.m.
130099	8th Grade Boys	1/8	Sa	10 a.m.
130103	8th Grade Girls	1/8	Sa	10 a.m.
130104	Rising Star Practice	12/3/2021	M-F	5 p.m.

55 +

55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

VOLUNTEER

YOUTH BASKETBALL AND CHEER/STEP COACHES NEEDED

Montgomery County Recreation is looking for a few good volunteers, 21 & older, to become youth basketball and/or cheer/step coaches for Winter 2021-2022.

- ★ Teach the fundamentals of the sport
- ★ Coaching clinics provided.

**FOR MORE INFORMATION
CALL 240-777-6870**

★ **REGISTRATION IS FREE** ★





55+

THERAPEUTIC RECREATION

TGIF-Totally Great Inclusive Fun - First Fridays

Ages 15 & Up	2 Sessions	\$10
138222 Bauer Drive CRC	1/7 F	6:30-8:30 p.m.
138223 Bauer Drive CRC	2/4 F	6:30-8:30 p.m.
138224 Bauer Drive CRC	3/4 F	6:30-8:30 p.m.

TR Sip N Paint

Ages 18 & Up	1 Session	\$10
141093 White Oak CRC	3/20 Su	1-3 p.m.

TR Undercover Pets - Virtual

Ages 5 & Up	8 Sessions	FREE
138718 Virtual Class	1/8 Sa	11 a.m.-Noon

TR Wacky Wednesday Laugh Night - Virtual

Ages 14 & Up	8 Sessions	FREE
138722 Virtual Class	1/12 W	7-8 p.m.

TR Where Are You - Virtual

Ages 12 & Up	3 Sessions	FREE
138721 Virtual Class	1/9 Su	10-11:30 a.m.

Arts, Dance & Music

Beginning Handbuilt Pottery for Adult

Ages 18 & Up	8 Sessions	\$100
Instructor: Catherine Joanny		
138677 Ross Boddy CRC	1/21 F	2:30-3:30 p.m.

Drumming - Rock Out

Ages 15 & Up	8 Sessions	\$40
138214 Bauer Drive CRC	1/13 Th	7-8 p.m.

Kaleidoscope Art

Ages 13 & Up	8 Sessions	\$40
138215 Plum Gar CRC	1/22 Sa	11 a.m.-12:30 p.m.

Basketball

Basketball League TR

Ages 18 & Up	8 Sessions	\$42
138213 Mid-County CRC	1/9 Su	Noon-3 p.m.

Water Fitness

TR Adult Social Swim

Ages 18 & Up	8 Sessions	\$40
138225 MLK	1/11 Tu	7:45-8:45 p.m.
138226 GISC	1/12 W	8:30-9:30 p.m.
138227 OSC	1/14 F	7:15-8 p.m.
138228 OSC	1/14 F	8:15-9 p.m.

Exercise & Fitness

Moving with Mike: Seated Exercise - Virtual

Ages 18 & Up	10 Sessions	\$65
138751 Virtual Class	1/9 Su	1-2 p.m.

Stretch 'n Tone

Ages 13 & Up	8 Sessions	\$40
138221 Wheaton CRC	1/10 M	7-8 p.m.
138219 Potomac CRC	1/11 Tu	7-8 p.m.
138220 Damascus CRC	1/13 Th	7-8 p.m.
138234 Holiday Park SC	1/15 Sa	10-11 a.m.

TR Yoga

Ages 18 & Up	6 Sessions	\$30
138233 Upper County CRC	1/20 Th	7-7:50 p.m.

Turn the Beat Around

Ages 13 & Up	8 Sessions	\$40
138235 Holiday Park SC	1/15 Sa	11 a.m.-Noon

BUT WAIT... THERE'S MORE!

For
Adapted Aquatics
programs for ages 4 & Up

View more on

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Saturday Night Socials @ Holiday Park Senior Center

55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

THERAPEUTIC RECREATION

CALIFORNIA *Dreamin*

ACTIVITY 138218



SATURDAY, JAN. 29, 2022

Ages 15 & Up

6:30-9:30 P.M. | \$10

THERAPEUTIC RECREATION

mardi gras

Celebration



SATURDAY, FEB. 26, 2022

ACTIVITY 138217

6:30-9:30 P.M.
AGES 15 & UP | \$10

THERAPEUTIC RECREATION

LET IT GLOW

Activity 138216



Ages 15 & Up

Saturday, March 26, 2022

6:30-9:30 p.m. | \$10

✉

JOIN OUR MAILING LIST

Join our Therapeutic
Recreation Mailing List



JOIN



Saturday Night Socials @ Holiday Park Senior Center

55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

THERAPEUTIC RECREATION
PAJAMA PARTY
ACTIVITY 138232
SATURDAY, JAN. 22, 2022
6:30-9:30 P.M.
AGES 18 & UP | \$10 *

THERAPEUTIC RECREATION
CHINESE NEW YEAR PARTY
Saturday, Feb. 5, 2022
4-7 p.m.
Ages 18 & Up | \$10
ACTIVITY 138231

THERAPEUTIC RECREATION
MARCH MADNESS
ACTIVITY 138230
SATURDAY
MARCH 12, 2022
2-5 P.M.
AGES 18 & UP | \$ 10



Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.



THERAPEUTIC RECREATION

TR KIDS ZONE

A DRAMA Experience: Facial Expressions & Games

138687 1/23 Sundays 1-1:50 p.m. \$10

Dance Creation

138759 1/23 Sundays 2-2:30 p.m. FREE

AGES 6-12
GERMANTOWN CRC

THERAPEUTIC RECREATION

INSTRUCTORS NEEDED

We're looking for daytime, evening & weekend instructors to offer Therapeutic Recreation programs.

