

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



SPRING 2016

RECREATION AND PARKS PROGRAMS

SKATING &
HOCKEY

TRIPS & TOURS

NATURE & HIKES

ZUMBA

GOLF

XCITING XTRAS

GARDENING

COOKING

TENNIS

SWIM LESSONS

and much more!





Come Out and Play!

2016 SUMMER CAMPS

WE'RE LOCAL...

Our camps and programs are conveniently located throughout Montgomery County and we offer full and half day programs.

AND AFFORDABLE...

We have camps and programs to fit every budget. If you would like to make payments, we'll work out a payment plan with you.

OFFER PROGRAMS FOR A WIDE RANGE OF AGES...

We offer camps & programs for ages 2 to 18, & up to age 21 for Therapeutic Recreation Camps.

AND EVERY INTEREST...

If your child loves sports, rocketry, magic, art, horseback riding, swimming, dance, nature, stage acting, or has other interests, then we have the camp or program for your child.

WITH CONVENIENT REGISTRATION

Register online with ActiveMONTGOMERY, our 24/7 system which can be used from the comfort of your home or wherever you have access to the internet. With just a few clicks, your child is registered.

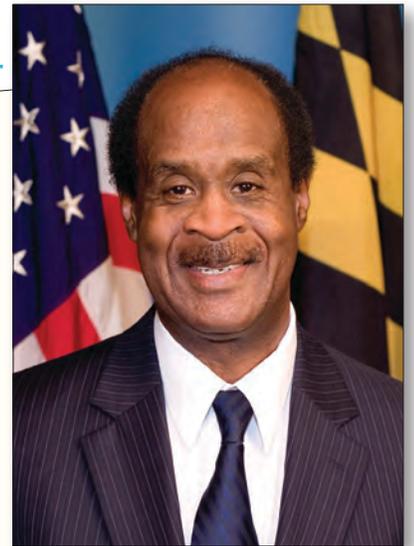
Visit ActiveMONTGOMERY.org



FROM THE COUNTY EXECUTIVE



Spring 2016



Dear Montgomery County Resident:

In the next few weeks, the weather will begin to warm up, a sure sign Spring is on its way. This is the best time to get a jump on your plans for the new season, as we begin to want to spend more time outdoors. The Montgomery County Recreation and Parks Guide offers hundreds of exciting and fun classes, trips, and other leisure and fitness activities for all ages and all tastes. You will discover new and different things to do, and return to some popular favorites.

Aquatics, art, dance, fitness, senior programs, therapeutic recreation, and trips and tours are just a sampling of the many programs offered by Recreation to help enhance the health and well-being of everyone in our community.

I hope to see you at the Move More Montgomery Festival on Saturday, April 30, noon to 4 p.m., at the Bauer Community Recreation Center in Rockville for the culmination of the 100 Mile Challenge. We will be celebrating both the winners of the 100 Miles in 100 Days challenge and the pets who participated with their owners.

As we look forward to ending our winter activities, we might want to expand our social circles and pursuits. Recreational activities are just the perfect way to meet people and stay connected. With 20 Community Recreation Centers, five full-service Senior Centers, and four indoor Aquatic Centers, all with a myriad of activities and programs, there is an abundance of ways to be involved in a welcoming environment.

For those of you with children, just a quick reminder that Recreation Summer Camp registration is now open. Full- and half-day programs are available for all interests and ages. Early registration is encouraged, as many programs fill quickly.

I hope you will find several programs and activities that will serve you, your family, and friends well. The options to be active abound. I look forward to seeing you at one of our many facilities. Make it a great Spring!

Sincerely,

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

Isiah Leggett,
County Executive

A Look Inside...

Spring 2016
Recreation and Parks Programs



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



Swim Lessons
pg. 21



Fitness & Wellness
pg. 43

Registration For
Winter Classes &
Swim Lessons Begin
February 16



Summer Camps
Inside Cover



Active Adults
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Xciting Xtras
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Montgomery Parks

The Maryland-National Capital Park and Planning Commission

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Facility Rentals
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TeenWorks
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Earth Day
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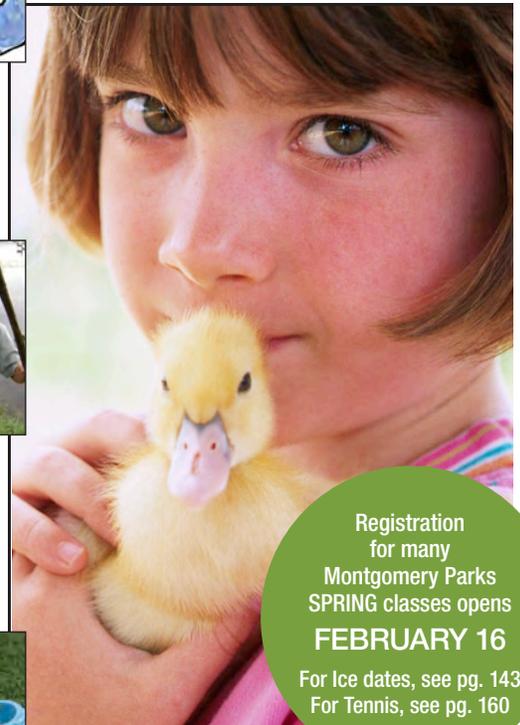
Lacrosse at
Wheaton
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HABLAMOS ESPAÑOL

Si desea obtener información de Montgomery County Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene alguna sugerencia sobre otro tipo de programas, llámenos al 240-777-6839.



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



Registration for many Montgomery Parks SPRING classes opens **FEBRUARY 16**
For Ice dates, see pg. 143
For Tennis, see pg. 160

Montgomery Parks
9500 Brunett Ave., Silver Spring, MD 20901
301-495-2595 | MontgomeryParks.org





MOVE MORE MONTGOMERY FESTIVAL

Saturday, April 30, 2016 | Noon-4PM



The Move More Montgomery Festival is the culminating event of the 100 Miles in 100 Days Challenge. It is open to all 100 Mile Challenge participants, the general public...and DOGGIES!

ACTIVITIES

- Diane Cho, ABC7 Reporter
- Interactive Informational Booths
- Demos
- 100 Mile Challenge Circle
 - Awards for all individuals and dogs that complete the 100 miles and turn in a log
 - Prize pickup for all winners
 - Final body composition measurement
 - Refreshments
- Fido Fitness Arena
 - Dog play area and dog contests
- Biometric measurements
- Fitness activities
- Tiny tots play area
- Healthy walk

WHERE?

Bauer Drive Community Center
14625 Bauer Drive
Rockville, MD 20853

SPONSORED BY



Bethesda
MAGAZINE



montgomerycountymd.gov/rec



12 Ways to have Fun this SPRING

Fusion is all the rage

Now it's come to Aquatics! See the unique Hi/Lo Cardio Fusion class combining yoga and Pilates on page 10.

While the Right Brain is working, what's a Left Brain to Do?!

This intriguingly-titled class, Advanced Right Brained Drawing, builds on perceptions of drawing and explores new techniques. Information on page 35.

Interior Design meets needle crafts

Learn to make your own home décor accessories when you take Sewing and Home Decorating. See page 35.

This is no day at the beach!

Except it is when you take Painting the Seaside with Kriti. Learn simple ways to show the joy of surf, seabirds, and sand on page 36.

Gotta Dance! Gotta Dance! – and in another culture

DanceVersity is just the place for your kids to learn to appreciate other cultures through music and dance. Check it out page 37.

Send your kids to Kenya, Colombia, France, India, Haiti, and Mexico

They can go without a suitcase via "Play Around the World Kids" or "Play Around the World Tots." They'll get the age-appropriate global experience through crafts, music and more. Read about it on page 55.

Acquire the tools to create your own happiness

No longer rely on others for your joy, but sign up for Using Mindfulness to Increase Happiness. See it on page 46.

The runway and the latest fashion trends and styles await!

Sign up for Super Kids Fashion and get the details on page 62.

Time to rock that coiffure!

Register for Super Kids Hair! Read all about it on page 61.

Glamorous style, CHECK! Fabulous hair, CHECK! Now for your face.

Complete the package with Super Kids Makeup on page 62.

Alert...the cuteness factor just went through the roof!

Dog Obedience 1 Puppy Kindergarten helps prevent problems before they start on page 61.

It's OK to be in a pickle if it's Pickleball!

Get in on the newest rage that is sweeping the Baby Boomer crowd...a fun racquet sport that combines elements of badminton, tennis and table tennis. See the 55+ Active Adult Program Highlights starting on page 75.



Where else can you build a robot, experiment with 3D printing and construct a flying machine all in one visit?

- *Build robots*
- *Design video games*
- *Make wearable art*
- *Create a toy of your own design*
- *Produce electronic music*
- *Experiment with circuits*
- *Print 3D objects*
- *Tinker in the woodshop*

Half and full-day maker camps for ages 7 - 14 in July. One-day camps in August.

www.kid-museum.org

KID Museum at Davis Library is open Saturdays and Sundays, 10 a.m. - 5 p.m., and on weekdays for after-school programs, drop-in sessions, and school & group visits.

6400 Democracy Blvd. Bethesda, MD 20817 PHONE: (301) 897-5437 EMAIL: info@kid-museum.org
www.kid-museum.org

Have An Affair With Recreation!

Planning a Party? Want that Wedding?
Ready for a Reception? Must have a Meeting?

Reserve one of Montgomery County's Community Recreation Centers.
Our Community Recreation Centers are located throughout
Montgomery County and many are situated in beautifully landscaped
locales that will enhance your event.

You will find them not only nearby and
convenient, but surprisingly affordable.

Your rental will include tables and
chairs, a caterer's kitchen(at select locations)
and ample free parking. Bring your
wedding planner, event planner, or
work directly with us. Come for a tour.

If you live in Montgomery County,
there is a Recreation Center near you.

Get started by visiting
montgomerycountymd.gov/rec or
call 240.777.4980.



*It's easy to have an affair with
Montgomery County Recreation...*

*just get in touch
and we'll make it happen.*





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

**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
Boys, MD 20841

*Closed For Swim Meets:
February 19-21 • 2016*

*Closed For Swim Meets:
May 13-15 • 2016*

*Closed For Swim Meets:
March 5-6 • 2016*

*Closed For Swim Meets:
February 3-6 • 2016
February 11-14 • 2016
March 18-20 • 2016*

Family Recreational Swims

Recreational and Lap Swim Sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair, Senior, or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

Swimming Instruction

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

Rentals-Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups.
Party Rooms are available for rent.
Contact the facility for available times and fees.

Website Info

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

WATER FITNESS CLASSES

Water Exercise, Deep Water Running & Exercise, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- 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 necessary. For Deep Water Running & Exercise, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible options. Withdrawal policies are listed on page 168.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

No Classes: March 25 - April 1

Abs, Glutes & More

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

9 Sessions \$54
 Instructor: Peggy Brower
 15416 Kennedy Shriver Aq Ctr 3/17 Th 9:00am-9:50am
 15415 Kennedy Shriver Aq Ctr 3/15 Tu 9:00am-9:50am
 15387 MLK Swm Ctr 3/14 M 10:00am-10:50am
 15388 MLK Swm Ctr 3/16 W 10:00am-10:50am
 15389 MLK Swm Ctr 3/17 Th 8:30pm-9:20pm

Aqua Cardio Challenge

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

9 Sessions \$54
 Instructor: Peggy Brower
 15390 MLK Swm Ctr 3/20 S 5:00pm-5:50pm

Aqua Cardio Dance

Ages 12 & Up: A Latin-based workout that integrates dance and exercise! Aqua Dance adds all of the benefits of aquatic exercise to these popular high-energy dance workouts. No dance background necessary, just a willingness to move and have fun. The workout is a PARTY, come join the fun!

8 Sessions \$48
 Instructor: Peggy Brower
 15417 Kennedy Shriver Aq Ctr 3/18 F 10:00am-10:50am
 9 Sessions \$54
 Instructor: Peggy Brower
 15391 MLK Swm Ctr 3/15 T 9:30am-10:20am
 15392 MLK Swm Ctr 3/17 Th 9:30am-10:20am
 Instructor: Wellness Network
 14929 Germantown IISC 3/14 M 9:30am-10:20am
 15362 Olney Swm Ctr 3/13 S 9:00am-9:50am
 15361 Olney Swm Ctr 3/16 W 8:15pm-9:05pm

Aqua Lite

Ages 12 & Up: Great place to start in the water! This class is low intensity and low impact, and will improve joint flexibility, balance and coordination. For those with pain and stiffness of arthritis, or recovering from injury or surgery, this gentle but active class will help reduce muscle weakness, pain and stiffness in the upper and lower body. Great for first time exercisers and anyone wanting a gentle workout.

8 Sessions \$48
 Instructor: Wellness Network
 15365 Olney Swm Ctr 3/18 F 10:00am-10:50am
 9 Sessions \$54
 Instructor: Peggy Brower
 15393 MLK Swm Ctr 3/17 Th 10:30am-11:20am
 9 Sessions \$54
 Instructor: Wellness Network
 15418 Kennedy Shriver Aq Ctr 3/14 M 11:00pm-11:50pm
 15419 Kennedy Shriver Aq Ctr 3/16 W 11:00pm-11:50pm
 15363 Olney Swm Ctr 3/14 M 10:00am-10:50am
 15364 Olney Swm Ctr 3/16 W 10:00am-10:50am

Aqua YO-Lates

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

8 Sessions \$48
 Instructor: Peggy Brower
 15394 MLK Swm Ctr 3/18 F 10:00am-10:50am
 9 Sessions \$54
 15395 MLK Swm Ctr 3/15 T 10:30am-11:20am

Check Out Our Land Fitness Classes Too!

**Held at Aquatic Facilities
 Zumba pg. 44**





Deep Water Running & Exercise

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

8 Sessions				\$48
Instructor:Peggy Brower				
15426	Kennedy Shriver Aq Ctr	3/18	F	9:00am-9:50am
15402	MLK Swm Ctr	3/18	F	11:00am-11:50am
Instructor:Wellness Network, Inc.				
14936	Germantown ISC	3/18	F	10:30am-11:20am
15375	Olney Swm Ctr	3/18	F	6:15pm-7:05pm
9 Sessions				\$54
Instructor:Peggy Brower				
15424	Kennedy Shriver Aq Ctr	3/15	T	10:00am-10:50am
15425	Kennedy Shriver Aq Ctr	3/17	Th	10:00am-10:50am
15396	MLK Swm Ctr	3/14	M	1:00pm-1:50pm
15397	MLK Swm Ctr	3/15	T	7:30am-8:20am
15398	MLK Swm Ctr	3/15	T	7:30pm-8:20pm
15399	MLK Swm Ctr	3/16	W	1:00pm-1:50pm
15400	MLK Swm Ctr	3/17	Th	7:30am-8:20am
15401	MLK Swm Ctr	3/17	Th	7:30pm-8:20pm
15409	MLK Swm Ctr	3/19	Sa	9:00am-9:50am
Instructor:Network, Inc Wellness				
14930	Germantown ISC	3/14	M	10:30am-11:20am
14931	Germantown ISC	3/14	M	7:50pm-8:40pm
14932	Germantown ISC	3/15	T	10:00am-10:50am
14933	Germantown ISC	3/16	W	10:30am-11:20am
14934	Germantown ISC	3/16	W	7:50pm-8:40pm
14935	Germantown ISC	3/17	Th	9:30am-10:20am
15420	Kennedy Shriver Aq Ctr	3/14	M	9:00am-9:50am
15421	Kennedy Shriver Aq Ctr	3/15	T	7:45pm-8:35pm
15423	Kennedy Shriver Aq Ctr	3/16	W	9:00am-9:50am
15422	Kennedy Shriver Aq Ctr	3/17	Th	7:45pm-8:35pm
15366	Olney Swm Ctr	3/14	M	7:15pm-8:05pm
15367	Olney Swm Ctr	3/15	T	8:30am-9:20am
15368	Olney Swm Ctr	3/15	T	10:30am-11:20am
15369	Olney Swm Ctr	3/15	T	8:15pm-9:05pm
15370	Olney Swm Ctr	3/16	W	1:30pm-2:20pm
15371	Olney Swm Ctr	3/16	W	7:15pm-8:05pm
15372	Olney Swm Ctr	3/17	Th	9:00am-9:50am
15373	Olney Swm Ctr	3/17	Th	11:00am-11:50am
15374	Olney Swm Ctr	3/17	Th	8:15pm-9:05pm
15386	Olney Swm Ctr	3/12	Sa	9:00am-9:50am

Hi/Lo Cardio Fusion

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

8 Sessions				\$48
Instructor:Peggy Brower				
15427	Kennedy Shriver Aq Ctr	3/18	F	11:30am-12:20pm

Water Aerobics

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

8 Sessions				\$48
Instructor:Peggy Brower				
15404	MLK Swm Ctr	3/18	F	7:30pm-8:20pm
9 Sessions				\$54
Instructor:Peggy Brower				
15403	MLK Swm Ctr	3/15	T	8:30pm-9:20pm
Instructor:Network, Inc Wellness				
14937	Germantown ISC	3/15	T	7:50pm-8:40pm
14938	Germantown ISC	3/17	Th	7:50pm-8:40pm
14941	Germantown ISC	3/14	M	8:30pm-9:20pm
14942	Germantown ISC	3/16	W	8:30pm-9:20pm
15428	Kennedy Shriver Aq Ctr	3/14	M	10:00am-10:50am
15429	Kennedy Shriver Aq Ctr	3/16	W	10:00am-10:50am
15377	Olney Swm Ctr	3/14	M	8:15pm-9:05pm
15378	Olney Swm Ctr	3/15	T	9:30am-10:20am
15376	Olney Swm Ctr	3/15	T	7:15pm-8:05pm
15379	Olney Swm Ctr	3/17	Th	10:00am-10:50am
15380	Olney Swm Ctr	3/17	Th	7:15pm-8:05pm

Water Boot Camp

Ages 12 & Up: Are you ready for an X-Treme workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because you work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top-notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in shallow and deep (belt required) water.

8 Sessions				\$48
Instructor:Peggy Brower				
15405	MLK Swm Ctr	3/18	F	7:00am-7:50am
Instructor:Network, Inc Wellness				
15381	Olney Swm Ctr	3/18	F	1:30pm-2:20pm
9 Sessions				\$54
Instructor:Peggy Brower				
15410	MLK Swm Ctr	3/19	Sa	7:30pm-8:20pm

Water Exercise

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

8 Sessions			\$48
Instructor: Peggy Brower			
15406	MLK Swm Ctr	3/18 F	9:00am-9:50am
Instructor: Network, Inc Wellness			
14940	Germantown ISC	3/18 F	9:30am-10:20am
15384	Olney Swm Ctr	3/18 F	9:00am-9:50am
9 Sessions			\$54
Instructor: Peggy Brower			
15430	Kennedy Shriver Aq Ctr	3/14 M	8:30pm-9:20pm
15431	Kennedy Shriver Aq Ctr	3/15 T	11:30am-12:20pm
15433	Kennedy Shriver Aq Ctr	3/16 W	8:30pm-9:20pm
15432	Kennedy Shriver Aq Ctr	3/17 Th	11:30am-12:20pm
15407	MLK Swm Ctr	3/14 M	9:00am-9:50am
15408	MLK Swm Ctr	3/16 W	9:00am-9:50am
Instructor: Network, Inc Wellness			
14939	Germantown ISC	3/16 W	9:30am-10:20am
15382	Olney Swm Ctr	3/14 M	9:00am-9:50am
15383	Olney Swm Ctr	3/16 W	9:00am-9:50am



DIVING

AAU National Team

Ages 6-18: This is an invitation only program designed to prepare athletes for collegiate competition. Participants will train for and compete in AAU Diving meets around the area. Our competitive goal will be to qualify for the AAU National Championships each summer. Contact MDCBeavers@gmail.com for info on how to try out for the program. Participants pay an annual membership fee of \$300 directly to MDC in addition to the training fee listed here. Admission into this class requires the permission of the program director, Doug Beavers. Practices are offered 3x a week: Monday-Wednesday-Friday, 7-9pm at MLK.

\$675	Instructor: Built by Beavers		
15298	MLK Swm Ctr	3/14 M,W,F	7:00pm-9:00pm
15457	MLK Swm Ctr	3/14 M,W,F	7:00pm-9:00pm
15499	MLK Swm Ctr	3/14 M,W,F	7:00pm-9:00pm

Diving National Team

Ages 6-18: Montgomery Dive Club has long been recognized as a consistent producer of nationally and internationally competitive divers. Admission into the MDC National Training Programs requires the permission of the Program Director. This is a year-round program focused on the highest levels of personal and team achievement. All participants must pay a \$300 fee, payable to the Built by Beavers, per session. To complete your registration, visit www.montgomerydiveclub.org.

Instructor: Built by Beavers			
3 Days per Week			\$415
15305	Kennedy Shriver Aq Ctr	3/14 S-F	7:00am-9:00am
15306	Germantown ISC	3/14 S-F	7:00am-9:00am
4 Days per Week			\$520
15307	Kennedy Shriver Aq Ctr	3/14 S-F	7:00am-9:00am
15308	Germantown ISC	3/14 S-F	7:00am-9:00am
5 Days per Week			\$620
15309	Kennedy Shriver Aq Ctr	3/14 S-F	7:00am-9:00am
15310	Germantown ISC	3/14 S-F	7:00am-9:00am

High School Diving

Ages 13-18: Our High School group is perfect for divers interested in trying out for their High School diving team, or who want to improve their performance at Metro, Regional, and State Championship Meets. Primary focus is on 1-meter springboard, but other equipment is used to build skills. Additional fees include \$15 for a SPRINGS participants. Registrants must visit www.montgomerydiveclub.org to complete registration.

\$270	Instructor: Built by Beavers		
15311	Kennedy Shriver Aq Ctr	3/14 M	8:00pm-9:30pm
15312	Kennedy Shriver Aq Ctr	3/17 Th	8:00pm-9:30pm
15313	Germantown ISC	3/14 M	8:30pm-10:00pm
15314	Germantown ISC	3/16 W	8:30pm-10:00pm





Level 1: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners, or kids who might benefit from 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 \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$140				
15323	Germantown ISC	3/15	T	4:45pm-5:30pm
15466	Germantown ISC	3/15	T	4:45pm-5:30pm
15508	Germantown ISC	3/15	T	4:45pm-5:30pm
15322	Germantown ISC	3/17	Th	4:45pm-5:30pm
15465	Germantown ISC	3/17	Th	4:45pm-5:30pm
15507	Germantown ISC	3/17	Th	4:45pm-5:30pm
15316	Kennedy Shriver Aq Ct	3/14	M	4:30pm-5:15pm
15459	Kennedy Shriver Aq Ct	3/14	M	4:30pm-5:15pm
15501	Kennedy Shriver Aq Ct	3/14	M	4:30pm-5:15pm
15315	Kennedy Shriver Aq Ct	3/15	T	4:15pm-5:00pm
15500	Kennedy Shriver Aq Ct	3/15	T	4:15pm-5:00pm
15458	Kennedy Shriver Aq Ct	3/15	T	4:15pm-5:00pm
15317	Kennedy Shriver Aq Ct	3/18	F	4:15pm-5:00pm
15460	Kennedy Shriver Aq Ct	3/18	F	4:15pm-5:00pm
15502	Kennedy Shriver Aq Ct	3/18	F	4:15pm-5:00pm
15318	MLK Swm Ctr	3/20	S	10:30am-11:15am
15319	MLK Swm Ctr	3/20	S	11:15am-12:00pm
15461	MLK Swm Ctr	3/20	S	10:30am-11:15am
15462	MLK Swm Ctr	3/20	S	11:15am-12:00pm
15503	MLK Swm Ctr	3/20	S	10:30am-11:15am
15504	MLK Swm Ctr	3/20	S	11:15am-12:00pm
15320	Olney Swm Ctr	3/14	M	4:45pm-5:30pm
15463	Olney Swm Ctr	3/14	M	4:45pm-5:30pm
15505	Olney Swm Ctr	3/14	M	4:45pm-5:30pm
15321	Olney Swm Ctr	3/16	W	4:45pm-5:30pm
15464	Olney Swm Ctr	3/16	W	4:45pm-5:30pm
15506	Olney Swm Ctr	3/16	W	4:45pm-5:30pm

Level 2: Human Springs

Ages 6-18: This is where the majority of our divers sign up. These 90 minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids, 10 and up, who are comfortable in deep water, motivated to learn the sport of diving, and who would otherwise feel uncomfortable in a lesson class with little kids. All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270				
15327	Germantown ISC	3/14	M	4:30pm-6:00pm
15470	Germantown ISC	3/14	M	4:30pm-6:00pm
15512	Germantown ISC	3/14	M	4:30pm-6:00pm
15328	Germantown ISC	3/15	T	5:30pm-7:00pm
15471	Germantown ISC	3/15	T	5:30pm-7:00pm
15513	Germantown ISC	3/15	T	5:30pm-7:00pm
15331	Germantown ISC	3/16	W	4:30pm-6:00pm
15474	Germantown ISC	3/16	W	4:30pm-6:00pm
15516	Germantown ISC	3/16	W	4:30pm-6:00pm
15329	Germantown ISC	3/17	Th	5:30pm-7:00pm
15514	Germantown ISC	3/17	Th	5:30pm-7:00pm
15472	Germantown ISC	3/17	Th	5:30pm-7:00pm
15330	Germantown ISC	3/18	F	4:30pm-6:00pm
15473	Germantown ISC	3/18	F	4:30pm-6:00pm
15515	Germantown ISC	3/18	F	4:30pm-6:00pm
15332	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm
15475	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm
15517	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm
15324	Kennedy Shriver Aq Ct	3/15	T	4:30pm-6:00pm
15467	Kennedy Shriver Aq Ct	3/15	T	4:30pm-6:00pm
15509	Kennedy Shriver Aq Ct	3/15	T	4:30pm-6:00pm
15468	Kennedy Shriver Aq Ct	3/17	Th	5:00pm-6:30pm
15325	Kennedy Shriver Aq Ct	3/17	Th	5:00pm-6:30pm
15510	Kennedy Shriver Aq Ct	3/17	Th	5:00pm-6:30pm
15326	Kennedy Shriver Aq Ct	3/18	F	5:00pm-6:30pm
15469	Kennedy Shriver Aq Ct	3/18	F	5:00pm-6:30pm
15511	Kennedy Shriver Aq Ct	3/18	F	5:00pm-6:30pm
15333	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am
15476	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am
15518	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am
15335	MLK Swm Ctr	3/15	T	6:15pm-7:45pm
15478	MLK Swm Ctr	3/15	T	6:15pm-7:45pm
15520	MLK Swm Ctr	3/15	T	6:15pm-7:45pm
15334	MLK Swm Ctr	3/17	Th	6:15pm-7:45pm
15477	MLK Swm Ctr	3/17	Th	6:15pm-7:45pm
15519	MLK Swm Ctr	3/17	Th	6:15pm-7:45pm
15336	Olney Swm Ctr	3/14	M	5:30pm-7:00pm
15479	Olney Swm Ctr	3/14	M	5:30pm-7:00pm
15521	Olney Swm Ctr	3/14	M	5:30pm-7:00pm
15337	Olney Swm Ctr	3/16	W	5:30pm-7:00pm
15480	Olney Swm Ctr	3/16	W	5:30pm-7:00pm
15522	Olney Swm Ctr	3/16	W	5:30pm-7:00pm

FOUR WAYS TO REGISTER

-  **ACTIVE MONTGOMERY.ORG**
Online registration at activemontgomery.org.
-  **FAX 240-777-6818**
Faxed registrations must be paid by Credit Card. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.
-  **MAIL OR DROP OFF**
-  **FULL SERVICE IN PERSON**
Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 10:00am-2:00pm

Level 3: Human Springs

Ages 5-11: This 45 minute class is designed for absolute beginners, or kids who might benefit from 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 \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270					
15345	Germantown ISC	3/14	M	6:00pm-7:30pm	
15488	Germantown ISC	3/14	M	6:00pm-7:30pm	
15530	Germantown ISC	3/14	M	6:00pm-7:30pm	
15348	Germantown ISC	3/15	T	5:30pm-7:00pm	
15491	Germantown ISC	3/15	T	5:30pm-7:00pm	
15533	Germantown ISC	3/15	T	5:30pm-7:00pm	
15349	Germantown ISC	3/16	W	6:00pm-7:30pm	
15492	Germantown ISC	3/16	W	6:00pm-7:30pm	
15534	Germantown ISC	3/16	W	6:00pm-7:30pm	
15346	Germantown ISC	3/17	Th	5:30pm-7:00pm	
15531	Germantown ISC	3/17	Th	5:30pm-7:00pm	
15489	Germantown ISC	3/17	Th	5:30pm-7:00pm	
15347	Germantown ISC	3/18	F	6:00pm-7:30pm	
15490	Germantown ISC	3/18	F	6:00pm-7:30pm	
15532	Germantown ISC	3/18	F	6:00pm-7:30pm	
15339	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15482	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15524	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15341	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15484	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15526	Kennedy Shriver Aq Ct	3/14	M	6:30pm-8:00pm	
15340	Kennedy Shriver Aq Ct	3/15	T	6:00pm-7:30pm	
15483	Kennedy Shriver Aq Ct	3/15	T	6:00pm-7:30pm	
15525	Kennedy Shriver Aq Ct	3/15	T	6:00pm-7:30pm	
15342	Kennedy Shriver Aq Ct	3/16	W	6:30pm-8:00pm	
15485	Kennedy Shriver Aq Ct	3/16	W	6:30pm-8:00pm	
15527	Kennedy Shriver Aq Ct	3/16	W	6:30pm-8:00pm	
15344	Kennedy Shriver Aq Ct	3/18	F	6:30pm-8:00pm	
15487	Kennedy Shriver Aq Ct	3/18	F	6:30pm-8:00pm	
15529	Kennedy Shriver Aq Ct	3/18	F	6:30pm-8:00pm	
15343	Kennedy Shriver Aq Ct	3/17	Th	6:00pm-7:30pm	
15486	Kennedy Shriver Aq Ct	3/17	Th	6:00pm-7:30pm	
15528	Kennedy Shriver Aq Ct	3/17	Th	6:00pm-7:30pm	
15338	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am	
15481	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am	
15523	Kennedy Shriver Aq Ct	3/20	S	8:30am-10:00am	
15352	MLK Swm Ctr	3/15	T	6:15am-7:45am	
15495	MLK Swm Ctr	3/15	T	6:15am-7:45am	
15537	MLK Swm Ctr	3/15	T	6:15am-7:45am	
15353	MLK Swm Ctr	3/17	Th	6:15am-7:45am	
15496	MLK Swm Ctr	3/17	Th	6:15am-7:45am	
15538	MLK Swm Ctr	3/17	Th	6:15am-7:45am	
15351	MLK Swm Ctr	3/19	Sa	7:00pm-8:30pm	
15494	MLK Swm Ctr	3/19	Sa	7:00pm-8:30pm	
15536	MLK Swm Ctr	3/19	Sa	7:00pm-8:30pm	
15350	MLK Swm Ctr	3/20	S	9:00am-10:30am	
15493	MLK Swm Ctr	3/20	S	9:00am-10:30am	
15535	MLK Swm Ctr	3/20	S	9:00am-10:30am	
15354	Olney Swm Ctr	3/14	M	5:30pm-7:00pm	
15497	Olney Swm Ctr	3/14	M	5:30pm-7:00pm	
15539	Olney Swm Ctr	3/14	M	5:30pm-7:00pm	
15355	Olney Swm Ctr	3/16	W	5:30pm-7:00pm	
15498	Olney Swm Ctr	3/16	W	5:30pm-7:00pm	
15540	Olney Swm Ctr	3/16	W	5:30pm-7:00pm	

Masters Diving

Ages 19 & Up: It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join Rusty Springs! Additional fees include \$15 for a SPRINGS participants. Registrants must visit www.montgomerydiveclub.org to complete registration.

\$270					
	Instructor: Built By Beavers				
15356	Kennedy Shriver Aq Ct	3/14	M	8:00pm-9:30pm	
15357	Kennedy Shriver Aq Ct	3/17	Th	8:00pm-9:30pm	

Springs Diving Team - Homeschool Edition

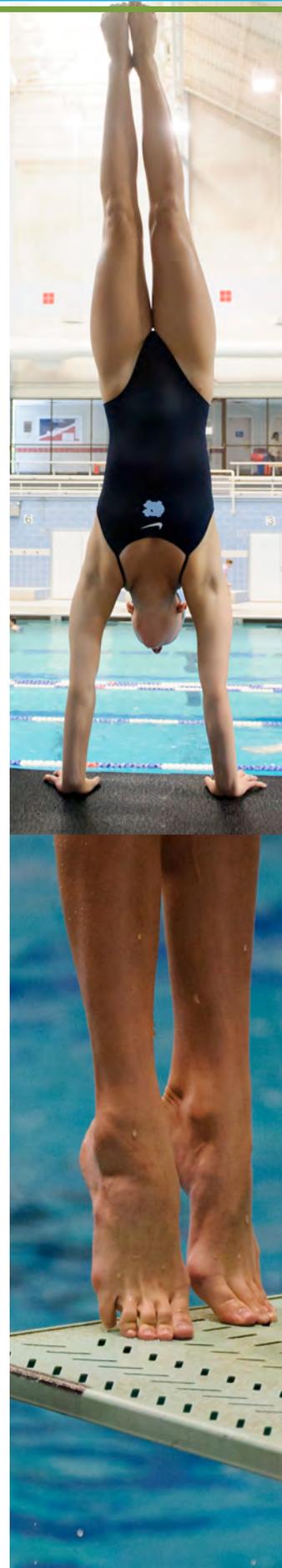
Ages 6-18: All SPRINGS participants must pay a \$15.00 fee per session. To complete your registration, visit www.montgomerydiveclub.org.

\$270					
	Instructor: Built By Beavers				
15358	MLK Swm Ctr	3/14	M	11:30am-1:00pm	
15359	MLK Swm Ctr	3/16	W	11:30am-1:00pm	
15360	MLK Swm Ctr	3/18	F	11:30am-1:00pm	

MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

11810	1 day per week	1/3-4/23	\$110
11812	2 days per week	1/3-4/23	\$165
11814	3 days per week	1/3-4/23	\$210
11815	4 days per week	1/3-4/23	\$250
11817	5 days per week	1/3-4/23	\$290





DEVELOPMENTAL SWIM TRAINING

Montgomery Stroke and Turn Clinic

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over 22 years. MSTC is designed for swimmers 5-19 years old 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.

5 Sessions \$100
 Instructor: Montgomery Stroke And Turn Clinic
 15434 MLK Swm Ctr 4/23 S 4:00pm-5:00pm
 15435 Olney Swm Ctr 4/23 S 4:00pm-5:00pm

SwiMontgomery

Ages 6-12: A developmental program for kids who have an interest in competitive swimming and want to build a foundation of related skills. The group times are 7:00-7:45pm or 7:45-8:30pm. Instructors will evaluate the swimmers on the first night and place in proper groups.

16 Session \$220
 Instructor: Montgomery Stroke And Turn Clinic
 15411 MLK Swm Ctr 3/7 M,W 7:30pm-8:20pm
 15413 Germantown ISC 4/5 T,Th 7:45pm-8:30pm
 15414 Kennedy Shriver Aq Ctr 4/5 T,Th 7:45pm-8:30pm
 18 Sessions \$220
 15412 Olney Swim Center 3/7 M,W 7:15pm-8:30pm

WWW.RMSCSWIMMING.COM



INDIVIDUAL PROGRESS

NATIONALLY RECOGNIZED

TEAM UNITY

Spring/Summer 2016 Tryouts

Swimmers new to the program must attend a tryout. A sliding scale assessment is used to determine possible group placement; age, technique, endurance are taken into consideration. Group placement is specific to the site.

Session Dates: *Spring Only:* April 4 - May 22 | *Spring/Summer:* April 4 - July 31

Germantown ISC	Kennedy Shriver Aquatic Center	MLK Swim Center	Olney Swim Center
Wednesday, March 23, 2016	Wednesday, March 23, 2016	Tuesday, March 22, 2016	Tuesday, March 22, 2016
13-18yrs - No Tryout 9-12yrs - 5:00pm 8&Under - 6:15pm	13-18yrs - TBD 9-12yrs - 5:00pm 8&Under - 6:15pm	13-18yrs - 4:00pm 9-12yrs - 5:00pm 8&Under - 6:15pm	13-18yrs - No Tryout 9-12yrs - 5:00pm 8&Under - 6:15pm

Note: Tryout is based on your age as of May 4, 2016. Please arrive on time for all tryouts.

Fall 2016/Winter 2017 Tryouts

Participants only need to attend 1 date. Pre-Registration available and encouraged. Walk-ins are welcome. Tryout Decisions will be made by email no later than July 27, 2016.

Germantown ISC, Kennedy Shriver Aquatic Center, MLK Swim Center, or Olney Swim Center

Monday, July 18, 2016	or	Monday, July 25, 2016	13-18yrs - 3:45pm 9-12yrs - 5:00pm 8&Under - 6:00pm 11-12yrs - 6:45pm
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Note: Tryout is based on your age as of December 2, 2016. Please arrive on time for all tryouts.

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. Personal equipment (mask, snorkel, fins) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the "checkout dives" will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions				\$260
Instructor: Joseph M. Lodmell				
15436 MLK Swm Ctr	4/6	W		7:30pm-10:30pm
Instructor: Scott Hagedorn				
15439 Germantown IISC	3/8	T		7:00pm-10:00pm
16398 Germantown ISC	5/3	T		7:00pm-10:00pm
16399 Olney Swm Ctr	5/2	M		7:00pm-10:00pm



SAFETY TRAINING

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. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR-Office (Theatre)

\$175

Session	Date	Begins	Ends	Session	Date	Begins	Ends
Course 8803		March 2016		Course 8808		June 2016	
Session 1	Friday, March 25	9:00am	4:00pm	Session 1	Wednesday, June 1	8:00am	10:00pm
Session 2	Saturday, March 26	9:00am	4:00pm	Course 8809		July 2016	
Course 8805		May 2016		Session 1	Tuesday, July 13	8:00am	10:00pm
Session 1	Saturday, May 7	9:00am	4:00pm	Course 8810		June 2016	
Session 2	Sunday, May 8	9:00am	4:00pm	Session 1	Wednesday, June 22	9:00am	4:00pm
Course 8806		May 2016		Session 2	Thursday, June 23	9:00am	4:00pm
Session 1	Thursday, May 19	8:00am	10:00pm	Course 8811		July 2016	
Course 8807		May 2016		Session 1	Tuesday, July 5	9:00am	4:00pm
Session 1	Thursday, May 26	8:00am	10:00pm	Session 2	Wednesday, July 6	9:00am	4:00pm

POOL OPERATOR REVIEW COURSE

MCR-Office (Theatre)

\$100

Session	Date	Begins	Ends	Session	Date	Begins	Ends
Course 8826		March 2016		Course 8830		May 2016	
Session 1	Friday, March 25	10:00am	2:00pm	Session 1	Wednesday, June 1	8:00am	12:00pm
Course 8827		May 2016		Course 8831		May 2016	
Session 1	Saturday, May 7	10:00am	2:00pm	Session 1	Tuesday, July 13	8:00am	12:00pm
Course 8828		May 2016		Course 8832		May 2016	
Session 1	Thursday, May 19	8:00am	12:00pm	Session 1	Wednesday, June 22	9:00am	1:00pm
Course 8829		May 2016		Course 8833		May 2016	
Session 1	Thursday, May 26	8:00am	12:00pm	Session 1	Tuesday, July 5	9:00am	1:00pm





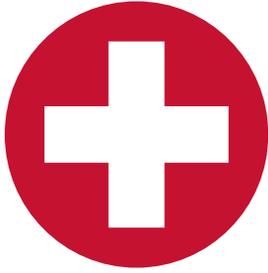
LIFEGUARD TRAINING

\$205

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

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue. The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 min 40 seconds.



LIFEGUARD

Germantown Indoor Swim Center

Session	Date	Begins	End
LGT 3: Course 8541			
March 2016			
Pre-Course	March 23, 2016	6:00pm	9:00pm
Session 1	March 24, 2016	9:30am	12:30pm
Session 2	March 24, 2016	1:00pm	4:00pm
Session 3	March 28, 2016	1:00pm	4:00pm
Session 4	March 29, 2016	9:30am	12:30pm
Session 5	March 29, 2016	1:00pm	4:00pm
Session 6	March 30, 2016	9:30am	12:30pm
Session 7	March 31, 2016	9:30am	12:30pm
Session 8	March 31, 2016	1:00pm	4:00pm
Session 9	April 1, 2016	9:30am	12:30pm
Session 10	April 3, 2016	9:30am	12:30pm
LGT 4: Course 8545			
April 2016			
Pre-Course	April 6, 2016	6:00pm	9:00pm
Session 1	April 10, 2016	9:30am	12:30pm
Session 2	April 13, 2016	6:00pm	9:00pm
Session 3	April 17, 2016	9:30am	12:30pm
Session 4	April 17, 2016	1:00pm	4:00pm
Session 5	April 20, 2016	6:00pm	9:00pm
Session 6	April 24, 2016	9:30am	12:30pm
Session 7	April 24, 2016	1:00pm	4:00pm
Session 8	April 27, 2016	6:00pm	9:00pm
Session 9	May 1, 2016	9:30am	12:30pm
Session 10	May 4, 2016	6:00pm	9:00pm
LGT 5: Course 8546			
June 2016			
Pre-Course	June 17, 2016	6:00pm	9:00pm
Session 1	June 19, 2016	9:30am	1:00pm
Session 2	June 20, 2016	1:00pm	4:00pm
Session 3	June 21, 2016	1:00pm	4:00pm
Session 4	June 21, 2016	5:00pm	8:00pm
Session 5	June 22, 2016	1:00pm	4:00pm
Session 6	June 22, 2016	5:00pm	8:00pm
Session 7	June 23, 2016	1:00pm	4:00pm
Session 8	June 24, 2016	1:00pm	4:00pm
Session 9	June 27, 2016	1:00pm	4:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	End
LGT 4: Course 8787			
February 2016			
Pre-Course	February 22, 2016	7:30pm	10:00pm
Session 1	February 25, 2016	6:30pm	10:00pm
Session 2	February 27, 2016	9:00am	12:30pm
Session 3	February 27, 2016	1:00pm	4:00pm
Session 4	February 29, 2016	6:30pm	10:00pm
Session 5	March 3, 2016	6:30pm	10:00pm
Session 6	March 5, 2016	9:00am	12:30pm
Session 7	March 5, 2016	1:00pm	4:00pm
Session 8	March 7, 2016	6:30pm	10:00pm
Session 9	March 12, 2016	9:00am	1:00pm
LGT 5: Course 8788			
March 2016			
Pre-Course	March 21, 2016	7:30pm	10:00pm
Session 1	March 28, 2016	9:00am	12:30pm
Session 2	March 28, 2016	1:00pm	4:00pm
Session 3	March 29, 2016	9:00am	12:30pm
Session 4	March 29, 2016	1:00pm	4:00pm
Session 5	March 30, 2016	9:00am	12:30pm
Session 6	March 30, 2016	1:00pm	4:00pm
Session 7	March 31, 2016	9:00am	12:30pm
Session 8	March 31, 2016	1:00pm	4:00pm
Session 9	April 1, 2016	9:00am	1:00pm
LGT 6: Course 8789			
April 2016			
Pre-Course	April 11, 2016	7:30pm	10:00pm
Session 1	April 14, 2016	6:30pm	10:00pm
Session 2	April 16, 2016	9:00am	12:30pm
Session 3	April 16, 2016	1:00pm	4:00pm
Session 4	April 18, 2016	6:30pm	10:00pm
Session 5	April 21, 2016	6:30pm	10:00pm
Session 6	April 23, 2016	9:00am	12:30pm
Session 7	April 23, 2016	1:00pm	4:00pm
Session 8	April 25, 2016	6:30pm	10:00pm
Session 9	April 30, 2016	9:00am	1:00pm
LGT 6: Course 8790			
June 2016			
Pre-Course	June 7, 2016	7:30pm	10:00pm
Session 1	June 10, 2016	6:30pm	10:00pm
Session 2	June 13, 2016	9:00am	12:30pm
Session 3	June 13, 2016	1:00pm	4:00pm
Session 4	June 14, 2016	6:30pm	10:00pm
Session 5	June 17, 2016	6:30pm	10:00pm
Session 6	June 20, 2016	9:00am	12:30pm
Session 7	June 20, 2016	1:00pm	4:00pm
Session 8	June 21, 2016	6:30pm	10:00pm
Session 9	June 24, 2016	9:00am	1:00pm

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 4: Course 8864			
Pre-Course	February 26, 2016	7:00pm	9:00pm
Session 1	February 28, 2016	9:00am	12:00pm
Session 2	February 28, 2016	1:00pm	5:00pm
Session 3	March 2, 2016	6:30pm	9:30pm
Session 4	March 4, 2016	6:30pm	9:30pm
Session 5	March 6, 2016	9:00am	12:00pm
Session 6	March 6, 2016	1:00pm	5:00pm
Session 7	March 9, 2016	6:30pm	9:30pm
Session 8	March 13, 2016	9:00am	12:00pm
Session 9	March 13, 2016	1:00pm	5:00pm
LGT 5: Course 8865			
Pre-Course	March 25, 2016	7:00pm	9:00pm
Session 1	March 28, 2016	8:00am	12:00pm
Session 2	March 28, 2016	1:00pm	4:00pm
Session 3	March 29, 2016	8:00am	12:00pm
Session 4	March 29, 2016	1:00pm	4:00pm
Session 5	March 30, 2016	8:00am	12:00pm
Session 6	March 30, 2016	1:00pm	4:00pm
Session 7	March 31, 2016	8:00am	12:00pm
Session 8	March 31, 2016	1:00pm	4:00pm
Session 9	April 1, 2016	8:00am	12:00pm
LGT 6: Course 8866			
Pre-Course	March 25, 2016	7:00pm	9:00pm
Session 1	March 28, 2016	4:30pm	9:30pm
Session 2	March 29, 2016	4:30pm	9:30pm
Session 3	March 30, 2016	4:30pm	9:30pm
Session 4	March 31, 2016	4:30pm	9:30pm
Session 5	April 1, 2016	12:30pm	5:30pm
Session 6	April 2, 2016	8:00am	12:00pm
Session 7	April 2, 2016	1:00pm	4:00pm
Session 8	April 3, 2016	1:00pm	5:00pm
LGT 7: Course 8867			
Pre-Course	June 16, 2016	7:00pm	9:00pm
Session 1	June 17, 2016	9:00am	12:00pm
Session 2	June 17, 2016	1:00pm	5:00pm
Session 3	June 20, 2016	9:00am	12:00pm
Session 4	June 20, 2016	1:00pm	5:00pm
Session 5	June 21, 2016	9:00am	12:00pm
Session 6	June 21, 2016	1:00pm	5:00pm
Session 7	June 22, 2016	9:00am	12:00pm
Session 8	June 22, 2016	1:00pm	5:00pm
Session 9	June 24, 2016	9:00am	12:00pm

Olney Swim Center

Session	Date	Begins	Ends
LGT 4: Course 8555			
Pre-Course	March 2, 2016	7:00pm	9:30pm
Session 1	March 9, 2016	6:30pm	10:00pm
Session 2	March 12, 2016	9:00am	12:30pm
Session 3	March 12, 2016	1:00pm	5:00pm
Session 4	March 13, 2016	9:00am	12:30pm
Session 5	March 13, 2016	1:00pm	5:00pm
Session 6	March 16, 2016	6:30pm	10:00pm
Session 7	March 19, 2016	9:00am	12:30pm
Session 8	March 19, 2016	1:00pm	5:00pm
Session 9	March 20, 2016	9:00am	12:30pm
Session 10	March 20, 2016	1:00pm	5:00pm

Session	Date	Begins	Ends
LGT 5: Course 8556			
Pre-Course	March 23, 2016	7:00pm	9:30pm
Session 1	March 28, 2016	9:00am	12:30pm
Session 2	March 28, 2016	1:00pm	5:00pm
Session 3	March 29, 2016	9:00am	12:30pm
Session 4	March 29, 2016	1:00pm	5:00pm
Session 5	March 30, 2016	9:00am	12:30pm
Session 6	March 30, 2016	1:00pm	5:00pm
Session 7	March 31, 2016	9:00am	12:30pm
Session 8	March 31, 2016	1:00pm	5:00pm
Session 9	April 1, 2016	9:00am	12:30pm
Session 10	April 1, 2016	1:00pm	5:00pm
LGT 6: Course 8557			
Pre-Course	April 3, 2016	1:30pm	3:30pm
Session 1	April 6, 2016	6:30pm	10:00pm
Session 2	April 9, 2016	9:00am	12:30pm
Session 3	April 9, 2016	1:00pm	5:00pm
Session 4	April 10, 2016	9:00am	12:30pm
Session 5	April 10, 2016	1:00pm	5:00pm
Session 6	April 13, 2016	6:30pm	10:00pm
Session 7	April 16, 2016	9:00am	12:30pm
Session 8	April 16, 2016	1:00pm	5:00pm
Session 9	April 17, 2016	9:00am	12:30pm
Session 10	April 17, 2016	1:00pm	5:00pm
LGT 7: Course 8558			
Pre-Course	April 20, 2016	6:30pm	10:00pm
Session 1	April 23, 2016	9:00am	12:30pm
Session 2	April 23, 2016	1:00pm	5:00pm
Session 3	April 24, 2016	9:00am	12:30pm
Session 4	April 24, 2016	1:00pm	5:00pm
Session 5	April 27, 2016	6:30pm	10:00pm
Session 6	April 30, 2016	9:00am	12:30pm
Session 7	April 30, 2016	1:00pm	5:00pm
Session 8	May 1, 2016	9:00am	12:30pm
Session 9	May 1, 2016	1:00pm	5:00pm
Session 10	May 4, 2016	6:30pm	10:00pm
LGT 8: Course 8745			
Pre-Course	June 15, 2016	7:00pm	9:30pm
Session 1	June 18, 2016	8:00am	12:00pm
Session 2	June 18, 2016	12:30pm	4:00pm
Session 3	June 19, 2016	8:00am	12:00pm
Session 4	June 19, 2016	12:30pm	4:00pm
Session 5	June 20, 2016	8:00am	12:00pm
Session 6	June 20, 2016	12:30pm	4:00pm
Session 7	June 21, 2016	8:00am	12:00pm
Session 8	June 21, 2016	12:30pm	4:00pm
Session 9	June 22, 2016	8:00am	12:00pm
Session 10	June 22, 2016	12:30pm	4:00pm
LGT 9: Course 388854			
Pre-Course	July 6, 2016	7:00pm	9:30pm
Session 1	July 8, 2016	6:30pm	10:00pm
Session 2	July 9, 2016	9:00am	12:30pm
Session 3	July 9, 2016	1:00pm	5:00pm
Session 4	July 10, 2016	9:00am	12:30pm
Session 5	July 10, 2016	1:00pm	5:00pm
Session 6	July 13, 2016	6:30pm	10:00pm
Session 7	July 15, 2016	6:30pm	10:00pm
Session 8	July 16, 2016	9:00am	12:30pm
Session 9	July 16, 2016	1:00pm	5:00pm



BE A HERO!

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





Swim Lessons

Indoor Swim Lesson
Registration will begin

February 16

at 6:30am

for Residents

February 17 at 6:30am

for Non-Residents

No registrations will be processed
before this time.

Indoor courses meet for six 30-minute Sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

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

WAYS TO REGISTER FOR SWIM LESSONS



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



WALK IN AT AQUATIC FACILITIES Registrations can be processed at any of our pools.

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.

PLEASE REGISTER ACRCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Please note the following:

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

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

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

Participants may enter the locker rooms only 10 minutes before the start of class.

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

Withdrawal policies will be STRICTLY followed and applies to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec

Screening is available to evaluate the student's abilities at each pool if you are unsure of which class to register for. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

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 and tight-fitting waterproof pants under the suit if not potty-trained</p>	(Ages 6 mo-18 mo)	Aquatots(Ages 18 mo-3yr)Pre-	School (Ages 3yr-5yr)
<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 since parents DO NOT accompany children.</p>	Pre-Beginner (Ages 4-6)	Youth (Ages 7-13)	Adult(Ages 14+)
<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 arm strokes. Parents DO NOT accompany children.</p>	Pre-Beginner (Ages 4-6)	Youth (Ages 7-13)	Adult (Ages 14+)
<p>Level 3</p> <p>Class Requirements: On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.</p>	Pre-Beginner (Ages 4-6)	Youth (Ages 7-13)	Adult (Ages 14+)
<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>	Pre-Beginner (Ages 4-6)	Youth (Ages 7-13)	Adult (Ages 14+)
<p>Level 5</p> <p>Class Requirements: On the first day of class, students must be able to: Demonstrate a proficient front crawl(freestyle, backstroke, and be comfortable in deep water.</p>		Youth (Ages 7-13)	Adult (Ages 14+)
<p>Level 6</p> <p>Class Requirements: On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)</p>		Youth (Ages 7-13)	Adult (Ages 14+)



ADAPTED AQUATICS

MCR-Aquatics is now offering both learn-to-swim and water exercise programs for those with special needs. These courses will be offered in the Fall, Winter and Spring. Our classes are geared for swimmers that need 1 on 1 support because of any one or combination of the following: physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Instructors will lead participants through a range of water experiences that encourage independence in the water, socializing and specific swimming or exercise skills and routines. To ensure success in these programs, we do need families/caregivers to commit their assistance. It is important you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. Then head through the locker rooms. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for the Adapted Aquatics. PARENT/CAREGIVER MUST ENTER THE WATER AND PARTICIPATE IN THE CLASS.

Adapted Aquatics Lesson - Level 1

Ages 14 & 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				\$63
15544	Kennedy Shriver Aq Ctr	2/29	M	10:45am-11:15am
15547	Kennedy Shriver Aq Ctr	4/18	M	10:45am-11:15am

Adapted Aquatics Lesson - Volunteer Assisted

Ages 4-15: 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 8 students.

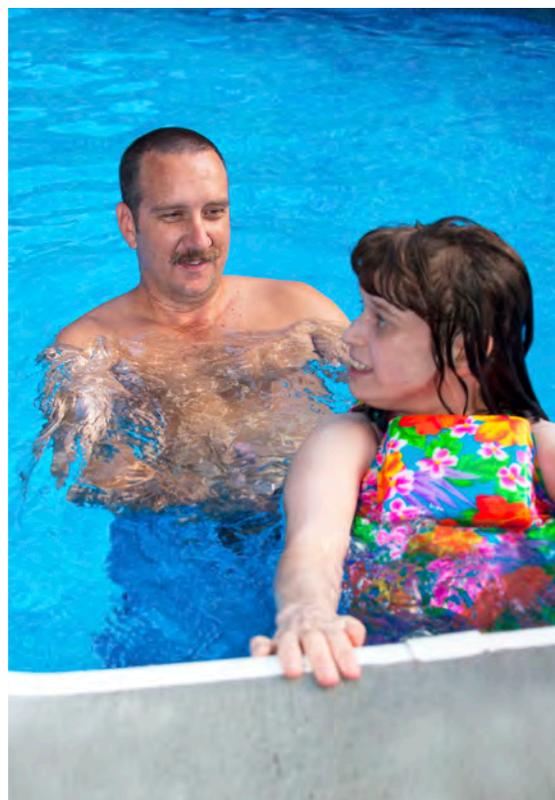
6 Sessions				\$63
15549	Kennedy Shriver Aq Ctr	3/5	Sa	9:45am-10:15am
15550	Kennedy Shriver Aq Ctr	3/5	Sa	10:35am-11:05am
15551	Kennedy Shriver Aq Ctr	4/23	Sa	9:45am-10:15am
15552	Kennedy Shriver Aq Ctr	4/23	Sa	10:35am-11:05am

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.