Interested? Join Us!

Contact
Angela Luskey

Email

angela.luskey@montgomerycountymd.gov





55+ ADULTS

Arts & Crafts

Art Instruction

Card Making with Cindy Boccucci

Ages 55 & Up 1 Session FREE
139234 Schweinhaut SC 1/15 Sa 11:30 a.m.-2:30 p.m.

Drawing

Intro to Drawing

Ages 55 & Up 25 Sessions FREE
138946 Wheaton CRC 12/2 Tu,Th 10-11 a.m.

Fine Arts

Artes manuales

Ages 55 & Up 26 Sessions FREE
138723 Holiday Park SC 1/4 Tu,Th 10:30-11:55 a.m.

Knitting/Crochet

Knit and Crochet Workshop

Ages 55 & Up 13 Sessions FREE
138690 Holiday Park SC 1/5 W 10-11:30 a.m.

Painting

Advanced Acrylic Paint Class with Fereshteh

Ages 55 & Up 4 Sessions \$20
138738 N. Potomac CRC 12/1 W 9-11 a.m.

Beginners Acrylic Paint Class with Fereshteh

Ages 55 & Up 3 Sessions \$15
138732 N. Potomac CRC 12/2 Th 12:15-2 p.m.

Bling Paint Party with DeShanna

Ages 55 & Up 1 Session \$25
138965 N. Potomac CRC 1/8 Sa 11 a.m.-1 p.m.

Wood Carving

Woodcarving

Ages 55 & Up 13 Sessions FREE
138691 Holiday Park SC 1/7 F 1-2:55 p.m.

Cooking

Adult Cooking

Simple Healthy Cooking with Rhonda

Ages 55 & Up 4 Sessions FREE
138664 N. Potomac CRC 11/16 Tu 10:30-11:30 a.m.

Dance

Aerobic Dance

Belly Core Workout

Ages 55 & Up 14 Sessions \$10
138746 N. Potomac CRC 11/16 Tu 9-9:45 a.m.

Latin Dance Workout

Ages 55 & Up 13 Sessions FREE
138737 N. Potomac CRC 11/12 F 9-10 a.m.

14 Sessions FREE
138734 N. Potomac CRC 11/16 Tu 1:30-2:15 p.m.

Persian Dance with Fereshteh

Ages 55 & Up 15 Sessions FREE
138747 N. Potomac CRC 11/10 W 1:30-2:15 p.m.



Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.



Ballet

55+ Beginners Ballet

Ages 55 & Up 13 Sessions FREE
 138961 Wheaton CRC 12/1 W 2:15-3:15 p.m.
 138962 Wheaton CRC 12/2 Th 11 a.m.-Noon

Tap

55+ Tap Dancing

Ages 55 & Up 13 Sessions \$45
 138979 Damascus SC 1/3 M 11am-12:30pm.

Folk Dancing

Chinese Folk Dance Class with Ming

Ages 55 & Up 12 Sessions FREE
 138341 N. Potomac CRC 12/1 W 10:30-11:30 a.m.



Chinese Folk Dancing (Beginner)

Ages 55 & Up 13 Sessions FREE
 138689 Holiday Park SC 1/7 F 11-11:50 a.m.

International

International Dance Instruction

Ages 55 & Up 11 Sessions FREE
 138327 N. Potomac CRC 12/3 F 1-2:30 p.m.



Line Dancing

Beginners Line Dance

Ages 55 & Up 13 Sessions FREE
 138949 Wheaton CRC 12/6 M 10-11 a.m.

Line/Ballroom Dance w/Amy

Ages 55 & Up 26 Sessions FREE
 139378 Wheaton CRC 12/1 W-Th 1-2 p.m.

Modern Line Dancing with Carmencita

Ages 55 & Up 15 Sessions FREE
 138632 N. Potomac CRC 11/15 M 12:30-1:15 p.m.



Please Play Safely.

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55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Educational

Marriotts and Motor Cars: Made for Each Other

Ages 55 & Up 1 Session FREE
138963 N. Potomac CRC 12/10 F 10-11 a.m.

Matter of Balance

Ages 55 & Up 9 Sessions FREE
139247 Schweinhaut SC 1/4 Tu 9:30-11:30 a.m.



Discussions

Behind the Headlines

Ages 55 & Up 1 Session FREE
138696 Holiday Park SC 1/3 M 10-11:25am.

Differing Historical Perspectives on Slavery in Maryland and District of Columbia

Ages 55 & Up 1 Session FREE
138669 N. Potomac CRC 2/14 M 10-11 a.m.

Knowing Technology Series

Ages 55 & Up 13 Sessions FREE
139383 Wheaton CRC 12/1 W 1-3 p.m.

Needles and Yarn

Ages 55 & Up 12 Sessions FREE
139386 Wheaton CRC 12/7 Tu 2-3:30 p.m.

Online Website Development

Ages 55 & Up 13 Sessions FREE
139381 Wheaton CRC 12/3 F 2-4 p.m.

Sanctified Sisters of Colesville

Ages 55 & Up 1 Session FREE
138667 N. Potomac CRC 11/19 F 10-11 a.m.

Tech Lobby Support

Ages 55 & Up 64 Sessions FREE
139380 Wheaton CRC 12/1 M-F 3-4 p.m.

Wheaton Cuisine

Ages 55 & Up 6 Sessions FREE
139385 Wheaton CRC 12/14 Tu 11:30am-1pm.

Yarrow Mamout and His Family

Ages 55 & Up 1 Session FREE
138668 N. Potomac CRC 2/7 M 10-11 a.m.



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.



THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Historical and Archeological Programs

A Pictorial History of Rockville, Maryland
 Ages 55 & Up 1 Session FREE
 138728 N. Potomac CRC 1/21 F 10-11 a.m.

Knitting/Crochet

Knit and Crochet Group
 Ages 55 & Up 12 Sessions FREE
 138340 N. Potomac CRC 11/30 Tu 1-2:30 p.m.

Language

Basic Japanese with Prof. Em. Oh
 Ages 55 & Up 12 Sessions FREE
 138629 N. Potomac CRC 11/30 Tu 10:30-11:30 a.m.

Every Day English (Basics)

Ages 55 & Up 26 Sessions FREE
 138693 Holiday Park SC 1/4 Tu,Th 10-10:50 a.m.

Specialty Programs

Introduction to Scale Modeling
 Ages 55 & Up 1 Session \$25
 138742 N. Potomac CRC 1/19 W 1-2:30 p.m.

Scale Modeling Program and Discussion
 Ages 55 & Up 3 Sessions FREE
 138741 N. Potomac CRC 12/21 Tu 6:30-8:30 p.m.

Workshops or Speaker Series

Brain Fitness
 Ages 55 & Up 16 Sessions FREE
 139375 Wheaton CRC 12/6 M 9:30-10:30 a.m.
 139384 Wheaton CRC 13 Sessions FREE
 12/6 M 10-11 a.m.

Writing

Writing Club
 Ages 55 & Up 14 Sessions FREE
 138707 Holiday Park SC 12/31 F 10-11:25 a.m.



Please Play Safely.

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55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55 +

FITNESS

Aerobic Dance

Chinese Dance & Fitness

Ages 55 & Up 13 Sessions FREE
139388 Wheaton CRC 12/1 W 10-11:30 a.m.

Aerobic Exercise

Functional Fitness

Ages 55 & Up 13 Sessions FREE
139379 Wheaton CRC 12/1 W 3:15-4:15 p.m.

Wheaton Cardio DVD

Ages 55 & Up 12 Sessions FREE
139389 Wheaton CRC 12/7 Tu 9:15-10 a.m.

Body Sculpting

Shape and Tone

Ages 55 & Up 13 Sessions FREE
138959 Wheaton CRC 12/3 F 9:30-10:30 a.m.

Tai Chi

55+ Tai Chi

Ages 55 & Up 13 Sessions FREE
139106 Damascus SC 1/4 Tu 1-2 p.m.



Exercise with Milan

Ages 55 & Up 13 Sessions FREE
138680 Holiday Park SC 1/5 W 9:30-10 a.m.



Tai Chi Sword

Ages 55 & Up 10 Sessions FREE
138679 Holiday Park SC 1/10 M 2:30-3:20 p.m.

Kelley's 50+ Complete Workout

Ages 50 & Up 8 Sessions \$74
Instructor: Pamela Kelley
136906 Wheaton CRC 1/10 M 9:15-10:30 a.m.
10 Sessions \$93
136907 Wheaton CRC 1/13 Th 9:15-10:30 a.m.

Walking

Wheaton Indoor Track Club

Ages 55 & Up 37 Sessions FREE
138958 Wheaton CRC 12/6 M,W,F 1-2 p.m.



Partnership Programs are run in collaboration with non-profits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Yoga

55+ Gentle Yoga

Ages 55 & Up	24 Sessions	FREE
137390 Wheaton CRC	12/6 M,Th	9:15-10:15am.
	25 Sessions	FREE
137860 Wheaton CRC	12/6 M,Th	2:30-3:30p.m.

55+ Yoga

Ages 55 & Up	13 Sessions	FREE
138980 Damascus SC	1/6 Th	11 a.m.-Noon



Hatha Yoga For All

Ages 55 & Up	12 Sessions	FREE
138546 Holiday Park SC	1/14 F	9-9:50 a.m.



Hatha Yoga- Virtual

Ages 55 & Up	12 Sessions	FREE
138548 Virtual Class	1/11 Tu	9-9:55 a.m.

Yoga para Todos

Ages 55 & Up	13 Sessions	FREE
139376 Wheaton CRC	12/3 F	3-4 p.m.

Yoga with Adina Crawford

Ages 55 & Up	6 Sessions	FREE
139414 Schweinhaut SC	11/6 Sa	10:30-11 a.m.



Zumba

Zumba with Amy

Ages 55 & Up	12 Sessions	FREE
138960 Wheaton CRC	12/7 Tu	11 a.m.-Noon
	13 Sessions	FREE
139382 Wheaton CRC	12/2 Th	2-3 p.m.
138978 Damascus SC	1/5 W	11 a.m.-Noon



Please Play Safely.

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55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55+

GAMES

Board Games

Scrabble

Ages 55 & Up 13 Sessions FREE
138701 Holiday Park SC 1/5 W 1-3:55 p.m.

Card Games

55+ Bridge

Ages 55 & Up 13 Sessions FREE
139108 Damascus SC 1/4 Tu 11 a.m.-1 p.m.

55+ Canasta

Ages 55 & Up 13 Sessions FREE
139109 Damascus SC 1/4 Tu 1-3 p.m.

Open Party Bridge

Ages 55 & Up 13 Sessions FREE
138700 Holiday Park SC 1/7 F 1-3:15 p.m.

Poker with Friends

Ages 55 & Up 4 Sessions FREE
138745 N. Potomac CRC 12/2 Th 11 a.m.-1 p.m.

Discussions

Vocabulary Blast

Ages 55 & Up 13 Sessions FREE
139387 Wheaton CRC 12/6 M 1-2 p.m.