Water Exercise - Adaptive

Ages 14 & Up: This course will allow the participant the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

9 Sessions				\$100
Instructor: Linda Costello				
15555	Germantown ISC	3/16	W	11:30am-12:20pm
9 Sessions				\$100
Instructor: Peggy Brower				
15554	Kennedy Shriver Aq Ctr	3/15	T	1:00pm-1:50pm
15556	Kennedy Shriver Aq Ctr	3/17	Th	1:00pm-1:50pm
15557	MLK Swm Ctr	3/13	S	4:00pm-4:50pm



WATERBABIES

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

6 Sessions \$55

Germantown Indoor Swim Center

15632	3/5	Sa	10:25am-10:55am
15633	3/5	Sa	9:45am-10:15am
15914	3/6	S	9:45am-10:15am
15915	4/30	Sa	10:25am-10:55am
15916	4/30	Sa	9:45am-10:15am
15917	5/1	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

15754	2/29	M	9:30am-10:00am
15755	3/1	T	10:00am-10:30am
15756	3/5	Sa	10:20am-10:50am
15757	3/5	Sa	11:40am-12:10pm
15758	3/6	S	9:40am-10:10am
15759	3/6	S	11:40am-12:10pm
15765	4/18	M	9:30am-10:00am
15766	4/19	T	10:00am-10:30am
15767	4/23	Sa	10:20am-10:50am
15768	4/23	Sa	11:40am-12:10pm
15769	4/24	S	9:40am-10:10am
15770	4/24	S	11:40am-12:10pm

Martin Luther King Swim Center

15043	2/27	Sa	10:15am-10:45am
15044	2/25	Th	6:10pm-6:40pm
15045	4/16	Sa	10:15am-10:45am
15046	4/17	S	9:15am-9:45am
15047	4/11	M	5:10pm-5:40pm
15048	4/12	T	6:10pm-6:40pm

Olney Swim Center

14646	2/20	Sa	10:30am-11:00am
14647	2/20	Sa	1:10pm-1:40pm
14648	2/21	S	10:30am-11:00am
14649	2/23	T	5:20pm-5:50pm
14740	4/16	Sa	10:30am-11:00am
14741	4/16	Sa	1:10pm-1:40pm
14742	4/17	S	10:30am-11:00am
14743	4/19	T	5:20pm-5:50pm

AQUATOTS

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

6 Sessions \$55

Germantown Indoor Swim Center

15622	3/5	Sa	11:45am-12:15pm
15623	3/5	Sa	12:25pm-12:55pm
15624	3/6	S	11:05am-11:35am

15625	3/6	S	12:25pm-12:55pm
15626	2/24	W	6:10pm-6:40pm
15874	4/30	Sa	11:45am-12:15pm
15875	4/30	Sa	12:25pm-12:55pm
15876	5/1	S	11:05am-11:35am
15877	5/1	S	12:25pm-12:55pm
15878	4/20	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

15771	3/1	T	9:30am-10:00am
15772	3/2	W	6:10pm-6:40pm
15773	3/3	Th	10:00am-10:30am
15774	3/3	Th	5:30pm-6:00pm
15775	3/5	Sa	9:00am-9:30am
15776	3/5	Sa	12:20pm-12:50pm
15777	3/6	S	9:00am-9:30am
15778	3/6	S	11:00am-11:30am
15781	4/19	T	9:30am-10:00am
15782	4/20	W	6:10pm-6:40pm
15783	4/21	Th	10:00am-10:30am
15784	4/21	Th	5:30pm-6:00pm
15785	4/23	Sa	9:00am-9:30am
15786	4/23	Sa	12:20pm-12:50pm
15787	4/24	S	9:00am-9:30am
15788	4/24	S	11:00am-11:30am

Martin Luther King Swim Center

14960	2/27	Sa	1:00pm-1:30pm
14961	2/28	S	10:00am-10:30am
14962	2/28	S	11:20am-11:50am
14963	2/23	T	5:30pm-6:00pm
14964	2/23	T	6:10pm-6:40pm
14965	2/25	Th	5:30pm-6:00pm
14966	2/25	Th	6:50pm-7:20pm
14967	2/24	W	5:10pm-5:40pm
16212	3/12	Sa	10:15am-10:45am
16213	3/13	S	10:00am-10:30am
16214	3/13	S	11:20am-11:50am
16215	3/15	T	10:10am-10:40am
16216	3/16	W	6:30pm-7:00pm

Olney Swim Center

14630	2/20	Sa	9:50am-10:20am
14631	2/20	Sa	11:50am-12:20pm
14632	2/21	S	9:50am-10:20am
14633	2/21	S	8:30am-9:00am
14634	2/21	S	11:10am-11:40am
14635	2/23	T	6:00pm-6:30pm
14636	2/24	W	6:20pm-6:50pm
14724	4/16	Sa	9:50am-10:20am
14725	4/16	Sa	11:50am-12:20pm
14726	4/17	S	9:50am-10:20am
14727	4/17	S	8:30am-9:00am
14728	4/17	S	11:10am-11:40am
14729	4/19	T	6:00pm-6:30pm
14730	4/20	W	6:20pm-6:50pm





PRE-SCHOOL

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

Sessions \$55

Germantown Indoor Swim Center

15627	3/5	Sa	11:05am-11:35am
15628	3/5	Sa	1:05pm-1:35pm
15629	3/6	S	10:25am-10:55am
15630	3/6	S	11:45am-12:15pm
15631	2/24	W	5:30pm-6:00pm
15894	4/30	Sa	11:05am-11:35am
15895	4/30	Sa	1:05pm-1:35pm
15896	5/1	S	10:25am-10:55am
15897	5/1	S	11:45am-12:15pm
15898	4/20	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

15794	3/1	T	10:30am-11:00am
15795	3/1	T	3:30pm-4:00pm
15796	3/1	T	6:10pm-6:40pm
15797	3/3	Th	9:30am-10:00am
15798	3/5	Sa	11:00am-11:30am
15799	3/5	Sa	1:00pm-1:30pm
15800	3/6	S	10:20am-10:50am
15801	3/6	S	1:00pm-1:30pm
15866	4/19	T	10:30am-11:00am
15867	4/19	T	3:30pm-4:00pm
15868	4/19	T	6:10pm-6:40pm
15869	4/21	Th	9:30am-10:00am
15870	4/23	Sa	11:00am-11:30am
15871	4/23	Sa	1:00pm-1:30pm
15872	4/24	S	10:20am-10:50am
15873	4/24	S	1:00pm-1:30pm

Martin Luther King Swim Center

15794	3/1	T	10:30am-11:00am
15038	2/22	M	5:50pm-6:20pm
15039	2/22	M	6:30pm-7:00pm
15040	2/23	T	6:50pm-7:20pm

Olney Swim Center

14637	2/20	Sa	9:10am-9:40am
14638	2/20	Sa	11:10am-11:40am
14639	2/20	Sa	12:30pm-1:00pm
14640	2/21	S	9:10am-9:40am
14641	2/21	S	8:30am-9:00am
14642	2/22	M	6:20pm-6:50pm
14643	2/23	T	6:40pm-7:10pm
14644	2/24	W	5:40pm-6:10pm
14645	2/25	Th	6:00pm-6:30pm
14731	4/16	Sa	9:10am-9:40am
14732	4/16	Sa	11:10am-11:40am
14733	4/16	Sa	12:30pm-1:00pm
14734	4/17	S	9:10am-9:40am

14735	4/17	S	8:30am-9:00am
14736	4/18	M	6:20pm-6:50pm
14737	4/19	T	6:40pm-7:10pm
14738	4/20	W	5:40pm-6:10pm
14739	4/21	Th	6:00pm-6:30pm

BEGINNER LEVEL 1

Ages 4-6 : Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$64

Germantown Indoor Swim Center

15559	3/26	Sa	10:25am-10:55am
15562	3/5	Sa	10:25am-10:55am
15671	3/27	S	12:25pm-12:55pm
15672	3/14	M	5:30pm-6:00pm
15673	3/16	W	5:30pm-6:00pm
15674	3/22	T,Th	5:40pm-6:10pm
15675	3/22	T,Th	5:40pm-6:10pm
15676	3/22	T,Th	5:40pm-6:10pm
15677	4/19	T,Th	6:20pm-6:50pm
15678	4/19	T,Th	6:20pm-6:50pm
15679	4/19	T,Th	5:00pm-5:30pm
15680	5/2	M	5:30pm-6:00pm
15681	5/4	W	5:30pm-6:00pm
15682	5/17	T,Th	5:40pm-6:10pm
15683	5/17	T,Th	5:40pm-6:10pm
15684	5/17	T,Th	5:40pm-6:10pm
15802	3/26	Sa	10:25am-10:55am
15803	3/26	Sa	11:05am-11:35am
15804	3/26	Sa	11:45am-12:15pm
15805	3/26	Sa	12:25pm-12:55pm
15806	3/26	Sa	1:05pm-1:35pm
15807	3/27	S	10:25am-10:55am
16101	3/5	Sa	10:25am-10:55am
15560	3/5	Sa	11:05am-11:35am
15561	3/5	Sa	9:45am-10:15am
15563	3/5	Sa	10:25am-10:55am
15564	3/5	Sa	1:05pm-1:35pm
15565	3/6	S	9:45am-10:15am
15566	3/6	S	10:25am-10:55am
15567	3/6	S	11:05am-11:35am
15568	3/6	S	12:25pm-12:55pm
15569	3/1	T,Th	5:00pm-5:30pm
15570	3/1	T,Th	5:00pm-5:30pm
15571	3/1	T,Th	6:20pm-6:50pm
15572	4/5	T,Th	5:40pm-6:10pm
15573	4/5	T,Th	6:20pm-6:50pm
15574	4/5	T,Th	6:20pm-6:50pm
15575	2/29	M	5:30pm-6:00pm
15576	2/24	W	5:30pm-6:00pm
15577	4/30	Sa	9:45am-10:15am
15578	4/30	Sa	10:25am-10:55am
15579	4/30	Sa	11:05am-11:35am
15580	4/30	Sa	11:45am-12:15pm

15581	4/30	Sa	1:05pm-1:35pm
15662	5/1	S	10:25am-10:55am
15663	5/1	S	11:05am-11:35am
15664	5/1	S	11:45am-12:15pm
15665	5/1	S	12:25pm-12:55pm
15666	5/3	T,Th	5:00pm-5:30pm
15667	5/3	T,Th	5:00pm-5:30pm
15668	5/3	T,Th	6:20pm-6:50pm
15669	4/25	M	5:30pm-6:00pm
15670	4/20	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

15879	2/29	M	10:00am-10:30am
15880	2/29	M	6:10pm-6:40pm
15881	3/1	T	4:50pm-5:20pm
15882	3/1	T	6:10pm-6:40pm
15883	3/3	Th	10:30am-11:00am
15884	3/3	Th	3:30pm-4:00pm
15885	3/3	Th	5:30pm-6:00pm
15886	3/5	Sa	9:00am-9:30am
15887	3/5	Sa	9:40am-10:10am
15888	3/5	Sa	10:20am-10:50am
15889	3/5	Sa	1:00pm-1:30pm
15890	3/6	S	9:00am-9:30am
15891	3/6	S	10:20am-10:50am
15892	3/6	S	12:20pm-12:50pm
15893	3/6	S	1:00pm-1:30pm
15899	4/18	M	10:00am-10:30am
15900	4/18	M	6:10pm-6:40pm
15901	4/19	T	4:50pm-5:20pm
15902	4/19	T	6:10pm-6:40pm
15903	4/21	Th	10:30am-11:00am
15904	4/21	Th	3:30pm-4:00pm
15905	4/21	Th	5:30pm-6:00pm
15906	4/23	Sa	9:00am-9:30am
15907	4/23	Sa	9:40am-10:10am
15908	4/23	Sa	10:20am-10:50am
15909	4/23	Sa	1:00pm-1:30pm
15910	4/24	S	9:00am-9:30am
15911	4/24	S	10:20am-10:50am
15912	4/24	S	12:20pm-12:50pm
15913	4/24	S	1:00pm-1:30pm

Martin Luther King Swim Center

14969	2/27	Sa	10:15am-10:45am
14970	2/27	Sa	11:00am-11:30am
14971	2/27	Sa	12:20pm-12:50pm
14972	2/28	S	10:00am-10:30am
14973	2/28	S	10:40am-11:10am
14974	2/28	S	12:00pm-12:30pm
14975	2/22	M	5:10pm-5:40pm
14976	2/22	M	6:10pm-6:40pm
14977	2/24	W	5:50pm-6:20pm
14978	2/25	Th	5:30pm-6:00pm
14979	4/16	Sa	9:30am-10:00am
14980	4/16	Sa	10:15am-10:45am
14981	4/16	Sa	11:40am-12:10pm

14982	4/16	Sa	12:20pm-12:50pm
14983	4/16	Sa	1:00pm-1:30pm
14984	4/17	S	9:15am-9:45am
14985	4/17	S	10:00am-10:30am
14986	4/17	S	10:40am-11:10am
14987	4/17	S	11:20am-11:50am
14988	4/17	S	12:00pm-12:30pm
14989	4/11	M	5:50pm-6:20pm
14990	4/12	T	6:50pm-7:20pm
14991	4/13	W	5:10pm-5:40pm
14992	4/13	W	5:50pm-6:20pm
14993	4/13	W	6:30pm-7:00pm

Olney Swim Center

14488	2/20	Sa	9:10am-9:40am
14489	2/20	Sa	9:50am-10:20am
14490	2/20	Sa	10:30am-11:00am
14491	2/20	Sa	11:10am-11:40am
14492	2/20	Sa	11:50am-12:20pm
14493	2/20	Sa	12:30pm-1:00pm
14494	2/20	Sa	1:10pm-1:40pm
14495	2/20	Sa	1:10pm-1:40pm
14496	2/21	S	9:10am-9:40am
14497	2/21	S	9:50am-10:20am
14498	2/21	S	10:30am-11:00am
14499	2/21	S	11:10am-11:40am
14500	2/22	M	5:40pm-6:10pm
14501	2/22	M	7:00pm-7:30pm
14502	2/23	T	6:00pm-6:30pm
14503	2/23	T	5:20pm-5:50pm
14504	2/23	T	6:40pm-7:10pm
14505	2/24	W	6:20pm-6:50pm
14506	2/24	W	5:40pm-6:10pm
14507	2/24	W	5:40pm-6:10pm
14508	2/25	Th	6:00pm-6:30pm
14509	2/25	Th	6:40pm-7:10pm
14745	4/16	Sa	9:10am-9:40am
14746	4/16	Sa	9:50am-10:20am
14747	4/16	Sa	10:30am-11:00am
14748	4/16	Sa	11:10am-11:40am
14749	4/16	Sa	11:50am-12:20pm
14750	4/16	Sa	12:30pm-1:00pm
14751	4/16	Sa	1:10pm-1:40pm
14752	4/16	Sa	1:10pm-1:40pm
14753	4/17	S	9:10am-9:40am
14754	4/17	S	9:50am-10:20am
14755	4/17	S	10:30am-11:00am
14756	4/17	S	11:10am-11:40am
14757	4/18	M	5:40pm-6:10pm
14758	4/18	M	7:00pm-7:30pm
14759	4/19	T	6:00pm-6:30pm
14760	4/19	T	5:20pm-5:50pm
14761	4/20	W	6:20pm-6:50pm
14762	4/20	W	5:40pm-6:10pm
14763	4/20	W	5:40pm-6:10pm
14764	4/21	Th	6:00pm-6:30pm
14765	4/21	Th	6:40pm-7:10pm





BEGINNER LEVEL 2

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

6 Sessions \$62

Germantown Indoor Swim Center

15582	3/5	Sa	9:45am-10:15am
15583	3/5	Sa	10:25am-10:55am
15584	3/5	Sa	11:05am-11:35am
15585	3/5	Sa	11:45am-12:15pm
15586	3/5	Sa	1:05pm-1:35pm
15587	3/6	S	9:45am-10:15am
15588	3/6	S	10:25am-10:55am
15589	3/6	S	11:45am-12:15pm
15590	3/6	S	12:25pm-12:55pm
15591	3/1	T,Th	5:40pm-6:10pm
15592	3/1	T,Th	5:40pm-6:10pm
15593	3/1	T,Th	6:20pm-6:50pm
15594	4/5	T,Th	5:00pm-5:30pm
15595	4/5	T,Th	5:00pm-5:30pm
15596	4/5	T,Th	5:40pm-6:10pm
15597	2/29	M	6:10pm-6:40pm
15598	2/24	W	6:10pm-6:40pm
15599	4/30	Sa	9:45am-10:15am
15600	4/30	Sa	10:25am-10:55am
15601	4/30	Sa	11:05am-11:35am
15602	4/30	Sa	11:45am-12:15pm
15603	4/30	Sa	1:05pm-1:35pm
15685	5/1	S	9:45am-10:15am
15686	5/1	S	10:25am-10:55am
15687	5/1	S	11:05am-11:35am
15688	5/1	S	11:45am-12:15pm
15689	5/1	S	12:25pm-12:55pm
15690	5/3	T,Th	5:40pm-6:10pm
15691	5/3	T,Th	5:40pm-6:10pm
15692	5/3	T,Th	6:20pm-6:50pm
15693	4/25	M	6:10pm-6:40pm
15694	4/20	W	6:10pm-6:40pm
15695	3/16	W	6:10pm-6:40pm



Kennedy Shriver Aquatic Center

16000	2/29	M	5:30pm-6:00pm
16001	3/1	T	5:30pm-6:00pm
16002	3/2	W	5:30pm-6:00pm
16003	3/3	Th	4:10pm-4:40pm
16004	3/5	Sa	9:00am-9:30am
16005	3/5	Sa	9:40am-10:10am
16006	3/5	Sa	11:40am-12:10pm
16007	3/5	Sa	12:20pm-12:50pm
16008	3/6	S	9:00am-9:30am
16009	3/6	S	9:40am-10:10am
16010	3/6	S	11:40am-12:10pm
16011	3/6	S	12:30pm-1:00pm
16086	4/18	M	5:30pm-6:00pm
16087	4/19	T	5:30pm-6:00pm
16088	4/20	W	5:30pm-6:00pm
16089	4/21	Th	4:10pm-4:40pm
16090	4/23	Sa	9:00am-9:30am
16091	4/23	Sa	9:40am-10:10am
16092	4/23	Sa	11:40am-12:10pm
16093	4/23	Sa	12:20pm-12:50pm
16094	4/24	S	9:00am-9:30am
16095	4/24	S	9:40am-10:10am
16096	4/24	S	11:40am-12:10pm
16097	4/24	S	12:20pm-12:50pm

Martin Luther King Swim Center

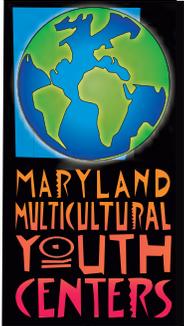
14994	2/27	Sa	11:00am-11:30am
14995	2/27	Sa	11:40am-12:10pm
14996	2/27	Sa	12:20pm-12:50pm
14997	2/27	Sa	1:00pm-1:30pm
14998	2/28	S	10:00am-10:30am
14999	2/28	S	10:40am-11:10am
15000	2/28	S	11:20am-11:50am
15001	2/22	M	5:10pm-5:40pm
15002	2/22	M	5:50pm-6:20pm
15003	2/23	T	5:30pm-6:00pm
15004	2/23	T	6:10pm-6:40pm
15005	2/24	W	6:30pm-7:00pm
15006	2/25	Th	6:10pm-6:40pm
15007	4/16	Sa	11:00am-11:30am
15008	4/16	Sa	11:40am-12:10pm
15009	4/16	Sa	12:20pm-12:50pm
15010	4/17	S	9:15am-9:45am
15011	4/17	S	10:00am-10:30am
15012	4/17	S	12:00pm-12:30pm
15013	4/11	M	5:10pm-5:40pm
15014	4/11	M	6:30pm-7:00pm
15015	4/12	T	5:30pm-6:00pm
15016	4/13	W	6:30pm-7:00pm
15017	5/2	M	5:10pm-5:40pm

Olney Swim Center

14510	2/20	Sa	9:10am-9:40am	14766	4/16	Sa	9:10am-9:40am
14511	2/20	Sa	9:50am-10:20am	14767	4/16	Sa	9:50am-10:20am
14512	2/20	Sa	11:10am-11:40am	14768	4/16	Sa	11:10am-11:40am
14513	2/20	Sa	11:50am-12:20pm	14769	4/16	Sa	11:50am-12:20pm
14514	2/20	Sa	12:30pm-1:00pm	14770	4/16	Sa	12:30pm-1:00pm
14515	2/21	S	9:10am-9:40am	14771	4/17	S	9:10am-9:40am
14516	2/21	S	9:50am-10:20am	14772	4/17	S	9:50am-10:20am
14517	2/21	S	9:50am-10:20am	14773	4/17	S	9:50am-10:20am
14518	2/21	S	10:30am-11:00am	14774	4/17	S	10:30am-11:00am
14519	2/21	S	11:10am-11:40am	14775	4/17	S	11:10am-11:40am
14520	2/22	M	6:20pm-6:50pm	14776	4/18	M	6:20pm-6:50pm
14521	2/22	M	5:40pm-6:10pm	14777	4/18	M	5:40pm-6:10pm
14522	2/23	T	6:00pm-6:30pm	14778	4/19	T	6:00pm-6:30pm
14523	2/23	T	5:20pm-5:50pm	14779	4/19	T	5:20pm-5:50pm
14524	2/23	T	6:40pm-7:10pm	14780	4/19	T	6:40pm-7:10pm
14525	2/24	W	7:00pm-7:30pm	14781	4/20	W	7:00pm-7:30pm
14526	2/25	Th	5:20pm-5:50pm	14782	4/21	Th	5:20pm-5:50pm
14528	2/25	Th	6:40pm-7:10pm	14783	4/21	Th	6:40pm-7:10pm



LET'S GET IT STARTED



YOUTH JOB FAIR 2016

A job fair for youth ages 16-24

SATURDAY, MARCH 19 • 10AM - 1PM
SILVER SPRING CIVIC BUILDING

www.letsgetitstartedyouthjobfair.com
#LAYCYouthJobFair



Let's Get It Started Youth Job Fair Team is committed to providing access, equal opportunity, and reasonable accommodation to youth with disabilities. To request an accommodation, please send an email to j.cordero@layc-dc.org no later than Friday, March 4th or call (301) 495-0441 ext. 245 or fax your request to (301) 585-0115.



BEGINNER LEVEL 3

Ages 4 - 6: Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$62

Germantown Indoor Swim Center

15604	3/5	Sa	9:45am-10:15am
15605	3/5	Sa	10:25am-10:55am
15606	3/5	Sa	12:25pm-12:55pm
15607	3/5	Sa	1:05pm-1:35pm
15608	3/6	S	10:25am-10:55am
15609	3/6	S	11:45am-12:15pm
15610	3/1	T,Th	5:40pm-6:10pm
15611	3/1	T,Th	6:20pm-6:50pm
15612	4/5	T,Th	5:00pm-5:30pm
15613	4/5	T,Th	5:40pm-6:10pm
15614	4/5	T,Th	6:20pm-6:50pm
15615	2/29	M	5:30pm-6:00pm
15616	4/30	Sa	9:45am-10:15am
15617	4/30	Sa	10:25am-10:55am
15618	4/30	Sa	11:45am-12:15pm
15707	4/30	Sa	12:25pm-12:55pm
15708	5/1	S	11:05am-11:35am
15709	5/1	S	11:45am-12:15pm
15710	5/1	S	12:25pm-12:55pm
15711	5/3	T,Th	5:00pm-5:30pm
15712	5/3	T,Th	5:40pm-6:10pm
15713	4/25	M	5:30pm-6:00pm
15722	5/3	T,Th	6:20pm-6:50pm

Kennedy Shriver Aquatic Center

16164	2/29	M	5:30pm-6:00pm
16165	3/1	T	4:10pm-4:40pm
16166	3/2	W	5:30pm-6:00pm
16167	3/2	W	6:10pm-6:40pm
16168	3/3	Th	4:50pm-5:20pm
16169	3/3	Th	6:10pm-6:40pm
16170	3/5	Sa	9:00am-9:30am
16171	3/5	Sa	11:00am-11:30am
16172	3/5	Sa	11:40am-12:10pm
16173	3/5	Sa	1:00pm-1:30pm
16174	3/6	S	9:00am-9:30am
16175	3/6	S	9:40am-10:10am
16176	3/6	S	10:20am-10:50am
16177	3/6	S	11:00am-11:30am
16178	3/6	S	1:00pm-1:30pm
16182	4/18	M	5:30pm-6:00pm
16183	4/19	T	4:10pm-4:40pm
16184	4/20	W	5:30pm-6:00pm
16185	4/20	W	6:10pm-6:40pm
16186	4/21	Th	4:50pm-5:20pm
16187	4/21	Th	6:10pm-6:40pm
16188	4/23	Sa	9:00am-9:30am
16189	4/23	Sa	11:00am-11:30am

16190	4/23	Sa	11:40am-12:10pm
16191	4/23	Sa	1:00pm-1:30pm
16192	4/24	S	9:00am-9:30am
16193	4/24	S	9:40am-10:10am
16194	4/24	S	10:20am-10:50am
16195	4/24	S	11:00am-11:30am
16196	4/24	S	1:00pm-1:30pm

Martin Luther King Swim Center

15018	2/27	Sa	10:15am-10:45am
15019	2/27	Sa	11:40am-12:10pm
15020	2/27	Sa	1:00pm-1:30pm
15021	2/28	S	11:20am-11:50am
15022	2/23	T	7:30pm-8:00pm
15023	2/25	Th	7:30pm-8:00pm
15024	4/16	Sa	10:15am-10:45am
15025	4/16	Sa	12:20pm-12:50pm
15026	4/17	S	9:15am-9:45am
15027	4/17	S	10:40am-11:10am
15028	4/17	S	12:00pm-12:30pm
15029	4/12	T	7:30pm-8:00pm
15030	4/12	T	8:10pm-8:40pm
15031	4/14	Th	5:50pm-6:20pm

Olney Swim Center

14529	2/20	Sa	9:10am-9:40am
14530	2/20	Sa	9:50am-10:20am
14531	2/20	Sa	11:50am-12:20pm
14532	2/21	S	9:50am-10:20am
14533	2/21	S	10:30am-11:00am
14534	2/20	Sa	10:30am-11:00am
14535	2/22	M	7:00pm-7:30pm
14536	2/24	W	7:00pm-7:30pm
14784	4/16	Sa	9:10am-9:40am
14785	4/16	Sa	9:50am-10:20am
14786	4/16	Sa	11:50am-12:20pm
14787	4/17	S	9:50am-10:20am
14788	4/17	S	10:30am-11:00am
14789	4/16	Sa	10:30am-11:00am
14790	4/18	M	7:00pm-7:30pm
14791	4/20	W	7:00pm-7:30pm



BEGINNER LEVEL 4

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

6 Sessions \$62

Germantown Indoor Swim Center

15619	3/5	Sa	11:45am-12:15pm
15620	3/5	Sa	1:05pm-1:35pm
15621	3/6	S	11:05am-11:35am
15723	4/30	Sa	11:05am-11:35am
15724	5/1	S	11:05am-11:35am
15862	3/26	Sa	11:05am-11:35am

Kennedy Shriver Aquatic Center

16264	3/3	Th	6:10pm-6:40pm
16265	3/5	Sa	11:00am-11:30am
16266	3/5	Sa	12:20pm-12:50pm
16267	3/6	S	11:00am-11:30am
16268	3/6	S	11:40am-12:10pm
16272	4/21	Th	6:10pm-6:40pm
16273	4/23	Sa	11:00am-11:30am
16274	4/23	Sa	12:20pm-12:50pm
16275	4/24	S	11:00am-11:30am
16276	4/24	S	12:20pm-12:50pm

Martin Luther King Swim Center

15032	2/28	S	10:40am-11:10am
15033	2/23	T	7:30pm-8:00pm
15034	2/25	Th	7:30pm-8:00pm
15035	4/16	Sa	10:15am-10:45am
16202	4/17	S	11:20am-11:50am
16203	4/14	Th	7:30pm-8:00pm

Olney Swim Center

14537	2/20	Sa	11:50am-12:20pm
14538	2/21	S	9:10am-9:40am
14792	4/16	Sa	11:50am-12:20pm
14793	4/17	S	9:10am-9:40am
14794	4/20	W	7:40pm-8:10pm
14539	2/24	W	7:40pm-8:10pm

"Great fun and excellent instructor!"

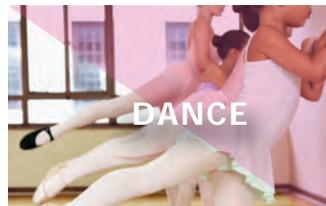
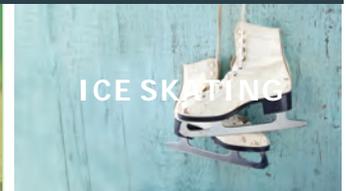
-Alexis K



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ActiveMONTGOMERY.org



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RECREATION 240-777-6840 / CUPF 240-777-2725



YOUTH LEVEL 1

Ages 7-14: This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$57

Germantown Indoor Swim Center

15635	3/5	Sa	10:25am-10:55am
15636	3/5	Sa	12:25pm-12:55pm
15637	2/29	M	6:10pm-6:40pm
15638	4/30	Sa	10:25am-10:55am
15639	4/30	Sa	1:05pm-1:35pm
15640	5/1	S	10:25am-10:55am
15641	4/25	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

16277	2/29	M	6:10pm-6:40pm
16278	3/5	Sa	1:00pm-1:30pm
16279	3/6	S	9:40am-10:10am
16280	4/18	M	6:10pm-6:40pm
16281	4/23	Sa	1:00pm-1:30pm
16282	4/24	S	9:40am-10:10am

Martin Luther King Swim Center

15049	2/27	Sa	11:40am-12:10pm
15050	2/27	Sa	12:20pm-12:50pm
15051	2/28	S	10:40am-11:10am
15052	2/23	T	6:50pm-7:20pm
15053	2/24	W	5:10pm-5:40pm
15054	4/16	Sa	11:00am-11:30am
15055	4/17	S	10:40am-11:10am
15056	4/12	T	5:30pm-6:00pm
15057	4/14	Th	5:30pm-6:00pm
15058	4/14	Th	6:50pm-7:20pm
15059	5/3	T	5:30pm-6:00pm

Olney Swim Center

14374	2/20	Sa	10:30am-11:00am
14375	2/20	Sa	9:10am-9:40am
14376	2/21	S	9:10am-9:40am
14377	2/22	M	6:20pm-6:50pm
14378	2/23	T	6:40pm-7:10pm
14379	2/24	W	6:20pm-6:50pm
14380	2/24	W	7:00pm-7:30pm
14381	2/25	Th	5:20pm-5:50pm
14382	2/25	Th	6:00pm-6:30pm
14688	4/16	Sa	10:30am-11:00am
14689	4/16	Sa	9:10am-9:40am
14690	4/17	S	9:10am-9:40am
14691	4/18	M	6:20pm-6:50pm
14692	4/19	T	6:40pm-7:10pm
14693	4/20	W	6:20pm-6:50pm
14694	4/20	W	7:00pm-7:30pm
14695	4/21	Th	5:20pm-5:50pm
14696	4/21	Th	6:00pm-6:30pm

YOUTH LEVEL 2

Ages 7-14: This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back. Class size is limited to 8 students.

6 Sessions \$57

Germantown Indoor Swim Center

15642	3/5	Sa	9:45am-10:15am
15643	3/5	Sa	11:05am-11:35am
15644	3/6	S	9:45am-10:15am
15645	3/6	S	11:45am-12:15pm
15646	2/24	W	5:30pm-6:00pm
15647	4/30	Sa	12:25pm-12:55pm
16345	4/20	W	5:30pm-6:00pm

Kennedy Shriver Aquatic Center

16283	3/1	T	5:30pm-6:00pm
16284	3/5	Sa	10:20am-10:50am
16285	3/5	Sa	12:20pm-12:50pm
16286	3/6	S	11:40am-12:10pm
16287	3/6	S	12:20pm-12:50pm
16288	4/19	T	5:30pm-6:00pm
16289	4/23	Sa	10:20am-10:50am
16290	4/23	Sa	12:20pm-12:50pm
16291	4/24	S	11:40am-12:10pm
16292	4/24	S	12:20pm-12:50pm

Martin Luther King Swim Center

15060	2/27	Sa	11:00am-11:30am
15061	2/27	Sa	1:00pm-1:30pm
15062	2/28	S	12:00pm-12:30pm
15063	2/24	W	5:10pm-5:40pm
15064	2/25	Th	6:50pm-7:20pm
15065	4/16	Sa	11:40am-12:10pm
15066	4/17	S	11:20am-11:50am
15067	4/12	T	7:30pm-8:00pm
15068	4/14	Th	6:50pm-7:20pm
15069	4/24	S	11:20am-11:50am

Olney Swim Center

14383	2/20	Sa	9:50am-10:20am
14384	2/20	Sa	10:30am-11:00am
14385	2/20	Sa	9:10am-9:40am
14386	2/21	S	9:10am-9:40am
14387	2/22	M	7:00pm-7:30pm
14388	2/24	W	7:40pm-8:10pm
14389	2/25	Th	5:20pm-5:50pm
14390	2/25	Th	6:40pm-7:10pm
14697	4/16	Sa	9:50am-10:20am
14698	4/16	Sa	10:30am-11:00am
14699	4/16	Sa	9:10am-9:40am
14700	4/17	S	9:10am-9:40am
14701	4/18	M	7:00pm-7:30pm
14702	4/20	W	7:40pm-8:10pm
14703	4/21	Th	5:20pm-5:50pm
14704	4/21	Th	6:40pm-7:10pm

YOUTH LEVEL 3

Ages 7-14: This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

15651	4/20	W	5:30pm-6:00pm
16349	4/6	W	6:10pm-6:40pm
15648	3/5	Sa	12:25pm-12:55pm
15649	3/5	Sa	1:05pm-1:35pm
15650	3/6	S	10:25am-10:55am
15652	4/30	Sa	9:45am-10:15am
15653	2/24	W	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

16293	3/5	Sa	9:40am-10:10am
16294	3/5	Sa	11:00am-11:30am
16295	3/5	Sa	11:40am-12:10pm
16296	3/6	S	10:20am-10:50am
16297	3/6	S	11:00am-11:30am
16298	4/23	Sa	9:40am-10:10am
16299	4/23	Sa	11:00am-11:30am
16300	4/23	Sa	11:40am-12:10pm
16301	4/24	S	10:20am-10:50am
16302	4/24	S	11:00am-11:30am
16346	4/30	Sa	11:05am-11:35am
16347	5/1	S	10:25am-10:55am
16348	4/20	W	6:10pm-6:40pm

Martin Luther King Swim Center

15070	2/27	Sa	10:15am-10:45am
15071	2/27	Sa	11:40am-12:10pm
15072	2/28	S	11:20am-11:50am
15073	2/25	Th	8:10pm-8:40pm
15074	4/16	Sa	9:30am-10:00am
15075	4/16	Sa	11:40am-12:10pm
15076	4/16	Sa	1:00pm-1:30pm
15077	4/17	S	10:40am-11:10am
15078	4/17	S	11:20am-11:50am
15079	4/14	Th	8:10pm-8:40pm

Olney Swim Center

14391	2/20	Sa	10:30am-11:00am
14392	2/20	Sa	11:10am-11:40am
14393	2/21	S	9:50am-10:20am
14394	2/21	S	10:30am-11:00am
14395	2/22	M	7:40pm-8:10pm
14396	2/25	Th	7:20pm-7:50pm
14705	4/16	Sa	10:30am-11:00am
14706	4/16	Sa	11:10am-11:40am
14707	4/17	S	9:50am-10:20am
14708	4/17	S	10:30am-11:00am
14709	4/18	M	7:40pm-8:10pm
14710	4/21	Th	7:20pm-7:50pm

YOUTH LEVEL 4

Ages 7-14: 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. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

16350	4/30	Sa	12:25pm-12:55pm
16351	4/30	Sa	1:05pm-1:35pm
16352	5/1	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

16304	3/5	Sa	11:40am-12:10pm
16305	3/6	S	11:00am-11:30am
16306	3/6	S	12:20pm-12:50pm
16307	3/6	S	1:00pm-1:30pm
16308	4/23	Sa	11:40am-12:10pm
16309	4/24	S	11:00am-11:30am
16310	4/24	S	12:20pm-12:50pm
16311	4/24	S	1:00pm-1:30pm

Martin Luther King Swim Center

15080	2/27	Sa	12:20pm-12:50pm
15081	2/28	S	10:00am-10:30am
15082	2/28	S	12:00pm-12:30pm
15083	2/23	T	8:10pm-8:40pm
15084	4/16	Sa	10:15am-10:45am
15654	3/5	Sa	11:45am-12:15pm
15655	3/5	Sa	12:25pm-12:55pm
15656	3/6	S	11:05am-11:35am
16210	4/16	Sa	12:20pm-12:50pm
16211	4/17	S	10:00am-10:30am

Olney Swim Center

14397	2/20	Sa	11:10am-11:40am
14398	2/20	Sa	11:50am-12:20pm
14399	2/21	S	10:30am-11:00am
14400	2/21	S	11:10am-11:40am
14401	2/22	M	7:40pm-8:10pm
14402	2/24	W	7:40pm-8:10pm
14711	4/16	Sa	11:10am-11:40am
14712	4/16	Sa	11:50am-12:20pm
14713	4/17	S	10:30am-11:00am
14714	4/17	S	11:10am-11:40am
14715	4/18	M	7:40pm-8:10pm
14716	4/20	W	7:40pm-8:10pm





YOUTH LEVEL 5

Ages 7-14: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

15657	3/5	Sa	11:05am-11:35am
15658	3/5	Sa	11:45am-12:15pm
16355	4/3	S	11:05am-11:35am
15659	4/30	Sa	12:25pm-12:55pm
16354	5/1	S	11:05am-11:35am

Kennedy Shriver Aquatic Center

16312	3/5	Sa	1:00pm-1:30pm
16313	3/6	S	1:00pm-1:30pm
16314	4/23	Sa	1:00pm-1:30pm
16315	4/24	S	1:00pm-1:30pm

Martin Luther King Swim Center

15085	2/27	Sa	11:00am-11:30am
15086	2/27	Sa	12:20pm-12:50pm
15087	2/28	S	10:40am-11:10am
15088	2/25	Th	8:10pm-8:40pm
16220	4/21	Th	7:30pm-8:00pm

Olney Swim Center

14403	2/20	Sa	1:10pm-1:40pm
14404	2/20	Sa	12:30pm-1:00pm
14405	2/21	S	11:10am-11:40am
14406	2/23	T	7:20pm-7:50pm
14717	4/16	Sa	1:10pm-1:40pm
14718	4/16	Sa	12:30pm-1:00pm
14719	4/17	S	11:10am-11:40am
14720	4/19	T	7:20pm-7:50pm

YOUTH LEVEL 6

Ages 7-14: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$55

Germantown Indoor Swim Center

15660	3/5	Sa	12:25pm-12:55pm
15661	3/6	S	11:45am-12:15pm
16396	4/30	Sa	12:25pm-12:55pm
16397	5/1	S	9:45am-10:15am

Kennedy Shriver Aquatic Center

16316	3/5	Sa	12:20pm-12:50pm
16317	3/6	S	12:20pm-12:50pm
16318	4/23	Sa	12:20pm-12:50pm
16319	4/24	S	12:20pm-12:50pm

Martin Luther King Swim Center

15089	2/27	Sa	1:00pm-1:30pm
15090	2/28	S	12:00pm-12:30pm
15091	2/23	T	8:10pm-8:40pm
16221	4/12	T	8:10pm-8:40pm
16222	4/14	Th	8:10pm-8:40pm
15092	4/16	Sa	1:00pm-1:30pm

Olney Swim Center

14407	2/20	Sa	12:30pm-1:00pm
14408	2/21	S	11:10am-11:40am
14721	4/16	Sa	12:30pm-1:00pm
14722	4/17	S	11:10am-11:40am

Now Hiring Part Time Staff!



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

ADULT LEVEL 1

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

6 Sessions \$64

Germantown Indoor Swim Center

14275	3/26	Sa	11:05am-11:35am
15440	3/5	Sa	11:05am-11:35am
15441	3/6	S	10:25am-10:55am
15442	2/29	M	5:30pm-6:00pm
15443	4/25	M	5:30pm-6:00pm
15760	4/30	Sa	11:05am-11:35am
15761	5/1	S	10:25am-10:55am

Kennedy Shriver Aquatic Center

16320	3/3	Th	8:30pm-9:00pm
16321	3/5	Sa	11:00am-11:30am
16322	3/6	S	10:20am-10:50am
16323	4/21	Th	8:30pm-9:00pm
16324	4/23	Sa	11:00am-11:30am
16325	4/24	S	10:20am-10:50am

Martin Luther King Swim Center

14945	2/27	Sa	10:15am-10:45am
14946	2/23	T	8:50pm-9:20pm
14947	4/17	S	9:15am-9:45am
14948	4/12	T	8:50pm-9:20pm

Olney Swim Center

14281	2/20	Sa	1:10pm-1:40pm
14282	2/20	Sa	9:50am-10:20am
14283	2/22	M	7:40pm-8:10pm
14284	2/25	Th	7:20pm-7:50pm
14285	2/25	Th	8:00pm-8:30pm
14677	4/16	Sa	1:10pm-1:40pm
14678	4/16	Sa	9:50am-10:20am
14679	4/18	M	7:40pm-8:10pm
14680	4/21	Th	7:20pm-7:50pm

"Montgomery Rec has so many things to choose from. Wish we had time to do more."

-Jennifer C.

ADULT LEVEL 2

Ages 14 & Up: Designed for participants who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front and back without support. Class size is limited to 10 students.

6 Sessions \$62

Germantown Indoor Swim Center

15779	4/30	Sa	10:25am-10:55am
15780	5/1	S	9:45am-10:15am
15444	3/5	Sa	10:25am-10:55am
15445	3/6	S	9:45am-10:15am
15446	2/29	M	6:10pm-6:40pm
15447	4/25	M	6:10pm-6:40pm

Kennedy Shriver Aquatic Center

16327	3/5	Sa	10:20am-10:50am
16328	4/23	Sa	10:20am-10:50am

Martin Luther King Swim Center

14949	2/28	S	10:00am-10:30am
14950	2/25	Th	8:50pm-9:20pm
14951	4/16	Sa	1:00pm-1:30pm
14952	4/17	S	10:00am-10:30am
14953	4/14	Th	8:50pm-9:20pm

Olney Swim Center

14286	2/20	Sa	11:10am-11:40am
14287	2/23	T	8:00pm-8:30pm
14682	4/16	Sa	11:10am-11:40am
14683	4/19	T	8:00pm-8:30pm

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 5 yards. Class size is limited to 10 students.

6 Sessions \$62

Germantown Indoor Swim Center

15790	4/30	Sa	9:45am-10:15am
15448	3/5	Sa	9:45am-10:15am
15449	3/6	S	12:25pm-12:55pm
15791	5/1	S	12:25pm-12:55pm

Kennedy Shriver Aquatic Center

16329	3/5	Sa	9:40am-10:10am
16330	4/23	Sa	9:40am-10:10am

Martin Luther King Swim Center

14954	2/27	Sa	11:00am-11:30am
14955	2/23	T	8:50pm-9:20pm
14956	4/16	Sa	11:00am-11:30am
14957	4/12	T	8:50pm-9:20pm

Olney Swim Center

14288	2/20	Sa	1:10pm-1:40pm
14289	2/23	T	7:20pm-7:50pm
14684	4/16	Sa	1:10pm-1:40pm
14685	4/19	T	7:20pm-7:50pm





ADULT LEVEL 4

Ages 14 & Up: Designed for participants who can already swim a coordinated front crawl for 15 yards (across the width of the pool), back crawl for 5 yards and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$62

Germantown Indoor Swim Center

15450	3/5	Sa	11:45am-12:15pm
15451	3/6	S	11:45am-12:15pm
15792	4/30	Sa	11:45am-12:15pm
15793	5/1	S	11:45am-12:15pm

Kennedy Shriver Aquatic Center

16331	3/1	T	8:30pm-9:00pm
16332	3/6	S	11:40am-12:10pm
16334	4/19	T	8:30pm-9:00pm
16335	4/24	S	11:40am-12:10pm

Martin Luther King Swim Center

14958	4/14	Th	8:50pm-9:20pm
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Olney Swim Center

14290	2/20	Sa	12:30pm-1:00pm
14291	2/25	Th	8:00pm-8:30pm
14686	4/16	Sa	12:30pm-1:00pm
14687	4/21	Th	8:00pm-8:30pm



ADULT LEVEL 5

Ages 14 & Up: Designed for participants who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$62

Kennedy Shriver Aquatic Center

16336	3/2	W	8:30pm-9:00pm
16337	4/20	W	8:30pm-9:00pm

ADULT SWIM FOR CONDITIONING 1

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

6 Sessions \$62

Kennedy Shriver Aquatic Center

16338	2/29	M	8:30pm-9:00pm
16339	4/18	M	8:30pm-9:00pm

ADULT SWIM FOR CONDITIONING 2

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. Class size limited to 15 students.

6 Sessions \$62

Kennedy Shriver Aquatic Center

16340	2/29	M	8:30pm-9:00pm
16341	4/18	M	8:30pm-9:00pm

Get in the know... **NOW**

RECREATION ALERTS

REC ALERT

Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, out of school time programs/activities, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov!

Classes

CLASSES



**Classes Will Not Meet On
April 26 & May 28-30**



YOUTH ARTS & CRAFTS

Abrakadoodle: Drawsters - Sketcher Kids

Ages 6-12: Learn how to draw and sketch what you see and even what you don't see! Sketcher Kids will create their own personal sketchbooks just like professional artists. They'll learn a variety of techniques and secrets that make drawing both easy and entertaining. At the end they'll have their own personal sketchbook to take home and use again! \$15 material fee due the first day.

6 Sessions \$90
Instructor: Nancy Delasos
16757 Luxmanor ES 4/16 Sa 9:30am-10:30am

Abrakadoodle: Kids on Canvas - American Artists

Ages 6-12: Kids on Canvas is a unique art program that teaches kids about painting on a variety of canvas surfaces with acrylics. Inspiration will come from studying American artists such as Alma Thomas, Betsy Lewin and Stephen Huneck, as we explore the versatility of acrylic. Canvas paper, canvas board, and stretched canvases will be used. A \$24 material fee is due the first day to the instructor.

6 Sessions \$90
Instructor: Nancy Delasos
16755 Loiederman MS 4/16 Sa 9:30am-10:30am

Abrakadoodle: Portfolio Kids - Media Mania

Ages 6-12: Join us for Portfolio Kids where students will create their own unique portfolio and fill it full of art. In Media Mania, children use art materials and expression of all types, exploring watercolor, tempera and acrylic paint, pastels, papers, Model Magic and even photography. Master and contemporary artists will be studied, along with appropriate art vocabulary and techniques, to fully express each child's creativity! A \$15 material fee is due the first day.

6 Sessions \$90
Instructor: Nancy Delasos
16756 Gibbs ES 4/16 Sa 9:30am-10:30am

Adventures in Art

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

7 Sessions \$65
Instructor: Tatiana Martin
16506 Longwood CRC 4/16 Sa 11:30am-12:30pm

Art Studio

Ages 8-14: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

7 Sessions \$65
Instructor: Tatiana Martin
16507 Longwood CRC 4/16 Sa 10:15am-11:15am

CreARTE

Ages 8-13: A unique program from the Etnika Foundation to promote World Cultural Education and Intercultural Relations through Arts and Craft. The perfect program for children to appreciate and learn about other cultures and have fun doing it! Children will do arts and crafts from China, Mexico, Peru, India, Nigeria and Russia. An art exhibition will be held on the last day of class. Contact Lilianna Robeson for more information at 240-780-8632.

8 Sessions \$128
Instructor: Lilianna Robeson
16792 Potomac CRC 4/12 T 7:15pm-8:00pm

Draw and Clay

Ages 4-9: Gardens, fairies, Gnomes and planters: in this fun filled class we will draw, paint and sculpt art to welcome Spring to your garden and home! \$10 material fee due to instructor.

4 Sessions \$41
Instructor: Yolanda Prinsloo
16655 Germantown CRC 4/12 T 5:15pm-6:15pm
16657 Bauer Drive CRC 4/13 W 5:30pm-6:30pm

Draw and Clay

Ages 4-9: Maryland Flora and Fauna: In this fun class we discover the plants and animals native to our state. The art projects will include drawing, painting and sculpting. \$10 material fee due to instructor.

4 Sessions \$41
Instructor: Yolanda Prinsloo
16656 Germantown CRC 5/17 T 5:15pm-6:15pm
16658 Bauer Drive CRC 5/11 W 5:30pm-6:30pm

Kidz Sew and Tell

Ages 9-16: Do you have little to no sewing experience if so this class is for you! We welcome all levels. Learn how to sew and make your own projects and garments. This class will teach you sewing terms, pattern layout, cutting out fabric, hem, make a slit, and measuring just to name a few. Sewing machines will be available or you can bring your own. Supply list will be in your receipt.

6 Sessions \$125
Instructor: Nora Elias
16592 Bauer Drive CRC 4/23 Sa 10:15am-12:15pm

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.

Play Around the World Kids

Ages 5-8: At Play Around the World we expose children, and their families, to other cultures around the world. Through reading books, making crafts, playing musical instruments, and exploring with clothes and items from each country, the children will learn about other cultures. This session we'll visit Kenya, Colombia, France, India, Haiti, and Mexico! Come and join us for a global experience!

6 Sessions \$85
 Instructor: Vanessa Cabrera
 16754 Quince Orchard Valley NP4/16 Sa 10:30am-11:15am

Young Rembrandts: Cartooning Skills

Ages 6-12: A creative and nurturing environment where children learn to draw and explore the world around them through simple approaches. Each week, we present fun new cartoon lessons, including funny animals, goofy expressions, and silly scenarios. Creative, positive, encouraging environment. All supplies included.

6 Sessions \$83
 Instructor: Young Rembrandts
 16640 Holiday Park SC 4/11 M 6:30pm-7:30pm
 16641 Potomac CRC 4/12 T 6:00pm-7:00pm
 16642 Germantown CRC 4/13 W 5:00pm-6:00pm
 16643 Bauer Drive CRC 4/14 Th 6:00pm-7:00pm

ADULT ARTS & CRAFTS

ARTS

It's a Stitch

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

6 Sessions \$125
 Instructor: Nora Elias
 16593 Bauer Drive CRC 4/23 Sa 12:45pm-2:45pm
 16595 Holiday Park SC 4/15 F 10:30am-12:30pm

Sewing and Home Decorating

Ages 18 & Up: Beginner level - This class will teach basic sewing techniques including machine basics, how to cut and measuring. Students will make pillows, table runners or a simple valance. Basic sewing skills required. Sewing machines will be available or you can bring your own. Supply list will be in your receipt.

6 Sessions \$125
 16763 Bauer Drive CRC 4/14 Th 11:00am-1:00pm

FINE ARTS

Acrylic Painting Techniques

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

7 Sessions \$125
 Instructor: Margaret Deskin
 16539 Bauer Drive CRC 4/16 Sa 10:30am-12:30pm

Beginner Right Brained Drawing

Ages 13 & Up: Discover how to unhone preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create. Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$25 for material fee.

8 Sessions \$140
 Instructor: Yolanda Prinsloo
 16654 Potomac CRC 4/11 M 5:30pm-7:00pm

Advanced Right Brained Drawing

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or who have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and or watercolor. \$25 material fee due to instructor.

8 Sessions \$140
 Instructor: Yolanda Prinsloo
 16653 Potomac CRC 4/11 M 7:15pm-8:45pm

Composing Art with Kritt Workshop

Ages 18 & Up: 2 day weekend workshop - All Levels: Make art that's good enough to frame! Tired of boring landscapes? Lots of shapes or fewer? Do you need a background? Learn from a pro what it takes to get into art shows. For this class all you'll need is a notebook. For supplies, call Penny at 301-989-1799

2 Sessions \$100
 Instructor: Penny Kritt
 16739 Kritt Studio 4/30 S,Sa 10:00am-4:00pm

Drawing Made Easy with Kritt

Ages 18 & Up: All Levels: Draw people and buildings, landscapes and anything else. Learn about shapes and edges. That's all there is and you can do it! Draw from photos or from life. We'll teach you how to use the magic in your pencil! For supplies, call Penny at 301-989-1799.

6 Sessions \$105
 Instructor: Penny Kritt
 16737 Kritt Studio 4/12 T 10:00am-12:00pm
 16738 Kritt Studio 4/12 T 7:00pm-9:00pm





Oil or Acrylic Painting - Your Choice!

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

8 Sessions				\$147
Instructor: Doris Haskell				
16637	Norwood LP	4/11	M	10:00am-12:00pm
16638	Norwood LP	4/12	T	10:00am-12:00pm
16639	Norwood LP	4/13	W	10:00am-12:00pm

Painting the Seaside with Krittr

Ages 18 & Up: All Levels. Watercolor and Acrylics. It's fun and easy to paint sandy beaches, waves crashing on rocks and kids splashing in the surf. Want sailboats, seagulls and palm trees? Learn simple ways to show the joy of a day at the beach. For supplies, call Penny at 301-989-1799

7 Sessions				\$123
Instructor: Penny Krittr				
16735	Krittr Studio	4/11	M	10:00am-12:00pm
16736	Krittr Studio	4/11	M	7:00pm-9:00pm

POTTERY

Handcrafted Pottery - Beginner/Intermediate level

Ages 16 & Up: Introduction to techniques used in hand-building pieces of functional and decorative pottery and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. Material fee of \$30 due to instructor.

8 Sessions				\$140
Instructor: Pamela Reid				
16520	White Oak CRC	4/13	W	10:00am-12:00pm
16522	White Oak CRC	4/12	T	6:30pm-8:30pm

Handcrafted Pottery

Ages 15 & Up: For all levels, use a combination of wheel and hand-building pottery. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Take home finished pieces completely glazed and fired. Bring an old towel. Material fee of \$30 due to the instructor at first class.

8 Sessions				\$205
Instructor: Valerie Haber				
16509	Germantown CRC	4/13	W	6:00pm-9:00pm

Handcrafted Pottery

Ages 16 & Up: Discover clay and glazes in a creative, friendly environment. Work on individual projects with the instructor's guidance. Bring clay tools and an old towel. Instructor is available for demonstration and assistance. Material fee of \$30 due to instructor.

8 Sessions				\$140
Instructor: Pamela Reid				
16527	White Oak CRC	4/14	Th	6:30pm-8:30pm

Handcrafted Pottery- Open Studio

Ages 16 & Up: Intermediate / advanced - Hand-building, wheel throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slab roller. Instructor is available for demonstration and assistance. A \$30 material fee is due to the instructor.

8 Sessions				\$180
Instructor: Pamela Reid				
16518	White Oak CRC	4/12	T	10:00am-2:00pm

Pottery at Sligo Creek

Ages 17 & Up: For all levels and experience, explore hand-building, wheel-throwing and glazing techniques by using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. A \$25 material fee is due to instructor.

8 Sessions				\$197
Instructor: Angela M. Schreiber				
16622	Sligo Creek ES	4/12	T	9:30am-12:30pm
16623	Sligo Creek ES	4/12	T	7:00pm-10:00pm
Instructor: Margaret Dickerson				
16469	Sligo Creek ES	4/11	M	7:00pm-10:00pm
9 Sessions				\$221
16624	Sligo Creek ES	4/14	Th	9:30am-12:30pm

JEWELRY

Basic Beading

Ages 12 & Up: Learn the basic skills of stringing beads and findings for simple jewelry design and create earrings, bracelets and necklaces. Ideal class for beginners or those who desire to refine their skills. Bring a basic tool kit of flat nose and round nose pliers, and wire cutters. A \$15 material fee is due to instructor in class.

1 Session				\$36
Instructor: Renee Prioleau				
16631	Wisconsin Place CRC	5/14	Sa	12:00pm-2:00pm

Wire Jewelry Techniques

Ages 12 & Up: Learn the techniques necessary to create wonderful wire jewelry. Students will learn the basics of wire wrapping techniques to create beautiful jewelry. We will explore many freestyle wire wrapping techniques to create pendants, bracelets, earrings and rings. Bring a basic toolkit of flat nose pliers, round nose pliers and wire cutters. \$20 material fee due to instructor in class.

1 Session				\$36
Instructor: Renee Prioleau				
16632	Wisconsin Place CRC	5/14	Sa	2:00pm-4:00pm

YOUTH DANCE

BALLET

Ballet

Ages 5-9: Beginner level. This class introduces young dancers to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

8 Sessions				\$82
Instructor: Grace Oleson				
16617	Coffield CRC	4/11	M	4:30pm-5:15pm
16618	Potomac CRC	4/12	T	4:30pm-5:15pm
16620	Germantown CRC	4/13	W	4:30pm-5:15pm
16621	Arcola ES	4/14	Th	4:30pm-5:15pm

Comprehensive Classical Ballet I

Ages 5-6: Beginner Level - Students are taught classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance childrens' ability to understand movement and sound. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

8 Sessions				\$75
Instructor: Kim Williams Bell				
16533	Jane E. Lawton CRC	4/16	Sa	10:00am-10:45am

Comprehensive Classical Ballet II

Ages 7-10: Advanced Beginner - Students are carefully trained through graduated ballet exercises, floor barrel and ballet terminology. Ballet posture and turnout are highly emphasized. Uniform - Girls - black short-sleeved leotard, pink footed tights, pink leather ballet slippers and black dance skirt. Boys - Black sweat pants (no pockets), white t-shirt and socks with black oxfords.

8 Sessions				\$75
Instructor: Kim Williams Bell				
16535	Jane E. Lawton CRC	4/16	Sa	11:00am-11:45am

Princess Ballet

Ages 5-8: Beginner level. Dancers will cover the basics and fundamentals of classic ballet vocabulary and technique. An informal setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun safe environment. Ballerina princesses will practice memorization games and the basics of performance will be introduced. The last class will conclude with a short dance presentation and an official princess crowning ceremony. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions				\$80
Instructor: Kahina Haynes				
16882	Germantown CRC	4/16	Sa	11:00am-11:45am

GENERAL DANCE

Breakdancing 4 Kids

Ages 6-8: Beginner level - Breakdancing, breaking, b-boying or b-girling is a popular style of hip hop dance that incorporates intricate body movements, strong acrobatic moves, coordination, style and fashion. Dancers will learn the latest and coolest moves in a fun and safe environment. Our talented, energetic and friendly instructors will have you breakdancing in no time at all. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions				\$78
Instructor: Kahina Haynes				
16881	Potomac CRC	4/14	Th	6:15pm-7:00pm

DanceVersity

Ages 8-13: A unique program from the Etnika Foundation to promote World Cultural Education and Intercultural relations through Multicultural Dances. The perfect program for children to appreciate other cultures while dancing! We will introduce dances from Africa, Latin America and Asia. Class requires comfortable clothes to move around. A performance for family and friends will be held on the last day of class. Contact Liliana Robeson for more information at 240-780-8632.

8 Sessions				\$104
Instructor: Liliana Robeson				
16789	Potomac CRC	4/12	T	6:00pm-6:45pm
16766	Germantown CRC	4/16	Sa	10:00am-10:45am

Hip Hop for Kids

Ages 9-12: A high energy fun filled dance program, packed with the latest hip-hop choreography. Students dance to current hip-hop music while learning new moves, freestyle skills and much more. This fun class will unlock creativity all while embracing an active lifestyle. The course will include a final performance showcasing a fun routine for family and friends. For questions contact Variations Inc at variationsincco@gmail.com

8 Sessions				\$78
Instructor: Kahina Haynes				
16883	Germantown CRC	4/16	Sa	1:00pm-1:45pm

Hip Hop For Teens

Ages 13-19: Rhythmic and creative dance that will work on muscle strength, flexibility and creativity. Learn the hottest moves from South Beach and New York City. We will break down the ABC's of basic Break dancing, Popping, Locking, Funk and other unique Hip Hop combinations. Create routines that can be used for any dance in the future. No dance experience required. Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions				\$78
Instructor: Avant Garde Ballroom Dance Center				
16704	Avant Garde	4/16	Sa	3:00pm-3:45pm





Hip Hop For Youth

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

8 Sessions \$78
Instructor: Avant Garde Ballroom Dance Center
16705 Avant Garde 4/16 Sa 4:00pm-4:45pm

BALLROOM

Juniors I Ballroom Dance

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

8 Sessions \$78
16706 Avant Garde 4/13 W 5:15pm-6:00pm

Little Ballroom Dancer

Ages 5-7: Acquire dance skills while also developing discipline, teamwork, and communication. And last, but not least, our dance classes are meant to be fun! Our Little Dancer will be taught timing and rhythm and coordination of their bodies. They will learn the basic steps of ballroom dances by incorporating fun movements in their choreography. Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$78
Instructor: Dennis Short
16707 Avant Garde 4/16 Sa 11:00am-11:45am

TAP

Tap, Ballet & Jazz Beginner

Ages 4-6: Combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan. A performance for family and friends will be held on the last day of class. Questions call Rowena at 301-467-3535.

8 Sessions \$75
Instructor: Rowena Riggs DeLuca
16537 White Oak CRC 4/10 S 1:00pm-2:00pm

Tap, Ballet & Jazz Beginner

Ages 7-15: Combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Some tap/ballet shoes are available for loan. A performance for family and friends will be held on the last day of class. Questions call Rowena at 301-467-3535.

8 Sessions \$75
Instructor: Rowena Riggs DeLuca
16538 White Oak CRC 4/10 S 2:00pm-3:00pm

ADULT DANCE

BALLET

Ballet for Adults

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

8 Sessions \$75
Instructor: Kahina Haynes
16880 Potomac CRC 4/14 Th 7:15pm-8:15pm

BALLROOM

Ballroom I (Couples)

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

8 Sessions \$78
Instructor: Antonio Seleme
16463 Bauer Drive CRC 4/11 M 7:30pm-8:30pm
Instructor: Joe Kim
16513 Olney ES 4/15 F 7:30pm-8:30pm
Instructor: Phyllis Seleme
16465 Bethesda ES 4/11 M 7:00pm-8:00pm
Instructor: Thomas P. Woll
16542 Holiday Park SC 4/11 M 8:00pm-9:00pm

Ballroom II (Couples)

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

8 Sessions \$78
Instructor: Antonio Seleme
16464 Bauer Drive CRC 4/11 M 8:30pm-9:30pm
Instructor: Joe Kim
16514 Olney ES 4/15 F 8:30pm-9:30pm
Instructor: Phyllis Seleme
16466 Bethesda ES 4/11 M 8:00pm-9:00pm
Instructor: Thomas P. Woll
16544 Holiday Park SC 4/11 M 9:00pm-10:00pm

Ballroom III (Couples)

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

8 Sessions \$78
 Instructor: Thomas P. Woll
 16545 Coffield CRC 4/12 T 7:45pm-8:45pm

Ballroom IV (Couples)

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

8 Sessions \$78
 Instructor: Thomas P. Woll
 16546 Mid County CRC 4/14 Th 7:45pm-8:45pm

GENERAL DANCE

Bachata I

Ages 18 & Up: Learn the latest dance and burn the floor. Bachata classes are essential to becoming a well-rounded Latin dancer. All Latin students are encouraged to attend at least this Beginner Bachata course to add to your Latin dance repertoire. Fast, easy and fun to learn. No previous experience needed and no partner required. Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 16702 Avant Garde 4/13 W 7:30pm-8:15pm

Beginner Social Dance

Ages 18 & Up: Beginner Social Dance is offered to individuals or couples. This class will teach you the basics of the foxtrot, swing and salsa, the most popular formal event dances. Beginner Social Dance class will surely get you into shape! Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 16703 Avant Garde 4/11 M 7:30pm-8:15pm

Rumba & Chacha (Couples)

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

8 Sessions \$78
 Instructor: Phyllis Seleme
 16467 Jane E. Lawton CRC 4/28 Th 7:00pm-8:00pm

Salsa (Couples)

Ages 16 & Up: Beginner level - This hot dance sizzles with rhythms and movement making salsa a fun and popular dance for beginners. Must have a partner registered in the class to participate.

8 Sessions \$78
 Instructor: Joe Kim
 16515 Holiday Park SC 4/12 T 8:15pm-9:15pm

Salsa Club Dancing

Ages 18 & Up: Learn today's hottest dances. This dance sizzles with rhythm and movement making Salsa a fun and popular dance for beginners. This class includes partner dance, solo free style and the basic techniques of lead and follow. Make your next night out special. Students will change partners frequently. No partner required. Questions? Call Avant Garde Ballroom at 301-881-1436.

8 Sessions \$78
 Avant Garde Ballroom Dance Center
 16708 Avant Garde 4/12 T 7:00pm-7:45pm

Salsa Intermediate (Couples)

Ages 16 & Up: Prerequisite - Solid basic Salsa knowledge. Initially review basic salsa and quickly add on advanced Salsa skills with an emphasis on turning technique and shine steps.

8 Sessions \$78
 Instructor: Joe Kim
 16517 Barnsley, Lucy ES 4/13 W 8:30pm-9:30pm

Swing (Couples)

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

8 Sessions \$78
 Instructor: Phyllis Seleme
 16468 Jane E. Lawton CRC 4/28 Th 8:00pm-9:00pm
 Instructor: Joe Kim
 16516 Barnsley, Lucy ES 4/13 W 7:30pm-8:30pm

Urban Line Dance

Ages 16 & Up: For beginner - This class introduces you to the basic patterns and steps for line dancing by a certified line dancing instructor. Get basic beginner level step patterns and gradually progress to intermediate with slightly more complex patterns. Exercise, socialize and have fun in one setting. For more information, call Petrienne at 301-379-5937.

8 Sessions \$65
 Instructor: Peytrienne McCormick
 16547 Holiday Park SC 4/12 T 6:00pm-7:00pm
 16548 Scotland CRC 4/13 W 6:15pm-7:15pm

Wedding Ready

Ages 18 & Up: Wedding Ready is an eight-week class offered to not only the Bride and Groom, but also to Mom, Dad, and anyone in the bridal party. Learn the most popular Ballroom dances used at Weddings. Designed to help you learn basic footwork, it is the best first step in perfect your "First Dance." Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
 Instructor: Avant Garde Ballroom Dance Center
 16709 Avant Garde 4/12 T 7:00pm-7:45pm





West Coast Swing Beginners

Ages 18 & Up: Learn the latest dance trend. Best known in the Country/Western world but is taking over the social dance scene and is becoming one of the most popular dances for all ages. Learn the basic patterns in WCS, defined as: Sugar Push, Left Side Pass; Right Side Pass; Tuck Turn; and Whip. It's never too late to learn something new. Come join us! Questions? Call Avant Garde Ballroom at 301-881-1436

8 Sessions \$78
Instructor: Avant Garde Ballroom Dance Center
16710 Avant Garde 4/13 W 8:15pm-9:00pm

Bhangra/Bollywood Dance

Ages 13 & Up: Beginners/Intermediate: Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art.

7 Sessions \$95
Instructor: Kumud Mathur
16549 Potomac CRC 4/12 T 7:00pm-7:45pm

TAP

Adult Tap Dance

Ages 16 & Up: Intermediate level - A continuation for anyone who has had the beginner class. For clarification call Rowena at 301-467-3535.

8 Sessions \$75
Instructor: Rowena Riggs DeLuca
16538 White Oak CRC 4/10 S 2:00pm-3:00pm
16536 White Oak CRC 4/10 S 3:00pm-4:00pm

YOUTH MUSIC

GENERAL MUSIC

Learn Now Music: The Violinist Within

Ages 5-11: Students learn musical symbols and violins basics, exercises, holding the bow, balance point and all the fundamentals. FREE instrument rental and materials included in price. Questions? Contact LNM/Shelly Suarez at 1-800-399-6414 or CustomerServi@LearnNowMusic.com

8 Sessions \$195
Instructor: Learn Now Music
16748 Longwood CRC 4/16 Sa 11:00am-12:00pm

Solfège - Music Theory - Level 3

Ages 6-10: Level 3. The Solfège class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales.

8 Sessions \$45
Instructor: Geiza Dourado Carvalho
16761 Norwood LP 4/12 T 5:30pm-6:15pm

Solfège - Music Theory - Level 4

Ages 6-10: Level 4. The Solfège class gives your students practical skills and deeper understanding of the structure and fundamental process of music. The class will give the foundation of ear training, singing melodies and conducting, intervals, dictation, etc. We also explore the study of the theoretical elements of music, which include rhythm, notation, sound and written scales.

8 Sessions \$45
Instructor: Geiza Dourado Carvalho
16760 Norwood LP 4/12 T 6:15pm-7:00pm

INTERNATIONAL

Folk Dancing

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

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

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

Cost is \$7 per week. Register onsite.

Questions? Call Phyllis at 301-871-8788 or e-mail diamonddancecircle@comcast.net.

Location	Day	Time:
Lawton CRC	Monday	7:30pm-9:45pm
Social Hall		

Program is ongoing.

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



Learn Now Music: Group Drums

Ages 5-11: Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for in-class and at-home practice, as well. A rental agreement must be signed by the parent at the first class. Instruments must be returned at the end of the program on the last scheduled class day. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

8 Sessions \$195
 Instructor: Learn Now Music
 16752 White Oak CRC 4/13 W 5:00pm-6:00pm

GUITAR

Learn Now Music: HeroeZ of Guitar

Ages 5-11: Have your child be a hero on a guitar by learning to read musical symbols, play basic chords and ease into play songs. FREE instrument rental and materials included in price. Questions? Contact LNM - Shelly Suarez at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

8 Sessions \$195
 Instructor: Learn Now Music
 16745 Bauer Drive CRC 4/13 W 7:00pm-8:00pm
 16749 White Oak CRC 4/14 Th 6:00pm-7:00pm

PIANO

Exploring Music and Piano Level I

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

8 Sessions \$205
 Instructor: Geiza Dourado Carvalho
 16758 Norwood LP 4/11 M 5:00pm-6:00pm

Exploring Music and Piano Level II

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

8 Sessions \$205
 Instructor: Geiza Dourado Carvalho
 16759 Norwood LP 4/11 M 5:30pm-6:30pm

Learn Now Music: KeyZ to Piano

Ages 5-11: Intro to children by teaching basic piano layout, technique, note names, fingerings and more. Questions? Contact LNM at 1-800-399-6414 or CustomerService@LearnNowMusic.com.

8 Sessions \$195
 Instructor: Learn Now Music
 16747 Bauer Drive CRC 4/13 W 7:00pm-8:00pm

ADULT MUSIC

PIANO

Adult Group Piano I

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

8 Sessions \$125
 Instructor: Elizabeth Duncan
 16625 Holiday Park SC 4/12 T 10:15am-11:05am
 16626 Holiday Park SC 4/12 T 7:15pm-8:05pm

Adult Group Piano II

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

8 Sessions \$125
 Instructor: Elizabeth Duncan
 16627 Holiday Park SC 4/12 T 11:15am-12:05pm
 16628 Holiday Park SC 4/12 T 6:15pm-7:05pm

Adult Group Piano III

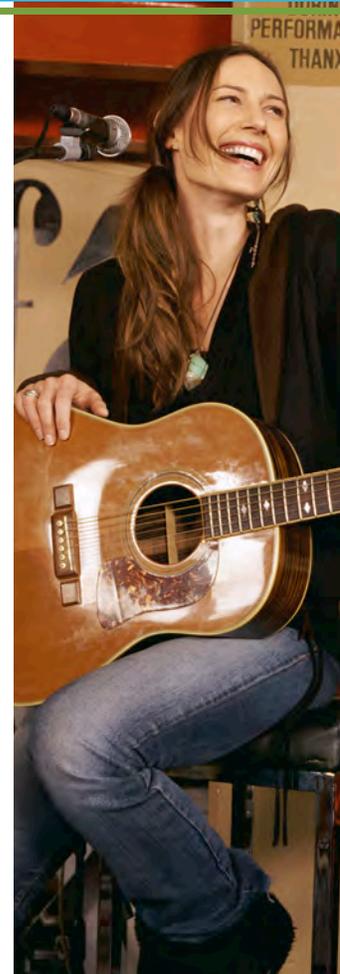
Ages 17 & Up: Intermediate level. Some piano skills and knowledge of note reading, theory and rhythm patterns required. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo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

8 Sessions \$125
 Instructor: Elizabeth Duncan
 16629 Holiday Park SC 4/12 T 12:15pm-1:05pm
 16630 Holiday Park SC 4/12 T 8:15pm-9:05pm
 Instructor: Judith Duerk-Habeck
 16510 Holiday Park SC 4/11 M 12:00pm-12:50pm
 16511 Holiday Park SC 4/11 M 2:00pm-2:50pm

Adult Group Piano IV

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

8 Sessions \$125
 Instructor: Judith Duerk-Habeck
 16512 Holiday Park SC 4/11 M 1:00pm-1:50pm





COOKING

COOKING TECHNIQUES

Cooking Skills I

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. You will learn by doing! You will learn knife skills including how to slice different foods, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise. You will fix a first class lunch in the process. \$20 food fee due instructor at class time. We eat what we fix so bring an appetite.

1 Session \$67
Instructor: James Davis
16853 White Oak CRC 5/21 Sa 10:30am-2:30pm

Cooking Skills II

Ages 15 & Up: Your next best comfort step in the kitchen. More knife skills along with techniques to ease your time in the kitchen and great food to go with it. Kitchen Skills One is not a pre-requisite, but this class is not for the novice or beginner cook. We eat what we fix so bring an appetite. Take home recipes. A \$ 20 food fee is due instructor at class time.

1 Session \$67
Instructor: James Davis
16852 White Oak CRC 6/18 Sa 10:30am-2:30pm

FOUR WAYS TO REGISTER



ACTIVEMONTGOMERY.ORG

Online registration at activemontgomery.org.



FAX 240-777-6818

Faxed registrations must be paid by Credit Card. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



MAIL OR DROP OFF



FULL SERVICE IN PERSON

Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 10:00am-2:00pm

The Maryland Way

Ages 18 & Up: There's nothing not to love about the wonderful food of our own Old Line State (or Free State if you prefer). Maryland food is so unique and underappreciated that I decided the time had come to really get down and prepare real, traditional Maryland food; from the Chesapeake Bay to the far western reaches of the state. This class will show why eating local is a great idea, and how we benefit of having one of the best seafood sources in the world right at our front (or back, as the case may be) door. This class features take home recipes as well as plenty to eat! So bring an appetite and join us. A food fee of \$25 is due to the instructor at class time.