Mah Jongg

55+ Mah Jongg

Ages 55 & Up 13 Sessions FREE
139107 Damascus SC 1/5 W 12:30-2:30 p.m.



HEALTH/ WELLNESS

4-Weeks to a Healthier You

Ages 55 & Up 4 Sessions FREE
139415 Schweinhaut SC 11/16 Tu 11 a.m.-Noon

Blood Pressure Screening

Ages 55 & Up 11 Sessions FREE
138709 Holiday Park SC 1/3 M 10 a.m.-Noon

Cam Physical Therapy

Ages 55 & Up 1 Session FREE
139418 Schweinhaut SC 11/30 Tu 1-2 p.m.

Mobile Dentist

Ages 55 & Up 1 Session FREE
139417 Schweinhaut SC 11/17 W 9 a.m.-4 p.m.

Support Groups

Max You

Ages 55 & Up 13 Sessions FREE
138716 Holiday Park SC 1/4 Tu 10:30-11:30 a.m.

Walking

Wheaton Walks

Ages 55 & Up 13 Sessions FREE
139377 Wheaton CRC 12/1 W 9:30-10:30 a.m.

Yoga for Vitality

Ages 55 & Up 7 Sessions \$75
Instructor: Natasha Romano
138735 N. Potomac CRC 12/7 Tu 10-11 a.m.

4 Sessions \$48
138736 N. Potomac CRC 2/1 Tu 10-11 a.m.



55+ THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



MUSIC

Thanksgiving Music W/ Li-Iy Chang

Ages 55 & Up 1 Session FREE
 139235 Schweinhaut SC 11/24 W 1-2 p.m.

Aerobic Dance

Superpower Dance Circle

Ages 55 & Up 26 Sessions FREE
 138957 Wheaton CRC 12/1 M,W 11 a.m.-Noon

Singing

Chinese Karaoke

Ages 55 & Up 15 Sessions FREE
 138638 N. Potomac CRC 11/15 M 2:30-3 p.m.

Holiday Karaoke and Eggnog Social

Ages 55 & Up 3 Sessions FREE
 138739 N. Potomac CRC 12/3 F 10-11 a.m.

Karaoke Time

Ages 55 & Up 15 Sessions FREE
 138634 N. Potomac CRC 11/15 M 1:30-2:30 p.m.

NATURE, HORTICULTURE & OUTDOORS

Floral or Landscape Design

Easy Holiday Arrangement

Ages 55 & Up 1 Sessions \$15
 138740 N. Potomac CRC 12/14 Tu 1-3 p.m.

PROFESSIONAL DEVELOPMENT/ ADULT STUDIES

Photography Programs

Photo Club

Ages 55 & Up 6 Sessions FREE
 138720 Holiday Park SC 1/5 W 10 a.m.-Noon

SPORTS

Table Tennis

Table Tennis Matchup

Ages 55 & Up 18 Sessions FREE
 138743 N. Potomac CRC 12/7 Tu 9am.-2:30p.m.

24 Sessions FREE
 138744 N. Potomac CRC 2/1 Tu 9am.-2:30p.m.



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55+ & Better

Trip to Amish Market, Lunch, & Shops

Activity 139420 | FREE

LEAVING FROM SCHWEINHAUT SENIOR CENTER
FRIDAY, NOV. 5, 2021 | 9 A.M.-2 P.M.

55+ & BETTER

Special Events

DAMASCUS 55+ HOLIDAY PARTY

ACTIVITY 139110 | DAMASCUS SC

WED. 12/15 | 1-2 P.M.

DAMASCUS 55+ NEW YEAR OPEN HOUSE

ACTIVITY 139111 | DAMASCUS SC

WED. 1/19 | 1-2 P.M.

DAMASCUS 55+ VALENTINE PARTY

ACTIVITY 139112 | DAMASCUS SC

MON. 2/14 | 1-2 P.M.

VALENTINE'S DAY LIPSOLOGY PARTY WITH ARIANA

ACTIVITY 138730 | N. POTOMAC CRC

MON. 2/14 | NOON-2 P.M.



BUT WAIT...
THERE'S MORE!

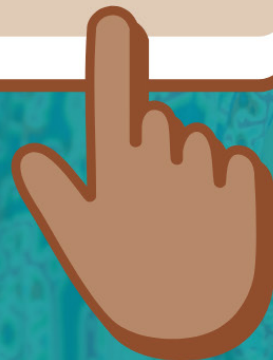
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Schweinhaut

SENIOR CENTER

See more activities at
Schweinhaut Senior Center
in ActiveMontgomery.

MORE INFO





MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION



SOAR offers day trips designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. All trips will depart from and return to the Olney Manor Recreational Park.

COMING THIS SPRING

- Hillwood Museum & Gardens, Safari Tour · St. Mary's City Tour
- York Excursion · Museum of the American Revolution
- White Water Rafting · Sailing Trip Chesapeake Bay
- Law Enforcement Museum



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers trips for all ages with a variety of destinations – a day trip program planned with your interests in mind.

Join us for exciting 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 Olney Manor Recreational Park.

COMING THIS SPRING

- Celtic Women · David at Sight and Sound Theatre
- Elkridge Furnace Inn High Tea · National Cathedral Mart
- Tea Affair High Tea · Maymont Gardens · Lavender Festival
- Medieval Times · and many more exciting trips.



ALL SPRING TRIPS ARE NOT CONFIRMED BECAUSE OF COVID-19 RESTRICTIONS. SUBJECT TO CHANGE!