1 Session \$67
Instructor: James Davis
16855 White Oak CRC 5/28 Sa 10:30am-2:30pm

GENERAL COOKING

Be Your Own Personal Chef

Ages 18 & Up: You will cook with the experts and learn how to prepare 2 weeks worth of food at a time AND how to save money in the process. How to schedule your every other Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$20 food fee due instructor at class time.

1 Session \$67
Instructor: James Davis
16851 White Oak CRC 4/30 Sa 10:30am-2:30pm

Spanish Tapas and Wines

Ages 21 & Up: As usual, in this class we will cook for the first hour and a half, then clean up and serve the foods we have prepared, each with three different wines to taste with a total of nine wines tasted over the course of the evening. . Our menu will include Croquettes de Jamon (Ham Fritters), Calamares Fritos (Fried Squid Rings), Spanish Omelet and several more Tapas styled dishes This will be a great evening out with lots of good food, good fun and good wine This class features take home recipes as well as plenty to eat! So bring an appetite and join us. \$25 food fee due instructor at class time.

1 Session \$55
Instructor: James Davis
16858 White Oak CRC 6/3 F 7:00pm-10:00pm

Wine I

Ages 21 & Up
1 Session \$55
Instructor: James Davis
16856 White Oak CRC 4/8 F 7:00pm-10:00pm

Wine II

Ages 21 & Up
1 Session \$55
Instructor: James Davis
16854 White Oak CRC 5/6 F 7:00pm-10:00pm

FITNESS & WELLNESS

AEROBIC DANCE

Dance & Fitness

Ages 16 & Up: For men and women, a complete aerobic workout for all those who love music and movement. Includes flexibility and leg routines, weights, abdominal work and cool-down stretch. Wear supportive athletic shoes, bring a mat/blanket for floor work and hand weights (optional). Questions? Email :dancenfitness@verizon.net

20 Sessions	\$145				
Instructor: Jinjer Azuree					
16429 Jane E. Lawton CRC	4/4	M,W	6:00pm-7:00pm		
Instructor: Elaine Walstreicher					
16428 Mid County CRC	4/4	M,W	7:30pm-8:30pm		
Instructor: Lois Antos					
16430 Veirs Mill LP	4/5	T,Th	9:30am-10:30am		
Instructor: Alice Donnelly					
16431 Potomac CRC	4/5	T,Th	6:00pm-7:00pm		
Instructor: Katie Weimers					
16432 Rock View ES	4/5	T,Th	7:00pm-8:00pm		

Dance & Fitness Add a Class

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

9 Sessions	\$66				
Instructor: Katie Weimers					
16433 Holiday Park SC	4/9	Sa	9:00am-10:00am		

Dance Fit Zumba

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

7 Sessions	\$51				
Instructor: Dance Fit by Mel					
15984 Marilyn J. Praisner CRC	4/11	M	6:00pm-7:00pm		
15985 Germantown CRC	4/12	T	7:15pm-8:15pm		
15986 Germantown CRC	4/14	Th	7:15pm-8:15pm		

Definition Zumba

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

17 Sessions	\$141				
Instructor: Juliet Rodman					
16100 Clara Barton NRC	4/11	M,F	9:00am-10:00am		

Jacki Sorensen's Aerobic Dance

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low-impact and low-intensity levels. Heart rate monitoring and on your feet muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions? Call Karin at 240-207-3091.

9 Sessions	\$71				
Instructor: Karin Baker					
15991 Potomac CRC	4/5	T	9:00am-10:00am		
10 Sessions	\$79				
Instructor: Karin Baker					
15993 Little Bennett ES	4/6	W	7:00pm-8:00pm		
15992 Potomac CRC	4/7	Th	9:00am-10:00am		

Jazzmatazz Aerobics W/Pilates Mat

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

9 Sessions	\$66				
Instructor: Betsy Saunders					
16438 Holiday Park SC	4/12	T	7:15pm-8:15pm		
16437 Holiday Park SC	4/14	Th	7:15pm-8:15pm		

Jazzmatazz Low-Impact Aerobics

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

9 Sessions	\$66				
Instructor: Betsy Saunders					
16439 Bauer Drive CRC	4/12	T	9:30am-10:30am		
16440 Bauer Drive CRC	4/14	Th	9:30am-10:30am		

Step-n-Sweat Zumba

Ages 16 & Up: (13-15 if accompanied by parent or guardian): Join the Zumba party with this Latin-based cardio workout that will have you burning up to 1,000 calories an hour. If you like to dance and shake, then this is the class for you. The instructor brings 29 years of energetic experience to every class. For more information, contact Cheryl Hicks at dmvonfire@gmail.com or 301-775-8933.

4 Sessions	\$25				
Instructor: Step-n-Sweat					
16453 White Oak CRC	4/12	T	7:00pm-8:00pm		
16455 White Oak CRC	4/14	Th	7:00pm-8:00pm		
16456 White Oak CRC	5/17	T	7:00pm-8:00pm		
16458 White Oak CRC	5/19	Th	7:00pm-8:00pm		





Zumba

Ages 14 & Up: Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join the Party!

8 Sessions	\$48			
Instructor: Wellness Network				
17105 Olney SC		3/15	T	7:15pm-8:00pm
9 Sessions	\$54			
17106 Olney SC		3/17	Th	7:15pm-8:00pm

Zumba Fitness

Ages 14 & Up: Are you Ready?? For what? Glad you asked? "Zumba Fitness" Are you ready to ditch the work out and join the Latin dance fitness phenomenon that has been sweeping the nation? "Zumba" is an explosively fun and addictive fitness dance party all by itself combined with the Carribean, Hip-hop and Latin beats that move your hips. Before you know it the hour zips away. I will bring the salsa and you won't even miss the chips!! I can't wait to party with you.

8 Sessions	\$48			
Instructor: Michelle Johnson-Lancaster				
16586 Bauer Drive CRC		4/16	Sa	9:00am-10:00am
16585 Mid County CRC		4/11	M	6:15pm-7:15pm
9 Sessions	\$54			
Instructor: Michelle Johnson-Lancaster				
16587 Mid County CRC		4/13	W	6:15pm-7:15pm

AEROBIC EXERCISE

Group Personal Training

Ages 16 & Up: For youth and adults. Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients and more. Instructor is a certified trainer. Questions call Fred at 240-552-2227 or email at fmosby@Verizon.net

4 Sessions	\$72			
Instructor: Fred Mosby				
16434 Germantown CRC		4/13	W	6:00pm-7:00pm
16435 Germantown CRC		5/18	W	6:00pm-7:00pm

Jacki Sorensen's Strong Step

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

10 Sessions	\$79			
Instructor: Karin Baker				
15994 Potomac CRC		4/8	F	9:00am-10:00am

Kelley's Complete Fitness Workout

Ages 16 & Up: A safe, effective co-ed program that strengthen and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is place on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in PE and over 20 yrs of experience. Questions contact Pam at: 301-774-6342

8 Sessions	\$66			
Instructor: Pamela Kelley				
16236 Glenmont LP		4/11	M	9:15am-10:30am
16237 Longwood CRC		4/11	M	7:15pm-8:30pm
9 Sessions	\$74			
Instructor: Pamela Kelley				
16238 Bauer Drive CRC		4/13	W	9:00am-10:15am
16239 Longwood CRC		4/13	W	7:15pm-8:30pm
16240 Glenmont LP		4/14	Th	9:15am-10:30am

Movin with Millie

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

10 Sessions	\$80			
Instructor: Mildred Trimble				
16179 Pilgrim Hills LP		4/6	W	9:30am-10:45am
16180 Pilgrim Hills LP		4/8	F	9:30am-10:45am

New York City Workout-Ballet Dance

Ages 18 & Up: Ballet dancers are slim, lean and graceful. You will practice low-impact Ballet steps and Yoga and Pilates stretches. This class is based on the New York City Ballet Workout for adults who want a good workout, but are not dancers. You will be moving, extending, reaching through the legs and arms, which helps build long, lean muscles. Great class to help with balance. For more information contact Juliet at: jcvardi@gmail.com

8 Sessions	\$64			
Instructor: Juliet Verdi				
16012 White Oak CRC		4/11	M	6:00pm-7:00pm
9 Sessions	\$72			
Instructor: Juliet Verdi				
16013 White Oak CRC		4/13	W	6:00pm-7:00pm

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BODY SCULPTING

Flexibility, Stretch, Strength & Balance

Ages 16 & Up: Build Strength, Increase Flexibility, and learn Stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Customer interested in observing a class before registering are welcome. Call Instructor Karin Baker with any questions (240) 207-3091.

9 Sessions \$71
 Instructor: Karin Baker
 15990 Damascus CRC 4/4 M 6:00pm-7:00pm

CPR/FRP/AED

BLS (Basic Life Support) Training

Ages 13 & Up: BLS is a professional level of CPR/AED. In this hands on training, you will learn one and two person CPR and proper bag mask use. You will learn how and when to use an AED and how to help when someone is choking. This course will take approximately 3 hours to complete. Certifications are good for 2 years. The material fee for AHA (American Heart Association) Certification is \$20.00.

1 Session \$60
 Instructor: Tiquia Bennett
 16471 Potomac CRC 4/30 Sa 9:30am-12:30pm
 16472 Germantown CRC 5/18 W 6:00pm-9:00pm

Community Basic First Aid and CPR/AED

Ages 13 & Up: Community CPR/AED is for people who have a duty to respond like: firefighters, police officers, security guards, lifeguards, personal trainers and more. It is also for people who want to learn for their family or just for personal knowledge. This is life saving information everyone should know. This course also teaches Basic First Aid. With hands on training, you will also learn how to communicate with a victim until help arrives. This course will take approximately 3 hours to complete. Certifications are good for 2 years. The material fee for the AHA (American Heart Association) certification is \$20.

1 Session \$60
 Instructor: Tiquia Bennett
 16473 Bauer Drive CRC 4/12 T 6:00pm-9:00pm
 16474 Holiday Park SC 4/16 Sa 9:00am-12:00pm
 16475 Potomac CRC 4/20 W 6:00pm-9:00pm
 16476 Holiday Park SC 5/7 Sa 9:00am-12:00pm
 16477 Germantown CRC 5/11 W 6:00pm-9:00pm
 16478 Bauer Drive CRC 5/21 Sa 9:00am-12:00pm
 16479 Holiday Park SC 6/4 Sa 9:00am-12:00pm
 16480 Bauer Drive CRC 6/15 W 6:00pm-9:00pm

GENERAL FITNESS

Bone Up on Bones

Ages 18 & Up: During our adult years, our bones are in a continual cycle of breaking down and rebuilding. Excessive bone loss can be attributed to hormonal changes, both natural and from medications (e.g. cancer-fighting medications), smoking, alcohol consumption, diet, and certain medical conditions. This is called osteopenia or osteoporosis depending upon the severity of loss. The stronger our bones are, the less likely we will experience fractures in a traumatic incident. In conjunction with other types of interventions, bone loss can be slowed and sometimes reversed with exercise. This workshop will discuss concepts for developing an appropriate and safe exercise program to improve bone density and prevent further bone loss.

1 Session \$40
 Instructor: Restore Motion
 16232 Restore Motion 4/28 Th 6:00pm-8:00pm

Postpartum Strong

Ages 18 & Up: Postpartum Strong is a unique musculoskeletal program developed for women post delivery to regain muscle strength of their abdominal and pelvic floor muscles. Clinical research now supports rehabilitation after a normal or challenging birth or pregnancy to prevent incontinence, prolapse and/or dysfunction. The class emphasizes education on abdominal and pelvic floor anatomy, posture and body mechanics when lifting your baby, and exercise instruction.

1 Session \$60
 Instructor: Restore Motion
 16233 Restore Motion 4/9 Sa 9:00am-12:00pm

Your Pelvic Floor-Keeping it Healthy

Ages 18 & Up: When you cough, exercise, or laugh, is your bladder in distress? Do you feel you always need to use the bathroom? These are signs of pelvic floor weakness. Your pelvic floor needs strength just like your other muscles to function. Led by a physical therapist with pelvic floor rehabilitation experience, this class addresses the common pelvic floor problems many people experience. Exercises to improve the strength and function of the pelvic floor will be taught. These exercises will include alternatives to Kegels. An exercise band and exercise handouts are included in the class fee. For questions email info@restoremotion.com or call 301-881-9313.

1 Session \$30
 Instructor: Restore Motion
 16234 Restore Motion 5/11 W 6:30pm-8:00pm
 16235 Restore Motion 5/26 Th 2:00pm-3:30pm





MEDITATION

Introduction to Mindfulness Meditation

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

1 Session \$46
Instructor: Jerry Hartman
16481 Potomac CRC 4/30 Sa 10:00am-2:00pm



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NEW 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. For more information contact Jerry at 301-540-8091 or email at mongo2@usa.net

1 Session \$46
Instructor: Jerry Hartman
16483 Potomac CRC 5/7 Sa 10:00am-2:00pm

ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

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

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

Passes available for 12, 18, 24, and 36 classes-your choice!

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

Take your access card and receipt to any class location and check-in with front desk staff.

Location	Days	Times:
Holiday Park SC	M, T, W, Th & Sa	6:00pm-7:00pm 9:00am-10:00am
Bauer Drive CRC	M, W	5:00pm-6:00pm
Praisner CRC	M, W	7:00pm-8:00pm
Potomac CRC	T, Th	7:00pm-8:00pm

ACT • 36 Passes-\$189.00

ACT • 24 Passes-\$132.00

ACT • 18 Passes-\$103.50

ACT • 12 Passes-\$72.00



PILATES

Pilates @ 50yrs

Ages 50 & Up: This class is specifically designed for active participants that are ages 50&up. If you are looking for a low impact class that will increase strength, flexibility and your energy levels at you current age, then Pilates @50 is perfect for you. Our goals are to help emphasize core strength, increase flexibility and help build stronger bodies. Please bring a Pilates mat to class. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

8 Sessions \$74
 Instructor: Fit 2 Believe
 16243 Jane E. Lawton CRC 4/14 Th 11:00am-12:00pm

Pilates Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight baring exercises and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: Former dancer, ACE certified owner of Fitness Care LLC and 35+ years experience. Questions call 301-942-5168

8 Sessions \$72
 Instructor: Esther Brunner
 15999 Luxmanor ES 4/5 T 7:15pm-8:15pm

Pilates for Fitness

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

8 Sessions \$74
 Instructor: Fit 2 Believe
 16244 Bauer Drive CRC 4/14 Th 6:00pm-7:00pm
 16245 White Oak CRC 4/12 T 7:00pm-8:00pm
 16246 Jane E. Lawton CRC 4/16 Sa 10:00am-11:00am

Stability Ball Workout

Ages 16 & Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometric, weight loss and strength training through an integrated training model designed to systematically process the student. Instructor is a certified personal trainer. Bring a mat/towel and a 65cm exercise ball to class. For more information contact Fred at 240-552-2227 or email fmosby@Verizon.net

12 Sessions \$124
 Instructor: Fred Mosby
 16436 Germantown CRC 4/19 T,Th 6:00pm-7:00pm

SPECIALTY PROGRAMS

Laughter Fitness

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

7 Sessions \$59
 Instructor: Kumud Mathur
 16570 Potomac CRC 4/12 T 11:15am-12:00pm

STRENGTH TRAINING

Bone Builders - Plus

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

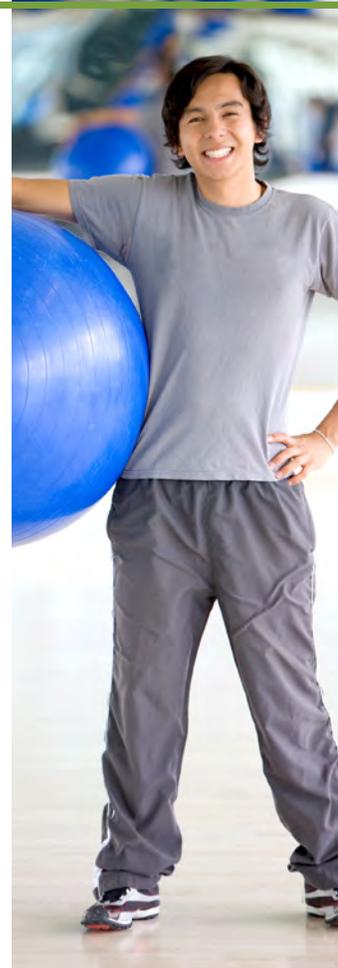
8 Sessions \$58
 Instructor: Jerry Palazzo
 16424 Jane E. Lawton CRC 4/11 M 10:00am-11:00am
 16426 Potomac CRC 4/19 T 3:00pm-4:00pm

9 Sessions \$65
 Instructor: Jerry Palazzo
 16425 Jane E. Lawton CRC 4/13 W 10:00am-11:00am
 16427 Potomac CRC 4/14 Th 3:00pm-4:00pm

Boot Camp for Better Bodies by Fit 2 Believe

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

8 Sessions \$74
 Instructor: Fit 2 Believe
 16242 Bauer Drive CRC 4/12 T 6:00pm-7:00pm





Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in an ordinary gym. This class is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. For more information visit: <http://www.category4fitness.com>, contact Tommy at tommywitz@category4fitness.com or call 301-370-0279.

8 Sessions	\$60
Instructor: Thomas Witz	
16015 Germantown CRC	4/11 M 7:30pm-8:30pm
16017 Germantown CRC	4/16 Sa 9:00am-10:00am
9 Sessions	\$68
Instructor: Thomas Witz	
16016 Germantown CRC	4/13 W 7:30pm-8:30pm

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-7555 or e-mail at Juliet@wellnesscorporatesolutions.com

17 Sessions	\$141
Instructor: Juliet Rodman	
16099 Clara Barton NRC	4/12 T,Th 9:00am-10:00am

Dynaerobics AND Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30 minutes of class gives special attention to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan at FerhanDoyle@aol.com

8 Sessions	\$60
Instructor: Regina Gaitther	
16451 Bauer Drive CRC	4/16 Sa 10:15am-11:30am

Dynaerobics Body Sculpting

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) A serious workout to firm major muscle groups. Special attention is given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan at FerhanDoyle@aol.com

17 Sessions	\$121
Instructor: Gina Dols	
16452 Bauer Drive CRC	4/11 M,W 6:15pm-7:15pm

Strength Training

Ages 16 & Up: Shape and tone your body for a total-body workout. This is a great strength training class, for both men and women who want to get stronger, look better and feel healthier. Lifts include compound movements such as squats, presses, and rows, as well as isolation movements such as curls, pullovers, and leg extensions. Each participant will receive a t-shirt. For more information contact Sean at: fit2believe@gmail.com

7 Sessions	\$65
Instructor: Fit 2 Believe	
16247 Jane E. Lawton CRC	4/23 Sa 11:00am-12:00pm
8 Sessions	\$74
Instructor: Fit 2 Believe	
16248 Bauer Drive CRC	4/13 W 6:00pm-7:00pm

The Dynamic Ab Challenge for Youth and Adults

Ages 10 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work.) Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-l1@outlook.com

8 Sessions	\$52
Instructor: Larry D. Johnson	
16484 Marilyn J. Praisner CRC	4/16 Sa 12:30pm-1:15pm
16485 Bethesda-CC HS	4/11 M 7:00pm-7:45pm
16487 Holiday Park SC	4/13 W 7:00pm-7:45pm
16488 Plum Gar NRC	4/14 Th 6:00pm-6:45pm
16486 White Oak CRC	4/12 T 7:00pm-7:45pm

The Ultimate Boxing Boot Camp for Youth and Adults

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

8 Sessions	\$85
Instructor: Larry D. Johnson	
16489 Bethesda-CC HS	4/11 M 5:45pm-7:00pm
16490 White Oak CRC	4/12 T 5:45pm-7:00pm
16491 Holiday Park SC	4/13 W 5:45pm-7:00pm
16492 Plum Gar NRC	4/14 Th 7:30pm-8:45pm
16493 Marilyn J. Praisner CRC	4/16 Sa 11:15am-12:30pm

TAI CHI

Qi Gong & Meditation

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

8 Sessions \$120
 Instructor: Louise Liu
 16251 Argyle LP 4/12 T 7:00pm-8:00pm
 16252 Wisconsin Place CRC 4/15 F 10:30am-11:30am

Tai Chi, Beginning

Ages 16 & Up: (Ages 13-15 if accompanied by a parent/guardian.) An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and over all vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth at 240-676-8428

8 Sessions \$83
 Instructor: Andy Schettino
 16441 Bauer Drive CRC 4/11 M 7:00pm-8:00pm
 9 Sessions \$93
 Instructor: Andy Schettino
 16442 Potomac CRC 4/12 T 6:45pm-7:45pm
 Instructor: Lon Holland
 16443 Glenmont LP 4/13 W 6:00pm-7:00pm

Tai Chi, Continuing

Ages 16 & Up: (13-15 if accompanied by a parent or guardian.) Continuing Students Level II.

8 Sessions \$83
 Instructor: Andy Schettino
 16444 Bauer Drive CRC 4/11 M 8:00pm-9:00pm
 9 Sessions \$93
 Instructor: Andy Schettino
 16446 Potomac CRC 4/12 T 7:45pm-8:45pm
 Instructor: Lon Holland
 16445 Glenmont LP 4/13 W 7:00pm-8:00pm

Tai Chi, Part I

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

8 Sessions \$120
 Instructor: Louise Liu
 16253 Argyle LP 4/12 T 6:00pm-7:00pm
 16254 Wisconsin Place CRC 4/15 F 9:30am-10:30am

Tai Chi, Part II

Ages 18 & Up: Adult-Continuing students at Beginner level: Continuation of Tai Chi Part I, final section of the Solo form. The second part in a series of lessons focuses on movements 13 through 24. Students can perfect postures and the transition between the movements and enhance their performances. For more information contact louiseliu.taichi@gmail.com or 240-618-8879

8 Sessions \$120
 Instructor: Louise Liu
 16255 Argyle LP 4/12 T 8:00pm-9:00pm
 16256 Wisconsin Place CRC 4/15 F 11:30am-12:30pm

YOGA

Easy Yoga

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

7 Sessions \$75
 Instructor: Moira Martin
 15983 Jane E. Lawton CRC 4/14 Th 9:30am-10:45am

Essential Yoga For Beginner

Ages 16 & Up: Class focus on the fundamentals, including posture, alignment, breath and foundation yogic concepts. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at 301-891-1247 or tljhealth@earthlink.net for further information.

9 Sessions \$93
 Instructor: Tamara Lewis Johnson
 16020 Gwendolyn Coffield CRC 4/14 Th 6:00pm-7:00pm

Evening Yoga

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

9 Sessions \$93
 Instructor: Robin Morris
 15987 Wisconsin Place CRC 4/13 W 6:15pm-7:15pm

Flowing Vinyasa Yoga

Ages 18 & Up: Beginners/Intermediate: This program will help build strength, flexibility, balance and endurance. A flowing yoga that gives you a cardio-strength-building workout and a powerful mind and body experience. Poses will be flow from one to another in conjunction with your breathing. Beginners-bring yoga blocks and mats. Intermediate-bring mat. Fore more information contact Juliet at: jcverdi@gmail.com

8 Sessions \$72
 Instructor: Juliet Verdi
 16496 White Oak CRC 4/16 Sa 9:00am-10:00am





Gentle Yoga

Ages 16 & Up: (14-15 yrs if accompanied by a parent or guardian). For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor with any questions or to purchase materials: Irene at Irene54@aol.com

8 Sessions \$82
Instructor: Irene Bopp
16223 Bauer Drive CRC 4/12 T 6:15pm-7:15pm

Hatha Yoga and Stress Mangement Beg/Cont.

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

9 Sessions \$135
Instructor: Suzana Cooper
16414 Jane E. Lawton CRC 4/15 F 9:45am-11:00am
16413 Jane E. Lawton CRC 4/13 W 9:45am-11:00am

Massage Ball Workshop

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

1 Session \$41
Instructor: Maggie Wong
16502 Yoga Plus - Potomac 5/8 S 3:00pm-5:00pm

Meditation Workshop

Ages 18 & Up: Seated guided meditation, mindfulness meditation practices, walking meditation, a meditation-in-motion yoga practice and more! The benefits of meditation are numerous and include but are not limited to: Leads to a deeper level of physical relaxation, helps high blood pressure, enhances the immune system, help with focus and concentration, increases productivity, increases emotional stability, helps with addictions, helps sleep disorders, and brings body, mind, spirit in harmony. Suitable and beneficial for everyone. Please bring yoga mat and blanket.

1 Session \$40
Instructor: Maria Doherty
16499 Germantown CRC 5/7 Sa 2:00pm-4:00pm
16500 Germantown CRC 6/4 Sa 2:00pm-4:00pm

Mindfulness Yoga & Meditation for Stress Relief

Ages 16 & Up: Using a variety of formats and techniques to teach the students on how to incorporate mindfulness into their daily lives. Numerous studies have shown that mindfulness decreases stress and increase quality of life. Its benefits includes: pain management, improve concentration, depression and sleep problems. Class includes gentle yoga, yoga nidra, breathing techniques and learning modules. For more information contact Maria at: yogachickinred@gmail.com

8 Sessions \$124
Instructor: Maria Doherty
16501 Longwood CRC 4/11 M 5:45pm-7:00pm

Morning Yoga

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

9 Sessions \$93
Instructor: Robin Morris
15988 Wisconsin Place CRC 4/13 W 9:40am-10:40am

Vini Easy Going Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat: 301-251-1058

9 Sessions \$121
Instructor: Patricia Miller
16228 Potomac CRC 4/14 Th 10:45am-12:00pm

Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat: 301-251-1058

9 Sessions \$121
Instructor: Patricia Miller
16229 Potomac CRC 4/14 Th 6:30pm-7:45pm
16230 Potomac CRC 4/14 Th 9:15am-10:30am

Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, and meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat: 301-251-1058

8 Sessions \$108
Instructor: Patricia Miller
16231 Potomac CRC 4/11 M 6:30pm-7:45pm



Yoga & Light Weight

Ages 18 & Up: This class is well suited for baby boomer. The class sequence begins with movements to warm up the body, then progresses to core strengthening exercises and the use of light weights for upper body toning, followed by simple yoga movements to improve whole body strength, flexibility and balance. The class concludes with gentle stretching to calm the mind and prepare for the day. For more information contact Maggie at 301-365-2424, Maggie@yogaplus.com or visit <http://www.yogaplus.com>

8 Sessions \$185

Instructor: Maggie Wong

16503 Yoga Plus - Bethesda 4/12 T 9:00am-10:30am
 16504 Yoga Plus - Bethesda 4/14 Th 9:00am-10:30am

Yoga at 50

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

8 Sessions \$120

Instructor: Suzana Cooper

16415 Wisconsin Place CRC 4/16 Sa 9:45am-11:00am

Yoga Basics

Ages 14 & Up: (14-15 years if accompanied by parent or guardian.) Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com

8 Sessions \$82

Instructor: Irene Bopp

16225 Bauer Drive CRC 4/12 T 7:30pm-8:30pm

9 Sessions \$92

Instructor: Irene Bopp

16224 Mid County CRC 4/13 W 7:30pm-8:30pm

16226 Marilyn J. Praisner CRC 4/14 Th 10:30am-11:30am

16227 East County CRC 4/14 Th 7:00pm-8:00pm

Yoga for Scoliosis & Healthy Back

Ages 16 & Up: Instructor Maggie Wong was diagnosed with scoliosis as a teenager, and has learned to manage her condition with yoga, strengthening exercises and movement. She shares this knowledge with people who have come to her with back, shoulder and neck pain issues, be they caused by accidents, arthritis, scoliosis, or simply desk-bound immobility. Emphasizing that these conditions are manageable (as opposed to curable), Maggie uses movements and exercises to promote flexibility, restore range of motion and strengthening core muscles. A segment of this class employs the Body Massage Ball, which is a home-based self massage tool to relieve tension and promote relaxation. For more information please call Maggie Wong 301-365-2424, email Maggie@yogaplus.com or visit her website at <http://www.yogaplus.com>

8 Sessions \$185

Instructor: Maggie Wong

16505 Yoga Plus - Potomac 4/14 Th 7:30pm-9:00pm

Yoga Fundamentals

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

9 Sessions \$93

Instructor: Nancy Neves

17057 Bauer Drive CRC 4/12 T 10:45am-12:00pm

Yoga/Stretching for Your Relaxation

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

9 Sessions \$83

Instructor: Nancy Neves

17058 Mid County CRC 4/13 W 11:00am-12:00pm

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

-customer survey





MARTIAL ARTS

GENERAL MARTIAL ARTS

Classic Vovinam Martial Art Children

Ages 8-14: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & leveraging, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. They are realistic and easy to learn, suitable for anyone 8 and older. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

18 Sessions \$144
Instructor: Yanni Nguyen
16648 Montgomery Village MS 4/12 T,Th 6:00pm-7:30pm

Classic Vovinam Martial Arts

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

17 Sessions \$128
Instructor: Yanni Nguyen
16650 Eastern MS 4/13 W 6:00pm-7:30pm
Sa 2:30pm-4:00pm

18 Sessions \$144
Instructor: Yanni Nguyen
16649 Plum Gar NRC/ Montgomery Village MS 4/14 Th,Sa 6:00pm-7:30pm

Classic Vovinam Martial Arts Adults

Ages 15 & Up: Be among the first to learn this exotic martial art. Vovinam is a martial art used by the Vietnamese to fight in wars and is growing rapidly in popularity around the world. Learn defense using your hands, elbows, kicks, throws, escape & leveraging, joint locks, choke holds, and submissions. Vovinam techniques are simple, effective, and artistic. Each 90 minute section will burn you out with extensive warm ups, fall breaks, rolling, strikes/kicks/blocks, forms, and sparring. This course prepares you for real life situations, such as how to fall safely on streets, and you will train constantly with partners of different sizes. For more information call: (301) 204-3118 or email: VovinamMD@gmail.com

18 Sessions \$144
Instructor: Yanni Nguyen
16651 Montgomery Village MS 4/12 T,Th 7:30pm-9:00pm

Classic Vovinam Martial Arts Advanced

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

18 Sessions \$144
Instructor: Yanni Nguyen
16652 Eastern MS 4/13 W 7:30pm-9:00pm
Sa 1:00pm-2:30pm

Iaido

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

9 Sessions \$88
Instructor: Salvador Cortes
16644 Kensington Parkwood ES 4/14 Th 8:05pm-9:00pm



Judo Ages 5-9

Ages 5-9: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$30 is due on the first day of class.

8 Sessions \$230
 Instructor: Frederic Hocde
 16555 Tilden MS 4/12 T 5:30pm-6:30pm

Judo Ages 7-15

Ages 7-14: The class emphasizes the various basic techniques of judo - Japanese martial arts - including the aspects of self-control, discipline, respect, politeness, balance, and coordination. Japanese terms are taught and used throughout the class. Judo is a good way to be healthy in daily life. At the end of each class, the participant is given a symbol to remind them of some aspect of judo. A material fee of \$30 is due on the first day of class.

8 Sessions \$230
 Instructor: Frederic Hocde
 16556 Tilden MS 4/15 F 6:00pm-7:00pm
 16557 Tilden MS 4/12 T 6:30pm-7:30pm

Karate and Iaido

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

8 Sessions \$79
 Instructor: Salvador Cortes
 16645 Kensington-Parkwood ES 4/12 T 8:05pm-9:00pm

Karate Do and Iaido Beginners

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

8 Sessions \$79
 Instructor: Salvador Cortes
 16646 Kensington-Parkwood ES 4/12 T 7:00pm-7:55pm
 9 Sessions \$88
 16647 Kensington-Parkwood ES 4/14 Th 7:00pm-7:55pm

Karate/Jujitsu

Ages 6-12: (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each Session. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Germantown CC & Beginners may attend the later time at all other sites.

9 Sessions \$64
 Instructor: TKA Inc.
 16356 Upper County CRC 4/11 M 6:00pm-7:00pm
 16357 Longwood CRC 4/11 M 7:00pm-8:00pm
 16358 Upper County CRC 4/11 M 7:00pm-8:00pm
 16359 Wheaton NRC 4/11 M 7:00pm-8:00pm
 16360 Germantown CRC 4/12 T 6:00pm-7:00pm
 16361 Germantown CRC 4/12 T 7:00pm-8:00p
 16362 Mid County CRC 4/12 T 6:30pm-7:30pm
 10 Sessions \$72
 16363 Damascus CRC 4/13 W 6:00pm-7:00pm
 16364 Damascus CRC 4/13 W 7:00pm-8:00pm
 16365 Clara Barton NRC 4/13 W 7:00pm-8:00pm
 16366 Bauer Drive CRC 4/13 W 6:00pm-7:00pm
 16367 Bauer Drive CRC 4/13 W 7:00pm-8:00pm
 16368 Potomac CRC 4/13 W 6:00pm-7:00pm
 16369 Resnik, Judith A. ES 4/13 W 6:00pm-7:00pm
 16370 Resnik, Judith A. ES 4/13 W 7:00pm-8:00pm
 16371 Potomac CRC 4/13 W 7:00pm-8:00pm
 16372 Stedwick ES 4/13 W 7:00pm-8:00pm
 16373 Marilyn J. Praisner CRC 4/14 Th 6:00pm-7:00pm
 16374 Marilyn J. Praisner CRC 4/14 Th 7:00pm-8:00pm
 16375 DuFief ES 4/14 Th 7:00pm-8:00pm
 16376 Bethesda ES 4/14 Th 7:00pm-8:00pm
 16377 Rolling Terrace ES 4/14 Th 7:00pm-8:00pm

Karate/Jujitsu Adult

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

9 Sessions \$76
 Instructor: TKA Inc.
 16378 Upper County CRC 4/11 M 8:00pm-9:30pm
 16379 Glenallan ES 4/11 M 8:00pm-9:30pm
 16389 Mid County CRC 4/12 T 7:30pm-9:00pm
 16388 Germantown CRC 4/12 T 8:00pm-9:30pm
 10 Sessions \$85
 16380 Damascus CRC 4/13 W 8:00pm-9:30pm
 16381 Bauer Drive CRC 4/13 W 8:00pm-9:30pm
 16382 Potomac CRC 4/13 W 8:00pm-9:30pm
 16383 Stedwick ES 4/13 W 8:00pm-9:30pm
 16384 Bethesda ES 4/14 Th 8:00pm-9:30pm
 16385 Marilyn J. Praisner CRC 4/14 Th 8:00pm-9:30pm
 16386 DuFief ES 4/14 Th 8:00pm-9:30pm
 16387 Rolling Terrace ES 4/14 Th 8:00pm-9:30pm

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Karate/Jujitsu Club

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

10 Sessions \$38
Instructor: TKA Inc.
16390 Holiday Park SC 4/15 F 7:00pm-8:00pm

Karate/Jujitsu Club 2

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

10 Session \$51
Instructor: TKA Inc.
16391 Holiday Park SC 4/15 F 8:00pm-9:00pm

Thunder Dragon Taekwondo & Self-Defense

Ages 13 & Up: All Levels. It is specifically designed to improve the focus, motor skills, physical fitness, teamwork, and self-confidence in order to perform daily life task as well as develop advanced taekwondo techniques build overall fitness with flexibility, strength, conditioning, cardio, and endurance. Instructors will work to perfect student's techniques such as punching, footwork, head movement, as well as techniques dealing with workouts and drills performed. Instructors will focus on a student's physical performance as well as being able to use real life defense techniques. Uniform required for all levels and available for purchase.

7 Sessions \$75
Instructor: Nury Criollo
16778 Thunder Taekwondo 4/15 F 8:00pm-8:45pm

8 Sessions \$80
16779 Rock Creek Valley ES 4/16 Sa 12:45pm-1:30pm

Thunder Taekwondo Little/Kid Dragon Level I

Ages 5-11: It is specifically designed to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop a basic knowledge of taekwondo techniques. Both age groups have separate curriculum. This is to better benefit the age capabilities and understanding of what we will be teaching. This class is for any student who has never taken a class with us or has not yet tested for a belt. A material fee of \$20 MUST be paid on the 1st day of class. Uniforms are not required but highly recommended and available for purchase at \$50.

8 Sessions \$65
Instructor: Nury Criollo
16780 Thunder Taekwondo 4/12 T 5:00pm-5:40pm

7 Sessions \$55
16781 Rock Creek Valley ES 4/16 Sa 11:35am-12:15pm

Thunder Taekwondo Little/Kid Dragon Level II

Ages 5-11: White & Yellow Belts ONLY It is specifically designed to continue to improve the child's focus, motor skills, teamwork, self-confidence, physical fitness in order to perform daily life task as well as develop beginner taekwondo techniques as well as competition techniques. A material fee of \$20 MUST be paid on the 1st day of class. Uniforms are required

7 Sessions \$80
Instructor: Nury Criollo
16782 Thunder Taekwondo 4/15 F 7:00pm-7:40pm

8 Sessions \$90
16783 Rock Creek Valley ES 4/16 Sa 11:45am-12:25pm

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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



TINY TOTS

ARTS

Tiny Tots Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, story time, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20.00 materials fee is due at the first class.

7 Sessions \$105
Instructor: CARE Actor
16669 Potomac CRC 4/12 T 10:15am-11:00am

Abakadoodle: Twoosy Doodlers

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

8 Sessions \$100
Instructor: Nancy Delasos
16744 White Oak CRC 4/14 Th 10:30am-11:15am
16746 Potomac CRC 4/15 F 9:30am-10:15am
16750 Bauer Drive CRC 4/12 T 5:00pm-5:45pm

Play Around the World Tots

Ages 2-4: At Play Around the World we expose children, and their families, to other cultures around the world. Through reading books, making crafts, playing musical instruments, and exploring with clothes and items from each country, the children will learn about other cultures. This session we'll visit Kenya, Colombia, France, India, Haiti, and Mexico! Come and join us for a global experience!

6 Sessions \$85
Instructor: Vanessa Cabrera
16753 Quince Orchard 4/16 Sa 9:30am-10:15am
Valley NP

Young Rembrandts: PreSchool

Drawing

Ages 3 1/2-5: Let Young Rembrandt help prepare your preschooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. Each Session contains all new lessons. Adult Participation not required.

6 Sessions \$69
Instructor: Young Rembrandts
16740 Bauer Drive CRC 4/14 Th 10:15am-11:00am
16741 Longwood CRC 4/12 T 10:15am-11:00am
16742 Potomac CRC 4/12 T 10:45am-11:30am
16743 Germantown CRC 4/13 W 10:15am-11:00am

BALLET

Tiny Tots Ballet Kidz Dance

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

8 Sessions \$102
Instructor: Grace Oleson
16633 Gwendolyn Coffield CRC 4/11 M 3:30pm-4:15pm
16634 Potomac CRC 4/12 T 3:30pm-4:15pm
16635 Germantown CRC 4/13 W 3:30pm-4:15pm
16636 Arcola ES 4/14 Th 3:30pm-4:15pm

PREballet

Ages 2-5: The class introduces students to dance, movements and basic ballet techniques and terminology. Rhythm and coordination are emphasized. We create a fun environment to motivate toddlers in learning effectively. Classes are taught in French. Ballet slippers are required. Dance outfit is optional and can be purchased at studio for \$53.

7 Sessions \$70
Instructor: Sabine Philippe
16724 Dansez! Dance Studio 4/11 M 10:00am-10:30am
16725 Dansez! Dance Studio 4/12 T 10:00am-10:30am
16726 Dansez! Dance Studio 4/13 W 10:00am-10:30am
16727 Dansez! Dance Studio 4/14 Th 10:00am-10:30am

FUNFIT

Funfit Tots 11mons to 2yr

Ages 11m-2: A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. Adult participation required! A \$5.00 material fee is due to instructor on the first day of class.

7 Sessions \$87
Instructor: Celia Kibler
16716 Jane E. Lawton CRC 4/29 F 9:30am-10:15am
8 Sessions \$99
16689 Germantown CRC 4/11 M 9:30am-10:15am
16692 Bauer Drive CRC 4/12 T 9:30am-10:15am
16694 Wisconsin Place CRC 4/14 Th 10:15am-11:00am
16696 Tilden MS 4/16 Sa 9:30am-10:15am

Funfit Tots 2yr to 3yr

Ages 2-3: A fun-filled parent/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$5.00 material fee is due to instructor on the first day of class.

7 Sessions \$87
Instructor: Celia Kibler
16717 Jane E. Lawton CRC 4/29 F 10:15am-11:00am
8 Sessions \$99
16690 Germantown CRC 4/1 M 10:15am-11:00am
16693 Bauer Drive CRC 4/12 T 11:00am-11:45am
16697 Tilden MS 4/16 Sa 10:15am-11:00am





FUNFIT

Funfit Kids

Ages 3-5: Your kids will shine as they advance to the next level of game play in this fun, active class. While playing games like tag, parachute, ball & skill games, your children will begin to learn how to play cooperatively, learning simple game rules, strategies, taking turns, following instructions and will benefit from the social aspects of team play. Kids will also gain balance, coordination and advance cognitive development. Parents are welcome, but not required. \$5.00 material fee is due to instructor on the first day of class.

8 Sessions \$99
Instructor: Celia Kibler
16715 Jane E. Lawton CRC 4/15 F 11:00am-11:45am
16695 Germantown CRC 4/11 M 11:00am-11:45am

Funfit Tots Family Class

Ages 1 1/2-4: A fun-filled, high energy activity class that includes games, songs, stories, music, parachute balls and more! A great workout for the whole family! Adult participation required. Child must be walking. Class price is per child. \$5.00 material fee is due to instructor on the first day of class.

8 Sessions \$99
Instructor: Celia Kibler
16691 Wisconsin Place CRC 4/14 Th 11:00am-11:45am
16699 Bauer Drive CRC 4/12 T 10:15am-11:00am
16701 Tilden MS 4/16 Sa 10:15am-11:00am

GENERAL DANCE

Hippo Hoppo

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

4 Sessions \$40
Instructor: Kahina Haynes
16884 Germantown CRC 4/16 Sa 12:00pm-12:45pm
8 Sessions \$80
16885 Clara Barton NRC 4/14 Th 4:00pm-4:45pm

Jazzmatazz Pre Ballet

Ages 4-5: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

9 Sessions \$90
Instructor: Betsy Saunders
16719 Long Branch CRC 4/9 Sa 11:15am-12:15pm

Jazzmatazz Preschool Dance

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

9 Sessions \$90
Instructor: Betsy Saunders
16718 Long Branch CRC 4/9 Sa 10:15am-11:15am

LiLBollywood

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

7 Sessions \$109
Instructor: Kumud Mathur
16667 Potomac CRC 4/12 T 6:00pm-6:45pm
16668 Potomac CRC 4/11 M 11:15am-12:00pm

PRE HipHop

Ages 2-5: This is a high energy dance class, fun and upbeat. This class allows your children to move freely, using their own body movements styles. Children participate at their own pace.

7 Sessions \$70
Instructor: Sabine Philippe
16720 Dansez! Dance Studio 4/11 M 10:30am-11:00am
16723 Dansez! Dance Studio 4/14 Th 10:30am-11:00am

PRE Jazz

Ages 2-5: This is a high energy dance class, fun and upbeat. This class allows your children to move freely, using their own body movements styles. Children participate at their own pace.

7 Sessions \$70
Instructor: Sabine Philippe
16721 Dansez! Dance Studio 4/12 T 10:30am-11:00am

PRE Tap

Ages 2-5: This is a high energy dance class, fun and upbeat. This class allows your children to move freely, using their own body movements styles. Children participate at their own pace.

7 Sessions \$70
Instructor: Sabine Philippe
16722 Dansez! Dance Studio 4/13 W 10:30am-11:00am

"Perfect activity for a toddler and parent or caregiver."

-Sarah E.

GENERAL MARTIAL ARTS

Thunder Taekwondo: Tiny Dragons Intro

Ages 2 1/2-4: This is our intro class into Taekwondo. Thunder Taekwondo is specifically designed to help improve your child's self-discipline, motor skills, self-esteem, and social skills in order to perform daily life task as well as developing basic taekwondo techniques. We teach discipline through respect and responsibility. A \$20 class fee is due on the first day and all new students can purchase a uniform for \$40.

8 Sessions				\$105
Instructor: Nury Criollo				
16835	Thunder Taekwondo	4/11	M	9:00am-9:30am
16838	Thunder Taekwondo	4/16	Sa	8:00am-8:30am
9 Sessions				\$115
16837	Mid County CRC	4/15	F	11:30am-12:00pm

Thunder Taekwondo: Tiny Dragons I

Ages 2 1/2-4: Follow-up class to Tiny Dragons Intro. Thunder Taekwondo will continue to improve your child's self-discipline, motor skills, self-esteem, and social skills. Master Nury will focus more attention on improving Taekwondo techniques. A \$20 class fee is due on the first day.

8 Sessions				\$105
Instructor: Nury Criollo				
16833	Thunder Taekwondo	4/11	M	9:45am-10:15am
16834	Thunder Taekwondo	4/16	Sa	9:40am-10:10am
16839	Thunder Taekwondo	4/12	T	3:40pm-4:10pm
9 Sessions				\$115
16840	Thunder Taekwondo	4/15	F	3:35pm-4:05pm

Thunder Taekwondo: Tiny Dragons II

Ages 2 1/2-4: Congratulations on mastering Tiny Dragons I. Master Nury will add new Taekwondo technique in this class. Thunder Taekwondo will continue to focus on improving your child's discipline, motor skills, self-esteem, and social skills. A \$20 class fee is due on the first day.

8 Sessions				\$105
Instructor: Nury Criollo				
16841	Thunder Taekwondo	4/12	T	4:15pm-4:50pm
9 Sessions				\$115
16842	Thunder Taekwondo	4/15	F	4:15pm-4:50pm

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.

GENERAL MUSIC

Discovering Music for Toddlers

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

8 Session				\$119
Instructor: Geiza Dourado Carvalho				
16764	TBA	4/11	M	10:30am-11:15am
16765	Wisconsin Place CRC	4/12	T	10:15am-11:00am
9 Sessions				\$134
16767	Longwood CRC	4/13	W	10:15am-11:00am
16768	Potomac CRC	4/15	F	10:15am-11:00am

Exploring Music and Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

8 Sessions				\$134
Instructor: Geiza Dourado Carvalho				
16769	Norwood LP	4/11	M	12:45pm-1:45pm

Learn Now Music: Little Fingers Piano

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

9 Sessions				\$180
Instructor: Learn Now Music				
16775	Bauer Drive CRC	4/13	W	10:00am-10:30am
16784	Potomac CRC	4/13	W	10:00am-10:30am





Learn Now Music: My First Music Class

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

9 Sessions \$180

Instructor: Learn Now Music

16785 Potomac CRC 4/13 W 10:30am-11:00am

16786 Bauer Drive CRC 4/13 W 10:30am-11:00am

Music Together

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to www.musictogethertomontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please also call 240-777-6870 to let us know you plan to bring a sibling.

8 Sessions \$170

Instructor: Nancy Nuttle

16662 Mid County CRC 4/16 Sa 10:15am-11:00am

16663 Mid County CRC 4/16 Sa 11:15am-12:00pm

GENERAL SPORTS

Coach Doug Pre Wee Wanna Be

Ages 1 1/2-3: Boys and girls get a great start enjoying sports by 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 with their parents or guardians. Each child is guided through sports and play sessions and can participate at his or her own pace. This is a wonderful way to introduce tots to the joy of sports; Adult participation required. \$10.00 Materials fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$88

Instructor: Coach Doug Academy

16802 Jane E. Lawton CRC 4/11 M 9:30am-10:15am

16807 Germantown CRC 4/12 T 9:30am-10:15am

9 Sessions \$99

16812 Bauer Drive CRC 4/13 W 9:30am-10:15am

16820 Damascus CRC 4/15 F 10:00am-10:45am

Coach Doug Sports

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each Session and include agility training, soccer, Tee ball, lacrosse and more. No Parent Participation required. \$10.00 materials fee due to instructor. Call 301-983-2690 for more information.

8 Sessions \$88

Instructor: Coach Doug Academy

16805 Jane E. Lawton CRC 4/11 M 4:15pm-5:00pm

16810 Germantown CRC 4/12 T 4:15pm-5:00pm

16827 Oakland Terrace ES 4/16 Sa 11:00am-11:45am

16830 Cold Spring ES 4/16 Sa 2:00pm-2:45pm

9 Sessions \$99

16818 Potomac CRC 4/14 Th 4:15pm-5:00pm

16823 Damascus CRC 4/15 F 4:15pm-5:00pm

MULTI-INTEREST

Kinderstunde

Ages 11m-5: Spass + Spiel + Bastelei, Lieder + Taenze: Wer ist mit dabei. Ein neues Programm für Eltern mit Kindern (11 Monate & Up) um auf altersgerechte Weise ihre deutsche Sprachentwicklung zu unterstützen & zu stärken. This course is based on learning German through a variety of games, stories, and much more. Different themes will be implemented on a weekly basis. Parent participation required. A \$10 materials fee is due to the instructor at the first class.

8 Session \$99

Instructor: Ines Kuperberg

16762 Germantown CRC 4/14 Th 5:15pm-6:00pm

PLAYTIME & MOVEMENT

Coach Doug Wee Wanna Be

Ages 2-5: Which sports players do your kids pretend to be? Kids and their parents/guardians will be introduced to agility training, soccer, Tee ball, lacrosse and other seasonal sports through supervised non-competitive play sessions with their moms, dads, or guardians. Each child can participate at his or her own pace. \$10.00 materials fee is due to instructor. Call 301-983-2690 for additional information.

8 Sessions \$88

Instructor: Coach Doug Academy

16825 Oakland Terrace ES 4/16 Sa 9:30am-10:15am

16826 Oakland Terrace ES 4/16 Sa 10:15am-11:00am

16829 Cold Spring ES 4/16 Sa 1:15pm-2:00pm

Coach Doug Wee Wanna Be

Ages 3-5: Which sports players do your kids pretend to be? Kids and their parents/guardians will be introduced to agility training, soccer, Tee ball, lacrosse and other seasonal sports through supervised non-competitive play Sessions with their moms, dads, or guardians. Each child can participate at his or her own pace. \$10.00 materials fee is due to instructor. Call 301-983-2690 for additional information.

8 Sessions				\$88
Instructor: Coach Doug Academy				
16803	Jane E. Lawton CRC	4/11	M	10:15am-11:00am
16808	Germantown CRC	4/12	T	10:15am-11:00am
9 Sessions				\$99
16813	Bauer Drive CRC	4/13	W	10:15am-11:00am
16816	Potomac CRC	4/14	Th	10:15am-11:00am
16821	Damascus CRC	4/15	F	10:45am-11:30am

Coach Doug Wee Wanna Be Soccer and Tennis

Ages 3-5: This class is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play Sessions with their moms, dads or guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$10.00 materials fee is due to instructor. Call 301-983-2690 for more information.

8 Sessions				\$88
Instructor: Coach Doug Academy				
16804	Jane E. Lawton CRC	4/11	M	11:00am-11:45am
16809	Germantown CRC	4/12	T	11:00am-11:45am
16831	Cold Spring ES	4/16	Sa	2:45pm-3:30pm
9 Sessions				\$99
16814	Bauer Drive CRC	4/13	W	11:00am-11:45am
16822	Damascus CRC	4/15	F	11:30am-12:15pm

Mama Goose on the Loose

Ages 6m-2: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information email mamagoose@verizon.net.

7 Sessions				\$72
Instructor: Laura Lunking				
16666	Bauer Drive CRC	4/16	Sa	10:00am-10:45am
8 Sessions				\$83
16664	Mid County CRC	4/13	W	11:00am-11:45am
16665	Bauer Drive CRC	4/14	Th	10:00am-10:45am

SOCCER

Challenger Sports - First Kicks Session

Ages 3-6: Open to all levels. Program uses soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.

8 Sessions				\$109
Instructor: Challenger Sports				
16249	Olney Family NP	4/12	T	10:00am-11:00am
16250	Darkestown LP	4/15	F	10:00am-11:00am
16257	Meadowbrook LP	4/13	W	9:00am-10:00am

Coach Doug Soccer

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way learning fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$10.00 materials fee due to instructor. Call 301-983-2690 for more information.

8 Session				\$88
Instructor: Coach Doug Academy				
16806	Jane E. Lawton CRC	4/11	M	5:00pm-5:45pm
16811	Germantown CRC	4/12	T	5:00pm-5:45pm
16828	Oakland Terrace ES	4/16	Sa	11:45am-12:30pm
16832	Cold Spring ES	4/16	Sa	2:45am-3:30am
9 Session				\$99
16819	Potomac CRC	4/14	Th	5:00pm-5:45pm
16824	Damascus CRC	4/15	F	5:00pm-5:45pm

Petite Soccer

Ages 3-5: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

6 Sessions				\$86
Instructor: UK Elite Soccer				
16711	Wisconsin Place CRC	4/22	F	11:00am-12:00pm
16714	Bauer Drive CRC	4/17	S	10:00am-11:00am

Petite Soccer Parent and Child

Ages 2-3: U.K. Elite recruits top British professional soccer coaches all the way from Europe to provide your little one with the best instruction. This program is a fun guide to soccer utilizing maximum activity and participation and high stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. U.K. Elite will provide balls for use by all participants.

6 Sessions				\$79
Instructor: UK Elite Soccer				
16698	Wisconsin Place CRC	4/22	F	10:00am-10:45am
16712	Bauer Drive CRC	4/17	S	9:00am-9:45am





SPECIAL INTEREST

Gymnastics - Parent & Child

Ages 2-3: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions \$90
Instructor: Dobre Gymnastics Academy
16730 Dobre Gymnastics 4/15 F 9:45am-10:30am

Gymnastics - Pre School

Ages 4-5: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions \$90
Instructor: Dobre Gymnastics Academy
16728 Dobre Gymnastics 4/11 M 3:45pm-4:30pm
16729 Dobre Gymnastics 4/12 T 3:45pm-4:30pm
16731 Dobre Gymnastics 4/15 F 4:45pm-5:30pm
16732 Dobre Gymnastics 4/16 Sa 2:15pm-3:00pm



SPRING BREAK

Club Holiday

At least 5 but less than 13: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 material fee is due to Instructor. Call 301-983-2690 for more information.

5 Sessions \$249
Instructor: Coach Doug Academy
11819 Potomac CRC 3/28 M-F 8:00am-3:30pm

Club Holiday Half Day

At least 3 but less than 13: Your Camp Director will provide time to enjoy age appropriate sports, games, arts & crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 materials fee is due to Instructor. Call 301-983-2690 for more

5 Sessions \$115
Instructor: Coach Doug Academy
11820 Potomac CRC 3/28 M-F 8:00am-12:30pm

Club Holiday PM

At least 5 but less than 13: Your Camp Director will provide time to enjoy age appropriate sports, games, arts and crafts and more plus time to chat and visit with your friends. Club Holiday will feature organized activities as well as special events. Participants choose the activities they want to participate in based on their own needs. Sports include soccer, basketball, hockey and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. \$10 materials fee is due to Instructor. Call 301-983-2690 for more information.

5 Sessions \$49
Instructor: Coach Doug Academy
11821 Potomac CRC 3/28 M-F 3:30pm-6:00pm

Check Out Our Sports Spring Break Classes

Cricket pg. 63

Basketball pg. 64

XCITING XTRAS

DOG OBEDIENCE

Dog Obedience 1 Puppy Kindergarten

Ages 12 & Up; Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking, and general discipline of puppy. No retractable leashes. Questions: Call Wortley Ganoë at 301-946-5645. The MCRD Office is located at 4010 Randolph Rd, Silver Spring, MD 20902.

8 Sessions \$83
 Instructor: Wortley Ganoë
 16846 MCR Offices 4/16 Sa 9:30am-10:30am

Dog Obedience 2 Basic

Ages 12 & Up; Dogs 5 months & Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students will need to practice outside of class for best results. All work on lead. No retractable leashes. Call Wortley Ganoë at 301-946-5645. MCRD Office is located at 4010 Randolph Rd, Silver Spring, MD 20902.

8 Sessions \$83
 Instructor: Wortley Ganoë
 16847 MCR Offices 4/16 Sa 10:30am-11:30am

SPECIALTY PROGRAMS

Abacus Math

Ages 5-9: The Komodo Math Program teaches kids how to work math problems by visualizing an abacus. The child learns basic arithmetic, starting with simple single digit addition through more advanced operations such as calculation of square roots. After a few months, the student masters calculations mentally, without external tools such as pen and paper, calculators or fingers.

4 Sessions \$149
 Instructor: Komodo USA
 16550 Komodo-Germantown 4/16 Sa 10:00am-12:00pm
 16551 Komodo-Gaithersburg 4/16 Sa 12:30pm-2:30pm
 16552 Komodo-Germantown 4/22 F 5:00pm-7:00pm

Creative Writing

Ages 5-9: The goal of this program is to nurture reading and writing proficiency through theme based instruction. The program will focus on reading comprehension strategies, vocabulary and grammar development, critical and analytical thinking and phonetics.

4 Sessions \$149
 Instructor: Komodo USA
 16553 Komodo-Gaithersburg 4/21 Th 5:30pm-7:00pm
 16554 Komodo-Germantown 4/16 Sa 9:00am-10:30am

Game Development and Level Design

Ages 6-9: This special class is specifically designed for young children to cultivate their interest in becoming game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. In this exciting class, children will use basic 3D geometry to create their very own video game level. Students will create puzzles and challenges using jump pads, elevators, lava, and more! Acquire computer skills, mathematics, creative and basic problem solving skills. Looking for a way to introduce your child to the wonderful world of video game design? This is a great place to start!

6 Sessions \$169
 Instructor: C3 Cyber Club
 16845 Potomac CRC 4/19 T 6:15pm-7:15pm

Gemology I Introductory

Ages 18 & Up: Want to know those gems you are wearing on your rings, necklaces, bracelets, brooches? Curious about how gemstones came to be? 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.

9 Sessions \$81
 Instructor: Timothy Morgan
 16615 Potomac CRC 4/14 Th 10:00am-11:15am

Gemology II Advanced

Ages 18 & Up: Prerequisite - Beginner or Intro class. Interested in gemstones, but already know a little something about them? Want to learn more? This class examines gemstones and gemstone groups with examples and hands-on specimens. Guest speaker and field trip possible.

9 Sessions \$81
 Instructor: Timothy Morgan
 16616 Potomac CRC 4/13 W 10:00am-12:15pm

Glam Kids Fashion

Ages 5-9: Consider Glam Kids Fashion as the first stitch in your very stylish future! Discover the secrets of top stars, by learning the most popular fashion styling and runway trends. This course will focus on fashion styling, fashion design, and runway training, where you will create, and style your own garment to wear on the runway. Learn all about the colorful world of fashion, in a fun-filled environment, and just may become the next fashion star! Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
 Instructor: Red Sprinkle
 16773 Mid County CRC 4/23 Sa 2:00pm-3:00pm

Glam Kids Hair

Ages 5-9: Get exposed to all the latest high-fashion hair trends, while enjoying a glamorous experience. This course will focus on hair braiding, curling, styling, and even how to create your own temporary hair coloring! Hands-on training is done during course duration, and students will even work on live models. Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
 Instructor: Red Sprinkle
 16772 Mid County CRC 4/23 Sa 1:00pm-2:00pm





Glam Kids Makeup

Ages 5-9: Take the first step towards a gorgeous future, while discovering glam skincare and makeup trends, in a fun environment! Start by creating your own beauty line, by learning how to make your own skincare products, including a yummy sugar scrub! Once you create glamorous makeup looks, learn how to present your lovely features by discovering the secrets of beauty modeling. Showcase proper posture, the perfect smile, and even the trick to smizing (smiling with your eyes). The course will end with your very own photoshoot! Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
Instructor: Red Sprinkle
16771 Mid County CRC 4/23 Sa 12:00pm-1:00pm

Minecraft Animation

Ages 6-9: In this class, students will be introduced to basic animation techniques using Minecraft characters and stages. Kids will expand their observation skills and imagination by studying motion in reality and how it influences motion in animation. Students will create various short animation exercises and projects by applying basic acting theories and animation principles to scenes they create. Does your child aspire to become an animator? Sign up for this class today!

6 Sessions \$169
Instructor: C3 Cyber Club
16844 Wood, Earle B. MS 4/16 Sa 9:00am-10:00am

Minecraft Programming

Ages 10-14: Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks such as programming their turtles to automatically build, mine, and craft items and structures. They will be introduced to programming ifthen-else statements, forwhile loops, and implement their own functions using LUA, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Note: Basic reading skills required. Experience playing Minecraft preferred, but not required. Please email us for details.

6 Sessions \$169
Instructor: C3 Cyber Club
16843 Wood, Earle B. MS 4/16 Sa 10:15am-11:15am

Super Kids Fashion

Ages 10-13: Consider Glam Kid Fashion as the first stitch in your very stylish future! Discover the secrets of top stars, by learning the most popular fashion styling and runway trends. This course will focus on fashion styling, fashion design, and runway training, where you will create, and style your own garment to wear on the runway. Learn all about the colorful world of fashion, in a fun-filled environment, and just may become the next fashion star! Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
Instructor: Red Sprinkle
16777 Mid County CRC 5/14 Sa 2:00pm-3:00pm

Super Kids Hair

Ages 10-13: Get exposed to all the latest high fashion hair trends, while enjoying a glamorous experience. This course will focus on hair braiding, curling, styling, and even how to create your own temporary hair coloring! Hands-on training is done during course duration, and students will even work on live models. Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
Instructor: Red Sprinkle
16776 Mid County CRC 5/14 Sa 1:00pm-2:00pm

Super Kids Makeup

Ages 10-13: Take the first step towards a gorgeous future, while discovering glam skincare and makeup trends, in a fun environment! Start by creating your own beauty line, by learning how to make your own skincare products, including a yummy sugar scrub! Once you create glamorous makeup looks, learn how to present your lovely features by discovering the secrets of beauty modeling. Showcase proper posture, the perfect smile, and even the trick to smizing(smiling with your eyes). The course will end with your very own photoshoot. Please bring a material fee of \$25 to the instructor on the first day of class.

3 Sessions \$149
Instructor: Red Sprinkle
16774 Mid County CRC 5/14 Sa 12:00pm-1:00pm

Cancellation Policy:

When Montgomery County Recreation (MCR) must close or cancel programs due to inclement weather or other circumstances related to participant and staff, the first notification is made through Montgomery County's emergency notification system, Alert Montgomery. Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at montgomerycountymd.gov/rec, by calling the Inclement Weather Line at 240-777-6889, through the departments's Facebook and Twitter sites or by calling the facilities directly.

Given that participants and employees often travel distances and weather conditions may vary considerable across the county, residents are advised to exercise caution and consider personal safety as the first priority.



The **SPORTS** Pages

BASKETBALL

Basketball Basics with Roc Academy

Ages 8-11: This class teaches the basic fundamentals of the game every player must master in the game of basketball. Ball handling, shooting, defense, and proper technique will be taught each class to ensure each player has proper mechanics. This 6 week class is taught by a certified basketball coach at the Pat The Roc Basketball Skill Academy; one of the largest training programs to many high school, college, NBA and WNBA athletes.

6 Sessions \$175
 Instructor: Ferhan Kiper Doyle
 16787 ROC Academy 4/13 W 6:00pm-7:00pm

Basketball Skill All Star Challenge w/ Roc Academy

Ages 7-12: Do you have skill? Come out and compete with other players your age in a series of basketball competitions. Dribbling, shooting, and speed contests are just a few of the events which will take place. There will be awards and give ways to participants. This event is conducted by a certified basketball coach at the Pat The Roc Basketball Skill Academy; one of the largest training programs to many high school, college, NBA and WNBA athletes.

1 Session \$25
 Instructor: Ferhan Kiper Doyle
 16788 ROC Academy 3/19 Sa 12:00pm-2:00pm

Spring Break Basketball Camp w/ Roc Academy

Ages 5-12: Come out to a week long experience of basketball camp (half day or full day) where players will learn the fundamentals of the game and compete with players their own age. Ball-handling, shooting, and defense are just a few of the skills, which will be covered. Players will develop great habits on the court as they go thru a series of stations and learn from a great staff of coaches. There will also be former professional basketball players stopping by as guest speakers to encourage the players. Campers will have water breaks and should bring a lunch if attending full day camp. Prizes will be given at the end of the week.

5 Sessions \$175
 Instructor: Ferhan Kiper Doyle
 16790 ROC Academy 3/28 M-F 9:00am-12:00pm
 5 Sessions \$225
 16791 ROC Academy 3/28 M-F 9:00am-4:00pm

Train Like a Pro-Basketball

Ages 10-17: Elite basketball skills development training for boys and girls of all abilities. Fit 2 Believe 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. Each child will receive a t-shirt.

8 Sessions \$205
 Instructor: Fit 2 Believe
 16494 Rock Creek Forest ES 4/16 Sa 11:00am-12:30pm
 16482 Farquhar, William H. MS 4/11 M 7:00pm-8:30pm
 16508 Argyle MS 4/13 W 7:00pm-8:30pm

GENERAL SPORTS

Badminton Beginner/ Adv. Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to the instructor.

10 Sessions \$77
 Instructor: Yen-Ping Chao
 16014 Bauer Drive CRC 4/9 Sa 9:30am-10:30am

Badminton Intermediate

Ages 10 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

10 Sessions \$123
 Instructor: Yen-Ping Chao
 16018 Bauer Drive CRC 4/9 Sa 10:30am-12:45pm

Badminton Advanced

Ages 12 & Up: Prerequisite intermediate/advance level. Small class instruction. Continued emphasis on learning advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign student to another level. Student need a prepared racquet. \$25 material fee due to instructor.

8 Sessions \$123
 Instructor: Gary Chao
 16021 Bauer Drive CRC 4/9 Sa 12:45pm-1:45pm





Baton

Ages 4-11: Beginner: Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com

8 Sessions				\$50
Instructor: Julianna Duda				
17199	Damascus CRC	4/14	Th	5:45pm-6:30pm
17200	Germantown CRC	4/11	M	4:30pm-5:15pm

Cheerleading

Ages 5-10: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self esteem, coordination, and team work. Poms will be supplied for use at class.

7 Sessions				\$121
Instructor: Lori Ellen Zagami				
15989	Olney ES	4/19	T	5:00pm-6:00pm

Cricket Spring Break Camp

Ages 8-13: Half Day Camp; Learn the basics and have fun with the world's second most popular sports. Cricket is played in many parts of the world; India, Pakistan, Sri Lanka, Bangladesh, England, South Africa, Australia, New a, the West Indies and many other countries. Cricket is coming to Montgomery County Too. Experienced cricket coaches will teach you the basics of the fastest growing sport in the United States. You will be able to learn the basics of the game to understand it and play the game of cricket. During the week long camp, get specific instructions on all aspects of the game: batting, bowling, and fielding. Whether you have never played before or have played for years, this camp will make you a better cricket player! Bring a non-perishable and nut-free snack and a water bottle. Fee includes a camp shirt.

5 Sessions				\$140
Instructor: Washington Cricket Center				
16459	Spencerville LP	3/28	M-F	9:00am-12:00pm

Fencing with Mohebban Beginner I

Ages 8 & Up: For advanced beginners, learn basic foil techniques. Foil, mask ,and jacket provided. Instructor is former Olympian Gitty Mohebban. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

8 Sessions				\$95
Instructor:Gitty Mohebban				
15553	Frost, Robert MS	4/4	M	5:30pm-6:30pm
9 Sessions				\$107
Instructor:Gitty Mohebban				
15558	Clemente, Roberto MS	4/13	W	5:30pm-6:30pm
15634	Parkland MS	4/15	F	5:30pm-6:30pm

Fencing with Mohebban Beginner II

Ages 8 & Up: For Advanced beginners, Basic foil techniques but curriculum will be student skill dependent. Foil, mask ,and jacket provided. Instructor is former Olympian Gitty Mohebban. No age exceptions without instructor approval. A \$30 material fee is due to the instructor.

8 Sessions				\$95
Instructor:Gitty Mohebban				
15725	Frost, Robert MS	4/4	M	6:30pm-7:30pm
9 Sessions				\$107
Instructor:Gitty Mohebban				
15726	Clemente, Roberto MS	4/13	W	6:30pm-7:30pm
15727	Parkland MS	4/15	F	6:30pm-7:30pm

Fencing with Mohebban Intermediate

Ages 8 & Up: For more advanced foil techniques:riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lier, croise, and envelopment. No age exceptions without instructor approval. Foil, mask ,and jacket provided. Instructor is former Olympian Gitty Mohebban. No age exceptions without instructor approval. A \$20 material fee is due to the instructor.

8 Sessions				\$95
Instructor:Gitty Mohebban				
15762	Frost, Robert MS	4/4	M	7:30pm-8:30pm
9 Sessions				\$107
Instructor:Gitty Mohebban				
15763	Clemente, Roberto MS	4/13	W	7:30pm-8:30pm
15764	Parkland MS	4/15	F	7:30pm-8:30pm

Gymnastics-Beginners

Ages 5-6:Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

8 Sessions				\$155
Instructor:Dobre Gymnastics Academy				
16197	Dobre Gymnastics	4/18	M	5:15pm-7:00pm
16198	Dobre Gymnastics	4/19	T	5:15pm-7:00pm
16199	Dobre Gymnastics	4/23	Sa	2:15pm-4:00pm

Gymnastics-Beginners

Ages 7-12: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

8 Sessions				\$155
Instructor:Dobre Gymnastics Academy				
16200	Dobre Gymnastics	4/22	F	2:15pm-3:15pm
16201	Dobre Gymnastics	4/23	Sa	2:15pm-3:15pm

Gymnastics-Parent & Child

Ages 2-3: Parents learn to help their Little Ones develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

8 Sessions \$145
 Instructor: Dobre Gymnastics Academy
 16181 Dobre Gymnastics 4/22 F 9:45am-10:30am

K-1 Instructional T-Ball

Ages 5-7: Instructional program for youth designed to teach the fundamental skills of T-ball and baseball with emphasis on fun, learning to hit, run bases, catch and good sportsmanship. Volunteer Coaches are needed for each team. Participants must be currently enrolled in Kindergarten to participate in k-1 t-ball. Program will run 7 weeks. First 3 weeks are practices - last 4 weeks are games. Saturdays only - times vary from 9am to 2pm. There are a minimum of 10 and a maximum of 12 players per team.

7 Sessions \$78
 17124 TBD 4/16 Sa 9:00am-2:00pm

Adult Table Tennis League - Recreational

Ages 14 & Up: This a round robin league. Matches will be best of three to 11 points. Players will be grouped according to the match results from the previous week. Players should have a concept to table tennis rules. All players at a recreational level. Matches will be played on Wednesday evenings.

5 Sessions \$50
 Instructor: Maryland Table Tennis Center
 17098 Maryland TTC 4/13 W 7:30pm-9:00pm

Table Tennis

Ages 7-13: Develop your table tennis skills from professional coaches at the Maryland Table Tennis Center. Class covers all aspects of the game, including rules, equipment, strokes (forehand, backhand, pushing, blocking, looping, smashing), footwork and serving. Classes will be roughly two-thirds instructional, one-third games. A material fee of \$10 is due the instructor at the first class.

8 Sessions \$135
 Instructor: Maryland Table Tennis Center
 16525 Maryland TTC 4/14 Th 6:00pm-7:00pm

SOCCER

Soccer: Challenger Sports Player Development

Ages 6-9: Player Development emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

8 Sessions \$136
 Instructor: Challenger Sports
 16263 Potomac CRC 4/12 T 5:00pm-6:00pm
 16269 Olney Family NP 4/12 T 5:00pm-6:00pm
 16270 Darnestown LP 4/15 F 5:00pm-6:00pm
 16271 Meadowbrook LP 4/15 F 5:00pm-6:00pm

LEAGUES

Basketball Leagues

Men's Basketball League

8 Sessions \$625
 17083 Lawton CRC 4/10 Su TBA
 17084 Bauer CRC 4/10 Su TBA
 17085 Lawton CRC 4/13 W TBA

Women's Drop-In Basketball

8 Sessions \$48
 17086 Bauer CRC 4/10 Su TBA

Soccer Leagues

Co-Rec Open Metro Division 4

Ages 18 & Up: Competitive Adult Soccer League.
 8 Sessions \$876
 17122 TBD 4/10 S 9:00am-7:00pm

Co-Rec Open North Division 1

Ages 18 & Up: Competitive Adult Soccer League.
 8 Sessions \$876
 17119 TBD 4/10 S 9:00am-7:00pm

Co-Rec Open South Division 2

Ages 18 & Up: Competitive Adult Soccer League.
 8 Sessions \$876
 17120 TBD 4/10 S 9:00am-7:00pm

Co-Rec Open World Division 3

Ages 18 & Up: Competitive Adult Soccer League.
 8 Sessions \$876
 17121 TBD 4/10 S 9:00am-7:00pm

Men's 40+ Division

Ages 40 & Up: Competitive Adult Soccer League.
 8 Sessions \$1195
 17126 TBD 4/10 S 9:00am-7:00pm

Men's 45+ Blue Division 2

Ages 45 & Up: Competitive Adult Soccer League.
 8 Sessions \$1072
 17115 TBD 4/10 S 9:00am-7:00pm

Men's 45+ Green Division 3

Ages 45 & Up: Competitive Adult Soccer League.
 8 Sessions \$1072
 17116 TBD 4/10 S 9:00am-7:00pm

Men's 45+ Red Division 1

Ages 45 & Up: Competitive Adult Soccer League.
 Competitive Adult Soccer League.
 8 Sessions \$1195
 17114 TBD 4/10 S 9:00am-7:00pm

Men's 55+ Division 1

Ages 55 & Up: Competitive Adult Soccer League.
 8 Sessions \$1072
 17117 TBD 4/9 Sa 9:00am-7:00pm





Men's 55+ Division 2

Ages 55 & Up: Competitive Adult Soccer League.

8 Sessions			\$1072
17118	TBD	4/9 Sa	9:00am-7:00pm

Men's 65+ Division

Ages 65 & Up: Competitive Adult Soccer League.

8 Sessions			\$900
17123	TBD	4/14 Th	6:00pm-10:00pm

Men's Open Division 1

Ages 18 & Up: Competitive Adult Soccer League.

8 Sessions			\$1195
11843	TBD	4/10 S	9:00am-7:00pm

Men's Open Division 2

Ages 18 & Up: Competitive Adult Soccer League.

8 Sessions			\$1195
17111	TBD	4/10 S	9:00am-7:00pm

Men's Open Division 3

Ages 18 & Up: Competitive Adult Soccer League.

8 Sessions			\$1072
17112	TBD	4/10 S	9:00am-7:00pm

Men's Open Division 4

Ages 18 & Up: Competitive Adult Soccer League.

8 Sessions			\$1072
17113	TBD	4/10 S	9:00am-7:00pm

Women's 40+ Soccer

Ages 40 & Up: Women's Adult Soccer League for women who turn 40 years and older during the current calendar year. Game times will vary each night.

8 Sessions			\$1216
16887	TBD	4/13 W	6:00pm-9:00pm

Women's Masters Competitive Division 1 Soccer

Ages 18 & Up: Women's Adult Soccer League for women who turn 18 years and older Competitive Division I, during the current calendar year. Game times will vary each night.

8 Sessions			\$876
16886	TBD	4/16 Sa	9:00am-3:00pm

Women's Masters Recreational Division 2 Soccer

Ages 18 & Up: Women's Adult Soccer League for women who turn 18 years and older, Recreation Division II during the current calendar year. Game times will vary each night.

8 Sessions			\$876
17125	TBD	4/16 Sa	9:00am-3:00pm



Social Leagues

CoRec - Adult Kickball League

Adult Kickball League. CoRec on either Tuesdays or Sundays at Layhill Local Park - games will be double headers.

20 Sessions			\$275
17099	Layhill LP	5/3 T	6:00pm-8:00pm
17109	Layhill LP	5/8 S	6:00pm-8:00pm

CoRec - Social League

Adult Softball League. CoRec on Thursdays - previously called Informal league - games.

5 Sessions			\$485
16879	TBD	5/5 Th	6:00pm-10:30pm

Softball Leagues

Men's 50+

Adult Softball League. Men's 50+ League on Tuesdays at Olney Manor & Cabin John Regional Parks. Double Header nights.

10 Sessions			\$1190
16865		4/19 T	6:00pm-10:30pm

Men's 55+

Adult Softball League. Men's 55+ league on Thursdays at Wheaton & Cabin John Regional Parks. Double Header nights.

10 Sessions			\$1190
16866		4/21 Th	6:00pm-10:30pm

Men's 60+

Adult Softball League. Men's 60+ league on Wednesdays at Wheaton Regional Park. Double Header nights.

10 Sessions			\$1190
16867		4/20 W	6:00pm-10:30pm

Men's C/D & D

Adult Softball League. Men's C/D & D league on Tuesdays at Ridge Road Regional Park, Olney Manor, Wheaton Regional and Cabin John, Wednesdays at Olney Manor Regional Park and Ridge Road Regional Park, Thursdays at Olney Manor and Cabin John Regional Park, and Fridays at Cabin John Regional Park. Double Header nights.

10 Sessions			\$1190
13053	Olney Manor	4/19 T	6:00pm-10:30pm
13053	Wheaton Regional	4/19 T	6:00pm-10:30pm
13053	Cabin John RP	4/19 T	6:00pm-10:30pm
16860	Ridge Road RP	4/19 T	6:00pm-10:30pm
16861	Olney Manor	4/20 W	6:00pm-10:30pm
16862	Ridge Road RP	4/20 W	6:00pm-10:30pm
16863	Olney Manor	4/21 Th	6:00pm-10:30pm
16863	Cabin John RP	4/21 Th	6:00pm-10:30pm
16864	Cabin John RP	4/22 F	6:00pm-10:30pm

Women's 40+

Adult Softball League. Women's 40+ on Mondays at Wheaton Regional Park. Double Header nights. No games on Monday, May 30, 2016 and July 4, 2016.

10 Sessions			\$1190
16868		4/18 M	6:00pm-10:30pm

Softball - Local Field Leagues

CoRec Reg - Up County

Adult Softball League. CoRec on Thursdays, Up County - Single games, all local parks.

7 Sessions \$665
16874 TBD 4/28 Th 6:00pm-10:30pm

CoRec Reg DH - Tuesdays

Adult Softball League. CoRec on Tuesday- Up County DH games, 6 regional parks and 14 local parks.

10 Sessions \$882
16876 TBD 4/19 T 6:00pm-10:30pm

CoRec Reg - Wednesdays

Adult Softball League. CoRec - Wednesday games - local parks

7 Sessions \$665
16875 TBD 4/27 W 6:00pm-10:30pm

CoRec Reg Singles - Thursdays

Adult Softball League. CoRec on Thursdays, Local Parks - Single Games.

10 Sessions \$665
16872 TBD 4/21 Th 6:00pm-10:30pm

Softball - Regional Field Leagues

CoRec Reg DH - Mondays

Adult Softball League. CoRec on Mondays at Cabin John, Olney Manor and Wheaton Regional Park. Double Header nights. No games on Monday, May 30, 2016.

10 Sessions \$1190
16869 TBD 4/18 M 6:00pm-10:30pm

CoRec Reg DH - Wednesdays

Adult Softball League. CoRec on Wednesdays at Cabin John Regional Park. Double Header nights.

10 Sessions \$1190
16870 TBD 4/20 W 6:00pm-10:30pm

CoRec Reg DH - Thursdays

Adult Softball League. CoRec on Thursdays, Ridge Road Regional Park. Double Header nights.

10 Sessions \$1190
16871 TBD 4/21 Th 6:00pm-10:30pm

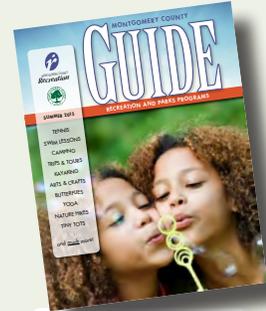


When Is the Guide Available?



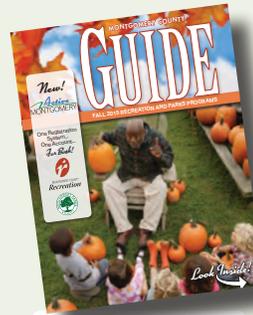
**Spring
2016**

Late January, 2016
Registration begins
Mid February, 2016



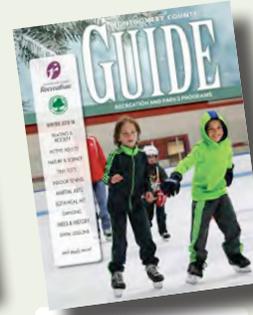
**Summer
2016**

Early May, 2016
Registration begins
Mid May, 2016



**Fall
2016**

August 7, 2016
Registration begins
August 17, 2016



**Winter
2016/2017**

Early November 2016
Registration begins
Mid November 2016



**Summer Camps
2017**

Early January, 2017
Registration begins
Mid January, 2017

**Where Can
I Get The
Guide?**

Online:
www.MontgomeryCountyMD.gov/rec

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

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



55+ Active Adult Programs

SPRING 2016

Montgomery County Recreation has many ways for adults, 55 and over, to stay active. Whether you are still working, semi-retired, or fully retired, we have many opportunities for you to **THRIVE** in our programs. Take a look at what we have to offer:

- **T**ravel programs-we travel both close and far in the mid-Atlantic region
- **H**ealth & Wellness programs and services
- **R**ecreation programs-from Aerobics to Zumba and everything in between!
- **I**nformation & Referral Assistance-if we can't help you, we'll direct you to someone who can
- **V**olunteer opportunities abound-talk to us about how we can put your talents to use
- **E**xercise & fitness facilities, and educational programs to keep you feeling both physically & mentally fit and active

Check us out. If you don't find anything here in the 55+ section, check out the aquatics, classes, and/or SOAR/FEET sections. There are programs in each geared to those 55 and over. Oh, and did we mention fun??? Be prepared to laugh and have a good time when you're visiting with us. For more information, contact the senior center or Active Adult Program location nearest you.

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to all Senior Centers and 55+Active Adult programs that serve nutrition lunches. Call 240-777-4925 for more information.

DAMASCUS SENIOR CENTER

M-F: 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

M-F: 8:45am-4:00pm,
Starting 4/6, W: 8:45am-9:00pm
3950 Ferrara Drive, Wheaton
240-777-4999

LONG BRANCH SENIOR CENTER

M-F: 9:30am-2:30pm
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

M-F: 8:15am-4:00pm; S: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

WHITE OAK SENIOR CENTER

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944

DAMASCUS SENIOR CENTER

240-777-6995

The Damascus Senior Center provides a variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs and social activities are stressed. A nutrition program is offered daily and bus transportation is also available. Call the center or pick up a copy of our monthly newsletter for more information. Spring highlights include:

St. Patrick's Day Luncheon

Thursday, March 17, 2016 • Noon

Chef Sue will make this day memorable to all! The menu will be available at the reception desk one month prior to the event. Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested.

The Golden Aires Band

Wednesday, April 6, 2016 • 1:00 pm

The Golden Aires who plays music from the big band era of the 1930's and 40's will be here to entertain our seniors.
Cost: FREE

Entertainment by Peter Hirsch

Wednesday, April 20, 2016 • 1:00pm

Peter Hirsch makes his debut at the Damascus Senior Center singing folk songs.
Cost: FREE

Senior Prom at Damascus Senior Center

Friday, April 29, 2016 • 6:00pm - 8:00pm

The Senior Prom is at Damascus Senior Center where we have a DJ, food, and prizes. The Damascus High School students chaperone our single seniors and dance with them. Contact Zuleyma and Beth for more information.
Cost: \$5.00

Cinco De Mayo Luncheon

Thursday, May 5, 2016 • Noon

Chef Sue will prepare a wonderful meal for our annual celebration. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations.
Price for the Meal age 55 – 59 is \$7.00
60+ Donations requested.

Ice Cream Social

Tuesday May 17, 2016 • 1:00 pm.

The Damascus Senior Center will have an Ice Cream Social with all of your favorite toppings.
Cost: FREE

Garden Party Luncheon

Wednesday, May 18, 2016 • Noon

Chef Sue will have a great meal prepared for our Damascus Senior Gardeners. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations.
Price for the Meal age 55 – 59 is \$7.00
60+ Donations requested.

Anna Pappas "A Class Act"

Wednesday, May 18, 2016 • 1:00pm

Anna Pappas returns with her friends to perform "A Class Act"
Cost: FREE

Damascus Senior Center Mini Trip

Linganore Winecellar and Vineyard

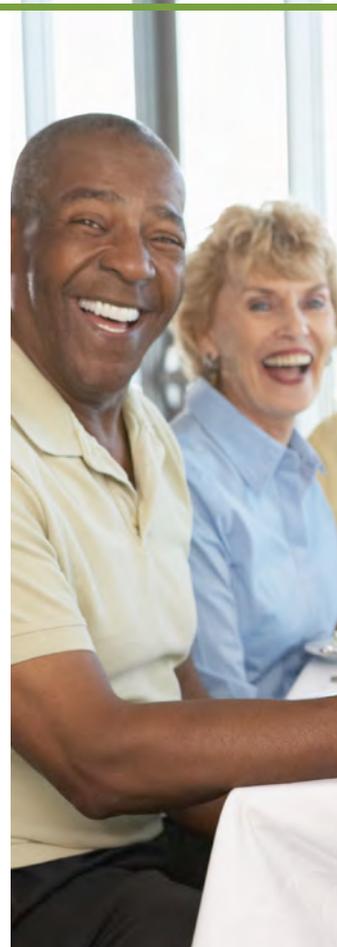
Friday, May 13th, 2016 • 10:00am - 3:00pm

Cost is \$5 for winery, cost for the bus \$10.
Contact the center for additional costs and information.

SENIOR CENTER SHUTTLES

Montgomery County Recreation provides a combination of curb-to-curb and fixed route transportation, Monday-Friday, to our five senior centers and four Active Adult program locations.

If you are interested please call your local senior center or the Seniors Team at 240-777-4924 for more information.





HOLIDAY PARK SENIOR CENTER

240-777-4999

Holiday Park welcomes adults 55+ for a variety of social, fitness, educational and enrichment programs. Classes range from aerobics to yoga, Zumba, ballroom dance, Tai Chi, Digital Photography, Spanish and more. Learn more about our programs at www.holidaypark.us or drop in for a tour. Grab a cup of coffee in our café, pick up a current schedule in our monthly newsletter, and meet some new friends along the way! Holiday Park Seniors, Inc. is a 501c3 non-profit agency that supports programs and classes at Holiday Park. The \$20.00 annual membership includes discounts on classes and programs. Sign up at the Reception Desk.

Save the Date

*April 6, 2016
The Center's
Wednesday
Evening
programming
returns and the
Center will be
open until 9pm*

¡Bienvenidos a la Esquina Latina!

Martes

Clases de tejido en telares con la Sra. Peggy de 10:30am-11:30am

Conversación en Inglés 11:00am- 2:00pm

Martes y Jueves

Artes Manualidades con Carmen Sánchez de 10:30am- 12:00pm

Jueves

Clases de ESOL con Roxana Ready a las 10:30am 10:30am- 12:00pm

Preguntas o sugerencias - comuníquese con Maria Mercedes 240-777-4965

Lectures and Presentations

“The Age of Love” Documentary Screening and Discussion

Thursday, February 11 • 1:00pm-3:00pm

"The Age of Love" follows the humorous and poignant adventures of thirty seniors in Rochester, NY who sign up for a first-of-its-kind speed dating event exclusively for 70- to 90-year-olds. Following the screening we will have a discussion about this topic. Presented by Holiday Park Seniors, Inc., Jewish Social Service Agency and Senior Connection.

Senior Speed Dating

Wednesday, February 17 • 1:00pm-2:00pm

RSVP at the Reception Desk to participate! Meet other single seniors and possibly make a love connection?!

A Healthy Relationship with Alcohol

Tuesday, February 23 • 1:00pm-2:00pm

Research suggests one glass of red wine a day is good for your heart, but what happens when it is abused? Cheryl Moore from Suburban Hospital's Addiction Treatment Center will detail the effects of too much alcohol on the body, alcohol and drug dependency and risks of mixing medication and alcohol.

Breaking the Ice-Making New Friendships

Wednesday, February 24 • 1:00pm-2:00pm

Learn how to make new friends to avoid feeling isolated. Presented by Jewish Social Services Agency.

Creating Your Diabetic Plate

Tuesday, March 22 • 1:00pm

Navigating food choices as a diabetic can be overwhelming. Wendy Weisblatt, Suburban Hospital registered dietitian will help create your "diabetic plate" as she discusses how to balance meals and make the healthiest food choices when living with diabetes.

Daytime Highlights

Sample our Musical Performances and Entertainment:

Valentine's Party with Mike Surratt

Friday, February 12 • 1:00pm-3:00pm

Chinese New Year Festival

Thursday, February 18 • 1:00pm-3:00pm

Enjoy authentic music, dance, costumes and culture as we celebrate the year of the monkey!

A Salute to Duke Ellington:

Thursday, March 3 • 1:00pm-2:00pm

Live music by Christiana Drapkin. \$1.00 or free with HPSI membership card.

It's Never Too Late to Learn to Play Music!

Wednesday, April 20 • 1:00pm-2:00pm

Have you always wanted to learn to read music or play an instrument? Did you stop playing a beloved instrument because life got in the way? It's never too late to learn! Come learn about various instruments and maybe even get a chance to play along in an impromptu performance! Presented by Bach to Rock.

Dance Club Friday

Fridays • 1:00pm-3:00pm

Almost every Friday! Live performances. Great music. Good variety. Dancing at the Park never gets old. Meet new friends, create new memories, and then Foxtrot, rumba, or swing into your weekend. Check our newsletter for specific dates and performers.

HOLIDAY PARK SENIOR CENTER

Wednesday Evening Highlights

Latin Dance Workshops

April 13, May 11 & June 8 • 6:30 pm

Join our talented youth and learn some Latin Dance moves!

Family Conversations about Driving

April 20 • 6:30pm

It is not easy to talk to mom or dad about our concerns with their ability to drive. Hear from the experts on how to start discussing this topic. Learn about alternatives to driving, and how to transition to other means of transportation. Presented by Jewish Social Services Agency and Montgomery County, Aging and Disability Services.

Senior Prom Night

May 25 • 6:30pm

On a school night?! Of course, our active adults don't have any homework! So we must find new and better ways of playing hooky. Join us for an evening of music, refreshments, and center prizes.

Open Mic Night

June 15 • 6:30pm

Got talent? Passion? Enough musical flair to toot your own horn? Come express yourself through poetry, music, or comedy at our Open Mic Night. You never know what you're capable of until you try!



Coffeehouse Music Series

Join us for the "Coffeehouse Music Series" at Holiday Park Senior Center in 2016. Once a month, we will offer a free live music performance in the café from 1:00-2:00 pm for adults 55 and older. On those days, the center's café will remain open with beverages and snacks for sale to enjoy.

Monday, March 7	"Choo Choo" The Jazz Man
Monday, April 18	Ellis Woodward
Monday, May 9	Jesse Palidofsky
Monday, June 6	Martha Doyle Trio

55+ Bone Builders

Bone Builders is a free volunteer-led exercise program brought to you by the Montgomery County Departments of Health and Human Services, Recreation, and the RSVP Volunteer Program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises.

Bone Builders has a strict attendance policy: participants may register for only one class and must consistently attend twice per week to maintain their places in their class.

People interested in Bone Builders are encouraged to observe a class prior to registering. For information, call 240-777-4925.

Course #	Location	Start	Days	Times
16686	Bauer Drive CRC	4/4	M,W	1:00pm-2:00pm
16672	Clara Barton NRC	4/4	M,W	2:00pm-3:00pm
16677	Gwendolyn Coffield CRC	4/5	T,Th	9:15am - 10:15am
16676	Jane E. Lawton CRC	4/5	T,Th	9:15am - 10:15am
16670	Longwood CRC	4/4	M,W	11:00am - 12:00pm
16671	Longwood CRC	4/4	M,W	2:00pm-3:00pm
16682	Marilyn J. Praisner CRC	4/4	M,W	11:00am-12:00pm
16680	Mid-County CRC	4/5	T,Th	1:00pm - 2:00pm
16683	Plum Gar NRC	4/5	T,Th	11:30am-12:30pm*
16678	Potomac CRC	4/5	T,Th	9:00am - 10:00am
16679	Potomac CRC	4/5	T,Th	10:00am-11:00am
16685	Potomac CRC	4/4	M,W	11:15am - 12:15pm
16673	Potomac CRC	4/4	M,W	3:00pm - 4:00pm
16684	Scotland NRC	4/6	W,F	3:00pm-4:00pm
16681	White Oak CRC	4/6	W,F	2:00pm - 3:00pm
16674	Wisconsin Place CRC	4/4	M,Th	10:00am - 11:00am
16675	Wisconsin Place CRC	4/5	T,Th	11:15am - 12:15pm

*Thursday class meets from 12:30pm-1:30pm



MARGARET SCHWEINHAUT SENIOR CENTER

240-777-8085

The Margaret Schweinhaut Senior Center is a welcoming, colorful, upbeat place with a wide range of activities and amenities. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers an array of programs daily, including fitness, life enrichment, social, health and much more! Please see below for a quick glance at just some of the programs we are offering in the Spring. To find out more details, please visit our website at <http://montgomerycountymd.gov/rec/where/seniors/margaret.html> or stop by to pick up our monthly newsletter called "Happenings."

Life Enrichment

Tech Connect – Connecting Teens and Older Adults Through Technology

3 Day Session • March 29, 30 & 31

Pre-registration by March 5th. Space is limited to 6 participants per timeslot. We will be offering one on one instruction for two curriculums:

- **Learn the Basics for Beginners**
10:00am-10:45am & 11:00am-11:45am
Are you new to computers? Perhaps you just want to know more about how computers work. This curriculum will cover the basic concepts of computers.
- **Ways to Communicate**
1:00pm-1:45pm & 2:00pm-2:45pm
Learn to communicate with your friends and family through technology. This curriculum will cover e-mail, facebook, and Skype.

Social Activities

Afternoon Music Series

FREE performances in our Garden Room, please see our Monthly Newsletter or call us at 240-777-8085 for more details.

- **Song Circle**
3rd Wednesday • 1:00pm-3:00pm
- **Rearview Mirror**
Monday, March 14 • 1:00pm-2:00pm
- **Music Therapy Presentation**
Wednesday, April 27 • 1:00pm-2:00pm
- **The Silver Swing Quartet**
Friday, June 10 • 1:00pm-2:00pm
- **Linda Levasseur**
Friday, June 24 • 1:00pm-2:00pm

Health and Wellness

Diabetes Self-Management Workshop

Fridays, March 18-April 29 • 1:00-3:30pm

(No class 4/15) Presented by Holy Cross Health and Maryland Department on Aging. A FREE six-week workshop series for those who want to learn how to better manage and maintain an active and fulfilling life with Type 2 Diabetes, Type 1 Diabetes, or Pre-Diabetes. Space is limited. To register please call 301-754-8800.

* Price for meal age 55-59 is \$5.49. 60+ Donations requested.

Games

Please see our Monthly Newsletter or call us at 240-777-8085 for more details.

- **Pickleball on Fridays**
10:30am-12:30pm • FREE

Event Series

Monthly events, please see our Monthly Newsletter or call us at 240-777-8085 for more details. Pre-registration is required for each event, unless stated. Space is limited.

- **CarFit**
Wednesday, March 16 • 10:00am-2:00pm • FREE
- **St. Patrick's Day Lunch & Trivia**
Thursday, March 17 • 12:00pm-2:00pm*
- **Volunteer Celebration Brunch**
Monday, April 18 • 12:30pm-2:30pm • FREE for our Volunteers
- **MSSC Talent Show & Lunch**
Monday, April 25 • 12:00pm-2:00pm*
- **Cinco De Mayo**
Friday, May 6 • 12:00pm-2:00pm*
- **Fashion Show & Tea**
Monday, May 9 • 1:00pm-3:00pm • FEE, \$3 per person
- **Military Appreciation Celebration**
Friday, May 20 • 1:00pm-3:00pm • FREE
- **Grandparent & Me: Ronald McDonald Book Time Show**
Thursday, June 30 • 1:00pm • FREE

Bus Trips

Please see our Monthly Newsletter or call us at 240-777-8085 for more details. Pre-registration is required. Space is limited.

- **Silver Spring Library Trip**
1st Wednesday • 9:30am-11:10am • FREE
- **Dollar Tree**
2nd Wednesday • 9:45am-12:00pm • FREE
- **Amish Market**
3rd Thursday • 9:45am-12:00pm • FREE
- **Shopping Trip on Fridays**
9:00am-11:00am • FREE
- **Mini Trip: C & O Canal Ride Great Falls Park**
Tuesday, May 24 • 10:00am-3:00pm • \$10 per person for bus & \$3 per person for park entrance fee.
- **Mini Trip: National Portrait Gallery Outwin Boochever Exhibit**
Thursday, June 30 • 10:00am-3:00pm • \$10 per person



LONG BRANCH SENIOR CENTER

240-777-6975

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us! Look for our monthly newsletter.

April Black History Celebration

Join us in the month of April for a series of events in recognition of Black History, including films, guest speakers, poetry readings and more. The culminating event will be a program and lunch on **Thursday, April 28th**. Free.

Mother's and Father's Day Luncheon

Wednesday, May 11

We will celebrate a combined Mother's and Father's Day, with a special catered luncheon for \$5.00. Sign up at the second floor Reception Desk.

Seeking Gardening Volunteers

Our 7 raised beds are in need of care and nurturing. Donations of herbs, vegetables, seeds, annuals, organic soil amendments or labor would be appreciated.

Thursday Sing Alongs

Thursdays • Noon

Pianist Hong Tran plays American and international favorite songs every Thursday at noon. Bring your voice and join the chorus. Free.

Painting

Wednesdays • 10:30am-12pm

Creative expression encourages self expression, exercises the brain, and reduces stress. No art experience needed to explore your creative voice. Bring your imagination and leave self judgement at the door. Local/regional artist Carol Clatterbuck helps you explore the world of painting through various ideas using acrylics, paper, ink, etc. . . in both traditional and creative ways! Each 8 week session will cover a different topic and technique. Cost is \$24 per session. Register at second floor Reception Desk.

Raw Clay

Mondays • 10:30am-12:00pm

Come have fun creating vessels and artwork using low fire clay with artist Carol Clatterbuck, award winning ceramics teacher, starting with pinch and coil pots, graffito, and slabwork. Strong hands, fingers, and creativity are the only requirements!. Cost is \$24 for an 8 week Class. Register at second floor Reception Desk.

Spanish Classes

Mondays • Noon

Conversation

Tuesdays • Noon

Beginning Spanish

Fridays • 11:00am

Advanced

Practice your Spanish with Native Speaker Waldo Pinto: Free!

Tai Chi

Fridays • 10:00am

Peter Mosher and Dr. Hame Watt lead Friday's 10am class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. Free.

Zumba Gold

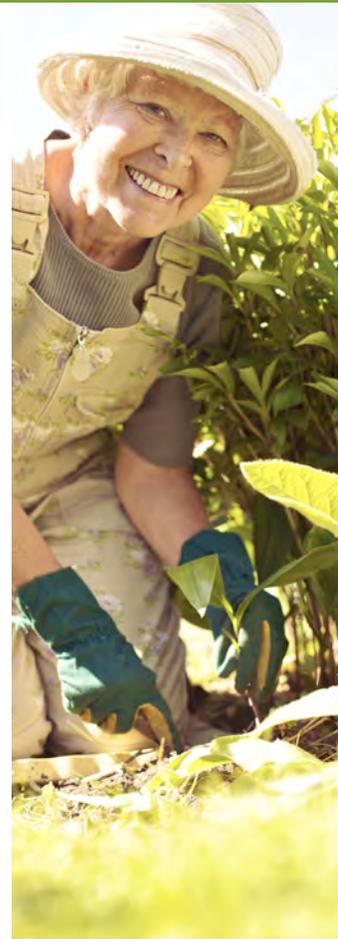
Thursdays • Noon

Have fun and get a great workout at the same time. Thursdays at noon, \$2 per class. Pay as you go at the registration desk on the second floor. All abilities welcome.

Senior Fit

Mondays and Wednesdays • Noon

Patricia Smith is the instructor of this 45 minute class which focuses on increasing strength and muscle endurance while improving balance and flexibility. A Doctor's permission form is given out on your first visit. Sponsored by Holy Cross Hospital. Free.





WHITE OAK SENIOR CENTER

240-777-6944

The White Oak Senior Center offers a wide-variety of programs, classes, and services, for seniors 55 and over. Health & Wellness programs are stressed, and a nutrition program and bus transportation are also offered. Call the center or pick up a copy of our monthly newsletter for more information.

Living By Design Goal Assessments

As a part of your experience at the White Oak Senior Center, we will offer you an opportunity to share your purpose and ambitions for the year. Our mission is to design programs with you in mind. We ask all of our participants to fill out a goal assessment form to allow us to help you reach your goal. Throughout the year, our staff will check in with you and revisit your yearly goals and see how you've progressed. This process will allow us to help you live your life according to your design.

March is National Nutrition Month

Tuesday, March 8 • 1:00pm-2:00pm

Is that healthy? Tuesday, March 8th 1pm-2pm
Learn about foods you think are healthy that are really not.

Musical Performance by Chyp and Andi

Wednesday, April 20 • 1:00pm

Vegan Living Demonstration

Thursday, March 24 • 1:00pm-2:00pm

Helpful information on meal-planning, do's and don'ts of veganism, preparing balanced and nutritional meals without animal meat or animal by-products, benefits of raw foods and "going" organic. Fee: \$2.00 Free food tastings.

White Oak Golden Award Ceremony!

Thursday, March 31 • 1:30pm-3:30pm

This is a ceremony that celebrates the excellence of our members! Our entire team of staff members and instructors will vote to select the nominees and winners for each of our classes. Some of the categories are: White Oak Woman/Man of the year, Senior Sneaker award, Super woman/ man, can't keep a good man/woman down, best class attendance, most improved, inspirational award and many more! There will be a reception to follow. Join us as we celebrate you!

National Start Walking Day

Wednesday, April 1 • 10:00am

We will be walking around the community at leisure for a mile. Healthy refreshments will be provided.

White Oak Seniors Get Active Challenge!

Tour begins on Monday, April 1 - 29

Exercise your way across Hawaii Join us by participating in an exercise challenge where you will track your physical activity whether it is here at White Oak Senior Center or at home. We will be traveling vicariously through Hawaii. The tour will last throughout the month of April. For every 30 minutes of exercise you will get to log in one mile. We will help you track your mileage so you can see how far you come. This initiative is to help you see how much physical activity you are actually engaged in. Join us and celebrate living well. You never know how much you really exercise until you track it. There will be a reception and an award ceremony to celebrate the miles exercised.

Know Your Numbers/Spa Day Event!

Wednesday, April 6 • 10:00am – 3:00pm

In honor of stress awareness month, we will have an event to help you check your vitals, by getting your blood pressure, blood levels, cholesterol checked. Once you get those checked, you will be able to get a haircut, make-up, massage or manicure at no charge! This event is in partnership with the Senior Zone Radio station! Sign up and rsvp at 240-777-6944.

Culture, Conversation and Cuisine

Wednesday, May 11 • 1:30pm-3:00pm

Enjoy learning about different locations around the world followed by a wine tasting or food from the country. Food tastings will be provided by local restaurants that feature a variety of foods from different cultures. First stop will be Italy. \$10.00 per person

May is Older American's Month

Wednesday, May 25 • 10:00am to 2:00pm

National Senior Health & Fitness Day Wellness Fair! There will be over 40+ vendors to help you succeed on your way to wellness. We will have stress screenings, skin screenings, body fat analysis, Bone density screenings, demonstrations, and much more!
10:00am to 2:00pm

Soul Line Dance Party

Sunday, February 14 • 2:00pm-5:00pm

Sunday, March 13 • 2:00pm-5:00pm

Sunday, April 10 • 2:00pm-5:00pm

Every 2nd Sunday of the month, \$5.00 per person



55+ ACTIVE ADULT PROGRAM HIGHLIGHTS

The Department of Recreation offers a variety of classes, programs, and special events, at fourteen community center locations throughout the county. Here is a sampling of the many programs we will be offering this winter. Please call the center for more information.

BAUER DRIVE COMMUNITY RECREATION CENTER

14625 Bauer Drive
Rockville, MD 20853

240-777-6922

55+ individuals participate in range of activities including seminars and workshops, zumba gold, soul line dancing and many others.

Pickleball

Mondays • 12:30pm-2:30pm

Pickleball is a fun racquet sport that combines elements of badminton, tennis and table tennis. Perfect for Active 55+ers who want to stay in the game!

Microflyers

Wednesdays • 12:30pm-2:30pm

Microflyers are a model plane flying group who create their own remote control flying instruments. Many of the participants are retired engineers but welcome anyone that is interested in flying model airplanes. Participants must obtain a Gym Rat or Senior Sneakers Membership.

Mah Jongg

Wednesdays • 11:00am-1:00pm

Zumba Gold

Tuesdays • 1:30pm-2:30pm

A Latin-inspired, fun, dance fitness class designed to encourage healthful, low impact dancing for the Active 55+ community.

Soul Line Dancing

Mondays • 11:45am-12:45pm

Soul line dancing is an easy, fun way to learn the newest and old school dances in an Active 55+ social environment.

Wellness Seminars

Heart Disease: What Are Your Risks?

Wednesday, February 24 • 12:00pm-1:00pm

Rewiring Your Brain

Wednesday, May 18 • 12:00pm-1:00pm

An interactive seminar teaching how to improve your brain and empower change based on your potential rather than your age, finances or physical condition.

The Power of the Mind in Improving Physical Health

Wednesday, April 20 • 12:00-1:00pm

CLARA BARTON NEIGHBORHOOD RECREATION CENTER

Mondays & Wednesdays • 10:30am-3:00pm

7425 MacArthur Blvd.
Cabin John, MD 20818

240-777-4910

Senior Sensations

Senior Sensations are celebrating 20 years of Active, Friendly, Fun, and Young at Heart programs. Our monthly programs include field trips to area sites; lunches out & luncheons at the Center; pre-exercise breakfast chats with post exercise programs & events; professional speakers. We see the latest award winning movies and requested classics. Join us on game day and win a prize.

Special upcoming programs include:

- March's Windy and Wild Trip
- April's View the Cherry Blossoms
- May's Special Luncheon & Mother's Day celebration
- June's Honor Father's Day

More Senior Sensations programs:

- Monthly chair yoga
- Twice weekly senior table tennis
- Blood pressure screening third Wednesday of the month

CLARKSBURG PARK ACTIVITY BUILDING

Wednesdays • 11:00am-3:00pm

22501 Wims Road
Clarksburg, MD 20871

301-916-3899

Clarksburg Super Seniors have been meeting for over 40 years, and always make room for new faces. This one day a week program offers a variety of activities and fellowship. Bring a bag lunch and stay for a while or drop in for a specific program of your interest. Clarksburg motto: "Life is Great When You Participate."

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-1:00pm

2450 Lyttonsville Road
Silver Spring, MD 20910

240-777-4900

Coffield CC active adults enjoy health discussions, diabetes workshops, flu shot clinic, mini bus trips, and open gym (basketball, walking & table tennis). Please call the Center for information on registration requirements, fees, etc.





EAST COUNTY *+ COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-2:00pm

3310 Gateshead Manor Way
Silver Spring, MD 20904

240-777-8093

Additional weekly programs, social activities and special events are scheduled for the spring.

Bingo

Last Friday of the Month

Line Dancing

Mondays • 11:45am-12:45pm

Mini Trips

Every 3 months. Contact center for details.

LONGWOOD COMMUNITY RECREATION CENTER

Mondays & Wednesdays • 10:00am-2:00pm

19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

Zumba Gold

Mondays • 9:00am

Wednesdays • 9:00am

Registration Required. Designed to encourage cardio activity and exercise with Latin and Intl. music and dance. (Instructor Lead)

Just My Two Cents!

Wednesdays • 10:00am

This time is designated for active adults, age 55+, to come together and spark conversation on events, people, places and things. Your opinion is important and will be heard. (Volunteer Lead)

Mah Jongg

Mondays • 10:00am

Time to showcase your matching skills, Mah Jongg lovers! Join our group to play this game that involves skill, strategy, calculation and a certain degree of chance.

Chair Exercise

Mondays • 10:30am

Stretch muscles, improve circulation and decrease stress.

Pickleball

Tuesdays • 10:00am-12:00pm

LAWTON/ BETHESDA AREA

Tuesdays, Thursdays & Fridays • 10:00am-2:00pm

Jane E. Lawton Community Recreation Center
4301 Willow Lane
Chevy Chase, MD 20815

240-777-6855

55+ individuals are offered a wide variety of programs including wellness seminars, Senior Shape exercise and weight training classes, zumba gold and Tai Chi.

Pickleball

Thursdays • Noon-3:00pm

Participants set up and break down equipment.

Zumba Gold

Tuesdays • 11:00am-11:45am

Zumba Gold-Toning

Fridays • 11:00am-11:45am

Tailored to active older adults who want to focus on muscle conditioning and light weight activity with music. Zumba Gold-Toning blends the fun of Zumba at a slower pace with a redefining total body workout using Zumba Toning Sticks to shape up those muscles!

Tai Chi

Wednesdays • 12:30pm - 1:30pm

An invigorating moving meditation exercise class designed for the Active 55+ community. These exercise movements will help improve balance, coordination, flexibility, range of motion and strength.

Senior Shape/Weight Training

Tuesdays & Fridays • 12:15pm-1:00pm

This class is specially designed to increase muscular strength, endurance, range of motion and balance, using weights. Hand weights and a mat are required.

Easy Yoga w/ Moira

Thursdays • 9:30am-10:00am

Easy yoga moves for the active 50+ community.

Pilates 50+

Thursdays • 11:00am- 12:00pm

Floor Pilates at its best with gentle stretching and strengthening exercises.

Hatha Yoga

Wednesday (all levels) • 9:45 - 11:00am

Friday (intermediate level) • 9:45am - 11:00am

Learn postures that will help increase strength, give your body proper alignment and more flexibility. You will learn to develop breathing and relaxation exercise techniques to manage your stress level.

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.

GERMANTOWN+ COMMUNITY RECREATION CENTER

Mondays & Thursdays • 10:00am-2:00pm
18905 Kingsview Road
Germantown, MD 20874

240-777-8098

A variety of fun activities are offered including luncheons, Mah Jongg, arts & crafts, health & wellness classes and lectures. Come make new friends!

MARILYN J. PRAISNER* + COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-2:00pm
14906 Old Columbia Pike
Burtonsville, MD 20866

240-777-4970

The program includes leisure, wellness learning, arts and crafts, guest speakers, entertainers and fitness activities. Periodic mini-trips to local points of interest add another dimension to the array of carefully planned activities and events.

Blood Pressure Screening

3rd Thursday of the month • 10:30am-11:30am

Chair Yoga

2nd Thursday of the month • 10:00am-11:00am

Designed for everyone to participate in a very gentle form of yoga. Stretch muscles, improve circulation and decrease stress.

Bridge

Mondays & Wednesdays • 1:00pm-4:00pm

Beginners, intermediate, advanced alike. Want to play or want to learn to play; we have a table just for you.

Line Dance

Wednesdays • 12:00pm-1:00pm

Tai Chi

Thursdays • 2:00pm-3:00pm

MID-COUNTY* COMMUNITY RECREATION CENTER

Tuesdays & Thursdays • 10:00am-2:00pm
2004 Queensguard Road
Silver Spring, MD 20906

240-777-6820

Exciting program offerings for the Spring!

ROSS BODDY/SANDY SPRING + SENIORS

Thursdays • 10:00am-2:00pm
Longwood Community Recreation Center
19300 Georgia Avenue
Brookeville, MD 20833

240-777-6920

PLUM GAR COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-2:00pm
19561 Scenery Drive
Germantown, MD 20876

240-777-4919

Open Gym Activities

Tuesdays & Fridays • 10:00am-Noon

Chinese American Senior Services Association (CASSA)

Thursdays • 10am-2:00pm

Theatrical Tuesdays

Tuesdays • 10:30am-Noon

Games

Tuesdays • Noon-1:00pm

Fridays • 1:00-2:00pm

Free Your Mind Fridays

Fridays • 10:00-11:00am

Open discussion group.

Crochet

Fridays • Noon-1:00pm

POTOMAC COMMUNITY RECREATION CENTER

Tuesdays & Fridays • 10:00am-1:30pm
11315 Falls Road
Potomac, MD 20854

240-777-6960

Seniors from the community come together to discuss current events and other topics of interest. This program also includes chair exercise, games, movies, guest speakers and entertainers. Come join us! In addition Potomac Recreation Center offers a wide variety of exercise classes for Seniors and these classes are available to all members of the community. Some are free and some require a nominal fee.

Bone Builders Plus

Tuesdays and Thursdays • 3:00pm-4:00pm

Tai Chi (Ongoing Drop in)

Mon, Wed, and Fri • 9:00am-10:00am

Mon, Wed, and Fri • 10:00am-11:00am

**Taijquan • Wednesdays • 11:00am-12:00pm,
12:00-1:00pm**

Pickleball

Tuesdays • 11:00am-1:00pm

* Includes a nutrition lunch program.

+ Limited transportation available on program meeting days.





SENIOR SPORTS ACTIVITIES

Did You Know???...that Recreation offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball:

Bauer Drive Community Recreation Center
Tuesdays & Thursdays • 9:00am-12:00pm

Open Gym Sports:

Longwood Community Recreation Center
Mondays, Wednesdays, Thursdays • 12:00pm-3:00pm

Open Gym Pickleball:

Bauer Drive Community Recreation Center
Mondays • 12:30-2:30pm
Damascus Community Recreation Center
Tuesday, Thursday, Saturday • 10:00am-12:00pm
Jane E. Lawton Community Recreation Center
Thursdays • 12:00- 3:00pm
Longwood Community Recreation Center
Tuesdays • 10:00am-noon
White Oak Community Recreation Center
Tuesdays & Thursdays • 10:30am-12:30pm
Tuesdays • 6:30pm-8:45pm
Potomac Community Recreation Center
Tuesdays • 11:00am-1:00pm

Open Gym Volleyball:

Bauer Drive Community Recreation Center
Mondays & Wednesdays 10:30am-12:30pm
Mid-County Community Recreation Center
Fridays • 12:00pm-2:00pm

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/ weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/ weight rooms until 3:00pm Monday through Friday.

For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4925 for details. The Senior Sneakers Program is available at the following Community Centers:

- | | |
|------------------|-------------------------|
| BAUER DRIVE CRC | MARILYN J. PRAISNER CRC |
| CLARA BARTON NRC | MID-COUNTY CRC |
| COFFIELD CRC | PLUM GAR CRC |
| DAMASCUS CRC | POTOMAC CRC |
| EAST COUNTY CRC | SCOTLAND NRC |
| GERMANTOWN CRC | UPPER COUNTY CRC |
| LAWTON CRC | WHITE OAK CRC |
| LONG BRANCH CRC | WISCONSIN PLACE CRC |
| LONGWOOD CRC | |

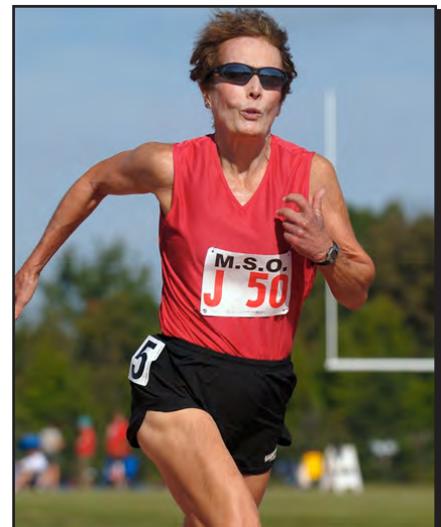
MARYLAND SENIOR OLYMPICS



Montgomery County Recreation is the host agency for the Maryland Senior Olympics. 2016 event dates are finalized and registration is open! These events will take place at various locations in and outside of Montgomery County from late spring through the early fall of 2016.

For more information and to check event dates:

Visit www.mdseniorolympics.org or call 240-777-4930 for information.



EXERCISE CLASS HIGHLIGHTS

In addition to exercise classes offered at our Senior Centers, many Community Centers offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit by Holy Cross Health

A partnership with Holy Cross Hospital and Montgomery County Recreation, these free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-8800 for registration information.

Bauer CRC

M, W • 9:00am-9:45am and 10:00am-10:45am
F • 9:15am-10:00am

Coffield CRC

T, Th • 10:30am-11:15am

East County CRC

M, W, F • 10:45am-11:30am

Germantown CRC

T • 1:45pm-2:30pm; Th • 11:30am-12:15pm

Mid-County CRC

F • 11:00am-11:45am

Long Branch SC

M, W • 12:00pm-12:45pm

Plum Gar CRC

M, W • 10:30am-11:15am

Praisner CRC

M-F • 9:00am-9:45am, M, W, F • 10:00am-10:45am

Ross Boddy (Meets at Emmanuel Brinklow Church)

T, Th • 9:00am-9:45am

Schweinhaut SC

M, W, F • 8:30am-9:15am and 9:30am-10:15am

T • 9:00am-9:45am; Sa • 9:30am-10:15am

White Oak SC

T, Th • 9:00am-9:45am

Better Bones

Long Branch SC W, F • 1:00pm-2:00pm

Schweinhaut SC M, Th • 2:00pm-3:00pm

Suburban Hospital Senior Shape Exercise Programs

The Senior Shape program is designed to improve the overall health of seniors. The program consists of strength, flexibility, and aerobic exercise training classes. Register online at events.suburbanhospital.org or call 301-896-3939. The fee is \$30 per class for 3-month session.

Weight Training

Margaret Schweinhaut Senior Center

Tuesdays • 10:00am-10:45am

Holiday Park Senior Center

Fridays • 11:00am-11:45am

Clara Barton Community Recreation Center

Fridays • 1:00pm-1:45pm

Aerobics/Strength Training/Stretching

Clara Barton Community Recreation Center

Tuesdays & Thursdays • 11:30am-12:15am

Advanced Aerobics/Strength Training/Stretching:

Wisconsin Place Community Recreation Center

Tuesdays • 10:00am-10:45am

Potomac Community Recreation Center

Mondays • 11:00am-11:45am

Stability Ball

Holiday Park Senior Center

Mondays • 9:00am-9:45am

Margaret Schweinhaut Senior Center

Tuesdays • 11:00am-11:45am

MedStar Montgomery Medical Center

Please register at MedStarMontgomery.org/classes or call 301-774-8881.

Senior Exercise

Have fun, feel better and get fit with a free 45 minute fitness active aging group exercise class, designed to help older adults increase muscular strength, flexibility, range of motion and maintain their cardiovascular health.

Sign up today! Classes are ongoing and a physician's consent form is required to participate.

Longwood CRC

Tuesdays • 9:00am

Wednesdays • 10:00am

Mid-County CRC

Wednesdays • 1:00pm

Tai Chi

This free meditative exercise program is designed for seniors age 55 and older. It will help improve balance, and coordination, flexibility, and range of motion and it will increase strength by making your movements more efficient. Wear comfortable, loose fitting clothing and flat shoes. Students should be able to stand for 30 minutes at a time.

Longwood CRC

Mondays • 10:00am | Thursdays • 10:00am

Mid-County CRC

Tuesdays • 11:00am

Gentle Flow Yoga for Seniors

A variety of yoga poses to increase strength, balance and flexibility. The class ends with a wonderful meditation that soothes the mind and body.

Longwood CRC

Call for dates

\$40 for 8 sessions

What to Bring: Yoga mat, water and comfortable shoes



Therapeutic Recreation & Inclusion Services

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

Therapeutic Recreation programs provide skill development, leisure education and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationship between all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR Programs. Inclusion Services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment.

**Reasonable
accomodation
enables
successful
participation.**

AQUATICS

TR Swimming for Adults with Physical Disabilities

Ages 18 & Up: This is a swimming and aquatic exercise class for people with MS and/or physical disabilities who want work on their fitness and flexibility in an aquatic environment. 1 staff to 6 participants. No personal care provided.

8 Sessions \$42
15746 Kennedy Shriver Aq Ctr 4/14 Th 8:00pm-9:00pm

Adult Swim

Ages 18 & Up: This is a program designed to help individuals with disabilities get exercise and gain aquatic and social skills while having fun in a group setting. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions \$42
15728 MLK Swm Ctr 4/12 T 8:00pm-9:00pm
15729 Germantown ISC 4/13 W 8:30pm-9:30pm
15730 Olney Swm Ctr 4/15 F 7:15pm-8:15pm
15731 Olney Swm Ctr 4/15 F 8:15pm-9:15pm

ART

Beginning Handbuilt Pottery for Adult

Ages 18 & Up: For people with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions \$73
Instructor: Pamela Reid
15732 White Oak CRC 4/13 W 1:30pm-2:30pm
15733 White Oak CRC 4/14 Th 10:30am-11:30am
15734 White Oak CRC 4/14 Th 1:00pm-2:00pm

Kaleidoscope Art

Ages 16 & Up with disabilities: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions \$52
15737 Plum Gar NRC 4/9 Sa 11:00am-12:30pm



FITNESS AND WELLNESS

NEW Cardio 'n Core

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.

8 Sessions			\$42
15742	Damascus CRC	4/14 Th	7:00pm-8:00pm
15752	Upper County CRC	4/14 Th	7:00pm-8:00pm

Funfit: Active Fitness Fun

Ages 14 & Up: Individuals with disabilities. A FUN-filled teen and adult high energy active class that includes group games, parachutes, music and more. This class reinforces group cooperation, balance, coordination, all while you're receiving a great workout. A \$5.00 materials fee is due to instructor at the first class. Participants must be able to indicate wants and needs. No personal care provided.

8 Sessions			\$75
Instructor: Celia Kibler			
15736	White Oak CRC	4/19 T	10:00am-10:45am

Moving with Mike

Ages 18 & Up: This is an exercise program designed for people with mobility issues or anyone who is interested in an aerobic workout from a seated position. This is a great class for people who want to maintain strength and flexibility in a small supportive group setting.

8 Sessions			\$50
15740	Germantown CRC	4/10 S	1:00pm-2:00pm

NEW Stretch 'n Tone

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises. Good for the beginner and low-impact level. 1 staff to 10 participants.

8 Sessions			\$42
15741	Glenmont LP	4/11 M	7:00pm-8:00pm
15743	Bauer Drive CRC	4/14 Th	7:00pm-8:00pm

TR Yoga Basics

Ages 15 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders. Movements can be adapted by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions			\$82
Instructor: Irene Bopp			
15747	Bauer Drive CRC	4/12 T	4:30pm-5:30pm
15748	White Oak CRC	4/14 Th	1:30pm-2:30pm

Turn the Beat Around

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

10 Sessions			\$52
15751	Holiday Park SC	4/9 Sa	11:00am-12:00pm

TR Zumba

Ages 13 & Up: Every class is a party. Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions			\$42
15750	Mid County CRC	4/14 Th	6:00pm-6:50pm
10 Sessions			\$52
15749	Holiday Park SC	4/9 Sa	10:00am-10:50am

MARTIAL ARTS

Karate for Individuals with Disabilities

Ages 6 & Up: Youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9am class.

10 Sessions			\$93
Instructor: TKA Inc.			
15738	Holiday Park SC	4/9 Sa	9:00am-9:45am
15739	Holiday Park SC	4/9 Sa	10:00am-10:45am

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.

Family Service Day

May 2016. Date TBA. This will be an opportunity for an individual with a disability and a family member without a disability to help the community and receive SSL hours. Please call Kryss Lacovaro 240-777-6871 with questions and/or to be placed on email list to receive more information.





OUTDOOR ADVENTURE

Canoe Trip

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. You will work together to learn the basic skills of canoeing and river safety. We will then take a canoe trip down the Potomac River. Please bring closed toed shoes (old sneakers, water shoe, etc), lunch and extra water and a complete change of clothes. Please call 240-777-6895 for details or email matt.rove@montgomerycountymd.gov. Swimming ability is required.

1 Session \$50
15789 Seneca Landing BR 4/30 Sa 9:00am-3:00pm

Kayak Trip

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. You will work together to learn the basic skills of kayaking and river safety. We will then take a canoe down the Potomac River. Please bring closed toed shoes (old sneakers, water shoe, etc), lunch and extra water and a complete change of clothes. Please call 240-777-6895 for details or email matt.rove@montgomerycountymd.gov. Swimming ability is required.

1 Session \$50
15865 Seneca Landing BR 5/22 S 9:00am-3:00pm

SPECIAL EVENTS

Ages 15 & Up with disabilities: Theme Dances: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Party decorations make this dance complete. Dressing to the theme is encouraged but not required. Transportation must be arranged prior to the event. Bring ID for check-in. A registration form is required. All dancers pay \$8.00 pre-registered or \$10.00 at the door.



GOOD VIBRATIONS

Ages 15 & Up: Celebrate the summer coming with some Beach Boys tunes and beach balls. Wear your favorite beach t-shirt or Hawaiian shirt. All dancers pay \$8.00 pre-registered or \$10 at door.

Saturday, April 30
7-10PM
Holiday Park Senior Center
Activity No. 15744

PLAY FUN

NEW Dig Into Fun!

Ages 13-21 with disabilities: Enjoy a light breakfast at 8:30am. Earn 2 SSL hours prepping flower beds and possibly planting bulbs or flowers. Then we will have lunch and travel in vans to the Museum of Natural History for a fun and interactive experience. Please pack lunch and dress for work and play.

1 Session \$25
16801 Holiday Park SC 3/24 Th 8:30am-3:30pm

TR BIG Game Nights

Ages 13 & Up: Have fun playing over-sized games with your friends, and come make new friends too! Gym games, group games, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Theme nights make each night a new adventure: 4/8 "Opening Day" Game Night - wear baseball team t-shirts and hats, 4/22 Pajama Party - wear your pajamas, robes, and fuzzy slippers, 5/13 Crazy Hat Night - wear a funny hat, 6/1 Luau Party - wear Hawaiian shirts or beach t-shirts.

4 Sessions \$32
15745 Bauer Drive CRC 4/8 F 7:00pm-9:30pm



Rock THIS TOWN

Ages 15 & Up: We are going to Rock this Town, Rock it inside out"! Dance and party hard as we kick off the Summer of '16! Rock On! All dancers pay \$8.00 pre-registered or \$10 at door.

Saturday, June 11
7-10PM
Holiday Park Senior Center
Activity No. 15735

WEEKEND ADULT SOCIAL CLUBS

Adult clubs are designed to enhance community participation and socialization. Look at some of the fun Activities that are detailed in a Calendar of Events. Outings to Festivals, Toby's Dinner Theatre, sporting events at the University of Maryland, Baseball Games and more! Social Clubs also have Wellness Activities, Game Nights, Craft Activities and Dinner Parties. Events require members to actively participate in community trips and group activities.

MEMBERSHIP PROCESS

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to: MCR, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

Leisure Times Club

Adults, ages 21 and older with developmental disabilities.
1 staff to 5 participants. Average 2-3 activities per month.

Spring Membership only (April-June) \$40.00

Weekenders Club

Adults, ages 21 and older with learning disabilities.
1 staff to 6 participants. Average 2-3 activities per month.

Spring Membership only (April-June) \$40.00

Socializers

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments.
1 staff to 10 participants. Average 1 activity per month.
Base meeting site: Inwood House.

Accessible Van transportation provided to activities

Spring Membership only (April-June) \$20.00



The Washington Nationals Miracle Field, located in South Germantown Park, incorporates a cushioned synthetic turf that accommodates wheelchairs and other walking assistance devices, while helping prevent injuries.

The Miracle League gives hundreds of children with disabilities something few dreamed possible...

the chance to play baseball. Let's play ball!

Ages 4-14: Course #17155
10:30am-11:45am

Ages 15 & Up: Course
#17156 12:00pm-1:15pm

\$50.00 • 8 Sessions
Saturdays, beginning April 9

South Germantown Recreational Park | 14501 Schaeffer Rd • Boyds, MD 20841
montgomerycountymd.gov/rec | 240.777.6870



TEEN WORKS

MONTGOMERY COUNTY RECREATION

Teen Works

Teen Works is a year round employment program for Montgomery County high school students aged 16 to graduation. Teens are placed in public sector and nonprofit jobs throughout the county. Participants gain valuable educational and employment experience using the community's resources to expose youth to potential educational or career paths.

Youth Development Office: 240-777-8080



YOUTH DEVELOPMENT

Montgomery County Recreation



High School

REC ZONE

Join Us and Become a Part of a New Experience!



Follow us on Facebook and Twitter @mocorec for Special Events!

Montgomery County Recreation's Youth Development Team is generating an enhanced and vibrant approach to service delivery that reaches out to all young people. We use recreation to ensure young people are productive, healthy, and connected during out-of-school time. Our positive youth development strategies include opportunities, programs, and services which emphasize health & wellness, youth leadership & social equity, workforce development, and connection to caring adult role models. The Recreation Department is built on a foundation for serving youth, and we are committed to building on this tradition.

It is our aim to ensure the Recreation Department is a place where young people:

- Make friends and maintain relationships
- Gain a sense of Independence and rely less on adults
- Build teamwork skills and become more effective in groups
- Foster attributes important to being a members of family & community
- Perceive competence and believe they can be successful
- Acquire an interest in exploration and are eager to learn new things
- Develop a sense of responsibility and learn to be accountable
- Enhance their affinity for nature and attraction toward the outdoors
- Grow confidence and try to solve problems on their own
- Establish a connection and feel safe & welcomed in their environment
- Boost physical activity and increase healthy eating habits



MONTGOMERY COUNTY RECREATION

Rec Extra-Middle Schools

Not ready for the day to end? Need a little more time with your friends or working after school with a teacher? Rec Extra, available at select MCPS middle schools, may offer sports, arts, baby-sitting instruction, chess, improv theatre, sewing, step dance, tennis, weight training, poms and other fun, engaging activities. Check with your school's After-School Activities Coordinator (ASAC) for more information.



Youth Advisory Committee

Get involved. Make a difference in your community. The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Y.A.C. committee members meet at local community recreation centers throughout Montgomery County. Teens CAN and DO make a difference!