For more information, call 240-777-4925 | www.mocorec.com

MONTGOMERY COUNTY RECREATION

55 & Better

ACTIVITIES FOR SENIORS



WINTER
21-22



LOOK FOR OUR
OFFERINGS
THIS SEASON



Arts • Wellness
Social Groups
Special Events
Sports & Fitness

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. We had a very successful 2021 season and congratulate all of our athletes on their participation. Best of luck to our athletes who qualified for the 2022 National Senior Games in Fort Lauderdale! Visit www.mdseniorympics.org, email info@mdseniorympics.org or call 240-777-4930 for 2022 event details and registration information.

Santa's HOLIDAY WORKSHOP

Saturday, Dec. 11 • 1 - 3 p.m.



For families of individuals with disabilities. Santa and his elves will be there for photos and to lead crafts and games in a sensory-friendly environment. Light refreshments will be served. Please preregister each family member separately.

TO REGISTER, VISIT
ACTIVEMONTGOMERY.ORG

FREE!
ACTIVITY
129645

*Holiday Park
Senior Center*

3950 Ferrara Drive,
Wheaton



MONTGOMERYCOUNTYRECREATION



MOCOREC

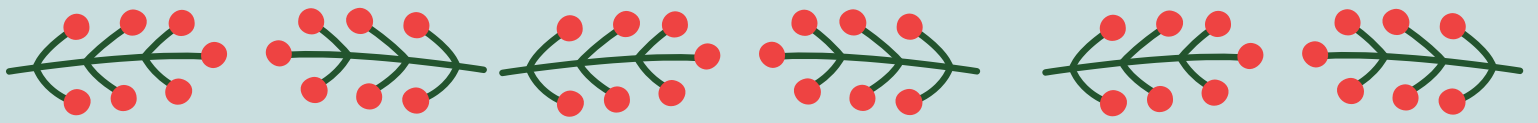


MOCORECREATION



For more information, call 240-777-6870
Hablamos Español • WWW.MOCOREC.COM



MONTGOMERY COUNTY
Recreation



NEW YEAR NEW REGISTRATION

Registration Opens for Spring Programs Monday, Feb. 14  ✖ and Summer Camps on Monday, Feb. 22 ✖ 

STAY TUNED. YOUR REGISTRATION WILL BE EASIER.
A NEW LOOK, A NEW FEEL

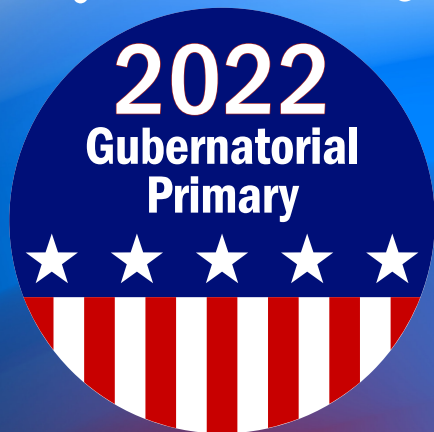


MONTGOMERY COUNTY
Recreation



MONTGOMERY COUNTY BOARD OF ELECTIONS
Gubernatorial Primary - JUNE 28, 2022

Are you registered?



2022
Gubernatorial
Primary

To register, you must be:

- ✓ A U.S. Citizen
- ✓ A Maryland Resident
- ✓ At Least 16 Years Old

Text **VOTE** to **77788**

777VOTE.ORG

240-777-8500

@777VOTE



JUNTA ELECTORAL DEL CONDADO DE MONTGOMERY
Elección Gubernamental - 28 de junio, 2022

¿Te has registrado?



2022
Elección
Gubernamental

Para inscribirse, usted debe:

- ✓ Ser ciudadano estadounidense
- ✓ Ser residente de Maryland
- ✓ Tener por lo menos 16 años de edad

Envíe por texto la
palabra **VOTA** al **77788**

777VOTE.ORG

240-777-8500

@777VOTE



RecAssist

Financial Assistance Program

2021-2022

Montgomery County Recreation offers financial assistance to those who qualify.

Applications will be accepted beginning January 3, 2022.

For more information visit WWW.MOCOREC.COM
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MONTGOMERY COUNTY
Recreation



PROGRAM LOCATIONS

Bauer Drive Community Recreation Center

- ACT The Workout-Fitness.....23
- Adventures in Art.....18
- Art Studio.....18
- Coach Doug Wee Wanna Be.....33
- CPR, First Aid and AED.....19
- Draw and Clay.....18
- Drumming - Rock Out.....42
- Jazzmatazz Low-Impact Aerobics...22
- Kelley’s Complete Fitness Workout...23
- Learn Now Music: Groovy Guitar...28
- Learn Now Music: Poppin Piano....28
- Men’s Winter Basketball League...32
- Pickleball Ladder League Beginners 2.0 to 2.5.....33
- Pickleball Ladder League Expert 3.0-3.5+33
- Pickleball Ladder League Intermediate 2.5-3.0+.....33
- Pilates for Fitness.....22
- Safe Sitter.....24
- TR-TGIF: Totally Great Inclusive Fun - First Fridays.....42
- TKA Adult Karate.....26
- TKA Black Belt Testing.....26
- TKA Youth Karate.....26
- Volleyball Skills Development Clinic...34
- Women’s Drop-in Basketball.....32
- Yoga Fundamentals.....25
- Yoga Mix.....25
- Zumba Fitness Virtual/Indoors....24

Bethesda Elementary School

- TKA Adult Karate.....26
- TKA Youth Karate.....26

Cabin John Middle School

- Train Like a Pro Basketball Skills and Drills.....32

Chevy Chase Elementary School

- Train Like a Pro Basketball Skills and Drills.....32

Clara Barton Neighborhood Recreation Center

- Definition Body Sculpting.....22
- TKA Youth Karate.....26

Damascus Community Recreation Center

- Stretch ‘n Tone.....42
- TKA Adult Karate.....26
- TKA Youth Karate.....26
- Volleyball Skills Development Clinic...34