Make your first job a TeenWorks experience!

On the job training • Build memories that last • Variety of work locations



MONTGOMERY COUNTY Recreation



Summer IS TOO SHORT FOR THE WRONG JOB!

Summer Jobs & Seasonal Apprenticeships

Young Montgomery County Residents

APPLY NOW

IRC #20041 <http://www.montgomerycountymd.gov/careers>



YOUTH DEVELOPMENT
Montgomery County Recreation



TEEN WORKS
MONTGOMERY COUNTY RECREATION



Requirements: Young Montgomery County Residents, Ages 15 - 24

FOR MORE INFORMATION CALL THE YOUTH DEVELOPMENT TEAM AT 240-777-8080



CLUB REC

Homework Time, Sports & Games, Arts & Crafts,
Computer Access,* Special Events And More!

Monday-Friday | 3:00-6:00pm | \$62/month

Damascus Community Recreation Center
25520 Oak Drive
Damascus, MD 20872

Grades K- 8

12316 February
12317 March
12318 April
12319 May
12320 June

East County Community Recreation Center
3310 Gateshead Manor Way
Silver Spring, MD 20904

Grades K- 5

12328 February
12329 March
12330 April
12331 May
12332 June

Gwendolyn Coffield Community Recreation Center
2450 Lyttonsville Road
Silver Spring, MD 20910

Grades K- 5

12322 February
12323 March
12324 April
12325 May
12326 June

Long Branch Community Recreation Center
8700 Piney Branch Road
Silver Spring, MD 20901

Grades K- 5

12298 February
12299 March
12300 April
12301 May
12302 June

Mid-County Community Recreation Center
2004 Queensguard Road
Silver Spring, MD 20906

Grades K- 5

12292 February
12293 March
12294 April
12295 May
12296 June

Marilyn J. Praisner Community Recreation Center
14906 Old Columbia Pike
Burtonsville, MD 20866

Grades K - 5

12304 February
12305 March
12306 April
12307 May
12308 June

Plum Gar Neighborhood Recreation Center
19561 Scenery Drive
Germantown, MD 20876

Grades K - 5

12310 February
12311 March
12312 April
12313 May
12314 June

Upper County Community Recreation Center
8201 Emory Grove Road
Gaithersburg, MD 20877

Grades K- 8

12109 February
12110 March
12111 April
12112 May
12113 June

White Oak Community Recreation Center
1700 April Lane
Silver Spring, MD 20904

Grades K - 5

12103 February
12104 March
12105 April
12106 May
12107 June

* East County, Long Branch and Mid-County Do Not Have Computer Access.

For more information, please contact the community centers listed above. Visit ActiveMONTGOMERY.org to register.



MONTGOMERY COUNTY RECREATION
SOAR
 SENIOR OUTDOOR ADVENTURES IN RECREATION

PLAN TO SOAR THIS SPRING!

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. The address is 16605 Georgia Avenue, Olney, Maryland. This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn into Emory Lane and take the second left and follow signs for Skate Park and Ballfield #1.

SPRING REGISTRATION BEGINS MONDAY, FEBRUARY 9, 2016 AT 8:30AM

ROADS, RAILS AND RUNNERS – A TRANSPORTATION HISTORY

Trip number: 12400 Wednesday, April 6
 Trip number: 12401 Thursday, April 7
 Fee: \$80 Leave 8:45am, Return 5:00pm

A NEW TOUR! Begin your tour at the B&O Railroad Museum in Baltimore City. Next, travel to the Irish Railroad Worker's Museum for a brief tour. Depart Baltimore via the Maryland Historic National Road. Enjoy lunch, **included**, at Old Country Buffet. We'll see the Thomas Viaduct which spans the Patapsco River and Patapsco Valley between Relay and Elkridge, MD. Commissioned by the B. & O. Railroad and completed in 1835. At that time it was the largest bridge in the U.S. and the country's first multi-span masonry railroad bridge to be built on a curve. It is designated as a National Heritage Landmark. It is one of the oldest railroad bridges still in service. In 1820, Amos Williams and his three brothers borrowed \$20,000.00 from their friend John Savage to start a textile weaving business on the banks of the Little Patuxent River. The water from the river flowed over a huge 30 foot water wheel which powered the machines that wove the cloth. They named the business Savage Mill after their generous friend. It functioned as a working textile Mill from 1822 to 1947.

CHERRY BLOSSOM CRUISE AND LUNCH ON THE SPIRIT CRUISE LINE

Trip number: 12402 Wednesday, April 13
 Fee: \$85 Leave 10:00am, Return 4:00pm

We'll begin our day by cruising along the Potomac River and enjoying an **included**, relaxing lunch buffet on the Spirit Cruise Line as we enjoy the sights of Washington with the Cherry Blossoms in bloom. The captain will narrate the many historic sites as we sail down the Potomac River. There will also be light entertainment by the crew who will sing and dance (along with those who would like to participate).

GUIDED TOUR OF NEWLY RENOVATED JAMES MADISON'S MONTEPELIER ESTATE

Trip number: 12403 Wednesday, April 20
 Fee: \$70 Leave 7:00am, Return 5:00pm

In the splendor of the Virginia countryside, experience the rediscovery of the mind and the man who forged the framework of our nation, who created the Constitutional Charter that defines our democracy, our thinking, and our society. Be guided through the mansion which was restored to the way it looked when James and Dolley Madison lived in it. Stand in the library where Madison first envisioned the Constitution. Walk in the woods where he contemplated representative democracy. Walk the grounds on your own. Box Lunch (**included**), in a cafeteria on the grounds.



SPIES OF WASHINGTON TOUR WITH GARY POWERS, JR.

Trip number: 12404 Thursday, April 28
Fee: \$55 Leave 8:30am, Return 4:30pm

This tour will introduce you to many of the locations in and around Washington that have been associated with intelligence and counter intelligence activities. Gary Powers, Jr. will give a briefing on the cold war and U-2 incident (his father was the downed pilot). A movie, *Bridge of Spies*, starring Tom Hanks has recently been released depicting this historic event. Carol Bessette, a renowned tour guide and retired Air Force Intelligence Officer, will narrate the tour as we pass spy drops and homes of notorious players in the spy business. Lunch, **on own**, at a local restaurant.



TOUR OF JEB STUART'S RIDE TO THE BATTLE OF GETTYSBURG GUIDED BY ED BEARSS, ACCLAIMED HISTORIAN

Trip number: 12405 Wednesday, May 4
Trip number: 12406 Thursday, May 5
Fee: \$69 Leave 7:45am, Return 6:00pm

This tour will be led by Ed Bearss, famous historian and retired Chief Historian of the National Park Service. We begin in Rockville, where Stuart began his advance to the Battle, and pass through Brookeville, Cookville, Pipe Creek, and Union Mills. We'll pause for the Battles at Westminster, Hanover, and Hunterstown. We'll end at Gettysburg where Stuart fought the Union Army in East Cavalry Field. Experience Civil War History as only Ed Bearss can narrate it. Ed knows war as a wounded Marine Corps veteran of World War II. Lunch is **included**, at General Pickett's Buffet.

WALKING TOUR OF HISTORIC ANNAPOLIS AND BOAT RIDE ON THE *HARBOR QUEEN*

Trip number: 12408 Thursday, May 12
Fee: \$65 Leave 8:15am, Return 4:30pm

A costumed guide will narrate and lead a 2-3 hour tour through the charming historic streets of Old Town Annapolis, the historic State Capitol, St. Johns College, and the exteriors of famous mansions. Complete the day with a narrated cruise on the *Harbor Queen*. Lunch (**on own**) in City Dock area. Wear comfortable walking shoes.

THE WYETH STORY: TOURS OF THE ANDREW WYETH STUDIO, THE N.C WYETH HOUSE AND STUDIO AND THE BRANDYWINE MUSEUM

Trip number: 12409 Wednesday, May 18
Trip number: 12410 Thursday, May 19
Fee: \$80 Leave 7:15am, Return 5:30pm

Experience the Wyeth History! Be guided through the Andrew Wyeth Studio, a 19th Century school house where the artist lived from 1940 until 1961 and continued to work until he died. The studio opened to the public in 2012 for the first time since his death in 2009. Andrew was known as "America's Artist" because of his prodigious work for seven decades. We'll also tour the house and studio of N.C. Wyeth, the great illustrator who died in 1945 when he and a grandchild were struck by a train. A visit to the Brandywine Museum which houses a permanent collection of Wyeth's works is also part of the tour. Lunch at the Brandywine River Museum restaurant is **included**.

A TASTE OF LITTLE ITALY IN BALTIMORE

Trip no: 12411 Wednesday, May 25
Trip no: 12412 Thursday, May 26
Fee: \$70 Leave 8:45am, Return 4:00pm

A NEW TOUR! Dr. John Charlton will entertain us with an insight into Baltimore's unique "Little Italy". We will learn the how and why this little neighborhood got started and still remains closely knit. Dr. Charlton will meet us at the downtown statue of Christopher Columbus and then tour the community which started out with Irish settlers and became Italian and still remains Italian. We will visit one of Baltimore's hidden jewels "The Great St. Leo's Church" and learn many exciting facts about how and why these Italians took the risk of crossing the Ocean to America. You will be introduced to a number of Saints together with the customs of Little Italy, including "Bocce Ball"- a favorite pastime. Our tour guide is very familiar with many of the families, murals and legends. This is a trip you won't want to miss. At the end of the tour, we will have an Italian lunch, **included**, consisting of a total sampler of Chipparelli's Italian specialties.

**OUR ANNUAL SAILING TRIP ON CHESAPEAKE BAY
BOTH TRIPS ARE ON WEDNESDAY, JUNE 1**

Trip number: 12413 Wednesday, June 1
 Trip number: 12414 Wednesday, June 1
 Fee: \$80 Trip 12413: Leave 8:15am, Return 3:30pm
 Trip 12414: Leave 12:30pm, Return 7:30pm

Our ever popular sailing trip out of Annapolis is a great way to spend a relaxing day! Enjoy 4 hours under sail on a 76 foot-long sailboat with a professional captain and crew. A picnic lunch on board is **included**.

WHITE WATER RAFTING TRIP ON THE SHENANDOAH RIVER

Trip number: 12415 Wednesday, June 8
 Fee: \$85 Leave 8:00am, Return 4:15pm

This popular two and a half-hour rafting trip on the Shenandoah River is being offered again this year. An expert guide in each raft will lead our group through White Horse Rapids, down the famed Shenandoah Staircase and over Bull Falls (rated class II-III, which are easy to moderate in difficulty). Recommended attire is shorts, t-shirt, and sneakers. No hard-soled shoes. No experience required. Bring sunscreen, a towel, and a change of clothes. A fried chicken lunch is **included**.



TOUR OF SAGAMORE HORSE TRAINING AND BREEDING FARM OPERATED BY UNDER ARMOURS' OWNER

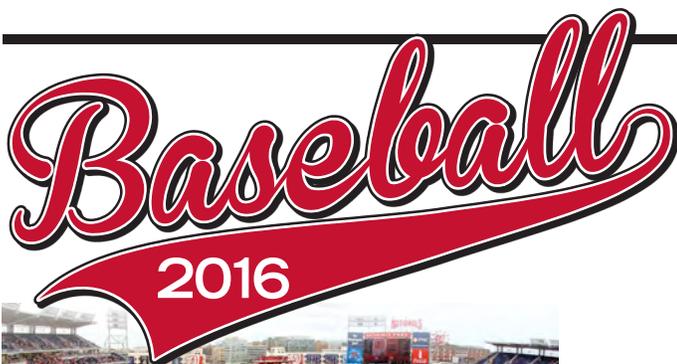
Trip number: 12416 Wednesday June 15 **OR** Thursday, June 16
 (We will be assigned one of these dates)
 Fee: \$65 Leave 8:30am, Return 5:30pm

Alfred Gwynn Vanderbilt II loved thoroughbred race horses and when he turned 21 years old, his mother gave him Sagamore, a magnificent horse training and breeding farm in a beautiful valley north of Baltimore City. There was a concern that the area would be developed which would mean one acre lots were coming next, and home builders would follow. In a bold and unique move, local residents came up with a plan to save the valley. It was successful enough so that when Kevin Plank came along, his idea picked up where Vanderbilt left off. Plank is the owner of Under Armour, and his commitment to breed and train a race horse that will win the Triple Crown began with saving Sagamore. We will walk this magnificent farm, meet the trainers and see the horses in an idyllic setting. Lunch, **included**, at nearby Friendly Farm is a huge treat you will enjoy.

MARINE CORPS EVENING PARADE, PRECISION MARCHING AND BAND CONCERT

Trip number: 12417 Friday, June 10
 Trip number: 12418 Friday, June 24
 Fee: \$30 Leave 6:15pm, Return 11:15pm

A Performance of music and precision marching, the Evening Parade features the "President's Own" USMC Band, the USMC Drum and Bugle Corps, and the USMC Silent Drill Platoon, a universal symbol of professionalism, discipline, and Esprit de Corps of the USMC. The ceremony reflects the story of the Marine Corps throughout the world. The Program is held at the Marine Corps Barracks in DC.



Join us for one or more of our baseball game trips this year. We will enjoy trips to two Nationals and two Orioles games this season. **All games this year are \$53.00 per person** and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. All trips return immediately after the games are concluded.

NOTE: THERE IS WALKING AND STEP CLIMBING REQUIRED AT EACH GAME.



Trip No.	Date	Teams	Depart
14248	Tuesday, May 3	Orioles vs. NY Yankees (Night Game)	4:30 pm
14252	Monday, June 27	Nationals vs. NY Mets (Night Game)	5:00 pm
14253	Thursday, July 21	Nationals vs. LA Dodgers (Night Game)	5:00 pm
14256	Tuesday, August 16	Orioles vs. Boston Red Sox (Night Game)	4:30 pm



feet

FAMILY ENTERTAINMENT
AND EXCITING TRIPS

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

Join us for our fun family and adult trips offered throughout each season and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave and return from the Olney Manor Recreational Park.

SPRING REGISTRATION BEGINS MONDAY, FEBRUARY 9, 2016 AT 8:30AM

THE PHILADELPHIA INTERNATIONAL FLOWER SHOW 2016 “EXPLORE AMERICA: 100 YEARS OF THE NATIONAL PARK SERVICE”

Trip number: 12386 Friday, March 11
Snow Date: Saturday, March 12
Fee: \$89 Leave 8:00am, Return 7:00pm

The 2016 PHS Philadelphia Flower Show will celebrate 100 years of the National Park Service. The 33 acre footprint will be devoted to telling the stories and sharing the vast beauty of our national parks to audiences from around the world. The world’s leading landscape and floral designers will create spectacular floral and garden displays centered around the national parks, featuring a “Big Timber Lodge” as the centerpiece. Shop from more than 100 vendors, sample wine and spirits from around the world; enjoy horticultural and culinary demonstrations, the “Butterfly Experience,” a miniature train garden that is new for this year, and more visit the many displays, exhibits and Kiosks at this fabulous show. You may want to visit Reading terminal Market just across the street from the Pennsylvania Convention Center; a fabulous food emporium which includes 80 merchants and a multitude of food and shopping options! **Fee includes: Transportation and general admission ticket. Meals are on your own.**

TOBY’S DINNER THEATRE, “SOUTH PACIFIC” COLUMBIA, MD

Trip number: 12387 Sunday, March 13
Fee: \$79 Leave 9:30am, Return 4:30pm

This Rodgers and Hammerstein classic features some of the most beautiful music ever composed for theatre. Love transcends both the harsh realities of war and social stereotypes in this sweeping tale that won a Pulitzer Prize and 10 Tonys. South Pacific features illustrious songs such as “Gonna Wash That Man Right Outa My Hair”, “Some Enchanted Evening”, and “Bali Hai”. This lush, exotic musical by Rodgers and Hammerstein tells of two love stories, both filled with the passion of wartime romance and the challenge of overcoming prejudice for love. Suitable for all ages! Toby’s matinee brunch offers a breakfast and lunch buffet, salad bar and ice cream sundae bar. **Fee includes: transportation, brunch buffet and show!**

**“SAMSON” SIGHT & SOUNDS MILLENNIUM THEATRE
LANCASTER, PA**

Trip number: 12388 Tuesday, March 29
Fee: \$134 Leave 9:30am, Return 8:30pm

The world's first superhero ... the strongest man who ever lived... but he's not a hero because of the strength of his hands, he's a hero because of the faith in his heart! One of the most captivating stories in the Bible, SAMSON is filled with colorful characters, extraordinary feats of strength, and amazing special effects that your whole family will love. When Samson stands between two colossal columns in a godless temple and starts to push - it's an immersive scene that literally brings the house down! Before the show enjoy a delicious buffet lunch at Miller's Smorgasbord & Shopping at the Gift and Bake shop along with the other adjacent shops to include Ruthie's, The Tea Parlor, The Bible History Exhibit and Twin Brook Winery. **Fee includes: transportation, buffet lunch and the show!**



**MAJESTIC THEATRE “CHERISH THE LADIES”
& PRE-SHOW LUNCH BUFFET IN PATRONS’ LOUNGE
GETTYSBURG, PA**

Trip number: 12389 Sunday, April 3
Fee: \$119 Leave 10:30am, Return 7:30pm

Experience the Majestic Theater in historic Gettysburg, Pennsylvania and spend an exhilarating afternoon with “Cherish the Ladies,” a first generation Irish-American all-female super group and one of the foremost Irish traditional music groups in the world! With their spectacular blend of virtuosi instrumental talents, sensational vocals, captivating arrangements and dynamic step dancing, this powerhouse group combines all the facets of Irish traditional culture in every performance. The New York Times describes “Cherish the Ladies” as “the most successful and sought after Irish-American group in Celtic music. Their music is passionate, tender and rambunctious.” The Washington Post writes “the six women who form the Celtic band deliver thoroughly engaging performances brimming with spirit, precision, wit and soul.” Before the show we will enjoy a delicious Hot Buffet Lunch in the Patrons’ Lounge on site complete with dessert and coffee station. **Fee includes: transportation, pre-show lunch buffet and show admission.**

**“THE SOUTHERN WOMAN’S SHOW”
RICHMOND, VA**

Trip number: 12390 Friday, April 15
Fee: \$59 Leave 8:00am, Return 5:00pm

Southern Women's Show - Richmond Find your Fabulous at the Southern Women's Show. The Southern Women's Show features one-of-a-kind shopping and will showcase a wide range of products and services related to women's lifestyle from the leading exhibitors such as apparel and fashion accessories, fitness and equipment, fashion and lifestyle, hand crafted arts, health and wellness, cuisine and entertainment, medical services, home decor, food, health, lifestyle, beauty and fragrance, confections and gift assortments, nutrition, skin care products, personal products, spa, work life and financial fitness, special guest appearances, prizes and more. For women of all ages. **Fee includes: transportation and show admission. Meals on your own at the food court on site.**

**LEESBURG FLOWER AND GARDEN SHOW
ANNUAL LEESBURG FLOWER AND GARDEN FESTIVAL,
LEESBURG, VA**

Trip number: 12391 Sunday, April 17
Fee: \$43 Leave 9:00am, Return 4:00pm

Historic Downtown Leesburg will once again be in full bloom as lush landscapes and gorgeous gardens fill the streets. Over 150 vendors will be on display, featuring landscape designs, gardening supplies, outdoor living items, plants, flowers, herbs and so much more! Stroll through the streets and take in sights and sounds of springtime. Whether gathering ideas for your new outdoor patio, stocking up on gardening supplies, or searching for a perfect gift for the avid gardener in your life, this event has something for everyone! But it is more than shopping – it's a full day experience when you take in all the sights and sounds of the festival. During your visit, be sure to visit our Main Stage to listen to some great tunes or take the kiddos to the children's area for some hands-on fun. Make it a point to check out the amazing landscape displays that grow up overnight then vote for your favorite! Be sure to hit the Wine and Beer Garden for a sampling of the region's finest spirits. **Fee includes transportation and show admission! Meals are on your own!**





THE 89TH ANNUAL SHENANDOAH APPLE BLOSSOM FESTIVAL "BLOOMIN' WINE FEST" WINCHESTER, VA,

Trip number: 12392 Friday, April 22
Fee: \$69 Leave 12:45pm, Return 8:45pm

Bloomin' Wine Fest" Enjoy live entertainment, great food, spectacular Virginia wines, and wonderful company. Join us to "Uncork the Bloom" at the United Bank Bloomin' Wine Fest, the official kick-off of the 89th Shenandoah Apple Blossom Festival. This truly unique outdoor wine festival is situated in downtown Winchester's original marketplace. There will be three distinctive wine gardens nestled between centuries old buildings and Virginia's first pedestrian mall. The event features 20 of Virginia's finest wineries offering wine tastings and wines sold by the glass or bottle and craft beers to taste and purchase by the glass. There will also be artisans bringing their own special flair, Tasty Festival foods and three stages presenting regional musical talents. **Fee includes: transportation, wine tasting and show admission! Meals are on your own.**

GROUNDS FOR SCULPTURE PAINT OUT PRINCETON HAMILTON, NJ

Trip number: 12393 Saturday, April 23
Fee: \$89 Leave 8:00am, Return 7:00pm

Nestled in the heart of central New Jersey lies Grounds For Sculpture, a magical place where art and nature are always at play. This garden has many beautiful trails that weave between a mix of sculptures that vary in size and magnitude. A number of the largest are reflective of famous works by the impressionists and post impressionists. It's Art al Fresco! Princeton Arts Council continues their Paint Out Princeton program at Grounds For Sculpture, where the beautiful landscape is a plein air painter's paradise! The 42 magnificent acres are enhanced by unique and rare tree specimens, in addition to a variety of plantings from stunning Maitland roses to larger-than-life lotus plants. Scattered throughout the landscape are more than 270 contemporary sculptures from both world-renowned and local artists. The interplay of art and nature is at its best at Grounds For Sculpture! The setting is certain to provide painterly inspiration in spring! Peacocks roam freely and are a welcome enhancement to your visit! Lunch voucher included for the on site cafés. **Fee includes: transportation, and lunch voucher.**



45TH ANNUAL "ARTS IN THE PARK" BYRD PARK RICHMOND, VA

Trip number: 12395 Saturday, April 30
Fee: \$49 Leave 8:00am, Return 5:00pm

Enjoy a day of fun in the sun, great food, entertainment. Arts in the Park is a nationally-rated, juried art show which offers the opportunity for you to see and purchase fine and original work produced by top-quality artists and crafts people from Virginia and throughout the United States. This Art & Craft exhibit has been a celebration of creativity for over forty years in the City of Richmond. It takes place on the Mall, and in the shaded groves of Byrd Park surrounding the Carillon. Woodwork, Glass, Fiber, Ceramics, Jewelry and Paintings are just a few of the craft media represented. Also enjoy a variety of food and beverage vendors throughout the event! **Fee includes: transportation and show admission! Meals are on your own!**



NATIONAL CATHEDRAL FLOWER MART NATIONAL CATHEDRAL, WASHINGTON, DC

Trip number: 12396 Friday, May 6
Fee: \$43 Leave 9:00am, Return 4:00pm

Washington, D.C.'s annual outdoor festival for garden Enthusiasts and families. The Flower Mart features annuals, Perennials, landscape exhibits, Olmsted Woods and Garden Tours. The Flower Mart encircles Washington National Cathedral with its tents and includes more than 80 booths offering gardening items, handbags, Jewelry, and much, much more! Each year one of Washington's Embassies is honored. Self-guided Tours of the Medieval Bishop's Garden and the beautiful Olmsted Woods and Amphitheater. The International Floral Displays inside the Cathedral, "Flowers Around the World" floral displays make the Nave even more breath-taking. Floral arrangements created by Washington Embassies give you a rare look at countries around the world through flowers. Food vendors will be stationed throughout the grounds offering a wide variety of foods including Asian specialties, pizza, BBQ, Southern cuisine, lobster rolls, baked goods and more! Meals are on your own! **Fee includes: transportation and admission!**

THE OCEAN CITY ANNUAL "SPRINGFEST" OCEAN CITY, MD

Trip number: 12397 Saturday, May 7
 Fee: \$59 Leave 7:30am, Return 7:30pm

Enjoy a day of fun in the sun, great food, entertainment, arts and crafts. Explore the 'Springfest', at your own pace. Visit the four huge big top tents located at the Inlet Lot at the South end of Ocean City's famous Boardwalk. Entertainment takes place on 2 stages throughout the day for your enjoyment! Food vendors will be serving up Eastern Shore delicacies and a wide assortment of foods for Your tasting pleasure Visit all the local boardwalk shops and amusements while enjoying the view of the Ocean and beach. Meals are on your own! **Fee includes: transportation.**



"MAYFEST 2016" HISTORIC SMITHVILLE SMITHVILLE, NJ

Trip number: 12398 Saturday, May 14
 Fee: \$59 Leave 7:30am, Return 6:30pm

"Mayfest" at Historical Smithville offers an abundance of family fun! There will be more than 100 juried crafters and vendors, an international food court, children's activities and live entertainment. Feeling a little hungry? Stroll on over to the international food court where you will find just about anything to satisfy your taste buds! Due to the large variety of food, making a decision can be tough but don't forget to save some room for dessert! If you want to avoid the lines, take your lunch break around 11-11:30am. After you order, you can enjoy the beautiful day as well as your lunch on one of our picnic benches! As if all of the crafters and vendors are not enough, the Smithville Village offers over 60 unique Shoppes. Each Shoppe offers something different! Can't decide which stores to visit? Stop by all 60! **Fee includes: transportation.**



"MILLION DOLLAR QUARTET" DUTCH APPLE DINNER THEATRE LANCASTER, PA

Trip number: 12399 Sunday, May 22
 Fee: \$89 Leave 9:15am, Return 6:15pm

Travel to Dutch Apple Dinner Theatre in Lancaster, Pennsylvania and spend an afternoon with the cast of "Million Dollar Quartet." On December 4, 1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins gathered at Sun Records in Memphis for what would be one of the greatest jam sessions in history. "Million Dollar Quartet" brings that legendary night to life, and it features a score made up of classic rock 'n' roll hits like "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?," "Matchbox," "Folsom Prison Blues," and "Hound Dog." Before the show enjoy a buffet lunch complete with dessert station and ice cream sundae bar! **Fee includes: transportation, buffet lunch and show!** Recommended for ages 10 and up.

OCCOQUAN SPRING ARTS & CRAFTS SHOW HISTORIC OCCOQUAN, VA

Trip number: 13493 Saturday, June 4
 Fee: \$43 Leave 8:00am, Return 4:00pm

In the spring, the Town of Occoquan hosts a two-day arts and crafts fair that boasts more than 300 vendors from a wide-range of arts and crafts. Both contemporary and country crafters and artisans from Occoquan and all around the United States participate in this event along the streets of historic downtown. More than 10,000 people visit Occoquan over the two-day show to browse the crafters and artisans, and visit many unique businesses and restaurants. Participating specialty shops, art galleries, And restaurants are open during the Show. Hidden away behind tents and booths these merchants provide many of the art and craft treasures that can be found in the show. **Fee includes transportation. Meals are on your own.**



LEWIS GINTER BOTANICAL GARDEN TOUR & ART WITH LEGO® BRICKS AWARD-WINNING EXHIBIT !

Trip number: 13494 Saturday, June 11
 Fee: \$84 Leave 8:30am, Return 5:30pm

Lewis Ginter Botanical Garden offers year-round spectacular gardens, dining and shopping. A classical domed Conservatory, it encompasses more than 40 acres and is home to a diverse collection of plants and wildlife. A true “living” museum, the Garden provides a multi-sensory experience with hands-on opportunities to engage all ages and interests. More than a dozen themed gardens include a Healing Garden, Fountain Garden, Asian Valley and Victorian Garden. Lewis Ginter Botanical Garden offers yet another way to connect with nature in Summer of 2016, through Nature Connects: Art with LEGO Bricks by Sean Kenney. Built from nearly half-a-million LEGO bricks by New York artist Sean Kenney, Nature Connects has 27 forms in 14 displays. Many of the forms range in size from goldfinches less than 5 inches to a bison more than 6 feet high. There’s even an opportunity for guests to be part of the exhibit with a photo opportunity built into a mosaic of a garden scene. We will have a guided tour with lunch at the self-service Garden Cafe. Shop at the Garden Shop with its distinctive merchandise. **Fee includes: transportation, admission, tour and lunch!**



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.

“KINKY BOOTS” AT JOHN F. KENNEDY CENTER FOR THE PERFORMING ARTS WASHINGTON , DC

Trip number: 13495 Saturday, June 18
 Fee: \$155 Leave 11:00am, Return 5:00pm

It’s Broadway’s huge-hearted, high-heeled hit! From Grammy Award-winning pop icon Cyndi Lauper and four-time Tony Award winner Harvey Fierstein comes the exhilarating musical “Kinky Boots.” Charlie Price has suddenly inherited his father’s shoe factory, which is on the verge of bankruptcy. Trying to live up to his father’s legacy and save his family business, Charlie finds inspiration in the form of Lola. A fabulous entertainer in need of some sturdy stilettos, Lola turns out to be the one person who can help Charlie become the man he’s meant to be. As they work to turn the factory around, this unlikely pair finds that they have more in common than they ever dreamed possible. Featuring a sensational score, knockout dancing and a spectacularly uplifting story. “Kinky Boots” is the must-see musical that proves that sometimes, the best way to fit in is to stand out! **Fee includes: transportation and show! Recommended for age 10 and up.**

FRONT PORCH TEA ROOM HIGH TEA, LUNCH & MARKETS AT SHREWSBURY! HALLEM, PA

Trip number: 13496 Saturday, June 25
 Fee: \$79 Leave 8:30am, Return 5:00pm

Welcome to The Front Porch Tea Room located in the quaint town of Hallam, Pennsylvania nestled among the rolling hills of Pennsylvania for a Tea Luncheon. From the homes expansive front porch, surrounded by large old trees and flower gardens, you are invited to step back in time and leave the hustle and bustle of the modern world behind. Take time to browse through the rooms filled with antiques, gifts, tea items and handmade crafts. Following your Tea Luncheon, on our way home, we treat you to a stop at The Markets At Shrewsbury Great Fun - great shopping the way it used to be! The Amish & Farmers Markets will please the most discriminating shopper with a large variety of fresh produce, meats, cheeses, salads, gourmet baked goods and home baked goods. On site eating establishments, coffee shop, and winery will quench your appetite and thirst! **Fee includes: transportation and High Tea Lunch!**



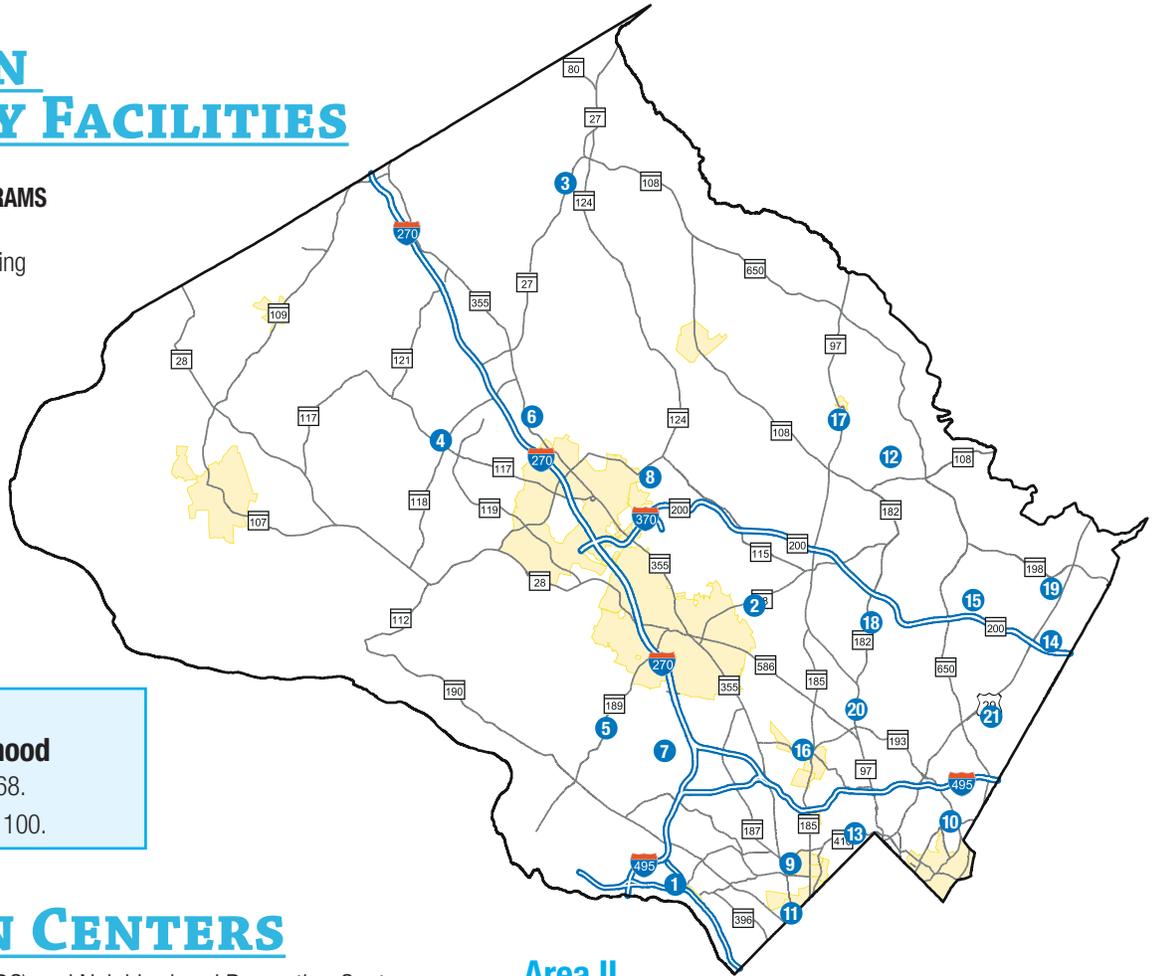
RECREATION COMMUNITY FACILITIES

COMMUNITY FACILITIES AND PROGRAMS

Mid-County CRC

2004 Queensguard Road, Silver Spring
240-777-4980

Community Facilities and programs consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Summer Fun Centers, and Regional Youth Sports.



Aquatic Centers: See page 8.
Senior & Senior Neighborhood Centers: Starting on page 68.
Facility Locations: See page 100.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 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

Area II

- 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

Area III

- 12 Ross J. Boddy CRC** 240-777-8050
18529 Brooke Road, Sandy Spring
- 13 Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 Good Hope NRC** 240-777-8090
14715 Good Hope Road, Silver Spring
- 16 Ken Gar Center** 240-777-8090
4111 Pliers Mill Road, Kensington, MD
- 17 Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 18 Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 19 Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 20 Wheaton NRC** 240-777-6940
11711 Georgia Avenue, Wheaton
- 21 White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring

Closed for Renovations

Closed for Renovations



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 Barnsley, Lucy ES..... 14516 Nadine DR, Rockville, 20853
 Bethesda ES.....5011 Moorland LN, Bethesda, 20814
 Cold Spring ES.....9201 Falls Chapel WAY, Potomac, 20854
 DuFief ES.....15001 DuFief DR, Gaithersburg, 20878
 Gibbs Jr., William B. ES..... 12615 Royal Crown Dr, Germantown, 20876
 Glenallan ES.....12520 Heurich Rd, Silver Spring, 20902
 Kensington-Parkwood ES.....710 Saul RD, Kensington, 20895
 Little Bennett ES23930 Burdette Forest RD, Clarksburg, 20871
 Luxmanor ES.....6201 Tilden LN, Rockville, 20852
 Oakland Terrace ES.....2720 Plyers Mill RD, Silver Spring, 20902
 Olney ES.....3401 Queen Mary DR, Olney, 20832
 Resnik, Judith A. ES7301 Hadley Farms DR, Gaithersburg, 20879
 Rock Creek Forest ES.....8330 Grubb Rd, Chevy Chase, 20815
 Rock Creek Valley ES5121 Russett RD, Rockville, 20853
 Rock View ES.....3901 Denfeld AVE, Kensington, 20895
 Rolling Terrace ES705 Bayfield ST, Takoma Park, 20912
 Sligo Creek ES.....500 Schuyler RD, Silver Spring, 20910
 Stedwick ES.....10631 Stedwick Rd, Montgomery Village, 20886

Middle Schools

Argyle MS.....2400 Bel Pre RD, Silver Spring, 20906
 Clemente, Roberto MS.....18808 Waring Station RD, Germantown, 20874
 Eastern MS.....300 University BLVD, Silver Spring, 20901
 Farquhar, William H. MS.....16915 Batchellors Forest RD, Olney, 20832
 Frost, Robert MS.....9201 Scott DR, Rockville, 20850
 Loiederman MS.....12701 Goodhill RD, Silver Spring, 20906
 Montgomery Village MS.....19300 Watkins Mill RD, Gaithersburg, 20879
 Parkland MS.....4610 West Frankfort DR, Rockville, 20853
 Tilden MS11211 Old Georgetown RD, Rockville, 20852
 Wood, Earle B. MS.....14615 Bauer Dr, Rockville, 20853

High Schools

Bethesda-Chevy Chase HS ... 4301 East West Highway, Bethesda, 20814

Parks

Argyle LP1030 Forest Glen RD, Silver Spring, 20901
 Darnestown LP14211 Darnestown RD, Darnestown, 0878
 Glenmont LP.....3201 Randolph RD, Wheaton, MD 20906
 Layhill LP.....14901 Layhill Rd, Silver Spring, 20906
 Meadowbrook LP.....7901 Meadowbrook Ln, Chevy Chase, 20815
 Norwood LP4700 Norwood DR, Chevy Chase, 20815
 Olney Family NP19117 Willow Grove RD, Olney, 20832
 Seneca Landing Boat Ramp.. 13300 Riley's Lock RD, Darnestown, MD 20837
 Spencerville LP.....15701 Good Hope RD, Spencerville, 20905
 Pilgrim Hills LP.....1615 E Randolph RD, Colesville, 20904
 Quince Orchard Valley NP 12015 Suffolk TER, Gaithersburg, 20878
 Veirs Mill LP4425 Garrett Park RD, Wheaton, 20906

Recreation Facilities

Bauer Drive CRC.....14625 Bauer DR, Rockville, 20853
 Clara Barton NRC.....7425 MacArthur BLVD, Cabin John, 20818
 Damascus CRC25520 Oak DR, Damascus, 20872
 East County CRC.....3310 Gateshead Manor WAY, Silver Spring, 20904
 Germantown CRC.....18905 Kingsview DR, Germantown, 20874
 Germantown ISC.....18000 Central Park Cir, Boyds,20841
 Gwendolyn Coffield CRC2450 Lyttonsville RD, Silver Spring, 20910
 Holiday Park Senior Center....3950 Ferrara DR, Wheaton, 20906
 Jane E. Lawton CRC4301 Willow LN, Chevy Chase, 20815
 Kennedy Shriver AC5900 Executive BLVD, N.Bethesda, 20814
 Long Branch CRC8700 Piney Branch RD, Silver Spring, 20901
 Longwood CRC.....19300 Georgia AVE, Brookeville, 20833
 MCR Offices4010 Randolph RD, Silver Spring, 20902
 Marilyn J. Praisner CRC14906 Old Columbia PKY,Burtonsville, 20866
 Martin Luther King SC.....1201 Jackson RD, Silver Spring, 20904
 Mid County CRC2004 Queensguard RD, Silver Spring, 20906
 Olney Swim Center16601 Georgia AVE, Olney, 20832
 Plum Gar CRC19561 Scenery Drive, Germantown, 20874
 Potomac CRC11315 Falls RD, Potomac, 20854
 Scotland NRC7700 Scotland Drive, Potomac, 20854
 Upper County CRC.....8201 Emory Grove RD, Gaithersburg,20877
 Wheaton NRC.....11711 Georgia AVE, Wheaton, 20902
 White Oak CRC.....1700 April LN, Silver Spring, 20904
 Wisconsin Place CRC.....5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Avant Garde.....5268 M Nicholson LN, N. Bethesda, 20895
 Dansez! Dansez!4907 Rugby AVE, Bethesda, 20814
 Dobre Gymnastics.....9168 Gaither RD, Gaithersburg, 20877
 Kritt Studio.....14817 Brownstone DR, Burtonsville, 20866
 Komodo USA Gaithersburg ... 402 Main St., Suite #200 B, Gaithersburg, 20878
 Komodo USA Germantown....19727 Executive Park CR, Germantown, 20874
 Maryland Table Tennis Center 18761 Q Frederick RD, Gaithersburg, 20879
 Restore Motion.....5410 Edson LN, #350, Rockville, 20850
 Thunder Taekwondo.....9507 Lawnsberry Ter, Silver Spring, 20901
 Yoga Plus Bethesda8200 Hamilton Springs CT, Bethesda, 20817
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MONTGOMERY PARKS • SPRING 2016



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REGISTRATION OPENS

...Tuesday, **FEBRUARY 16** for
BROOKSIDE GARDENS
ALL NATURE CENTERS
GOLF AT SG DRIVING RANGE

...Sunday, **MARCH 13** for
INDOOR TENNIS, SPRING 1

...Monday, **APRIL 18** for
ICE SKATING & HOCKEY, SPRING

...Sunday, **MAY 8** for
INDOOR TENNIS, SPRING 2

Registration Open NOW for
ALL SPRING BREAK CAMPS
ALL SUMMER CAMPS



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Spring 2016

Dear Montgomery County resident,

It's a bright morning in January as I write this, and it's nice to think about spring as I watch the remnants of winter storm Jonas (aka "Snowzilla") melt away. Nature gives us something to appreciate in every season, but there's nothing like spring's warmer temperatures, longer days and burgeoning new life to make me want to get outside and play.

All kinds of exciting things are springing up in Montgomery Parks in 2016! Here are a few highlights:

- The new Garden Gateway and Parking Garden at Brookside Gardens will be complete this spring. The project is a model of smart and sustainable planning and design, and we hope you'll be pleased with the results (including additional parking). Join us to celebrate with a ribbon-cutting on Friday, April 22; an Earth Day Festival on Sunday, April 24; and a Parking Lot Party on Friday, June 3. (page 106)
- Another huge project we're especially proud of is the new Visitor Center at Woodlawn Manor Cultural Center in Sandy Spring. The Stone Barn features multi-media presentations that tell the story of this bustling 19th century farm, celebrates the area's Quaker heritage, and pays tribute to the men and women who made a bold bid for freedom on the Underground Railroad. An opening celebration is scheduled for Saturday, June 11. (page 124)
- Come celebrate the renovations and additions to North Four Corners Park in Silver Spring with us on Sunday, April 17! There'll be music, refreshments, soccer, and a dog adoption show with PetConnect Rescue from 2-4pm. Visit MontgomeryParks.org/festivals for more details as the event shapes up.
- Teachers, this one's for you. If you're looking for exciting, innovative field trips, outreach programs and classroom resources to help your students meet their Environmental Literacy standards, look no farther. Montgomery Parks is hosting a free Educator's Open House on Thursday, March 3 from 5:30-7:30 pm at the Brookside Gardens Visitor Center. Representatives from more than 25 DC-area science and environmental groups will be there, including our four Nature Centers, Brookside Gardens, Montgomery Parks Volunteer Service, the Audubon Naturalist Society, Alice Ferguson Foundation, Chesapeake Bay Trust, and the National Park Service. (page 131)
- Hallelujah, Pauline Betz Addie Tennis Center now has central air conditioning. No more (extra, non-sports-related) perspiring in the summer heat and humidity. Come to their Open House on Saturday, March 19, 5-7pm for free tennis games, refreshments and more. (page 165)
- Wheaton Sports Pavilion is now offering lacrosse clinics and camps for kids. They also have pick-up soccer games, and you can rent the field and party room for birthday or other celebrations. (page 159)

Happy spring,

Casey Anderson
Chair, Montgomery County Planning Board
and Chair, Maryland-National Capital Park and Planning Commission

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MontgomeryPlanningBoard.org E-Mail: mcp-chair@mncppc.org



OPEN for FUN!



It's SPRING...which means Montgomery Parks' seasonal facilities will open soon... which means it's time for you to go outside and PLAY in Montgomery Parks!

South Germantown Driving Range

NOW OPEN YEAR-ROUND!
Visit the website for hours, and see page 156 for more info.

www.SGDrivingRange.com

Little Bennett Campground

OPENING FRIDAY, MARCH 4 for weekend camping
Full-time camping starts April 1. Online reservations are now open at ActiveMONTGOMERY.org!

www.LittleBennettCampground.com

Lake Needwood Boats

OPENING SATURDAY, APRIL 30
Rent boats weekends only in May; full-time schedule starts Memorial Day weekend. Call to reserve your mooring site, beginning Tuesday, February 16.

www.LakeNeedwoodBoats.com

Black Hill Boats

OPENING SATURDAY, APRIL 30
Rent boats weekends only in May; full-time schedule starts Memorial Day weekend. **NEW!** Reserve your mooring site **online** at ActiveMONTGOMERY.org beginning Tuesday, February 16.

www.BlackHillBoats.com

South Germantown Splash Playground & Mini-Golf

OPENING SATURDAY, MAY 28
Open weekends through June 12, and daily beginning June 18

www.SplashandGolf.com



Cabin John Train and Wheaton Train & Carousel

OPEN MARCH 26-APRIL 3 for Spring Break, 10am-6pm
Visit the websites for full schedules.

www.CabinJohnTrain.com

www.WheatonTrainandCarousel.com



www.MontgomeryParks.org

Please check facility websites for specific operating schedules





MONTGOMERY PARKS Directory

ARCHERY

Classes offered in **South Germantown Recreational Park**
See contact information under "Driving Range/Golf" with questions.

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-528-3466 Boat House
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-563-7540 recorded info • 301-563-7544 in season
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-670-4661 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Sports Pavilion; use Orebaugh Avenue entrance.

DRIVING RANGE/GOLF

South Germantown Driving Range 
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

EVENT CENTERS

Montgomery Parks Event Centers are the natural choice for a wedding, anniversary, family reunion, retirement party, business meeting or retreat! Visit www.ParkEventCenters.org for more information.

Brookside Gardens • Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 • Event.Manager@MontgomeryParks.org
www.ParkEventCenters.org or www.BrooksideGardens.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-528-6010 • SenecaLodge@MontgomeryParks.org
www.ParkEventCenters.org or www.LodgeatSeneca.org

Rockwood Manor
11001 MacArthur Boulevard, Potomac, MD 20854
301-563-7510 • RockwoodManor@MontgomeryParks.org
www.ParkEventCenters.org or www.RockwoodManor.org

Woodlawn Manor
16501 Norwood Road, Sandy Spring, MD 20860
301-774-1900 • WoodlawnManor@MontgomeryParks.org
www.ParkEventCenters.org or www.WoodlawnManor.org

GARDENS

Brookside Gardens • Wheaton Regional Park 
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

GOLF*

* Golf courses are operated by the Montgomery County Revenue Authority. Visit www.MCGGolf.com for information.

Little Bennett Golf Course • 301-253-1515

Needwood Golf Course • 301-948-1075

Northwest Park Golf Course • 301-598-6100

Sligo Creek Golf Course • 301-585-6006

HORSEBACK RIDING & STABLES*

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

*Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park and Planning Commission.

ICE SKATING

Cabin John Ice Rink 

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena 

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center 

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center 

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center 

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center 

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

Wheaton Sports Pavilion 

Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com
200' x 85' covered synthetic turf playing field;
rent for soccer, lacrosse, futsal, parties and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks outdoor athletic fields is managed by the Office of Community Use of Public Facilities (CUPF). To reserve a field, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

SKATEBOARDING, INLINE SKATING & BMX

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

NEW! OMSP is now an unsupervised facility & FREE to the public. See web for details.

TENNIS (INDOOR)

Montgomery TennisPlex*

in South Germantown Recreational Park
18010 Central Park Cir., Boyds, MD 20841
240-477-4430 • www.MontgomeryTennisPlex.com

**This facility is managed by a private operator through a partnership with the Maryland-National Capital Park and Planning Commission. Please contact them directly for more information about their classes and programs.*

Pauline Betz Addie Tennis Center 

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis 

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (OUTDOOR)

Outdoor courts are available to use at no cost on a first-come, first-served basis in 127 different Montgomery Parks (unless they've been reserved through Park Permits). Group lessons are held on select courts in the spring, summer and fall through Montgomery Parks—see "Indoor Tennis" above.

Outdoor tennis lesson info: ActiveMONTGOMERY.org
Complete court list: www.MontgomeryParks.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (MINIATURE)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-563-7545 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

 = Get full-service help with ActiveMONTGOMERY registration at this facility!

CONTACT INFORMATION

- To report maintenance issues or problems in a park: **301-670-8080**
- To reserve a picnic shelter or Park Activity building: **301-495-2525** www.ParkPermits.org
- Athletic Field Rainout number: **301-765-8787**
- Park Police: **301-949-3010**
- To volunteer in the Parks: www.ParksVolunteers.org
- General Information: **301-495-2595** www.MontgomeryParks.org
- Accessibility Information: **301-495-2477**
ProgramAccess@MontgomeryParks.org
MontgomeryParks.org/ADA
- ActiveMONTGOMERY**
Info@ActiveMONTGOMERY.org
Call 301-495-2580 (10am-4:30pm) for Parks, or 240-777-6840 (8:30am-4:30pm) for Rec
- For info about a specific park: www.MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at <http://twitter.com/MontgomeryParks>
- Support MontgomeryParks! Visit www.MontgomeryParksFoundation.org



Garden Gateway Ribbon-Cutting CEREMONY

FRIDAY, APRIL 22 ♦ 11:00AM

Join Montgomery County leaders and other Brookside Gardens supporters to celebrate the official opening of the Garden Gateway!

Ribbon cutting and light refreshments @ 11am

Free; no registration required. Meet at the Visitors Center entrance.

Volunteer Planting Project 9-10:45am

Call 301-962-1429 if you'd like to volunteer to help with planting projects.



SPRING EVENTS AT

Brookside
GARDENS

EARTH DAY FESTIVAL

04.24.2016 NOON-4PM

OUR PLANET IS PRICELESS!

Come to Brookside to celebrate our world, and learn ways to keep it healthy. Join us in the morning for a volunteer project in the gardens.

The afternoon offers something for everyone:

- Green Craft Fair • Native Plant Sale
- Family Activities • Live music with *Nature Jams* ...and more.

FREE; NO REGISTRATION REQUIRED

Interested in volunteering with planting projects?
Call 301-962-1429 for more information.

PARKING LOT PARTY

FRIDAY, JUNE 3, 6-10PM
VISITORS CENTER PARKING GARDEN



denizens
brewing co.

will be sold at the party

Don't miss Brookside Gardens' Parking Lot Party, where you can reserve your parking spot to decorate, and tailgate in our beautiful new Parking Garden. Best decorations win a prize! Relax with family and friends listening to the summer sounds of **Sons of Pirates**, Maryland's favorite beach band (with a splash of classic hits thrown in!), plus food truck fare and beer from **Denizens Brewing Co.** (both available for purchase), lawn games, and lots of friendly faces.

Fee: **\$50** per parking space; \$45 FOBG

Parking space set-up: 5-6pm; Party begins at 6pm. *Registration required.* Course #16470



1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org

Children's Programs

Saturday Morning Story Time

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Each week a different story will be read followed by a hands-on craft. No registration required. Ages 3-6. Free. Saturdays, 10-11am, March 5-June 11



Flower Buds

This program meets the second Monday of every month. We'll feature gardening activities, stories, crafts and garden walks for children ages 3-5 with a parent. Fee: \$7. Mondays, 10:30am-Noon.
Course #14829, Monday, March 7
Course #14830, Monday, April 11
Course #14831, Monday, May 9

St. Patrick's Day Green and Growing Scavenger Hunt

You don't have to be Irish to like the color green! Follow giant green footprints and clues to discover where the leprechaun's going! Along the way leprechaun helpers will trick you into some healthy activities! Craft activities are followed by guided garden walks departing on the half hour beginning at 10:30am. Last walk leaves at noon. Ages 2-5. Fee: \$7. Thursday, March 17.
Course #14841. Choose a time:
10am | 10:30am | 11am | 11:30am | Noon



Fairy and Gnome Container Garden

Spring Break Spring is in the air and garden fairy folk will be gathering soon. In this parent/child workshop have fun selecting a container or up-cycling a wooden box into a mini landscaped container garden. Use your imagination to incorporate natural materials—moss, rocks, shells, seeds, cones and plants—and of course, a few fairy folk. Ages 6-12. Fee \$22
Course #14846 • Thursday, March 24, 10am-Noon
Course #14849 • Tuesday, March 29, 10am-Noon

Mosaic Garden Stepping Stones

Spring Break Make three colorful 8" keepsake stepping stones for your garden! Use colorful stones, mosaic tiles, or cement shapes. Perhaps you have a keepsake item you would like to preserve in your stone. Ages 6-12. Fee \$24
Course #14852 • Thursday, March 31, 10am-Noon



Cooking in the GARDENS

Cooking Demonstrations

Take a delectable series of cooking classes at Brookside Gardens! Each class focuses on healthful recipes with seasonal and local fruits, vegetables, and herbs. Enjoy samples of the dishes, prepared as you watch, using easy-to-follow recipes that you can try at home. Ages 18 & up. Fee: \$35 (FOBG \$31)

Spring Roots with the Cook Sisters

Potatoes, radish and turnips are nosing up out of the ground in the coming weeks. Brookside staff will share the particulars on growing these delicious roots, and the Cook Sisters will share ways to cook them and incorporate them into your spring menus. Course #14873
• Wednesday, March 16, Noon-1:30pm

Top to Toe with the Cook Sisters

Some plants are entirely edible, from top to bottom. This class will cover two delicious examples: beets and sweet potatoes. The Cook Sisters will talk about how to cook each part, and Brookside staff will be on hand to explain a bit of plant anatomy. Course #14874
• Wednesday, April 13, Noon-1:30pm

Cooking Techniques:

Mighty Alliums with the Cook Sisters Garlic and their scapes (flower stalks), onions, shallots, and leeks all are part of the Allium family. Brookside staff will share their knowledge of these plants, and the Cook Sisters will cook up new recipes using these healthy and flavor-packed vegetables. Course #14875
• Wednesday, May 11, Noon-1:30pm



Horticultural Workshops

The Mid-Atlantic is home to a wide range of well-known horticulturists, botanists, authors, and speakers. Get to know the experts in your own backyard!

Dealing with Deer & Other Mammal Pests

Kathy Jentz, Editor/Publisher, Washington Gardener Magazine

Bambi may be cute, but he and the rest of the herd are very hungry and would love to make a feast of your garden. Learn some proven and humane tactics to keep your edible and ornamental gardens safe from deer, rabbits, rats, groundhogs, and other warm-blooded creatures. Fee \$22 (FOBG \$20). 2-4pm. Course #14868 • Thursday, March 31

Make & Take Rain Barrels

with Montgomery County Department of Environmental Protection

Gather and store water from your rooftop to help control the stormwater impact to your yard. Each participant will receive a rain barrel with fittings and simple instructions. Remember, you'll need a vehicle large enough to fit a 55-gallon barrel! Ages 18 & up. Fee: \$15 (FOBG \$13). 10am-1pm. Course #14870 • Friday, April 1 Course #14871 • Saturday, April 2

Hanging Baskets

with Joan O'Rourke, Friends of Brookside Gardens
Create your very own display of flowers and foliage in a hanging basket. Beautiful new plant color introductions will add surprises to this perennially favorite workshop. Ages 18 & up • Fee: \$50 (FOBG \$45) • Friday, May 6 Course #14889 • 10-11:30am | #14890 • 12:30-2pm

Container Gardening Basics and Beyond

with Kathy Jentz, Editor/Publisher, Washington Gardener Magazine

Kathy will discuss the basics of growing successful container plantings—from ornamental to edible—as well as the different styles and fashions in container gardening. Ages 18 & up • Fee: \$22 (FOBG \$20) • Thursday, May 12 Course #14891 • 2-4pm | Course #14892 • 7-9pm

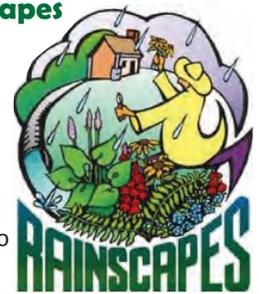
Best of Brookside

with Joan O'Rourke, Friends of Brookside Gardens
Joan has chosen some of her favorite perennial plants from Brookside displays for a container that will grace your garden for many seasons to come. Fee includes all materials, including a 14-inch container. Ages 18 & up • Fee: \$50 (FOBG \$45) Course #14893 • Wednesday, May 18 • 10-11:30am Course #14894 • Thursday, May 19 • 10-11:30am

Conservation Landscapes and Rain Gardens

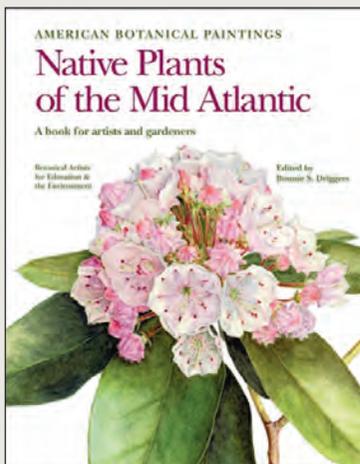
Montgomery County Department of Environmental Protection

It is possible to have a landscape that not only absorbs stormwater and uses native plants, but is also beautiful! The Department of Environmental Protection staff will show you how to evaluate your site, design and implement a landscape, and qualify to receive a RainScapes Reward rebate. Ages 18 & up • Fee: \$15 (FOBG \$13) Course #14895 • Thursday, May 19 • 4-7pm Course #14896 • Saturday, May 21 • 10am-1pm



GREEN MATTERS SYMPOSIUM 2016
a Garden GATEWAY
Environmentally friendly landscape design and construction
Fri., April 8 • 8:30am - 4pm

REGISTER ONLINE for course #14881 at ActiveMONTGOMERY.org



Brookside Gardens Speaker Series

Get to know some of our local garden experts and authors! Ages 18 & up.

Native Plants of the Mid-Atlantic

Pamela Mason, Botanical Artists for Education & the Environment
Come and be introduced to some of our wonderful local botanical artists! The Botanical Artists for Education and the Environment has recently published *Native Plants of the Mid-Atlantic*, a collection of beautiful illustrations of our local flora. Hear about the beautiful featured plants and the creators' artistic process, then mingle and get your copy of the book signed by the artists. Fee \$15 (FOBG \$13). Course #14878 • Sunday, April 3 • 1-2:30pm

Hometown Habitat Lecture and Screening

Catherine Zimmerman, documentary filmmaker, author and landscape designer
Learn how and why native plants are critical to the survival and vitality of local eco-systems with author, landscape designer and documentary filmmaker Catherine Zimmerman. Talk will be followed by a screening of her latest documentary, *Hometown Habitat*, made in partnership with the Chesapeake Conservation Landscaping Council and featuring Doug Tallamy, entomologist and author of *Bringing Nature Home*. Fee \$15 (FOBG \$13). Course #14879 • Saturday, May 14 • 10am-Noon

Garden Walks, Talks & Demos

Weekend Garden Walks

Enjoy free tours of Brookside Gardens in Wheaton or McCrillis Gardens in Bethesda. Brookside Gardens is an award-winning display garden, featuring an abundance of annual and perennial displays throughout the season. McCrillis Gardens is a naturalistic strolling garden, offering shady woodland walks and splashes of color in spring. Highly trained, knowledgeable guides offer engaging horticultural tours, focusing on the plants that make each garden unique. Free; registration required.

Brookside Gardens Saturday Walk

Meet at Visitors Center Entrance.

Ages 18 & up. Free. 10-11am.

Course #14905 • Saturday, April 23

Course #14906 • Saturday, May 21

McCrillis Gardens Sunday Walk

Meet at McCrillis House in Bethesda at

6910 Greentree Rd. Ages 18 & up. Free. 2-3pm.

Course #14901 • Sunday, May 1

Course #14902 • Sunday, May 8

Course #14903 • Sunday, May 15

Course #14904 • Sunday, May 22

Plants of the Garden Gateway

with Phil Normandy, Brookside Gardens Staff

Our new parking lot is complete, and the planting has begun! Join Phil Normandy for a walking tour of beautiful new garden spaces as he talks about the design process and paints a picture of the mature garden a few years down the road. Ages 18 & up.

Course #14919. Fee: \$7 (FOBG \$6)

• Tuesday, April 26 • 1-2:30pm



Xcursions

Come discover the rich horticultural tradition of the mid-Atlantic region with Brookside Gardens! Visit gardens public and private, go behind the scenes at nurseries, and explore the unique plants and landscaping of our region. From short local trips to full-day, out-of-state adventures, there is an Xcursion just for you. Please be sure to wear walking shoes and dress for the weather. For ages 18 & up.

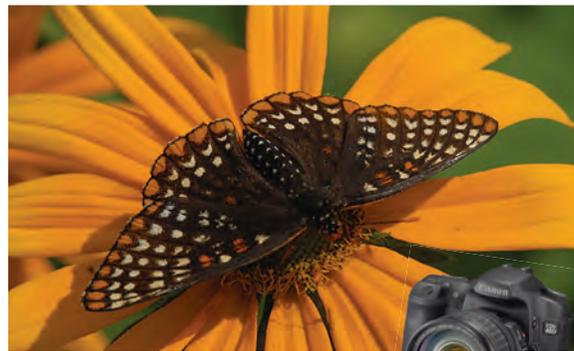
Fleeting Flora

with Rochelle Bartolomei

Spring ephemerals are native woodland plants that emerge early to take advantage of the spring sun before the tree canopy fills in. Among these fleeting plants are some of the most delicate and unusual species in our area. Take a walk at Turkey Run Park with Rochelle Bartolomei, head of Montgomery Parks' Native Plants Program, to learn more about these plants and how you can encourage their growth in your own garden. Includes van transportation; please bring a brown bag lunch. Ages 18 & up • Course #14882 • Fee: \$45 • Wednesday, April 20 • 10am-3pm

Maryland Natives: On Land and by Sea

Discover more about the plants in your own backyard. We'll begin the day at Jug Bay Wetlands Sanctuary for a wetland ecology tour by canoe. In the afternoon we will stop by Chesapeake Natives, Inc., an organization that works to promote, propagate, and protect the native plants of our region. Includes van transportation; please bring a brown bag lunch. Ages 18 & up. Fee: \$65. Course #14883 • Tuesday, May 24 • 8am-4pm.



Photography

Focus on Butterflies

Bring your tripod and enjoy two quiet hours of photography in our "Wings of Fancy" Live Butterfly and Caterpillar Exhibit before it opens to the public. Register for as many sessions as you like. Ages 18 & up. Fee: \$30 (FOBG \$27). 8-10am.

Course #14909 • Saturday, May 14

Course #14910 • Sunday, May 22



EDUCATORS' OPEN HOUSE

MARCH 3

Meet with more than 25 Washington-area education providers and get great new ideas for science and environmental programming.

Staff from all four Montgomery Parks Nature Centers and Brookside Gardens will be there...we hope you will be, too.

See p.131 for a complete list of exhibitors and more information

Treat Your Kids to a BROOKSIDE GARDENS SUMMER CAMP!

- Botanical Art Camp
- Butterfly Flutterby Fun Camp
- Farms, Food, Fun & Sun Camp
- Garden Detectives & Discoveries Camp
- Grow Together Gardening Camp



Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org!



Brookside Gardens School of Botanical Art & Illustration

The pleasurable pursuit of drawing plants from field, woods or garden opens your eyes to see the true beauty in nature. Even a pesky weed can charm when viewed up close and drawn in detail. Enter the world of the botanical artist!

Workshops & Short Courses

Fibonacci Spiral Patterning with Joan Ducore

Nature has many examples of this spiral pattern: pinecones, sunflowers and many succulents, to name a few. The pattern is a common technique to maximize space and exposure to light and water. Learn how to break down and simplify the pattern to reproduce it artistically in these complex subjects.

Ages 18 & up.

Course #14864 • Fee: \$60 (FOBG \$54)

Saturday, May 14 • 10am-1:30pm



Visit BrooksideArtSchool.org
for more classes and information

Painting on Vellum with Denise Walser-Kolar

A renowned botanical artist, Denise is inspired by renaissance illumination and is incredibly talented in creating modern-day botanical interpretation of these works. Learn Denise's technique for painting on vellum during this four-day workshop. Begin by doing some exercises on small bits of vellum to learn technique and get a feel for painting on this surface. Then choose a small fruit to draw and paint. This class combines demonstrations, discussion of materials and techniques, hands-on time for developing skills, and lots of individual attention. Handouts with step-by-step instructions will be provided. Ages 18 & up.

Course #14863 • Fee: \$450 (FOBG \$430)

4 Classes: April 28, 29, 30; May 1 • 10am-3:30pm

The Art of Botany with Tina Thieme Brown

Plants are truly a work of art—the more you know about them, the more beautiful they become! You will learn how to observe and identify plants, as well as understand their anatomy through dissection—all from an artist's perspective. If you would like to portray plants more realistically in art, or just grow in your appreciation of them, this class is for you. Ages 18 & up.

Course #14862 • Fee: \$245 (FOBG \$220)

5 Classes: Thursdays, April 7—May 5 • 10am-1:30pm



Wings OF FANCY

April 27 - September 25, 2016

10:00am- 4:00pm daily

\$8.00 adults • \$5.00 ages 3-12

**Save money by purchasing your FREQUENT VISITOR PASS
and enjoy unlimited return visits this season!**





in search of Historic Sites volunteers

301-650-4373 • HistoryInTheParks.org

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages and become a trained volunteer tour guide!

FREE training (and cool hats) provided. Volunteer opportunities meet SSL requirements. Visit our website for more information.



Oakley Cabin African American Museum & Park
Underground Railroad Trail • Kingsley Schoolhouse
Josiah Henson Park • Agricultural History Farm Park
Woodlawn Manor Cultural Park



WE OUR VOLUNTEERS



Volunteering in Montgomery Parks is such a natural thing to do! We love the folks in our communities who get involved—and we think you'll love working with us, too. Some of the many spring volunteer opportunities are shown below, and you'll find even more on our website. Visit ParksVolunteers.org today, and apply!

YOU'LL OUR SPRING VOLUNTEER OPPORTUNITIES!

HOW DOES YOUR GARDEN GROW?

Saturday, March 6

Share your advice and expertise on plants at this day of garden talk and practice at Black Hill Nature Center.

NATIONAL WILDLIFE WEEK

Sunday, March 13

You can help us with crafts, activities and fun games that celebrate the start of National Wildlife Week at Locust Grove Nature Center.

ANNUAL EGG HUNT

Friday, March 25

Families scramble through the meadows at Meadowside Nature Center hunting for real eggs to dye and decorate, with the help of volunteers like you!

CREEK CRITTERS

Saturday, April 30

Come help kids accomplish something important and fun as they catch critters in Cabin John Creek and identify them.

RAPTOR FESTIVAL

Saturday, May 1

Families come to explore the world of owls, hawks and eagles through games, crafts and more, with your help!

FLOCKS & FARMS FESTIVAL

Sunday, May 22

Come help the Black Hill naturalists celebrate the Ag Reserve and its role in helping bluebirds and other cavity-nesters. Assist with crafts and many other activities this afternoon.

GARLIC MUSTARD PULLS

May

Help us get rid of this easy-to-pull, annoyingly hard-to-get-rid-of plant that threatens the beautiful ecosystems of Rachel Carson, Dickerson and Blockhouse Point Conservation Parks—some of the best natural areas in Montgomery Parks.

ONGOING OPPORTUNITIES

TRAIL WORKDAY VOLUNTEERS

March—June

Spring into action by volunteering on one of many weekend Natural Surface Trail Workdays this spring. It's a great way to enjoy the outdoors while improving a valuable community resource.

WEED WARRIOR FOR A DAY

Join our Weed Warrior supervisors to help save the forest, and learn how you can keep the native plants in your neck of the woods safe!

NATURE CAMP COUNSELORS

Summer

Summer Camps at the Nature Centers are great fun and require only a week-long commitment. These often fill up fast, so sign up soon! Come help with camping or a trip to the Chesapeake Bay!



For more information, please go to our website or call our office
www.ParksVolunteers.org | 301-495-2504

APRIL IS EARTH MONTH

VOLUNTEER IN PARKS

HELP MONTGOMERY PARKS & THE ENVIRONMENT:

CLEAN UP LOCAL PARKS & STREAMS | REPAIR NATURAL SURFACE TRAILS

REMOVE NON-NATIVE INVASIVE PLANTS | PLANT NATIVE PLANTS

HELP MARK STORM DRAINS | TAKE PART IN THE GARLIC MUSTARD PULL

BECOME A WEED WARRIOR | VOLUNTEER AT A NATURE CENTER

WWW.MONTGOMERYPARKS.ORG/EARTHMONTH

**Most Montgomery Parks volunteer activities are Student Service Learning (SSL) approved by MCPS*

www.ParksVolunteers.org | 301-495-2504



Calling all history buffs, inquisitive geeks and the generally curious

Group Historic Sites Tours

Mon - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Kingsley Schoolhouse
Woodlawn Manor Cultural Park ♦ Josiah Henson Park

Students grades 3 and up, Seniors, Clubs & Organizations ♦ HistoryInTheParks.org

Dig into the past!

ParksArchaeology.org | 301-563-7530

FAMILY ARCHAEOLOGY DAY

Saturday, May 7th
10 am - 3 pm

\$10 per person | \$20 family
Bring a bag lunch and stay for the day!



- 19th century Slave Quarters Dig Exhibit
- Mansion Tours
- Simulated Archaeology Dig for Children
- Storytelling, Old-time games, and Crafts

BROUGHT TO YOU BY:
M-NCPPC Montgomery Parks and The Archaeology Society of
Maryland, Mid-Potomac Chapter

SUMMER CAMPS FOR KIDS

June 27 through July 29 | 9 am - 3 pm
For ages 9 to 13

EXTENDED CARE

June 27 through July 29 | 3 pm - 5:30 pm
For ages 9 to 13

LEADERSHIP TRAINING

June 20 through July 1 | 8 am - 4 pm
For teens

Check online for class #s and fees.

Needwood Mansion
6700 Needwood Road, Derwood, MD

ActiveMONTGOMERY.org

2nd Annual

FREE!

Montgomery County

GREEN
FEST

SATURDAY APRIL 30

Celebrating the
PEOPLE and the
ENVIRONMENT
of **Montgomery County!**

11 am - 4 pm

**Takoma Park
Community Center**

7500 Maple Avenue

To request ASL interpretation
or other accommodations at
this event, visit our website.

**Explore your path
to a greener life!**

- inspirational speakers
- music
- films
- vendors
- electric vehicle show
- DIY workshops
- food
- activities for all ages

MontgomeryCountyGreenfest.org • near Takoma Metro





Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

MARCH 2016

TBD Salamanders Went Out on a Rainy Night #13580

Once a year, on warm, rainy nights, elusive spotted salamanders migrate to breeding pools to mate and lay eggs. Sign up now to join us on that *unknown March date* and we'll contact you the

day of the hike. Meet at Rachel Carson Conservation Park, 22201 Zion Road, Brookeville, MD. Please register all participants. Wear shoes or boots you don't mind getting muddy, dress for the weather, and bring a flashlight. Children should be comfortable walking in the woods at night. The hike is about 1.5 miles round-trip. Be sure all your contact information is up to date!
1 & up • Free • Day TBD, 7:30-9pm

3/1 Time for Tots: Lost in the Woods #13551

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *Lost in the Woods* by Carl R. Sams and Jean Stoick. FOBH \$5
2-5yrs • \$6 • Tuesday, 10-11am

3/5 Beautiful Bluebirds #13581

Learn all about where these beautiful native birds live, how they nest, and what you can do to attract them to your yard. Get instructions on how to build and monitor your own bluebird nest box. Homeowners and bluebird fans welcome! FOBH \$5
5 & up • \$6 • Saturday, 1-2pm

3/6 Harpists at the Visitor Center #13534

Join us for an afternoon of beautiful harp music and the natural beauty of Black Hill all around you. No need to register; just come to the Visitor Center and enjoy.
All Ages • Free • Sunday, Noon-2pm

3/6 How Does Your Garden Grow? #13582

Whether you're a novice or an expert, all are welcome for a day of garden talk and practice. Naturalists, gardening pros, and Master Gardeners will share their advice and expertise. Bring your questions or tips to share with other plant lovers. We'll have activities for the whole family! No registration required for this free event.
All Ages • Free • Sunday, Noon-4pm



3/7 Nature Babies #13583

Let's get your infant off to a nature-loving start. Park naturalists will use the amazing colors, textures and patterns of nature to help develop your baby's sense of the world around them. Siblings under 6 are welcome, too. FOBH \$5
3m-1½yr • \$6 • Monday, 10-11am

NEW!

A 3/12 Spring Birding at Black Hill #13557

Join us as we celebrate spring migration with a relaxed morning of birding. We'll be searching for everything from ducks to warblers. Sightings of Black Hill's resident bald eagles are also possible. After viewing the lake from the Visitor Center deck, we'll drive to other good birding locations around the park. Beginning birders are welcome. Please bring binoculars if you have them; spotting scopes are provided. FOBH \$11
16 & up • \$12 • Saturday, 9-11:30am

3/12 Family Hike Club: Froggy Hollow #13528

The first rule of Hike Club is to have fun! Bring the kids, Grandma, Grandpa, Cousin Eddie and the dog with you and hike together on the trails. Each family-friendly hike will be around two to three miles long. Please dress for the weather, bring water and be sure to register all hikers; kids hike free! Today we'll hike the Froggy Hollow Trail in Little Bennett Regional Park, and get a special tour of Kingsley Schoolhouse, too! Meet at the Froggy Hollow trailhead parking lot on Clarksburg Road. FOBH \$6/adult
3 & up • \$7/adult • Saturday, 2-3:30pm

3/12 Campfires at Black Hill: Spring Sounds #13561

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center; bring a chair or blanket. FOBH \$5
1 & up • \$6 • Saturday, 6:30-7:30pm

3/13 An Egg Is Quiet Storytime #13587

We'll share the beautifully illustrated story *An Egg Is Quiet* by Dianna Aston and then explore for ourselves what makes eggs so extraordinary. We'll observe how bird, amphibian, and reptile eggs are different and alike! After our eggs-ploation, we'll make a fun craft to take home. FOBH \$5
3-6yrs • \$6 • Sunday, 10-11am

A : Activities for Adults



EDUCATORS' OPEN HOUSE
MARCH 3

Meet with more than 25 Washington-area education providers and get great new ideas for science and environmental programming.

Staff from all four Montgomery Parks Nature Centers and Brookside Gardens will be there...we hope you will be, too.

See p.131 for a complete list of exhibitors and more information



A 3/12 Blackwater National Wildlife Refuge EAGLE FESTIVAL #13586

Take a day trip with us to the Blackwater National Wildlife Refuge's Annual Eagle Festival on the Eastern Shore. The event offers live raptor programs and demonstrations, an eagle prowl, wildlife exhibits and more. Please dress for the outdoors; it's a rain or shine event. Bring a bagged lunch and money for a quick dinner on the way home. Round-trip van transportation provided from Black Hill Visitor Center. FOBH \$34 | 18 & up • \$35 • Saturday, 7am-6pm

3/13 Natural Egg Dyeing Demonstration #13588

Get ready for the Easter Bunny with an interactive demo on how to prepare natural dyes from items



in your kitchen and backyard! We'll have examples of dyed eggs at different stages of production, as well as examples of dyes made from everything

from turmeric to beets! Bring your own hard-boiled eggs and leak-proof containers to transport them, and we'll help you get started. Dye quantities are limited; please bring a maximum of 6 eggs per family. Drop-ins are welcome, but we recommend registering so we can prepare enough supplies. *Please register only one person per family.* | 1 & up • \$5 • Sunday, 1-3pm

3/16 Time for Tots: Possum and the Peeper #13552

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *Possum and the Peeper* by Anne Hunter. FOBH \$5 2-5yrs • \$6 • Wednesday, 10-11am

3/19 Something Awesome! #13548

Nature is awesome, cool, and super-fun! We'll celebrate the spring wonders around us with awesome activities around the Visitor Center. Check our Facebook page before the program to find out what's happening today and how to dress. 1 & up • Free • Saturday, 11am-Noon

3/19 Get Lost! #13532

Looking for a family adventure? Then join us for an introduction to getting lost! Okay, not "lost"—we really mean geocaching and letter-boxing. We'll teach you a bit about each activity and let you practice some new skills to get ready for your own fun family adventure. Please register all attending; kids are free. FOBH \$11/adult | 6 & up • \$12/adult • Saturday, 2-4pm

3/20 Junior Naturalist Day #13828

Calling all nature-loving 9 to 12 year olds! Join the team and explore park lands with us, discovering new things about the natural world.



Each season brings a new theme and a different Junior Naturalist patch to collect. How do you become a Black Hill Junior Naturalist? You can drop by the Visitor Center to pick up a seasonal Junior Naturalist packet and follow the steps on your own. Or you can earn it all in one day with us, today! For questions or more info, please email Katrina.Fauss@MontgomeryParks.org. FOBH \$17 9-12yrs • \$18 • Sunday, 9am-Noon

3/20 Science Sunday: Flying High #13546

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. Have you dreamed of flying high into the sky? Well, we can't help *you* fly, but we *can* help you make things that fly. We'll explore aerodynamics and the characteristics of wind and weather that help make things fly. Then we'll make our own engineered flyers to see how far they can soar. FOBH \$6 6-12yrs • \$7 • Sunday, 3-4:30pm

3/21 Babes in the Park #13525

We'll have nature play materials out to help you explore the exciting natural world around the Visitors Center with your toddler. Siblings are welcome, too. 1-3yrs • Free • Monday, 10-11am

A : Activities for Adults

3/22 Li'l Scientists #13538

Kids make great scientists and nature provides the best laboratory! Join a park naturalist as we explore the awesome world of science for little ones, all around the park. FOBH \$5
3-5yrs • \$6 • Tuesday, 10-11am

3/23 Night Hike: Black Hill #13545

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hike is approximately 1 mile. Dress warmly and please, no flashlights. Meet at the Visitor Center. FOBH \$5
8 & up • \$6 • Wednesday, 7:30-8:30pm



A 3/24 Flying WILD Educator Workshop #13864

Flying WILD is an exciting education program that introduces middle school students to bird conservation through school bird festivals, hands-on classroom activities, and community service projects. This workshop is geared to train teachers and non-formal educators to lead Flying WILD activities and special events. Each participant will receive the program publication *Flying WILD: An Educator's Guide to Celebrating Birds*. Training will take place at the Visitor Center. *Participants should bring a lunch and refillable water bottle.*
18 & up • \$15 • Thursday, 9am-3pm

3/24 Volunteer Days: Mystery Project #13829

Spring Break We need your help at the park! Join us for a variety of projects and earn Student Service Learning hours, or come out to help because it just feels good to volunteer. As the work day draws closer, check out our Facebook page for detailed information on today's project. Can't make it to one of our Mystery Project work days? Watch for other opportunities to be announced on Facebook or contact us through the Parks' volunteer website at www.ParksVolunteers.org. Groups are welcome, too! *Parents must accompany children 13 and under.*
3 & up • Free • Thursday, 11am-2pm

3/25 Nature's Egg Hunt #13836

Spring Break Learn all about what eggs look like in nature, and head outside on a scavenger hunt to find the real egg clues we've hidden. Then we'll head back in to make our very own natural-looking eggs. FOBH \$6
3-10yrs • \$7 • Friday, 10-11:30am

3/25 Stargazing at Black Hill: Last Call for Orion #13564

Spring Break Join us for a tour of the stars and constellations of the late winter sky, including Orion, Taurus, Gemini and others. We'll peer through volunteer-operated telescopes to view the Great Nebula in Orion, where stars are being born; Jupiter, our solar system's largest planet; star clusters, and more. We'll start inside for a half-hour preview, then head outside to see what we can see. *Rain date is Saturday, March 26.*
5 & up • \$2 • Friday, 8-9:30pm

3/26 Family Scavenger Hunt #13530

Spring Break Bring the family to Black Hill Visitor Center to hunt for natural treasures! Drop by the Visitor Center to pick up a scavenger hunt sheet and get some helpful hints, then head outside to start looking. When you've finished, come back to the Visitor Center to get a prize. No registration required—drop in anytime during program hours!
All Ages • Free • Saturday, 11:30am-3pm



3/26 Introduction to Backpacking and Tent Camping #13869

Spring Break Want to go backpacking or camping, but feel lost in the woods when it comes to preparing for your big adventure? Come learn techniques to use before and during your outing that will keep you safe and comfortable. We'll have different kinds of camping equipment on hand for you to try out, too. Meet at Black Hill Visitor Center. If you sign up for "**Beginner Backpacking Overnight**" April 2 (p.118), you can attend *this* program at no charge! FOBH \$11
6 & up • \$12 • Saturday, 1-3pm

3/28 Volunteer Days: Mystery Project #13830

Spring Break See March 24 listing for all the details.
3 & up • Free • Monday, 9-11am

3/28 Brownie Girl Scouts: Letterboxer Badge #13838

Spring Break Letter-boxing is an amazing adventure game played by people all over the world. Join us to earn the badge as we learn about letterboxing, make our own stamps, and head out to find and hide letterboxes. FOBH \$14
6-9yrs • \$15 • Monday, 2-4pm





3/29 Nature Architects #13543

Spring Break Erect a tower, build a boat, make a mud pie...it's time to let your inner architect out! We'll venture into different park habitats to design and construct things using natural objects and materials. What we do will depend on the weather and the things we can find. But no matter what we do, come dressed for the weather and ready to get dirty. FOBH \$5 3-12yrs • \$6 • Tuesday, 10-11am

3/29 Life in a Vernal Pool: Rachel Carson #13840

Spring Break Vernal pools are springtime occurrences. Although short-lived, they offer critical breeding grounds for our local amphibians. We'll trek to a vernal pool and look for tadpoles, frogs and salamanders and talk about the ecology of these fleeting waters. Today we'll explore some pools in Rachel Carson Conservation Park. Meet at the parking area at 22201 Zion Road, Brookeville, MD. FOBH \$6 6-12yrs • \$7 • Tuesday, 3-4:30pm

3/30 Get Lost: On the Road #13533

Spring Break Looking for a family adventure? Join us for a road trip to get lost! Okay, not "lost," really we mean geocaching and letter-boxing. Pack a lunch and come prepared to get out of the van to hike a bit to look for the caches. We'll post the locations we plan to visit a week ahead of time on Facebook and email all the registrants. Please register everyone attending. FOBH \$19 6 & up • \$20 • Wednesday, 9am-4pm

3/30 Volunteer Days: Mystery Project #13831

Spring Break See March 24 listing for all the details. 3 & up • Free • Wednesday, 10am-Noon

3/31 Family Fishing Fun! #13566

Spring Break Fishing is fun for the whole family! We'll show you how to set up a simple bobber rig, bait your hook, and give you some tips on casting. We'll provide the bait and rigging supplies—you just need to catch the fish! We have fishing poles you can borrow, but if you have your own please bring it along. Please register only those planning to fish. All registrants 16 and over must have a current Maryland fishing license. Meet at the pontoon boat dock by the boat rentals. FOBH \$9 3 & up • \$10 • Thursday, 10am-Noon

3/31 Junior Girl Scouts: Geocacher Badge #13839

Spring Break Geocaching is your chance to be a global explorer. Come learn about geocaching, how to use a GPS unit and go exploring for geocaches in Black Hill Regional Park while earning your Geocaching Badge. FOBH \$14 8-11yrs • \$15 • Thursday, 2-4pm

A : Activities for Adults

APRIL 2016

4/1 Time for Tots: Baby Bird's First Nest #13553

Spring Break Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is Baby Bird's First Nest by Frank Asch. FOBH \$5 2-5yrs • \$6 • Friday, 10-11am

4/1 Life in a Vernal Pool: Little Bennett #13841

Spring Break See March 29 listing for general program details. Today we'll explore some pools in Little Bennett Regional Park. Meet at the Hyattstown Mill parking area at the intersection of Hyattstown Mill Road and MD Rt. 355/Frederick Road, across from the fire station. FOBH \$6 6-12yrs • \$7 • Friday, 1:30-3pm

4/1 Snipe Hunt #13843

Spring Break Are you up to the challenge to search for the elusive Snipe, Snallygaster, or Little Seneca Lake Creature? Then join us for this mythical hike. You'll get your very own Black Hill Snipe Hunting Kit, then we'll set off hiking around the lake to see if we can find any of these mythical creatures on this April Fool's Day. If you're in on the joke bring your unsuspecting friends and family. Meet at the gravel parking lot across from the public boat ramp on Black Hill Road. 3 & up • Free • Friday, 6:30-7:30pm

4/2-3 Beginner Backpacking Overnight #13868

Want to find out what backpacking and tent camping are all about? We can help! Get



backpacking experience on an easy 2-3 mile hike to and from the primitive camping site in Little Bennett Regional Park. You'll set up your camp, make meals, enjoy a roaring campfire, and sleep under the stars. Need to learn more about equipment, planning, techniques or locations before this adventure? With this registration, you're welcome

to attend the "Introduction to Backpacking and Tent Camping" class Saturday, March 26 at 1pm at Black Hill Visitor Center, free of charge (see p.117). Need equipment? We have some backpacks and tents available for loan. We'll email registrants with information about gear, meals, and parking, so please be sure your ActiveMONTGOMERY email address is correct. FOBH \$35 6 & up • \$38 • Saturday 1pm thru Sunday 1pm

4/3 Mole Salamander Search #13842

Join salamander enthusiast and guest herpetologist Elmore Brown to observe huge spotted and marbled salamanders! We'll meet at Hawk's Reach Nature Center for a brief orientation before heading into the field. Then we'll travel by van to their secret habitats. Wear waterproof boots or shoes you don't mind getting wet! Hawk's Reach Nature Center is located in Little Bennett Regional Park's Campground area, 23705 Frederick Road, Clarksburg, MD 20871. FOBH \$19
6 & up • \$20 • Sunday, Noon-4pm

4/4 Nature Babies #13584

See March 7 listing for all the details. FOBH \$5
3m-1½yrs • \$6 • Monday, 10-11am

A 4/5 Spring Wildflowers in Little Bennett #13844

Explore trails in Little Bennett looking for the fragile early wildflowers of spring. We'll search for bloodroot, columbine, toothwort, geraniums, rue anemone and trout lily as well as the smaller, lesser-known flowers. Expect gravel trails, with some muddy areas depending on the weather. Bring a camera! Meet at Black Hill Visitor Center; van transportation provided. FOBH \$11
18 & up • \$12 • Tuesday, 1-3pm

A 4/7 Hike at Dickerson Conservation Park #13846

Let's go for a hike! We'll meet at the Black Hill Visitor Center for a leisurely drive along the back roads to Dickerson Conservation Park. Then we'll hit the trails and the towpath to see what wildflowers are blooming and which birds are visiting this wonderfully quiet park. Trails could be a bit muddy depending on the weather. FOBH \$11
18 & up • \$12 • Thursday, 12:30-3:30pm

4/9 Make It and Take It: Fish Kites #13541

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated. Make a colorful fish kite, perfect for enjoying the spring breeze outside of the center.
All Ages • \$2 • Saturday, 10am-Noon

4/9 Spring Scavenger Hunt #13569

Let's take "I Spy" to the next level in the great outdoors! We'll hike for clues to see what's been roaming around in the park and look for changes as spring is sprung! FOBH \$5
3-10yrs • \$6 • Saturday, 1-2pm



4/10 Gambrill State Park Hike #13847

Gambrill State Park is located in the Catoctin Mountains of Frederick County. It's a favorite spot for outdoor enthusiasts because of its dramatic landscape of mountain laurels, rocky outcrops, and hidden springs. Rare plants like the Pink Lady's Slipper (a native North American orchid) may even be in bloom! We'll hike 3-4 miles at a comfortable pace. Rocky terrain will be encountered, so please wear hiking boots. Also, pack a snack and bring water. Meet at Black Hill Visitor Center; van transportation provided. FOBH \$19
8 & up • \$20 • Sunday, 12:30-4pm

4/10 Something Awesome! #13549

See March 19 listing for all the details.
1 & up • Free • Sunday, 1-2:30pm

4/12 Bats & Beavers Pontoon Boat Cruise #13570

Join us for a sunset cruise aboard the pontoon boat. We'll search for beaver lodges and feeding sites, and hopefully see some beavers! As the sun sets, we'll use our bat detector to help us find feeding bats. Please register and pay for all participants. Meet at the pontoon boat dock, by the boat rentals. Be sure to dress warmly as it's often cooler on the boat. FOBH \$6
6 & up • \$7 • Tuesday, 6-7:30pm

A 4/13 RainScapes Tour #13848

Did you know that Montgomery County is foremost in developing watershed-friendly landscapes on both private and commercial properties? And that there are county programs available to help plan your very own rainscape and defray the costs? Join us to learn all about RainScapes and what you can do to help keep your watershed clean. Afterwards, we'll jump into the van and take a tour to view some local RainScapes in upper Montgomery County. Bring a bagged lunch. FOBH \$19
18 & up • \$20 • Wednesday, 9am-2pm

4/15 Time for Tots: Ducklings and Polliwogs #13554

Enjoy a seasonal story, make a craft to go with the story, and then go outside to explore nature with a park naturalist. Today's story is *Ducklings and Polliwogs* by Anne Rockwell. FOBH \$5
2-5yrs • \$6 • Friday, 10-11am

4/16 Hummingbirds on the Move #13849

The hummers are on the move! We'll check on the ruby-throats' progress north using the Journey North website and learn all about these amazing flying jewels. Learn which types of flowers will attract them to your yard and make a simple feeder to take home with you. FOBH \$6
2-12yrs • \$7 • Saturday, 10-11am



Sunday, April 10 10am-Noon

Ever wanted to combat alien life forms? Here's your chance! Garlic mustard is an invasive plant that is harming our local ecosystem. You can help by coming to our Garlic Mustard Challenge. We'll provide bags and gloves, and educate you on what the garlic mustard plant looks like. We'll have thank-you prizes for everyone, and Student Service Learning Hours available to kids who need them. Call 301-528-3482 for more information. Free.
1 & up • #13833



4/16 Wind's Wonders #13850

Wind is air that's on the move. But where in the world is it going and what makes the wind blow? Join us to find out, and have some fun playing with the wind, too. FOBH \$5
2-12yrs • \$6 • Saturday, 1:30-2:30pm

A 4/17 Ladies Trek: Lower Magruder Branch Trail #13537

Want to hike but don't quite know where to go? Meet other women and hike park trails with a park naturalist. Hike lengths vary with the pace of each group. Today we'll hike a portion of the Lower Magruder Branch Trail. As the trail follows the Magruder Branch Stream Valley, it offers views of the surrounding upland forests, provides wonderful birding opportunities, and passes by wooded wetlands. So bring along your binoculars for this hike, and be sure to wear shoes you don't mind getting a bit muddy. Meet at the parking area on Log House Road. FOBH \$11
18 & up • \$12 • Sunday, 9-11am

4/17 Harpists at the Visitor Center #13535

See March 6 listing for all the details.
All Ages • Free • Sunday, Noon-2pm

4/17 Make It and Take It: Flowers #13542

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop-in anytime during program hours! Fee is per craft; exact change is appreciated. Today we'll be making flowers!
All Ages • \$2 • Sunday, 1:30-3:30pm

4/18 Babes in the Park #13526

See March 21 listing for all the details.
1-3yrs • Free • Monday, 10-11am

4/19 Li'l Scientists #13539

See March 22 listing for all the details. FOBH \$5
3-5yrs • \$6 • Tuesday, 10-11am

4/21 Bats & Beavers Pontoon Boat Cruise #13571

See April 12 listing for all the details. FOBH \$6
6 & up • \$7 • Thursday, 6:30-8pm

4/23 Campfires at Black Hill: Earth Day Stories #13562

See March 12 listing for all the details. FOBH \$5
2 & up • \$6 • Saturday, 7:30-8:30pm

4/24 Wetland Wonders: Germantown Town Center Urban Park #13851

Wildlife in the city? You bet! Come join us as we explore the wetlands life at the new Germantown Town Center Urban Park. We'll look for frogs, salamanders, bugs and more as we learn about these awesome wetlands. Please wear shoes and clothes that you don't mind getting muddy. Meet at the entrance to the park closest to the Germantown Library, 19840 Century Blvd, Germantown, MD 20874. FOBH \$5 | 3-12yrs • \$6 • Sunday, Noon-1pm

4/24 Science Sunday: Build a Better Boat #13547

Science is awesome, messy, and fun! Join a park naturalist as we explore the awesome world of science around the park. Ahoy, mates! Come build a better boat, inspired by Little Seneca Lake. Learn about buoyancy and marine engineering as you design and build your very own model boat! Afterward, we'll test our boats in a replica of Little Seneca Lake at the nature center. FOBH \$6
6-12yrs • \$7 • Sunday, 3-4:30pm

4/25 Time for Tots: Diary of a Worm #13555

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *Diary of a Worm* by Doreen Cronin and Harry Bliss. FOBH \$5
2-5yrs • \$6 • Monday, 10-11am

4/26 Volunteer Days: Mystery Project #13832

See March 24 listing for all the details.
3 & up • Free • Tuesday, 9-11am

4/26 Free Range Kids #13531

Come explore nature your way. We'll head into the woods or meadow to explore and play. Maybe we'll build a fort, or maybe we'll snoop in the stream. Whatever we do, you'll get dirty, dusty, wet, and muddy while out on a grand adventure with a park naturalist. FOBH \$5
6-12yrs • \$6 • Tuesday, 2-3pm

4/27 Beginning Recreational Kayaking #13856

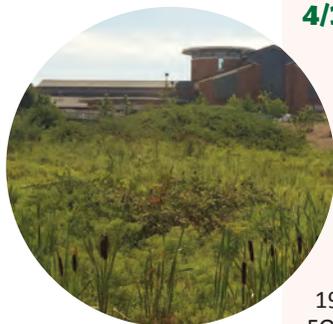
Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more, taught by certified American Canoe Association instructors. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no flip-flops, please) and bring water and sunscreen. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$30
12 & up • \$32 • Wednesday, 6-8pm

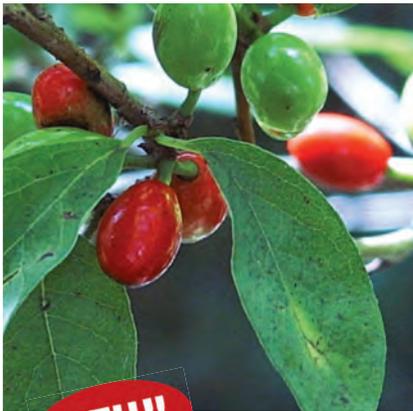


4/29 Fishing with Li'l Ones #13567

Let's go fishin' like Tom Sawyer! We'll provide poles, line, and bait, then see what we can catch off the dock at Little Seneca Lake. Meet at the pontoon boat dock by the boat rental area. FOBH \$6
3-6yrs • \$7 • Friday, 10-11:30am

Birthday Parties at Black Hill Visitor Center
Call 301-528-3492 for more information.





NEW!

Native Plant Sale

Friday, April 29-Sunday May 1

Shop 'til you drop for nursery-propagated native wildflowers for your yard and garden, many of which are nectar and host plants for butterflies. The sale is offered by the Friends of Black Hill Nature Programs, and all proceeds are donated to Black Hill Nature programs. Visit BlackHillNature.org to view the plant list and download an application to become a Friend. Call Lynette Lenz at 301 528-3484 for information on species and possible pre-orders. No registration required. Sale site is in the fenced area across from the Black Hill Park Office; look for the sign. Free admission; all ages welcome.
Friday, 3-7pm • Saturday, 10am-3pm • Sunday, 1-3pm



Members-Only PREVIEW SALE Thursday, April 28 5-7pm

If you're an FOBH member, come do your plant shopping a day before the sale opens to the public!

MAY 2016

5/1 Beginning Recreational Kayaking #13857

See April 27 listing for all the details. FOBH \$30
 12 & up • \$32 • Sunday, 10am-Noon

A 5/2 Union Mills & Barn Quilt Trail Trip #13575

Last fall we visited half of the Barn Quilts in the Carroll County Barn Quilt tour, and today we'll visit the other half. The driving trail features 22 scenic barns, each adorned with a large, colorful quilt block. We'll also stop at Union Mills Homestead and Grist Mill for a tour of the museum and operational mill. Bring a bagged lunch and money for an ice cream stop. FOBH \$24
 18 & up • \$25 • Monday, 8:30am-4pm



5/2 Nature Babies #13585

See March 7 listing for all the details. FOBH \$5
 3m-1½yrs • \$6 • Monday, 10-11am

A 5/3 Garden Planting Day #13834

Come and help us plant the butterfly, hummingbird, and pond gardens at the Visitor Center. Gloves and tools provided. Take home a free plant for your own wildlife garden. No registration required. If rain threatens, planting will be postponed. Check our Facebook page the day before for any announcements.
 18 & up • Free • Tuesday, 9am-Noon

5/3 Storytime on the Lake: Frogs of the Lake #13576

Join us aboard the pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-6, accompanied by an adult (no younger siblings, please). Please also register and pay for adults. Meet at the pontoon boat dock by the boat rental area. FOBH \$5
 3 & up • \$6 • Tuesday, 10-11am

A 5/3 Spring Wildflowers in Little Bennett #13845

See April 5 listing for all the details. FOBH \$11
 18 & up • \$12 • Tuesday, 1-3pm

5/4 Bats & Beavers Pontoon Boat Cruise #13572

See April 12 listing for all the details. FOBH \$6
 6 & up • \$7 • Wednesday, 6:30-8pm

5/6 Campfires at Black Hill: Tails and Tales #13563

There's nothing like sitting around a campfire under the stars! Join a naturalist for themed songs, stories, games, and of course, s'mores around the fire. Meet at the Visitor Center and bring a chair or blanket. FOBH \$5
 2 & up • \$6 • Friday, 7:30-8:30pm

A 5/7 Lake Tour by Kayak #13852

Come for an early morning paddle or wind down after work and enjoy a peaceful kayak tour on Little Seneca Lake. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet in front of the gazebo by the pontoon boat dock and boat rental area. FOBH \$19
 18 & up • \$20 • Saturday, 9:30-11:30am

5/8 Family Hike Club: Crystal Rock Trail #13529

The first rule of Hike Club is to have fun! Bring the kids, Grandma, Grandpa, Cousin Eddie and the dog with you and hike together on the trails. Each family-friendly hike will be around two to three miles long. Please dress for the weather, bring water and be sure to register all hikers; kids hike free! Meet at the old maintenance yard parking lot next to the fenced area across from the Park Office. FOBH \$6/Adult
 3 & up • \$7/Adult • Sunday, 12:30-2pm

A : Activities for Adults



5/8 Ladies Lakeside: Mother's Day Pontoon Ride #13860

It's Mother's Day and mom deserves a treat! So bring her out for a sunset tour of Little Seneca Lake and let her enjoy the beauty around her with the people she loves. We'll cruise the lake and look for nature activity. Please register and pay for all participants. Meet at the pontoon boat dock located by the boat rental area. FOBH \$6 1 & up • \$7 • Sunday, 6:30-8pm



5/9 Babes in the Park #13527

See March 21 listing for all the details. 1-3yrs • Free • Monday, 10-11am

A 5/10 Garden Planting Day #13835

See May 3 listing for all the details. 18 & up • Free • Tuesday, 9am-Noon

5/11 Beginning Recreational Kayaking #13858

See April 27 listing for all the details. FOBH \$30 12 & up • \$32 • Wednesday, 6:30-8:30pm

5/12 Time for Tots: Fletcher & the Springtime Blossoms #13556

Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *Fletcher and the Springtime Blossoms* by Julia Rawlinson and Tiphonie Beeke. FOBH \$5 2-5yrs • \$6 • Thursday, 10-11am

5/13 Stargazing at Black Hill: Last Call for Orion #13565

The spring constellations Leo the Lion, Corvus the Crow, and Ursa Major (the Great Bear) will be the highlights of tonight's stargazing. The first quarter moon and its dramatic craters will be high in the southern sky, as well as the planet Jupiter and its four Galilean moons. Volunteer-operated telescopes will provide close-up views, and hopefully we'll spy a few galaxies or star clusters, too. We'll start inside with a half-hour preview, then head outside to see what we can see. *Rain date Saturday May 14.* 5 & up • \$2 • Friday, 8:30-10pm

A : Activities for Adults



A 5/14 & 15 River Kayaking Essentials Course #13859

Want to make your kayak skills legit? Join certified American Canoe Association kayak instructors for a two-day course. On the first day we'll cover the range of flatwater strokes, maneuvers, and rescue skills. On the second day, you'll put those skills to use, refine and add to them when we visit the Potomac River, where we'll learn and practice moving water skills. Learn to read the water current and how to use it to help you maneuver on water up to class 1 (easy) whitewater. All necessary paddling equipment and dry bags are provided. Wear water shoes (no flip-flops), clothing that can (and will) get wet, a hat, and sunscreen. Bring water and a bagged lunch each day. FOBH \$145 | 16 & up • \$150 Saturday, 9am-3pm and Sunday, 9am-5pm

5/14 Wild Encounters #13861

Enter the wild and wonderful world of amphibians and reptiles with guest herpetologist Elmore Brown. Elmore will share his exotic collection of live frogs, toads, lizards and snakes from all over the world! Please register everyone attending the program. FOBH \$5 4 & up • \$6 • Saturday, 1-2pm

5/15 Something Awesome! #13550

See March 19 listing for all the details. 1 & up • Free • Sunday, 1-2:30pm

5/18 Storytime on the Lake: Waterbirds #13577

See May 3 listing for all the details. FOBH \$5 3 & up • \$6 • Wednesday, 10-11am

5/20 Fishing with Li'l Ones #13568

See April 29 listing for all the details. FOBH \$6 3-6yrs • \$7 • Friday, 10-11:30am



TEACHER-NATURALISTS WANTED!

Teachers, come spend your summer with the naturalists at Black Hill! The Teacher-Naturalist program at Black Hill Nature Programs (BHNP) is a 6-week intensive professional development opportunity for local teachers. You'll be given opportunities to learn best environmental education practices from park naturalists first-hand, and create a curriculum-based project for the park and your classroom. You'll earn a stipend for your work, too! Applications will be accepted through Friday, April 15. Find the application at BlackHillNature.org or contact **Katrina Fauss** at 301-528-3482 or via email at Katrina.Fauss@MontgomeryParks.org.

A 5/21 Potomac River Heritage Kayak Trip #13853

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury to take a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for three or four hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, please try Beginning Kayaking first. Fee covers kayak, paddle, PFD, a dry bag, and round-trip transportation from Black Hill Regional Park to the river locations. FOBH \$68 18 & up • \$70 • Saturday, 8am-5pm

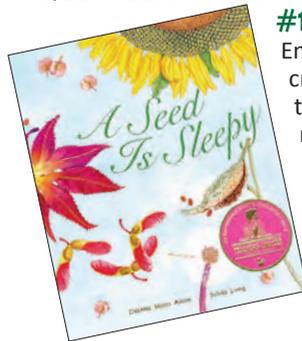
5/24 Li'l Scientists #13540

See March 22 listing for all the details. FOBH \$5 3-5yrs • \$6 • Tuesday, 10-11am

5/26 Bats & Beavers Pontoon Boat Cruise #13573

See April 12 listing for all the details. FOBH \$6 6 & up • \$7 • Thursday, 7-8:30pm

5/27 Time for Tots: A Seed Is Sleepy #13558



Enjoy a seasonal story, make a craft to go with the story and then go outside to explore nature with a park naturalist. Today's story is *A Seed Is Sleepy* by Dianna Aston and Sylvia Long. FOBH \$5 2-5yrs • \$6 • Friday, 10-11am

5/31 Bats & Beavers Pontoon Boat Cruise #13574

See April 12 listing for all the details. FOBH \$6 6 & up • \$7 • Tuesday, 7-8:30pm



FLOCKS & FARMS FESTIVAL

Sunday, May 22 • 1-4pm at Black Hill Visitor Center

Join the Maryland Bluebird Society and Black Hill Nature Programs for a celebration of the conservation success stories of the Eastern Bluebird and Montgomery County's very own Agricultural Reserve.

Learn how you can help bluebirds and other cavity-nesters, and meet vendors, farmers and organizations based at the Ag Reserve, which was created to benefit both people and wildlife.

FREE Fun for the Whole Family!

Hands-on Activities • Games • Lectures
Exhibits • Crafts and more!



For more details, please visit our website and/or "Like" and follow us on Facebook.

BlackHillNature.org

20926 Lake Ridge Dr., Boyds, MD 20841



Spring History in the 2016

HistoryInTheParks.org



Black History Month Celebrations

February 27 & 28
Josiah Henson Park*

11420 Old Georgetown Road
North Bethesda, MD 20852

Saturday Guided Tours "A Walk in Father Henson's Footsteps"

FREE, 12:00 pm - 4:00 pm

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Walk the grounds where Henson toiled as a slave on the Isaac Riley plantation. The last guided tour begins at 2:00 pm on Saturday and 3:00 pm on Sunday.

Time Team America Documentary "The Search For Josiah Henson"

FREE, Noon, 1:00, 2:00 and 3:00 pm

This PBS documentary brings to life the archaeological discoveries made at Josiah Henson Park.

Saturday, February 27 Josiah Henson Park*

Live Spoken Word Poetry Event

"Lyrical Rhythms: The Sounds of Freedom"
FREE, 3:00 pm - 4:00 pm

Create your own "sounds of freedom" in the form of original poetry. The last guided tour begins at 2:00pm.

* Parking for Josiah Henson Park is available ONLY at the **Shriver Aquatic Center**, 5900 Executive Boulevard, North Bethesda, MD 20852

Montgomery County Heritage Days

All events are FREE.

Saturday, June 25

Visitor Center at Woodlawn Manor Cultural Park

Underground Railroad Experience Trail Guided Hikes

Living History Demonstrations and Guided Tours

Agricultural History Farm Park

Living History Demonstrations, Tours & Activities for Children

Blockhouse Point Conservation Park

Guided Hikes

Harper Cabin at Brookside Nature Center

Demonstrations, Crafts & Activities for Children

Oakley Cabin African American Museum & Park

Guided Tours, Living History Demonstrations, Crafts & Activities for Children

Sunday, June 26

Josiah Henson Park*

"A Walk in Father Henson's Footsteps" Guided Tours

Harper Cabin at Brookside Nature Center

Demonstrations, Crafts & Activities for Children

Visitor Center at Woodlawn Manor Cultural Park

Underground Railroad Experience Trail Guided Hikes

Living History Demonstrations and Guided Tours

Season Opening Celebrations

Woodlawn Manor Cultural Park

16501 Norwood Road
Sandy Spring, MD 20860

Special Night Hike on the Underground Railroad Experience Trail "Voices of the Underground Railroad"

Friday, April 1

1st hike: 5:00 pm – 7:00 pm (course #17205)

2nd hike: 7:30 pm – 9:30 pm (course #17206)

Register at ActiveMONTGOMERY.org
\$5 per person

Journey back to the 1800s during this special night hike and meet persons of the past. Appropriate for children ages 10 and up. Registration required. Tickets NOT available onsite.

Oakley Cabin African American Museum & Park

3610 Brookeville Road
Olney, MD 20832

"Celebrating African Rhythms through Dance & Song"

Saturday, April 9

FREE, 12:00 pm - 4:00 pm

Join us at Oakley Cabin for an African dance workshop, crafts and games for children. Explore an archaeology dig site with Park archaeologists.

Parks

Ongoing Activities

Underground Railroad Experience Trail Guided Hikes

Woodlawn Manor Cultural Park

16501 Norwood Road, Sandy Spring, MD 20860

Saturdays | April 2 – November 5

Hike begins at 10:00 am

Hikers learn about various strategies that "freedom seekers" used to elude trackers, find food, and navigate their way north to freedom.

Oakley Cabin Guided Tours

Oakley Cabin African American Museum & Park

3610 Brookeville Road, Olney, MD 20832

2nd and 4th Saturdays | April 9 - November 5

FREE, 12:00 pm - 4:00 pm

Enjoy tours of the historic cabin and learn about the African American experience after the Civil War.

Kingsley Schoolhouse Open House & Guided Tours

Little Bennett Regional Park

Kingsley Parking Area on Clarksburg Road
Clarksburg, MD 20871

First Sunday each month | April 3 - November 6

FREE, 1:00 pm – 4:00 pm

Explore this historic treasure! Built in 1893 this is one of the best remaining examples of a one-room schoolhouse in Montgomery County. The schoolhouse is furnished as it appeared in the 1920s. Bring a picnic and enjoy lunch by the stream.

in search of Historic Sites volunteers

Share your love of history, the great outdoors, agriculture and rusty old buildings with visitors of all ages. Become a trained volunteer tour guide!

**FREE training (and cool hats) provided.
Volunteer opportunities meet
SSL requirements.**

301-650-4373

THE VISITOR CENTER AT WOODLAWN MANOR CULTURAL PARK

Opening June 2016

16501 Norwood Road, Sandy Spring, MD 20860

Open Wednesdays – Sundays | 10:00 am – 4:00 pm

Admission charged

This summer, Montgomery Parks is excited to open this historic gem to the public.

Explore the Stone Barn exhibits where echoes of the past will tell the story of a bustling farm, its community, and those who made a bold bid for freedom on the Underground Railroad. Learn about Woodlawn's earliest residents and their neighbors.

Hike the Underground Railroad Experience Trail whose path evokes the perilous journey fugitives took through Montgomery County.



NATIONAL CAPITAL Trolley Museum



See and Ride Trolleys from Six Nations!

THE NATIONAL CAPITAL TROLLEY MUSEUM, in cooperation with Montgomery Parks, brings the sights and sounds of the trolley era to visitors of all ages.

WHAT WILL YOU DO AT THE TROLLEY MUSEUM?

- ▶ Travel two miles aboard a Washington street car, American trolley, or European tram.
- ▶ Get a guided tour of "Street Car Hall," featuring real trolleys and streetcars from the United States and around the world
- ▶ Enjoy Rock Creek Railway (a model street railway), short films in the museum theater, and interactive exhibits
- ▶ Browse the Museum Shop for mementos, books and gifts

Field trips and birthday parties are also available.

Please see our website for hours, operating schedules, and much more information.

ADMISSION

(includes unlimited streetcar rides!)

- \$5: Children & Seniors
(ages 2-17, and 65 and older)
- \$7: Adults (ages 18-64)

NATIONAL CAPITAL TROLLEY MUSEUM

1313 Bonifant Road, in Northwest Branch Park
Colesville, MD 20905
301-384-6088 | www.dctrolley.org



For information about other
Montgomery Parks partners, visit

MontgomeryParks.org/partners



Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Saturday, 9am–5pm; Sunday, 1–5pm. Trails open daily, dawn to dusk.

FREE Sunday FUN at Brookside Nature Center

Looking for things to do with your family that are fun, educational and exciting?
Brookside Nature Center is the place to be! These programs are **FREE** and do **not** require registration.

Meet the Animals

Sundays, 1:30-2pm

What animals live in and around Wheaton Regional Park, and which actually live *in* the nature center? Join this family-friendly presentation and enjoy the opportunity to see the animals close up. For ages 2 & up
FREE • March 6, 13, 20, 27; April 3, 10, 17; and May 1, 8, 15, 22, 29



Storytimes Sundays, 3-3:30pm

Join our volunteers every Sunday to enjoy a wonderful story that highlights the nature found in and around the nature center—be it plants, animals, rocks, sun or weather. After the story we'll take a short stroll on a nature center trail to find examples of what was highlighted in the story (weather permitting).

For ages 3-6 • FREE

March 6, 13, 20, 27; April 3, 10, 17; and May 1, 8, 15, 22, 29



What Are You Missing?

Sundays, 4-4:30pm



Look around...listen...breathe deep...touch! Our understanding of the world around us is based on what we can sense, and what we can imagine. As humans, we have limited senses of hearing and sight—and our sense of time also has an effect on what we understand. Join a Brookside naturalist to learn how to use different tools to expand your powers of observation and sharpen your senses. You never know what you'll discover when you take a closer look! For ages 5 & up • FREE
• March 6, 13, 20, 27; April 3, 10, 17; and May 1, 8, 15, 22, 29



A Ladies' Hike Out

On our hikes this season we'll observe all the signs of spring as we exercise our limbs and breathe in the fresh air. Please wear suitable hiking garb, bring food, water and binoculars, and plan on covering 2-3 miles on natural surface trails unless otherwise noted. All hikes are FREE. For ages 18 & up. Directions to the meeting site will be emailed to registered participants.

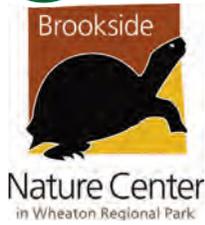
Wheaton Regional Park

No matter where you are in Montgomery County, there's a fantastic park nearby. Wheaton Regional Park is a prime example. Surrounded by high-density urban housing, most people are surprised to learn that it was once a farm. Traces of its rural past still linger in the park, but it takes some searching to find them. As we hike about 3 miles on natural surface trails, we'll scout for these remnants and other surprises of early spring.
#14652 • Saturday, March 5 • 9:30-11:30am

Lower Magruder Branch

This trail passes through one of the best floodplain environments our county has to offer—filled with a lush profusion of skunk cabbage leaves, noisy vernal pools, braided streams and stately sycamores. Come and explore the abundance resulting from water and rich soil, as we hike about 3 miles through forest and wetland.
#14654 • Tuesday, May 17 • 9:30-11:30am

A : Activities for Adults



MARCH 2016

3/1 Trail Buddies #14657

Discover nature and develop important skills together on the nature center trails! Preschoolers will have the opportunity to work on important skills with other preschoolers and their favorite adults. We'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation. 3-5yrs • \$6 • Tuesday, 10-11am

3/8 Trail Buddies #14658

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

3/11 It Ain't Easy Being Green #13865

It ain't easy being green—unless you're a leaf, or a frog, or a fat polliwog! So for animals and plants that have the guts to be green, a celebration is in order. Join us as we search the world around us for all things green, and applaud their lively essence. 3-4yrs • \$5 • Friday, 10:30-11:15am

A 3/11 Van Tour: Barns of Montgomery County #14655

Almost nothing, aside from a John Deere plow, describes American agriculture as completely as a barn. Up until 70 years ago, Montgomery County was largely a farming community with these sturdy structures dotting the landscape. On our van tour we'll visit three barns that reveal the history of farming in this county and the stunning practicality and inventiveness of American rural architecture. The tour includes walking inside and around the barns to examine their unique features. Some of these barns are still being used, so please dress accordingly. Lunch, not included in the price, will be at a restaurant along the route. 18 & up • \$25 • Friday, 10am-2pm

3/12 Spring Is a Gem! Jewelry Crafting with Nature #14672

Let spring's glittering fresh beauty inspire you in this fun hour of creative crafting. Rings and things, bracelets and bangles—using our drafting materials, your creativity, and natural items, you'll make an ephemeral bauble to wear, gift or display! 6 & up • \$7 • Saturday, 1-2pm

3/15 Trail Buddies #14659

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

3/19 March Mason Bee Madness #14239

Mason bees are friendly native pollinators that are starting to emerge from nests they've been in since last spring! Learn more about these fascinating bees, and help add nest materials to our Six-Legged Sanctuary for the next generation of bees. 5-11yrs • \$6 • Saturday, 10-11am



A 3/19 Forest Wellness Walk #14241

Did you know that spending time in the forest can boost your immune system, lower blood pressure and relieve stress? Get your nature "prescription" filled on a 1- to 2-mile naturalist-led stroll through the forested trails of Wheaton Regional Park. Walks leave from the nature center. 18 & up • Free • Saturday, 2-3pm

3/22 Trail Buddies #14660

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

3/23 Tie-Dyed Eggs #14656

Learn the magical method of dyeing eggs with silk ties and other simple techniques in this workshop. Create exquisite hard-boiled eggs you'll want to keep forever. 12 & up • \$10 • Wednesday, 6:30-8pm

3/25 Pine Lake Picnic #14723

Spring Break Stretch those cramped winter muscles on a hike to Pine Lake with a Brookside Nature Center naturalist. Bring a backpack lunch and enjoy looking for signs of spring as we hike 1.25-miles (round-trip) to Pine Lake. 5-11yrs • \$6 • Friday, 11am-1pm

A : Activities for Adults



Trail Buddies

Every Tuesday
10-11am
Ages 3-5 • \$6



Trail Buddies Tuesdays, 10-11am

Trail Buddies is a great opportunity for preschoolers to explore the sights and sounds of springtime, and develop important skills together with other preschoolers and their favorite adults. As we walk the nature center trails we'll collect, count and sort different natural materials (pre-math), recognize shapes and patterns in nature (art) and invent our own outdoor nature games as we improve and develop social skills like sharing and cooperation. Trail Buddies meets every Tuesday morning. Come for one, two, or all programs! For children ages 3-5. Fee: \$6.

- #14657 • March 1
- #14658 • March 8
- #14659 • March 15
- #14660 • March 22
- #14661 • March 29
- #14662 • April 5
- #14663 • April 12
- #14664 • April 19
- #14665 • April 26
- #14666 • May 3
- #14667 • May 10
- #14668 • May 17
- #14669 • May 24
- #14670 • May 31

3/26 Songsters #13866

Spring Break Let the chorus begin! Nature is waking up from its long winter nap. Birds, frogs and even a few insects are making their voices heard! Let's go outside and see who's up, and listen for the sounds we haven't heard since last year.
5-9yrs • Free • Saturday, 2-3pm

3/29 Trail Buddies #14661

Spring Break See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

APRIL 2016

4/1 April Fool's Hike and Scavenger Hunt #13867

Spring Break See if you can separate fact from foolish fiction as you learn about plants and animals in the park on this naturalist-led hike.
4 & up • \$6 • Friday, 1-2pm

4/2 Camera Critters #14673

If you're a shutterbug, you'll love this picture-perfect hike. Bring your digital camera or smart phone for a hike with a naturalist. Photos will become part of a wonderful digital display at Brookside Nature Center, and shared on our Facebook page as well!
6 & up • \$6 • Saturday, 1-2pm

4/5 Trail Buddies #14662

See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

A 4/8 Friday Foray: Northwest Branch Amphibian Hike #14242

Enjoy a 2- to 3-mile hike along scenic Northwest Branch stream. We'll stop and visit vernal pools along the way and see if wood frogs and spotted salamanders have laid their eggs. Hike leaves from the nature center.
18 & up • Free • Friday, 10am-Noon

4/9 Bird Songs #14243

It's spring and the birds are singing! Learn the songs of our feathered friends and head outside to hear chirps, chatter and tweets.
3-11yrs • \$6 • Saturday, 10-11am

4/9 Signs of Spring Hike #14278

Join a naturalist and search for spring wildflowers and signs of insects, frogs and other animals emerging after a long winter.
3-11yrs • \$6 • Saturday, 2-3pm

4/12 Trail Buddies #14663

See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

4/13 Spring Hike at Maydale #13870

Enjoy a quiet hike around this wonderful 24-acre environmental conservation park. During our hike through the forest, fields, and a visit to the ponds, we'll keep our eyes open for birds, turtles, and (hopefully) a frog or two. Registration is required. Parking is limited.
6-11yrs • Free • Wednesday, 11am-Noon

4/19 Trail Buddies #14664

See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

A 4/22 Archaeological Society of MD: Open Meeting/Lecture #14744

Rico Newman from the Maryland Indian Tourism Association will speak about issues of tribal recognition. This meeting is open to the public; all (18+) are welcome.
18 & up • Free • Friday, 7:30-9pm



4/24 Earth Day Celebration! #14279

Join the celebration of our wild animal friends and learn how you can help them. We'll have fun crafts, games, nature walks and talks to enjoy, and you'll have opportunities to see and meet the animals who live here up close!
All Ages • Free • Sunday, 1-5pm

4/26 Trail Buddies #14665

See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

MAY 2016

5/3 Trail Buddies #14666

See March 1 listing for all the details.
3-5yrs • \$6 • Tuesday, 10-11am

A 5/6 Friday Foray: Wildflowers at McKee-Beshers #14280

Enjoy the spectacular spring wildflower display at McKee-Beshers as we walk a couple of miles along the C&O Canal towpath. Learn the names of native wildflowers while searching for Virginia Bluebells, Dutchman's Breeches, Trout Lily, Toadshade and more.
18 & up • Free • Friday, 10am-Noon

5/6 Search for the Golden Egg #13871

Orienteering for the smallest adventurers! With the use of a simple map, travel from station to station to find each clue. Will you be able to gather enough clues to receive the golden egg? Take the challenge!
3-5yrs • \$7 • Friday, 10:30-11:30am

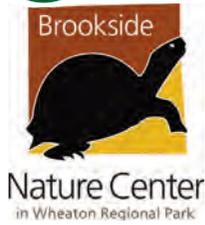


EDUCATORS' OPEN HOUSE MARCH 3

Meet with more than 25 Washington-area education providers and get great new ideas for science and environmental programming.

Staff from all four Montgomery Parks Nature Centers and Brookside Gardens will be there...we hope you will be, too.

See p.131 for a complete list of exhibitors and more information



5/7 Scouting BYOBFF

You know scouting is great! Now invite a friend (BYOBFF-Bring Your Own Best Friend Forever) to learn all about the fun of scouting in this earn-a-badge event. Every registered scout may bring a friend for free! Work on your Brownie Bug Badge, Daisy Clover Petal, or Tiger Let's Go Outdoors Badge. Register for the badge you want to earn. An adult must accompany each scout who registers. 6-16yrs • \$6 • Saturday, 1-2pm

- Bug Badge #14674 • Clover Petal #14675
- Let's Go Outdoors Badge #14676

5/10 Trail Buddies #14667

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

A 5/14 Warbler Walk #14650

Celebrate International Migratory Bird Day on this walk in search of migrating warblers and other spring visitors in Wheaton Regional Park. 18 & up • Free • Saturday, 9-10am

5/14 Dashing Dragonflies #14651

Dragonfly larvae are emerging from ponds, spreading their wings and dashing about! Join us on a 1.5 mile hike to several ponds in the park to see who's flying. Learn about the dragonfly life cycle and how to identify common species like Green Darners, Blue Dashers, Pondhawks and more! 5-11yrs • \$6 • Saturday, 2-3:30pm

5/17 Trail Buddies #14668

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

5/20 Life in a Tree #13872

Find out which animals build their nests on limbs and which ones prefer tree holes. Story, craft, and hike. 3-5yrs • \$6 • Friday, 10:30-11:15am

5/21 Meet the Bluebirds #14671

The bluebird is one of our most charming native birds. On a hike around the nature center, we'll look for its vivid blue presence and learn about its remarkable return from near extinction to secure prominence. 6 & up • Free • Saturday, 3-4pm

5/24 Trail Buddies #14669

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am

5/28 Fireside Lunch: Summer Begins! #13873

Celebrate the unofficial beginning of summer with a traditional picnic and a few games—all around the campfire! Bring your own picnic lunch; we'll provide the s'mores and other desserts. Please register and pay for all (adults and children). Preregistration required. 3 & up • \$7 • Saturday, Noon-1pm

5/31 Trail Buddies #14670

See March 1 listing for all the details. 3-5yrs • \$6 • Tuesday, 10-11am



Birthday Parties at Brookside Nature Center

Call 301-962-1480 for more information.

20th Annual Gas & Steam Engine Show

Saturday, April 9, 10am-5pm
Sunday, April 10, 10am-3pm



Photo © Porter Glendinning

- See gas engines & tractors, antique cars & trucks, and steam tractors
- Live country music
- Hay wagon rides
- Kiddie tractor pull
- Great food for sale



- Door prizes
- Crafts & flea market
- Parade Sat. & Sun.
- Tractor-driving contest
- More fun activities with the Back in Time 4-H Club

Free Admission and Parking • Rain or Shine!

Sponsored by

FRIENDS of THE AGRICULTURAL HISTORY FARM PARK



Montgomery Parks invites you to a free
EDUCATORS' OPEN HOUSE



March 3, 2016 • 5:30-7:30pm

Brookside Gardens Visitor Center
 1800 Glenallan Avenue, Wheaton, MD 20902

Looking for exciting, innovative FIELD TRIPS, OUTREACH PROGRAMS and CLASSROOM RESOURCES to help your students meet Environmental Literacy standards?

Meet with Montgomery Parks and other regional environmental education providers for the latest in science and environmental programming.

FREE. Light refreshments provided, and free parking.

OVER 25 EXHIBITORS
 FROM THE GREATER DC AREA

- | | |
|------------------------------------|--|
| Alice Ferguson Foundation | Marian Koshland Science Museum |
| Anacostia Watershed Society | Meadowside Nature Center |
| Aquatic Resources Education Center | Montgomery County Department of Environmental Protection |
| Audubon Naturalist Society | Montgomery Parks Volunteer Services |
| Bikes for the World | National Environmental Education Foundation |
| Black Hill Nature Programs | National Park Service |
| Brookside Gardens | Nature Bridge |
| Brookside Nature Center | Robinson Nature Center |
| Calleva Outdoor Adventures | Trout Unlimited |
| Chesapeake Bay Trust | Watershed Adventures of a Bottle |
| Chincoteague Bay Field Station | Watkins Nature Center |
| Climate Change Maryland | ...and more |
| Croydon Creek Nature Center | |
| Howard County Conservancy | |
| Locust Grove Nature Center | |
| Marine Science Consortium | |



Register at ActiveMontgomery.org (#17088)

For more information, call 301-258-4034 or email Julie.Super@MontgomeryParks.org



BOATS, FISH AND BIRTHDAYS
AT LAKE NEEDWOOD!



Your kid will have the most fun birthday party ever at Lake Needwood! Rent the covered pavilion overlooking the lake on a Saturday or Sunday, add a fishing expedition or pontoon boat ride, and you've got a party that your friends will be talking about for years.



BOAT HOUSE PAVILION RENTAL

\$100 for 2 hours

Pavilion seats at least 36 people (6 picnic tables), and includes use of two folding tables to set up

food and presents, a full-size refrigerator/freezer, and adjacent restrooms.

FISHING PARTY!

\$225 for 2-hour party

Includes two-hour rental of the pavilion, plus a guided fishing expedition from the shore for 12 kids. An experienced staffer will lead kids to a good spot and show them how to bait hooks, throw out and reel in their lines, take fish off the hook, and more. The lake is full of bluegill, bass, crappie, catfish and trout just waiting to be caught! Includes poles, tackle and bait for 12 kids.

PONTOON BOAT PARTY

\$125 for 2-hour party

Includes two-hour rental of the pavilion, plus a pontoon boat ride around Lake Needwood for up to 16 guests. We'll look for frogs, beaver, cranes, dragonflies, fish and other interesting critters as we glide along.



LakeNeedwoodBoats.com 301-563-7544 • Ian.Garvie@MontgomeryParks.org

This park bench is more
than just a place to sit.



This bench is dedicated to the memory of a beloved family member who spent countless hours in this park appreciating the serenity and enjoying nature. Stan walked his dog here and watched his grandchildren play on the playground. This was one of Stan's favorite places and now this bench reminds us of the time he enjoyed here.

The **Montgomery Parks Foundation** can help you honor or memorialize people you love, admire, respect or miss in your life. Your dedication can acknowledge a special birthday, mark a life milestone or create a place of importance for your family.

***Make a bench in your park
more than just a place to sit!***



Montgomery Parks
FOUNDATION

For more information contact: Raleigh Leichter,
Development Program Manager at [RaleighLeichter@
MontgomeryParksFoundation.org](mailto:RaleighLeichter@MontgomeryParksFoundation.org) or call 301-495-2567.

www.MontgomeryParksFoundation.org





Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org
Open Wednesday 9am-4pm; Saturday 9am-5pm; Sunday 1-5pm.
Trails open daily, dawn to dusk.

Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Outdoor activities are included in this program, so please dress for the weather. Tot Times are Tuesdays & Wednesdays, 10:15-11am. Ages: 2½-4yrs. Fee: \$6.

Thank You, Rachel Carson!

Rachel Carson, author of *Silent Spring*, wished that everyone could keep a child's "sense of wonder" about the beauty and miracle of nature.

Let's celebrate Women's History Month by talking about how we can keep our sense of wonder, and make a bird craft in honor of Ms. Carson, who fought so hard to stop the use of pesticides and other chemicals that would silence birds and other living creatures.

- #13874 • Tuesday, March 1
- #13875 • Wednesday, March 2

Peep, Ribbit, Croak!

Amphibians are coming out of hibernation, and males are calling for their mates! Let's listen to them at the wetlands and the pond, and learn about the amphibian life cycle.

- #13876 • Tuesday, March 8
- #13877 • Wednesday, March 9

What's Growing?

Let's look for the first plants of spring. Maybe we'll see buds starting to open, baby leaves, and tiny sprouts! Everyone will make their own "Grass Buddy" to grow at home.

- #13878 • Tuesday, March 15
- #13879 • Wednesday, March 16

Hello, Spring!

Finally! Winter is officially over! We'll go on a "I Spy" spring hunt and find signs of spring by using all of our senses.

- #13880 • Tuesday, March 22
- #13881 • Wednesday, March 23

Turtle Tales

Turtle stories are favorites in many cultures. Listen to a Native American tale about turtle's wisdom, then take a hike looking for turtles. You'll learn about turtle habitat and ways to help our long-lived woodland neighbors.

- #13882 • Tuesday, April 5
- #13883 • Wednesday, April 6

For the Birds

Birds are busy this time of year, mating, making nests, laying eggs, and feeding babies. We'll watch them at the feeders, look for them in different habitats, and give them some materials to help them make nests.

- #13884 • Tuesday, April 12
- #13885 • Wednesday, April 13

Come Celebrate Earth Day!

This is the day that reminds us that we have only one planet to call home. Taking care of the Earth is something we can all do! Each child will make their own Earth Day banner showing the many things you and your family can do to help, and plant some wildflowers at the nature center.

- #13886 • Tuesday, April 19
- #13887 • Wednesday, April 20

An EGG-cellent Time of Year!

So many animals lay eggs this time of year. Which eggs have shells? Whose eggs are leathery, slippery, or hard? Find the answers to these questions and more!