Damascus Senior Center

- 55+ Bridge.....52
- 55+ Canasta.....52
- 55+ Mah Jongg.....52
- 55+ Tai Chi.....50
- 55+ Tap Dancing.....47
- 55+ Yoga.....51
- 55+ Holiday Party.....54
- 55+ New Year Open House.....54
- 55+ Valentine Party.....54
- Zumba with Amy.....51

Flower Valley Elementary School

- Hoop Stars.....32
- Little Hoop Stars.....32

Germantown Community Recreation Center

- A DRAMA Experience: Facial Expressions & Games.....45
- Coach Doug Seasonal Sports.....33
- Coach Doug Soccer.....34
- Coach Doug Wee Wanna Be.....33
- Dance Creation.....45
- Draw and Clay.....18
- Elementary Drawing with Young Rembrandts.....18
- Funfit Tots Family Class.....22
- Learning Art from the Masters....18
- TKA Adult Karate.....26
- TKA Youth Karate.....26

Germantown Indoor Swim Center

- Adult Level 1.....16
- Adult Level 2.....16
- Adult Level 3.....16
- Adult Level 4.....16
- Aqua Spin.....5
- Aquatots.....10
- Beginner 1.....12
- Beginner 2.....13
- Beginner 3.....13
- Beginner 4.....13
- Deep Water Running.....6
- Masters Swimming.....17
- Pre-School.....10
- Scuba.....17
- TR Adult Social Swim.....17/42
- Water Aerobics.....6
- Waterbabies.....11
- Youth Level 1.....14
- Youth Level 2.....14
- Youth Level 3.....15
- Youth Level 4.....15



PROGRAM LOCATIONS

Glenallan Elementary School

Elementary Drawing with Young Rembrandts.....18

Good Hope Neighborhood Recreation Center

Urban Line Dance.....21
Zumba Fitness.....24
Zumba Toning Virtual/Indoors.....24

Holiday Park Senior Center

Artes manuales.....46
Behind the Headlines.....48
Blood Pressure Screening.....52
Chinese Folk Dancing (Beginner)....47
Every Day English (Basics).....49
Exercise with Milan.....50
Hatha Yoga For All.....51
Knit and Crochet Workshop.....46
Max You.....52
Open Party Bridge.....52
Photo Club.....53
Saturday Night Social
Let It Glow!.....43
Saturday Night Social-
Mardi Gras Celebration.....43
Saturday Night Social-
California Dreamin.....43
Scrabble.....52
Stretch 'n Tone.....42
Tai Chi Sword.....50
TR Chinese New Year Party...44
TR March Madness.....44
TR Pajama Party.....44
Turn the Beat Around.....42
Woodcarving.....46
Writing Club.....49

Jane E. Lawton Community Recreation Center

Ballroom I (Couples).....20
Ballroom II (Couples).....20
Dance & Fitness.....23
Men's Winter Basketball League...32
Oil or Acrylic Painting-
Open Studio.....18
Pilates for Fitness Virtual/Indoors..22
Salsa (couples).....21

Kennedy Shriver Aquatic Center

Abs & Glutes & More.....5
Adapted Aquatics Lesson.....17
Adapted Aquatics Swim Clinic...17
Adult Level 1.....16
Adult Level 2.....16
Adult Level 3.....16
Adult Level 4.....16
Adult Level 5.....16
Adult Swim for Conditioning.....16
Aqua Cardio Challenge.....5
Aqua Lite.....5
Aqua Spin.....5
Aquatots.....10
Beginner 1.....12
Beginner 2.....12
Beginner 3.....13
Beginner4.....13
Deep Water Running.....6
Hi/Lo Cardio Fusion.....6
Masters Swimming.....17
Pre-School.....10
Water Aerobics.....6
Water Exercise.....6
Waterbabies.....11

Youth Level 1.....14
Youth Level 2.....14
Youth Level 3.....15
Youth Level 4.....15

Kensington Parkwood Elementary School

Hoop Stars.....32
Hoops Clinic.....32
Little Hoop Stars.....32

Margaret Schweinhaut Senior Center

Card Making with Cindy Boccucci....46
All Activities.....55

Marilyn J. Praisner Community Recreation Center

ACT The Workout-Fitness.....23
TKA Adult Karate.....26
TKA Youth Karate All Levels.....26
Yoga Basics Virtual/Indoor.....23

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.



PROGRAM LOCATIONS

Martin Luther King Jr. Swim Center

- Abs & Glutes & More.....5
- Adult Level 1.....16
- Adult Level 2.....16
- Adult Level 3.....16
- Adult Level 4.....16
- Aqua Cardio Challenge.....5
- Aqua Cardio Dance.....5
- Aqua Spin.....5
- Aqua YO-Lates.....5
- Aquatots.....10
- Beginner 1.....12
- Beginner 2.....13
- Beginner 3.....13
- Beginner 4.....13
- Deep Water Running.....6
- Masters Swimming.....17
- Pre-School.....10
- Scuba.....17
- TR Adult Social Swim.....17/42
- Water Exercise.....6
- Waterbabies.....11
- Youth Level 1.....14
- Youth Level 2.....14
- Youth Level 3.....15
- Youth Level 4.....15
- Youth Advanced Lessons.....15

Mid-County Community Recreation Center

- Abrakadoodle Pets & Puppies.....18
- Basketball League TR.....42
- Dance & Fitness.....23
- Music Together.....28
- Safe Sitter.....24
- TKA Adult Karate.....26
- TKA Youth Karate All Levels.....26
- Ultimate Frisbee Indoor ES League.....34
- Ultimate Frisbee Indoor MS League.....34
- Ultimate Frisbee Indoor HS League.....34
- Yoga/Stretching for Your Relaxation.....25
- Zumba Fitness.....24

Nancy H. Dacek North Potomac Community Rec Center

- A Pictorial History of Rockville, Maryland.....49
- Advanced Acrylic Paint Class with Fereshteh.....46
- Ballet 1.....20
- Basic Japanese with Prof. Em. Oh.....49
- Beginners Acrylic Paint Class with Fereshteh.....46
- Belly Core Workout.....46
- Bling Paint Party with DeShanna.....46
- Ceramics Introductory Wheel.....18
- Chinese Folk Dance Class with Ming.....47
- Chinese Karaoke.....53
- Differing Historical Perspectives on Slavery in Maryland and DC.....48
- Easy Holiday Arrangement.....53
- FIT Dance.....24
- Handcrafted Pottery Open Studio.....19
- Holiday Karaoke and Eggnog Social.....53
- International Dance Instruction.....47
- Intro to Ballet.....20
- Introduction to Scale Modeling.....49
- Karaoke Time.....53
- Knit and Crochet Group.....49
- Latin Dance Workout.....46
- Little Fingers Piano.....28
- Marriotts and Motor Cars: Made for Each Other.....48
- Modern Line Dancing with Carmencita.....47
- Persian Dance with Fereshteh.....46
- Poker with Friends.....52
- Pop Stars.....21
- Sanctified Sisters of Colesville.....48
- Scale Modeling Program and Discussion.....49
- Simple Healthy Cooking with Rhoda.....46
- Table Tennis Matchup.....53

- Tippi Jam (Ballet, Tap, Jazz).....20
- Toddler and Me Dance.....21
- Train Like a Pro Basketball Skills and Drills.....32
- Train Like a Pro Indoor Soccer.....34
- Valentine’s Day Lipsology Party with Ariana.....54
- Yarrow Mamout and His Family.....48
- Yoga for Vitality.....52

Oakland Terrace Elementary School

- Coach Doug Seasonal Sports.....33
- Coach Doug Soccer.....34
- Coach Doug Wee Wanna Be.....33

Olney Swim Center

- Adult Level 1.....16
- Adult Level 2.....16
- Aqua Cardio Dance.....5
- Aqua Lite.....5
- Aquatots.....10
- Beginner 1.....12
- Beginner 2.....13
- Beginner 3.....13
- Deep Water Running.....6
- Masters Swimming.....17
- Pre-School.....10
- Scuba.....17
- TR Adult Social Swim.....17/42
- Water Aerobics.....6
- Water Exercise.....6
- Waterbabies.....11
- Youth Level 1.....14
- Youth Level 2.....14
- Youth Level 3.....15
- Youth Level 4.....15
- Youth Advanced Lessons.....15



PROGRAM LOCATIONS

Plum Gar Community Recreation Center

Kaleidoscope Art.....42

Potomac Community Recreation Center

ACT The Workout-Fitness.....23

Beginner Right Brained Drawing.....18

Bollywood Dance Fitness.....21

Bollywood Dance for Toddlers.....21

Bollywood Kids.....21

Coach Doug Seasonal Sports.....33

Coach Doug Soccer.....34

Coach Doug Wee Wanna Be.....33

CPR, First Aid and AED.....19

Discovering Music for Toddlers...28

Gemology I Introductory.....26

Gemology II Advanced.....26

Karate Do / Iaido.....26

Stretch 'n Tone.....42

TKA Adult Karate.....26

TKA Youth Karate All Levels.....26

Train Like a Pro Basketball Skills and Drills.....32

Rock View Elementary School

Dance & Fitness.....23

Rolling Terrace Elementary School

Jazzmatazz Pre Ballet.....20

Jazzmatazz Preschool Dance.....21

Ross Boddy Community Recreation Center

Adult Volleyball Skills

Development Clinic.....32

Aikido.....26

Beginning Handbuilt Pottery for Adult.....42

Ceramics Introductory Wheel.....18

Handcrafted Pottery.....19

Kelley's Complete Fitness Workout...23

School of Music

Beginner Guitar for Adults.....28

Beginner Guitar for Kids.....28

Tilden Woods Local Park

Funfit Tots 11mons to 2yr.....22

Funfit Tots Family Class.....22

Travilah Elementary School

Hoop Stars.....32

Little Hoop Stars.....32

Upper County Community Recreation Center

TKA Adult Karate.....26

TKA Youth Karate.....26

TR Yoga.....42

Veirs Mill Local Park

Dance & Fitness.....23

Virtual Class

Abakadoodle Anime.....18

Abakadoodle Cartoon Creations.....18

Chair Dance- Virtual (PP: HPSC)

Essential Yoga For Beginners.....25

Hatha Yoga and Stress

Management Beg/Cont.....51

Hatha Yoga.....51

Kelley's Complete Fitness Workout.....23

Moving with Mike: Seated Exercise...42

Pilates for Fitness.....22

Restore and Recharge Yoga.....25

Sign Language (Basics)- (PP: HPSC)