- #13888 • Tuesday, April 26
- #13889 • Wednesday, April 27

Happy Mother's Day

This is the time of year that baby animals are everywhere! Come and learn about the animal babies that live in our area, and make a Mother's Day gift for your mom.

- #13891 • Tuesday, May 3
- #13893 • Wednesday, May 4

SSSSnakes!

Snakes are SO cool! They don't have arms or legs, but can move really fast and even climb trees. Find out about our local snakes, and hold one if you dare.

- #13894 • Tuesday, May 10
- #13895 • Wednesday, May 11

Dirt Is Fun!

Let's make mud pies or just dig in the dirt to see what we can find.

- #13896 • Tuesday, May 17
- #13897 • Wednesday, May 18

Animal Tails

What do animals do with their tails? Come learn the ways different animals use their tails, from fish and snakes to birds and foxes.

- #13898 • Tuesday, May 26
- #13899 • Wednesday, May 27

Toads

We love toads! They're easy to observe, eat lots of bugs we don't want in our gardens, and are really kind of cute! Come learn all about toads today!

A second toad program will take place Wednesday, June 1—look for it in the Summer Guide.
#13900 • Tuesday, May 31





Homeschool Happenings

Hands-on science & nature classes for homeschooled kids ages 6-10!

Mondays, 10-11am at the Armstrong Cabin.

March 2016

- 3/7 The Name Game
- 3/14 Slugs, Snails, and Trails
- 3/21 Animal Bones, Tracks, Scat
- 3/28 Spring Song

April 2016

- 4/4 April Showers...
- 4/11 The Hummers Are Comin'
- 4/18 Dragonflies & Damselflies
- 4/25 Buds and Flowers

May 2016

- 5/2 Nesting Time
- 5/9 Mystery Pollinators
- 5/16 Who Is Hatching?
- 5/23 Arachnids and Harvestmen

MARCH 2016

3/7 Homeschool Happenings: The Name Game #13902

How did the animals get their names? Some animals are named because of the sounds they make; others are named after animals with similar features (like spots or color); some are even named for what they eat! Join us for a hike in search of animals like the mocking bird, leopard slug and black rat snake. 6-10yrs • \$6 • Monday, 10-11am

3/13 National Wildlife Week #13901

See below for all the details!
2 & up • Free • Sunday, 1:30-3:30pm

3/14 Homeschool Happenings: Slugs, Snails, and Trails #13903

Are slugs sluggish? Are snails slimey? Off to the woods we go in search of these interesting critters. After our hike, we'll create slugs and snails from clay, and make a home for them using wood. 6-10yrs • \$6 • Monday, 10-11am

3/19 Wild Montgomery: Lake Needwood #14259

Explore Wild Montgomery with a Locust Grove park naturalist. Each week we'll hike a different trail at a different Montgomery County park. This week, we'll take a 2½ mile hike on Lake Needwood Trail looking for signs of spring. Meet at Picnic Area 3 off Lake Needwood Drive. 12 & up • Free • Saturday, 10-11:45am

3/21 Homeschool Happenings: Animal Bones, Tracks, Scat #14043

What do you suppose we can learn from an animal's bone? Let's find out as we examine a variety of skulls, body bones, pelts, tracks and scat. 6-10yrs • \$6 • Monday, 10-11am

3/21 Spring Is Here! #14245

How do animals know spring has arrived? It has more to do with just warm weather. Come find out other ways animals know it's springtime. We'll read a story, make a craft, and take a hike to look for signs of spring. 5-10yrs • \$6 • Monday, 4:30-5:30pm

3/28 Homeschool Happenings: Spring Song #14047

Come out to cheer because spring is here! From our observation deck we'll watch the amazing variety of birds as they fly in to feast on the food in our feeders. After we watch the birds for a bit, let's go take a hike to listen to their songs and help them welcome in spring. 6-10yrs • \$6 • Monday, 10-11am



EDUCATORS' OPEN HOUSE MARCH 3

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See p.131 for a complete list of exhibitors and more information

National Wildlife Week Sunday, March 13, 1:30-3:30pm

Celebrate National Wildlife Week at Locust Grove Nature Center!

Come celebrate the beginning of National Wildlife Week with us! Enjoy fun activities, crafts and games for the whole family. Teachers, join us and take some ideas back to use in your classrooms. Drop in anytime during program hours. | 2 & up • FREE • #13901



APRIL 2016

**4/4 Homeschool Happenings:
April Showers... #14053**

Where do animals go when it rains? Why does it rain? We'll learn the answers to these and many other questions as we go on a habitat hike.
6-10yrs • \$6 • Monday, 10-11am

**4/8 Friday Night Hike &
Campfire #14246**

Enjoy a nature walk under the night sky with one of our naturalists, then roast marshmallows around the campfire. All children and adults must register and pay.
2 & up • \$6 • Friday, 7-8pm

**4/9 Wild Montgomery:
Meadowside NC #14260**

Explore Wild Montgomery with a Locust Grove park naturalist! Each week we'll hike a different trail at a different Montgomery County park. This week we'll meet at Meadowside Nature Center for a 2-mile hike to look for spring greenery, and the emergence of new flowers and animals.
12 & up • Free • Saturday, 10-11:45am

**4/11 Homeschool Happenings: Hooray!
The Hummers Are Comin' #14055**

Let's welcome home the ruby-throated hummingbirds home from their long journey down south. These delightful, diminutive birds visit the hummingbird feeders on our deck regularly, so let's be patient and observe, and perhaps we'll spy a few. As we watch, we can draw pictures of them in flight.
6-10yrs • \$6 • Monday, 10-11am

4/11 Mushrooms #14247

Come learn why mushrooms are in a kingdom all to themselves. We'll look at mushrooms grown here at the nature center, take a walk to look for wild ones, and make spore prints.
5-10yrs • \$6 • Monday, 4:30-5:30pm

**4/18 Homeschool Happenings:
Dragonflies & Damselflies #14056**

These fascinating insects may look delicate, but they're impressive hunters, both underwater and on the ground! Let's learn all about their life cycle, from aquatic nymph to adulthood and examine their special adaptations which help them to be such fierce predators.
6-10yrs • \$6 • Monday, 10-11am

**4/23 Wild Montgomery:
Cabin John Park #14261**

Explore Wild Montgomery with a Locust Grove park naturalist. Each week we'll hike a different trail at a different Montgomery County Park. Meet by the playground at Cabin John Park for a 3-mile hike down Cabin John Trail.
12 & up • Free • Saturday, 10-11:45am

**4/25 Homeschool Happenings:
Buds and Flowers #14061**

Let's trek through forest and meadow, sketchpad in hand, to record some of the buds and flowers we see. After our hike, we'll share our drawings and notes, then look through field guides to help us identify what we've seen.
6-10yrs • \$6 • Monday, 10-11am

4/30 Creek Critters #14250

Your kids can have fun (catch critters in the creek with nets!) and help accomplish something important (check the health of Cabin John Creek) at this special event stream monitoring program!

We'll use nets to look for animals hiding under the rocks at the bottom of the stream, and use the Audubon Naturalist Society's *Creek Critters* app to identify the macro-invertebrates we find.



Download the app before you come, and bring your smart phone with you. Wear boots or waterproof shoes and long pants. We'll provide all the sampling materials you'll need. Please register and pay for all (adults and children). 6 & up • \$6 • Saturday, 1-3pm

**4/18 Green Hour
#14249**

Worried that your kids aren't getting enough "green time" in their lives? Drop them off at Locust Grove for an hour of supervised freeplay in the great outdoors! It's Environmental Education Week, so come on out and celebrate with a "Green Hour" (a term coined by the U.S. National Wildlife Federation).
5-10yrs • \$6
• Monday, 4:30-5:30pm



**Birthday Parties at
Locust Grove
Nature Center**
Call 301-765-8668
for more information.



MAY 2016

**5/2 Homeschool Happenings:
Nesting Time #14063**

Birds are so busy in spring! They spend a lot of time collecting items they find in nature, and use them to construct their nests. We'll take a close-up look at a variety of real nests built by local birds, examining the materials they use, how they construct the nests, and which bird made which nest. Then we'll create our own nests with clay and natural materials we've found on the ground.
6-10yrs • \$6 • Monday, 10-11am

5/6 Friday Night Hike & Campfire #14251

Enjoy a nature walk under the night sky with a Locust Grove naturalist, then roast marshmallows over a campfire. Please register and pay for all (adults and children).
2 & up • \$6 • Friday, 7-8pm

**5/9 Homeschool Happenings:
Mystery Pollinators #14067**

Honeybees and butterflies aren't the only creatures that pollinate plants! Come explore the fields and forest with us to find some of the other insects that are pollinating our plants.
6-10yrs • \$6 • Monday, 10-11am

5/9 Buzzing Bees #14257

Learn about the different kinds of bees in our area, and the many ways bees help people. We'll make a bee craft and go for a hike in search of bees.
5-10yrs • \$6 • Monday, 4:30-5:30pm



**5/14 Wild Montgomery:
Little Bennett #14262**

Explore Wild Montgomery with a Locust Grove park naturalist! Each week we'll hike a different trail at a different Montgomery County park. This week we'll go for a rigorous 3.5-mile hike at Little Bennett Regional Park. Meet in the Burnt Hill parking area of Little Bennett Regional Park.
12 & up • Free • Saturday, 10-11:45am

**5/16 Homeschool Happenings:
Who Is Hatching? #14208**

What is an ootheca? Let us find out and search for a variety of these in the field. Once found we will determine which type of animal made it, how it was built, and the way in which it lives its life.
6-10yrs • \$6 • Monday, 10-11am

**5/23 Homeschool Happenings:
Arachnids and Harvestmen #14211**

Do all spiders make webs? Is a Harvestman a spider? We'll answer these and other questions as we explore the various habitats on the nature center grounds in search of various spiders and their webs.
6-10yrs • \$6 • Monday, 10-11am

5/23 Terrific Trees #14258

Come learn about the wonder of trees and why they're so important to us. We'll take a walk to look at the different trees here at Locust Grove, and do a leaf rubbing craft.
5-10yrs • \$6 • Monday, 4:30-5:30pm



3/24-25 Spring Break Mini-Camp #13201

Let's explore the outdoors, and learn about animals in spring. We'll get our creative juices flowing using natural materials to make crafts, explore habitats waking up after winter, and enjoy a stream-side picnic lunch!
5-11yrs • \$116 • Thursday & Friday, 9am-3:30pm

**3/28-4/1 Spring Break Camp
Locust Grove Nature Center #13202**

Come outside and discover the world of AMPHIBIANS and MACROINVERTEBRATES during Spring Break! Explore amphibian habitats like streams and vernal pools, looking for frogs, salamanders and toads. Learn how to safely catch, identify and release aquatic critters such as caddisfly and crane fly larvae, and damselfly nymph. Plus, make cool crafts to take home (like a "toad abode"), and enjoy a delicious campfire lunch! Bring your rain boots and rain gear and join us for some wet, muddy, fantastic spring break fun.
5-11yrs • \$290 • Monday-Friday (5 days), 9am-3:30pm each day

Spring Break Camps at LGNC
Thursday & Friday, March 24 & 25 and Monday-Friday, March 28 —April 1



Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030
 MeadowsideNature.org • Meadowside@MontgomeryParks.org
 Open Tuesday–Saturday, 9am–5pm. Trails open daily dawn to dusk.

MARCH 2016

3/5 Webelos/AOL Elective Adventure: Into the Wild #14815

Learn about bird flyways and birds found in your backyard, and how to care for insects. Explore the roles that producers, consumers, and decomposers play in the food chain of an ecosystem. We'll complete activities needed to earn your Webelos badge.
 7-10yrs • \$25 • Saturday, 9:30am-Noon

3/8 Nature Explorers: Spring Arrives at Meadowside! #14263

Budding nature explorers will experience the season while discovering the outdoors in spring. They'll learn about wind, weather, amphibians, and lots more! Participating in a variety of activities, games, and crafts will enhance your child's preparation for school. This program meets every Tuesday from March 8 through April 5; the fee covers registration for all 5 sessions. Adults must accompany children.
 3-5yrs • \$45 • 5 sessions • Tuesdays, 10-11:30am

3/12 Alien Invaders #14265

Our park's native plants are being choked and overgrown by alien invasive plants. Help us give the park's native plants room to grow by removing the invasive non-natives. Bring yourself, your family, or your group (please call us if you're bringing a group). Bring leather gloves if you have them or borrow ours. This is an SSL-approved project. Registration required.
 8 & up • Free • Saturday, 10-11am

3/12 Make It Take It: March's Windy Ways #14839

Catch the March wind with a festive wind catcher. Drop by and create this seasonal delight to take home. No registration required. Exact change appreciated.
 All ages • \$2 • Saturday, 11:30am-1:30pm

3/12 Is Spring Just Around the Corner? #14266

We'll read a story about Frog and Toad, then take a hike to see if spring is just around the corner. Registration required.
 3-8yrs • \$5 • Saturday, 2-2:45pm

3/16 Tyke Hike: Clouds #16993

Take a nature mini-hike and make a craft to take home. Registration required; children must be accompanied by an adult.
 2-3yrs • \$5 • Wednesday, 10:30-11:15am

3/16 Nature Matters: Capital Naturalist #14837

See pg. 140 for all the details.
 14 & up • Free • Wednesday, 6:45-8:15pm

3/22 Homeschool Special: World Water Day #14269

Let's celebrate World Water Day! Learn about the importance of having clean water and try your hand at an oil spill clean-up activity.
 7-11yrs • \$6 • Tuesday, Noon-1pm

3/24 Nesting Wreaths #14847

Spring Break There's no school today, so join us to help out native birds! Oriental Bittersweet is an invasive vine that out-competes native plants in our parks. However, it also happens to be great material for constructing decorative wreaths! We'll show you which vines to cut and use to make your own wreath, then we'll decorate them with items birds use to build nests.
 7 & up • \$6 • Thursday, 1-3pm

3/25 Annual Egg Hunt #14819

Spring Break Search for real eggs in our meadow, then dye and decorate the eggs you find. Enjoy other spring-themed activities throughout the event as well. Fun for the entire family! Don't forget to bring a basket to collect your eggs. Reservations are required (we want to be sure to enough eggs for all!) For ages 2-12. \$8
 14819 • Friday, 10-10:30am
 14820 • Friday, 10:30-11am
 14821 • Friday, 11-11:30am
 14822 • Friday, 11:30am-Noon
 14823 • Friday, Noon-12:30pm
 14824 • Friday, 12:30-1pm
 14825 • Friday, 1-1:30pm
 14826 • Friday, 1:30-2pm
 14827 • Friday, 2-2:30pm
 14828 • Friday, 2:30-3pm



Don't Miss Out!

We try to get all our programs into the Guide, but sometimes we add exciting programs to our lineup *after* the Guide is printed. Please check **MeadowsideNature.org** and/or our **Facebook** page to get the latest information on upcoming programs and events.



3/30 The Scoop on Poop #14848
Spring Break Scat (animal poop) is one of the best signs to look for when tracking animals. Join us on a trail hike to look for animal scat and tracks that will tell us which animals are in the park. Parents are free and must accompany children.
 5-11yrs • \$6 • Wednesday, 10-11:30am

3/30 BSA Merit Badge: Environmental Science #14814
Spring Break We'll examine different forms of pollution, and learn what we can do to reduce our negative impact on the environment. Please bring a bag lunch.
 10-17yrs • \$50 • Wednesday, 10am-2:30pm

3/31 & 4/1 BSA Merit Badge: Bird Study #14844
Spring Break Birding can become a lifelong pursuit, and completing your Bird Study merit badge is a great way to start! Scouts will visit a raptor rehabilitation center as well as a local birding hotspot. Van transportation will be provided; don't forget to bring lunch! Two-day program.
 10-17yrs • \$100 • Thurs. & Fri., 10am-2:30pm



APRIL 2016

4/13 Cupcakes with Otus #14270
 Our mascot Otus the Owl loves spending time with friends! Read a story, enjoy a sweet time decorating owl-inspired cupcakes, and bring a camera to take a picture with Otus!
 3-6yrs • \$5 • Wednesday, 11-11:45am



4/16 Alien Invaders #14920
 See March 12 for all the details.
 8 & up • Free • Saturday, 10-11am

4/16 Make It Take It: Bottle Cap Snakes #14840
 Make your own friendly snake from recycled materials. Drop by and create this seasonal delight to take home. No registration required. Exact change appreciated.
 All ages • \$2 • Saturday, 11:30am-1:30pm

4/16 Bat Appreciation Day #14272
 Come learn about the importance of bats and how we can help them in the wild. Then help a naturalist stain a bat box that we'll hang in the park for local bat residents. All participants will become part of Meadowside's bat adoption group, sponsored through Bat Conservation International.
 6-12yrs • \$6 • Saturday, 2-3pm



4/16 Amphibians at Maydale #14267
 We'll hike a mile or two along a dirt trail, searching woodland vernal pools for frog and toad activity. Dress to get muddy! Registration required. Meet at Maydale Park, 1638 Maydale Dr., Silver Spring 20905 (off Briggs Chaney and Claude Lane).
 3-12yrs • \$6 • Saturday, 3:30-4:30pm

4/19 Nature Explorers: Hooray for Spring! #14264
 Budding nature explorers will experience the season while discovering the outdoors in spring. They'll learn about baby animals, worms, birds, and lots more! Participating in a variety of activities, games, and crafts will enhance your child's preparation for school. This program meets every Tuesday from April 19 through May 17; the fee covers registration for all 5 sessions. Adults must accompany children.
 3-5yrs • \$45 • 5 sessions • Tuesdays, 10-11:30am

4/20 Tyke Hike: Frogs and Toads #16995
 See March 16 listing for all the details.
 2-3yrs • \$5 • Wednesday, 10:30-11:15am

4/20 Nature Matters: Voices of the Next Generation #14838
 See pg. 140 for all the details.
 14 & up • Free • Wednesday, 6:45-8:15pm

4/21 Gone Fishin' #14817
 What will you catch for the shore of Lake Needwood? We'll supply fishing poles, bait, hooks and fishing tips. Meet at Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, 20855).
 7-10yrs • \$6 • Thursday, 6-7pm



FREE Programs at Meadowside!

Saturdays: Raptors Meet at the Raptor Walkway behind the nature center, rain or shine.

Raptor Enrichment 11:30-11:45am
 Raptors are smart! Come see Meadowside's resident raptors as they search for food, explore new objects, and encounter new experiences.

Raptor Feeding Noon-12:20pm
 Observe Meadowside's resident raptors during their feeding time and hear some stories about the raptors on exhibit.

Spring Break
 Extra feeding dates!
 March 29– April 1.

Wednesdays: Animal Encounters 4-4:30pm
 Come meet an animal in our lobby!

No registration required. All programs are free and open to all ages. Groups, please call in advance.



Earth Day Fun! Friday, April 22

Celebrate the earth with us at Meadowside Nature Center! Enjoy any or all of our programs today; take a self-guided walk along a wooded trail; or bring a bag lunch and enjoy a picnic. No registration required—just drop in during program hours (except where noted otherwise).



Composting and Dirt Snack #14857

Learn all about composting and how to start your very own compost bin, then enjoy munching on a delicious "dirt" snack! Fee is per snack.

All ages • \$3 • Friday, 10am-Noon

Lorax Flower Pot #14855

Decorate a Lorax-inspired flower pot and plant a seed (maybe you'll get a Truffula tree!). Drop in anytime during program hours. Fee is per flower pot.

3 & up • \$3 • Friday, 10am-Noon

Give a Helping Hand to the Earth #14856

Show your support for the environment by adding your handprint and a conservation message to a paper tree we'll hang in the Meadowside lobby.

All ages • Free • Friday, 10am-4:30pm



Earth Day Campfire #14858

Join us in celebrating Earth Day with a campfire. Toast marshmallows, make s'mores and a Lorax mustache, and enjoy the original television movie version of Dr. Seuss' *The Lorax* under the stars. Please register all participants; fee is for children only.

2 & up • \$6 • Friday, 7-8pm

4/23 Tadpole Time! #14273

Come learn about frog metamorphosis and how you can help frogs in the wild, and help set up a tadpole tank that will be on display in the nature center.

3-8yrs • Free • Saturday, 1:30-2:15pm

4/26 Creek Critters #14850

There's no school today, so join us as we splash around in Rock Creek searching for tiny critters that call it home. We'll use the Audubon Naturalist's "Creek Critters" app to help identify and log what we find, so bring along your smart phones and iPads. What we find will help us determine the health of our creek. Parents are free and must accompany children.

8-12yrs • \$6 • Tuesday, 1-3pm

MAY 2016

5/1 Raptor Festival #14845

See pg. 140 for all the details.

All ages • Free • Sunday, Noon-4pm

5/7 Make It Take It: Mother's Day Cards #14842

Make a Mother's Day card using materials collected from nature. Drop by and create this seasonal delight to take home and give to mom. No registration required. Exact change appreciated.

All ages • \$2 • Saturday, 11:30am-1:30pm

5/7 Sounds of Spring Campfire #14843

Chirp, howl, squeak, growl. Help tell a story using the sounds of the spring night. Afterwards, we'll enjoy a toasty treat around the campfire. Please register all participants; fee is for children only.

All ages • \$6 • Saturday, 7-8pm

5/13 Frog Jumping Day #14271

Come celebrate Frog Jumping Day at Meadowside! Check out our resident frogs and toads, listen to different frog sounds, test your jumping skills and make and take a toad abode for your garden!

3-5yrs • \$5 • Friday, 11-11:45am

5/14 Explore Dirt #14851

Get ready to get dirty as we search for decomposers in the soil. We'll explore rotting logs, investigate wiggly worms, and learn about compost! Parents are free and must accompany children.

5-12yrs • \$6 • Saturday, 10:30-11:30am

5/14 Compost Workshop #14853

Learn how you can be a steward to the environment by composting. We'll teach you about different composting methods and help you get a compost bin started at home!

12 & up • \$6 • Saturday, 2-3:30pm

5/18 Tyke Hike: Flowers #16996

See March 16 listing for all the details.

2-3yrs • \$5 • Wednesday, 10:30-11:15am

5/19 Gone Fishin' #14818

See April 21 listing for all the details.

7-10yrs • \$6 • Thursday, 6-7pm

5/21 Alien Invaders #16991

See March 12 for all the details.

8 & up • Free • Saturday, 10-11am

5/21 Are You a Dragonfly? #14268

We'll read a fun story about dragonflies, then hike to the pond to look for them! Registration required.

3-8yrs • \$5 • Saturday, 2-2:45pm

5/31 Homeschool Special: Explore a Stream #14274

What lives in the stream? We'll wade into the water and use nets to look for crayfish, fish, and insects. For your safety, please wear closed shoes you don't mind getting wet (no open flip-flops or backless sandals).

3-12yrs • \$6 • Tuesday, 1:30-2:30pm



Birthday Parties at Meadowside Nature Center

Visit Meadowside Nature.org for more information.



EDUCATORS' OPEN HOUSE MARCH 3

Meet with more than 25 Washington-area education providers and get great new ideas for science and environmental programming.

Staff from all four Montgomery Parks Nature Centers and Brookside Gardens will be there...we hope you will be, too.

See p.131 for a complete list of exhibitors and more information



Nature Matters Lecture Series

This intriguing (and FREE) lecture series focuses on local nature and conservation topics. Check-in and refreshments begin at 6:45pm, and the one-hour lecture followed by Q & A begins at 7pm. **14 & up. Wednesdays, 6:45-8:15pm.**



3/16 Capital Naturalist #14837

Although nature is incredibly diverse, it also is intricately interconnected. While we certainly don't know how all the pieces fit, we can have some informative fun trying to put them together. Join **Alonso Abugattas**, a well-known local naturalist, blogger, and storyteller, for an interesting look at nature's puzzle, focusing on our native flora and wildlife. Get a peek at just how interdependent our insects, plants, fungi, other wildlife (and even humans) can be and try to piece together some parts of our local nature puzzle. We will look at host plants, ethnobotany, and other wildlife interactions. You may never look at our natural world the same way again! Alonso invites you to check out his Facebook Group called the *Capital Naturalist* as well the blog by the same name. You're also welcome to view his *Capital Naturalist* YouTube Channel or follow on Twitter [@CapNaturalist](#).



4/20 Voices of the Next Generation #14838

Join us for an evening of enlightening presentations from the next generation of environmental stewards. Each year, seniors from **Poolesville High School's Global Ecology Program** identify environmental issues, then design and implement projects to address them. Projects are diverse—from research to the arts—and we're very excited to welcome these students to share their discoveries.

MEADOWSIDE NATURE CENTER'S

RAPTOR FESTIVAL

SUNDAY, MAY 1, 2016
NOON-4PM

EXPERIENCE



the thrill of seeing real owls, hawks, eagles and other predators up close and face to face! Explore the world of these beautiful birds through all kinds of games and crafts, flight demonstrations and presentations from local experts. Our mascot **Otus the Owl** will be there to greet you, too! Don't forget your camera! No registration required.

FREE! To all ages. No pets (except guide dogs) allowed at festival site.

MeadowsideNature.org



5 Fun Things to Do This Spring in Montgomery Parks

1

Celebrate Earth Month and eagles, bluebirds and bats, Maryland history, monarchs and more at festivals and special events this spring. www.MontgomeryParks.org/festivals

2

Try a new sport this spring! Take up tennis or golf. Learn lacrosse. Learn to skate. Have fun, burn calories, make friends. www.MontgomeryParks.org/tennis
www.SGDrivingRange.com
www.WheatonSportsPavilion.com
www.MontgomeryParks.org/ice



3

Dig the new Garden Gateway at Brookside Gardens! Come see its beautiful, eco-friendly features (can you find the gabion?), native plants and flowers and...wait for it...more parking! See p. 106 for opening festivities. www.BrooksideGardens.org

4

Volunteer! Get your friends, family or co-workers together and volunteer at a park or stream cleanup, festival, or facility. There's an opportunity calling your name at www.ParksVolunteers.org.



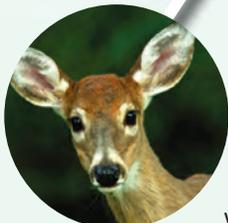
5

Pet a snake. Dye some eggs. Dig for bugs. Explore a lake! Study the stars, splash in a stream. Learn some bird songs, and how to "go green." The naturalists at our four nature centers would love to show you the world. www.MontgomeryParks.org/nature_centers





Spring Break in Montgomery Parks



Mini Spring Break Camp

Let's explore the outdoors and learn about animals in spring. We'll get our creative juices flowing using natural materials, explore habitats waking up after winter, and even have a stream-side picnic lunch!

Locust Grove Nature Center

13201 5-11yrs 2 Classes \$116 Thursday & Friday, March 24 & 25 9am-3:30pm

Park Play Days

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.

Cabin John Ice Rink

9961 6-12yrs 1 Class \$45 Thursday, March 24 9am-5pm
9962 6-12yrs 1 Class \$45 Friday, March 25 9am-5pm

Wheaton Ice Arena

8476 6-12yrs 1 Class \$45 Thursday, March 24 9am-5pm
8477 6-12yrs 1 Class \$45 Friday, March 25 9am-5pm

Spring Break Camp

Let's get outdoors and explore two cool topics, AMPHIBIANS and MACRO INVERTEBRATES! We'll explore amphibian habitats from a stream to a vernal pool, looking for frogs, salamanders and toads. We'll also learn how to safely catch, identify and release aquatic critters. We'll also squeeze in the time to make crafts to take home like a "toad abode," and enjoy a special campfire lunch. So bring your rain boots and get ready to be outside, get wet, and have fun!



Locust Grove Nature Center

13202 5-11yrs 5 Classes \$290 Monday, March 28-Friday, April 1 9am-3:30pm



Spring Break Golf Camp

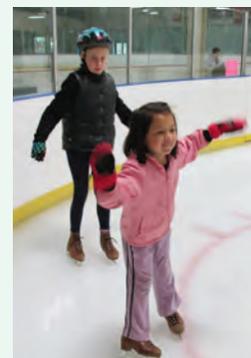
What a fun way to spend Spring Break! Monday through Thursday at the Driving Range, campers will learn how to putt, chip, pitch, drive and use irons and woods with the help of a Montgomery County Golf Academy instructor. On Friday, we'll play a 9-hole tournament at Needwood Golf Course (Friday's hours 8:30am-1pm). *Fee includes instruction, tees, Nike Golf® balls, and transportation on Friday.*

South Germantown Driving Range

13492 6-13yrs 5 Classes \$210 Monday, March 28-Friday, April 1 9am-Noon

Spring Break Ice Skating Camp

Join us for a whole week of springtime fun at Cabin John Ice! Your kids will enjoy a 30-minute ice skating lesson each day with a professional skating coach, open skating time to practice your new skills, arts & crafts activities, outdoor activities, and much more. Skaters are grouped according to age and ability. *Rental skates are included, or campers may bring their own skates. Please bring a non-perishable lunch, snack and water bottle each day.*



Cabin John Ice Rink

11794 6-12yrs 5 Classes \$295 Monday, March 28-Friday, April 1 9am-4:30pm

Week in the Park



Spring Break Week in the Park

It's time for spring fun and games at the Spring Week in the Park! Kids will enjoy professional tennis and ice skating lessons, take nature walks, ride the Wheaton Miniature Train and Ovid Hazen Wells Carousel, and much more. We do a lot of walking, so be sure to wear your most comfortable shoes! *Please bring a water bottle and non-perishable lunch each day. Register by March 15 and save \$25!*

Wheaton Ice Arena

8478 6-12yrs 5 Classes \$260 Monday, March 28-Friday, April 1 9am-4:30pm

Tennis "Boot Days"

Do you have the right stuff to be a tennis champion? Take a week to really focus on the sport in this fun and challenging week-long camp. Using personal instruction, group games and drills, we'll teach beginning and intermediate level players all the fundamentals: forehand, backhand and overhead strokes, serves and volleys, footwork, score-keeping, names and meanings of the lines, and more. Add some footwork drills and cardio exercise, and your inner champion is sure to emerge! *Please bring a non-perishable lunch and water bottle each day.*



Pauline Betz Addie Tennis/Cabin John

13511 6-14yrs 5 Classes \$270 Monday, March 28-Friday, April 1 9am-5pm

Wheaton Indoor Tennis

13508 8-12yrs 5 Classes \$270 Monday, March 28-Friday, April 1 9am-5pm

All Aboard for Spring Break!

Cabin John Train and Wheaton Train & Carousel will be open Saturday, March 26 through Sunday, April 3, weather permitting. Visit CabinJohnTrain.com and WheatonTrainandCarousel.com for operating hours.





Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Ice Skating & Hockey Group Lessons



Like Cabin John Ice, Wheaton Ice and Montgomery Parks on  and follow us on  @WheatonIce

THREE WAYS TO REGISTER

- Online at **ActiveMONTGOMERY.org**
- In person at the rinks until 9pm daily. No phone registrations can be taken at the rinks.
- Fill out, sign, and mail or fax registration form and payment to: **ActiveMONTGOMERY**, 4010 Randolph Road, Silver Spring, MD 20902. Fax: 240-777-6818. Checks, money order and credit cards are accepted. See page 169 for new registration info.

REGISTRATION DATES

- **SPRING** registration opens **Monday, April 18** (12:01am) and runs through **Friday, April 22**.
- Beginning **Saturday, April 23** you may register *in person only* at the rink. A non-refundable \$10 service fee will be added.

CLASS DATES

- **SPRING** classes start **Sunday, April 24**.

COURSE FEES COVER

- Six lessons (30 or 45 minutes, depending on the class).
- A practice card, good for admission for the registered student only. Practice cards are valid for the duration of your course, up until the start of the next lesson period. Number of practice sessions are based on the number and length of classes. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

PLEASE NOTE

- No make-ups/refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will evaluate each student to determine if he or she is ready to advance to the next course, or would benefit from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.
- If you see a class you like, register! Classes may be canceled if minimum enrollment number is not met.



Spring 2016

DATES TO NOTE

Holiday Closures

- Closed Sunday, March 27 (Easter)
- Closed Saturday, May 28 through Monday, May 30 (Memorial Day Weekend)

No Classes

- May 28-30
- June 7-10



PROGRAM ACCESS (INCLUSION) SERVICES

If you are registering for a Montgomery Parks program, please call the Montgomery Parks Program Access Office at 301-495-2477, or email ProgramAccess@MontgomeryParks.org. Visit MontgomeryParks.org/access for more information.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the rink.
- Pick up your skates at the skate exchange. Ask for one size *smaller* than your **sneaker size**. You'll have better balance and protection against injuries.





GROUP LESSON GUIDE

Where should I start? Where will I go?

LEARN TO SKATE

AGES 3-5

PARENT & TOT SKATING

SNOWPLOW SAM 1

SNOWPLOW SAM 2

SNOWPLOW SAM 3

AGES 6-12

BASIC 1

BASIC 2
(Passed Snowplow 3)

BASIC 3

BASIC 4

BASIC 5

BASIC 6

BASIC 7

BASIC 8

AGES 12+

TEEN & ADULT 1

TEEN & ADULT 2

TEEN & ADULT 3

TEEN & ADULT 4

FIGURE SKATING

FREE SKATE 1
(Passed Basic 8 or Teen & Adult 4)

FREE SKATE 2

FREE SKATE 3

FREE SKATE 4

FREE SKATE 5

FREE SKATE 6

FREE SKATE PRE TEST

ADVANCED CLASSES

MOVES IN THE FIELD PREPARATION*

EDGE & POWER SKATING*

JUMPING 1*

JUMPING 2

SPINS 1*

SPINS 2

ICE DANCING FUNDAMENTALS 1*

ICE DANCING FUNDAMENTALS 2

*(Passed Free Skate 1)**

TEAM CLASSES

THEATRE ON ICE 1
(Passed Basic 4)

THEATRE ON ICE 2

ICE HOCKEY

AGES 4-8 & 9-14

HOCKEY 1
(Passed Basic 1 or Snowplow Sam 3)

HOCKEY 2

HOCKEY 3

HOCKEY 4

ADVANCED HOCKEY

AGES 14+

TEEN & ADULT HOCKEY INTRO

TEEN & ADULT HOCKEY SCRIMMAGE

ADVANCED CLASSES

PASSING & SHOOTING*

POWER SKATING FOR HOCKEY*

SCRIMMAGE 1*

SCRIMMAGE 2
*(Passed Hockey 2)**





Parent and Tot Ice Skating

Skating is fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, and march while moving on the ice. Parents will need basic skating skills in order to skate with their child. Fee covers one child and one parent; register child only. *Equipment Required: Helmet & Gloves.*

Cabin John Ice Rink

14345	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	3:30-4pm
14542	3-5yrs	6 Classes	\$99	Friday, Apr. 29	11:15-11:45am
14409	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	12:15-12:45pm
14410	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	3:45-4:15pm

Wheaton Ice Arena

13590	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
13589	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Snowplow Sam

Snowplow Sam classes are designed to help preschool-age children develop the preliminary coordination and strength needed to maneuver on the ice.

Snowplow Sam 1

Learn how to sit and stand up on skates (off and on the ice); march in place; march forward; glide on two feet; and dip in place. *Equipment required: Helmet and gloves*

Cabin John Ice Rink

14346	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11:30am-Noon
14347	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	2:30-3pm
14348	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	4-4:30pm
14292	3-5yrs	6 Classes	\$99	Monday, Apr. 25	3:45-4:15pm
14320	3-5yrs	6 Classes	\$99	Tuesday, Apr. 26	4:15-4:45pm
14598	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	Noon-12:30pm
14599	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	3:45-4:15pm
14568	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	1:30-2pm
14569	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:15-4:45pm
14543	3-5yrs	6 Classes	\$99	Friday, Apr. 29	11:45am-12:15pm
14544	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14411	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	8:30-9am
14412	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	11-11:30am
14413	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm
14414	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	1:15-1:45pm

Wheaton Ice Arena

13596	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11am-11:30am
13595	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13591	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
13592	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:45-5:15pm
13593	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	10:15am-10:45am
13594	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	12:30-1pm

Snowplow Sam 2

Prerequisite: Passed Snowplow Sam 1

Learn how to march followed by a long glide, dip while moving, backward wiggles, rocking horse (one forward swizzle, then one backward swizzle), forward two-foot swizzles, and a two-foot hop in place. *Equipment Required: Helmet & Gloves.*

Cabin John Ice Rink

14349	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11:30am-Noon
14350	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	2:30-3pm
14293	3-5yrs	6 Classes	\$99	Monday, Apr. 25	3:45-4:15pm
14321	3-5yrs	6 Classes	\$99	Tuesday, Apr. 26	4:15-4:45pm
14600	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	Noon-12:30pm
14601	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	3:45-4:15pm
14570	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	1:30-2pm
14571	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:15-4:45pm
14545	3-5yrs	6 Classes	\$99	Friday, Apr. 29	11:45am-12:15pm
14546	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14417	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	8:30-9am
14415	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	11-11:30am
14416	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	1:15-1:45pm

Wheaton Ice Arena

13602	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11-11:30am
13601	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13597	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
13598	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:45-5:15pm
13599	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	10:15-10:45am
13600	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	12:30-1pm

Snowplow Sam 3

Prerequisite: Passed Snowplow Sam 2

Learn forward skating, forward one-foot glides, forward and backward swizzles, a snowplow stop, and curves. *Equipment Required: Helmet & Gloves.*

Cabin John Ice Rink

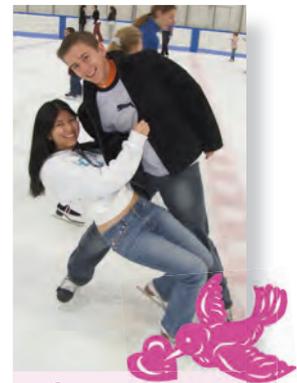
14351	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11:30am-Noon
14352	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	2:30-3pm
14294	3-5yrs	6 Classes	\$99	Monday, Apr. 25	3:45-4:15pm
14322	3-5yrs	6 Classes	\$99	Tuesday, Apr. 26	4:15-4:45pm
14602	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	Noon-12:30pm
14603	3-5yrs	6 Classes	\$99	Wednesday, Apr. 27	3:45-4:15pm
14572	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	1:30-2pm
14573	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:15-4:45pm
14547	3-5yrs	6 Classes	\$99	Friday, Apr. 29	11:45am-12:15pm
14548	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14419	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	8:30-9am
14418	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	11-11:30am
14420	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	1:15-1:45pm

Wheaton Ice Arena

13608	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	11am-11:30am
13607	3-5yrs	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13605	3-5yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
13603	3-5yrs	6 Classes	\$99	Friday, Apr. 29	4:45-5:15pm
13606	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	10:15-10:45am
13604	3-5yrs	6 Classes	\$99	Saturday, Apr. 30	12:30-1pm



Ice Skating



Sweetheart Skates

Bring your sweetheart to the rink and skate together for just \$7 (admission and skates for two).

WHEATON ICE FRIDAY, FEBRUARY 12
8:15-10:15PM

CABIN JOHN ICE SATURDAY, FEBRUARY 13
8:30-10:30PM



Ice Skating

Basic Skills 1-8

Basic Skills classes teach the fundamentals of skating. The eight levels of the program introduce these fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and mohawks. Upon completion of the Basic levels 1-8, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized types of skating.

Basic 1

Learn how to sit on the ice and stand up, march forward across the ice, forward two-foot glide, dip, forward swizzles, backward wiggles, snowplow stops, rocking horse, and a two-foot hop. Recommended equipment: Helmet and gloves.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Cabin John Ice Rink from April 24 to 30.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Wheaton Ice Arena from April 24 to 30.

Basic 2

Prerequisite: Passed Basic 1 or Snowplow Sam 3. Learn forward one-foot glides, backward two-foot glide, backward swizzles, a two-foot turn from forward to backward in place, moving snowplow stop, and forward alternating half-swizzle pumps in a straight line. Recommended equipment: Helmet and gloves.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Cabin John Ice Rink from April 24 to 30.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Wheaton Ice Arena from April 24 to 30.

Basic 3

Prerequisite: Passed Basic 2. Learn forward stroking, forward half-swizzle pumps on a circle, moving forward to backward two-foot turns, backward one-foot glides, forward slaloms, and two-foot spin.

Cabin John Ice Rink

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Cabin John Ice Rink from April 24 to 30.

Wheaton Ice Arena

Table with 7 columns: ID, Age Group, Classes, Cost, Date, Time, and Location. Lists sessions for Wheaton Ice Arena from April 24 to 30.



ST. PATRICK'S DAY SKATE

THURSDAY, MARCH 17

Wear something green or Irish and skate for just \$7 (includes admission and skates).

CABIN JOHN 4:30-6:15PM & 8:15-10:15PM

WHEATON ICE 4:45-6:15PM



Basic 4

Prerequisite: Passed Basic 3

Learn forward outside and inside edges on a circle (R and L), forward crossovers, forward outside three-turns, backward half-swizzle pumps on a circle, backward stroking, and backward snowplow stop.

Cabin John Ice Rink

14364	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	12:30-1pm
14363	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	3:30-4pm
14298	4-12yrs	6 Classes	\$99	Monday, Apr. 25	4:45-5:15pm
14329	4-12yrs	6 Classes	\$99	Tuesday, Apr. 26	5:15-5:45pm
14609	4-12yrs	6 Classes	\$99	Wednesday, Apr. 27	4:45-5:15pm
14586	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
14555	4-12yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14439	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10-10:30am
14438	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	2:30-3pm

Wheaton Ice Arena

13640	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	1-1:30pm
13638	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	5:45-6:15pm
13641	4-12yrs	6 Classes	\$99	Friday, Apr. 29	5:45-6:15pm
13639	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Basic 5

Prerequisite: Passed Basic 4

Learn backward outside and inside edges on a circle (R and L), backward crossovers, beginning one-foot spin, hockey stop, and side toe hop.

Cabin John Ice Rink

14365	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	12:30-1pm
14366	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	3:30-4pm
14299	4-12yrs	6 Classes	\$99	Monday, Apr. 25	4:45-5:15pm
14330	4-12yrs	6 Classes	\$99	Tuesday, Apr. 26	5:15-5:45pm
14610	4-12yrs	6 Classes	\$99	Wednesday, Apr. 27	4:45-5:15pm
14589	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
14556	4-12yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14441	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10-10:30am
14442	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	2:30-3pm

Wheaton Ice Arena

13646	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13644	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
13645	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Basic 6

Prerequisite: Passed Basic 5

Learn forward inside three-turns, moving backward to forward two-foot turns on a circle, T-stop, bunny hops, forward spiral on a straight line, and forward lunge.

Cabin John Ice Rink

14367	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	12:30-1pm
14331	4-12yrs	6 Classes	\$99	Tuesday, Apr. 26	5:15-5:45pm
14611	4-12yrs	6 Classes	\$99	Wednesday, Apr. 27	4:45-5:15pm
14591	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	4:45-5:15pm
14557	4-12yrs	6 Classes	\$99	Friday, Apr. 29	4:15-4:45pm
14444	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10-10:30am
14445	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	2:30-3pm

Wheaton Ice Arena

13650	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13648	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
13649	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Basic 7

Prerequisite: Passed Basic 6

Learn forward inside open mohawk, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to backward outside edge glides, and forward inside pivots.

Cabin John Ice Rink

14368	4-12yrs	6 Classes	\$149	Sunday, Apr. 24	1-1:45pm
14332	4-12yrs	6 Classes	\$149	Tuesday, Apr. 26	6-6:45pm
14592	4-12yrs	6 Classes	\$149	Thursday, Apr. 28	6-6:45pm
14558	4-12yrs	6 Classes	\$149	Friday, Apr. 29	4:45-5:30pm
14446	4-12yrs	6 Classes	\$149	Saturday, Apr. 30	9-9:45am
14447	4-12yrs	6 Classes	\$149	Saturday, Apr. 30	3-3:45pm

Wheaton Ice Arena

13653	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
13651	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
13652	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Basic 8

Prerequisite: Passed Basic 7

Learn moving forward outside and inside three-turns on a circle, combination step sequence, one-foot upright spin, waltz jump, and mazurka.

Cabin John Ice Rink

14369	4-12yrs	6 Classes	\$149	Sunday, Apr. 24	1-1:45pm
14333	4-12yrs	6 Classes	\$149	Tuesday, Apr. 26	6-6:45pm
14593	4-12yrs	6 Classes	\$149	Thursday, Apr. 28	6-6:45pm
14559	4-12yrs	6 Classes	\$149	Friday, Apr. 29	4:45-5:30pm
14448	4-12yrs	6 Classes	\$149	Saturday, Apr. 30	9-9:45am
14449	4-12yrs	6 Classes	\$149	Saturday, Apr. 30	3-3:45pm

Wheaton Ice Arena

13656	4-12yrs	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
13654	4-12yrs	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
13655	4-12yrs	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am



Ice Skating



Spring Bunny Hop

Saturday, March 26

Spring surprises and fun for all! Just \$7 gets you in skates and on the ice.

Cabin John Noon-2PM

Wheaton 12:30-2:30PM



MONDAY, MARCH 28-FRIDAY, APRIL 1
Wheaton Ice Arena

Tennis and ice skating lessons, nature walks, and much more! See p.142 for details



Sign up by March 15 and save \$25



Ice Skating



Mother's Day Skate

Bring Mom out to the rink on her big day, and she skates FREE (including skate rental) with one paid admission.

Sunday, May 8

CABIN JOHN ICE

12:30-2:30pm

WHEATON ICE

2:45-4:45pm

Teen & Adult Classes

Teen & Adult classes are designed for skaters age 12 and up. Classes teach proper skating techniques, promote physical fitness, and improve balance and coordination. Skaters will be challenged and motivated as they progress through the program's four levels. If you're looking for a fun and exciting way to get (or stay!) healthy and fit, this skating program is custom-made for you.

Teen & Adult 1

Learn falling and recovery, forward strides and gliding, forward swizzles, backward skating, backward swizzles, forward one-foot glides, two-foot turns in place, snowplow stops, forward curves on two feet, and forward half-swizzle pumps on a circle.

Recommended equipment: Helmet and gloves.

Cabin John Ice Rink

14357	12 & up	6 Classes	\$149	Sunday, Apr. 24	1-1:45pm
14576	12 & up	6 Classes	\$149	Thursday, Apr. 28	12:45-1:30pm
14577	12 & up	6 Classes	\$149	Thursday, Apr. 28	7:30-8:15pm
14427	12 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am

Wheaton Ice Arena

13619	12 & up	6 Classes	\$99	Sunday, Apr. 24	Noon-12:30pm
13617	12 & up	6 Classes	\$99	Thursday, Apr. 28	7:30-8pm
13618	12 & up	6 Classes	\$99	Saturday, Apr. 30	10:15-10:45am

Teen & Adult 2

Prerequisite: Passed Teen & Adult 1
Learn forward stroking, backward half-swizzle pumps on a circle, moving two-foot turns on a curve, forward edges on a circle, forward crossovers, backward one-foot glide, forward pivot, and forward chassés on a circle.

Cabin John Ice Rink

14580	12 & up	6 Classes	\$149	Thursday, Apr. 28	12:45-1:30pm
14581	12 & up	6 Classes	\$149	Thursday, Apr. 28	7:30-8:15pm
14433	12 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am

Wheaton Ice Arena

13628	12 & up	6 Classes	\$99	Sunday, Apr. 24	Noon-12:30pm
13629	12 & up	6 Classes	\$99	Thursday, Apr. 28	7:30-8pm
13630	12 & up	6 Classes	\$99	Saturday, Apr. 30	10:15-10:45am

Teen & Adult 3

Prerequisite: Passed Teen & Adult 2
Learn backward edges on a circle, backward crossovers, inside mohawk, basic forward outside and forward inside consecutive edges, forward progressives, beginning two-foot spin, and backward snowplow stops.

Cabin John Ice Rink

14584	12 & up	6 Classes	\$149	Thursday, Apr. 28	Noon-12:45pm
14585	12 & up	6 Classes	\$149	Thursday, Apr. 28	8:15-9pm
14437	12 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am

Wheaton Ice Arena

13636	12 & up	6 Classes	\$99	Thursday, Apr. 28	7:30-8pm
13637	12 & up	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Teen & Adult 4

Prerequisite: Passed Teen & Adult 3
Learn forward three-turns, perimeter stroking with crossover end patterns, forward outside to inside change of edge sequence, alternate backward crossovers with two-foot transition, footwork sequence, power three-turns, and backward chassés on a circle.

Cabin John Ice Rink

14587	12 & up	6 Classes	\$149	Thursday, Apr. 28	Noon-12:45pm
14588	12 & up	6 Classes	\$149	Thursday, Apr. 28	8:15-9pm
14440	12 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am

Wheaton Ice Arena

13642	12 & up	6 Classes	\$99	Thursday, Apr. 28	7:30-8pm
13643	12 & up	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Teen & Adult Advanced

Prerequisite: Passed Teen & Adult 4
Learn beginner freestyle skills and work on advanced edges & turns

Cabin John Ice Rink

14590	12 & up	6 Classes	\$149	Thursday, Apr. 28	9-9:45pm
14443	12 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am

Wheaton Ice Arena

13647	12 & up	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm
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Check out two of our most popular camps!

Full-day, 5-day camps for kids 6-12 years old. Both camps run nine different weeks, June through August.



Ice Skating Summer Fun Camp

Cabin John Ice Rink
\$295



Week in the Park

Wheaton Ice Arena \$260

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org



Sign up by March 15 and save \$25

Free Skate Classes

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. At this point, skaters can choose to pursue either a recreational or competitive track in figure skating.

Free Skate 1

Prerequisite: Passed Basic 8

Learn advanced forward stroking, basic forward outside and forward inside consecutive edges, advanced back outside three-turns, scratch spin from back crossovers, waltz jump from two or three back crossovers, and half-flip.

Cabin John Ice Rink

14334	5 & up	6 Classes	\$149	Tuesday, Apr. 26	6-6:45pm
14594	5 & up	6 Classes	\$149	Thursday, Apr. 28	6-6:45pm
14560	5 & up	6 Classes	\$149	Friday, Apr. 29	5:30-6:15pm
14451	5 & up	6 Classes	\$149	Saturday, Apr. 30	9-9:45am
14450	5 & up	6 Classes	\$149	Saturday, Apr. 30	3-3:45pm

Wheaton Ice Arena

13659	5 & up	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
13657	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13658	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Free Skate 2

Prerequisite: Passed Free Skate 1

Learn basic back outside and back inside consecutive edges, forward outside and forward inside spirals, continuous forward progressive chassé sequence, waltz threes, beginning back spin, waltz jump/side toe hop/waltz jump combo sequence, and toe-loop.

Cabin John Ice Rink

14335	5 & up	6 Classes	\$149	Tuesday, Apr. 26	6:45-7:30pm
14595	5 & up	6 Classes	\$149	Thursday, Apr. 28	6:45-7:30pm
14452	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13662	5 & up	6 Classes	\$99	Sunday, April 24	2-2:30pm
13660	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13661	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Free Skate 3

Prerequisite: Passed Free Skate 2

Learn forward and backward crossovers in figure-eight pattern, waltz-eight, advanced forward consecutive swing rolls, backward inside three-turns, backspin with free foot in crossed leg position, salchow, half-lutz jump, and waltz jump/toe loop combo or salchow/toe loop combo.

Cabin John Ice Rink

14336	5 & up	6 Classes	\$149	Tuesday, Apr. 26	6:45-7:30pm
14596	5 & up	6 Classes	\$149	Thursday, Apr. 28	6:45-7:30pm
14453	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13664	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13663	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:45-12:15pm

Free Skate 4

Prerequisite: Passed Free Skate 3

Learn spiral sequence, forward power three-turns, continuous backward progressive chassé sequence on a circle, sit spin, loop jump, and waltz jump/loop jump combo.

Cabin John Ice Rink

14337	5 & up	6 Classes	\$149	Tuesday, Apr. 26	6:45-7:30pm
14597	5 & up	6 Classes	\$149	Thursday, Apr. 28	6:45-7:30pm
14454	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13666	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13665	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm

Free Skate 5

Prerequisite: Passed Free Skate 4

Learn backward outside three-turn/mohawk/three backward crossovers sequence, spiral sequence, forward outside slide chassé/swing roll sequence, camel spin, forward upright to back scratch spin, loop/loop combo, flip jump and waltz/falling leaf/toe loop jump combo sequence.

Cabin John Ice Rink

14338	5 & up	6 Classes	\$149	Tuesday, Apr. 26	7:30-8:15pm
14455	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13668	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13667	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm

Free Skate 6

Prerequisite: Passed Free Skate 5

Learn alternating back crossovers to back outside edges, five-step mohawk sequence, camel/sit spin combo, split or stag jump, waltz jump/half loop/salchow combo, lutz jump, and axel jump preparation.

Cabin John Ice Rink

14339	5 & up	6 Classes	\$149	Tuesday, Apr. 26	7:30-8:15pm
14456	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13670	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13669	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm



Ice Skating



spring shows

Come and marvel at the talented figure skaters of Cabin John and Wheaton Ice as they perform at their annual Spring Skating Shows.

These two free events will feature exciting individual and group performances.

JOIN US!

CABIN JOHN ICE
sat., may 21 | 6:30p

WHEATON ICE
sat., june 11 | 6:15p

Your 6- to 12-year-old will love
Spring Break
Ice Skating Camp!

**Monday, March 28-
Friday, April 1**

Skating lessons, arts & crafts, outdoor fun
and more at Cabin John Ice!
See p.142 for details



SPRING ON ICE



<p>feb</p> <p>SWEETHEART SKATE (see p. 145) WHEATON ICE 2/12 CABIN JOHN 2/13</p>		<p>WINTER II SKATING & HOCKEY REGISTRATION OPENS Monday, 2/15</p>	<p>PARK PLAY DAY (see p. 155) Monday, 2/15 CABIN JOHN & WHEATON ICE</p>	<p>HOCKEY WEEKEND ACROSS AMERICA 2/19-21 CABIN JOHN & WHEATON ICE</p>	<p>Wednesday, February 24 <i>Last day to register online!</i></p> <p>WINTER II CLASSES BEGIN Friday, 2/26</p> 
<p>mar</p> <p>ST. PATRICK'S DAY SKATE (see p. 146) Thursday, 3/17 CABIN JOHN & WHEATON ICE</p>		<p>PARK PLAY DAY (see p. 155) 3/24-25 CABIN JOHN & WHEATON ICE</p>	<p>PARK PLAY DAY (see p. 155) 4/26 CABIN JOHN & WHEATON ICE</p>	<p>Friday, April 22 <i>Last day to register online!</i></p> <p>SPRING CLASSES BEGIN Sunday, 4/24</p> 	
<p>apr</p> <p>SPRING BREAK 3/24-4/1 SPRING WEEK IN THE PARK WHEATON ICE 3/28-4/1 (see p. 142)</p> <p>SPRING BREAK ICE SKATING CAMP CABIN JOHN 3/28-4/1 (see p. 142)</p> 	<p>SPRING SKATING & HOCKEY REGISTRATION OPENS Monday, 4/18</p>	<p>PARK PLAY DAY (see p. 155) 4/26 CABIN JOHN & WHEATON ICE</p>	<p>BOTH ARENAS CLOSED MEMORIAL DAY WEEKEND 5/28-30</p>	<p>Save The Date! WHEATON ICE SPRING SHOW 6/11</p>	
<p>may</p>  <p>MOTHER'S DAY SKATE (see p. 148) 5/8 CABIN JOHN & WHEATON ICE</p>	<p>CABIN JOHN SPRING SHOW (see p. 149) 5/21</p>	<p>BOTH ARENAS CLOSED MEMORIAL DAY WEEKEND 5/28-30</p>			

Please check our websites for **Spring Public Skating Sessions**. For full details on spring skating classes, visit **ActiveMONTGOMERY.org**.

10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com

11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Advanced Free Skating Classes



Ice Skating

Free Skate Pre-Test

Prerequisite: Passed Free Skate 6

Prepare for the move up into the USFSA testing program. Work on all single jumps including axel preparation, combination spins, and footwork.

Cabin John Ice Rink

14340	5 & up	6 Classes	\$149	Tuesday, Apr. 26	7:30-8:15pm
14457	5 & up	6 Classes	\$149	Saturday, Apr. 30	10:30-11:15am

Wheaton Ice Arena

13672	5 & up	6 Classes	\$99	Thursday, Apr. 28	7-7:30pm
13671	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:45am-12:15pm

Ice Dance Fundamentals 1

Prerequisite: Passed Free Skate 1

This class will introduce you to basic ice dancing steps, posture, dance positions and timing. We'll cover forward outside swing rolls, slide chassiss, chasse progressives, the Dutch Waltz ice dance and the Canasta Tango ice dance.

Cabin John Ice Rink

14478	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am
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Ice Dance Fundamentals 2

Prerequisite: Passed Ice Dance Fundamentals 1

In this advanced ice dancing class, you'll work on backward swing rolls, forward inside swing rolls, waltz 3-turns, the Swing Dance and Rhythm Blues ice dances.

Cabin John Ice Rink

14479	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am
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Jumping 1

Prerequisite: Passed Free Skate 1

Work on waltz jump, salchow jump, toe-loop jump, loop jump and half-loop jumps. Build basic combo jumps using toe-loop and half-loop jumps.

Cabin John Ice Rink

14341	5 & up	6 Classes	\$99	Tuesday, Apr. 26	8:15-8:45pm
14480	5 & up	6 Classes	\$99	Saturday, Apr. 30	10-10:30am

Wheaton Ice Arena

13688	5 & up	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
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Jumping 2

Prerequisite: Passed Jumping 1 or Free Skate 4

In this advanced class, work on split or stag jump, flip, lutz, and axel preparation and jump. Build combo jumps with a loop jump.

Cabin John Ice Rink

14342	5 & up	6 Classes	\$99	Tuesday, Apr. 26	8:15-8:45pm
14481	5 & up	6 Classes	\$99	Saturday, Apr. 30	10-10:30am

Wheaton Ice Arena

13689	5 & up	6 Classes	\$99	Thursday, Apr. 28	6:30-7pm
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Spins 1

Prerequisite: Passed Free Skate 1

Learn to develop your spins and positions. Work on one-foot spin, scratch spin, back spin and sit spin.

Cabin John Ice Rink

14343	5 & up	6 Classes	\$99	Tuesday, Apr. 26	8:15-8:45pm
14482	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Spins 2

Prerequisite: Passed Spins 1 or Free Skate 4

In this advanced spins class, we'll work on change foot spins, back scratch spins, attitude spins, camel spins, and camel-sit spin combinations; and work on new positions for your future spins.

Cabin John Ice Rink

14344	5 & up	6 Classes	\$99	Tuesday, Apr. 26	8:15-8:45pm
14483	5 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am



Theatre on Ice 1

Prerequisite: Passed Basic 4

Learn to work together with the other skaters in this class as you work to hone your skills in presentation, choreography and expression. Together, you'll build a program to music, then perform your group program at a show during the last week of class.

Cabin John Ice Rink

14484	5 & up	6 Classes	\$99	Saturday, Apr. 30	10-10:30am
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Theatre on Ice 2

Prerequisite: Passed Basic 8 or Theatre on Ice 1

In this advanced class, we'll take what you've learned about presentation, choreography and expression to a higher level. You'll continue learning from and with other skaters, build a choreographed program to music, and perform it at a show the last week of class.

Cabin John Ice Rink

14485	5 & up	6 Classes	\$99	Saturday, Apr. 30	10-10:30am
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Ice Skating

Advanced Free Skating Classes

Power Skating

Power Skating Course

Prerequisite: Passed Basic 5 or Hockey 3

The half ice course that will focus on increasing the skaters speed and developing more power. Additionally, this course will focus on edge control.

Wheaton Ice Arena

13690 5 & up 6 Classes \$99 Thursday, Apr. 28 7:30-8pm

Moves/Edges

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and U.S. Figure Skating "Moves in the Field" patterns.

Wheaton Ice Arena

13691 5 & up 6 Classes \$99 Thursday, Apr. 28 6:30-7pm

Moves/Edges: Advanced Adult

Prerequisite: Passed Teen & Adult 3 or the Pre-Preliminary Moves test, or equivalent.

In this class, skaters will work on power, edge quality, extension of line, quick and precise skating movements and U.S. Figure Skating "Moves in the Field" patterns.

Wheaton Ice Arena

13692 12 & up 6 Classes \$99 Thursday, Apr. 28 6:30-7pm

Edges & Power Skating

Prerequisite: Passed Free Skate 1

Improve your endurance, speed, control, quality and depth of your edges while performing sequences of steps. We'll do forward and backward power pulls, forward and backward cross rolls, power three-turns, back power three-turns and other steps.

Cabin John Ice Rink

14486 5 & up 6 Classes \$99 Saturday, Apr. 30 11:15-11:45am

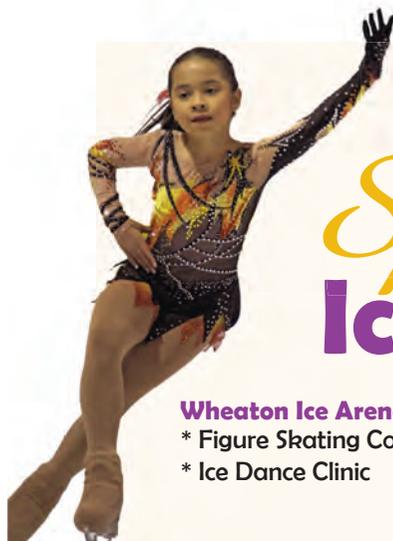
Moves in the Field Preparation

Prerequisite: Passed Free Skate 1

This class will help you prepare for your U.S. Figure Skating "Moves in the Field" tests. We'll cover forward stroking, forward and backward outside and inside edges, spiral & waltz-eight from the Pre-Preliminary test and introductory Preliminary moves.

Cabin John Ice Rink

14487 5 & up 6 Classes \$99 Saturday, Apr. 30 10-10:30am



Are your kids looking for a more challenging skating camp? Let us help them take their skating to the next level at one of our...

Specialized Ice Skating Camps

Wheaton Ice Arena

- * Figure Skating Competitions Camp
- * Ice Dance Clinic

Cabin John Ice Rink

- * Synchronized Skating Camp

Both Arenas

- * Freestyle Camp
- * Theatre on Ice Camp



* Sign up by March 15 and save \$25

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org



Ice Hockey Classes • Spring 2016

WHAT DOES "FULL GEAR" INCLUDE?

Caged hockey helmet | shoulder & elbow pads | hockey pants | shin guards
hockey gloves | protective cup | stick cut to skater's height | hockey skates | mouth guard

Rental hockey skates are available at no extra charge with your class!



ICE HOCKEY



Hockey Equipment Rental at Cabin John

Rent ice hockey equipment for skaters registered in Hockey 1 or 2. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included). You'll return all equipment after each class. Supply is limited; use the ActiveMONTGOMERY activity number listed to reserve equipment after registering for a Hockey 1 or 2 class.

Cabin John Ice Rink

4-6 years					
14626	4-6yrs	6 Classes	\$30	Wednesday, Mar. 2	5:15-5:45pm
14627	4-6yrs	6 Classes	\$30	Wednesday, Mar. 2	6-6:30pm
14566	4-6yrs	6 Classes	\$30	Friday, Mar. 4	4:15-4:45pm
14372	4-6yrs	6 Classes	\$30	Sunday, Apr. 24	2-2:30pm
14314	4-6yrs	6 Classes	\$30	Monday, Apr. 25	4:45-5:15pm
14315	4-6yrs	6 Classes	\$30	Monday, Apr. 25	5:15-5:45pm
14473	4-6yrs	6 Classes	\$30	Saturday, Apr. 30	8:30-9am
14474	4-6yrs	6 Classes	\$30	Saturday, Apr. 30	12:15-12:45pm
6-8 years					
14629	6-8yrs	6 Classes	\$30	Wednesday, Mar. 2	5:15-5:45pm
14628	6-8yrs	6 Classes	\$30	Wednesday, Mar. 2	6-6:30pm
14567	6-8yrs	6 Classes	\$30	Friday, Mar. 4	4:15-4:45pm
14373	6-8yrs	6 Classes	\$30	Sunday, Apr. 24	2-2:30pm
14316	6-8yrs	6 Classes	\$30	Monday, Apr. 25	4:45-5:15pm
14317	6-8yrs	6 Classes	\$30	Monday, Apr. 25	5:15-5:45pm
14475	6-8yrs	6 Classes	\$30	Saturday, Apr. 30	8:30-9am
14476	6-8yrs	6 Classes	\$30	Saturday, Apr. 30	12:15-12:45pm



FREE Hockey Equipment Rental at Wheaton Ice!

Rent ice hockey equipment for skaters registered in Hockey 1 or 2. Equipment fits kids age 4-6 and 6-8, and includes shoulder pads, hockey pants, gloves, elbow pads, shin guards, and adjustable helmet (hockey stick and socks not included). You'll return all equipment after each class. Supply is limited; use the ActiveMONTGOMERY activity number listed to reserve equipment after registering for a Hockey 1 or 2 class.