TR Undercover Pets.....42

TR Wacky Wednesday Laugh Night....42

TR Where Are You.....42

Yoga Basics Virtual/Indoor.....25

Yoga Mix-Gentle + Beginner

Indoor/Virtual*25

Zumba Fitness Indoor/Virtual.....24

Zumba Fitness Virtual.....24

Zumba Indoor/Virtual.....24

Zumba Toning Indoors/Virtual.....24

REMINDER

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PROGRAM LOCATIONS

Wheaton Community Recreation Center

- 55+ Beginners Ballet.....47
- 55+ Gentle Yoga.....51
- Abakadoodle Artist Like Me!.....18
- Abakadoodle We Art Up
- Up and Away.....18
- ACT The Workout-Fitness.....23
- Ballroom I (Couples).....20
- Ballroom II (Couples).....20
- Beginners Line Dance.....47
- Brain Fitness.....49
- Ceramics Introductory Wheel.....18
- Chinese Dance & Fitness.....50
- Creative Combo Dance I.....20
- Dance & Fitness Add a Class.....23
- Discovering Music for Toddlers...28
- Fairy Tale Ballet.....20
- Functional Fitness.....50
- Handcrafted Pottery.....19
- Handcrafted Pottery Open Studio.....19
- Intro to Drawing.....46
- Intro to Hula Dance.....21

- Jazzmatazz Aerobics W/Pilates Mat..22
- Kelley's 50+ Complete Workout....23/50
- Kids N Clay.....19
- Knowing Technology Series.....48
- Line/Ballroom Dance w/Amy.....47
- Music Together.....28
- Needles and Yarn.....48
- Online Website Development.....48
- Shape and Tone.....50
- Stretch 'n Tone.....42
- Superpower Dance Circle.....53
- Tech Lobby Support.....48
- TKA Adult Karate.....26
- TKA Youth Karate All Levels.....26
- Train Like a Pro Indoor Soccer.....34
- Urban Line Dance.....21
- Vocabulary Blast.....52
- Wheaton Cardio DVD.....50
- Wheaton Cuisine.....48
- Wheaton Walks.....52
- Wheaton Indoor Track Club.....50
- Yoga para Todos.....51
- Zumba Virtual/Indoors.....24
- Zumba with Amy.....50

White Oak Community Recreation Center

- Handcrafted Pottery.....19
- Handcrafted Pottery Open Studio.....19
- TKA Karate/Jujitsu Club.....26
- TKA Karate/Jujitsu Club 2.....26
- TR Sip 'n Paint - Adults.....42
- Train Like a Pro Basketball Skills and Drills.....32
- Train Like a Pro Indoor Soccer.....34

Wisconsin Place Community Rec Center

- Adult Ultimate Frisbee
- Indoor League.....34
- Practical Self-Defense.....26

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Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.


VIRTUAL CLASSES

Signed up for a virtual class? A link to join the virtual class will be provided upon registration in ActiveMontgomery to your preferred email address.





FACILITY ADDRESSES



Winter 2021-22
Registration begins
Nov. 8



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts for inclement weather information.



Looking for pool locations?
Visit page 4 for Aquatics facilities.

Elementary Schools

- Bethesda ES..... 7600 Arlington Rd, Bethesda, MD 20814
- Chevy Chase ES.....4015 Rosemary St, Chevy Chase, MD 20815
- Flower Valley ES.....4615 Sunflower Dr, Rockville, MD 20853
- Glenallan ES..... 12520 Heurich Rd, Silver Spring, MD 20902
- Kensington Parkwood ES..... 4710 Saul Rd, Kensington, MD 20895
- Oakland Terrace ES.. 2720 Plyers Mill Rd, Silver Spring, MD 20902
- Rockview ES..... 3901 Denfeld Ave, Kensington, MD 20895
- Rolling Terrace ES..... 705 Bayfield St, Silver Spring, MD 20903
- Travilah ES.....13801 Dufief Mill Rd, North Potomac, MD 20878

Middle Schools

- Cabin John MS.....10701 Gainsborough Rd, Potomac, MD 20854

Parks

- Tilden Woods Local Park..... 6800 Tilden Ln, Rockville, MD 20852
- Veirs Mill Local Park.....4425 Garrett Park Rd, Silver Spring, MD 20906

Recreation Facilities

- 4010 Randolph Road (Former Recreation Headquarters Building).....4010 Randolph Road, Silver Spring, 20902
- Bauer Drive CRC 14625 Bauer Drive, Rockville, 20853
- Clara Barton NRC 7425 MacArthur Blvd., Cabin John, 20818
- Damascus CRC25520 Oak Drive, Damascus, 20872
- East County CRC 3310 Gateshead Manor Way, Silver Spring, 20904
- Germantown CRC..... 18905 Kingsview Drive, Germantown, 20874
- Good Hope NRC.....14715 Good Hope Road, Silver Spring, 20905
- Gwendolyn Coffield CRC (currently closed).....2450 Lyttonsville Road, Silver Spring, 20910
- Holiday Park SC3950 Ferrara Drive, Wheaton, 20906
- Lawton CRC..... 4301 Willow Lane, Chevy Chase, 20815
- Leonard D. Jackson Ken Gar 4111 Plyers Mill Road, Kensington, 20895
- Long Branch CRC (currently closed) 8700 Piney Branch Road, Silver Spring, 20901
- Longwood CRC (currently closed) 19300 Georgia Ave., Brookeville, 20833
- Marilyn J. Praisner CRC.....14906 Old Columbia Parkway,Burtonsville, 20866
- Mid-County CRC 2004 Queensguard Road, Silver Spring,20906
- Nancy H. Dacek North Potomac CRC.....13850 Travilah Road, Rockville, 20850
- Plum Gar CRC..... 19561 Scenery Drive, Germantown, 20874
- Potomac CRC 11315 Falls Road, Potomac, 20854
- Recreation Administrative Office.....2425 Reedie Drive, 10th Floor, Wheaton, 20902
- Ross Boddy NRC..... 18529 Brooke Road, Sandy Spring, 20860
- Scotland NRC.....7000 Scotland Drive, Potomac,20854
- Upper County CRC8201 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