Wheaton Ice Arena

4-6 years					
13683	4-6yrs	6 Classes	\$0	Saturday, Mar. 5	10:45-11:15am
13684	4-6yrs	6 Classes	\$0	Sunday, Mar. 6	1-1:30pm
6-8 years					
13685	6-8yrs	6 Classes	\$0	Saturday, Mar. 5	10:45-11:15am
13686	6-8yrs	6 Classes	\$0	Sunday, Mar. 6	1-1:30pm



If your kids love hockey, why not treat them this summer to...

Ice Hockey Camp!

Offered at both rinks (CJ: Week of 6/27 & 7/25 • WIA: Week of 6/20 & 8/1)

Visit MontgomeryParks.org/Camps for more info, and register at ActiveMONTGOMERY.org

 Sign up by March 15 and save \$25



GET A FREE CAPITALS HOCKEY JERSEY

Get one child's Washington Capitals practice jersey for each first time paid registration at Wheaton Ice Arena for:
Hockey 1
Hockey 2



ICE HOCKEY



GET A CABIN JOHN HOCKEY JERSEY

Get one child's Cabin John Ice Rink jersey for each paid registration for:

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Advanced Hockey

Hockey 1

Prerequisite: Passed Basic 1 or Snowplow 3
Learn falling and getting up in hockey skates, proper stance, march forward across the ice, 8-10 steps, forward two-foot glide, dip or squat, scooter pushes or T-push, forward swizzles, snowplow stop, and backward skating. *Full gear required (see p.153)*

Cabin John Ice Rink

14370	4-8yrs	6 Classes	\$105	Sunday, Apr. 24	2-2:30pm
14300	4-8yrs	6 Classes	\$105	Monday, Apr. 25	4:45-5:15pm
14612	4-8yrs	6 Classes	\$105	Wednesday, Apr. 27	5:15-5:45pm
14561	4-8yrs	6 Classes	\$105	Friday, Apr. 29	4:15-4:45pm
14458	4-8yrs	6 Classes	\$105	Saturday, Apr. 30	8:30-9am
14459	4-8yrs	6 Classes	\$105	Saturday, Apr. 30	12:15-12:45pm
14301	9-14yrs	6 Classes	\$105	Monday, Apr. 25	5:15-5:45pm
14613	9-14yrs	6 Classes	\$105	Wednesday, Apr. 27	6-6:30pm
14460	9-14yrs	6 Classes	\$105	Saturday, Apr. 30	8:30-9am

Wheaton Ice Arena

13674	4 & up	6 Classes	\$99	Sunday, Apr. 24	1-1:30pm
13673	4 & up	6 Classes	\$99	Saturday, Apr. 30	10:45-11:15am

Hockey 2

Prerequisite: Passed Hockey 1
Learn backward stance, skating forward using full strides, forward one-foot glides, backward hustle, backward swizzles, glide turns, and moving snowplow stops. *Full gear required (see p.153)*

Cabin John Ice Rink

14371	4-8yrs	6 Classes	\$105	Sunday, Apr. 24	2-2:30pm
14303	4-8yrs	6 Classes	\$105	Monday, Apr. 25	5:15-5:45pm
14615	4-8yrs	6 Classes	\$105	Wednesday, Apr. 27	6-6:30pm
14562	4-8yrs	6 Classes	\$105	Friday, Apr. 29	4:15-4:45pm
14462	4-8yrs	6 Classes	\$105	Saturday, Apr. 30	8:30-9am
14463	4-8yrs	6 Classes	\$105	Saturday, Apr. 30	12:15-12:45pm
14304	9-14yrs	6 Classes	\$105	Monday, Apr. 25	5:15-5:45pm
14616	9-14yrs	6 Classes	\$105	Wednesday, Apr. 27	6-6:30pm
14464	9-14yrs	6 Classes	\$105	Saturday, Apr. 30	8:30-9am

Wheaton Ice Arena

13675	4 & up	6 Classes	\$99	Sunday, Apr. 24	1pm-1:30pm
13676	4 & up	6 Classes	\$99	Saturday, Apr. 30	10:45am-11:15am

Hockey 3

Prerequisite: Passed Hockey 2
Learn forward C-cuts on a circle, hockey turns with speed in and out of turn, forward slalom, forward stop and starts, backward V-stop, and lateral marching crossovers. *Full gear required (see p.153)*

Cabin John Ice Rink

14306	4-8yrs	6 Classes	\$155	Monday, Apr. 25	6-6:45pm
14618	4-8yrs	6 Classes	\$155	Wednesday, Apr. 27	6:30-7:15pm
14563	4-8yrs	6 Classes	\$155	Friday, Apr. 29	4:45-5:30pm
14465	4-8yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am
14307	9-14yrs	6 Classes	\$155	Monday, Apr. 25	6-6:45pm
14619	9-14yrs	6 Classes	\$155	Wednesday, Apr. 27	6:30-7:15pm
14466	9-14yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am

Wheaton Ice Arena

13678	4 & up	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13677	4 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Hockey 4

Prerequisite: Passed Hockey 3
Learn forward one-foot pushes on a circle, forward crossover glides, forward crossovers, alternating backward C-cuts in a line, backward one-foot glide, mohawks, and hockey stop. *Full gear required (see p.153)*

Cabin John Ice Rink

14309	4-8yrs	6 Classes	\$155	Monday, Apr. 25	6-6:45pm
14621	4-8yrs	6 Classes	\$155	Wednesday, Apr. 27	6:30-7:15pm
14564	4-8yrs	6 Classes	\$155	Friday, Apr. 29	5:30-6:15pm
14468	4-8yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am
14308	9-14yrs	6 Classes	\$155	Monday, Apr. 25	6:45-7:30pm
14620	9-14yrs	6 Classes	\$155	Wednesday, Apr. 27	7:15-8pm
14467	9-14yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am

Wheaton Ice Arena

13680	4 & up	6 Classes	\$99	Sunday, Apr. 24	1:30-2pm
13679	4 & up	6 Classes	\$99	Saturday, Apr. 30	11:15-11:45am

Advanced Hockey

Prerequisite: Passed Hockey 4
Learn alternating forward crossovers, backward crossovers (on a circle as well as straight down the ice), back V-stops, power turns on proper edges, and mohawks. *Full gear required (see p.153)*

Cabin John Ice Rink

14310	4-8yrs	6 Classes	\$155	Monday, Apr. 25	6:45-7:30pm
14622	4-8yrs	6 Classes	\$155	Wednesday, Apr. 27	7:15-8pm
14565	4-8yrs	6 Classes	\$155	Friday, Apr. 29	5:30-6:15pm
14469	4-8yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am
14311	9-14yrs	6 Classes	\$155	Monday, Apr. 25	6:45-7:30pm
14623	9-14yrs	6 Classes	\$155	Wednesday, Apr. 27	7:15-8pm
14470	9-14yrs	6 Classes	\$155	Saturday, Apr. 30	7:45-8:30am

Wheaton Ice Arena

13681	4 & up	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
13682	4 & up	6 Classes	\$99	Saturday, Apr. 30	11:45-12:15pm

Teen & Adult Introductory Hockey

Prerequisite: Passed Teen & Adult 1 in hockey skates
Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. *Full gear required (see p.153)*

Cabin John Ice Rink

14302	14 & up	6 Classes	\$149	Monday, Apr. 25	8:30-9:15pm
14614	14 & up	6 Classes	\$149	Wednesday, Apr. 27	8:45-9:30pm
14461	14 & up	6 Classes	\$149	Saturday, Apr. 30	7:45-8:30am

Teen & Adult Hockey Scrimmage

Prerequisite: Passed Teen & Adult 3 in hockey skates, or passed Teen & Adult
Introductory Hockey This class will emphasize advanced hockey techniques, rules and game play. Skaters will practice skills and elements of the game through a series of scrimmages. *Full gear required (see p.153)*

Cabin John Ice Rink

14305	14 & up	6 Classes	\$149	Monday, Apr. 25	9:15-10pm
14617	14 & up	6 Classes	\$149	Wednesday, Apr. 27	9:30-10:15pm

Scrimmage 1

Prerequisite: Passed Hockey 2

This hands-on instructional class focuses on key elements of hockey. Skaters will learn the rules of the game, enhance their skills, and practice through a series of scrimmages. *Full gear required (see p.153).*

Cabin John Ice Rink

14312	6 & up	6 Classes	\$99	Monday, Apr. 25	8-8:30pm
14624	6 & up	6 Classes	\$99	Wednesday, Apr. 27	8-8:30pm
14471	6 & up	6 Classes	\$99	Saturday, Apr. 30	9-9:30am

Scrimmage 2

Prerequisite: Passed Scrimmage 1 or Advanced Hockey

Scrimmage 2 gives serious players more real-time, hands-on instruction. Learn the finer points of hockey and continue to sharpen your skills with other players who want to excel. *Full gear required (see p.153).*

Cabin John Ice Rink

14313	6 & up	6 Classes	\$99	Monday, Apr. 25	8-8:30pm
14625	6 & up	6 Classes	\$99	Wednesday, Apr. 27	8-8:30pm
14472	6 & up	6 Classes	\$99	Saturday, Apr. 30	8:30-9am

Power Skating for Hockey

Prerequisite: Passed Hockey 2 or Basic 3 in hockey skates

Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power and technique.

Full gear required (see p.153).

Cabin John Ice Rink

14318	4 & up	6 Classes	\$99	Monday, Apr. 25	7:30-8pm
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Wheaton Ice Arena

13687	4 & up	6 Classes	\$99	Sunday, Apr. 24	2-2:30pm
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Passing & Shooting

Prerequisite: Passed Hockey 2

You've learned the basics of passing and shooting—now it's time to learn the finer points of stick-handling. We'll also show you how to protect the puck from opponents, and review some fundamental passing skills.

Full gear required (see p.153); no game experience needed.

Cabin John Ice Rink

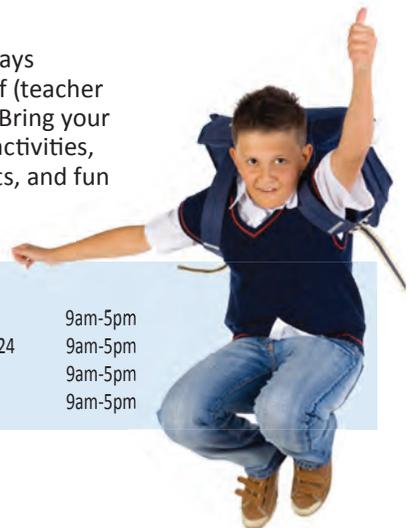
14319	4 & up	6 Classes	\$99	Monday, Apr. 25	7:30-8pm
14477	4 & up	6 Classes	\$99	Saturday, Apr. 30	8-8:30am



ICE HOCKEY



No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.



Cabin John Ice Rink

9960	6-12yrs	1 Class	\$45	Monday, Feb. 15	9am-5pm
9961	6-12yrs	1 Class	\$45	Thursday, March 24	9am-5pm
9962	6-12yrs	1 Class	\$45	Friday, March 25	9am-5pm
9963	6-12yrs	1 Class	\$45	Tuesday, April 26	9am-5pm

Wheaton Ice Arena

8475	6-12yrs	1 Class	\$45	Monday, Feb. 15	9am-5pm
8476	6-12yrs	1 Class	\$45	Thursday, March 24	9am-5pm
8477	6-12yrs	1 Class	\$45	Friday, March 25	9am-5pm
13693	6-12yrs	1 Class	\$45	Tuesday, April 26	9am-5pm




SOUTH GERMANTOWN
Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670
www.SGDrivingRange.com

NOW OPEN YEAR-ROUND!

With the recent installation of heaters, South Germantown Driving Range will remain open year-round. Hours are weather-dependent, however. Please be sure to call or check our Facebook page before heading out. Please see our hours of operation below.



December 1 - February 28: Monday-Friday, 11am-5pm; Saturday & Sunday, 7am-10pm
March 1 - April 30: Monday-Friday, 11am-9pm; Saturday & Sunday, 8am-10pm
Buckets of balls are sold until one hour before stated closing time.

Driving Range Classes • Spring 2016



Beginning Golf for Seniors

Golf is an excellent way for senior adults to keep active and in good health. It's a great workout for the heart and lungs, improves blood circulation, strengthens the knees, enhances bone density, and keeps the body flexible and limber. It's also a great way to alleviate stress and sharpen your powers of concentration. And most importantly, it's fun! We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills.

South Germantown Driving Range

14213	50 & up	4 Classes	\$99	Tuesday, Mar. 29	10:00am-11:00am
14215	50 & up	4 Classes	\$99	Thursday, Mar. 31	10:00am-11:00am
14214	50 & up	4 Classes	\$99	Tuesday, Apr. 26	10:00am-11:00am
14216	50 & up	4 Classes	\$99	Thursday, Apr. 28	10:00am-11:00am



FACILITY FEATURES

- Montgomery County Golf Academy instructors
- 40 tee boxes (10 covered)
- New heaters and roll-down drop curtains
Great for hitting balls in inclement weather. Protects from wind/rain, keeps in the heat during colder days
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- Clubhouse with restroom and DirectTV

GREAT PRICES!

Get this year's **Range Ball Discount Cards** at last year's prices. Visit our website for more information on how you can save up to 40%!



Parent and Child Golf

Golf is a great game for kids to start early, and you'll have a great time learning together. With the help of a Montgomery County Golf certified instructor, you and your child (age 7-14) will learn the basics of golf, including proper stance, grip, chipping, putting, driving, and more. If you're already a golfer, the instructor will work with you at your level to help you improve your game. Please register your child; fee covers instruction, balls, loaner clubs and practice cards for both of you.



South Germantown Driving Range

14057	7-14yrs	5 Classes	\$149	Saturday, Apr. 2	11:00am-12:00pm
14059	7-14yrs	5 Classes	\$149	Saturday, Apr. 2	4:30pm-5:30pm
14209	7-14yrs	5 Classes	\$149	Sunday, Apr. 3	12:00pm-1:00pm
14058	7-14yrs	5 Classes	\$149	Saturday, May 7	11:00am-12:00pm
14060	7-14yrs	5 Classes	\$149	Saturday, May 7	4:30pm-5:30pm
14210	7-14yrs	5 Classes	\$149	Sunday, May 8	12:00pm-1:00pm

Beginning Golf

If you've always wanted to try golf, or haven't played in years and want to pick it up again, this is an easy, inexpensive way to get into the sport. For just \$99, you'll get four weeks of professional instruction from a Montgomery County Golf Academy Instructor, and learn the basics of golf: proper stance, grip, chipping, putting, driving, golf etiquette, and more. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills. Class sizes are small (no more than 8 students), so you're sure to get a good bit of personal attention.

South Germantown Driving Range

14062	18 & up	4 Classes	\$99	Tuesday, Mar. 29	5:30pm-6:30pm
14065	18 & up	4 Classes	\$99	Thursday, Mar. 31	5:30pm-6:30pm
14068	18 & up	4 Classes	\$99	Saturday, Apr. 2	2:30pm-3:30pm
14066	18 & up	4 Classes	\$99	Thursday, Apr. 28	5:30pm-6:30pm
14069	18 & up	4 Classes	\$99	Saturday, Apr. 30	2:30pm-3:30pm
14064	18 & up	4 Classes	\$99	Tuesday, May 17	5:30pm-6:30pm

Couples Golf

Learn a new sport that you can play together for the rest of your life! Grab your spouse or partner, best friend or parent, son or daughter and learn to play the great game of golf. In this beginning/intermediate class, you'll get expert instruction from a Montgomery County Golf Academy pro for four weeks. We'll teach the basics of golf, including putting, chipping, driving, using irons and woods, and golf etiquette. Fee covers loaner clubs, balls and a practice card for two free buckets to come back and practice your skills. Please register one person from your pair, and you'll be prompted as you register to enter your partner's name. Please register just one person from the couple, and you'll be prompted to enter your partner's name.

South Germantown Driving Range

14217	18 & up	5 Classes	\$149	Tuesday, Mar. 29	6:30pm-7:30pm
14219	18 & up	5 Classes	\$149	Saturday, Apr. 2	9:00am-10:00am
14220	18 & up	5 Classes	\$149	Saturday, Apr. 2	5:30pm-6:30pm
14223	18 & up	5 Classes	\$149	Sunday, Apr. 3	1:00pm-2:00pm
14218	18 & up	5 Classes	\$149	Tuesday, May 3	6:30pm-7:30pm
14221	18 & up	5 Classes	\$149	Saturday, May 7	9:00am-10:00am
14222	18 & up	5 Classes	\$149	Saturday, May 7	5:30pm-6:30pm
14224	18 & up	5 Classes	\$149	Sunday, May 8	1:00pm-2:00pm



GOLF Camps!

SPRING BREAK GOLF CAMP

Monday, March 28-Friday, April 1, 9am-Noon
For kids 6-13 years old • \$210
See p. 142 for details.

SUMMER CAMPS

Beginner/Intermediate Golf Camp

9am-Noon • Ages 6-14 • 6/20-24 or 8/22-26

Golf & So Much More!

Half- and full-day camps available • Ages 6-13
Choose from six different weeks
between 6/27 and 8/15

Visit MontgomeryParks.org/Camps
for more info, and register at
ActiveMONTGOMERY.org

Archery 101

Interested in learning archery? Participants will learn basic skills and safety instruction. You'll learn how to hold, aim, draw, and shoot a bow. We'll introduce or build on participant's current knowledge/skills or Archery and provide time to practice each new skill. We'll provide all of the equipment, a safe place to shoot, and a Level 1 Certified Instructor to guide you. Please bring a water bottle and dress for the weather. Four (4) classes per session • \$50 • Ages 8-14



South Germantown Driving Range

14044	Saturday, April 2	4:00pm-5:30pm	14049	Saturday, April 30	4:00pm-5:30pm
14045	Saturday, April 2	5:30pm-7:00pm	14050	Saturday, April 30	5:30pm-7:00pm
14046	Sunday, April 3	10:00am-11:30am	14051	Sunday, May 1	10:00am-11:30am
14048	Sunday, April 3	11:30am-1:00pm	14052	Sunday, May 1	11:30am-1:00pm

Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Two large group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at ActiveMontgomery.org or call 301-495-2525.



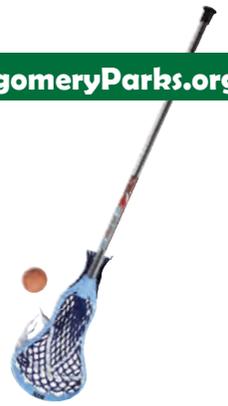


WHEATON SPORTS PAVILION

SOCCER FUTSAL LACROSSE

11751 Orebaugh Ave | Silver Spring, MD 20902 | 301-905-3070

WheatonSportsPavilion.com



Wheaton Sports Pavilion Classes • Spring 2016

WHAT DOES "FULL GEAR" INCLUDE?

The following equipment is required for all lacrosse clinic participants at Wheaton Sports Pavilion:
Helmet | Shoulder & Elbow pads | Gloves | Stick | Mouth Guard

Introductory Lacrosse Clinic

This clinic is for first-time players, or players who want to improve their skills. We'll focus on lacrosse basics, with primary emphasis on stick skills (passing, catching, cradling, scooping, and shooting), defense and overall team play. *Full gear required (see above).*

Wheaton Sports Pavilion

14809 7-10yrs 6 Classes \$120 Tuesday, Mar. 15 4:30-5:30pm
 14810 7-10yrs 6 Classes \$120 Thursday, Mar. 17 4:30-5:30pm

Lacrosse Spring Shooting Clinics

This clinic focuses on every aspect of shooting, teaching beginners the proper shooting form, and helping more advanced players improve their form. This clinic will help improve players' confidence. *Full gear required (see above)*

Lacrosse Spring Shooting Clinic: Beginner

Wheaton Sports Pavilion
 14811 7-12yrs 6 Classes \$120 Saturday, Mar. 19 2-3pm

Lacrosse Spring Shooting Clinic: Intermediate/Advanced

Wheaton Sports Pavilion
 14812 7-12yrs 6 Classes \$120 Friday, Mar. 11 3-4pm

Little Stick Lacrosse

This clinic will focus on the FUNdamentals of lacrosse. Our goal is to help players get comfortable handling a lacrosse stick: throwing, cradling, scooping, and shooting. *Full gear required (see above).*

Wheaton Sports Pavilion

14808 4-6yrs 6 Classes \$75 Wednesday, Mar. 16 4:30-5:30pm

Multi-Sports

Multi-Sports is a fun introduction to a variety of sports for kids. They'll learn the basics of each sport through both instruction and games (lacrosse, flag football, kickball, etc.). *Full gear required (see above).*

Wheaton Sports Pavilion

14816 4-6yrs 6 Classes \$75 Saturday, Mar. 19 Noon-1pm

Weak-Hand Lacrosse Clinic

Work on that weak hand! We'll practice passing, cradling, and ground balls; building muscle memory through repetition and gaining confidence as we go. *Full gear required (see above).*

Wheaton Sports Pavilion

14813 7-12yrs 6 Classes \$120 Friday, Mar. 11 5-6pm



PARTY AT THE PAVILION!

Have a ball for your birthday or other special occasion at Wheaton Sports Pavilion!

Party packages include 1 hour's use of the covered, lighted turf field and the party room, plus a party leader to help run activities and games on the field. Fees start at \$150/hour.

For details, please visit our website or call us at 301-905-3071.



New this summer at Wheaton Sports Pavilion!

Lacrosse & Field Sports Camp

Lacrosse, flag football, kickball, dodgeball & more!
 5-day camp, 9am-5pm • \$265 • For kids age 6-13
 Runs 6 different weeks (7/11, 7/18, 7/25, 8/1, 8/8 & 8/15) • \$365

Visit MontgomeryParks.org/Camps for more information • Register at ActiveMONTGOMERY.org



Indoor Tennis Group Lessons • Spring 2016



Pauline Betz Addie Tennis Center
7801 Democracy Blvd.
Bethesda, MD 20817
CabinJohnTennis.com
301-765-8650



Wheaton Indoor Tennis
11715 Orebaugh Ave.
Wheaton, MD 20902
WheatonTennis.com
301-905-3030

TENNIS REGISTRATION DATES

- **SPRING 1**
Spring 1 Registration runs
Sunday, March 13 through Friday, April 1.
Spring 1 Classes run April 2–May 13.
- **SPRING 2** Registration runs
Sunday, May 8 through Friday, May 13.
Spring 2 Classes run May 14–June 27.

DATES TO NOTE

Holiday Hours & Closures

- Closed Sunday, March 27 (Easter)
- Closed Saturday, May 28 through Monday, May 30 (Memorial Day Weekend)

No Classes

- May 28–30

Don't Delay!

If you see a class you like, register! Classes may be canceled if the minimum enrollment number is not met.



Parent & Child Tennis

Bring your 4-8 year-old and have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis

13906	4-8yrs	6 Classes	\$147	Saturday, April 2	2-3pm
15138	4-8yrs	6 Classes	\$147	Tuesday, April 5	5-6pm
13907	4-8yrs	6 Classes	\$147	Wednesday, April 6	6-7pm
15163	4-8yrs	6 Classes	\$147	Saturday, May 14	2-3pm
15165	4-8yrs	6 Classes	\$147	Tuesday, May 17	5-6pm
15164	4-8yrs	6 Classes	\$147	Wednesday, May 18	6-7pm

Wheaton Indoor Tennis

13698	4-8yrs	6 Classes	\$111	Sunday, April 3	1-2pm
13694	4-8yrs	6 Classes	\$111	Monday, April 4	4-5pm
13696	4-8yrs	6 Classes	\$111	Tuesday, April 5	4-5pm
13697	4-8yrs	6 Classes	\$111	Thursday, April 7	5-6pm
13695	4-8yrs	6 Classes	\$111	Friday, April 8	4-5pm
13765	4-8yrs	6 Classes	\$111	Sunday, May 15	1-2pm
13761	4-8yrs	6 Classes	\$111	Monday, May 16	4-5pm
13763	4-8yrs	6 Classes	\$111	Tuesday, May 17	4-5pm
13764	4-8yrs	6 Classes	\$111	Thursday, May 19	5-6pm
13762	4-8yrs	6 Classes	\$111	Friday, May 20	4-5pm

Parent & Pre-Teen Tennis

For parents and their 9-12 year-old children. Have fun learning fundamental tennis skills together! We'll teach Beginner/Beginner Plus level skills and drills that can be continued outside of class. Fee covers one adult and one child; register the child only.

Pauline Betz Addie Tennis

15137	9-12yrs	6 Classes	\$147	Tuesday, April 5	5-6pm
15145	9-12yrs	6 Classes	\$147	Wednesday, April 6	6-7pm
13908	9-12yrs	6 Classes	\$147	Friday, April 8	7-8pm
15167	9-12yrs	6 Classes	\$147	Tuesday, May 17	5-6pm
15168	9-12yrs	6 Classes	\$147	Wednesday, May 18	6-7pm
15166	9-12yrs	6 Classes	\$147	Friday, May 20	7-8pm

Wheaton Indoor Tennis

13699	9-12yrs	6 Classes	\$111	Sunday, April 3	2-3pm
13766	9-12yrs	6 Classes	\$111	Sunday, May 15	2-3pm





USTA 10 and Under Tennis

This ground-breaking program from the United States Tennis Association (USTA) gives kids age 10 and under the opportunity to learn real tennis...and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts that are sized right for kids so they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's real tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!).

All equipment is provided in the course fee. All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit 10andUnderTennis.com, and sign up for a class today.

USTA 10 and Under Tennis, Beginner

Pauline Betz Addie Tennis

4-6 years

13921	4-6yrs	6 Classes	\$135	Saturday, April 2	10-11am
13922	4-6yrs	6 Classes	\$135	Saturday, April 2	2-3pm
15123	4-6yrs	6 Classes	\$135	Sunday, April 3	11am-Noon
13918	4-6yrs	6 Classes	\$135	Sunday, April 3	4-5pm
13916	4-6yrs	6 Classes	\$135	Monday, April 4	4-5pm
13920	4-6yrs	6 Classes	\$135	Wednesday, April 6	4-5pm
15177	4-6yrs	6 Classes	\$135	Saturday, May 14	10-11am
15178	4-6yrs	6 Classes	\$135	Saturday, May 14	2-3pm
15182	4-6yrs	6 Classes	\$135	Sunday, May 15	11am-Noon
15175	4-6yrs	6 Classes	\$135	Sunday, May 15	4-5pm
15174	4-6yrs	6 Classes	\$135	Monday, May 16	4-5pm

6-8 years

13915	6-8yrs	6 Classes	\$135	Saturday, April 2	11am-Noon
13911	6-8yrs	6 Classes	\$135	Sunday, April 3	9-10am
13910	6-8yrs	6 Classes	\$135	Sunday, April 3	10-11am
13912	6-8yrs	6 Classes	\$135	Monday, April 4	6-7pm
15144	6-8yrs	6 Classes	\$135	Wednesday, April 6	5-6pm
13914	6-8yrs	6 Classes	\$135	Friday, April 8	5-6pm
15173	6-8yrs	6 Classes	\$135	Saturday, May 14	11am-Noon
15170	6-8yrs	6 Classes	\$135	Sunday, May 15	9-10am
15169	6-8yrs	6 Classes	\$135	Sunday, May 15	10-11am
15171	6-8yrs	6 Classes	\$135	Monday, May 16	6-7pm
15184	6-8yrs	6 Classes	\$135	Wednesday, May 18	5-6pm
15172	6-8yrs	6 Classes	\$135	Friday, May 20	5-6pm

8-10 years

13928	8-10yrs	6 Classes	\$135	Sunday, April 3	10-11am
15135	8-10yrs	6 Classes	\$135	Tuesday, April 5	6-7pm
13924	8-10yrs	6 Classes	\$135	Thursday, April 7	5-6pm
13926	8-10yrs	6 Classes	\$135	Friday, April 8	4-5pm
15181	8-10yrs	6 Classes	\$135	Sunday, May 15	10-11am
15183	8-10yrs	6 Classes	\$135	Tuesday, May 17	6-7pm
15179	8-10yrs	6 Classes	\$135	Thursday, May 19	5-6pm
17049	8-10yrs	6 Classes	\$135	Friday, May 20	4-5pm

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USTA 10 and Under, Beginner (cont.)

Wheaton Indoor Tennis

4-6 years

13702	4-6yrs	6 Classes	\$111	Saturday, April 2	9-10am
13703	4-6yrs	6 Classes	\$111	Saturday, April 2	1-2pm
13704	4-6yrs	6 Classes	\$111	Sunday, April 3	9-10am
13700	4-6yrs	6 Classes	\$111	Thursday, April 7	4-5pm
13769	4-6yrs	6 Classes	\$111	Saturday, May 14	9-10am
13770	4-6yrs	6 Classes	\$111	Saturday, May 14	1-2pm
13771	4-6yrs	6 Classes	\$111	Sunday, May 15	9-10am
13767	4-6yrs	6 Classes	\$111	Thursday, May 19	4-5pm

6-8 years

13701	6-8yrs	6 Classes	\$111	Saturday, April 2	9-10am
13706	6-8yrs	6 Classes	\$111	Sunday, April 3	9-10am
13707	6-8yrs	6 Classes	\$111	Monday, April 4	5-6pm
13768	6-8yrs	6 Classes	\$111	Saturday, May 14	9-10am
13773	6-8yrs	6 Classes	\$111	Sunday, May 15	9-10am
13774	6-8yrs	6 Classes	\$111	Monday, May 16	5-6pm

8-10 years

13705	8-10yrs	6 Classes	\$111	Sunday, April 3	4-5pm
13772	8-10yrs	6 Classes	\$111	Sunday, May 15	4-5pm

USTA 10 and Under Tennis, Intermediate

Prerequisite: Mastery of Beginner level skills

We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Pauline Betz Addie Tennis

4-6 years

13932	4-6yrs	6 Classes	\$135	Saturday, April 2	10-11am
13935	4-6yrs	6 Classes	\$135	Sunday, April 3	11am-Noon
15126	4-6yrs	6 Classes	\$135	Monday, April 4	4-5pm
15146	4-6yrs	6 Classes	\$135	Wednesday, April 6	4-5pm
13934	4-6yrs	6 Classes	\$135	Thursday, April 7	5-6pm
15188	4-6yrs	6 Classes	\$135	Saturday, May 14	10-11am
15190	4-6yrs	6 Classes	\$135	Sunday, May 15	11am-Noon
15194	4-6yrs	6 Classes	\$135	Monday, May 16	4-5pm
15195	4-6yrs	6 Classes	\$135	Wednesday, May 18	4-5pm
15189	4-6yrs	6 Classes	\$135	Thursday, May 19	5-6pm

6-8 years

15162	6-8yrs	6 Classes	\$135	Saturday, April 2	11am-Noon
13929	6-8yrs	6 Classes	\$135	Sunday, April 3	9-10am
13930	6-8yrs	6 Classes	\$135	Monday, April 4	6-7pm
13931	6-8yrs	6 Classes	\$135	Wednesday, April 6	5-6pm
15160	6-8yrs	6 Classes	\$135	Friday, April 8	5-6pm
15197	6-8yrs	6 Classes	\$135	Saturday, May 14	11am-Noon
15185	6-8yrs	6 Classes	\$135	Sunday, May 15	9-10am
15186	6-8yrs	6 Classes	\$135	Monday, May 16	6-7pm
15187	6-8yrs	6 Classes	\$135	Wednesday, May 18	5-6pm
15196	6-8yrs	6 Classes	\$135	Friday, May 20	5-6pm

8-10 years

13936	8-10yrs	6 Classes	\$135	Saturday, April 2	Noon-1pm
13938	8-10yrs	6 Classes	\$135	Tuesday, April 5	6-7pm
13937	8-10yrs	6 Classes	\$135	Thursday, April 7	6-7pm
15191	8-10yrs	6 Classes	\$135	Saturday, May 14	Noon-1pm
15193	8-10yrs	6 Classes	\$135	Tuesday, May 17	6-7pm
15192	8-10yrs	6 Classes	\$135	Thursday, May 19	6-7pm





USTA 10 and Under, Intermediate (cont.)

Wheaton Indoor Tennis

4-6 years

13713	4-6yrs	6 Classes	\$111	Sunday, April 3	10-11am
13780	4-6yrs	6 Classes	\$111	Sunday, May 15	10-11am

6-8 years

13712	6-8yrs	6 Classes	\$111	Saturday, April 2	10-11am
13708	6-8yrs	6 Classes	\$111	Monday, April 4	5-6pm
17030	6-8yrs	6 Classes	\$111	Thursday, April 7	5-6pm
13779	6-8yrs	6 Classes	\$111	Saturday, May 14	10-11am
13775	6-8yrs	6 Classes	\$111	Monday, May 16	5-6pm
17031	6-8yrs	6 Classes	\$111	Thursday, May 19	5-6pm

8-10 years

13711	8-10yrs	6 Classes	\$111	Saturday, April 2	11am-Noon
13714	8-10yrs	6 Classes	\$111	Sunday, April 3	10-11am
13709	8-10yrs	6 Classes	\$111	Wednesday, April 6	5-6pm
13710	8-10yrs	6 Classes	\$111	Thursday, April 7	5-6pm
13778	8-10yrs	6 Classes	\$111	Saturday, May 14	11am-Noon
13781	8-10yrs	6 Classes	\$111	Sunday, May 15	10-11am
13776	8-10yrs	6 Classes	\$111	Wednesday, May 18	5-6pm
13777	8-10yrs	6 Classes	\$111	Thursday, May 19	5-6pm

USTA 10 and Under Tennis, Advanced

Prerequisite: Passed Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Pauline Betz Addie Tennis

4-6 years

13946	4-6yrs	6 Classes	\$147	Monday, April 4	4-5pm
15147	4-6yrs	6 Classes	\$147	Wednesday, April 6	4-5pm
15205	4-6yrs	6 Classes	\$147	Wednesday, May 18	4-5pm

6-8 years

13950	6-8yrs	6 Classes	\$147	Sunday, April 3	1-2pm
15127	6-8yrs	6 Classes	\$147	Monday, April 4	6-7pm
13947	6-8yrs	6 Classes	\$147	Tuesday, April 5	5-6pm
13948	6-8yrs	6 Classes	\$147	Thursday, April 7	6-7pm
15201	6-8yrs	6 Classes	\$147	Sunday, May 15	1-2pm
15203	6-8yrs	6 Classes	\$147	Monday, May 16	6-7pm
15199	6-8yrs	6 Classes	\$147	Tuesday, May 17	5-6pm
15200	6-8yrs	6 Classes	\$147	Thursday, May 19	6-7pm

8-10 years

15124	8-10yrs	6 Classes	\$147	Sunday, April 3	Noon-1pm
15136	8-10yrs	6 Classes	\$147	Tuesday, April 5	6-7pm
15202	8-10yrs	6 Classes	\$147	Sunday, May 15	Noon-1pm
15204	8-10yrs	6 Classes	\$147	Tuesday, May 17	6-7pm

Wheaton Indoor Tennis

4-6 years

15105	4-6yrs	6 Classes	\$123	Wednesday, April 6	4-5pm
15104	4-6yrs	6 Classes	\$123	Wednesday, May 18	4-5pm

6-8 years

17032	6-8yrs	6 Classes	\$123	Thursday, April 7	6-7pm
17033	6-8yrs	6 Classes	\$123	Thursday, May 19	6-7pm

8-10 years

13715	8-10yrs	6 Classes	\$123	Wednesday, April 6	4-5pm
13782	8-10yrs	6 Classes	\$123	Wednesday, May 18	4-5pm



Beginner Tennis

These classes are designed for older kids and adults who have never played tennis. Learn warm-up exercises, how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score. We'll use the slightly larger, slower tennis balls from USTA's *10 and Under Tennis* program, which will help beginning players of any age connect with the ball, rally and play real games right away.

Beginner Tennis, Junior

Pauline Betz Addie Tennis

15125	11-13yrs	6 Classes	\$135	Sunday, April 3	1-2pm
15128	11-13yrs	6 Classes	\$135	Monday, April 4	5-6pm
13953	11-13yrs	6 Classes	\$135	Friday, April 8	5-6pm
15207	11-13yrs	6 Classes	\$135	Sunday, May 15	1-2pm
15208	11-13yrs	6 Classes	\$135	Monday, May 16	5-6pm
15206	11-13yrs	6 Classes	\$135	Friday, May 20	5-6pm

Wheaton Indoor Tennis

13718	11-13yrs	6 Classes	\$111	Saturday, April 2	1-2pm
13716	11-13yrs	6 Classes	\$111	Wednesday, April 6	6-7pm
13717	11-13yrs	6 Classes	\$111	Thursday, April 7	6-7pm
13785	11-13yrs	6 Classes	\$111	Saturday, May 14	1-2pm
13783	11-13yrs	6 Classes	\$111	Wednesday, May 18	6-7pm
13784	11-13yrs	6 Classes	\$111	Thursday, May 19	6-7pm

Beginner Tennis, Teen

Pauline Betz Addie Tennis

13959	14-17yrs	6 Classes	\$135	Sunday, April 3	2-3pm
15132	14-17yrs	6 Classes	\$135	Tuesday, April 5	4-5pm
13956	14-17yrs	6 Classes	\$135	Tuesday, April 5	7-8pm
13957	14-17yrs	6 Classes	\$135	Thursday, April 7	7-8pm
15211	14-17yrs	6 Classes	\$135	Sunday, May 15	2-3pm
15212	14-17yrs	6 Classes	\$135	Tuesday, May 17	4-5pm
15209	14-17yrs	6 Classes	\$135	Tuesday, May 17	7-8pm
15210	14-17yrs	6 Classes	\$135	Thursday, May 19	7-8pm

Wheaton Indoor Tennis

13720	14-17yrs	6 Classes	\$111	Saturday, April 2	1-2pm
13721	14-17yrs	6 Classes	\$111	Monday, April 4	6-7pm
13719	14-17yrs	6 Classes	\$111	Friday, April 8	5-6pm
13787	14-17yrs	6 Classes	\$111	Saturday, May 14	1-2pm
13788	14-17yrs	6 Classes	\$111	Monday, May 16	6-7pm
13786	14-17yrs	6 Classes	\$111	Friday, May 20	5-6pm



Beginner Tennis, Adult

Pauline Betz Addie Tennis

13970	18 & up	6 Classes	\$135	Saturday, April 2	8-9am
13971	18 & up	6 Classes	\$135	Saturday, April 2	11am-Noon
13972	18 & up	6 Classes	\$135	Sunday, April 3	10-11am
13973	18 & up	6 Classes	\$135	Sunday, April 3	Noon-1pm
15131	18 & up	6 Classes	\$135	Monday, April 4	7-8pm
13962	18 & up	6 Classes	\$135	Tuesday, April 5	11am-Noon
13963	18 & up	6 Classes	\$135	Tuesday, April 5	8-9pm
15141	18 & up	6 Classes	\$135	Wednesday, April 6	7-8pm
15151	18 & up	6 Classes	\$135	Thursday, April 7	8-9pm
15158	18 & up	6 Classes	\$135	Friday, April 8	7-8pm
15215	18 & up	6 Classes	\$135	Saturday, May 14	8-9am
15216	18 & up	6 Classes	\$135	Saturday, May 14	11am-Noon
15217	18 & up	6 Classes	\$135	Sunday, May 15	10-11am
15218	18 & up	6 Classes	\$135	Sunday, May 15	Noon-1pm
15219	18 & up	6 Classes	\$135	Monday, May 16	7-8pm
15213	18 & up	6 Classes	\$135	Tuesday, May 17	11am-Noon
15214	18 & up	6 Classes	\$135	Tuesday, May 17	8-9pm
15220	18 & up	6 Classes	\$135	Wednesday, May 18	7-8pm
15221	18 & up	6 Classes	\$135	Thursday, May 19	8-9pm
15222	18 & up	6 Classes	\$135	Friday, May 20	7-8pm

Wheaton Indoor Tennis

13725	18 & up	6 Classes	\$111	Saturday, April 2	Noon-1pm
13726	18 & up	6 Classes	\$111	Sunday, April 3	11am-Noon
13723	18 & up	6 Classes	\$111	Monday, April 4	10-11am
13722	18 & up	6 Classes	\$111	Tuesday, April 5	6-7pm
13724	18 & up	6 Classes	\$111	Thursday, April 7	6-7pm
13792	18 & up	6 Classes	\$111	Saturday, May 14	Noon-1pm
13793	18 & up	6 Classes	\$111	Sunday, May 15	11am-Noon
13790	18 & up	6 Classes	\$111	Monday, May 16	10-11am
13789	18 & up	6 Classes	\$111	Tuesday, May 17	6-7pm
13791	18 & up	6 Classes	\$111	Thursday, May 19	6-7pm

Intermediate Tennis

We'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on consistency from both the baseline and net.

Intermediate Tennis, Junior

Pauline Betz Addie Tennis

13976	11-13yrs	6 Classes	\$135	Saturday, April 2	Noon-1pm
13977	11-13yrs	6 Classes	\$135	Sunday, April 3	2-3pm
13974	11-13yrs	6 Classes	\$135	Monday, April 4	5-6pm
13975	11-13yrs	6 Classes	\$135	Friday, April 8	6-7pm
15225	11-13yrs	6 Classes	\$135	Saturday, May 14	Noon-1pm
15226	11-13yrs	6 Classes	\$135	Sunday, May 15	2-3pm
15223	11-13yrs	6 Classes	\$135	Monday, May 16	5-6pm
15224	11-13yrs	6 Classes	\$135	Friday, May 20	6-7pm

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Intermediate Tennis, Junior (cont.)

Wheaton Indoor Tennis

13734	11-13yrs	6 Classes	\$111	Saturday, April 2	Noon-1pm
13731	11-13yrs	6 Classes	\$111	Monday, April 4	6-7pm
13730	11-13yrs	6 Classes	\$111	Tuesday, April 5	5-6pm
13732	11-13yrs	6 Classes	\$111	Tuesday, April 5	6-7pm
13733	11-13yrs	6 Classes	\$111	Friday, April 8	6-7pm
13801	11-13yrs	6 Classes	\$111	Saturday, May 14	Noon-1pm
13798	11-13yrs	6 Classes	\$111	Monday, May 16	6-7pm
13797	11-13yrs	6 Classes	\$111	Tuesday, May 17	5-6pm
13799	11-13yrs	6 Classes	\$111	Tuesday, May 17	6-7pm
13800	11-13yrs	6 Classes	\$111	Friday, May 20	6-7pm

Intermediate Tennis, Teen

Pauline Betz Addie Tennis

13981	14-17yrs	6 Classes	\$135	Sunday, April 3	3-4pm
15133	14-17yrs	6 Classes	\$135	Tuesday, April 5	4-5pm
13978	14-17yrs	6 Classes	\$135	Tuesday, April 5	7-8pm
15228	14-17yrs	6 Classes	\$135	Sunday, May 15	3-4pm
15229	14-17yrs	6 Classes	\$135	Tuesday, May 17	4-5pm
15227	14-17yrs	6 Classes	\$135	Tuesday, May 17	7-8pm

Wheaton Indoor Tennis

15102	14-17yrs	6 Classes	\$111	Tuesday, April 5	6-7pm
17028	14-17yrs	6 Classes	\$111	Wednesday, April 6	5-6pm
15103	14-17yrs	6 Classes	\$111	Tuesday, May 17	6-7pm
17029	14-17yrs	6 Classes	\$111	Wednesday, May 18	5-6pm

Intermediate Tennis, Adult

Pauline Betz Addie Tennis

15161	18 & up	6 Classes	\$135	Saturday, April 2	9-10am
13990	18 & up	6 Classes	\$135	Saturday, April 2	Noon-1pm
13991	18 & up	6 Classes	\$135	Sunday, April 3	11am-Noon
13983	18 & up	6 Classes	\$135	Monday, April 4	7-8pm
13984	18 & up	6 Classes	\$135	Tuesday, April 5	Noon-1pm
13985	18 & up	6 Classes	\$135	Tuesday, April 5	8-9pm
13986	18 & up	6 Classes	\$135	Wednesday, April 6	11am-Noon
13987	18 & up	6 Classes	\$135	Wednesday, April 6	8-9pm
13988	18 & up	6 Classes	\$135	Thursday, April 7	8-9pm
13989	18 & up	6 Classes	\$135	Friday, April 8	11am-Noon
15159	18 & up	6 Classes	\$135	Friday, April 8	6-7pm
15240	18 & up	6 Classes	\$135	Saturday, May 14	9-10am
15237	18 & up	6 Classes	\$135	Saturday, May 14	Noon-1pm
15238	18 & up	6 Classes	\$135	Sunday, May 15	11am-Noon
15230	18 & up	6 Classes	\$135	Monday, May 16	7-8pm
15231	18 & up	6 Classes	\$135	Tuesday, May 17	Noon-1pm
15232	18 & up	6 Classes	\$135	Tuesday, May 17	8-9pm
15233	18 & up	6 Classes	\$135	Wednesday, May 18	11am-Noon
15234	18 & up	6 Classes	\$135	Wednesday, May 18	8-9pm
15235	18 & up	6 Classes	\$135	Thursday, May 19	8-9pm
15236	18 & up	6 Classes	\$135	Friday, May 20	11am-Noon
15239	18 & up	6 Classes	\$135	Friday, May 20	6-7pm

Wheaton Indoor Tennis

13735	18 & up	6 Classes	\$111	Sunday, April 3	1-2pm
13736	18 & up	6 Classes	\$111	Monday, April 4	7-8pm
13738	18 & up	6 Classes	\$111	Tuesday, April 5	10-11am
13737	18 & up	6 Classes	\$111	Wednesday, April 6	8-9pm
13802	18 & up	6 Classes	\$111	Sunday, May 15	1-2pm
13803	18 & up	6 Classes	\$111	Monday, May 16	7-8pm
13805	18 & up	6 Classes	\$111	Tuesday, May 17	10-11am
13804	18 & up	6 Classes	\$111	Wednesday, May 18	8-9pm

Want to practice but don't have a partner?

RENT THE SMASH!



The "SMASH" is a high-tech ball machine that shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all direction.

Rent a SMASH for \$10/hour (plus court time fee) at both Wheaton Indoor Tennis and Pauline Betz Addie Tennis Center. Sign up at the front desk at either facility.



Advanced Tennis

Prerequisite: Mastery of Intermediate level skills
 In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

Advanced Tennis, Junior

Pauline Betz Addie Tennis

13995	11-13yrs	6 Classes	\$147	Saturday, April 2	1-2pm
13996	11-13yrs	6 Classes	\$147	Saturday, April 2	2-3pm
13997	11-13yrs	6 Classes	\$147	Sunday, April 3	2-3pm
13998	11-13yrs	6 Classes	\$147	Sunday, April 3	3-4pm
15129	11-13yrs	6 Classes	\$147	Monday, April 4	5-6pm
15157	11-13yrs	6 Classes	\$147	Friday, April 8	6-7pm
15241	11-13yrs	6 Classes	\$147	Saturday, May 14	1-2pm
15242	11-13yrs	6 Classes	\$147	Saturday, May 14	2-3pm
15243	11-13yrs	6 Classes	\$147	Sunday, May 15	2-3pm
15244	11-13yrs	6 Classes	\$147	Sunday, May 15	3-4pm
15245	11-13yrs	6 Classes	\$147	Monday, May 16	5-6pm
15246	11-13yrs	6 Classes	\$147	Friday, May 20	6-7pm

Wheaton Indoor Tennis

13993	11-13yrs	6 Classes	\$123	Friday, April 8	6-7pm
15108	11-13yrs	6 Classes	\$123	Friday, May 20	6-7pm
13739	14-17yrs	6 Classes	\$123	Friday, April 8	5-6pm
13806	14-17yrs	6 Classes	\$123	Friday, May 20	5-6pm

Advanced Tennis, Teen

Pauline Betz Addie Tennis

14001	14-17yrs	6 Classes	\$147	Saturday, April 2	1-2pm
14002	14-17yrs	6 Classes	\$147	Saturday, April 2	1-2pm
15134	14-17yrs	6 Classes	\$147	Tuesday, April 5	4-5pm
15247	14-17yrs	6 Classes	\$147	Saturday, May 14	1-2pm
15248	14-17yrs	6 Classes	\$147	Saturday, May 14	1-2pm

Wheaton Indoor Tennis

15106	14-17yrs	6 Classes	\$123	Monday, April 4	6-7pm
15107	14-17yrs	6 Classes	\$123	Monday, May 16	6-7pm

Advanced Tennis, Adult

Pauline Betz Addie Tennis

14014	18 & up	6 Classes	\$147	Saturday, April 2	9-10am
17036	18 & up	6 Classes	\$147	Saturday, April 2	10-11am
14015	18 & up	6 Classes	\$147	Sunday, April 3	Noon-1pm
14005	18 & up	6 Classes	\$294	Monday, April 4	7-9pm
17034	18 & up	6 Classes	\$147	Wednesday, April 6	7-8pm
14010	18 & up	6 Classes	\$147	Wednesday, April 6	8-9pm
17047	18 & up	6 Classes	\$147	Thursday, April 7	11am-Noon
17035	18 & up	6 Classes	\$147	Friday, April 8	11am-Noon
15253	18 & up	6 Classes	\$147	Saturday, May 14	9-10am
17040	18 & up	6 Classes	\$147	Saturday, May 14	10-11am
15254	18 & up	6 Classes	\$147	Sunday, May 15	Noon-1pm
15250	18 & up	6 Classes	\$294	Monday, May 16	7-9pm
17038	18 & up	6 Classes	\$147	Wednesday, May 18	7-8pm
15251	18 & up	6 Classes	\$147	Wednesday, May 18	8-9pm
15252	18 & up	6 Classes	\$147	Thursday, May 19	11am-Noon
17039	18 & up	6 Classes	\$147	Friday, May 20	11am-Noon

Wheaton Indoor Tennis

13741	18 & up	6 Classes	\$123	Thursday, April 7	11am-Noon
13740	18 & up	6 Classes	\$123	Friday, April 8	11am-Noon
13808	18 & up	6 Classes	\$123	Thursday, May 19	11am-Noon
13807	18 & up	6 Classes	\$123	Friday, May 20	11am-Noon

Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help develop tennis and athletic skills, and improve overall health and fitness.

Pauline Betz Addie Tennis

15152	6-12yrs	6 Classes	\$147	Thursday, April 7	5-6pm
14018	6-12yrs	6 Classes	\$147	Friday, April 8	4-5pm
15256	6-12yrs	6 Classes	\$147	Thursday, May 19	5-6pm
17050	6-12yrs	6 Classes	\$147	Friday, May 20	4-5pm

Wheaton Indoor Tennis

13747	6-12yrs	6 Classes	\$123	Sunday, April 3	3-4pm
17026	6-12yrs	6 Classes	\$123	Monday, April 4	5-6pm
13748	6-12yrs	6 Classes	\$123	Tuesday, April 5	5-6pm
13814	6-12yrs	6 Classes	\$123	Sunday, May 15	3-4pm
13815	6-12yrs	6 Classes	\$123	Tuesday, May 17	5-6pm



Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis

14034	18 & up	6 Classes	\$147	Saturday, April 2	9-10am
14035	18 & up	6 Classes	\$147	Sunday, April 3	9-10am
17044	18 & up	6 Classes	\$147	Sunday, April 3	1-2pm
15142	18 & up	6 Classes	\$147	Wednesday, April 6	7-8pm
15262	18 & up	6 Classes	\$147	Saturday, May 14	9am-10am
15263	18 & up	6 Classes	\$147	Sunday, May 15	9-10am
15261	18 & up	6 Classes	\$147	Sunday, May 15	1-2pm
17046	18 & up	6 Classes	\$147	Wednesday, May 18	7-8pm

Wheaton Indoor Tennis

13751	18 & up	6 Classes	\$123	Saturday, April 2	9-10am
13752	18 & up	6 Classes	\$123	Sunday, April 3	2-3pm
13753	18 & up	6 Classes	\$123	Monday, April 4	7-8pm
13749	18 & up	6 Classes	\$123	Tuesday, April 5	7-8pm
13750	18 & up	6 Classes	\$123	Wednesday, April 6	7-8pm
13818	18 & up	6 Classes	\$123	Saturday, May 14	9-10am
13819	18 & up	6 Classes	\$123	Sunday, May 15	2-3pm
13820	18 & up	6 Classes	\$123	Monday, May 16	7-8pm
13816	18 & up	6 Classes	\$123	Tuesday, May 17	7-8pm
13817	18 & up	6 Classes	\$123	Wednesday, May 18	7-8pm

Junior Advanced Drill Play Tennis Clinic

Prerequisite: Evaluation by instructor.

Designed for players who have the energy and enthusiasm of advanced/older players, but aren't quite ready for sustained play with high school level team players. We'll cover Advanced skill levels and drills, strength and endurance training, and transitional phase play. Please call 301-765-8650 (PBA) or 301-905-3030 (Wheaton) to schedule an evaluation with an instructor.



Pauline Betz Addie Tennis

15981	9-13yrs	6 Classes	\$294	Saturday, April 2
15143	9-13yrs	6 Classes	\$294	Wednesday, April 6
15148	9-13yrs	6 Classes	\$294	Thursday, April 7
15982	9-13yrs	6 Classes	\$294	Saturday, May 14
17045	9-13yrs	6 Classes	\$294	Wednesday, May 18
17048	9-13yrs	6 Classes	\$294	Thursday, May 19

Wheaton Indoor Tennis

3-5pm	13743	9-13yrs	6 Classes	\$246	Saturday, April 2	10am-Noon
5-7pm	13744	9-13yrs	6 Classes	\$246	Sunday, April 3	11am-1pm
6-8pm	13745	9-13yrs	6 Classes	\$123	Tuesday, April 5	5-6pm
3-5pm	13746	9-13yrs	6 Classes	\$246	Wednesday, April 6	5-7pm
5-7pm	13742	9-13yrs	6 Classes	\$246	Friday, April 8	5-7pm
6-8pm	13810	9-13yrs	6 Classes	\$246	Saturday, May 14	10am-Noon
	13811	9-13yrs	6 Classes	\$246	Sunday, May 15	11am-1pm
	13812	9-13yrs	6 Classes	\$123	Tuesday, May 17	5-6pm
	13813	9-13yrs	6 Classes	\$246	Wednesday, May 18	5-7pm
	13809	9-13yrs	6 Classes	\$246	Friday, May 20	5-7pm

For
HOURS OF
OPERATION,
visit

CabinJohnTennis.com
-and-
WheatonTennis.com



PAULINE BETZ ADDIE TENNIS CENTER

OPEN HOUSE

SATURDAY, MARCH 19 • 5-7PM • FREE!



- FUN group cardio/tennis games, led by our coaches
- Activities for players at every level

- Check the brand-new **CENTRAL AIR CONDITIONING!** (you'll thank us in August)
- Refreshments and giveaways, too!



All are welcome! Games and activities designed for people age 4 and up.

Pauline Betz Addie Tennis Center at Cabin John Regional Park • 7801 Democracy Blvd. • Bethesda, MD 20817
301-765-8650 • CabinJohnTennis.com • [/Pauline Betz Addie Tennis Facility](https://www.facebook.com/PaulineBetzAddieTennisFacility)



Matchplay Tennis

Prerequisite: Instructor review of student's level of play. Matchplay Tennis provides you with an opportunity to compete with other players at the same ability/skill level in a match environment.

As you play, an instructor will move around the court, coaching you through different situations and giving on-the-spot tips and things to think about. For Matchplay Tennis at Pauline Betz Addie/Cabin John, email CabinJohnTennis@MontgomeryParks.org. For Matchplay Tennis at Wheaton, email WheatonIndoorTennis@MontgomeryParks.org.

Pauline Betz Addie Tennis

14037	18 & up	6 Classes	\$147	Monday, April 4	8-9pm
15139	18 & up	6 Classes	\$147	Tuesday, April 5	7-8pm
15140	18 & up	6 Classes	\$147	Tuesday, April 5	8-9pm
14041	18 & up	6 Classes	\$147	Wednesday, April 6	7-8pm
14040	18 & up	6 Classes	\$147	Wednesday, April 6	8-9pm
15149	18 & up	6 Classes	\$147	Thursday, April 7	7-8pm
15150	18 & up	6 Classes	\$147	Thursday, April 7	8-9pm
15265	18 & up	6 Classes	\$147	Monday, May 16	8-9pm
15269	18 & up	6 Classes	\$147	Tuesday, May 17	7-8pm
15270	18 & up	6 Classes	\$147	Tuesday, May 17	8-9pm
15267	18 & up	6 Classes	\$147	Wednesday, May 18	7-8pm
15266	18 & up	6 Classes	\$147	Wednesday, May 18	8-9pm
15271	18 & up	6 Classes	\$147	Thursday, May 19	7-8pm
15272	18 & up	6 Classes	\$147	Thursday, May 19	8-9pm

Wheaton Indoor Tennis

13755	18 & up	6 Classes	\$123	Saturday, April 2	10-11am
13756	18 & up	6 Classes	\$246	Sunday, April 3	3-5pm
13754	18 & up	6 Classes	\$123	Monday, April 4	8-9pm
13757	18 & up	6 Classes	\$246	Tuesday, April 5	7-9pm
13760	18 & up	6 Classes	\$123	Tuesday, April 5	8-9pm
13758	18 & up	6 Classes	\$246	Wednesday, April 6	7-9pm
13759	18 & up	6 Classes	\$246	Thursday, April 7	7-9pm
13822	18 & up	6 Classes	\$123	Saturday, May 14	10-11am
13823	18 & up	6 Classes	\$246	Sunday, May 15	3-5pm
13821	18 & up	6 Classes	\$123	Monday, May 16	8-9pm
13824	18 & up	6 Classes	\$246	Tuesday, May 17	7-9pm
13827	18 & up	6 Classes	\$123	Tuesday, May 17	8-9pm
13825	18 & up	6 Classes	\$246	Wednesday, May 18	7-9pm
13826	18 & up	6 Classes	\$246	Thursday, May 19	7-9pm

Tennis Round Robin

Test your tennis prowess, meet new people and have fun. You'll play up to three pro sets in a two-hour period (8 games per set; winners move up a court, losers move down a court). We'll do our best to match you up with a player of comparable skill from the players who show up that day. Round Robin Doubles are open to players at Level 3.0 and above. FYI: Higher-level players seem to show up more often on Saturdays.



Pauline Betz Addie Tennis

15291	18 & up	1 Class	\$15	Saturday, April 16	6-8am
15279	18 & up	1 Class	\$15	Saturday, April 16	9-11am
15292	18 & up	1 Class	\$15	Saturday, April 23	6-8am
15281	18 & up	1 Class	\$15	Saturday, April 23	9-11am
15293	18 & up	1 Class	\$15	Saturday, April 30	6-8am
15282	18 & up	1 Class	\$15	Saturday, April 30	9-11am
15283	18 & up	1 Class	\$15	Saturday, May 7	9-11am
15294	18 & up	1 Class	\$15	Saturday, May 14	6-8am
15284	18 & up	1 Class	\$15	Saturday, May 14	9-11am
15295	18 & up	1 Class	\$15	Saturday, May 21	6-8am
15285	18 & up	1 Class	\$15	Saturday, May 21	9-11am
15296	18 & up	1 Class	\$15	Saturday, June 4	6-8am
15286	18 & up	1 Class	\$15	Saturday, June 4	9-11am
15297	18 & up	1 Class	\$15	Saturday, June 11	6-8am
15287	18 & up	1 Class	\$15	Saturday, June 11	9-11am

Tennis Round Robin-Juniors

Test your tennis prowess, meet new players your age, and have fun! You'll play up to three pro sets in a two-hour period (8 games per set; winners move up a court, losers move down a court). We'll do our best to match you up with a player of comparable skill from the players who show up that day. Round Robin Doubles are open to players at Level 3.0 and above.

Pauline Betz Addie Tennis

15280	8-12yrs	1 Class	\$15	Friday, April 29	5-7pm
15288	8-12yrs	1 Class	\$15	Friday, May 13	5-7pm
15289	13-18yrs	1 Class	\$15	Friday, May 6	5-7pm
15290	13-18yrs	1 Class	\$15	Friday, May 20	5-7pm

It'll be the best Spring Break ever for kids who love tennis!



Tennis "Boot Days"

March 28-April 1, 9am-5pm

For kids age 6-14 at Pauline Betz Addie Tennis Center in Cabin John

For kids age 8-12 at Wheaton Indoor Tennis \$270 for the week! See p. 142 for more info.

MAKE YOUR DAY OFF A DAY ON!

VOLUNTEER IN MONTGOMERY PARKS

SPRING BREAK (MARCH 24 - APRIL 1), AND APRIL 26

STUDENT SERVICE LEARNING APPROVED

SPECIAL EVENTS

CLEANUPS

OUTDOOR ACTIVITIES

MANY DATES & LOCATIONS

SEARCH & APPLY ONLINE

www.MontgomeryParks.org/SSL
301.495.2504 | Lynn.Vismara@MontgomeryParks.org



VOLUNTEER
SERVICES OFFICE



REGISTRATION INFORMATION

for Montgomery Parks AND Montgomery County Recreation

4 WAYS TO REGISTER

1. ONLINE

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

2. BY MAIL

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

3. VIA FAX

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

4. IN PERSON

Stop by any Montgomery County Recreation location, including their Headquarters at 4010 Randolph Road, Silver Spring, MD 20902 (M-F, 10am-2pm), or visit Montgomery Parks locations offering activities that require registration. See the Parks "Facility Directory" for these locations.

PAYMENT INFORMATION

- Full payment must be made at time of registration. Do not submit registrations and/or payments to Parks or Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant. This fee does not apply to Montgomery Parks activities.
- **CHECKS & MONEY ORDERS**
 - Make checks and money orders payable to ActiveMONTGOMERY.
 - Checks and money orders must include name, address, and phone number.
 - If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
 - Please allow 2 weeks to receive a refund by check.
- **CREDIT CARDS:** Visa, MasterCard, American Express and Discover are accepted. Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery Parks and Montgomery County Recreation reserve the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.



CREATE YOUR NEW ACCOUNT TODAY!

Your ActiveMONTGOMERY account will replace both your ParkPASS (Parks) and RecWeb (Recreation) accounts. Use ActiveMONTGOMERY.org to register for activities (courses, camps, etc.); to reserve community centers, park activity buildings, and other facilities; and to purchase memberships offered by Montgomery Parks and Montgomery County Recreation.

WITHDRAWALS & REFUNDS

Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount	Refund Form
Any	Activity Canceled by Parks or Recreation	Full Refund	Refund may be applied to customer's ActiveMONTGOMERY account; or returned in same form as payment rendered.
At least 5 (five) business days before activity begins	Any reason, ONLINE	Full Refund	<p>If payment was made by credit card...Refund will be applied to credit card.</p> <p>If payment was made by check, cash, or money order...Refund will be applied to customer's ActiveMONTGOMERY account.</p>
	Any reason, IN PERSON	Full Refund	<p>Activity fee is \$25 or less...Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$26 or more...Refund may be applied to customer's ActiveMONTGOMERY account, or refund check may be requested.</p>
Less than 5 business days before activity begins <i>No withdrawals may be made ONLINE less than five days before activity begins.</i>	<p>Parks: Withdraw in person at the hosting facility.</p> <p>Recreation: Email Rec.Refund@MontgomeryCountyMD.gov or withdraw in person at Rec HDQ.</p>	Refund Less \$25 Withdrawal Fee	<p>Activity fee is \$49 or less: Refund will be applied to customer's ActiveMONTGOMERY account.</p> <p>Activity fee is \$50 or more: Refund may be applied to customer's ActiveMONTGOMERY account, or customer may request a refund check.</p>
For classes/sessions missed by participant	No refund of any type will be issued		
After second session/class of activity has met			
After the final session of activity has met			



The withdrawal and refund policies above pertain to all Parks and Recreation activities and rentals, unless otherwise noted in the activity description or facility rental agreement.



Use this form to register for **BOTH Montgomery Parks AND Montgomery County Recreation activities.***

*** Required Info** **REGISTRATION FORM**

Check here if this is a new address, phone number or email address. Please print. This form may be copied.

PARENT/GUARDIAN					
Last Name *		First Name *		Birthday (mm/dd/yy) *	Email
Address *			City *		State *
ZIP *	Home Phone *	Work Phone		Cell Phone	

EMERGENCY CONTACT <small>For participants under 18</small>		
Name		Relationship
		Phone

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex	Activity Name	Activity Number	Fees*

*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable for Parks activities) **Total Amount Due:**

* Required Info

PAYMENT			
Name on Card		Credit Card Number	Security Code
Expiration Date		Payer Address (if different than above)	
		City	State
		ZIP	

Visa AmEx **MAIL Your Completed, Signed Form to: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**
 MasterCard Discover If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form,
 Check or Money Order please call **240-777-6840**.
 Make payable to: **ActiveMONTGOMERY** Cardholder Signature _____ Date _____

SIGNATURE IS REQUIRED
 Participant or Parent/Guardian Signature _____ Date _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Please note: You must create a **NEW ActiveMONTGOMERY** account before you can register online for any Parks or Recreation activity. Your old ParkPASS (Montgomery Parks) and RecWeb (Montgomery County Recreation Department) accounts will no longer be active beginning **August 17, 2015**.

FOUR WAYS TO REGISTER!

① Online at ActiveMONTGOMERY.org (Save time and money!)
② In person
③ Fax
④ Mail



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

PRSR STD
US Postage Paid
Rockville, MD
Permit No.138

or current resident



Montgomery Parks

SUMMER CAMPS



MontgomeryParks.org/Camps